



NODCH

NEWSLETTER

JUNE 2020

BACK TO SCHOOL - HEALTHY LUNCH BOX TIPS AND RECIPES

RECIPE OF THE MONTH

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COVID-19 INFORMATION UPDATE

HEART HEALTH RISK FACTORS

The Heart of the Matter

Buloke Loddon Gannawarra (BLG) Health and Wellbeing Network, which is made up of CEO's from 15 different health organisations across our three service areas, developed a Health Needs Analysis Implementation Plan. This plan identifies four key health priorities;

- Heart and Respiratory Health
- Diabetes
- Mental Health
- Oral Health



The BLG Health Needs Implementation Plan aims to improve practice in the above four priority areas across the workforce in three ways:

- Service Mapping - identifying what services are available and what is missing
- Workforce Development
- Community Awareness and Education Campaign

We planned a BLG heart Health Forum for local health providers in May which became a 3 hour online forum as a response to COVID-19 restrictions. A range of speakers presented at our forum on evidence-based best practice for Heart Health. Local health care workers also presented on how they were implementing best practice in their rural workplaces. The day was designed to be the 'speed-dating of best practice heart health' as a response to COVID and travel restrictions for workers. By all accounts, attendees enjoyed the forum and the new technology we used.

Alongside the forum the BLG has launched a Heart Health Community Campaign this month. The campaign encourages people to know their risk factors for heart disease, educates them about modifiable risk factors and informs them of where to seek help with local health services.

COVID-19



Screening and Assessment Clinic

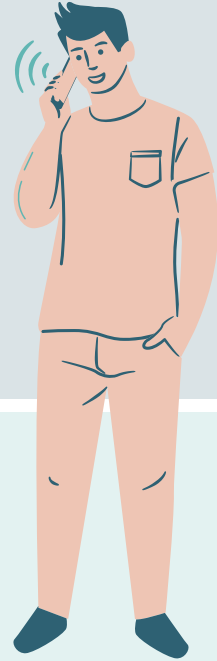
Help us flatten the curve. Please give us a call and book in to be swabbed.

STEP 1 – PHONE FIRST

Please contact the Triage Clinic by phone to discuss your symptoms.

This service is available
Monday to Friday – 9.00am to 12 Noon

 **03 5451 0200**



STEP 2 – SWABBING CLINIC

This service is available by appointment only, in Kerang, Cohuna, Boort, Pyramid Hill and Koondrook.

Monday to Friday – In the afternoon

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

Anyone who has any symptoms, no matter how mild, such as a runny nose or scratchy throat, is encouraged to get a test.

Common Symptoms of Coronavirus are:

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, Nausea, Vomiting, Diarrhoea



You Can Be Heart Smart

It's time to take action if you have multiple Heart Health Risks.



Age



Ethnic Background



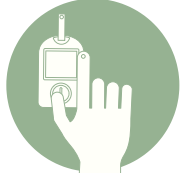
Being Inactive



Smoking



Unhealthy Diet



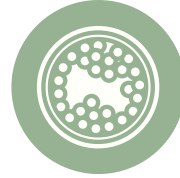
Diabetes



Gender



Family History



High Cholesterol



High Blood Pressure

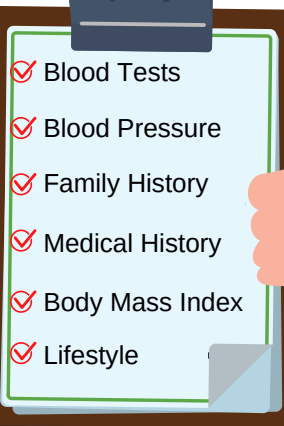
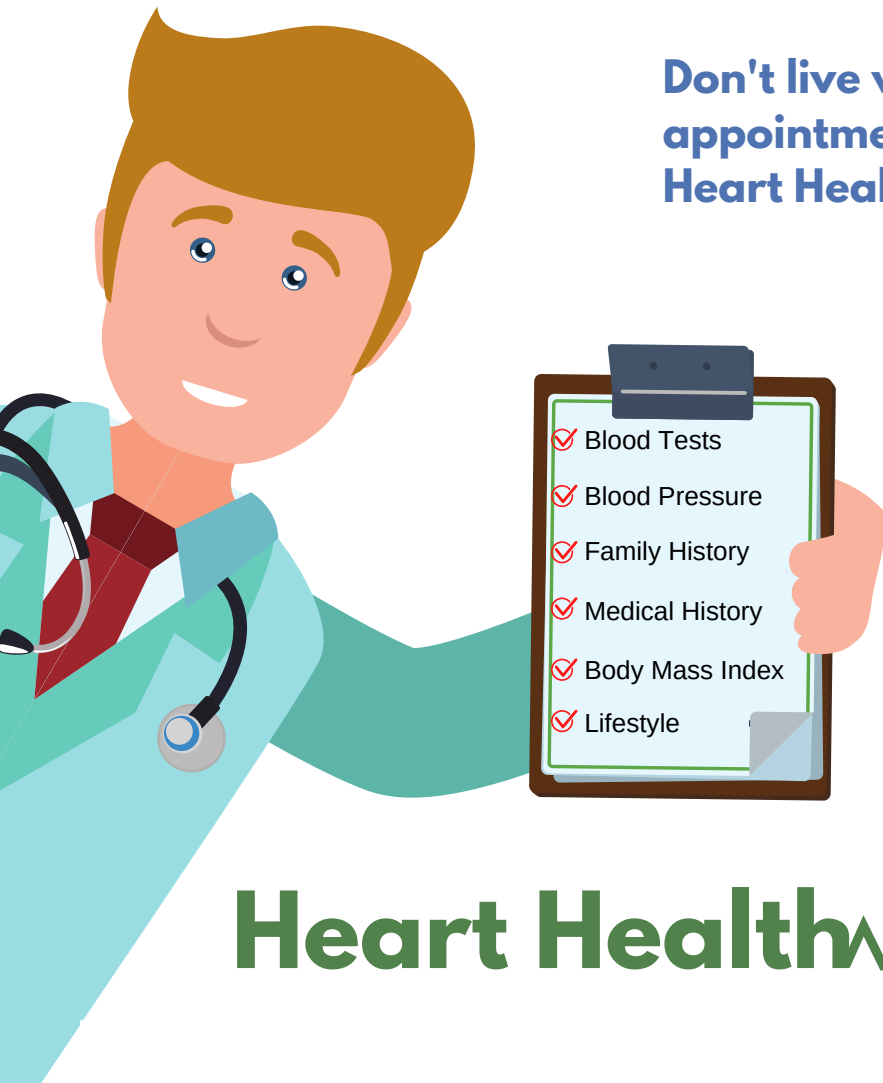


Being Overweight



Depression and Social Isolation

Don't live with heart disease. Make an appointment with your doctor for your Heart Health Check today!



BLG
BULOKE LODDON GANNAWARRA



Heart Health



Veggie Pasta Soup

Makes 6 servings

INGREDIENTS

- 1 tbsp olive oil
- 1 large brown onion, diced
- 1 tsp dried Italian herbs
- 2 garlic cloves, crushed
- 3 medium potatoes, peeled & diced
- 2 carrots, diced
- 2 celery sticks, diced
- 1 large zucchini, halved, cut diagonally 1cm thick
- 1.5L reduced-salt vegetable stock
- 1 cup pasta, preferably wholemeal



METHOD

1. Heat oil in a large saucepan over medium heat. Add the onion and herbs and cook for 3 minutes until it starts to soften. Add the garlic and cook for 1 minute.
2. Add the vegetables and stir through. Stir in the stock, bring to the boil and reduce heat to low. Simmer uncovered for 10 minutes.
3. Add pasta and cook for approximately 10 minutes or until the vegetables are soft and the pasta is cooked through. Add more water if required.

Crazy Socks for Docs

Crazy Socks 4 Docs Day was celebrated in style at our Medical Clinic last week!

Our celebrations included a dazzling array of colourful socks, a delicious morning tea and some beautiful messages from our amazing Health Promotion team!

All in recognition of our wonderful GPs!



Heart Health

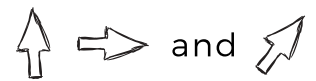
How much do you know about Heart Health? Test your knowledge in our Heart Smart Word Search below. Can you find all of the risk factors?



WORD SEARCH



Words are hidden



- AGE
- BLOOD PRESSURE
- DEPRESSION
- DIABETES
- DIET
- ETHNICITY
- FAMILY HISTORY
- GENDER
- HEART CHECK
- HEART HEALTH
- HEART SMART
- HIGH CHOLESTEROL
- INACTIVITY
- LIFESTYLE
- RISKS
- SMOKING
- WEIGHT

Have you changed your Information?

If you have moved, got a new phone number or if any of your personal information has changed and you haven't told us yet, please let our reception staff know so that we can update your records.



Healthy Lunchbox Tips

Our Dietitian, Leesa, has provided some healthy lunchbox tips & recipes for children as they head back to school!

Veggie Pita

Ingredients

- 1 wholemeal pita, sliced in half
- 1/4 cup of hummus
- 1/4 cup grated carrot
- 1 handful baby spinach
- 2 Tbs crumbled feta cheese
- 3 sliced sun dried tomatoes

Method

Spread the dip inside each pita pocket. Place the rest of the ingredients inside the pocket.



Snack Ideas

Carrot and zucchini muffins, popcorn, fruit salad, breakfast muffin cups, no bake cookies, zucchini slice, banana bread, baked veggie chips

Food Groups

Pick at least one item from each food group to create a nutritious lunchbox.

- Fruit
- Dairy
- Vegetables
- Grains
- Lean Meats and Poultry

Winter Fruit and Vegies

Apple, Avocado, Banana, Kiwifruit, grapefruit, mandarin, strawberries, broccoli, cauliflower, kale, potato, pumpkin, sweet potato



We Acknowledge

ABORIGINAL & TORRES STRAIT ISLANDERS

NDCH acknowledges that our work occurs on the country of the Traditional Owners of the area, the people of Barapa Barapa, Wemba Wemba, 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 and present and, through them, to all Aboriginal and Torres Strait Islander people.



LGBTIQ+

NDCH proudly supports the LGBTIQ 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.

Winter Woollies Success

Thank you to everyone who supported our 2020 Winter Woollies Clothing and Blanket Drive! Once again we were overwhelmed by the generosity of our community.

All items that were dropped off to our offices in Cohuna, Kerang, Quambatook and Boort will be washed and delivered to local St Vincent centres. Items will then be available to those in need in our local communities.

No one should be left out in the cold!

Thank You 

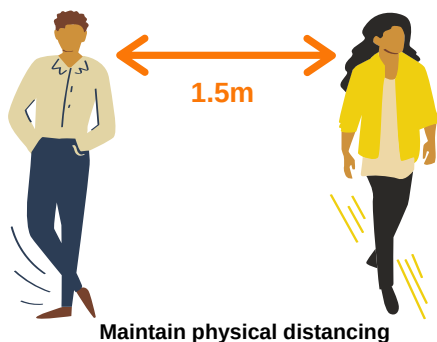


The 5 Ways to Wellbeing!



Gannawarra Health & Community Services Update

Australians have been on high alert and done a fantastic job in slowing the spreading of COVID-19. As restrictions ease and you can physically come into more contact with others, continue to use the hygiene basics to prevent the spread of COVID-19.



Do I need a COVID-19 test?

Northern District Community Health is offering COVID-19 screening and assessment clinics throughout Gannawarra, and in Boort, in collaboration with Boort District Health. If you are experiencing cold and flu like symptoms please call the NDCH triage hotline on 5451 0200 to make arrangements to be tested. This will help slow the spread and contribute to our part in keeping Australians safe. Your test results help the government make decisions regarding lifting restrictions.

When will I get my COVID-19 test results?

It will be a number of days, sometimes over a week before you may receive your results. Please be patient you will be contacted when your result is available.

Get the COVIDSafe App

This is a great tool to help keep you, your family and the community safe from COVID-19. Download the app and if someone you've had close contact with gets COVID-19, you can be notified.



No to Family Violence

There is never any excuse for family violence. If you need support please call The Orange Door on 1800 290 943. If you are in immediate danger call 000.

Extra Support

If you or someone you know needs extra support during this time please make contact with the relevant services below:

- Beyond Blue 1300 22 4636
- Life Line 13 11 14
- Headspace (12-25 yrs) 1800 650 890
- Kid Help Line 1800 55 1800
- Men's Helpline 1300 78 99 78
- 1800RESPECT 1800 737 732

Be sure to **LIKE** our Facebook pages for our latest news

@ndchvic
@kerangdistricthealth
@cdh.vic.gov.au
@MalleeDistrictAboriginalServices



Northern District Community Health

Get In – Train – Get out

At NDCH we are very keen to see our community members look after themselves and to keep physically active, however for the time being COVID-19 has forced clubs to have game play off the agenda. With the return to play for community sport and active recreation released last week many peak sporting bodies have drafted COVID-19 guidelines to support sport start up activities. Netball Australia, for example has a Get In – Play/Train – Get Out approach that is worth viewing.

Local clubs should know that a Victorian Community Sport Sector Short-term Survival Package of \$40 million was announced to last week to help sporting clubs with basic running costs and to support readiness to return to play. Applications are accepted from 25 May, first in first served basis go to sport.vic.gov.au. Our local Mallee Sport Assembly as always is a great source of information for local clubs, contact them on 5021 3464.

Help for Alcohol and Drugs

COVID-19 has had a big impact on many people and for some people their alcohol and drug use has increased. NDCH invites community members to make contact with our great team of trained nurses and counsellors at NDCH if you would like more information or support for your alcohol or drug use. Call us on Ph. 5451 0200

The Right Care at the Right Hospital

As a patient at Cohuna District Hospital and Kerang District Health over the next 12 months you might find the Doctors and Nurses talking with you about going to one of the regions larger hospitals if they feel you may need greater support for a respiratory condition. Rest assured that this is to make sure that every person receives the best possible care with the right health care professionals and equipment. This is how our local hospitals can best support your health and is because of the COVID-19 pandemic.

Cohuna District Hospital

Visiting hours for are for essential visits only from 2pm to 3pm and 6pm to 7pm.

Theatre Services - Cohuna District Hospital is recommencing elective surgeries. Planned and emergency caesareans are still in operation.

Maternity Antenatal Clinic (MAC) - The MAC clinic has transitioned at this time to a predominately Telehealth model with additional appointments in place. Upon referral, a midwife will make contact with details of the telehealth and inpatient MAC appointments.

Kerang District Health

Acute Ward Visiting Hours guidelines below are to allow for maximum flexibility for families to visit their loved ones:

- Visiting is restricted to two visitors per day for one visit only
- Visits are to be for a maximum of 2 hours.
- Visiting hours are now between 9am – 8pm.
- Persons 16 years and under are not permitted.

For the health and safety of Glenarm residents, visitors can come for essential visits only for 30 minutes only between 3 – 4pm. The main entrance of Kerang District Health is locked at 5pm every day and on weekends. We ask the public to please call 5450 9278 if they have a query outside of business hours.

COVID-19 Recovery is currently being planned and we will provide the community with any updates as they become available. Keep an eye out for updates on our Facebook page and KDH website. We wish to thank the community for assisting us to keep everyone safe.

X-Ray and Ultrasound

Appointments are still available at both Kerang District Health and Cohuna District Hospital, although services have altered due to the COVID-19 situation.



Evidence of Flu Vax Shots

Glenarm and Cohuna District Hospital Aged Care staff are required under a Government directive to ask all visitors on entry to provide evidence of their 2020 Flu Vax shots. Without this evidence you will be denied entry even for compassionate reasons. Please be responsible and help staff to protect residents by providing evidence of your Flu Vax shot via a statement from a health practitioner or your immunisation history from Medicare.

Mallee District Aboriginal Services

MDAS Health is here for Aboriginal and Torres Strait Islander people and their families during COVID-19. Our GP, Nurses, Aboriginal Health workers and Allied Health services are operating. Aboriginal Health Checks are still available through our Kerang site (some services are via telehealth). FluVax is available on Tuesdays and Thursdays and Doctor appointments on Thursdays. For all services, please phone MDAS first on 5412 6004.

Patient Information

34 FITZROY STREET
KERANG VIC 3579

(03) 5452 1366

DOCTORS

Dr John Shokry
Dr Megan Belot (On Leave)
Dr Kashif Surahio
Dr Ashraf Takla
Dr Tobi Kupoluyi

NURSE PRACTITIONER

Mrs Yvonne Fabry

NURSES

Jenny Brereton RN (Team Leader)
Beth Dickson RN
Shannon Laursen RN
Deidre Lehmann EN
Cheryl Sarre EN
Lana Wishart EN
Michelle Whitelaw EN
Rosi Bear RN
Kristen Hipwell
Leanne Cooke

ADMIN STAFF

Meryl Metcalfe (Coordinator)
Nicole Betson
Jeanette Schmidt
Nick Keely
Aliesha O'Neill
Ros Campbell



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 \$75. 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 \$30 payable on the day for three visits each calendar year.

HEALTHCARE CARD HOLDERS

Healthcare card holders will be asked for a \$30 Gap Payment each visit instead of the \$75 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 Northern District Community Health or contact the

Health Complaints Commissioner

on 1300 582 113

or at

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 the 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
- Psychologist
- Cardiologist

**Procedures do incur a practice fee.
Please contact our Medical
Receptionists for appointments
and further information on
(03) 5452 1366.**



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
Tuesday and Friday
9.00am to 10.00am
(other times by appointment)
Phone: 03 5457 1300

We also have Shared Professional Spaces in Koondrook, Charlton, Sea Lake, Donald and Wycheproof.



NDCH

Thanks For Reading

www.ndch.org.au

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*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.

