

# The Perth Paediatrician List

**FEBRUARY 2023**



[WWW.PERTHKIDSHUB.COM.AU](http://WWW.PERTHKIDSHUB.COM.AU)

# What do I do?

*There are a small number of developmental paediatricians in Perth and a huge demand for appointments. Most are at capacity and have closed their books. It's dire. If you are in that situation, I am so sorry. I understand how stressful this process is – you just want your child to be happy. A diagnosis offers answers and a pathway to treatment and support.*

*There are things you can do that may help in the triaging of your referral to a paediatrician and also while you are waiting to see one. Here are a few of my ideas for you.*

## Do not wait for a diagnosis.

I can't sugar coat it – families are going to be waiting anywhere from 6 months to 2 years to see a paediatrician and get a formal diagnosis.

**Please, do not wait.** There is so much that you can do to help your child and your family in the meantime. Here are a few ideas.

If your child is under 6 years of age, you do not need a formal diagnosis to apply for the **National Disability Insurance Agency's Early Childhood Approach**.

You **do not need a referral to see an allied health practitioner** such as a psychologist, play therapist, speech pathologist or occupational therapist.

You can find **paediatric allied health professionals** with no waitlists on the Perth Kids Hub website.

**CliniKids** offer the Inklings program for children aged between 6-18 months who are showing early differences in the way they communicate and interact.

**ASDetect** is a FREE app based on research by the Olga Tennison Autism Research Centre at La Trobe University. It provides an early autism detection method that they say is 83% accurate and can be used with children aged 11 to 30 months.

If you are concerned about a speech delay, a hearing test and review by a speech pathologist are recommended.

**Telethon Speech and Hearing** have paediatric audiologists who can test your child's hearing as well as the general health of their hearing system.

Telethon Speech and Hearing also run a small school at their Wembley campus. They host playgroup sessions and Kindy and Pre-Primary programs that are attended 1-2 days per week, while the student attends their local school on the remaining days.

The class sizes are tiny with a maximum of 13 students and they have such great support with a highly trained teacher leading the group and support by education assistants and speech pathologists, occupational therapists to run small group sessions.

The **Chatterbox** and **Talkabout** programs are best suited for children with a speech and language delay or disorder from 18 months to 6 years. You do not need a referral to attend. Students graduate from the part time program with the aim of being full time at their local school by year one.

## Join & learn.

Find a support organisation and/or group for your concerns and learn as much as you can.

Often there are people who are a few steps ahead of you who can give real-time recommendations on what has helped for their child/children. Many run support groups, workshops and training for members and parents.

Organisations to check out include: **Carers WA, ADHD WA, Kalparrin, Developmental Disability WA and DSF.**

"Bring some distractions for when you want to discuss more difficult aspects of their development or mental health and you can't leave them outside the room. An iPad and headphones or colouring in."

DR ANDREW LEECH

## Find a GP who listens.

Paediatricians require a GP referral to be sent through before they can add you to their waitlist. They use the information on the referral to triage (prioritise) the referral based on urgency of need.

Your GP is the key person who can help you navigate the medical system and access support.

It is always better to get a referral from a GP who knows your child and who sees you regularly as they can provide relevant information in the referral letter.

If you haven't found someone you and your child click with, then this is the single most important thing you can do.

**The Garden Family Medical Centre General Practitioner Dr. Andrew Leech** suggests asking the receptionist which GP has a special interest in ADHD or who tends to see children.

"It might take us a while to get to know you and your family but we can help. One consultation is never enough. Find a GP who listens to you and allows your child time to talk. This helps your child feel validated," Dr Leech said.

"Help the GP understand how it affects you or your child by giving some examples of day-to-day life at home and school. GPs can also do a physical health check, order blood tests or refer for hearing, vision or sleep studies," Dr Leech says.

They may be able to offer you simultaneous referrals for allied health, paediatrician, hearing and vision testing and Early Childhood Approach (if under 7 years).

## Go long.

Book a long appointment with your GP to request the referral. This will allow more time to discuss your concerns and for your GP to prepare a more comprehensive referral.



## Provide the info they need.

I've been sent a lot of referrals that say "Mum is concerned child has ADHD/ASD" – and that's it.

GPs are under huge time pressure.

Families, you can help out by collating a summary of concerns to go along with your referral that provides input into the clinic's triage process.

Dr Leech recommends bringing to the GP appointment a letter from the teacher with an update, a recent school report, NAPLAN results if applicable and your own letter summarising what it is like at home with examples.

The following information can also be helpful to accompany your referral:

- Family structure
- Previous developmental milestones
- Past medical history
- Previous interventions and response e.g. occupational therapy
- Any supplements or medications
- Any school supports in place
- Copy of latest school report or summary of any concerns that may have been raised by the school
- If the GP is willing to be a co-prescriber of medications (especially ADHD stimulant medications)
- Copy of Family Court orders (if relevant).

## Summarise.

I have started taking a **typed dot point summary** of relevant information and handing that to our GP. It gives them a chance to read everything I think is relevant and then ask questions. It also stops me from forgetting what I need to say or ask.

A written summary is also super helpful if your child is in the room and there are things you would like to update the GP on that you would rather little ears didn't hear. An iPad and headphones are also handy.

## Check who to see.

Check with your GP about your concerns and who is the most appropriate specialty to diagnose and support your child.

**Not all conditions require diagnosis by a paediatrician.** So make sure before you get on a waitlist that you DO need to see one.

If anxiety is the primary concern, then referral to a psychologist and psychiatrist may be recommended.

While both psychiatrists and paediatricians can prescribe antidepressants for children, psychiatrists have additional mental health training.

If you intend to apply for additional funding and support at school for a **severe mental health disorder** such as an anxiety disorder – then diagnosis by a child and adolescent psychiatrist may be required.

The Western Australian Department of Education previously published eligibility requirements that required:

- a letter of diagnosis from a child and adolescent psychiatrist
- a statement from the child and adolescent mental health practitioner who is providing active ongoing treatment.

A **temporary resource could be provided for students awaiting assessment** by a child and adolescent psychiatrist pending an assessment by the Lead School Psychologist and evidence confirming a psychiatric appointment had been made.

Unfortunately, the eligibility requirements have been removed from the Department's website with the direction to ask your school for guidance on applying for disability funding.

In my experience, schools are often just as bewildered as parents about what can and can't be funded. It can pay to seek clarification or a second opinion.

## Support at school.

You can request a letter stating that you are on a waitlist to see a paediatrician / psychiatrist and provide this to your school to support interim accommodations or an application for an **Educational Adjustment or Individual Disability Allocation (IDA)**.

Ask your school if your child requires an **individual education plan (IEP)**.

Most children who require a lot of changes to their education program or their environment will need one and it also ensures the school receives a budget allocation for your child under the student-centred funding model.

This includes students with learning disabilities or imputed disabilities such as Dyslexia and ADHD.

## Ask your GP about support.

Ask your GP about **funding and supports** that are available as goodness me, it all adds up. Not only financially, but the additional stress can be really tough for you as a parent and on your family or relationship.

"I like to see parents or caregivers one-to-one to discuss more difficult issues going on for them. Parents need their own support," said Dr Leech.

Ask about whether a **Better Access to Mental Health plan** may be suitable for your child or for you to help support your own mental health. In a calendar year, you could receive psychological therapy services up to the combined limit of 10 individual services and 10 group services such as a group therapy program run by a psychologist, social worker or an occupational therapist.

Other supports and sources of funding include the **Chronic Disease GP Management Plans** for chronic medical conditions that have been or are likely to be present for at least six months. This includes asthma, musculoskeletal conditions and diabetes.

To be eligible the patient must be managed by the GP along with at least two other collaborating health or care providers.

There is also an **eating disorder treatment and management plan** that provides up to 40 psychological treatment services and 20 dietetics consultations.

**Kalparrin** offers a fantastic Next Steps session to help you navigate the supports and services that are out there including access to government funding.

The informal sessions are one-on-ones led by Peer Navigators with lived experience of raising a child with disability or developmental delay. Membership is free and open to all families in WA – including families of children with ADHD and autism.

## Hang in there.

There are a lot of great people advocating for change in WA to help families get access to child development services.

Families – hang in there. It is HARD.

Ask for help, work with your GP, find support from a community of people who understand what it's like. And if you have any advice or tips for families on this journey, please let me know!

### Further Resources

Children with special educational needs –  
Department of Education (WA)

Disability Standards for Education 2005 –  
Department of Education, Australian Government

Education • Developmental Disability WA – DDWA

Education – Kalparrin

Programs & Services | Telethon Speech & Hearing  
(tsh.org.au)

Paediatric Clinics are listed under four geographical areas.

## 01 CENTRAL & WEST 7

- BabySteps
- Dr Helen Frearson
- Hollywood Specialist Centre
- McCourt Street Paediatrics
- Paediatric Therapy and Developmental Services
- PaedsWest
- Patches
- Perth Child Development Centre
- Perth Developmental Paediatrics
- Perth Paediatrics
- Smart Paeds
- Starbloom Paediatrics
- The Elizabeth Clinic
- The Swiss Family Clinic

## 02 NORTH METRO 9

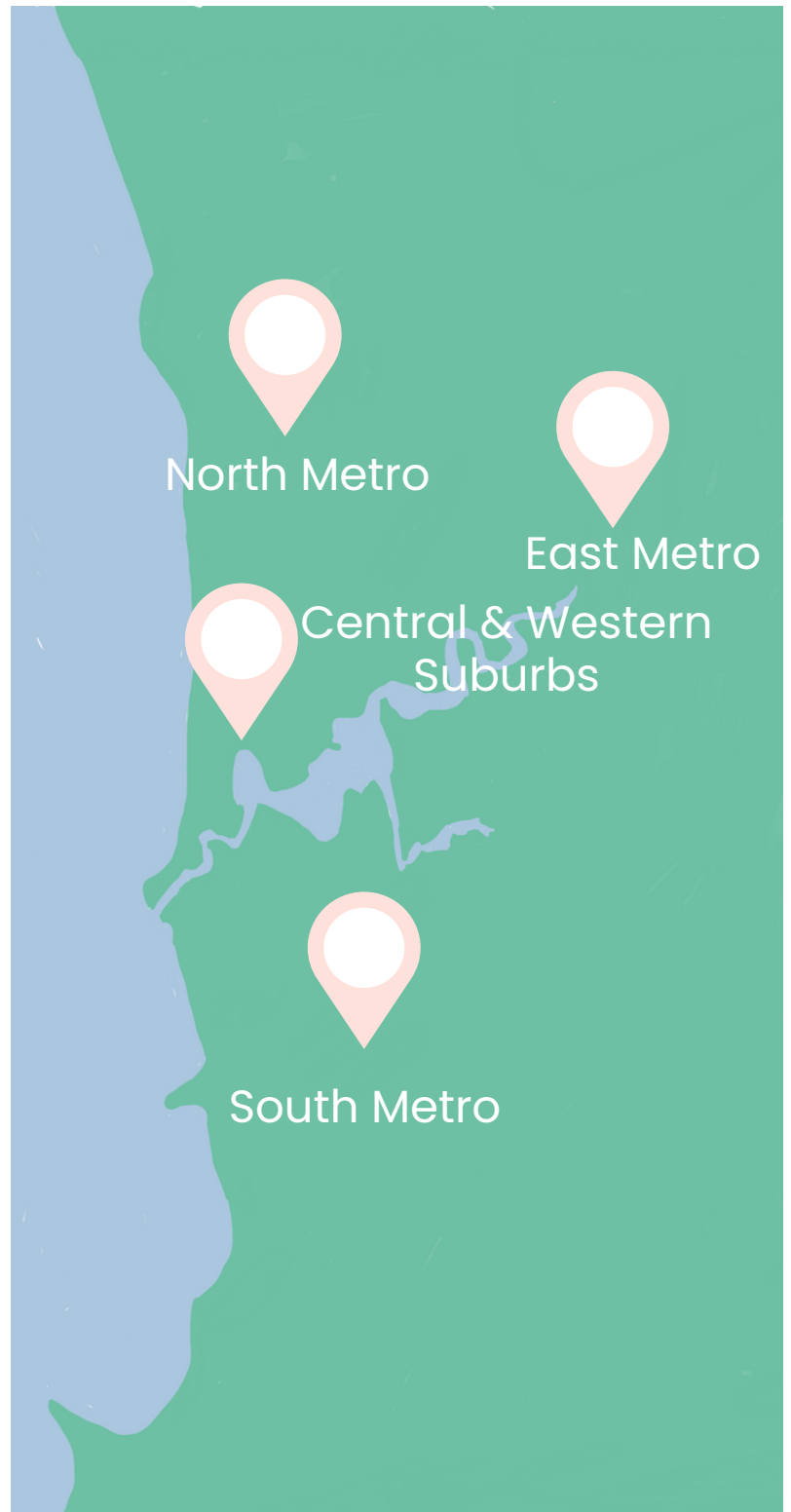
- Joondalup Health Campus
- Dr Ian Everitt
- Kids Doctor
- Paeds Plus

## 03 SOUTH METRO 10

- Dr Andrew Savery
- Chester Tan Developmental Centre
- Murdoch Paediatrics
- Perth Kids Clinic
- Mandurah Paediatrics
- St James Family Medical & St James Specialist
- Wexford Kids

## 04 EAST METRO 11

- Dr Richard Christie



# 01 Central & Western Suburbs

Paediatric Practice	Suburb	Paediatricians		Availability
<b>BabySteps</b> 9387 2844 admin@babystepshealth.com.au	WEMBLEY	Dr Stephen	Bilkey	Accepting general paediatrics. Developmental referrals from April 2023.
<b>Helen Frearson</b> 9381 4522	SUBIACO	Dr Helen	Frearson	Books closed.
<b>Hollywood Specialist Centre</b> 9386 1004	NEDLANDS	Dr Ashanthi	Munasinghe	Books closed.
<b>McCourt Street Paediatrics</b> 9380 6055 mccourtstreet.paed@hotmail.com	WEST LEEDERVILLE	Dr Lynda	Chadwick	Books closed.
		Dr John	Wray	Books permanently closed to new patients.
<b>Paediatric Therapy and Developmental Services</b> 9387 5937 reception@drmarkparker.com.au	WEMBLEY	Dr Mark	Parker	Books closed. Babies only.
<b>PaedsWest</b> 9271 1425 reception@paedswest.com.au	MT LAWLEY	Dr Maina	Kava	Books closed.
		Dr Eleanor	Ng	Books closed.
		Dr Ravisha	Srinivas Jois	Books closed. Children up to 6 years only.
		TBA	<b>New paediatrician (female) commencing in March but unable to accept referrals until she is settled in.</b>	
<b>Patches Assessment Services</b> 6280 1259 enquiries@patches.com.au	NEDLANDS	Dr James	Fitzpatrick	<b>One-off assessments only (ASD, ADHD, FASD) – six month waitlist.</b>  Unable to assist with ongoing ADHD medication management, however can do assessment and provide diagnosis.  GP referrals to specifically mention indicating behaviours and what is to be assessed for eg Autism. Full assessment service provided in-house with speech pathologist and psychologist if required.  See the Patches website for their referral form.
<b>Perth Child Development Centre</b> 6153 4535 perthcdc@outlook.com	MT LAWLEY	Dr Indrajit	Karande	Books closed.
<b>Perth Developmental Paediatrics</b> 9242 1425 admin@perthdevelopmentalpaediatrics.com.au	COOLBINIA	Dr Carole	Caccetta	Books closed.
		Dr Stephanie	Greeff	Books closed.

# 01 Central & Western Suburbs

Paediatric Practice	Suburb	Paediatricians		Availability
<b>Perth Paediatrics</b> 6162 1615 contact@perthpaediatrics.com.au	SUBIACO & RIVERTON	Dr Murali	Narayan	Books closed.
		Dr Shveta	Patel	Books closed.
		Dr Chia	Saw	Books closed.
<b>Smart Paeds</b> 9468 3622 smartpaeds@outlook.com	MT LAWLEY	Dr Mohammad	Jehangir	Books closed.
		Dr Imali Yap	Kulatunga	<b>Books will open in March 2023 for four weeks only to accept new referrals for appointments in May.</b>  Note: SmartPaeds were inundated last time they opened their books and needed to close them earlier than expected.
		Dr Amber	Tahir	
<b>Starbloom Paediatrics</b> 6424 8199 info@starbloom.com.au	NEDLANDS	Dr Katherine	Stokes	Books closed.
		Dr Alya	Ishak	General paediatrician who sub-specialises in respiratory and sleep medicine. NOT accepting referrals for purely developmental concerns.
<b>The Elizabeth Clinic</b> 9384 4565 enquiries@elizabethclinic.com.au	NEDLANDS	Dr Emma	Argiro	Books closed.
		Dr Aggie	Bakowski	Books closed.
		Dr Rae-Chi	Huang	Books closed.
		Dr Gavin	Hutana	Books closed.
		Dr Veronika	Kretzer	Books closed.
<b>The Swiss Family Clinic</b> 6255 5333 info@swissfamilyclinic.com.au	SUBIACO	Dr Nikki	Panotidis	Books closed.
		Dr Donald	Payne	Books closed.



# 02 Northern Suburbs

Paediatric Practice	Suburb	Paediatricians		Availability
<b>Joondalup Health Campus</b> 9300 9559	JOONDALUP	Dr Lana	Bell	Books closed.
		Dr Alide	Smit	Books closed.
9400 9910		Dr Brad	Jongeling	Babies and general paediatrics only.
9400 9889		Dr Andrew	Haak	Babies and general paediatrics only.
		Dr Jamie	Tan	Not accepting developmental or behavioural referrals including ADHD.
9400 9889 admin@brittonpaediatrics.com.au		Dr Katie	Britton	Medical referrals only. Not accepting developmental or behavioural referrals.
9400 9400		Dr Paul	Porter	Paediatric endocrinology.
<b>Dr Ian Everitt</b> 9203 5414 lisa@ianeveritt.com.au	WARWICK	Dr Ian	Everitt	General paediatrician. Not accepting developmental or behavioural referrals including ADHD, and autism. Medical referrals only. Email GP referral. Wait time 8-12 weeks.
<b>Kids Doctor</b> 9300 3002 reception@kidsdoctor.com.au	JOONDALUP	Dr David	Roberts	Books closed. Semi-retired.
<b>PaedsPlus</b> 6388 4422 admin@paedsplus.com.au	CURRAMBINE	Dr Gareth	Kameron	Books open for new referrals. Referral via website only. Waitlist updates published online and updated frequently. Approx 2 years for ADHD. In-house paediatric allied health team including dietitian, occupational therapist, provisional psychologist and speech pathologists. Recruiting for a psychiatrist to join the team.
		Dr Omid	Khojasteh	
		<b>Dr Tomi</b>	<b>Ibilola</b>	<b>Joining PaedsPlus from 7 February 2023.</b>

# 03 Southern Suburbs

Paediatric Practice	Suburb	Paediatricians		Availability
<b>Andrew Savery</b> 9317 8755 reception@drsavery.com.au	BOORAGOON	Dr Andrew	Savery	<b>Retiring in 2023.</b> Books closed.
<b>Chester Tan Developmental Centre</b> 9300 3002 admin@drtan.com.au	WINTHROP	Dr Chester	Tan	Books closed. May reopen second half 2023. Dr Michelle Musca who was completing neurodevelopmental pre-assessments is currently on maternity leave.
<b>Mandurah Paediatrics / Nest Medical</b> (08) 9534 8133 medical.reception@nestmedical.com.au	MANDURAH	Dr Michelle	Howell	Books closed for new developmental / ADHD / ASD / learning difficulties for remainder of 2023. Open for new medical referrals. Advising patients to contact in nine months to see how the waitlist is progressing.
<b>Murdoch Paediatrics</b> 9310 8778 info@murdochpaediatrics.com.au	MURDOCH	Dr Charles	Crompton	<b>Accepting referrals through email for ADHD, ADD only. Email through: GP referral, 1 recent school report and if parents could also summarise the issues they are having with their child. Doctors will assess the reports and then parents will be contacted for an appointment.</b>
		Dr Andrew	Bullock	
		Dr Elizabeth	Green	Practice permanently closed due to family illness. We send our love.
<b>Perth Kids Clinic</b> admin@perthkidsclinic.com.au Fax: 6558 0530	SOUTH PERTH	Dr Rajiv	Shah	GP referrals only.
		Dr Nitin	Rajput	
		Dr Raghu	Dharmapuri	
		Dr Geoby	Paul	
		Dr Srinivas	Porredy	
<b>Perth Paediatrics</b>	RIVERTON	See listing under Central & Western Suburbs of Perth – Subiaco.		
<b>St James Family Medical &amp; St James Specialist</b> 9352 2910 info@stjamesfamilymedical.com.au	HAMILTON HILL	Dr Benedicta	Itotoh	<b>Currently accepting developmental, allergy and general medical referrals.</b>
		Dr Pratima	Gulati	<b>Currently accepting neurology, developmental and general medical referrals. Relocating from Canada, commencing in late March 2023.</b>

## 03 Southern Suburbs

Paediatric Practice	Suburb	Paediatricians		Availability
<b>Wexford Kids</b> 6317 9565 info@wexfordkids.com.au	MURDOCH	Dr Alpana	Kulkarni	Books closed.

## 04 Eastern Suburbs

Paediatric Practice	Suburb	Paediatricians		Availability
<b>Richard Christie</b> 9274 6982	MIDLAND	Dr Richard	Christie	Waitlist of approx 12 months.



# ABOUT

I'm Pia, and I'm the Perth Mum behind Perth Kids Hub. I help Perth families with children who learn, think or develop differently to find the support and understanding that they need. In October 2021 I started compiling a free list of paediatricians and allied health professionals to help families who are worried about their child/ren and who are frustrated by long waitlists. I hope this update helps you.

GET LISTED ON PERTH KIDS HUB  
AND HELP FAMILIES FIND YOU