



On The Mend

Your GP practice, from every angle.

An independent Australian video podcast, made by people who work in general practice and recorded inside real, working clinics in Melbourne.

WHO WE ARE

Pulling back the curtain on general practice

Most health content tells patients what to do. On The Mend also shows them how their GP practice actually works, told by the people inside it.

Patients have plenty of questions that never get asked in a short consult. Why do doctors run late? What happens in a skin check? Why are out-of-pocket fees rising? Each episode is a short, honest conversation with someone who lives these questions every day.

Episodes are made to be watched anywhere: on **YouTube** and **Spotify**, as short clips on social media, and on waiting room screens.

Who you'll hear from

- **GPs and specialists** explaining the topics patients ask about most, in plain language.
- **Nurses, reception and practice management** sharing what really happens behind the front desk.
- **Allied health and community services** who look after the same patients alongside GPs.

WHAT WE TALK ABOUT

Health, explained simply

Practical, general health information on the topics patients raise in the consult room: prevention, screening, chronic conditions and getting the most out of a GP visit.

Behind the scenes

The honest side of the industry: how appointments, fees, Medicare and the front desk really work, and why the system works the way it does.

EPISODES SO FAR

EPISODE 1

Skin Checks, Early Detection & Prevention

Dr Ross Wines

EPISODE 2

Men's Health: Starting the Conversation

Dr Geoffrey Kimanje

EPISODE 3

Hearing Health: Why Checks Matter

Rebecca Bourke, Hearing Australia

EPISODE 4

A Day in the Life of a Receptionist

Emily Ryan, medical receptionist

EPISODE 5

Making the Most of Your GP Appointment

Dr Nisha Patel

EPISODE 6

Hurt at Work? WorkCover & Occupational Health

Dr Vinny Lam



HOW IT WORKS

Relaxed, short, and we handle the rest

01

A quick chat

You suggest a few topics from your area of expertise. We pick one together.

02

We record

A casual conversation, no script to memorise. Most recordings take well under an hour.

03

We edit

Stumbles come out. We produce the full episode plus a few short clips.

04

We publish

Released on YouTube, Spotify and social media, and we send you the links.

What you can expect from us

- ✓ No cost to take part, and no preparation beyond your topic.
- ✓ All filming, editing and publishing looked after for you.
- ✓ A factual credit: your name, role and where you practise.
- ✓ A simple one-page guest agreement before recording.

How we keep it professional

- ✓ General education only, never personal medical advice.
- ✓ Accurate, balanced language: risks and benefits, no hype.
- ✓ Patient examples de-identified, always.
- ✓ No testimonials, brands or product promotion, in line with AHPRA and TGA advertising guidelines.

A standard disclaimer runs with every episode: general information only, not a substitute for advice from your own healthcare provider.

MEET THE TEAM

AS

Ajmal Sideek

CREATOR & PRODUCER

Ajmal came into general practice as a practice manager with no healthcare background, and spent time on the reception desk to learn how a clinic really runs. Since 2019 he has gone on to oversee operations across seven Melbourne practices. He created On The Mend to show patients how general practice really works, told by the people inside it.

M

Matthan

LEAD HOST

Matthan has been the face of On The Mend since episode one, and helped launch the show alongside Ajmal. He started out on the front desk, and brings more than four years of admin and over five years of practice management experience. Outside work he's a husband and dad, tinkers with cars and bikes, plays volleyball and keeps a house of weird and wonderful animals.

Watch, listen and say hello

Have a look at a recent episode to get a feel for the format. If you'd like to come on the show, or have a topic in mind, we'd love to hear from you.

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WEBSITE

onthemendgp.com.au

YOUTUBE

[@onthemendGP](https://www.youtube.com/@onthemendGP)

SPOTIFY

[On The Mend](https://open.spotify.com/OnTheMend)

INSTAGRAM

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