

MBBS(Hons), BNutrDiet, DCH, DRANZCOG, MPHTM, FRACGP, FARGP

I am slow-medicine practitioner providing comprehensive holistic care covering physical, psychological and social contributors to your health. I value getting to know you and the broader influences on your health and wellbeing, which requires time: longer (30-45 minute) and often repeat consultations to review progress.

My particular interest areas include:

- Pregnancy Care and pre-pregnancy planning
- Postpartum mother and baby care, including feeding/sleep/settling issues
- Emotional and mental health concerns during pregnancy and postpartum stages
- Contraceptive counselling and management
  - o including Implanon and IUD insertion and removal (Mirena/Copper IUD)
- Menopause management and midlife health
- Preventive Health and behavioural change support

I have limited capacity for general patients due to my special interests and part time status, therefore prefer to work in partnership with people towards the best outcomes for their health.

I offer detailed health assessments and care planning appointments to organise your needs and priorities, and minimise unscheduled interval appointments. Some patient groups are eligible for higher Medicare rebates on these appointment types. I have done additional training courses and have a strong understanding of the Medicare billing items so will maximise the Medicare-rebate you can receive for your care.

You should also register your family for the **Medicare Safety Net** and will receive a higher patient rebate (80% of the gap fee) for the remainder of the calendar year once you reach the safety net threshold.

### Estimated consultation fees from January 1st, 2024 (reduced rate in brackets)

	Appointment duration	Total fee	Medicare rebate	Out of pocket cost ("gap fee")
Brief consult -single issue Antenatal review	15 minutes	\$89 \$89 (\$72)	\$41.40 \$44.15	\$47.60 \$44.85 (\$30.60)
Typical consultation	30 minutes	\$170 (\$130)	\$80.10	\$89.90 (\$49.90)
Extended consultation -multiple issues -complex scenarios	45 minutes	\$255 (\$200)	\$118.00	\$137.00 (\$82.00)
Health Assessments** Initial Metabolic consult	45 minutes	\$265	\$118.00	\$147.00
Mum and Bub consultation -infant fees bulk billed if Medicare card available	60 minutes	\$239.10 (\$358.10 if no MC)	\$80.10 (mum) \$118.00 (bub)	\$160.00

\*\*Health assessment/care planning items may be BB depending on eligibility, time and nurse input

**PATIENT AGREEMENT****I understand that**

- 1) I am the primary member of my own health care team and will endeavour to be engaged and proactive in improving my own health. Worksheets and questionnaires may be offered to streamline history taking and care planning.
- 2) Dr Rickard may discuss elements of my healthcare with clinic members and external health team members (where required). She may seek opinions based on her assessment and clinical photographs for the purpose of improving diagnosis and management. I can notify her if I am not comfortable with this for any particular issue.
- 3) Dr Rickard's default appointment type is a 30 minute consult. Brief 15 minute consultations may be offered to cover single straightforward issues only. Scripts, referrals and paperwork will not be completed without a consultation or private fee.
- 4) Abnormal results will require a follow up consultation to discuss these in detail and formulate a management plan and this will incur usual fees. Unless a 'normal result' message is received via Hotdoc, an appointment should be made to follow up on results. Results communication from pathology and radiology companies has been known to fail at times, therefore "no news is not always good news" and I have the responsibility to ensure my results are received and understood
- 5) It is my responsibility to follow up with recommended investigations and referrals. I will make a follow up phone call within 2 weeks if not contacted by a specialist.
- 6) Repeat consultations and care coordination appointments are required for optimal care delivery, many of these cannot occur via phone. I may need to return to complete care planning items if additional medical issues are raised during those planned consultations.
- 7) Email is not a secure form of communication, and cannot be not checked regularly. The clinic phone number is the main contact for appointments, appointments are required for medical advice unless otherwise directed by Dr Rickard for selective use.
- 8) If unscheduled telephone consultations are made by Dr Rickard to communicate important information between appointments, I consent to direct billing of a phone consultation item to Medicare. For detailed discussions, recall for a consultation with standard gap will occur. Dr Rickard can utilise additional Medicare item numbers where relevant to reduce my overall out of pocket cost.
- 9) If multiple family members attend a consultation and joint issues of wellbeing are discussed, I authorise Dr Rickard to document these and directly-bill to a consultation item to Medicare for additional family members as part of comprehensive family based care. If ongoing care of both patients is required, gap fees will apply to each patient. 'Adding on' family members to a consultation may not be possible unless time permits.
- 10) Dr Rickard may not be available for unscheduled follow up appointments and other General Practitioners may utilise different fee schedules.
- 11) Procedures, nurse consultations and dressings will incur additional fees paid directly to Gladstone Street Medical Clinic to cover overhead costs
- 12) Mental Health Plans, counselling and mum and bub consults will have varying fees
- 13) Procedures, reports, administrative tasks and other non-standard consultations may occur additional fees which I will be advised about prior to these being undertaken.

Signed:

Date:

**NEW PATIENT INTAKE FORM**

Main health concerns currently?
Past medical history? Any specialists you see? Any operations?
Any mental health history? Any current concerns about your mood?
Do you take any medications? Prescription / Over the counter / Supplements?
Do you ever smoke? – if so, what do you smoke, how much and how often?
Do you drink alcohol? – if so, what do you drink, how much and how often?
Do you use drugs? – if so, what do you take, how do you take it, how much and how often?
Do you follow any particular diet such as vegan, vegetarian or dairy-free?
Do you feel you have a well balanced diet?
Do you exercise regularly? - if yes, what types of exercise do you do? If not – what do you enjoy?
Have you ever had a Pap Smear or Cervical Screening Test? When was it and what was the result?
Are you up to date with your vaccinations?
What sort of work/study do you do?
Tell me about your family and support network
What is your ethnic background? Do you identify as Aboriginal / Torres Strait Islander?
Are there any medical conditions that run in your family? Any other family history?
Any recent investigations you have had done? – let reception know and a copy can be obtained
Have you registered for / reached the Medicare Safety Net limit?