

A Guide to Your Health Professionals



AH&MRC
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

Aboriginal Health Worker
A key team member who supports patients, and advocates for better health outcomes and access to health services, as well as providing health education.

Aboriginal Health Practitioner
Provide a broad scope of culturally-safe clinical care services, including health assessments and health education.

Audiologist
Assists with the diagnosis and management of hearing and balance disorders.

Cardiologist
Specialist doctor who manages conditions affecting the heart and circulatory system.

Dental Team
Includes Oral Hygienist and Dentists. Diagnose and manage problems of the mouth and teeth.

Diabetes Educator
Provides education and training to understand and manage diabetes.

Dietitian or Nutritionist
Provides advice on healthy eating and food choices to manage medical conditions and improve overall health.

Ear Nose and Throat (ENT) Surgeon
Specialist doctor who manages conditions affecting the ear, nose and throat.

Endocrinologist
Specialist doctor who manages diabetes and conditions related to hormones and organs that produce them e.g. thyroid, adrenal glands.

Exercise Physiologist
Provides advice on exercises and plans to improve and maintain fitness and physical health.

General Practitioner (GP)
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.

Nephrologist
Specialist doctor who manages conditions affecting the kidneys and urinary tract.

Nephrology Nurse
Provide advice and specialised care to people with kidney disease, including those on dialysis.

Neurologist
Specialist doctor for conditions affecting the brain and nervous system.

Nurse
An integral member of your healthcare team who can assess and treat common conditions and coordinate your healthcare.

Occupational Therapist
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.

Ophthalmologist
Specialist doctor in the diagnosis and management of eye conditions, visual system disorders and trained to perform eye surgery.

Optometrist
Provides eye care and testing, and management of visual conditions.

Paediatrician
Specialist doctor in the care and management of children and young people, often with complex medical conditions.

Pain Specialist
Specialist doctor in the management of pain disorders and complex pain issues.

Pathology collector
Collect blood and other specimens for testing.

Pharmacist
Provide health information, dispense and advise on medications, and help manage common health problems.

Physiotherapist
An expert in human movement and the muscles of the body. They can help to manage sporting injuries, mobility problems and various pain issues.

Podiatrist
Assess and manage problems of the foot and lower limb.

Respiratory and Sleep Medicine Physician
Specialist doctor who manages conditions affecting the lungs, airways and breathing – some also manage sleep disorders.

Rheumatologist
Specialist doctor who manages conditions affecting the joints, bones, and muscles.

Social and Emotional Wellbeing – SEWB Team
Includes Psychologists, Psychiatrists, Social Workers and other Counsellors.*

Speech Pathologist
Assess and manage problems of speech, swallowing and communication.

Tobacco Control Worker
Provides advice and support to people to quit smoking and remain smoke-free. An Aboriginal Health Worker may often perform this role.

This poster reflects health professionals who are commonly involved in the care of people with chronic disease; it is not exhaustive. Each individual's experience with chronic disease is different and health professionals will help tailor treatment to best suit individual needs. This poster is intended to assist patients understand who they are being referred to and why.
This poster is Resource One of the 'Living Longer Stronger Resource Kit'. To order this poster email: healthprograms@ahmrc.org.au

*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.