



News Flash

Whooping Cough

Whooping Cough vaccination update is recommended for everyone who may have close contact (think within an arm’s length contact) with babies before their first vaccinations at 8 weeks. This includes fathers, grandparents, friends and relatives. The current recommendation is for an update if it is longer than 10 years from the last (it is given in combination with a tetanus booster)

Mindfulness

Wondering whether ‘mindfulness’ might be a technique to help you cope with stresses? Do this simple mindfulness technique now, make a long, slow sigh and feel how your tensions have reduced. For a more detailed explanation and guide, download the Headspace - Guided meditation and mindfulness techniques app or the Smiling Mind app (has streams for 7-11yr olds, young adults and over 22 year olds.

Ramadan Nutrition

The International Diabetes Federation has published clinical guidelines which include a Ramadan nutrition plan and information on fasting physiology written by the Diabetes and Ramadan International Alliance. Those at highest risk of complications from fasting such as people who have recently experienced diabetic ketoacidosis, have poorly controlled Type 1 diabetes mellitus, or advanced macrovascular complications may be advised not to fast by their doctor. www.idf.org/guidelines/diabetes-in-Ramadan

Weight Loss Plans

Planning to start a weight loss plan? Sydney University researchers examined 800 of the Health and Fitness category apps from the free and paid sections of the app stores in Australia according to their accuracy, scientific basis and ability to change behaviour. The Noom Weight Loss Coach (Noom Inc.) was the most likely to change behaviour and assist weight loss. Australian app Control my weight (CalorieKing Wellness Solutions) and Calorie Counter Pro (MyNetDiary Inc.) were jointly rated the second best.

Sunscreens

Are you about to go on holidays to somewhere sunny and wonder which is the best sunscreen to take and use? Choice provides a list recommended sunscreens, the top ranked was Cancer Council Classic 50+, followed by Nivea Sun Kids SPF 50+ (roll on), Banana Boat Baby SPF 50+ (finger spray), Banana Boat Sport 50+ (tube), and Ombra 9 ALDI Kids SPF 50+ (roll on). For the whole review see choice.com.au

MMR Vaccination Boosters

The current outbreak of measles in NSW is a timely reminder for those 18-30 year olds travelling to Melbourne, Mexico or even Mandurah about the Immunisation Schedule advice regarding the requirement for a booster dose. The childhood vaccination schedule only included one MMR for this cohort and it is now recognised that their immunity drops in their 20’s making them vulnerable to catch these preventable and serious diseases.

MERS-CoV (Middle East Respiratory Syndrome Coronavirus) Update

It is now recognised that camels are an important host species for the virus and although the risk of infection for travellers to the Middle east is very low, contact with camels or camel products such as drinking the milk (promoted as a super food in some areas) places the travellers a significantly higher risk.

Taking Medicine Overseas

It is illegal to take or send Pharmaceutical Benefits Scheme medicines out of Australia if not for your personal use. Travellers need to arrange a travel letter to take with them, from their doctor stating that the medicine has been prescribed for personal use and travellers are advised to leave the medication in its original packaging. travellers are also advised to check that their medication is legal in the country they are travelling to by contacting the embassy or consulate before leaving Australia.

.....WANTED.....

Men who have had treated at any time, or are currently undergoing prostate cancer treatment can join an exercise club and also participate in ongoing research . PROST provides professionally guided exercise training in a club environment, with twice weekly sessions at Subiaco Football Club or the University of Western Australia Exercise and Performance Centre. See www.menshealthphysiotherapy.com , email info.prost.inc@gmail.com or phone 92037070

Sufferers of Knee Arthritis (45-70 years old) for a 12 week Strength Training Research Programme

Murdoch University School of Psychology and Exercise Science is researching the effects of the training programme for the management of arthritis symptoms and function. potential volunteers can contact Nadine Gillman on 0410327003, or ngillman@Murdoch.edu.au for more information. A pre-screen survey is available on the website, survey.pescience.net (exercise treatment for knee arthritis)

Participants

400 Participants to complete an online survey evaluating driver’s attitudes towards cyclists in WA Help untangle the dynamics of car drivers’ and cyclists’ interactions on the roads. See crowdresearch.uwa.edu.au

Take the Plastic Free July Challenge and try to reduce all single-use disposable plastic. See plasticfreejuly.org



Did you know that Perth Pathology provides pathology collection here at CBD West?

Two dedicated staff are onsite from 7.30 am to 4.00pm Monday to Friday. Perth Pathology is Western Australia’s only independent pathology laboratory providing diagnostic services to Perth and surrounding areas.

A Chair With a View: The Psychology of the Waiting Room

Did you know that where you have just sat down in the waiting room and your body language when sitting can tell other quite a lot about you, how you are feeling and the design of the room can also affect your emotions?

Most people choose their seat in predictable ways, with women, particularly older women choosing to sit closer together more easily than males and males more often choosing even to stand to keep more distance from others. Some people choose to sit in the same chair at each visit, some will sit closest to the exit and others (again more likely the older women), will sit with the widest view of the entrance, front desk and in a corner so as to be least observed themselves but observe what is going on around them.

If a waiting room is empty there are predictable patterns seen as to where a second person will sit in relation to someone already seated (often close, but not on the neighbouring seat) When given a choice of chair style, personality and current problem, both medical and sometimes psychological determines whether someone will sit in the chair with armrests and higher base (with knee problems), the comfortable cushioned lounge chair or the firm, the upright-backed chair with no chance of anyone sitting beside it, or the chair with the least chance of having to make eye-contact with another person in the waiting room

There has been much research regarding room design, colours, music, lighting, decorations and the effects on wellbeing and outcomes of both those visiting or waiting and staff. In 1994, the first more scientific research involved hospital patients in USA having a cholecystectomy. Half were assigned rooms overlooking natural scenes and half assigned rooms overlooking a brick wall. Those overlooking the natural scenes required less analgesics, made fewer complaints and were discharged earlier.

Over 3000 years ago, the Chinese developed Feng Shui guidelines intended to create harmonious living and working environments much of which remain valid today and are very similar to the guidelines provided for medical practitioners by the RACGP or Practice Managers Associations.

These guidelines suggest:

- Trying to create smaller "pods" or groups of chairs rather than simply having them lined up against the perimeter walls
- Avoiding chairs with their back to the windows or glass walls, reducing the sense of privacy or protection
- Provide distractions such as magazines, wall murals or screens to allow people to get outside themselves
- Include plants with soft rounded leaves (ideally not cactus or sharp spikey leaves), or photographs of soothing natural scenes to represent stability, growth
- Use colours that Feng Shui enhance trust such as blue, green, yellow, pink, purple and white. There is also considerable research for Hospitals and Emergency Departments undertaken more recently regarding the wall colours that are most likely to reduce stress and those that provoke agitation. All the wall colours used in hospitals are chosen from a very narrow and set palette of advised colours and tones from research done on which are said to be least irritating and most stress reducing.

- Avoiding sharp corners in favour of curves, trying to avoid metal furniture in favour of wood, avoiding mirrors
- Trying to provide all the seats with a view of the exit, but not in the direct path if possible
- Water creates a sense of caring
- Music has also been extensively researched regarding the styles that are soothing or jarring and irritating. It is also used to provide some level of privacy, reducing the chance of overhearing personal details and information required by the front desk staff

Waiting is uncomfortable and can involve stress and anxiety when waiting for a check-up or to receive results of tests done. Studies have demonstrated that medical waiting rooms can affect the level of distress and upset in many ways. Unfortunately, the arrangement of a waiting room must also take into account efficiency, financial practicalities and some level of privacy and safety of both staff and patients which may offset perfect harmonious design. Well planned waiting rooms have been shown to reduce anxiety and improve patient outcomes, particularly for mental health problems and have also been demonstrated to improve work satisfaction for staff and are more likely to provide better service and less likely to make errors.

Meet Our Team! This week:

Dr Lisa Surman
MBBS Dip Obs RACOG



Dr Surman graduated from the University of Western Australia in 1985. She commenced general practice in the northern suburbs after gaining experience in various WA hospitals including Princess Margaret Hospital for Children and King Edward Maternity Hospital.

She has worked fulltime in the Perth CBD for the past 14 years after returning from spending six years working in Brunei.

Dr Surman enjoys all aspects of General Practice including shared antenatal care and has a Diploma in Obstetrics and Gynaecology. She also has an interest in Diving Medicine and is qualified to do both recreational and commercial diving medicals.

Her time spent overseas led to an interest and experience in Travel Medicine and the management of expatriate workers.