

# RENMARK Medical Clinic

## NEWSLETTER

DEDICATED TO THE HIGHEST QUALITY HEALTH CARE

FEBRUARY 2020

### WELCOME TO OUR MEDICAL STUDENTS

#### CHRIS CURRAN

I grew up in Horsham, Victoria and moved to Adelaide when I was 19 to play football and study physiotherapy. After 4 years of working in private practice I then began the Flinders Medical Program.

I look forward to meeting new people in this community, spending some time on the river and playing in plenty of wins with the Rovers Football Club.



#### KYLE SELGA

I grew up in Renmark and moved to Adelaide for my studies when I was 19. I completed my undergraduate degree in Forensic and Analytical Chemistry. I then worked as a Metallurgist and studied Metallurgy as I worked. After 7 years working in mining I decided to change course and go back to University to study Medicine. I am looking forward to spending the next year in my home town.



### SPECIALIST APPOINTMENTS

If you are being referred to a specialist please call the clinic, 2 business days after your doctors appointment, to find out the details of your specialist appointment. Reception staff will inform you if you are required to pick up a referral letter to take to your appointment.

### PATHOLOGY

If you have had any pathology performed please call the clinic a few days after you have had your tests to see if a follow up is required.

### REPEAT PRESCRIPTIONS

Best medical care recommends that you make an appointment to discuss your medication before being issued with a repeat prescription.

To avoid disappointment we ask that patients phone the clinic to make an appointment as soon as they fill their last repeat.

### UNABLE TO KEEP YOUR APPOINTMENT?

If for any reason you are unable to keep your appointment PLEASE ring the clinic to cancel your appointment. This courtesy makes it possible for another patient to be offered an appointment. If you need to cancel your appointment, please advise our reception with at least 4 hours' notice.

A charge of \$27.50 will be made for failure to attend an appointment.

# ZUCCHINI AND FETA MUFFINS

## INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 3 green shallots trimmed, thinly sliced
- 1 garlic clove, crushed
- 1 teaspoon finely grated lemon rind
- 2 zucchini, trimmed
- 320g wholemeal self-raising flour
- pinch of cayenne pepper
- 375ml buttermilk
- 125 low-fat fresh ricotta
- 2 eggs
- 125g reduced-fat feta, crumbled



## METHOD

Preheat the oven to 190C/170C fan forced. Lightly grease twelve 80ml (1/3 cup) muffin pans. Combine the oil, shallot and garlic in a small frying pan. Heat gently over low heat until the oil just starts to bubble and the shallot has softened slightly. Transfer to a bowl (with all the oil). Stir in the lemon rind and set aside to cool.

Use a julienne peeler to cut the zucchini into long thin strips (or coarsely grate).

Place the flour in a large bowl, add the cayenne pepper and season with salt. Make a well in the centre. Whisk the buttermilk, ricotta and eggs together in a jug until smooth. Pour the milk mixture and shallot mixture into the well and stir until just combined. Fold in nearly all the zucchini and feta, reserving a little of both to decorate the tops of the muffins.

Divide the mixture among the prepared pans (they will be very full) and top with the reserved zucchini and feta. Bake for 30-35 minutes or until the muffins spring back when gently touched. Set aside for 5 minutes to cool slightly. Use a flat-bladed knife to gently loosen each muffin and remove from the pan. Eat warm or at room temperature.

## WHY WE CHECK PATIENT DETAILS ON ARRIVAL

The Royal Australian College of General Practitioner Standards require our clinic to correctly identify our patient each and every time there is an encounter with our practice team.

Approved identifiers that need to be checked every time are:-

-Patient name (family and given names)

-Date of birth

-Gender (as identified by the patient themselves)

-Address

-Phone number

A Medicare card is not an approved identifier.

Using the correct patient identification procedure can reduce the risk of adverse events and improves patient safety. You are still required to present your Medicare card and any concession cards when confirming your appointment. This Ensures the billing process is correct and eliminates any account rejections.