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

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Vietnam War  
1962 - 1975

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## RDMA's President Report Dr Kimberley Bondeson

Australia is in the midst of mixed weather patterns, with Southern states experiencing bushfires and snow at the same time. An interesting combination, with the fires causing havoc and many states in the middle of back burning to help control fire season.

Urgent Care Clinics – one of the promises by the current Federal Government are been rolled out in the ACT with existing Canberra health Services Nurse-Led Walk In Centers in five centers.

No Doctors are employed or involved. (Medical Republic, 18th October, 2023.) They are expected to be operational with Nurse Practitioners and Physiotherapist from the beginning of 2024.

The AMAQ conference in Lisbon, Portugal was a success, and was thoroughly enjoyable, as well as informative. I was particularly interested in their approach for decriminalisation of drugs, and the success they have had in this area. It was particularly interesting, as ACT is introducing this legislation in Australia.

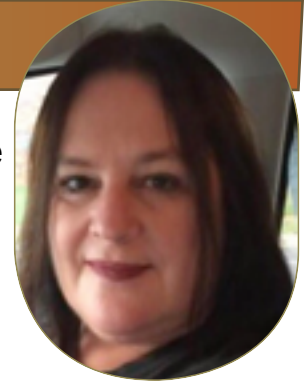
One of the speakers, a Dr Manul Cardosa, the Deputy Director General of the Intervention Service for Addictive Behaviours and Addictions (SICAD) in Portugal gave a fascinating talk.

He described how the drugs of choice in Portugal are heroin and cocaine, whereas in Australia, the main drug of choice is ICE.



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

In 1988, Addiction was the main concern for the Portuguese population, who has 100,000 problematic drug users, which was 1% of the population. Of this 1%, 98% were heroin users, and of these, 48% were drug injections. This resulted in 56% of their HIV notifications, and 350 overdose deaths each year.



Decriminalisation was introduced in response to this. The people of Portugal see drug addiction as a mental health illness, and funding for the treatment of this comes from a separate mental health budget, and is not included in the Health Budget.

Dr Cardosa described Decriminalisation as part of a comprehensive drug policy, which led to “The Dissuasion Model”, which is an intervention which is aimed and targeted to the drug users’ characteristics and individual needs.

The use of drugs is still forbidden in Portugal; however, it is no longer a criminal offence. Each individual is allowed to have in their personal possession 10 days’ worth of illicit *Continued Page 4*

**Note: Free RDMA  
Membership For  
Doctors in Training**

**RDMA Meeting Dates  
Page 2.**

## RDMA 2023 MEETING DATES:

For all queries contact our Meeting Convener:  
Phone: (07) 3049 4444

CPD Points Attendance Certificate Available

Venue: The Komo, WaterView Room 1,  
99 Marine Parade Redcliffe

Time: 7.00 pm for 7.30 pm

### Next Meeting

Tuesday	February	21st
Wednesday	March	29th
Wednesday	April	26th
Tuesday	May	30th
Wednesday	June	28th
Tuesday	July	25th
Wednesday	August	30th
Tuesday	September	26th
<b>ANNUAL GENERAL MEETING AGM</b>		
✓ Wednesday	October	25th
<b>NETWORKING MEETING</b> Post Office Hotel, 1 Bowser Pde Sandgate		
Friday	November	17

Newsletter Editor Dr Wayne Herdy

Newsletter Publisher.

M: 0408 714 984

Email: [RDMAnews@gmail.com](mailto:RDMAnews@gmail.com)

Advertising information is on  
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[www.redcliffedoctorsmedicalassociation.org/](http://www.redcliffedoctorsmedicalassociation.org/)

## NEXT NEWSLETTER DEADLINE

Advertising & Contribution

Due by the 15th of each Month 2023

Email: [RDMAnews@gmail.com](mailto:RDMAnews@gmail.com)

W: [www.redcliffedoctorsmedicalassociation.org](http://www.redcliffedoctorsmedicalassociation.org)

### Competitive Advertising Rates:

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Business Card size (new): \$70.00

Advertorials: \$260.00

Inserts: \$260.00

The preferred A5 size is Landscape Format and A4 size is in Portrait Format.

Please note the following discounts:

- ▶ 10% discount for 3 or more placements
- ▶ 20% discount for 11 placements (1 year)
- ▶ Payments required within 10 working days or discounts will be removed unless a payment plan is outlined at the outset.

### CLASSIFIEDS

Classifieds subject to the Editor's discretion.

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

If you would like to advertise in the next month's newsletter please email [RDMAnews@gmail.com](mailto:RDMAnews@gmail.com) in one of the preferred formats (either a pdf or jpeg). Advertisers' complimentary articles must be in the same size as adverts. Members Articles are limited to an A4 page in Word with approximately 800 words.

**INSIDE THIS ISSUE:**

- P 01: RDMA President's Report**
- P 02: Date Claimers and Executive Team Contacts**
- P 03: Contents and Classifieds**
- P 04: RDMA's AGM Meeting Invitation  
25/10/23**
- P 05: RDMA's Last Meeting Photo Update**
- P 06: AMAQ Conference Lisbon Portugal  
Pictorial by Kimberley Bondeson**
- P 8: AMAQ President & CEOs Report**
- P 11 Back Pain "Some Tricks of the  
Trade" by Dr Philip Dupre**
- P 12 Metro North GP Liaison Update by  
Dr James Collins**
- .P 14 Answers to Questions in Quora-13  
Internet by Dr Mal Mohanlal**
- P 16 Travel Article by Cheryl Ryan**
- P 17 Poole Group Report Part 1**
- P 18: Media: AMA and Private Healthcare  
Sector Leaders agree on Need for  
Reform**
- P 19: Where We Work and Live: An  
Overview of the Vietnam War**
- P 20: Members Subscription Form**

# Lumus Imaging North Lakes has exciting news!

Our new Siemens MRI  
will be operational  
from the end of October.

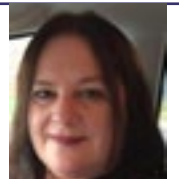
For Bookings  
please call our lovely staff on  
07 3142 1611  
[lumusimaging.com.au](http://lumusimaging.com.au)



## **RDMA Executive Contacts:**

President:

Dr Kimberley Bondeson  
Ph: 3284 9777



Vice President :

Dr Wayne Herdy  
Ph: 5491 5666



Secretary:

Dr Alka Kothari  
Ph: 3883 7777



Treasurer:

Dr Peter Stephenson  
Ph: 3886 6889



Email: [rdma.treasurer@gmail.com](mailto:rdma.treasurer@gmail.com)

Committee Member:

Dr Geoff Hawson  
Ph: 0418870140

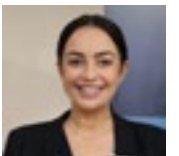


Email: [geoffrey@hawson.org](mailto:geoffrey@hawson.org)

Meeting Conveners Ph:3049 4444

Email: [qml\\_rdma@qml.com.au](mailto:qml_rdma@qml.com.au)

Anna Woznaik  
M: 0466480315



# RDMA AGM MEETING ON 25TH OCTOBER 2023

## RDMA's President Report Dr Kimberley Bondeson

Continued from Page 1

drugs for personal use.

The result of this program has decreased the HIV notification due to drug use down to 0.02%, and 74 overdose deaths a year. (Dr Cardosa, September 2023, Portugal). Whilst there are vast differences between Portugal and Australia, this information was fascinating.

Other topics included, amongst a variety of presentations, was an update in Medical Oncology and Haematology, which was given by Dr Sybil Kellner, who gave a brilliant update on the evolving immunotherapy treatments being used in cancer patients.

Next year's conference is in Athens, in Greece.

Kimberley  
Bondeson



### Monthly Meeting

Date	Wednesday 25 <sup>th</sup> October 2023
Time	7pm for a 7:30pm start
Venue	Waterview Room, The Komo 99 Marine Pd Redcliffe
Cost	Financial members, interns, doctors in training and medical students – FREE. Non-Financial members – \$30 payable at the door (Membership applications available).

	7:00pm	Arrival & Registration
	7:30pm	Be seated – Entrée served Welcome by Dr Kimberley Bondeson – President RDMA Inc Sponsors: Amgen Represented by: Holly Hawkins
	7:40pm	Speaker: Dr Niranjan Gaikwad, Cardiologist Topic: Lipid Management in Primary Care Main Meal served (during presentation)
Agenda	8:20pm	Q&A
	8:40pm	General Business - Dessert served Tea & Coffee served
	8:40pm	Annual General Meeting

RSVP By Friday 20<sup>th</sup> October 2023  
RDMA@qml.com.au or 0466 480 315



# RDMA MEETING 26TH SEPTEMBER 2023

## Introductions:

Geoffrey Hawson acting RDMA President introduced our Sponsor DrFalk Pharma and Apollo Endosurgery representatives

## Speaker

Dr Yanez Peerbaccus,

**Topic 1 Sponsor DrFalk PHarma**  
IBD, Differential Diagnosis, Clinical Evaluation and Management of UC.

**Topic 2 Sponsor Apollo Endosurgery**  
BIB Intragastic Balloon Weight Loss System.

## Below Clockwise:

### Photo 1

Dr Geoffrey Hawson acting Chair, Speaker Dr Yanez Peerbaccus and Maxim Wilson,

### Photo 2

Angus Mackay DrFalk rep, Peter Stephenson, Michelle Hellmrich Apollo rep, Graham McNally.

### Photo 3

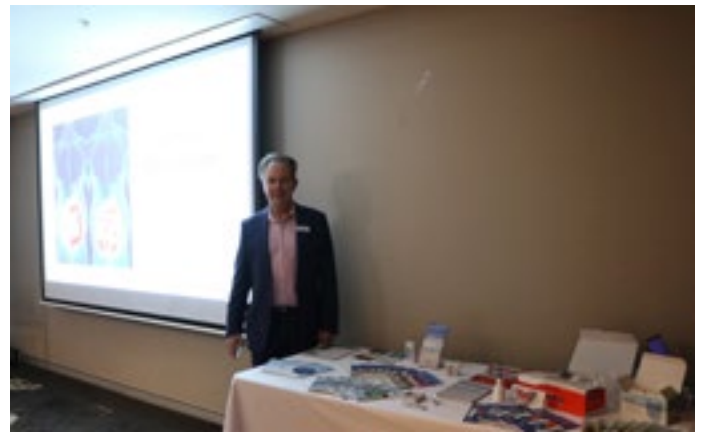
Angus Mackay DrFalk Representative

### Photo 4

New Member Tyler Kelly and Anna Wozniak

### Photo 5

Sarah Bresnehan, New Member Zohaiv Nadeen & Nelsen Adler



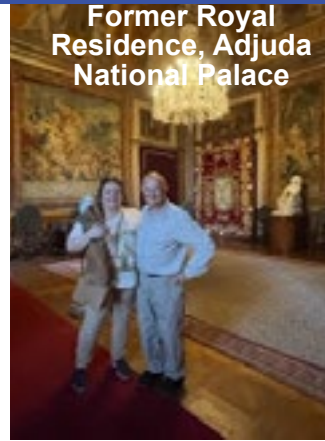
# AMAQ Conference Lisbon Portugal Pictorial By Kimberley Bondeson



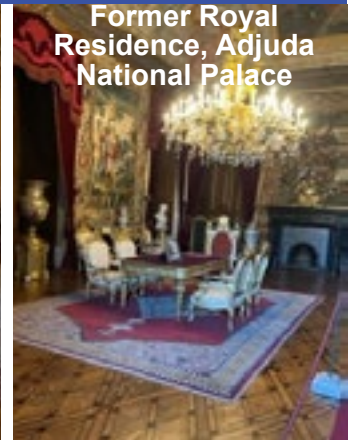
The Gala Dinner



Alfama District Lisbon



Former Royal Residence, Adjuda National Palace



Former Royal Residence, Adjuda National Palace



Winery Near Abidos



The Gala Dinner



The Gala Dinner Peter Kemish, Kimberley Bondeson, Wendy Payne & Wayne Herdy



Alfama District Lisbon



## AMA QUEENSLAND FOUNDATION CHARITY GALA SATURDAY 18 NOVEMBER 2023

Swap your scrubs for sequins and have the chance to win amazing prizes, including a once-in-a-lifetime tour of France's Champagne district, while raising money for Beddown and helping build new homes for our homeless.

**REGISTER NOW**

[ama.com.au/qld/events/2023-foundation-charity-gala](http://ama.com.au/qld/events/2023-foundation-charity-gala)



<b>DATE</b>	Saturday 18 November
<b>TIME</b>	6.30pm to 10.30pm
<b>VENUE</b>	Customs House, 399 Queen Street, Brisbane
<b>THEME</b>	Black Tie with a touch of green
<b>COST</b>	Single ticket: \$220 Table of 10: \$2,000 VIP Gala dinner table sponsor - table of 10: \$2,500







## Myocardial Perfusion Scans available at Lime Radiology

Lime Radiology is pleased to announce the return of Myocardial Perfusion Scans as part of our Nuclear Medicine service.



All eligible Nuclear Medicine examinations are bulk billed

📍 287 Oxley Ave  
Margate QLD 4019

✉ reception@limeradiology.com.au  
🌐 limeradiology.com.au

☎ 07 3283 9200



## HOW DO FOOT ORTHOSES HELP SOFT-TISSUE INJURIES?

PODIATRY @ SPORTS & SPINAL CAN ASSIST YOUR PATIENTS WITH ALL OF THEIR FOOT ORTHOSES AND SOFT TISSUE CONCERNS.

REFERRALS VIA MEDICAL OBJECTS, FAX OR PHONE.



SCAN THE QR CODE FOR MORE INFORMATION

### RESEARCH SHOWS:

- ✓ Orthoses can help change the distribution and timing of forces acting under the foot in order to reduce the load on problematic soft tissues
- ✓ Orthoses have been shown to alter movement and the forces acting on the lower limb during walking and running
- ✓ A rehabilitation goal can be more easily achieved with Orthoses when used in conjunction with strength, conditioning, load modification, and footwear management



## PRESIDENT AND CEO REPORT



It's been another busy month for AMA Queensland, with submissions and correspondence to Queensland Health on the COVID-19 vaccine mandate repeal, the Queensland Health Workforce Strategy 2032, and its Women's and Girls Health Strategy.

There has been intense media interest in the impending closure of private maternity services in Cairns and in the opening of the third urgent care clinic in Queensland.

## PAYROLL TAX



We remind members that expressions of interest for the Queensland Revenue Office's payroll tax amnesty are due Friday 10 November 2023.

The QRO also published an [updated payroll tax public ruling for medical centres](#) on 19 September 2023.

We are continuing to work with our federal and state colleagues as other jurisdictions also begin to implement this new interpretation of tax laws. Queensland was the first state to win an amnesty and a halt to retrospective audits for eligible general practices.

AMA Queensland is hosting a payroll tax webinar on 24 October for members to provide general information about these recent developments, however, all medical practices are urged to seek updated professional advice about how the ruling impacts their

business. General practices should also consult their advisors about whether to apply for the amnesty in time to meet the 10 November deadline.

Read more on our campaign website [ama.com.au/qld/campaigns/payroll-tax-campaign](https://ama.com.au/qld/campaigns/payroll-tax-campaign)

## 60-DAY DISPENSING

GPs may receive a letter from someone purporting to be your trusted pharmacist colleague about 60-day dispensing.

These letters are part of a campaign from a group called CAPS, which claims to be an independent pharmacy lobby group not associated with the Pharmacy Guild of Australia.

CAPS remains opposed to 60-day dispensing, while the Guild has shelved its campaign against this new program as it negotiates the eighth community pharmacy agreement with the federal government.

We encourage you to ignore any correspondence from CAPS. This group does not speak with any authority. Its decision to post photos online of patient prescriptions may be a breach of privacy. These actions have not been endorsed by any recognised pharmacy peak organisations.

Read more at [health.gov.au/cheaper-medicines/60-day-dispensing-pbs-medicines-and-current-item-codes](https://health.gov.au/cheaper-medicines/60-day-dispensing-pbs-medicines-and-current-item-codes) and [ama.com.au/qld/news/Letter-from-CAPS-ignore-it](https://ama.com.au/qld/news/Letter-from-CAPS-ignore-it)





## TELEHEALTH RED TAPE



The AMA has received assurances from federal Health Minister Mark Butler that his department will address concerns about outdated regulations around patient consent for telehealth services.

Throughout the pandemic, the Department of Health and Services Australia allowed verbal consent for telehealth consults to be documented in a patient's clinical notes. However, Services Australia has published fresh advice after concerns this practical approach did not meet the

technical requirements of the Health Insurance Act.

Minister Butler issued the following statement on 6 October following a meeting with AMA Vice President Dr Danielle McMullan:

*"I have asked my department to provide options to address concerns about the assignment of benefit for Medicare bulk billed claims, including legislative amendments. My department has advised me that until these changes are made, there are no plans to pursue any broad punitive actions on this issue unless it relates to fraudulent claims against Medicare."*

The AMA will keep members informed about work in this area, recognising the potential for the current interpretation to impact on access to care for patients and add unnecessary complexity to the day to day work of doctors.

Read more at [ama.com.au/ama-rounds/6-october-2023/articles/ama-acts-telehealth-red-tape](https://ama.com.au/ama-rounds/6-october-2023/articles/ama-acts-telehealth-red-tape)

## MATERNITY CARE

We have urged Health Minister Shannon Fentiman to urgently intervene to allow private specialists access to public hospitals.

The Cairns and Hinterland Hospital and Health Service has rebuffed an offer by two private obstetricians to treat public patients in return for being able to birth their private patients in public hospitals when the local private maternity unit closes on 1 November.

We have welcomed many of the moves Minister Fentiman has made towards resolving regional workforce shortages, including more training places for GP obstetricians and a digital passport to make it easier for doctors to work across different HHSs.

We have asked her to step in and stop individual HHSs from blocking private specialists from practising in public hospitals.

Metro North Health has effectively blocked private obstetricians from practising at the Royal Brisbane and Women's Hospital since early 2022.

This must be considered as part of Queensland Health's Women and Girls Health Strategy. Women must be given real choice around birth models.

Read more [ama.com.au/qld/news/Private-specialists-access-public-hospitals](https://ama.com.au/qld/news/Private-specialists-access-public-hospitals)



## URGENT CARE CLINICS

We have been busy in the media with inquiries about the federal government's new Urgent Care Clinics.

While we welcome any investment into primary care and general practice, having 11 of these clinics in a state as decentralised as Queensland will not make much difference to ambulance ramping and hospital bed block.

This funding could have been better invested in solving the causes of bed block, including workforce and aged care investment, and lifting Medicare patient rebates to give all patients better access to their GP.

Read more at [ama.com.au/qld/news/livingcosts](https://ama.com.au/qld/news/livingcosts)

## MEMBER NETWORKING EVENT AND AMA AWARDS



We are inviting members to raise a glass with us to the end of 2023 with an AMA Queensland networking event on Wednesday 8 November.

AMA President Professor Steve Robson will be there to update us on how the federal body is working for us on issues from Medicare reform to hospital logjam. He will also present AMA Awards to three deserving Queenslanders who have done so much for our profession, our association and our community.

We can't tell you who they are until the night but believe

us, you will want to applaud their achievements.

This event is free for AMA Queensland members but tickets are limited. Register here [ama.com.au/qld/events/members-networking-event-brisbane-2023](https://ama.com.au/qld/events/members-networking-event-brisbane-2023)

## AMA QUEENSLAND FOUNDATION CHARITY GALA

It's time to swap those scrubs for sequins as we celebrate the work of the AMA Queensland Foundation and our generous donors at a Charity Gala on 18 November at Customs House, Brisbane.

Join us for a night of delicious food, inspiring stories, a silent auction, music, raffles and more. Prizes include a four-day tour of France's Champagne region, the use of an Audi vehicle for a weekend, tickets to QPAC performances, a Tangalooma 4WD Desert Safari Day Cruise and much more.



Seating is limited to 18 tables. Register here [ama.com.au/qld/events/2023-foundation-charity-gala](https://ama.com.au/qld/events/2023-foundation-charity-gala)

## VALE DR RUSSELL STITZ



It is with much sadness that we advise of the passing of AMA Queensland Past President, friend, and colleague, Dr Russell Stitz AM RFD.

Dr Stitz was AMA Queensland President from 2002-03 and a member for 52 years. He was farewelled in a private ceremony.

# BACK PAIN, " SOME TRICKS OF THE TRADE "

By Dr Philip Dupre, FRCS

The treatment of spinal pain overlaps multiple specialities from acupuncture to neurosurgery, each having their own approach to the problem. The following is an account of my own experience drawn from over 50 years of orthopaedic practice. I am the first to admit to its limitations but I hope you will find it helpful.

I have come to the conclusion that the vast majority of back pain originates in soft tissues, presenting as tendinitis which means that my finger has been a far better diagnostic tool than a radiology report.

During the routine examination it is very common to find localised areas of tenderness which can be treated, usually this results in significant pain relief. There are usually two or three of these trigger points, very often one or both of the Posteriorly Superior Iliac Spines (PSIS) is involved, being the centre point for several ligament attachments. These trigger points can be injected with cortisone but my preference is a 50% glucose solution mixed in equal parts with 2% Xylocaine. This is called prolotherapy. The glucose acts as a foreign body stimulating a repair process and collagen deposition, (spot welding). I usually inject one mil of this solution at each site slowly, so the anaesthetic has time to work. It is very important to localise the trigger point exactly. I use the blunt end of a pen and mark the spot. The needle is directed down to bone and moved around until the trigger point is located. The resultant irritation usually aggravates the condition for a couple days prior to improvement, about a week later. I usually wait about two weeks or more before offering a booster if that is required, which it usually is. Often more than one.

If there are no trigger points, or injection treatment fails to give benefit, then one or more facet joints may be to blame. These can be injected with cortisone. The facet joint in question can often be localised by correlating the CT report with localised tenderness. If there is doubt then a bone scan is usually helpful to define the actively inflamed joint or joints.

Severe foraminal stenosis may be the cause of sciatic pain which can usually be relieved by a nerve root sleeve injection.

Severe spinal canal stenosis may present as back pain and/or buttock or leg pain that comes on with activity and is relieved by resting for a minute or two. This symptom is typical for claudication of the cauda equina. The canal stenosis is compromising the blood supply to the nerve roots. Good relief is available by an epidural injection of cortisone.

In my opinion an MRI scan is requested far too often in general practice and should only be used to confirm the site of nerve root compression or for undiagnosed pathology.



## Metro North Health (Redcliffe Hospital) GP Liaison Update

Email [GPLO](mailto:mngpla@health.qld.gov.au) at [mngpla@health.qld.gov.au](mailto:mngpla@health.qld.gov.au)

There are a range of new services being developed for local patients and GPs in the Redcliffe area to support patient care. Please up to date with the latest new services being developed to support you by subscribing to the [Brisbane North PHN GP Link](#)

### Exclusive Kallangur Satellite Hospital tour for General Practice Staff - 24 October 2023

#

The new Kallangur Satellite Hospital will be opening in December 2023 with a range of new services including the Minor Injury & Illness Clinic which allow walk in service that will be open 7 days a week from 8am to 10pm.

We would like to invite GPs & General Practice staff to a pre-opening tour of the Kallangur Satellite Hospital on 24 October 2023. Tours will take approximately 30-minutes.

Please confirm your attendance by emailing your preferred tour time (8am or 6pm) & names who will attend **by clicking this link: [Kallangur Satellite Hospital Tours – GPs & Practice Nurses/Managers](#)**.

To read more about the new Satellite Hospitals please visit [Satellite hospitals - Metro North Health website](#). Don't forget you or your patients can also access the Metro North Health [Virtual Emergency](#) <https://metronorth.health.qld.gov.au/hospitals-services/virtual-ed> from home 7 days a week from 8am to 10pm.

### Medical Urgent Care Centres opening soon

New Medicare Urgent Care Centres (UCCs) are also starting to open in the region that will complement the Minor Injury & Illness Clinics found in the new Queensland Health Satellite Hospitals. The UCCs will offer bulk billing services with most services open 7 days a week until up to 10pm if a patient has an urgent (but not life threatening) illness or injury.

For more information about these services and where to find them go to [Medicare Urgent Care Clinics](#) <https://www.health.gov.au/our-work/medicare-urgent-care-clinics>

As you can see there will be a range of services to support patients seeking urgent but non life threatening conditions

### New Caboolture Satellite Hospital with Minor Injury & Illness Clinic is now open to the public.

The new Caboolture [Satellite Hospital](#) is now open at 15 Rowe Street, Caboolture and has a range of services that includes:

- [Minor Injury and Illness Clinic](#) available 7 days a week 8am to 10pm (This is a walk in service). The types of patients that can & can't be seen at the Clinic is provided in the [Clinic Inclusions/Exclusions list](#) – important to ensure the correct patients are seen at the clinic. There is likely to be a waits to be seen as the walk in demand can fluctuate through the day.
- [Aboriginal and Torres Strait Islander Health Hub](#):
  - Nurse Navigation
  - [Ngarrama Maternal Health](#)
  - [Perinatal Mental Health](#)

### Most of other services require a referral:

- [Oral Health Service](#) – (eligible patients need to call to make an appointment)

- Mental Health service
  - [Older Persons Mental Health Services](#)
  - [Caboolture Adult Mental Health Services](#)
- [Sleep Service](#)

More information can be found on the [Metro North Health Satellite Hospital webpage](#).

### Upcoming GP Education

The Metro North Health Comprehensive Breast Cancer Institute is hosting a GP Education event on Saturday 18<sup>th</sup> November 830-12pm at Clinical Skills Development Service, Block 6, Royal Brisbane and Women's Hospital.

The Comprehensive Breast Cancer Institute incorporates:

- interdisciplinary breast cancer care
- clinical, basic and translational research
- education for treatment providers, patients and the community.

The GP education event will include key note presentations from the multidisciplinary team as well as case-based discussions covering topics such as screening, imaging and diagnostics, breast surgery, oncology, endocrinology and genetics.

To attend, please register at [GP education and events - Metro North Health](#).

### Hospital Specialists set up advice services to support local GPs

The [Clinical Advice Line](#) provides a range of specialists to provide advice to GPs over the phone or via GP Smart Referrals Request For Advice when GPs need a specialists opinion.

Specialists available to answer GP queries for patients living in Redcliffe region by calling **1800 569 099 (Monday to Friday 0830-1600)** include

*Haematology, Heart Failure, Inflammatory Bowel Disease, Metro North Virtual Ward Service, Rapid Access to Community Care, Sexual Health, Sleep Disorders and Termination of Pregnancy.* GPs can also use [GP Smart Referrals Request for Advice](#) with *Paediatrics & Rheumatology*.

### New Rapid Access Services now available for local GPs

Rapid Access Clinics and Services have been established by Metro North Health specialists to allow GPs to refer their patients when there is a need for rapid review in a specialist clinic within days specifically as an alternative to presenting to the emergency department.

**Local GPs can refer by calling [Clinical Advice Line](#) on 1800 569 099 (Monday to Friday 0830-1600) for the following services:**

- **Metro North Health wide - Rapid Access to Community Care** provides adult patients experiencing an exacerbation of their chronic condition with a rapid comprehensive community assessment within 1 business day.
- **Metro North Health wide - Rapid Access Heart Failure Treatment Service** – provide early intervention within 1-3 business days for patients with known heart failure in the Metro North region.

More information about current rapid access services and suitable patients for these clinics can be found on the [Rapid Access Services](#) page.

Further Rapid Access Services are being developed and will be updated in the [Brisbane North PHN GP Link Newsletter](#) (<https://brisbanenorthphn.org.au/news-events/newsletters/gp-link>) which GPs can subscribe to be sent as they become available.

#### **BRISBANE LOCAL MEDICAL ASSOCIATION NEWSLETTER**

Brisbane LMA produces a similar newsletter

For full details re advertising go to their

website: [www.brisbanelma.org](http://www.brisbanelma.org) Email: [info@brisbanelma.org](mailto:info@brisbanelma.org)

## Answers to Questions in Quora (Internet) - 13

By Dr Mal Mohanlal

Continued Page 15

### **What is the definition of non-dualism? What does it mean to say "there is no self" in non-dualism?**

Non-dualism is a state of mind where the observer in the mind and what is being observed becomes one. In this state, the self is not in the thinker and the thought (dual) mode. Please read my online articles to learn more. Google: mal mohanlal vocal

### **Does chanting Om reduce weight?**

No. But chanting "eat less" every time you see food will help. You do not even have to mean it. Learn how your subconscious mind operates. Acquire self-knowledge. Please read my online articles to learn more about your mind. Google: mal mohanlal vocal

### **Why don't people who are struggling with meditation practices blame a process that's out of date rather than trying something new?**

Most people do not understand meditation and its purpose, which is why they struggle. There is only one right way to meditate. Please read my online article to understand meditation and how to meditate correctly. It is simple and becomes a way of life, a path to self-knowledge. Google: mal mohanlal vocal

### **Why is it so hard for me to meditate?**

It is because you do not understand meditation and the purpose of meditation. Like most people, you are just a time traveller passing through life without self-knowledge. Please read my online articles if you wish to understand meditation and how to meditate correctly. Google: mal mohanlal vocal

### **What are some ways to keep a balance between worldly life, family and spirituality?**

We live in a hypnotic world of delusions. Your ego is a product of self-hypnosis. If you do not wake up from self-hypnosis, you will chase your shadow for the rest of your life. Please read my online articles on the ego, the delusional thinker and acquire self-knowledge. Google: mal mohanlal vocal

### **What are some of the best apps for practicing meditation and astral projection?**

If you are looking for the best apps for practicing meditation and astral projection, you live in a world of delusions. You do not understand meditation and its purpose. Please read my online article to understand meditation and how to meditate correctly. Google: mal mohanlal vocal

### **How does one overcome duality in life? What are some ways to live without being influenced by this concept of 'dualism'?**

Whatever you create in the thinker and the thought mode leads to duality and a world of delusions. You can acquire nonduality only in the observer and the observed mode in the mind. Please read my online article on the ego's modus operandi to understand your mind. Google: mal mohanlal vocal

### **What are some good resources to learn about mindfulness, meditation and Buddhism?**

Mindfulness is just another fancy word for being aware of the present. There is only one right way of meditating: in the observer and the observed mode. Any other way is self-hypnosis, the way to a world of delusions. Please read my online article to understand meditation and how to meditate correctly. Meditation is simple and becomes a way of life if you understand it. Google: mal mohanlal vocal



### **Do thoughts come from the brain? If so, are they really yours or are they controlled by someone else's brain chemistry?**

Without the brain, you will not be able to think. But if you have a brain, your ego will need your mind to use the powers of perception, awareness, and insight. Perception gives rise to thoughts. Positive thoughts produce positive chemicals in your brain, and negative thoughts produce harmful chemicals. The world outside can manipulate your thinking and distort your perceptions. So, my advice is to acquire self-knowledge. Otherwise, you will chase your tail for the rest of your life. Please read my online article to understand the relationship between the brain, the ego, and the mind. Google: mal mohanlal vocal

### **How can a person who has never meditated before, attain clarity of mind and inner peace through meditation?**

You must first understand meditation and its purpose to achieve what you want. Most people do not understand meditation. They practice self-hypnosis, which is a path to delusions. Please read my online article to understand meditation and how to meditate correctly. Google: mal mohanlal vocal

### **Has meditating every day helped you in any way?**

Like most people, it is clear that you do not understand meditation or its purpose. Meditation is a path to self-knowledge, so it becomes a way of life when properly understood. Life becomes an eternal meditation. Please read my online article to understand meditation and how to meditate correctly. Google: mal mohanlal vocal

### **What is the science behind how our brain creates conscious thought out of non-conscious matter like neurons and chemicals?**

We are all part of this timeless universe. We have a body and a mind. The mind is the intelligent energy that keeps us alive, like the electricity that lights up a light bulb. However, for our ego, which is a part of the mind, to function, we need the brain. Without the brain, we cannot experience consciousness and awareness, which are properties of the mind. Please read my online article to understand the relationship between the brain, the ego, and the mind. Your perceptions stimulate the brain to create thoughts that influence your behaviour and actions. Google: mal mohanlal vocal

### **What book do you recommend to understand the human mind?**

I recommend my book, "The Enchanted Time Traveller: A Book of Self-Knowledge and the Subconscious Mind". However, before you buy, you should read my online articles and see if they make sense. Most people are not interested in understanding their minds and are not searching for truth. Google: mal mohanlal vocal

### **How can someone find something with no name, such as God or spirituality, if they have never experienced anything of this sort before in their life?**

Do you know there is a world without words that exists right before your eyes? It is called reality, the timeless dimension. The only thing that separates you from it is your perception. The ego in your mind is a product of self-hypnosis. It lives on words and creates a world of delusions. God, spirituality, etc., are words that stop people from experiencing reality. To experience and understand reality, you must go beyond words. Please read my online article on the ego, the delusional thinker, to understand your mind. Google: mal mohanlal vocal

### **What is the goal of meditation? How do you know when you have reached it?**

The whole purpose of meditation is to quieten the mind by harmonizing your inner and outer worlds and to understand your relationship with the timeless reality before you. It is a pathway to self-knowledge. Most people practice self-hypnosis, not meditation, thus creating a world of delusions. There is only one right way of meditating: in the observer and the observed mode. Please read my online article to understand meditation and how to meditate correctly. Google: mal mohanlal vocal

# Norway

## By

### Cheryl Ryan



We probably know this beautiful country as the 'Land of the Midnight Sun', owing to the summer solstice bringing many days on end of only sunlight. Norway is steeped in cultural history dating right back to the Paleolithic period. Also famous, are its many gorges, valleys, glaciers, and fjords.

This country should be highlighted and circled on any travel enthusiasts list.

#### Ride the Bergen Line

One of the best ways to take in the beautiful landscape is to catch a ride in the train and just sit back and enjoy the scenery rolling past. Some of the glimpses include lush open meadows, waterways, and charming little villages.

#### Gazing at the Geirangerfjord

A gem that has made it to UNESCO's World Heritage List, this fjord offers picturesque scenes of cascading waterfalls, lush green mountain sides and calming waters. This is one place to visit if you need a break from the fast-paced city life. Feel one with nature as you cruise down the lazy fjord or hike up the mountain to take in the view from a higher point.

#### Nature appreciation at the Botanical Garden

If you have a green thumb or are fascinated by different types of plants, then the Arctic- Alpine Botanical Garden is one place you will want to never want to leave after stepping foot in it. Bursting with thousands of species of sturdy arctic flora, this area of almost 2 hectares is like something straight out of a children's fairy

tale book.

Gaze at the Heavenly lights  
The Aurora Borealis, more commonly known as the Northern Lights is a natural phenomenon occurring due to the solar winds mingling with the Earth's atmosphere. The result of this interference is an Aurora- a beautiful glowing halo seen in the sky around the Arctic and the Antarctic Circle. Many laces in Norway offer this heavenly display, mostly around the December to March period.

What we have planned for you:

- Hike up the Floyen Mountain or ride the funicular rail if you aren't feeling up to it. The reward is the beautiful vistas offered at the summit.
- Enjoy the food at the famous Floyen folk restaurant.
- A train ride to Oslo where you can visit the Baroque style Oslo Cathedral
- A visit to Tromso, where you can go fishing, kayaking, or canoeing and, if you're lucky, catch a glimpse of the beautiful Aurora lights.

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Shop 5, 56 Burnett Street, Buderim Q



## The New Ruling on Payroll Tax for Medical Centres Public Ruling Payroll Tax Act

Medical professionals in Queensland consider the new Public Ruling PTAQ000.6.2 Payroll Tax Act: Relevant Contracts – Medical Centres, issued by the State Government on 19

September 2023, a positive and sensible move. Under the new public ruling, practitioners who work independently will be exempt from payroll tax if specific criteria are met.

The liability for payroll tax arises under the ‘relevant contracts’ provisions of the Payroll Tax Act 1971 (QLD), referred to as ‘the Act’, due to the operation of the deeming provisions that apply to independent contractors and employment agents. Where a contract is a relevant contract, the medical centre is deemed an employer; the independent contractor is deemed an employee, and the payments made under the contract for the work performed are deemed wages unless an exemption applies.

### What is a Relevant Contract?

A contract between an entity that conducts a medical centre and a practitioner is a relevant contractor under s.13B of the Act if all of the following apply:

- a) The practitioner carries on a business or practice of providing medical-related services to patients
- b) In the course of conducting its business, the medical centre
  - i. Provides members of the public with access to medical-related services
  - ii. Engages a practitioner to supply services to the medical centre by serving patients on its behalf
- c) An exemption under s.13B(2) of the Act does not apply

However, each contract must be considered individually on a case-by-case basis to determine whether there is a relevant contract. If the contract provides, either expressly or by implication, that a practitioner is engaged to supply work-related services to the medical centre by serving patients for or on behalf of the medical centre, the contract is a relevant contract under s.13B(1) of the Act. Medical centres include dental clinics, medical specialists, physiotherapy practices, radiology centres, and other similar healthcare providers.

### Exemptions from relevant contract provisions

If an exemption applies under s.13B(2) of the Act, no payroll tax liability arises under the relevant contract provisions.

Under s.13B(2) of the Act, the three exemptions more likely to apply to a contract between a medical centre and a practitioner are:

- a) The practitioner provides services to the public generally – s.13B(2)(b)(iv) of the Act
- b) The practitioner performs work for no more than 90 days in a financial year – s.13B(2)(b)(iii) of the Act
- c) Services are performed by two or more persons – s.13B(2)(c)(i) of the Act

When claiming an exemption, a medical centre must be able to substantiate the exemption with sufficient evidence.

Please note that a tenancy contract is not a relevant contract if the practitioner does not supply work-related services to patients on behalf of the landlord. Under a tenancy contract, a landlord (who may be a sub-lessor) by lease or license provides a practitioner with a suite or space where the practitioner conducts their independent medical practice.

### The Existence of a Relevant Contract

Where a relevant contract exists, payroll tax registration is required within seven days after the end of the month in which an ‘employer’ (or where they become a member of a group that together) pays more than \$25,000 in a week of Australian taxable wages. The definition of taxable wages is broad but essentially includes wages that are paid or payable in kind, including a fringe benefit paid by an employer or deemed employer.

Medical practices with relevant contracts must pay payroll tax on an ongoing basis; they may also have to pay retrospective payroll tax, which could amount to significant sums of money when aggregated.

**Part 2 Continued next month**



## AMA and Private Healthcare Sector Leaders agree on Need for Reform

Leaders from across the private health sector met in Canberra today at an Australian Medical Association workshop to discuss what reforms are needed to ensure the sustainability of the sector into the future.

AMA President Professor Steve Robson brought together leaders from across the sector, where there was general agreement on the need for reform, including on out-of-hospital care models.

Addressing the workshop, Professor Robson said the private health system was an essential pillar of the health system, and the impact of a struggling or failing private system on the public system would be enormous.

“The private system continues to provide essential care alongside our public system, ensuring patient choice and access to the specialists, treatment and surgery many Australians need,” Professor Robson said. “This is why so many Australians have chosen to invest in private health insurance. But we know there are issues that must be resolved to ensure the system remains sustainable.”

Professor Robson said the AMA’s recent research report on out-of-hospital care demonstrated the fragmented and complex nature of the system — a system in which some patients were disadvantaged and didn’t have the same access to new and effective models of care.

“Our report showed that while some hospitals and insurers provide out-of-hospital care, it is not universal, and therefore not available to all patients, and doesn’t always involve shared decision making. For those who do have access, their clinician isn’t always involved. One of the reasons for this is that regulation and legislation are complex, and don’t encourage or support these new models

of care.

“From the patient perspective, this is not ideal. Regardless of who a patient is insured with, they should have access to these great models. But we don’t have consistency in product design, models, or financial arrangements.”

The workshop generated wide-ranging debate on the most pressing issues facing the system, the barriers to reform and opportunities for change.

Following the workshop, Professor Robson said the agreement on the need for reform was evident at the workshop and while there were differing views on what that reform might look like, the willingness of everyone to come together and discuss solutions was encouraging.

“Any discussion about reform needs to consider the views of all stakeholders in the system, and today we had some great debate on the issues in the system and possible solutions to those,” he said.

“We will be using the outcomes of the workshop to inform our ongoing advocacy to government on private health reform, including the need for a mechanism that can drive cohesive reform that benefits the sector and ensures the sustainability of this important part of the health system.”

Contact:

AMA Media: +61 427 209 753  
[media@ama.com.au](mailto:media@ama.com.au)

Facebook [AustralianMedicalAssociation](#)  
[@amapresident](#)

Instagram [@medicalassociation\\_au](#)  
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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>*

### **Neil Weekes (Australian Army), The Battle of Coral/Balmoral - Part 1**

As a national serviceman, Neil Weekes commanded a platoon in Vietnam during the battles for the two fire support bases, Coral and Balmoral. After returning to civilian life in Australia, he chose to re-enter the Army.

Neil Weekes was a young schoolteacher when his country called him up for national service.

“I wasn’t of the view that ‘one in all in’. And my marble had come out, that was the luck of the draw and I thought, ‘Well, I’ll do my bit’.”

He was trained as an officer and sent to Vietnam. It was a bit of a shock.

“The ox carts and the little Lambrettas all getting around with fifteen or sixteen people hanging off at all angles, the smells. Never knowing who was the enemy because everyone wore a conical hat and everyone dressed in black and we were taught that anyone in black and wearing this hat was a possible enemy and yeah.

It was mind-boggling, to say the least.”

As a platoon commander, Neil led his men on numerous patrols. Then came Australia’s largest series of battles in Vietnam “” Coral and Balmoral.

“The Battle of Coral/Balmoral during the 12th of May to the 6th of June, 1968, was by far Australia’s largest, longest, bloodiest battle involving more soldiers of both forces, Australian and enemy, and suffering more casualties than any other battle of the Vietnam War.”

Coral and Balmoral were fire support bases “” isolated artillery emplacements protected by a perimeter of infantry. Neil’s platoon was part of the battalion sent to establish Coral, but the operation went awry from the start.

“When the first infantry arrived, they were met by Americans who said, ‘Hey, listen, you won’t have to go looking for the enemy, they’ll come



**Neil Weekes (Australian Army), The Battle of Coral/Balmoral**  
looking for you.”

There were burnt out hulks of APCs in the area. The Americans had just been in big, heavy contact.

But no one changed the plans. The plans were made and the plans were stuck to, regardless of the changing tactical situation in the field.”

Arriving too late, the Australian soldiers had no time to prepare a proper defence. That night, the North Vietnamese Army attacked.

“This is not just a little attack. This is mortars, this is rocket fire this is heavy, heavy machine gun fire; a lot of small arms fire, two Huey helicopters and a Cobra helicopter going in and firing rockets, there was a ‘Spooky’ which is a DC3 with Gatling gun firing; there was a great deal of firing and we knew that the fire support base was in dire trouble.”

Though overrun, the Australian force prevailed, losing 9 men and 28 wounded. Over 50 NVA were killed. Two days later it would happen again, but the defences would still not be in place.

**Stories continued next month**

# Are You A Member? Why Aren't You? Here is What You Get!



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