

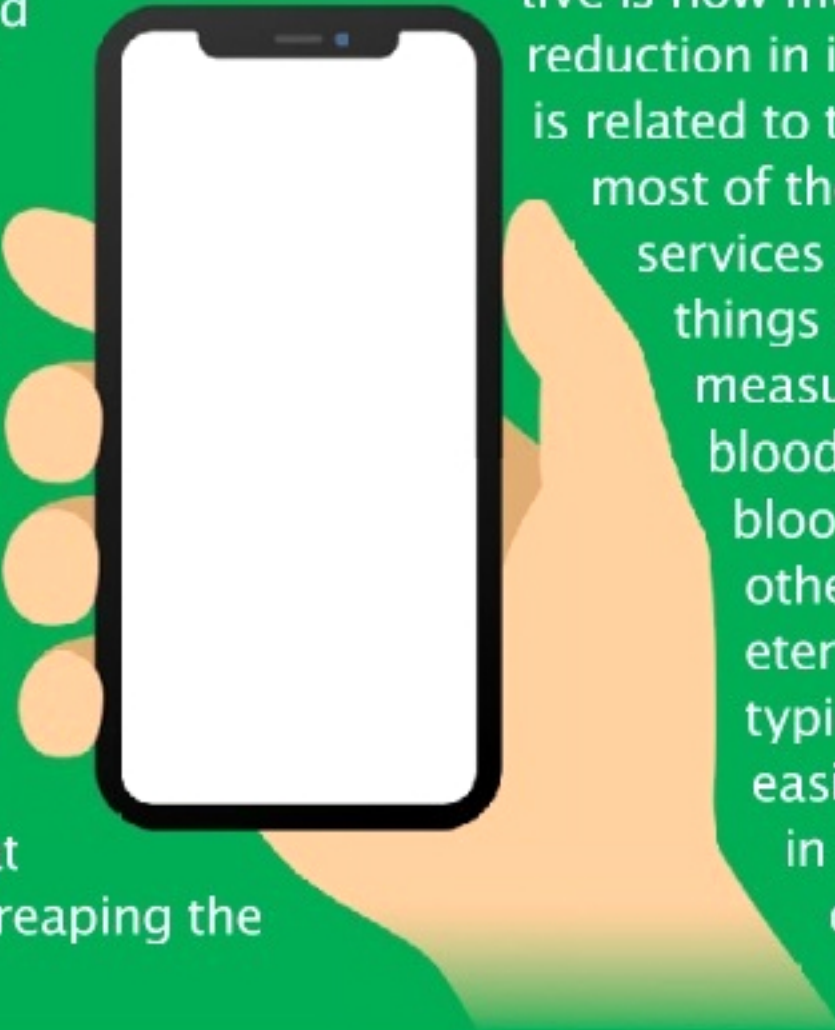
### Pros & cons of telehealth

The COVID-19 crisis has changed the face of healthcare with waiting rooms in recent months largely empty due to the rapid rollout of telehealth services.

Australian Medical Association President Dr Tony Bartone said more than 10 million Medicare-funded telehealth services had been provided either over the phone or via video, a significant majority of which had been provided by GPs and other specialists since March.

"Telehealth is the way of the future," he said.

Dr Bartone said the AMA had been a strong telehealth advocate for many years and was delighted that patients are now reaping the benefits.



However, Monash University Professor of Practice in Digital Health Chris Bain has highlighted some of the concerns associated with telehealth services.

"A survey of 175 GPs conducted by The Medical Republic found about half had lost more than 30 per cent of their revenue, while roughly one-third reported losses of less than 30 per cent," Professor Bain said.

"One question to be explored from a digital health perspective is how much of this reduction in interaction is related to the fact that most of these telehealth services do not allow things like remote measurement of blood pressure, blood sugar or other vital parameters that would typically be very easily measured in face-to-face consultations," he said.

### Postcard Pen Pals

At a time where older people are required to social distance, the Northern Beaches Dementia Alliance and Your Side Australia have developed a program to bring young and old together.

The Postcard Pen Pals Project matches people over the age of 65 with young people under 18 on the Northern Beaches.

Participants are provided with everything they need to write to each other including beautiful postcards, envelopes, stamps and a written introduction to their new pen pal.

The project helps children to rediscover the lost art of written communication and provides an opportunity for older people to share their life story and wisdom with our kids said project manager Ilsa Bird.

If you are over 65 and you would like to become a pen pal with a local child, or if you would like to register on behalf of someone over 65, email [dementiafriendly@yourside.org.au](mailto:dementiafriendly@yourside.org.au).

### NSW sets the pace in COVID therapy

The NSW Government has invested \$34 million to build its own specialised workforce of physios and other allied health professionals providing vital ICU care.

"These highly skilled therapists play a critical role in the treatment of COVID-19 patients in the ICU, and their recovery after they are discharged, as many experience very challenging medical complications," Health Minister Brad Hazzard said.

"We should be extremely proud this innovative program has been picked up by physiotherapists in the UK and US, not unlike the way other countries have also followed the lead of NSW Health, embracing some of its containment measures."

The training is conducted in partnership with the Australian Physiotherapy Association. - LO

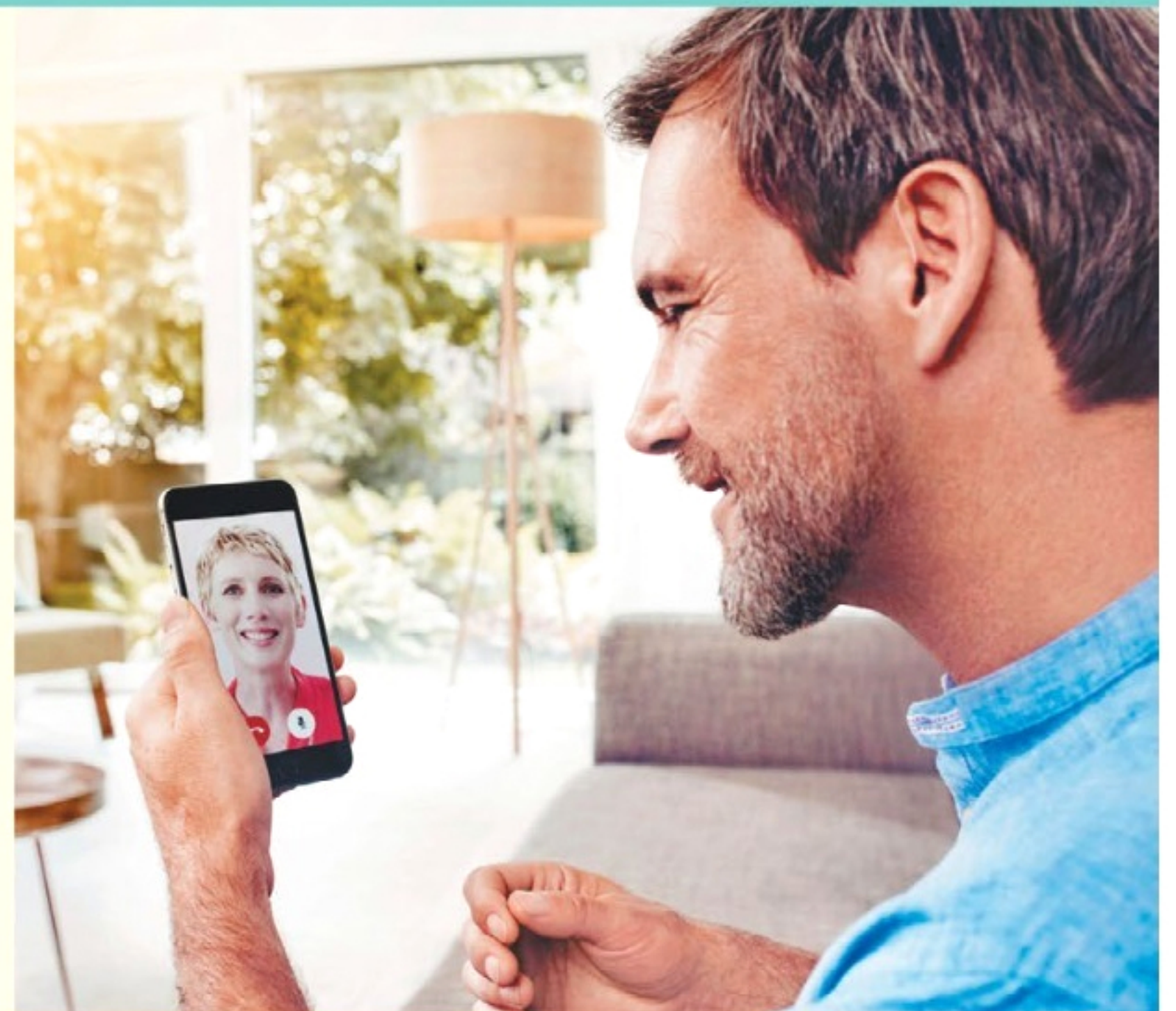
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**Pittwater Hearing** continues to support our community through these challenging times. Our office remains open to provide hearing care and hearing aid servicing.

Our services also include:

- Postage or remote pick up of hearing aid batteries, accessories and repairs
- Online adjustments of your hearing aids via a Smartphone, iPad or Tablet
- Remote appointments via telephone or video link (zoom)

Please contact us if we can assist you in any way. Thank you for your ongoing support.



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