



## **BRUCE SPORTS MEDICINE AFTER HOURS POLICY**

Practice opening hours are 8.30am to 4.30pm Monday to Friday.

Some practitioners operate outside these hours, this will be arranged at your appointment.

### **CALMS 1300 422 567**

CALMS (Canberra Afterhours Locum Services) is staffed by experienced Canberra GPs. It is a not-for-profit organisation that has been operating since 1971.

When you call you will speak with a nurse who will triage your medical problem. They may advise that it would be acceptable to wait and see your regular GP the following day.

### **CALMS is only open afterhours:**

- 6.00pm-8.30am Monday to Friday
- 24 hours on weekends and public holidays

**CALMS** send the practice consultation notes the following morning, so your GP is informed of your care.

**CALMS** charge a fee which will be advised on booking. If you have a health care card or concession card, the fees are reduced.

### **HEALTHDIRECT 1800 022 222**

24 Hours per day, 7 days per week. If you have a health issue and you do not know who to contact or what to do, a registered nurse will help direct you.

### **WALK -IN NURSE CENTRES (02) 5124 8080**

7.30AM TO 10.00 PM

No appointment needed. For locations and current wait times:

<https://www.canberrahealthservices.act.gov.au/services-andclinics/services/walk-in-centres-wic>

