



Front Reception Entrance

Be part of something “New”

Garden City Medical Centre has been serving our community for nearly 40 years. It was time for a number of us to assess what the next ten years should hold. We decided to be bold, buy back the practice and refocus on the values which have kept us engaged with this community for so many years.

We are committed to providing exemplary patient services and continually improving the quality of care whilst enhancing the patient experience. The first phase of improvement has been to bring back nurses to the center of our operation. We welcome Sisters Chantee Tunbridge, Britney Lien and Jacky Foss to our team.

Also we welcome back to the GCMC family Dr. Antony Sullivan. For those who have yet to meet Tony his special interests include all aspects of General Practice, Men’s Health, Health Prevention and Geriatric Medicine. Dr Sullivan sees patients Monday to Thursday and has a rotating roster of approximately one Saturday per month.

Our promise under our new ownership structure is to:

“Work together to maximise your health today and tomorrow”

Our Values are at the focus of delivering our services, these are:

- **Care** – Our patients feel welcome and cared for
- **Quality** – Our patients receive exceptional and professional service
- **Trust** – We go the extra mile and patients feel they can trust us to look after them, their health needs and their families’ health needs
- **Teamwork** – We work as a team and everyone commits to continuous quality improvement, always seeking to strive to do things better
- **Leadership** – We strive for excellence in patient care and have the courage to shape a better future



Garden City
Medical Practice

Shop 2085, Garden City Medical Centre
Corner Logan & Kessels Rd
Upper Mount Gravatt QLD 4122

P: 07 3343 1344

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Spring is in the Air, and so is a HIGH Pollen Count!

A number of different allergens trigger allergies in people, most common including pollen, dust, mould and pets.

Pollen levels in the atmosphere will be highest on hot days and on days where a dry wind is blowing. Also light rain overnight or during the early morning will also cause high pollen levels. These are the days that you will experience many symptoms from a runny nose, watery eyes, itchy skin or nasal congestion.

Some tips to avoid allergies around the house:

- Clean surfaces that accumulate a lot of dust
- Avoid feather pillows
- Don't hang outside sheets or clothing on days that have a high pollen count
- Keep pets of furniture and away from bedrooms
- Wash your pet frequently
- Avoid mowing lawns or wear a mask if it is unavoidable

If something is making you sneeze, itch, puff up, groan or just 'not right' and allergy or a tolerance could be to blame.

Make an appointment with you doctor as they will help identify the cause, ease the symptoms, manage the problem and help you get on with your day to day life.



Our Doctors:

- Dr John Aloizos AM
Special interests include immunisations, geriatric medicine and minor surgery. (Second language is Greek)
- Dr Christine McAuliffe
Special interests include pediatrics, Mental Health, Indigenous Health, Disease Prevention and Health promotion for men and woman of all ages and skin cancer checks/surgery.
- Dr Anthony Sullivan
Special interests include all aspects of General Practice, Men's Health, Health Prevention and Geriatric Medicine
- Dr Sarah Seedat
Special interests include Women's health and all aspects of General Practice.
- Dr Shae Cardell
Special interests include Women's health, asthma, pre-employment health assessments and pediatrics
- Dr Juliet Anderson
Special interests include Women's health, skin checks, minor surgical procedures and Pediatrics
- Dr Sikander Sabdia
Special interests include Mental Health, Preventative health, pre-employment health assessment's, minor surgery and drug and alcohol rehabilitation
- Dr Nicola Fallon
Special interests include Women's health, pediatrics and Cosmetic Medicine including Botox injections. Dr Fallon also provides Botox for management of chronic headaches and other medical conditions, and laser treatment of varicose veins- please ask for additional information if interested in these services

GP Management Plans (GPMP)

A GP Management Plan involves your doctor and nurse in establishing a written plan of management in consultation with you. The GPMP is written information to help manage a chronic and/or complex condition with the highest care and supports providing you with a continuity of care.

A GPMP is important as it will give you and your GP a better understanding of your care needs. The plan will coordinate the care you receive more effectively, particularly when there are other doctors or other health professionals involved. A GPMP aims to ensure everyone involved in your care works together to help better manage your condition.

GPMP's can be prepared once a year. However you may only require a GPMP every two years, this is a decision you and the doctor will make to ensure your continuity of care is maximized. Reviewing a GPMP is just as important as preparing your plan. A review will usually take place 6 months after the plan has started, and again in 12 and 18 months. Earlier reviews can be organized if your condition changes significantly.



Team Care Arrangements (TCA)

Once you have a GPMP in place, your doctor may identify that you could benefit from the assistance of other Health Care providers.

A Team Care Arrangement involves a minimum of two other health care professionals who will provide ongoing services in addition to your doctor. With your consent, your doctor will ask the relevant health providers to form a team and work together in developing a plan based on your care requirements.

In many cases, a Practice Nurse may assist with the process.

TCA's can be prepared once a year but is recommended once every two years. Once it is in place, it is recommended a review is done approximately every six months. Earlier reviews can be organized if your condition changes significantly.

If a GPMP and TCA is in place you are eligible for 5 Medicare rebates per year for services provided by "Private" health care professionals. The health care professionals must be registered with Medicare Australia before Medicare will rebate the service. Medicare must approve the claim made by your GP before you can claim your rebate from the allied health professional.



Working in partnership with our local chemist

Spring 2013

Vol. 1 Issue 1

Terry White Chemist

Terry White Chemist is proud to be a full service pharmacy brand that offers you real value.

Their experienced staff take the time to listen, so they can provide you with the advice and knowledge you know you can trust. Terry White Chemist takes pride in the longstanding relationships with their customers.

Onsite Services include:

Naturopath – Barbara
Nutritionist – Roy

Available Wednesday and Thursday 8:30 – 5:30pm
Available Monday to Friday

*National Diabetes Services Scheme Available – please ask our friendly staff for more information

Onsite clinic provide the following key programs:

Diabetes Care	Heart Health	Weight Management	Asthma
Baby Weigh Station	Flu Vaccines	Hearing	

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Upper Mount Gravatt QLD 4122

Ph: 07 3343 1344
Fax: 07 3849 7603

Opening Hours:

Monday to Thursday - 8am to 7pm
Saturday – 8.30am to 12.30pm
Sunday & Public Holidays – Closed



Shop 2084, Garden City Shopping Centre
Corner Logan & Kessels Road
Upper Mount Gravatt QLD 4122

Ph: 07 3349 8709
Fax: 07 3849 1183

Opening Hours:

Monday, Tuesday, Wednesday, Friday - 8am to 6pm
Thursday - 8am to 9pm
Saturday – 8am to 5pm
Sunday & Public Holidays – 10am – 4pm