



A practical forum for Practice Managers
and GPs

March 2022

Message from the Tonic Media Network Editorial Committee*

Welcome to another edition of *Practice Connect*, where Tonic Media Network aims to give you the information that you need and want.

Included in this edition:

COVID-19 is not over. What's next?

We look at the four alternate scenarios that experts believe could unfold in the next 12-18 months.

<https://www.mydr.com.au/covid-19-is-not-over-whats-next/>

COVID-19. Are we shifting from pandemic to endemic?

While some experts are cautiously optimistic, is it too early? Dr Norman Swan takes a closer look.

<https://www.mydr.com.au/covid-19-are-we-shifting-from-a-pandemic-to-endemic/>

How to manage mental health post COVID-19

Both anxiety and depression have significantly increased. We have expert advice on practical things people can do to help overcome these feelings. <https://www.mydr.com.au/how-to-manage-mental-health-post-covid-19/>

Booster shots for immunocompromised Australians

What's the latest COVID-19 booster information for immunocompromised Australians including autoimmune conditions. <https://www.mydr.com.au/whats-the-latest-covid-19-booster-information-for-immunocompromised-australians-including-autoimmune-conditions/>

The mental health related topics patients are currently searching on Healthline AU

"11 Signs You're Dating a Narcissist — and How to Deal with Them"

"Sociopath: Definition, vs. Psychopath, Test, Traits, and Symptoms"

"64 Signs of Mental and Emotional Abuse: How to Identify It, What to Do"

"Anxiety: Causes, Symptoms, Treatment, and More"

"16 Simple Ways to Relieve Stress and Anxiety"

If there is any topic you'd like us to cover next time, email customercare@tonicmedianetwork.com.au.

Feel free to share this information with colleagues or if you have received this from a colleague and would like to receive the full edition, just let us know at customercare@tonicmedianetwork.com.au

Enjoy this edition! *Dr Norman Swan and Dr John Aloizos

Tonic Media Network

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