



# COMMUNITY NEWSLETTER

by East Wimmerera Health Service (EWHS)



Deb and Di with the EWHS display at the Buloke Seniors Week event in Wycheproof.

New staff learning the importance of personal protective equipment (PPE) during the Infection Control section of Orientation.

## NOVEMBER 2023 .....

Welcome to a bumper edition of our November 2023 Community Newsletter!

During Seniors Week in October, Deb Watkin (EWHS Physiotherapist) and Di French (EWHS Registered Nurse) attended the Buloke Senior Festival in Wycheproof. This was a valuable opportunity for EWHS to connect with the senior members of our region and highlight the fantastic services currently provided by EWHS as well as the exciting new services we plan to provide in the future.

EWHS held an orientation for new staff in mid-September. A warm welcome to Shone, Akshay, David, Jenny, Justine and Courtney.

To keep up to date with what is happening at EWHS in real time, follow our Facebook page or check out our website.



[www.facebook.com/east.wimmera.health.service](http://www.facebook.com/east.wimmera.health.service)



[www.ewhs.org.au/](http://www.ewhs.org.au/)

# AROUND THE GROUNDS



## EWHS FOR ALL YOUR HEALTH CARE AND HOME CARE NEEDS

East Wimmera Health Service (EWHS) is pleased to announce the acceptance of Commonwealth Home Support (CHSP) services as a result of the Buloke Shire exit.

EWHS is a trusted and well-established local health care provider already working with consumers within the Buloke Shire communities to enhance and encourage their ability to maintain independence and live well at home. These additional home support services will complement existing EWHS services and positively contribute to early intervention with health care and aging well.

EWHS CHSP services will expand to include:

- Domestic assistance including general house cleaning and laundry
- Home maintenance and gardening
- Meals and personal care including assistance with bathing, eating, dressing and grooming

EWHS are working with Buloke Shire to start delivering these services by January 1st 2024. If you would like to receive your home care services from EWHS please contact our Community Health Admin Team on 04 5477 2222.

The CHSP program supports older people (aged 65 years or older or 50 years of older for Aboriginal and Torres Strait Islander people) to get help with everyday tasks in their home. This program helps to maintain independence and live safely in their own home.

**EAST WIMMERA HEALTH SERVICE**  
**BIRCHIP | CHARLTON | DONALD |**  
**ST ARNAUD | WYCHEPROOF**

**Home Care Service Provider**

East Wimmera Health Service is a home care service provider working towards delivering care to you in your community.

**SERVICES INCLUDE:**

- ✓ Allied Health: Physiotherapy, Podiatry, Occupational Therapy, District Nursing, Diabetic Educator and Continence Nursing services available now and self-referrals welcomed
- ✓ Domestic Assistance including general house cleaning and laundry
- ✓ Home Maintenance including Garden Maintenance and Minor Home Maintenance and Repairs
- ✓ Personal Care including assistance with bathing, eating, dressing, grooming
- ✓ Delivered Meals including meals prepared and delivered to your home

If you would like EWHS to deliver your home services in the future please register your interest by contacting Community Health Admin team on 54 772 222

**East Wimmera Health Service for all your health care and home care needs**

The flyer features two circular images: the top one shows an elderly person's hands holding a wooden cane, and the bottom one shows a landscape with large rocks and sparse vegetation under a blue sky. The EWHS logo is in the top left corner of the flyer.

## CREATIVE MINDS BRIGHTENING EWHS WALLS

Last month we reported on the new photos adorning the walls of Donald Campus. Donald Photographer and EWHS Nurse Julia Pearse is the talent behind the camera - below are the faces and places on display in Donald.



St Arnaud Campus have also been the recipient to some artworks for the Acute area of the hospital. St Patrick's Primary School were commissioned for this project. Budding artists were asked to share different interpretations of the large gum tree in our front car park. 20 pieces of art were created, signed by their talented creators and placed around the Campus.



## VICTORIA HEART | EAST WIMMERA HEALTH SERVICE INAUGURAL RURAL CARDIAC CLINIC

Heart Failure Cardiologist, Associate Professor Monique Watts (MBBS BMedSci (Hons) FRACP) recently visited the EWHS Charlton Campus to hold a regular Rural Cardiac Clinic. This clinic is an outreach service from A/Prof Watts main rooms in Windsor and East Melbourne, called Victoria Heart.

A total of 35 patients were seen over two days. The 35 patients were referred from 9 different GPs. 11 of them new referrals, 24 of them were patients being reviewed after being seen in the clinic previously. This clinic is held 5-6 times per year. Patients are supported by Telehealth as needed in between clinic visits and GPs supported through direct contact with A/Prof Watts as needed / desired.



The key difference this time was that EWHS provided support by Registered Nurses to conduct pre-appointment checks with each person to ensure that as much time as possible could be spent with the Cardiologist with key information already gathered.

Each patients had a thorough clinical assessment including:

- Blood pressure check
- Height/weight and body mass index calculation
- Electrocardiograph
- Medication review
- Review of their cardiac history and specific presentation
- Thorough cardiovascular examination as clinical indicated
- Holter monitoring was also available to be fitted at the time of consult as needed.

Of these 35 patients only one needed to go to Melbourne for further management with the overwhelming majority of investigations being able to be undertaken locally.

Conditions managed included:

- Assessment of cardiovascular risk
- Management of coronary artery disease both pre intervention and following stenting or coronary artery bypass graft surgery
- Assessment and management of palpitations and arrhythmias (abnormal heart rhythms)
- Management of heart failure including advanced heart failure.
- Management of hypertension (high blood pressure)
- Investigation and management of postural orthostatic tachycardia syndrome (POTS)

EWHS is seeking to deliver more services where local people can access care close to home and reducing the need to travel and will regularly provide information about new or enhanced services.

## RUSON NURSE | REGISTERED UNDERGRADUATE STUDENT OF NURSING

Gurjot Singh joined EWHS this year as a RUSON nurse.

A RUSON nurse can work in the acute or aged care setting as part of the health care team. A RUSON is a person currently enrolled at a university to undertake undergraduate nursing study, registered with AHPRA as a student nurse, and who at commencement has successfully completed 1st year of Bachelor of Nursing. The RUSON assists the health care team to provide delegated aspects of patient care.

Singh was born in North India and arrived in Australia in 2019. Singh chose to study Health Sciences first then changed over to Nursing at Federation University.

Singh plays the piano and the Mandolin, enjoys going camping and in the outdoors.

His plan for the future will be working in cardiology or mental Health after he completes his Bachelor of Nursing degree.

Singh is currently working at the Donald Campus. We are very pleased to have Singh join the EWHS team.



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## JOIN OUR BOARD OF DIRECTORS IN 2024

The Department of Health is pleased to invite applications for part time Board Director positions for EWHS, with terms of office starting from 1 July 2024.

Directors are required to attend a monthly board meeting, participate in a board sub-committee and be available for other events that require board representation.

For more information or to apply visit <https://www.boards.vic.gov.au/search-board-vacancies/east-wimmera-health-service-board-director-vgb/grewhs2024>

Applications close at midnight Sunday 19 November 2023.



## STUDENT PROJECT REPORT | DIABETES SERVICES AT EWHS

We reported in September about Dietetic students David & Dylan from Deakin University who conducted a project for EWHS regarding Diabetes in the area. Below, we share a summary of the findings and recommendations.

“EWHS is at the forefront of delivering accessible allied health services to the Buloke and Northern Grampians shires, aiming to “cultivate healthy communities”. These communities, compared the rest of Victoria, exhibit proportionately high demand for the use of diabetes services. Historically, community diabetes clients are scheduled for individual appointments, but recent innovations have introduced joint-consultations between dietitians and diabetes educators, enhancing quality of care and efficiency. This project assessed the potential of expanding this model, focusing on incorporating podiatry services, envisioning a clinic where community diabetes clients could consult three specialists in a single, “one-stop-shop” diabetes clinic.

Diabetes affects 1.2 million Australians. Notably, the EWHS catchment area has a higher prevalence than the Australian rural average, with rates hitting 7.4%. There is an evident need to evolve our approach to diabetes care, and a capacity within EWHS to do so. A multidisciplinary clinic not only addresses the rising diabetes prevalence but also resonates with the felt and expressed requirements of our community.

The following summary of recommendations are proposed as an adaptive, reasonable, and actionable solution to improving diabetes care:

1. Clinic structure: Initiate designated multidisciplinary clinic days to offer a "one-stop-shop" model, focusing on using spaces conducive to collaborative consultations.
2. Consultation processes: Embrace joint-consultations as the norm, using telehealth when appropriate, and ensure patients receive timely reminders and informational materials.
3. Referral processes: Revamp the referral system, encouraging direct appointments and leveraging GPs for early referrals in the future. Expand the referral umbrella to include disciplines like physiotherapy.”

EWHS thanks David and Dylan for their work on this project, and we look forward to continuing to see how this evolves at EWHS.

*Pictured from left to right at the Dietetic Student Presentation: Dylan Brown , Tessa Torney (EWHS Dietetic Supervisor) , David Stewart*

*Absent- Joanna Smith (EWHS Dietetic Supervisor)*



## HEALTH PROMOTION HAPPENINGS

Maddie and Stacey, our Health Promotion team, continue to get out and about visiting EWHS communities. Take a look at what they've been up to recently below.



### • Now OPEN! Get Active Kids Vouchers -

Do your children love sport and getting active?

The Get Active Kids Voucher Program helps families get their kids involved in organised sport and active recreation activities by providing financial support (up to \$200 per child) for the cost of membership and registration fees.

To be eligible for a voucher your child / dependant must be:

- aged 0 to 18 years and a resident of Victoria
- named on a valid Australian Health Care Card or Pensioner Concession Card
- named on a valid Australian Medicare Card

### This sounds great, what do I need to do?

Visit [www.getactive.vic.gov.au/vouchers](http://www.getactive.vic.gov.au/vouchers) to find out more and apply.



### • Critical, timely and insightful conversations -

Maddie and Stacey were fortunate to attend the Australian Health Promotion Association 2023 National Symposium in Geelong last week. The Symposium was a great chance to hear from leading thinkers and fellow health promotion workforce on the current issues shaping the health and wellbeing of our people, places and planet.

*Maddie and Stacey pictured here with Felicia, Health Promotion colleague, from Grampians Community Health.*



# KEEP UP TO DATE



## EVENTS AND INFORMATION



### Smoke Alarm Installation Program

*Only Working Smoke Alarms Save Lives!*

Recent research suggests that the number and placement of smoke alarms is more important than the type of smoke alarm technology installed.

CFA installs a smoke alarm with a 10-year lithium battery in a tamper proof chamber as they require less maintenance.

The battery does not need to be replaced over the life of the unit.

The Program does not allow for installation of hard-wired smoke alarms.



Learn about Home Fire Safety & Smoke Alarms

[cfa.vic.gov.au/homefire](http://cfa.vic.gov.au/homefire)

This service is part of CFA's Smoke Alarm Installation Program. It is targeted to people who cannot obtain, install or maintain smoke alarms themselves.

**FIRE  
SAFETY  
VISITS**



To register

Email - [nwr-commeng@cfa.vic.gov.au](mailto:nwr-commeng@cfa.vic.gov.au)

or

Phone - **0499 416 941**

*(leave a message and a CFA member will return your call)*





# KEEP UP TO DATE



## EVENTS AND INFORMATION

### Smoke Alarm Subsidy

The Victorian smoke alarm subsidy scheme is a Government funded subsidy providing specialised smoke alarms to Deaf and hard of hearing people living in Victoria. The smoke alarm alerts users to fire hazard through sight (flashing light) and tactile (vibrating pad) to ensure safety within your home, particularly when asleep.

The smoke alarm pack retails at \$685. Those who are eligible will receive the pack for a \$50 out of pocket fee. The fee can be waived for those who hold a Pension Concession Card.

To apply for the subsidy, please visit [expression.com.au/services/smoke-alarm-subsidy](http://expression.com.au/services/smoke-alarm-subsidy) and complete the application form or contact our team via [info@expression.com.au](mailto:info@expression.com.au)

**To be eligible you must be**

- Deaf or hard of hearing with a severe to profound loss or a severe high frequency hearing loss  $\geq 70\text{dB}$  (2, 3 & 4kHz)
- A resident of Victoria
- Not eligible to other funding services that provide this package, eg NDIS, My Aged Care.



Email  
SMS/FaceTime  
Phone  
Web

[info@expression.com.au](mailto:info@expression.com.au)  
0402 217 586  
03 9473 1188  
[expression.com.au](http://expression.com.au)



## 16 Days of ACTIVISM

Join us for 16 days of Activism against Gender-Based Violence



### December 1

Walk Against Family Violence - St Arnaud

Starting at the Queen Mary Gardens at 3.30pm. Walk through St Arnaud finishing with a free BBQ from 4.00 - 5.00pm

Questions? Contact Sandy Bevan - 5358 8700



# KEEP UP TO DATE



## EVENTS AND INFORMATION

### RFDS Services in Rural Vic | Have Your Say

#### Local event

RFDS Victoria is working for better health and wellbeing across Victoria through better physical and mental health and better social connection.

To help them keep delivering what rural Victorians need they're hosting community feedback sessions around the state.

A local session is happening in  
Charlton:

Tuesday 14th November 2023

9-10am

Charlton Hospital

For more information, and to RSVP to make sure you're included in the snack count, visit the RFDS website: <https://www.flyingdoctor.org.au/vic/news/hear-from-you/>



## KEY DATES

**All** - November

**5 Nov** - International Volunteer Managers Day

**8 Nov** - Intersex Day of Solidarity

**11 Nov** - Remembrance Day

**13-19 Nov** - National Cervical Cancer Awareness Week

**13 Nov** - World Kindness Day

**14 Nov** - World Diabetes Day

**17 Nov** - White Ribbon Day

**19 Nov** - International Men's Day

**25 Nov-10 Dec** - 16 Days of Activism Against Gender Violence



East Wimmera Health Service acknowledges the Traditional Owners; the Dja Dja Wurrung Peoples, Djaara Peoples, Jaara Jaara Peoples, Wotjobaluk, Jaadwa, Jadawadjali, Wergaia and Jupagalk Peoples and Custodians of the land in which we work and live, and pays respect to their Elders past, present and emerging. We acknowledge their significant cultural heritage, their fundamental spiritual connection to the country, and value their contributions to a diverse community. We are proud to embrace the spirit of reconciliation, and learn more from the local Aboriginal and Torres Strait Islander Communities, on how best to improve their health, social and economic outcomes.



East Wimmera Health Service is proud to support and provide care for all lesbian, gay, bisexual, trans and gender diverse, intersex, queer and/or questioning and asexual (LGBTQIA+) staff, consumers and communities. We are committed to ensuring our services are welcoming, safe, inclusive and respectful for everyone.