

OUTREACH GP VISITS FOR REMOTE & RURAL DOCTORS

Rural Doctor Check-up Program Information Saturday 6 & Sunday 7 June 2026

Background

The Doctors' Health SA Outreach Visit has been supported with funding from the **County SA PHN** to deliver check-ups to rural doctors across rural locations in South Australia.

Doctors' health services know that geographical isolation is one barrier that prevents rural and remote doctors from accessing independent medical care and we are seeking to address this by funding an Outreach Visit to Kangaroo Island. Offering GP visits is a way for doctors to access timely medical care for themselves. This initiative aims to directly support the health of rural and remote doctors working across SA and we are fortunate to have a team of experienced GPs who are keen to offer the service to their colleagues.

What is an SA Doctors' Health check-up consultation?

It is a grant-funded, private medical consultation between you and your visiting treating doctor. It consists of a history and examination and other investigations, if required. It is a thorough assessment of your current health and can last up to 1.5 hours if necessary. It is an opportunity to confidentially discuss any concerns you may have in a private setting. **The consultations will be conducted by Dr Jillian Benson, MBBS, DCH, FACPsychMed, MPH, FACRRM at the Kangaroo Island Medical Clinic, 64 Murray Street, Kingscote on Saturday 6 & Sunday 7 June 2026.** The aim is to assess your current health and work out a treatment plan with your visiting doctor.

What are the advantages of an outreach consultation for rural doctors?

- Convenient and timely access to an experienced doctor who understands remote practice.
- Time to explore the issues.
- Elimination of barriers such as travel time and cost and absence from work.
- Privacy, confidentiality and empathy.
- No out-of-pocket costs to you as consultations will be bulk-billed. This enables subsequent teleconsultation follow-up to occur after the initial visit.
- However, where you may need a referral to a specialist service, we will need to trigger a medical item for you to allow for the appropriate processes to occur so you can see that specialist. Your visiting GP will explain this.

Who will arrange the GP outreach consultation?

The staff at Doctors' Health SA (DHSA) will coordinate the visit and your appointment for you, and provide all information needed to participate in the consultation. Please advise Doctors' Health SA, Program Manager, Megan Galpin of your interest via email megan.galpin@doctorshealthsa.com.au or phone Doctors' Health SA on 08 8232 1250.

Privacy

The outreach consultation process ensures your clinical information is collected by your treating doctor in confidence and stored in the secure password-protected medical records system at the DHSA clinic in Adelaide. Only your *treating doctor* and if necessary, (such as in an emergency) the Medical Director of DHSA will have password access to your medical record and both are subject to signed confidentiality undertakings. For grant-reporting purposes and quality improvement, we collect some **strictly de-identified** summary data.

Doctors' Health services

You can find out more about what the Doctors' Health SA program offers by visiting www.doctorshealthsa.com.au

If you need urgent support at any time, please contact our 24/7 Urgent Advice Phone line on 08 8366 0250, to connect to one of our experienced GPs.