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Love your feet and...
they'll love you back!

Foot Health Week

10-16 OCTOBER 2022



Podiatrists are foot health experts, helping Australians to get back on their feet, pain free and moving freely.

NDCH has three experienced podiatrists offering services across all our primary sites – Kerang, Cohuna, Pyramid Hill, Quambatook & Boort (located at the BRIC Centre).

NDCH podiatry can provide assessment and care for a wide range of acute and chronic lower limb issues including:

- General nail and skin care
- Corns, callous & ingrown nail care
- Injury & pain management
- Ulcer management and prevention
- Diabetic foot assessment
- Paediatric assessment
- Orthotic provision
- Footwear assessment



Meet Izzy our newest Podiatrist.

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.

OCTOBER 2022

BOOK OF THE MONTH

HELLO AND WELCOME BY GREGG DREISE

Feel the welcome as we celebrate Indigenous culture, Elders and future generations. Join the corroboree in the traditional Gamilaraay language of the Kamilaroi people as we listen and learn together.

A wonderful companion to Gregg Dreise's highly acclaimed *My Culture and Me*, this joyful picture book celebrates Australia's Indigenous heritage and the diversity we enjoy today.

*Hello and welcome to our corroboree.
Hello and welcome to our gathering.
Father Sky, Mother Earth, together here with me.
Different colours, different people,
together in harmony.*



Prevention is the best protection when it comes to COVID-19.

Sourced from Department of Health

One of the many steps you can take is to let fresh air in.

You are less likely to catch COVID-19 in places that are well ventilated or places that have fresh air, not stale air.

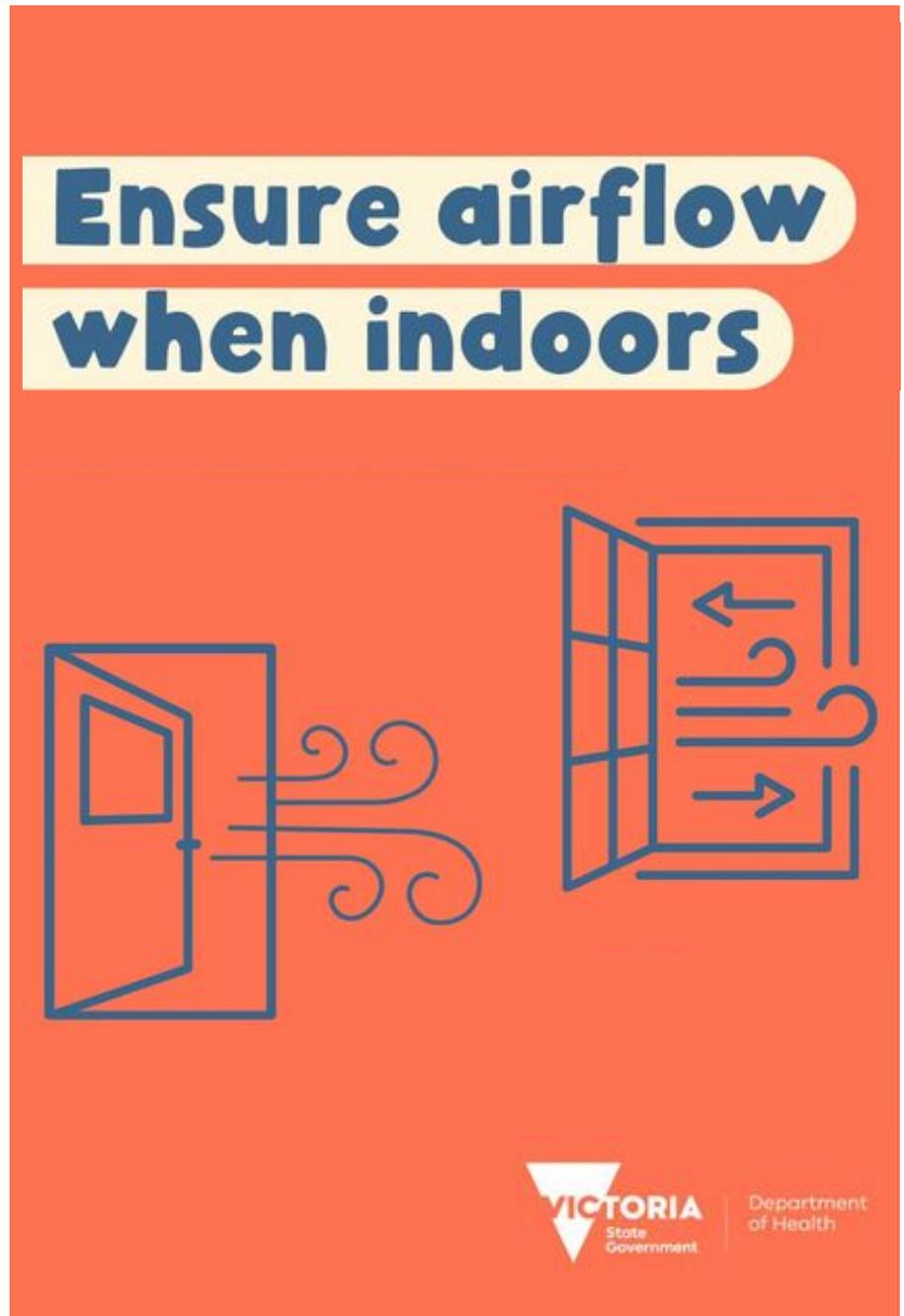
Good ventilation comes from opening windows and doors, using fans and air purifiers, and meeting outside.

Use the '3 Cs'

Assess the risk of COVID-19 transmission in any room or space by asking yourself if it is:

1. Crowded?
2. Close contact (for example, face-to-face conversation)?
3. Confined or enclosed?

The more times you answer 'yes', the higher the risk of transmission.



Ask



No qualifications needed

**Make asking R U OK?
part of your everyday**



We have a range of professional, confidential counselling and support services. Our staff are professional, ethical, qualified and highly skilled. They can help you with many different life issues. This service is fully subsidised. There is no charge. Call NDCH on 5451 0200 to learn more.



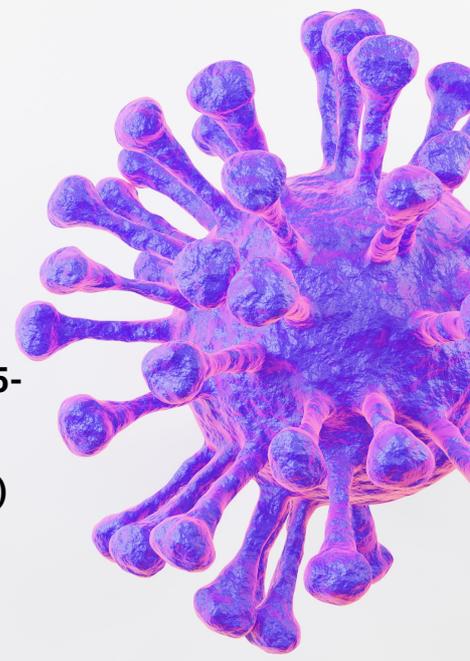
Pictured: Meg from Kerang Neighbourhood House providing NDCH staff with R U OK? goodies.

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)

3rd Doses of Pfizer for people aged 16+ yrs (3 months since 2nd dose)
4th Doses

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 5 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 Saturday.

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!

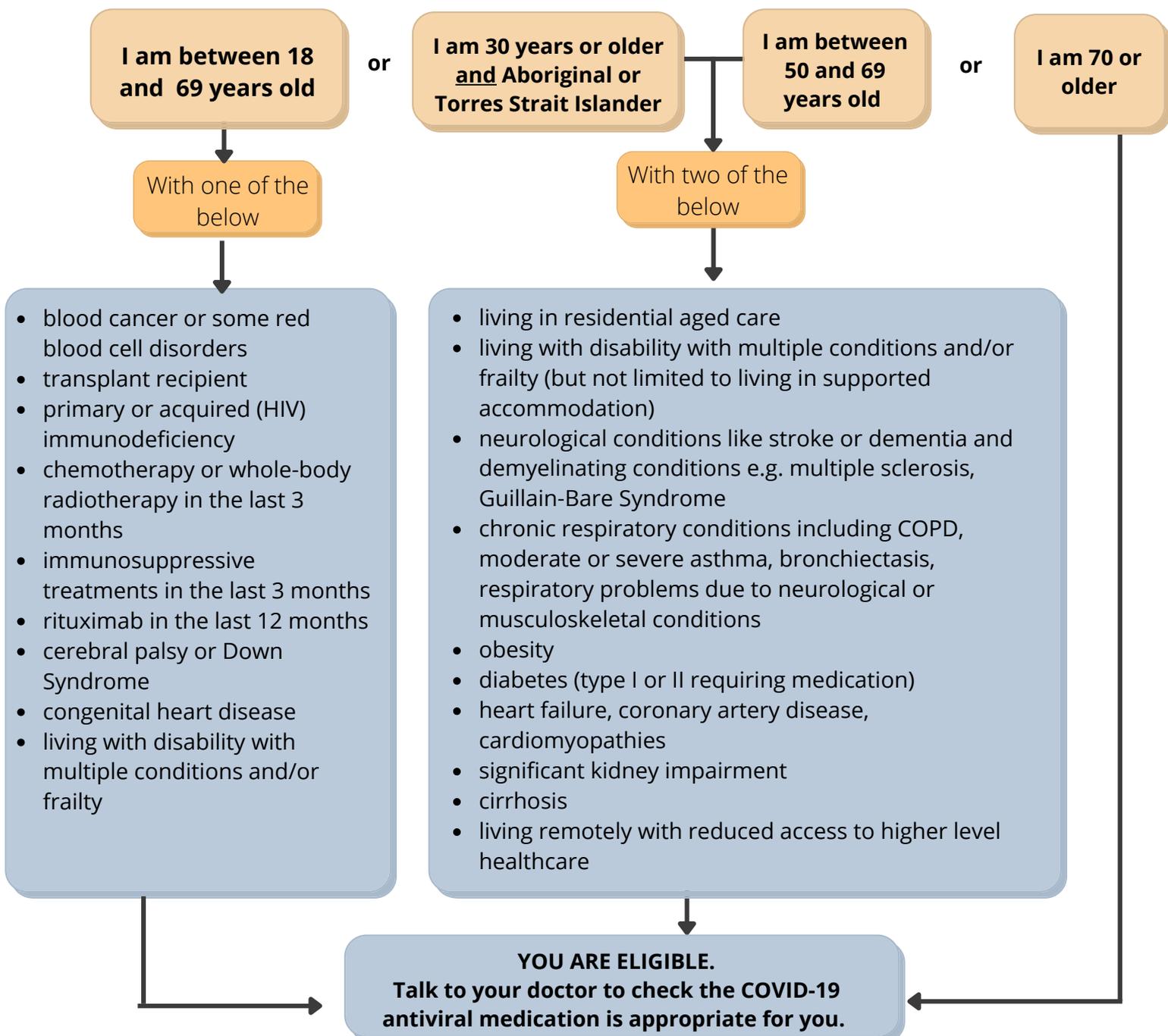


COVID-19 Antiviral

There are two oral COVID-19 antiviral medicines approved for use in Australia, and available on the Pharmaceutical Benefits Scheme. They are called Paxlovid and Lagevrio. You can be treated with one of the medicines if you are over 18 years old with a COVID-19 infection and are at higher risk of becoming very sick.

Speak with your doctor in advance, to discuss if the COVID-19 medicines will be right for you if you get COVID-19.

COVID-19 oral medications: things to consider



PROTECT YOURSELF THIS POLLEN SEASON

managing asthma and allergies matters

Brought to you by  NOCH

Grass pollen season brings an increase in asthma and hay fever. It also brings the chance of thunderstorm asthma. For people with asthma or hay fever, especially those who experience wheezing or coughing with their hay fever, thunderstorm asthma can be sudden, serious and even life threatening.

In Victoria, the **grass pollen season runs from October through December**. As the season approaches, there are some things you can do to prepare and protect yourself and those in your care:

- **If you've ever had asthma** – talk to your doctor about what you can do to help protect yourself from the risk of thunderstorm asthma this pollen season, including updating your asthma action plan. Remember, taking an asthma preventer properly and regularly is key to preventing asthma, including thunderstorm asthma.
- **If you have hay fever** – see your pharmacist or doctor for a hay fever treatment plan and check if you should have an asthma reliever puffer – which is available from a pharmacy without a prescription.
- **If you have hay fever, and especially if you experience wheezing and coughing with your hay fever**, it is important to make sure you don't also have asthma. Speak to your doctor today about whether you might have asthma, and if you do, get an asthma action plan.
- It's important for everyone in the community to know the **four steps of asthma first aid** so they know what to do if they or someone is having an asthma attack.
- And finally, where possible, **avoid being outside during thunderstorms** from October through December – especially in the wind gusts that come before the storm. Go inside and close your doors and windows. If you have your air conditioning on, turn it onto recirculate.



- 1** Sit the person upright
- 2** Give **4** separate puffs of blue/grey reliever puffer
 - Shake puffer
 - Put **1** puff into spacer
 - Take **4** breaths from spacerRepeat until **4** puffs have been taken
Remember: **shake, 1 puff, 4 breaths**
OR give 2 separate doses of a Bricanyl inhaler (age 6 & over) or a Symbicort inhaler (over 12)
- 3** Wait **4** minutes
 - If there is no improvement, give **4** more separate puffs of blue/grey reliever as aboveOR give 1 more dose of Bricanyl or Symbicort inhaler
- 4** If there is still no improvement dial Triple Zero (000) for an ambulance
 - Keep giving 4 separate puffs every 4 minutes until emergency assistance arrivesOR 1 dose of Bricanyl or Symbicort every 4 minutes – up to 3 more doses of Symbicort

For more information visit the [Better Health Channel](#).

ALL STAFF TEAM MEETING

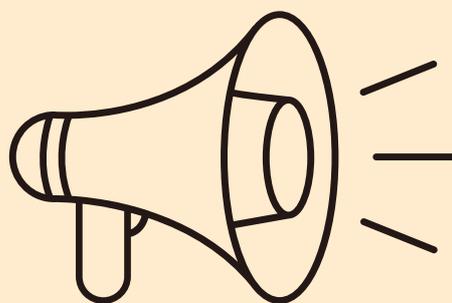
In September we had our all staff team meeting. We celebrated a birthday, two upcoming weddings, new staff arrivals, a retirement and a new baby. Plus we enjoyed some all staff training.

Come join our wonderful culture by checking out our current employment opportunities on the next page.



Pictured from left to right:

- Our two brides; Rachel B and Leesa
- Our retiree; Jim
- Our new General Manager of Corporate Services, Deanne.



WE CURRENTLY HAVE SOME EXCITING POSITIONS AVAILABLE AT NDCH



WE ARE HIRING

NEW ROLES:

- CARER RESPITE PROGRAM FACILITATOR (2 DAYS A WEEK)
- NURSE PRACTITIONER (3 DAYS A WEEK)
- RURAL OUTREACH CARE COORDINATOR (2 DAYS A WEEK)

ONGOING ROLES:

- SCHOOL FOCUS YOUTH SERVICE PROGRAM FACILITATOR (5 DAYS A WEEK)
- SPEECH PATHOLOGIST (UP TO 5 DAYS A WEEK)
- PAYROLL OFFICER (2 DAYS A WEEK)



For position descriptions please contact NDCH Customer Engagement Team on 54510200 or email reception@ndch.org.au

Alexia Stephens, General Manager Programs & Services and De Radcliffe, General Manager Corporate Services are available for a chat regarding these roles if needed.

FIRST AID TRAINING

Dawn from **TalkSmart Training** helped some of our staff update their First Aid training.



MENTAL HEALTH FIRST AID TRAINING



NDCH staff, Claire and Rachel W who are accredited Mental Health First Aid (MHFA) facilitators ran a two day training course for NDCH staff during September.

MHFA training teaches you practical skills to support someone with a mental health problem. If you're a community group or organisation and would like to learn more about MHFA please contact NDCH on 5451 0200 or email info@ndchs.org.au

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



Healthy food swaps for children!

Sourced from Healthy Eating Advisory Service

Swap these foods...	For these healthier options...			
Salami, kabana, Strasburg, Devon or middle bacon	 Lean ham	 Canned fish in spring water	 Sliced chicken or turkey breast	
Sausages and sausage mince, frankfurts and hot dogs	 Lean burgers	 Lean beef or lamb mince	 Lean beef	
Sausage rolls and pies	 Baked beans on toast	 Mini pizza faces	 Toasted sandwiches	
Jelly	 Fruit yoghurt	 Fruit platter	 Canned fruit	 Custard
Cakes and sweet biscuits	 Fruit toast with ricotta and berries	 Pikelets	 Wholemeal muffins	

The swaps 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
Michelle Whitelaw EN
Narelle Weekley RN
Sharee Edge RN

ADMIN STAFF

Meryl Metcalfe (Coordinator)
Nicole Betson
Jeanette Schmidt (on leave)
Aliesha O'Neill
Hilda Higgins
Nick Keely (Casual)
Cassandra Hicks (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.



HotDoc

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!**



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

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

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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

