

## SCRIPT OR REFERRAL APPOINTMENTS

These are currently short telehealth appointments for regular Bluff Road Medical patients to accommodate exceptions at your convenience. To avoid inappropriate prescribing and ensure safe medical practice, there are several guidelines you should be aware of before booking this type of appointment.

### *These appointments are for:*

- ONGOING or REGULAR medications (maximum 3) to cover you for 1-2 months until your general review is due with your doctor.
- REPEAT referrals for specialists seen on a regular, *at least* annual basis.

### *Reasons generally not appropriate for short appointments:*

- Referrals to specialists for the first time or new problem
- Mental health, Asthma or Allergy plans
- Medications such as for blood pressure, menopausal therapy, contraception, authority medications (eg Epipen, strong painkillers or addictive medications)
- When you need to discuss medication use or discontinuation
- When you are due for a medical check.

### *Plan Ahead*

Taking regular medication implies a chronic health condition that requires regular monitoring and supplies for a maximum 6 months are only able to be provided. When medically stable, biannual appointments provide an opportunity to ensure your medications are carefully monitored for interactions and for health prevention.

Please understand our administration team is unable to provide medical advice nor authorised to book these appointments outside of these guidelines. For further inquiries, email [practice@bluffroadmedical.com.au](mailto:practice@bluffroadmedical.com.au).