



INTERNATIONAL NURSES DAY

COFFEE & CREATE WORKSHOPS

Inside This Issue

FLU VACCINATIONS

HONEY SOY VEGETABLE NOODLES RECIPE

Local Alcohol & Other Drugs Support

Non-residential withdrawal nursing is support for people who want to stop or limit their alcohol or drug intake. It is for people who have decided to withdraw from drugs or alcohol in their own home.

Trying to withdraw from alcohol and drug use on your own can be very hard. Sometimes, it can be dangerous. NDCH's withdrawal nurses are trained in educating clients on the effects of alcohol and drug use, harm reduction, and the withdrawal process. "We can also link people with residential services for detox, rehab and counselling if a person chooses or they need more treatment," said NDCH Withdrawal Nurse Claire Gillen.

People who need help to safely cut back or stop their use could be using: alcohol, tobacco, prescription medications, cannabis and other illegal substances.

Our withdrawal nurses can also link people with pharmacotherapy support with a Nurse Practitioner who visits our each week.

Pharmacotherapy is when medications are used to help treat addiction. These medications can:

- reduce the intensity of withdrawal symptoms
- manage cravings, and
- reduce the likelihood of lapse or relapse by blocking a drug or addictive behaviour's effect.

An example of pharmacotherapy is nicotine replacement patches to help stop smoking.

"We never judge a person for their alcohol or other drug use," said Ms. Gillen. "We work with people to understand their substance use and their goals. Then we work with them to form a plan for safe withdrawal."

NDCH's withdrawal nursing services are fully funded, so there's no cost to clients. Anybody wanting to talk about withdrawal can call and ask to speak to one of the withdrawal nurses, Claire and Taylah on 5451 0200.

**BE BRAVE.
MAKE CHANGE.**



**NATIONAL
RECONCILIATION
WEEK 2022**

27 MAY – 3 JUNE



#NRW2022

We Acknowledge

ABORIGINAL & TORRES STRAIT ISLANDER PEOPLE AND COMMUNITIES

NDCH acknowledges that our work occurs on the country of the Traditional Owners of the area, the people of Barapa Barapa, Wamba Wamba, Yorta Yorta and DjaDja Wurrung and acknowledge their ancestors who have been custodians of this land for thousands of years.

We acknowledge and pay our respects to their Elders, past, present and emerging, and through them, to all Aboriginal and Torres Strait Islander people.



LGBTIQA+ COMMUNITIES

NDCH proudly supports the LGBTIQA+ communities.



@ndchvic

FIND US ON SOCIAL MEDIA



If you want to stay up to date on our latest news, events and social happenings find us on social media.

JUNE 2022

Deadly questions .com.au

You ask. Aboriginal Victorians answer.



“Why should one ethnic group get special treatment by being recognised in the Constitution? Isn't that a racist undertaking?”

“Constitutional recognition is important for us all to remember that Australia was occupied prior to colonisation and to recognise that we have a history and culture that extends far beyond Australia's Constitution. Aboriginal people and their cultures have been explicitly excluded from the early foundation of the nation, and as a result there isn't a very good understanding of how they have shaped it.

Constitutional recognition does not grant any special rights or privileges. It is simply an honest acknowledgement of our history as a nation, and the contribution of Aboriginal people to the nation that we now have.”

ANONYMOUS



PAGE 2



Protect yourself and your family from the flu

- The flu is a highly contagious virus that causes widespread illness every year.
- Immunisation and prevention measures are the best ways we can protect against the flu. This helps reduce the number of flu infections and deaths.
- Yearly flu immunisation is recommended for everyone aged 6 months and older.
- Some people are more at risk of complications from the flu and can get a free flu vaccination.
- People who work or live with people who are at risk of serious complications should also get a flu vaccine.
- You can get a flu vaccine from your GP or local pharmacist. Some workplaces provide flu vaccination programs to workers.
- **The flu vaccine cannot give you the flu because it does not contain any live virus.**
- You can get your flu vaccine and your COVID-19 vaccine on the same day if you want.

For more information, talk to your GP, Nurse Practitioner or Pharmacist

Flu spreads in many of the same ways as COVID-19.

Some extra ways to stop the spread of the flu:

- Hand hygiene (wash with soap 20 seconds or hand sanitiser)
- Face masks
- Clean surfaces
- Sneeze/cough into your elbow (then wash hands)

If you have flu-like symptoms:

- get tested to make sure it's not COVID-19
- stay off public transport
- Stay away from school, childcare, work or public gatherings
- Don't visit family or friends in high risk settings like nursing homes or hospitals



Flu shots FREE for Victorians in June

Book in for your flu shot
Call our Medical Clinic on
5452 1366

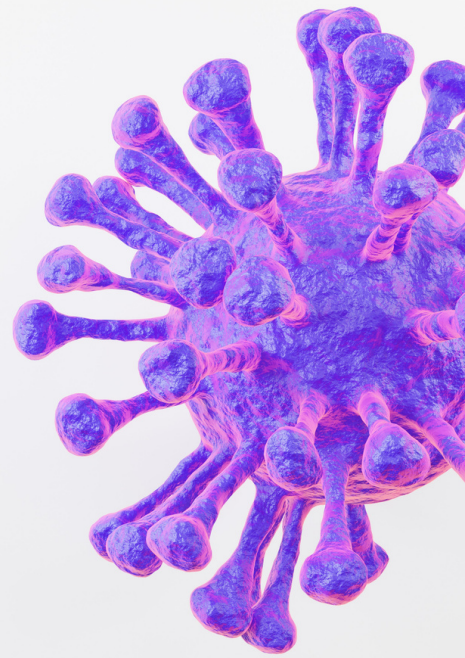


COVID-19 Vaccinations in our medical clinic

1st & 2nd Doses of Pfizer for all eligible age groups including Children 5-11yrs (after school times available)

Boosters of Pfizer for people aged 16+ yrs (3 months since 2nd dose)

Phone: 5452 1366



WHAT TO DO IF YOU HAVE



If you test positive for COVID-19, you must:

If you test positive on a RAT, report your result to the Department of Health. Report online at **www.coronavirus.vic.gov.au/report** or call **1800 675 398** as soon as you can.

You don't need to report your result if you tested positive from a PCR test.

Immediately isolate for 7 days from the day you took your positive RAT or PCR test. For example, if you had the test on a Monday, you would leave isolation any time the following Monday.

Tell your close contacts, workplace and/or education facility you have COVID-19.

Follow your checklist: **www.coronavirus.vic.gov.au/checklist-cases**.

To see how to manage COVID-19 at home and isolate effectively, visit: **www.coronavirus.vic.gov.au/managing-covid-19-home**

Staying COVIDSafe

There are things we can all do to make ourselves and others safer. As we live and work, remember these COVIDSafe principles:

- Carry a face mask when leaving home. Face masks are required for everyone aged 8 and over in some places, including public transport and in sensitive settings such as hospitals and care facilities.
- It is strongly recommended that you wear a face mask if you:
 - have any COVID-19 symptoms
 - are with people who may be vulnerable to COVID-19
 - are in a space where you cannot physically distance.
- Reduce risk by keeping 1.5 metres from others, using hand sanitiser and practising good hygiene.
- Ventilation and air filtration helps. Think about opening windows to let the fresh air blow through. Or catching up with friends outside. *But remember to rug up in the cold!*

If you feel safer wearing a mask when you don't have to, that's okay!



COVID-19 TESTING



Screening and Assessment Clinic

Anyone who has any symptoms, no matter how mild, such as a runny nose or scratchy throat, should stay home and get tested. Even if you've been vaccinated, you should still get tested.

If you feel unwell, do not go to a vaccination centre. Get tested!

FOR PCR (SWABBING) TEST:

STEP 1 – PHONE FIRST

5452 1366

Testing is available (by appointment only) at our Medical Clinic, 34 Fitzroy St Kerang.

Monday to Friday – call for a time to have your swabbing done

Having a test is free.

This is **NOT** a standard Medical Clinic service. Walk up appointments are **NOT** available. **You must phone first.**

STEP 2 – STAY HOME

After your test, you must stay home until you get your test results back.

If you have symptoms and are unable to travel, Gannawarra Shire Council is providing a transport service to any testing clinics held in Gannawarra townships. Please call 5450 9333 for this service.

RAPID ANTIGEN TESTS (RATs)

RAPID ANTIGEN TESTS CAN BE DONE AT HOME BY YOURSELF.

Follow Instructions provided. Most tests will provide you with a result in 15 to 30 minutes.

If you test positive using a rapid antigen test:

- You are a considered a positive case
- You must isolate for 7 days and follow the checklist for cases available at www.coronavirus.vic.gov.au/checklist
- You must report your result. In Victoria, go to www.coronavirus.vic.gov.au/report or phone 1800 675 398

If you test positive on a RAT but have no symptoms, it is recommended you get a PCR to confirm

Vaccinations are now widely available for all eligible people, including booster shots. Check NDCH Facebook and community newsletters for local vaccination clinics.

Common symptoms of Coronavirus:

Temperature

Including fever or chills



Breathing Difficulties

Including breathlessness or sore throat



Fatigue or Tiredness



Cough or Runny/Stuffy Nose



Headache or Body Aches and Pains



Lack of Taste or smell, Nausea, Vomiting, Diarrhoea



International Nurses Day 2022

International Nurses Day is celebrated every year on 12th May - Florence Nightingale's birthday. It is a day to celebrate the enormous achievements, dedication and hard work of nurses everywhere.



*Not pictured: Jenny E



5 WAYS TO WELLBEING

COFFEE & CREATE WORKSHOPS



Background

NDCH in partnership with The Dandy Lion Studio and Women's Health Loddon Mallee delivered four, '5 Ways to Wellbeing, Coffee & Create' workshops for women in Kerang, Cohuna, Quambatook and Boort.

WORKSHOP AIMS

The workshops aims were to bring local women together to connect and reflect on the things/people that helped build their resilience through the pandemic. Utilising the Five Ways to Wellbeing framework, each women was able to share their story and paint the things/people that helped them onto their terracotta pot.

WHAT DID THE WORKSHOPS DELIVER?

- 48 local women attended the workshops
- 12 women attended the workshop in Kerang
- 13 women attended the workshop in Cohuna
- 13 women and 1 child attended the workshop in Quambatook
- 9 women attended the workshop in Boort
- An exhibition of the women's pots will pop up in each town during the month of June



COHUNA



KERANG

“

IT TOOK ME A LITTLE WHILE TO SETTLE AND FOR THE SHAKES TO GO AWAY. ONE WORD: AWESOME. FANTASTIC AFTERNOON. THANK YOU FROM THE BOTTOM OF MY HEART. PLEASE PASS ON MY THANK YOU TO WHOEVER MADE THIS POSSIBLE

- PARTICIPANT

”



QUAMBATOOK

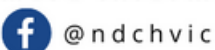


BOORT



YOUNGEST PARTICIPANT

More information:



IN AN EMERGENCY DIAL 000

BEYOND BLUE

Anyone feeling anxious or depressed

beyondblue.org.au 1300 22 46 36

KIDS HELPLINE

Counselling for young people aged 5-25

kidshelpline.com.au 1800 55 18 00

MENSLINE

Men with emotional or relationship concerns

mensline.org.au 1300 78 99 78

ALCOHOL & OTHER DRUGS INTAKE

For people needing help with alcohol & drug issues

www.acso.org.au/aod-mh-support

1300 022 760

REGIONAL MENTAL HEALTH TRIAGE

Assessment service for people experiencing mental illness

1300 363 788

LIFELINE

Anyone having a personal crisis

lifeline.org.au

13 11 14

HEAD TO HELP

Support from experienced mental health professionals

headtohelp.org.au

1800 59 52 12

ORANGE DOOR

People experiencing family violence

orangedoor.vic.gov.au

LODDON: 1800 51 23 59

MALLEE: 1800 29 09 43

VICTORIAN HOUSING SUPPORT

Crisis housing support

1800 825 955

AFTER HOURS GP ADVICE & SUPPORT LINE

1800 022 222

NURSE ON CALL

Caring, professional health advice 24 hours a day

1300 60 60 24

Your COVID Checklist

What to do if you test positive to COVID-19 or if you've been told you are a contact:

www.coronavirus.vic.gov.au/checklist



Honey Soy Vegetable Noodles

Recipe from www.dietitiansaustralia.org.au

Serves: 4

Prep time: 15 minutes

Cooking Time: 15 minutes

INGREDIENTS

- 1 tbsp sunflower oil
- 2 cloves garlic, crushed
- 2 medium carrots, sliced
- 1 cup baby corn
- 1 large red capsicum, seeded and sliced
- 1 bunch broccolini, chopped
- 1 bunch bok choy, chopped
- 1/4 cup soy sauce (salt reduced)
- 1 tsp fish sauce
- 2 tbsp honey
- 450g fresh Hokkien noodles
- 1/4 cup toasted cashews

NUTRITION INFO

(per serve)

- Energy: 1561kJ (373 calories)
- Protein: 14g
- Saturated Fat: 2g
- Total Fat: 10g
- Carbohydrates: 53g
- Sugars: 21g
- Dietary Fibre: 9g
- Sodium: 1015mg



INSTRUCTIONS

1. Heat oil in a wok or frying pan.
2. Stir fry garlic, carrots, capsicum, corn, broccolini and bok choy for 2 minutes.
3. Stir in soy sauce, fish sauce and honey and stir fry for a further 2 minutes.
4. Add noodles and cashews and stir fry until hot.



Recipes are ideas only. Please think about your own individual dietary needs. Follow servings or daily recommended intake guidelines. Eating the food is your choice.



MEDICAL CLINIC

Patient Information

34 FITZROY STREET
KERANG VIC 3579

5452 1366

DOCTORS

Dr John Shokry
Dr Megan Belot
Dr Tobi Kupoluyi
Dr Fungai Zinyowera

NURSE PRACTITIONERS

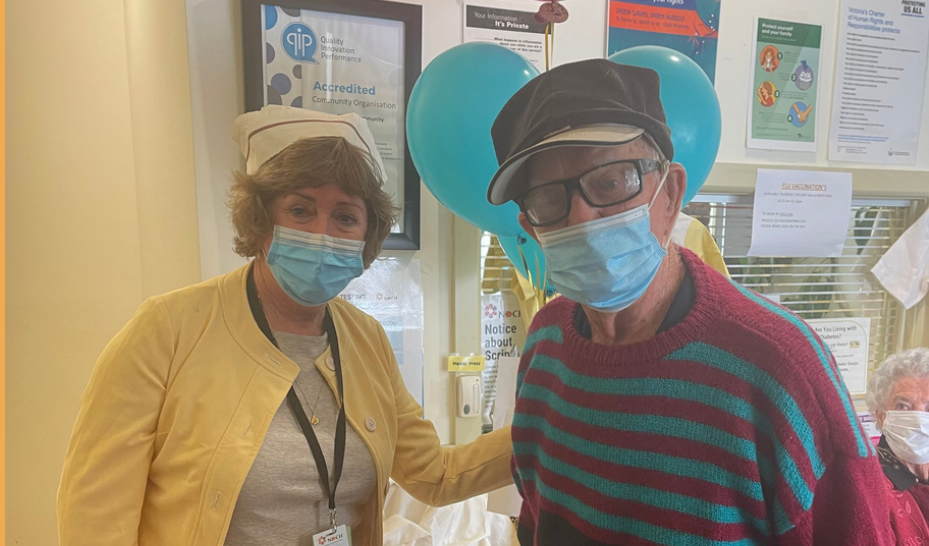
Yvonne Fabry
Heather Spence

NURSES

Jenny Brereton RN (Team Leader)
Shannon Laursen RN
Kristen Hipwell EN
Rosi Bear RN
Lana Wishart EN
Leanne Cooke EN
Michelle Whitelaw EN
Narelle Weekley RN
Sharee Edge RN

ADMIN STAFF

Meryl Metcalfe (Coordinator)
Nicole Betson
Jeanette Schmidt (on leave)
Aliesha O'Neill
Leonie Garner (Casual)
Nick Keely (Casual)
Cassandra Hicks (Casual)
Josephine Metcalfe (Casual)



PRIVACY

This practice is committed to maintaining the confidentiality of your personal health information. Your medical record is a confidential document. It is the policy of this practice to maintain the security of personal health information at all times and to ensure that this information is only available to authorised members of staff.

PRESCRIPTIONS

All patients must be seen for repeat prescriptions. No phone or over the counter prescriptions will be taken. You may need a blood pressure or blood sugar check, or pathology which is ordered by your doctor. This ensures better health care for you and your family.

Scripts for Schedule 8 Medications (and some schedule 4) will not be given at your first consultation and only prescribed when your Doctor establishes your treatment plan with you.

FEES

All accounts are required to be paid on the day of visit. The standard fee is \$80. Fees vary according to time/or services provided. Your claim will be sent to Medicare electronically who will pay your rebate direct to your nominated bank account. **We are not a bulk billing clinic.**

AGE & DISABILITY PENSION CARD HOLDERS

Pension card holders will be charged an out of pocket fee of \$40 payable on the day for three visits each calendar year.

HEALTHCARE CARD HOLDERS

Healthcare card holders will be asked for a \$40 Gap Payment each visit instead of the \$80 pay on the day fee.

Online appointments can be made by visiting:
www.ndch.org.au

PHONE CALLS

If you need to speak to a Doctor during business hours, your call will be returned at the Doctor's earliest convenience. Please be prepared to leave your contact details with the Medical Reception. If you have an abnormal test result you will be contacted by the Doctor or clinic staff.

COMPLAINTS

We welcome your suggestions, complaints and compliments. Complaints should be addressed to the CEO of NDCH. If you are unhappy with how we manage your complaint, you can contact the:

Health Complaints Commissioner

Phone: 1300 582 113

Level 26, 570 Bourke Street, MELBOURNE VIC 3001.

HOURS AND APPOINTMENTS

Monday to Friday: 8.45am - 5.30pm

Consultations are by appointment only

Double appointment times can be made by request. Please let staff know if there are any specific needs. We would appreciate early cancellations where possible to allow us to contact other patients we may have on a waiting list.

OUT OF HOURS EMERGENCIES

In the event of a medical emergency please ring 000. For urgent after hours care, please attend or call Kerang District Health on (03) 5450 9200. If you are seen by one of our Clinic Doctors at Hospital, please be aware that a \$50 co-payment will be charged.

Clinic Services

- GP Consultations
- Health Assessments
- Nurse Practitioner Consultations
- ABI (Ankle-Brachial Index Test)
- Medicals
- Immunisations
- Travel Vaccines
- GP Management Plans
- GP Mental Health Plans
- Specialist Referrals
- Ear Wash
- Skin Check Biopsy & Excision
- Cryotherapy
- Diathermy
- Spirometry (Lung Function Test)
- 24 Hour BP Monitoring
- 24 Hour Heart Monitoring
- ECG (electrocardiogram)
- Hearing Aid Specialist
- Telehealth Services
- Cardiologist

Procedures have a practice fee.
Call our Medical Receptionists for appointments or information:
5452 1366.



**Pathology
 services
 onsite
 Mon to Fri!**



Australian College of
 Rural & Remote Medicine
 WORLD LEADERS IN RURAL PRACTICE



Royal Australian College of General Practitioners



MURRAY CITY
 COUNTRY COAST
 GP TRAINING



MONASH University
 Medicine, Nursing and Health Sciences
 School of Public Health and Preventive Medicine

Contact Us

KERANG

Community Health

24 Fitzroy Street
Monday to Friday
8.30am to 5.00pm
Phone: 03 5451 0200
Fax: 03 5452 2486
Email: info@ndch.org.au
SMS: 0428 575 597

Medical Clinic

34 Fitzroy Street
Monday to Friday
8.45am to 5.30pm
Phone: 03 5452 1366
Fax: 03 5450 3232
Email: clinic@ndch.org.au

COHUNA

25 King Edward Street
Monday to Friday
9.00am to 4.00pm
Closed 12 Noon to 1.00pm
Phone: 03 5451 0250

PYRAMID HILL

12 Victoria Street
Monday to Friday
9.00am to 10.00am
(other times by
appointment)
Phone: 03 5455 7065

BOORT

119-121 Godfrey Street
Open by appointment only
Phone: 03 5451 0260

QUAMBATOOK

33 Mildred Street
Mon, Wed and Friday
9.00am to 10.00am
(other times by
appointment)
Phone: 03 5457 1300

We share professional
spaces in Koondrook,
Charlton, Sea Lake, Donald
& Wycheproof too.



NDCH

Thanks For Reading

www.ndch.org.au

NDCH acknowledges the support of the Victorian Government. NDCH is supported by funding from the Victorian Government under the HACC Program.

NDCH is supported by the Australian Government Department of Health.

*Although funding for this nursing and allied health service has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.



HEALTHY WORKPLACES Achievement Program

We're creating a
healthier workplace

