



OUR AMAZING NURSING TEAM



12th May was International Nurse Appreciation Day and we would like to acknowledge the amazing job our nursing team (Lesley, Rachel, Alex and Jen) do and thank them for all their hard work.

Our nursing team helps the clinical side of the Practice run smoothly by providing assistance to doctors. Most importantly they provide excellent care to our patients, many of whom see our nurses more than our doctors! Our nurses' skill and passion for their work is much appreciated.

BOWEL CANCER AWARENESS

It's Bowel Cancer Awareness Month.

Bowel cancer is Australia's second deadliest cancer, claiming over 80 lives every week. Bowel cancer affects men and women, young and old and the number of Australians under 50 diagnosed with bowel cancer has been increasing steadily. The risk of developing bowel cancer then rises **sharply and progressively** from age 50.

That's why it's important to know the symptoms of bowel cancer and have them investigated if they persist for more than two weeks (click [here](#) for symptoms). Almost 90% of bowel cancer cases can be treated successfully when detected early.

If you are over the age of 50 and have not had a bowel cancer screening test please discuss this at your next GP visit. If you have any symptoms please make an appointment to see one of our Doctors.

Let's help reduce these statistics by eating healthily, exercising and having regular screening tests!

MYHEALTH OPT OUT

By the end of 2018, all Australians with a Medicare or DVA card will be automatically registered for a My Health Record. Having a My Health record gives authorised healthcare providers immediate access to your current medical history.

If you would prefer **not to have a record** created you are able to opt out between 16 July 2018 and 15 October 2018. For more information on how to opt out please click [here](#).

To help patients consider their options, we have written a blog which outlines what is in your My Health Record and the pros and cons of having one. Please click [here](#) to read the blog.

ONLINE BOOKINGS

After listening to patient feedback, we will be changing our online booking system in the coming months.

The new system, called Hot Doc, is intuitive and easier to use – doctors' availability will be clearer and booking appointments more straightforward. We will also be using it to send preventative health reminders via SMS.

We will email all our patients with further information prior to introducing the system.

Waiting Times

At CMP we go to great lengths to minimise our waiting times and pride ourselves on having an average wait time of 7 minutes. We try whenever possible to text our patients when the doctor starts to run late.

However, emergencies do occur and on some days a patient may require more time than normal. As patients, you can assist us in minimising our wait times by calling us when you are running late or making a longer appointment when you have multiple issues to discuss.

We would like to thank all our patients for their understanding when doctors run late.

Medicare App

Medicare have a new app which allows you to change your bank details and look up your claim history. For more information click [here](#).

Toilet Training

Toilet training can be quite a stressful time for parents and toddlers. Dr Alanna Horadam has written a blog outlining why some toddlers toilet train quickly and why some take longer. Please click [here](#) to read the blog. Here are some toilet training tips from our doctors:

- Toilet train in summer as it's easier to pull down shorts/skirts than long pants.
- If you're using the toilet with a seat adaptor, make sure that your child has a stool they can rest their feet on - so they're not having to engage their abdominal muscles to keep their balance.
- Reward your toddler each time they successfully use the toilet/potty. And don't reprimand them if they have an accident.
- Wait until your child shows an interest in using the toilet/potty.