



RDMA's Newsletter

**Newsletter
November 2022**

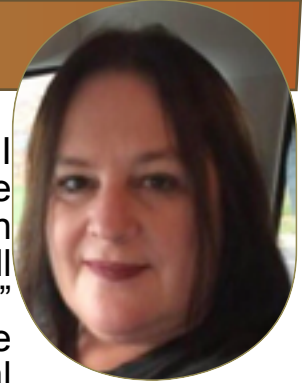
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RDMA's President Report Dr Kimberley Bondeson



What a busy month this has been, the silly season is upon us! And the year has gone incredibly fast.

Just when I thought we could get rid of the masks at work, the Covid 19 infection numbers being admitted to the hospitals increase. So, it is ongoing masks, handwashing and social distancing to the best of our ability. I hope that the ongoing waves of Covid 19 get shorter, as the virus is predicted to become less virulent.

The "8 Billion Dollar Medicare fraud" claim has been disproven. Where the number came from in the first place is beyond me. The Federal Department of Health's Primary Statistician in Compliance Bret Clark made this statement, along with Professor Julie Quinlivan, the former head of the Professional Services Review, who stated "The headlines that \$8 billion in Medicare claims are fraudulent are classic cases of fake news. She then forensically debunked the expertise of "Medicare expert" Dr Margaret Faux (PhD), who had sensationally made the allegation. – (Aust. Doc, 4th November 2022.)"

There are definitely problems with Medicare, that is without question. And the answers are going to be complex. Is it fit for purpose in today's world? It would appear not. Any rebate which has been frozen for 10 years, whilst every other cost has risen, has problems.

I love the classic description of the new

age person that I recently found on the internet. It was a sketch of a "person", with all the "modifications" caused by the new age of computers, and social media.

- It showed a person, with a hunched back and neck, from hunching over a computer screen and keyboard,
 - with clawed hands, from holding a mobile device and texting.
 - It showed hooded eyes which had developed in order to protect the eyes from the glare of a computer screen.
 - In fact, it looked like a sci-fi alien.
- We are already seeing calcifications, which look like "horns" on the back of skulls in young adults, caused by hunching over a computer. It is definitely a new world.

There is the RDMA End of Year Networking Function on Friday, 25th November, 2022. See you all there!

And take care over the Christmas season! The new year will soon be upon us.

Kimberley Bondeson

Note: Free RDMA Membership For Doctors in Training

RDMA Meeting Dates Page 2.

The Redcliffe & District Local Medical Association sincerely thanks QML Pathology for the distribution of the monthly newsletter.



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RDMA 2022 MEETING DATES:

For all queries contact Angela our Meeting

Convener: Phone: (07) 3049 4444

CPD Points Attendance Certificate Available

Venue: Golden Ox Restaurant, Redcliffe

Time: 7.00 pm for 7.30 pm

Next

Tuesday	February	22nd
Wednesday	March	30th
Tuesday	April	26th
Wednesday	May	25th
Tuesday	June	21st
Wednesday	July	27th
ANNUAL GENERAL MEETING AGM		
Tuesday	August	23rd
Wednesday	September	28th
Tuesday	October	25th
NETWORKING MEETING		
✓ Friday	November	25th

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Advertising information is on
RDMA's website

www.redcliffedoctorsmedicalassociation.org/

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Classifieds subject to the Editor's discretion.

- ▶ No charge to current RDMA members.
- ▶ Non-members \$55.00

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INSIDE THIS ISSUE:

- P 01: RDMA President's Report**
- P 02: Date Claimers and Executive Team Contacts**
- P 03: Contents and Classifieds**
- P 04: BLMA's Christmas End of Year Event by K Bondeson**
- P 05: RDMA's Next Meeting Invitation**
- P 06 General Practice Liaison Update: James Collins**

- P 8 Update from ASADA Geoffry Hawson**
- P 8 MBA Giving Tuesday**

- P 10 AMAQ President and CEO Report**
- P 14 Answers to Questions in Quora (Internet 7) Dr Mal Mohanlal**
- P 16 Travel Article by Cherly Ryan**
- P 17 Poole Group Report**

- P 18: Media:Law change threatens doctors' hard-earned reputations & risks their mental health**

- P 19: Where We Work and Live: An Overview of the Vietnam War**

- P 20: Members Subscription Form**

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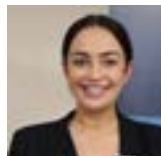


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BLMA's Christmas Year End Event by Dr Kimberley Bondeson

Dr Kimberley Bondeson attended the BLMA's Christmas End of Year Event on Friday 18/11/22. Photos from Below in anti-clockwise 1-7.

1. Mr Peter Kemish, Dr Kimberley Bondeson, 2. Dr Hasthika Ellepola, President, BLMA
3. Dr Maria Bolton
4. Dr Bob Brown
5. Dr Chris Perry
6. Sponsors from 1st Step Fertility
7. Presenter, Dr Stephen Elgery



NEXT MEETING DATE 25TH NOVEMBER 2022

RDMA Meeting 25/10/22

Kimberley Bondeson introduced MundiPharma Rep Catherine Solomonson and Lumus Imaging Rep Margo Bowers.

Speaker: Dr Geoff Hawson presented Great Moments & Discoveries in Medicine.

Speaker: Dr Nick Rukin

Topic: Urology Moans, Groans and Kidney Stones. A Primary Care Update on Common Urological Issues.

Below Left: Dr Nick Rukin: **Right:** Primula Balakrishnan & Margo Bowers

Below Centre: Wayne Herdy & Catherine Solomonson

Below Bottom: Harm Ong, Kar Hin Ooi and Mal Mohanlal.

Centre Top: New Member: Phyu Levin and Husband Nyo Win

Centre Bottom: New Member: Patrick Hartsuyker & Abhishba Bhandari

Far right: Raising it for Redcliffe - Giving Day. Attendees Luke Howarth, Feral Member for Petri, Drs Kimberley Bondeson, Alka Kothari, Kym Irving, and Geoffrey Hawson.



End of Year Networking Party

Redcliffe & District Medical Association Inc.

DATE: Friday 25th November 2022

TIME: 6.30pm for 7.00pm start

VENUE: Renoir Room - The Ox, 330 Oxley Ave, Margate

COST: Members \$50, their partners \$80

Doctors in training & retired Doctors \$25, their partners \$50

DRESS: Smart Evening Wear

SPONSOR: Redcliffe & District Medical Association Inc.
The Golden Ox

DETAILS: 7:00pm - Arrival and Registration & Entrée served
Welcome by Dr Kimberley Bondeson - President RDMA Inc.
Great Moments/Discoveries in Medicine
7:30pm - Main Meal
8:00pm - General Business, Dessert, Tea & Coffee

RSVP: By Friday 21st October 2022

(e)qml_rdma@qml.com.au or 0466 480 315

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General Practice Liaison Update - November 2022

Dr James Collins mngplo@health.qld.gov.au

It has been a very busy year in general practice and I wanted to thank you for all your commitment to supporting your patients in the community. I wish you and your family a Merry Christmas and a Happy New Year.

Queensland Adult Specialist Immunisation Service – broadens scope for GPs

The Queensland Adult Specialist Immunisation Service (QASIS) provides vaccination advice for people over 16 years of age with complex medical conditions as well as those who have experienced or are at risk of an adverse event following Immunisation (AEFI).

QASIS provides clinical advice related to a broad range of vaccinations, including those from the National Immunisation Program (NIP) and other non-funded/specialist vaccines. While physically located at the RBWH, they can provide support to patients anywhere in Queensland.

To refer go to metronorth.health.qld.gov.au/specialist_service/refer-your-patient/qasis or Google QASIS

Voluntary Assisted Dying – what you need to know from 1 January 2023

Voluntary Assisted Dying (VAD) Act 2021 has been passed in Queensland. It's important GPs acknowledge what this means for you. Voluntary Assisted Dying will be available for Eligible Queenslanders from 1 January 2023. Queensland Health has provided a number of resources to assist doctors and other clinicians on their website <https://www.health.qld.gov.au/system-governance/legislation/voluntary-assisted-dying-act> or Google VAD Qld . A VAD Health Pathways is due to be launched soon.

Update: Sullivan Nicolaides Pathology (SNP) updating eOrders to allow My Health Record upload

From 21st November, pathology results from SNP e-orders system can be uploaded on to the My Health Record automatically provided the GP or patient doesn't opt out.

This can assist in improving access to these community results for hospital clinicians such as in the Emergency department, outpatients or if a patient has had pathology with another GP. For more information go to www.snp.com.au/patients/patient-resources/patient-education/my-health-record/

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New decision support tool to help GPs connect patients with the right mental health support

The Initial Assessment and Referral (IAR) is a decision support tool, to assist GPs (and other referrers) to find the most suitable level of care for patients, which can then be used to determine the appropriate service for the patient, at a local level. It provides a standardised, evidence-based and objective approach to assist with mental health care recommendation.

Brisbane North PHN is now holding training sessions to help general practitioners and GP Registrars understand how to use the IAR decision support tool. GPs & GP Registrars are able to seek a \$300 reimbursement for completing training in November & December. For more information go to <https://brisbanenorthphn.org.au/practice-support/initial-assessment-and-referral-iar> or Google Brisbane North IAR training

Metro North Health Virtual Emergency Department supports GPs

Metro North Virtual ED (VED) is available to support GPs 7 days a week (weekdays 8am-10pm & weekends 8am-6pm) on 1300 847 833 and is open over Christmas period apart from Christmas Day.

GPs can talk with the ED consultant who can provide specialist advice for ongoing management, but they may also facilitate access to specialist advice, some clinics and hospital-funded community services.

The VED management plan can also be seen on The Viewer/ Health Provider Portal

For more information go to metronorth.health.qld.gov.au/refer-your-patient/virtual-emergency-department or Google Metro North Virtual ED.

An Update From ASADA Submitted by Dr Geoffrey Hawson:

Queensland Parliament Hansard Green
DATE: 12/10/2022
FILE: 12102022_001596_LEGISLATIVE
ASSEMBLY_GREEN_CHAMBER.DOCX
SUBJECT: (no subject found)
MEMBER: Dr ROWAN

Finally, in my remaining time, I wish to address an aspect of the health practitioner regulation national law which deserves the full attention of the Queensland state government given the significant ongoing medical workforce capacity issues across our state and indeed Australia. When Queensland's most senior and experienced doctors step down from full registration, they are prevented from using their medical skills and knowledge in any way for public benefit. A solution has been proposed by AMA Queensland and the Australian Senior Active Doctors Association which would see the reintroduction of a limited registration category called senior active doctor that enables doctors to step down from full registration and regular practice to a limited registration category with occasional practice provisions for services in the public interest.

The proposed model builds on the limited registration public interest occasional

practice category as described in part 12 division 11 section 273 of the national law. Such a model would see a proposed amendment to session 273 so as to allow for doctors to step down to limited registration in the public interest. I would like to take this opportunity to commend Associate Professor Geoffrey Hawson, the president of the Australian Senior Active Doctors Association and the senior doctor representative on the AMA Queensland branch council, and also Dr Kym Irving, a research consultant to the Australian Senior Active Doctors Association, for their exhaustive work and advocacy in this space. I would certainly encourage the Queensland state government to fully consider such a proposal.

Before concluding my contribution, I wish to reiterate my support for legislative and registry requirements that ensure high professional standards and recognise the critical importance of patient safety. Whilst consistency of laws is vital, particularly when we are debating laws which have been agreed to by all states and territories, this cannot be at the expense of sound policy and appropriate professional safeguards.

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1 IN 2 WOMEN

Who have had children will have some degree of a prolapse and 1 in 5 will require medical treatment



1 IN 10 WOMEN

Has endometriosis



1 IN 2 WOMEN

Will have stress urinary incontinence between the ages 18-83 that physio can help



1 IN 4 WOMEN

Suffer from a pelvic floor disorder

PRESIDENT AND CEO REPORT



Dr Maria Boulton and Dr Brett Dale

The past few weeks have seen some extraordinary changes across South East Queensland and the nation. Virtually all COVID public health precautions were lifted on 31 October, only for the state's COVID alert status to be lifted from green to amber a fortnight later.

At the same time we have seen changes to laws and regulations that have national implications. Despite extensive advocacy from AMA Queensland, the Queensland parliament voted through law changes to allow Ahpra to name and shame doctors under investigation.

The Urinary Tract Infection (UTI) pharmacy prescribing pilot became a permanent part of the state health system on 1 October and the finalised scope of the North Queensland pilot was announced a fortnight later. New South Wales, South Australia and the Northern Territory have all followed in our state's flawed footsteps with these dangerous experiments.

The Queensland Revenue Office is also ramping up its audits of GPs and other private practices, hitting them with backdated bills for payroll tax, following a New South Wales tribunal ruling.

COVID HEALTH PRECAUTIONS LIFTED

Queensland moved to a traffic light alert system for COVID from 1 November to simplify COVID messaging. Unfortunately, the move also included the end of mask mandates in hospitals, general practices and other healthcare services.

The GREEN alert status lasted less than a fortnight as the expected fourth wave of COVID hit and Queensland moved to AMBER. This means there are moderate rates of community transmission.

Mask wearing in healthcare settings is now recommended but still not mandated. We will continue to advocate for measures to protect healthcare workers from potential infection and also from disrespectful behaviour from patients.

As part of the Queensland GP Alliance, AMA Queensland has created a suite of resources for members to help educate and advise patients about mask wearing, including a poster advising patients of the need for flexibility, a flyer to advise of specific measures you are employing, and a detailed notice to post on reception or online. You can access these resources at ama.com.au/qld/news/masks.



NATIONAL LAW CHANGES

The Queensland Parliament passed changes to the *Health Practitioner National Law* on 13 October, including the concerning changes to allow Ahpra and the medical boards to name and shame doctors before any investigation has been conducted. These laws are now expected to be adopted across Australia.

AMA Queensland and our federal colleagues continue to fight hard against these unnecessary and unfair changes. In June, Dr Boulton and then federal AMA President Dr Omar Khorshid personally fronted the Queensland parliamentary committee and told them they would have blood on their hands.

Naming and shaming before an investigation goes against natural justice, and will have a real impact on doctors' mental health, professional reputations and future careers. It is not good enough to say the allegation will be retracted if no wrongdoing is found. In these times of social media and online content, an allegation lives forever.

Ahpra and the medical board already have powers to stop a doctor practising if they present a genuine risk to patient safety. We are still angry that both sides of Queensland politics accepted these changes without any argument or any consideration for the wellbeing of the health workforce.

We encourage you to contact your local member of parliament, state and federal, to tell them why this law change is wrong. We are meeting with Ahpra in December to discuss the changes and how they will be implemented, and will report back to members.

PAYROLL TAX

We are increasingly being contacted by members and non-members alike about payroll tax following a decision by a New South Wales tribunal.

Practices that have been compliant with the law and met all their tax obligations as the Queensland law has been applied since 2008 should not be hit with backdated payroll tax bills of thousands or millions of dollars, based on a ruling in another state. They will either have to pass the tax on to patients or close their doors. Patients will end up in emergency departments.

We have been attempting to meet with the State Treasurer since November 2021 to raise our concerns about this short-sighted tax grab, and have met with the Queensland Revenue Office (QRO) to seek clarity. The QRO's response was "tax law is complex and ever-changing". The Treasurer told State Parliament he has no power to question how tax laws are interpreted or direct how they should be applied.

We hoped we could work behind the scenes for a payroll tax exemption for GPs and private practices, similar to the exemption for public and some private hospitals, and give the government a popular health 'announceable' at a time when general practices are ending bulk billing or closing their doors.

It became apparent that we needed to go public, and the public is on our side. The more than 400 online comments on the first story in *The Courier-Mail* overwhelmingly supported us. We also have the backing of the State Opposition and the Greens, but we need your help to take your cases to government and the media.

The only way we can effect change is to publicly challenge the government with real cases and highlight the effect this will have on the community if practices close and thousands of patients and aged care facility residents no longer have a doctor. Please contact our media team on 0419 735 641 for a confidential discussion.



Drs Maria Boulton and Aaron Chambers address media about payroll outside Parliament House

PHARMACY PRESCRIBING



The Queensland Government has decided to proceed with both the UTI prescribing pilot and the North Queensland pilot, and we are dismayed to see New South Wales, South Australia and the Northern Territory flagging their interest in following in our State's flawed footsteps.

AMA Queensland advocacy has at least managed to slightly water down the North Queensland pilot, delaying its start by a year and cutting the number of conditions covered from 23 to 17. We continue to ask Queensland Health for the evidence-based reasons for

this trial and are working with our state and territory colleagues to make this a national issue.

How can you help? After multiple requests, the Queensland Government and QUT, which designed and evaluated the UTI pilot, have given us a mechanism to report outcomes through the Office of the Health Ombudsman (OHO).

We met with the OHO and they stated they have the power to conduct a system-wide review but cannot proceed without patient cases. Reports can be made anonymously and OHO does not need the patient's consent to investigate. We encourage all doctors to report cases to OHO.

You can read more about our advocacy at qld.ama.com.au/Stop-NQ-Pharmacy-Trial

MENTAL HEALTH AND WELLBEING SUMMIT



On Crazy Socks 4 Docs Day in June, AMA Queensland and the Committee of Doctors in Training (CDT) renewed our call for the Queensland government to hold a Health Workforce Mental Health and Wellbeing Summit to bring together doctors, experts, administrators, academics and legislators to come up with practical ways to reduce stress on healthcare workers.

This was held on 17 November and resulted in the sharing of ideas and strategies. We will continue to push for these to be actioned.

We have been urging Health Minister Yvette D'Ath to introduce laws similar to those in South Australia, which

hold Hospital and Health Service (HHS) directors accountable for the health and wellbeing of their staff.

At the summit, Minister D'Ath acknowledged the stress healthcare workers are under and AMA Queensland's role in bringing the idea of the summit to her. She also confirmed she is considering legislative amendments similar to the South Australian laws.

Doctors and medical students are reluctant to seek help for their mental health for fear of professional repercussions and social stigma. The changes to the National Law to allow regulators to publicly name doctors under investigation will only this worse.

Mirroring the South Australian laws will be a first step in protecting vulnerable staff.

MEDICARE

Federal Health Minister Mark Butler ordered an independent review of unverified claims by the ABC, *The Sydney Morning Herald* and *The Age* of alleged Medicare fraud by doctors. We support this investigation, but it must also review the complexity of the Medicare Benefits Schedule (MBS) and the woefully low patient rebates.

The federal health department investigated the media reports and found no evidence of the \$8 billion figure.



Members are rightly upset by these media reports. GPs have been on the frontline of the COVID response for almost three years – treating patients, delivering vaccines and keeping people out of hospital. They're fatigued and burnt out.

We know that every cent of health funding is precious and if anyone is rorting the system, they should be identified and penalised.

However, Medicare is no longer fit for purpose. The patient rebates go nowhere near the cost of providing quality health care and it is time to overhaul the entire system. That's why we've joined a federal taskforce to reform Medicare.

FEDERAL BUDGET

The Albanese Government's first budget delivered little to address the issues affecting Queensland – ambulance ramping, bed access block, elective surgery wait lists and the woeful Medicare rebates for patients to access medical services.

Even worse, the budget cuts \$2.4 billion nationally over the next four years from public hospital funding based on state forecasts of fewer hospital services to be delivered in that time. The federal government will also no longer go 50-50 with the states on COVID-related public hospital costs from the end of this year, although the federal health department secretary, Professor Brendan Murphy, told Senate estimates the funding may continue into 2023.

Our hospitals were already under pressure before COVID, but almost three years of pandemic has taken a huge toll.

We will continue to campaign fiercely to increase funding for our hospitals, to reform Medicare and to support our rural and regional workforce.

Read more about our federal budget response at qld.ama.com.au/news/FedBudget and the flawed public hospital funding model at ama.com.au/media/budget-hospital-funding-reveals-just-how-flawed-current-funding-model.

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We are proud to lead Queensland doctors and create better health outcomes for our community. Join AMA Queensland and receive a \$50 Prezzy gift card. Scan this QR code to join now and enjoy the myriad of member benefits.

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Answers to Questions in Quora (Internet) - 7

By Dr Mal Mohanlal

Can mental thoughts and emotions cure physical ailments, illnesses and diseases?

Mental thoughts and emotions can profoundly affect your physical and mental well-being. Words make up your thoughts and intensify your feelings. Negative words produce harmful chemicals in your brain, and positive words produce positive chemicals. All these chemicals can affect your immune system negatively or positively. So one must straighten out their perceptions to think clearly. If not, please prepare for a life of struggle and misery. Please read my articles to find out if your perceptions are not distorted.

Can we use our subconscious mind to heal ourselves? Would we need to be in a state of hypnosis in order for this to happen?

Yes. Unless you harmonize your inner and outer worlds, there is no way you can escape misery and loss of peace of mind. If you are in conflict, it is better to resolve the issue. Do not try to forget it because your subconscious mind will sooner or later not let you rest in peace. When you are thinking, you are hypnotizing yourself. Please learn how hypnosis works by reading my article on the Internet. If you are willing to change your perceptions, you can quickly leave the past behind. Remember, your immune system is under subconscious control, and you can manipulate the subconscious mind with self-knowledge. When you are in harmony, you produce good chemicals in your system. When you are unhappy, you are producing all the nasty chemicals. 20

What is the difference between your soul and your consciousness?

Do you know we are delusional thinkers? We create words to express and communicate. We use the word 'soul' for something that never dies. Then our ego identifies itself with the word and believes it never dies. That is called a delusion. Again the word 'consciousness' is used to express when one is awake. Now consciousness is a property of the mind. But the mind cannot express consciousness without the brain. So, we cannot combine these two words and make them as if they are related. Please read my article on the brain, the ego and the mind to understand their relationship. Indeed, we live in a world of delusions.

Do you agree with the dualistic view of the self?

Whatever view one might have of the self, it will be an exercise in delusional thinking. Do you know why? The ego in our mind creates words to express and communicate. For example, the word 'soul' represents something that never dies. But if the ego identifies with that word and believes in its creation, that is called a delusion. Without self-knowledge, we are all delusional thinkers. It is because the ego is a product of self-hypnosis. Our thinking process is hypnotic, where words create a world of our dreams. Most people are not searching for truth. They live and end their life in a world of delusions. Please read my article on the ego's modus operandi if you want to wake up from this self-hypnosis.

How has the human brain and thought processes changed from ancient times to the present day?

I am afraid our present civilization is not much more advanced than the previous ones and is heading the same way toward self-destructing. There is little understanding of how our thinking process works despite all the scientific and technological advances we have made. There is little self-knowledge or insight reflected in the individual egos of today, as was the case in the past. We are ego-tripping the same way as people did in the past. Most people do not realize we live in a hypnotic world. The ego in our mind is a product of self-hypnosis. It uses words to appear in our conscious mind and the power of words to create a world of delusions. It uses words to travel in time, thus caught in a net of time. But there is a world beyond words (the timeless dimension) to discover right before you. The only thing that separates you from this world is your perception. The more we create an escapist world with our science and technology, the more we will suffer from mental illness. Please read my articles on the Internet to see if I make sense.

Are there any cures for mental illness or just ways of managing symptoms?

Mental illness, in my mind, is a disorder of perception. It is the degree that determines the level at which it becomes a clinical disorder of behaviour and action. So if one can clear up one's perceptions,

Continued Page 15

Answers to Questions in Quora (Internet) - 7

By Dr Mal Mohanlal

the illness must clear up. Please read my articles on this issue. If they make sense, then there is no reason one cannot harmonize their thinking and feelings. But if they do not make sense, I am afraid one would be stuck with symptomatic treatment. This world is full of distorted perceptions; therefore, mental illness increases worldwide as we become out of touch with reality.

How do I stop my subconscious mind from controlling my behaviour?

Your subconscious mind does not control your behaviour. It is your thinking that influences your behaviour and action. Straighten out your perceptions. Then it might help your behaviour and actions. Please read my articles and see if they make sense to you.

How do you control your thoughts and be the master of your mind?

The thinker in your mind, your ego, does all the thinking. So you have to acquire self-knowledge. It is that simple. The ego is a product of self-hypnosis. When we are thinking, we are hypnotizing ourselves. Please read my articles on the ego and the mind to help you become the master of your destiny.

How do we account for the existence of suffering in the world?

The ego is in pursuit of self-gratification and immortality. The I, Me and Mine, which are the ego's characteristics, are self-isolating processes. It creates conflict within oneself, resulting in physical and mental disharmony. In my mind, this perception disorder ultimately leads to psychological and physical suffering as one becomes out of touch with reality. I am afraid God does not create suffering. Natural disasters are part of life that we must accept wherever they occur.

If the observer and the observed are one, then who knows that?

When the observer and the observed become one, you become one with the universe. You will experience the timeless dimension. You will stop chasing your shadow. Anyone can experience this spontaneous phenomenon which can occur anywhere, anytime, but especially when one is on the mountain top or the outback away from man-made structures. Meditation is all about discovering the ego's relationship with its inner and outer worlds.

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Can everything be explained by science, or are there some things that can only be explained by the human mind or spirit?

No. Most of us are not searching for truth. If you observe, we use science as a means to an end. Instead of learning how our ego operates in our minds, we use science to boost the ego. We hide behind scientific knowledge and create a world of delusions for ourselves. No one is interested in pursuing self-knowledge because everyone feels secure with the world they know, not the unknown.

Does awareness end? For example, there is awareness of my heart beating. if im aware of it beating it stands to reason that I'll be aware of it if it stops. so if im aware of something I must be separate from it...so I'm not just this body?

Awareness, like consciousness, is a property of the mind. But you need the brain to express it. Once your heartbeat stops, so does the circulation to your brain. And with that goes your awareness. You are part of the mind, not separate from the mind. Please read my article on the brain, the ego and the mind to understand the relationship.

Las Vegas and The Super Bowl LVIII 2024

By
Cheryl Ryan



One of the world's most fun and entertaining place, with its many resorts, casinos, multi-cuisine restaurants and glamorous nightlife, Las Vegas truly lives up to its famous nickname – The Sin City.

Set amidst the otherwise arid Mojave desert in Nevada, it is known as the entertainment capital of the world, and is often depicted as such in movies and TV shows.

Experience Epicurean delights!

If there's one thing that could convince anyone to make a Las Vegas trip, it would be the many fine dining outlets there. From Japanese to Mexican and Ethiopian cuisines, this city has it all. If you're a foodie, you'd never want to leave.

View it from the sky

One of the popular things to do in Las Vegas is to take a helicopter tour of the city at night. Vegas is famous for its bright and flashy lights, fountains and neon signs. It is truly a visual treat to watch this sparkling city from a bird's eye view. Catch the beautiful dazzling night lights from the best seat in the city- way up high!

Catch the Super Bowl LVIII

A lot of buzz has been created around the Super Bowl LVIII, which will be held at the Allegiant Stadium

in Las Vegas. While getting tickets will definitely not be an easy task, fortunately, in Sin City, there is always an alternative. Many of the restaurants and cafés on the strip hold Super Bowl viewing parties. There's nothing like sitting at your favourite restaurant with your friends and watching the game on a giant screen.

What we have planned for you

- Stroll down the streets on a classic sight-seeing spree.
- Take a trip to the Bellagio Conservatory and Botanical Garden and admire the plants from all over the world.
- Choose from the hundreds of options available for a fine dining experience.
- Walk into Madame Tussauds museum to meet the lookalikes of famous personalities from the world over.
- Take a night time bus tour of the city.

Don't forget to catch the Super Bowl LVIII on a big screen at your favourite restaurant!

123Travel – Cheryl Ryan



Proposed work-from-home tax changes

Under a proposed change by the ATO, the old method to calculate how much workers could claim as a result of working from home will be scrapped. The new method would see a revised fixed rate of 67 cents.

This change may result in a significantly lower tax return due to the fact that the proposal also changes what additional expenses workers can claim.

The new rate would take into account your total deductible expenses. This would include expenses such as electricity, internet, mobile phone, computer consumables and stationery for the income year.

If the changes are brought in, the new fixed rate method would be backdated to 1 July 2022.

What does this mean for you?

Going forward you will have to select between the “Shortcut Method” or the “Actual Costs” Method.

It could impact taxpayers negatively if you utilise your phone extensively for work (both at home and outside) you could potentially claim a large amount in mobile phone bills – however if you use the new fixed rate method you will lose this opportunity.

However if you decide to claim the ‘actual costs’ you will also be required to claim all other costs in the same manner, for other working from home expenses which will require taxpayers to keep a significant amount of invoices and receipts to track their outlays.

If you think you may be affected, start keeping track of your expenses to ensure you don’t end up with a shortfall and ensure you are complying with the new rules. Be aware that this will be more time consuming however it will ensure more accuracy in your expenses relating to working from home. Speak to your tax accountant to ensure you are taking the right steps to comply as you will also need to start keeping a record of hours worked from home.

Written by Dale Trickett – Director The Poole Group

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AMA Media Release - No action a decade on from first call for independent regulator of online gambling and advertising

No action a decade on from first call for independent regulator of online gambling and advertising

As online gambling harms an increasing number of Australians the AMA is calling on the federal government to do more to regulate online gambling platforms and advertising of online gambling products.

AMA President Professor Steve Robson said while online gambling has been of increasing concern for the past decade, calls for an independent regulator — which the AMA raised in its 2013 position statement on gambling — have gone unheeded.

“It is astounding to think that despite the ubiquity of mobile internet technology and the advertising of online gambling on television and social platforms like YouTube, governments have largely shown an unwillingness to step-up to the gambling industry, and set in place a strong regulatory framework,” Professor Robson said.

“While some states and territories have begun to examine and enact restrictions on the advertising of online gambling, more and more Australians — especially younger Australians — are being subjected to the sophisticated advertising of the predatory, multi-billion-dollar gambling industry.”

Professor Robson said doctors need to be equipped to recognise and support people who are struggling with gambling.

“Medical practitioners should be aware of the potential adverse effects of harmful gambling on the physical and mental health of individuals and their

MEDIA RELEASE MEDIA RELEASE MEDIA RELEASE

families. Patients experiencing harmful gambling may present with symptoms that appear unrelated to gambling. Other patients may present with health-related concerns arising from a family member’s gambling problem.”

COVID lockdowns saw an increase in online gambling, with research by the Australian Gambling Research Centre suggesting many people opened accounts with online gambling companies for the first time during lockdowns as land-based gambling decreased.

Almost 1 in 3 survey respondents signed up for a new online betting account during COVID-19, and 1 in 20 started gambling online. Young men were the most likely cohort to sign up for new accounts, increase their monthly spend on gambling and be at risk of gambling related harm.

The AMA’s submission to the Parliamentary Inquiry into Online Gambling and its Impacts on Those Experiencing Gambling Harm contains a number of suggestions to governments including funding for research and prevention programs, educational programs, and community centred care programs to help de-stigmatise gambling addiction, while simultaneously de-normalising online gambling among young people.

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Where We Work and Live

Vietnam War 1962-75 | <https://anzacportal.dva.gov.au/resources/arthur-law-australian-army-partners-allies>

Graham Edwards (Australian Army), Land Mines - Part 1

Graham Edwards served with the Australian Army in Vietnam. He was warned that the biggest danger would be landmines.

In May 1970, Graham's life was forever changed when he stepped on a 'jumping jack' mine while out on patrol.

Graham Edwards served in Vietnam as the result of some firmly held beliefs. "I'd been to a Catholic school. We had the fear of Communism flogged into us, and it just seemed to me to be a worthwhile war at that time, one that Australia should be involved in.

I fell for the domino theory, but I guess like lots of other young blokes, it was also a sense of adventure and following in the footsteps of previous Australian generations."

By 1970, the dangers from enemy land mines were a constant threat to Australian servicemen "And I remember some 5RAR blokes saying to me that, 'your biggest problem won't be contact with the enemy, it's going to be running into land mines.'

So there was a psychological issue there, it didn't stop us doing our job, but always at the back of your mind was the danger of minefields."

Graham was a machine gunner with an assault pioneer platoon. While on patrol in May 1970, he stepped on an M16 'jumping jack' mine.

"It just exploded. I had no idea, no knowledge that I'd trodden on the mine. This fallacy that you can hear a click, you can keep your foot on it and it won't explode, is nonsense.

For I don't know how long I just had this incredible feeling of peace and drifting away, and the next thing these waves of pain just broke over me and I wondered what the hell



**Graham Edwards (Australian Army),
Land Mines**

had hit me. And I looked down and knew straightaway that I was in significant trouble, my legs were just a bloody mess.

I wasn't game to put my machine gun down in case I put it onto another mine so I just had to sit there; in absolute agony, being driven mad by the pain, being driven mad by the sun, so dry, I was parched.

And I just had to wait while my mates were able to get a path up to me."

Back home, Graham's young wife Noelene received the news.

"She didn't know what the hell was going on.

And eventually two army blokes came up and gave her a telegram to read to say: 'Private Graham John Edwards, land mine incident, has suffered the amputation of his limbs.'

They didn't say anything to her; they just gave her the telegram to read."

Stories continued next month

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