

# A Guide to Your Health Professionals



Aboriginal Health & Medical Research Council of NSW

Here are some of the health professionals that form your healthcare team. Ask your AMS about how you can see these professionals to help manage and improve your health.

- C** Cardiovascular Disease
- D** Diabetes
- K** Kidney Disease
- M** Musculoskeletal Conditions
- R** Respiratory Disease

 <b>Aboriginal Health Worker</b> A key team member who supports patients, and advocates for better health outcomes and access to health services, as well as providing health education.	 <b>Aboriginal Health Practitioner</b> Provide a broad scope of culturally-safe clinical care services, including health assessments and health education.	 <b>Audiologist</b> Assists with the diagnosis and management of hearing and balance disorders.	 <b>Cardiologist</b> Specialist doctor who manages conditions affecting the heart and circulatory system.	 <b>Dental Team</b> Includes Oral Hygienist and Dentists. Diagnose and manage problems of the mouth and teeth.	 <b>Diabetes Educator</b> Provides education and training to understand and manage diabetes.	 <b>Dietitian or Nutritionist</b> Provides advice on healthy eating and food choices to manage medical conditions and improve overall health.	
 <b>Ear Nose and Throat Surgeon (ENT)</b> Specialist doctor who manages conditions affecting the ear, nose and throat.	 <b>Endocrinologist</b> Specialist doctor who manages diabetes and conditions related to hormones and organs that produce them e.g. thyroid, adrenal glands.	 <b>Exercise Physiologist</b> Provides advice on exercises and plans to improve and maintain fitness and physical health.	 <b>General Practitioner (GP)</b> Provides holistic care for all your health needs. GPs manage and coordinate care for people of all ages who have simple or complex medical conditions.	 <b>Nephrologist</b> Specialist doctor who manages conditions affecting the kidneys and urinary tract.	 <b>Nephrology Nurse</b> Provide advice and specialised care to people with kidney disease, including those on dialysis.	 <b>Neurologist</b> Specialist doctor for conditions affecting the brain and nervous system.	 <b>Nurse</b> An integral member of your healthcare team who can assess and treat common conditions and coordinate your healthcare.
 <b>Occupational Therapist</b> Provides advice to help perform physical activities safely, as well as training and support to enable people to function well at home and in the community.	 <b>Ophthalmologist</b> Specialist doctor in the diagnosis and management of eye conditions, visual system disorders and trained to perform eye surgery.	 <b>Optometrist</b> Provides eye care and testing, and management of visual conditions.	 <b>Paediatrician</b> Specialist doctor in the care and management of children and young people, often with complex medical conditions.	 <b>Pain Specialist</b> Specialist doctor in the management of pain disorders and complex pain issues.	 <b>Pathology collector</b> Collect blood and other specimens for testing.	 <b>Pharmacist</b> Provide health information, dispense and advise on medications, and help manage common health problems.	 <b>Physiotherapist</b> An expert in human movement and the muscles of the body. They can help to manage sporting injuries, mobility problems and various pain issues.
 <b>Podiatrist</b> Assess and manage problems of the foot and lower limb.	 <b>Respiratory and Sleep Medicine Physician</b> Specialist doctor who manages conditions affecting the lungs, airways and breathing – some also manage sleep disorders.	 <b>Rheumatologist</b> Specialist doctor who manages conditions affecting the joints, bones, and muscles.	 <b>Social and Emotional Wellbeing – SEWB Team</b> Includes Psychologists, Psychiatrists, Social Workers and other Counsellors.*	 <b>Speech Pathologist</b> Assess and manage problems of speech, swallowing and communication.	 <b>Tobacco Control Worker</b> Provides advice and support to people to quit smoking and remain smoke-free. An Aboriginal Health Worker may often perform this role.	<p><small>*Assist people with many different issues, such as mental health conditions, domestic violence or managing everyday living. They seek to understand the causes to problems and help build knowledge and skills that improve peoples' lives.</small></p>	