

Things to Consider when Choosing a GP

Confidentiality

It is important to choose the GP that is right for you. Your choice might be based on a number of things that are important to you such as:

- Friendliness of staff
- Whether you want a GP close to home
- Whether the GP bulk bills
- Whether you prefer a male or a female GP
- Whether you want a GP with a particular focus or experience
- Whether you prefer a GP who speaks a particular language

**Whatever the reason, remember
the choice is yours.**

To find your nearest GP you can:

- ✓ Look in the yellow pages
- ✓ Ask your family, friends or neighbours
- ✓ Ask for a list of local GPs from your nearest Community Health Centre

Anything that you tell your GP is absolutely confidential, unless you or someone else is considered in grave danger.

GPs will ask for your permission before sharing information about you or your condition with anyone, even a specialist.

HealthOne Mt Druitt - A partnership between:

Blacktown Medical Practitioners Association
Mt Druitt Medical Practitioners Association
Sydney West Area Health Service
WentWest Ltd



Having your own GP

*your key to good health for
you and your family*

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What is a General Practitioner

A General Practitioner (GP) is a doctor with skills in caring for many different health problems in all age groups.

GPs help you to manage and improve your health and the health of your family by providing information, advice, treatment and referrals.

What can GPs do?

- ✓ Give you support and advice in relation to your health and wellbeing.
- ✓ Suggest treatment for your health condition
- ✓ Prescribe medication
- ✓ Work with other health and community services to support your care needs
- ✓ Refer you to other health services, medical specialists or community services

Why should you have a regular GP?

Your GP gets to know you and your family, understands your family history, your medical history and your personal situation.

Seeing the same GP over time helps you to develop trust and feel more comfortable to talk openly about personal matters that you might need help to manage.

By having a regular GP, you and your GP can work together to make the right decisions about your health.



But what if I'm not sick?

A GP can provide help to prevent you or your family from getting sick or to deal with issues that might cause problems later on. Some examples of the things your GP can do to help you stay well include:

- ✓ Immunisation
- ✓ Advice and checks about your health
- ✓ Advice and checks about the health and development of your child
- ✓ Treatment of non-serious accidents
- ✓ Advice and support on:
 - sexual health and contraception
 - diet, nutrition, exercise and relaxation
 - the effects of smoking, alcohol and other drug use and where to get help to quit
 - your personal concerns and stresses.