



Optometry services a popular addition to the service

Optometrist Michael Young has been providing optometry services at Nhulundu Health Service for the past year. Mr Young visits the clinic for two days on a bi-monthly basis.

The visits are funded through the Commonwealth Department of Health's Visiting Optometry Services.

Recently, Nhulundu Health Service was fortunate to receive a generous gift from Queensland University of Technology. The University donated an entire optometry room fit out. The equipment was superfluous to their requirements and through CheckUp's Eye Health Coordinator Tony Coburn, Nhulundu Health Service was identified as being a location that would benefit from this very generous gift.

Visiting optometrist Mr Michael Young said the equipment was of very high quality and not having to transport equipment to and from Brisbane in his vehicle would save not only time but wear and tear on the equipment he was using. Having a fully outfitted optometry room

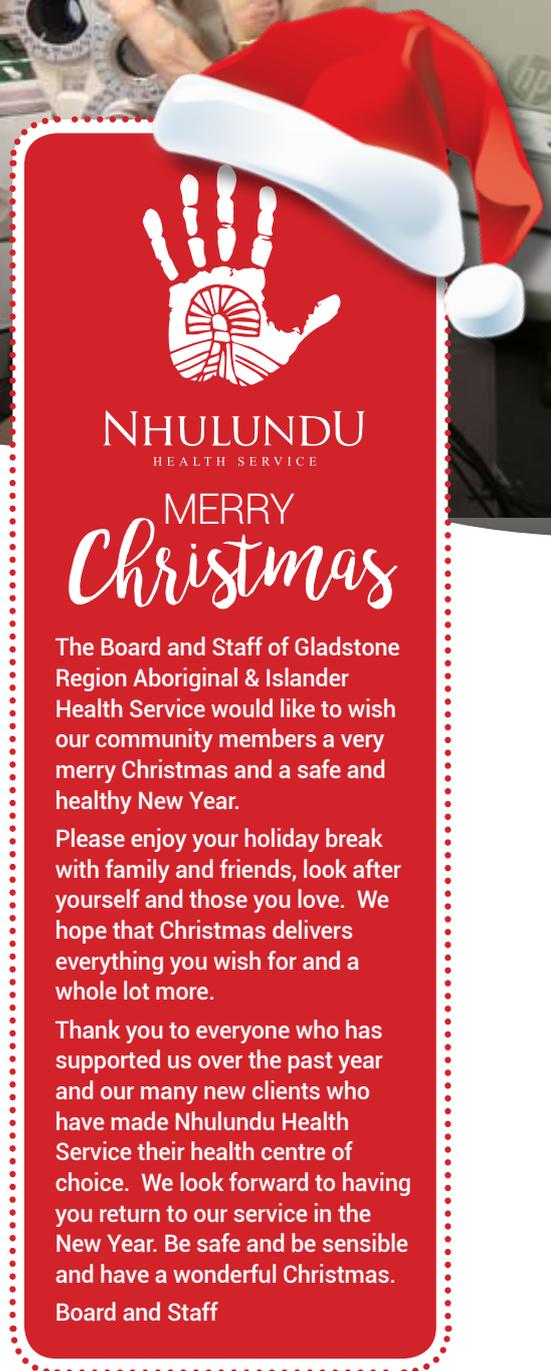
will allow Nhulundu Health Service to provide more appointments during Mr Young's visits and streamline this service.

On behalf of the Board of Management, staff and clients of Gladstone Region Aboriginal & Torres Strait Islander Community Controlled Health Service (GRAICCHS) we express our sincere gratitude and appreciation for the donation of the equipment to fit out our new room. The donation of the equipment was gratefully accepted. We were absolutely amazed at their generosity in having the equipment not only delivered, but professionally installed by Designs for Vision.

This donation will assist us in providing ongoing, comprehensive health care for our community.

Thank you.

Currently, the optometry clinics are filling fast, so those wishing to attend are encouraged to book early. Clients can self-refer to the clinic and book an appointment through reception.



NHULUNDU
HEALTH SERVICE

MERRY
Christmas

The Board and Staff of Gladstone Region Aboriginal & Islander Health Service would like to wish our community members a very merry Christmas and a safe and healthy New Year.

Please enjoy your holiday break with family and friends, look after yourself and those you love. We hope that Christmas delivers everything you wish for and a whole lot more.

Thank you to everyone who has supported us over the past year and our many new clients who have made Nhulundu Health Service their health centre of choice. We look forward to having you return to our service in the New Year. Be safe and be sensible and have a wonderful Christmas.

Board and Staff

Visiting Services

JAN/FEB/MAR 2019

Psychologist - Ed Mosby

Dates to be confirmed

AOD Counsellor - Gil Thomsen

February 7 & 8

Podiatrist – Salo Udayan

January 8 /22, February 5/19

Psychiatrist – Dr Ryan

February 20, March 20

ICOP – Cardiac Team

February 18

Diabetes Educator - Ms Lisa Grice

October 22

Endocrine Telehealth Clinic - Dr Menon

January 23, February 27, March 20

Optometrist – Mr Michael Young

Dates to be confirmed

Speech Therapist

Every Friday

Occupational Therapist

Every Second Friday

Paediatrician – Dr Tran

March 6

STAFF



Introducing our new trainees

Hayley Granzien

Trainee Medical Receptionist/ Aboriginal Health Worker

Hayley has been employed at Nhulundu Health Service for the past 3 months. Prior to this she was employed at the Harvey Road Tavern. Hayley holds a Certificate IV in Hospitality and Gaming Experience and she is currently studying for Certificate III Medical Receptionist and Cert IV Aboriginal Health Worker. One of the things that she enjoys most about her role at Nhulundu is being able to help her community by offering high quality health care. Hayley said she wanted a change in lifestyle and Nhulundu offered her a wide variety of areas to work in and expand her skills and knowledge.

"Our culture means our community members suffer from many chronic diseases and I really would like to be able to educate them in better ways to look after their health. I really look forward to improving my own education in this area which will allow me to assist and guide others." In her spare time, Hayley enjoys spending time with her family, going to Zumba and home cooking.

Charmaine Ginn

Trainee Medical Receptionist/ Aboriginal Health Worker

Charmaine (Char) has been in her role at Nhulundu Health Service for the past 3 months. Previously she was employed as a retail assistant in a Brisbane food store. Along with Hayley, she is studying towards her Certificate III Medical Receptionist and Cert IV Aboriginal Health Worker. Char already holds qualifications in Business Administration, Retail, Beauty and Hair.

Char said "I've always had an interest in the medical field as well as working amongst the community and felt a role at Nhulundu would combine both of these interests. I love spending time with patients, getting to know them better and watching them achieving their health goals." Char hopes that during her time at Nhulundu she can be a positive influence on each patient's pathway to better health. In her spare time Char spends time with her family.

CLINIC
SNAPSHOT

 **49** Care Plans
in the last 3 months

Clients registered for
CLOSE THE GAP **68%**
209 Registrations in the last 3 months

40
Childhood Immunisations
(2 months)

 **374**
Health Checks
Completed over the last 3 months

Staff undertake MBS training update

QAIHC staff members Nicole Gaulton and Sandy Robertson spent several days in Gladstone last week undertaking MBS education with our clinic staff.

Over a few days, the staff attended sessions on MBS item billing numbers, health checks, chronic disease and immunisation.

Everyone who attended agreed that the information was invaluable and would allow the staff to better understand billable items, responsibilities and legal requirements around MBS billing.

Training provides improved services for diabetic patients



L-R: Michael Young, Mary-Anne Coolwell, Karen Murphy and Donna Dwyer

Nkulundu Health Service staff recently undertook training on the use of Diabetic Retinopathy Screening cameras. This training was facilitated through Brian Holden Vision.

The camera's were provided to GRAICCHS through funding by the Australian Government to improve health outcomes for Indigenous eye patients. Nkulundu Health Service was fortunate to be granted a camera to be located in the Goondoon Street premises and The Centre for Rural & Regional Indigenous Health were also allocated a camera. This camera will be permanently located in Biloela.

RN Donna Dwyer, AHP Mary-Ann Coolwell and AHP Karen Murphy undertook a full days' training under the guidance of optometrist Mr Michael Young. The training consisted of online learning modules which were required to be completed prior to undertaking the hands on component of the course. The staff were shown how to take photos, and to understand the role the photos play in maintaining good eye health in diabetic patients and those at risk of diabetes.

There was also a session which covered understanding the photos and reading and grading them correctly. Dr Meenal and Dr Daniel also attended this session. Their ability to grade and understand these photos on site will eliminate the necessity of sending them away and thus saving time for the clients.

Staff were awarded a Certificate of Competency at the completion of this course.



FAREWELL BRUCE

Popular Aged Care RN Assessor, Bruce Hoehne will leave Nkulundu Health Service at Christmas.

Bruce has worked with Nkulundu clients through the clinic and the Centre since 2015.

Bruce said he had really enjoyed his time working in Indigenous Health. With a background in Queensland Health Hospital Systems, coming to an Aboriginal Medical Service was very different.

Bruce said, "It was extremely challenging but I enjoyed looking after the community members and especially conducting the outreach clinics in Biloela."

Bruce will relocate to Launceston to join his partner where he hopes to re enter the hospital system, preferably working back in the operating theatre.

Bruce has family still in the region so we will no doubt see his smiling face again when he comes to visit.

NHULUNDU HEALTH SERVICE Community Christmas on Country

FAMILY FUN DAY 2018



Although the day started with clouds and a shower, Nhulundu's Community Christmas on Country was blessed with a sunny day and a good breeze.

Crowds flocked to Barney Point Park to enjoy a day of fun filled activities, good healthy food, games and a visit from Santa.

One of the highlights of the day was special guest, Australia's Deadly Ninja, Jack Wilson.

Jack organised sporting activities with the young people, joined in throwing a cast net and was a very able assistant at the Tucka-Time cooking demonstration.

Melena McKeown, CRRH's Tucka-Time coordinator presented two cooking demonstrations throughout the day. The children learned how to cook healthy snacks of coconut cocoa balls and healthy muesli cocoa snack balls.

Deadly Dave Dow once again entertained the crowds with some easy listening music. Mums and Dads enjoyed the entertainment while the kids burned off their energy on the rides and slides before settling down to a delicious barbecue lunch. Everyone's favourite, Santa arrived with his helpers to hand out gifts to the young ones.

The day wrapped up at 2pm – a delightful way to spend a Sunday.

Community enjoy a great day out



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Photos taken on the day may be ordered from Nhulundu Health Service.



NHULUNDU HEALTH SERVICE - BILOELA

CHRISTMAS

Pool Party AN MOVIE NIGHT

Biloela Community Day is popular with locals

Biloela residents who are clients of Nhulundu Health Service's outreach clinic, enjoyed the first Christmas Community function at Biloela on Saturday, December 8. The Christmas Pool Party and Movie Night was held at the Biloela Pool. Those who wished to attend were either up to date with their MBS 715 health check or have an appointment for one.

Around 90 people attended. They enjoyed an afternoon spend cooling off in the pool with a barbeque dinner, fruit and drinks prior to the movie. The movie, Hotel Transylvania 3 was thoroughly enjoyed by all.

Special guest for the day was Australia's own Deadly Ninja Warrior, Jack Wilson. Jack played games with the young people and yarned about his life and why he tries to be healthy and strong. He proved to be a popular draw card with the kids.

Nhulundu Health Service provides an outreach medical clinic to the Biloela region each Thursday. The mobile van is located in the primary school grounds and appointments can be made by phoning 4800 3167.



CLINIC

SKIN CLINIC

Skin Cancer doesn't discriminate

One of our regular locum doctors, Dr Shweta Jacobs is an expert in the area of skin cancers. She has been conducting skin clinics at Nhulundu Health Service over the past couple of weeks.

Dr Shweta said, "skin cancer does not discriminate between skin colours or age. With the scorching Australian sun, it is vitally important that everyone has a skin check; it doesn't take very long and it could save your life."

Skin check clinics are held on a semi-regular basis and we encourage our clients to enquire at reception or check our facebook updates for upcoming skin clinic dates.

Christmas spirit is alive

Below: Laserit is a local, family owned business, producing quality products for industry: specialising in laser etching/markings on stainless steel and acrylic labels.

Once again this generous Gladstone company has donated some beautiful soft toys to Nhulundu Health Service for distribution to some young children who may be in need of some extra cuddles this Christmas.

Thank you Laserit, your generosity proves the Christmas spirit is alive and well in Gladstone. The beautiful bears will find new homes with little people to love them through Nhulundu's Family Wellbeing Service.





Step up Step Down

The CQ Step Up Step Down facility had its official opening in Gladstone on Monday, October 8, 2018. The Step Up Step Down facility is designed to provide extra mental health support for the region and provides support for residents to stay for a maximum of 28 days. Melena McKeown, Melissa Cook, Maree Tisdell, Michelle Cook, Naomi Johnson and Jodi Anderson all attended from Nhulundu Health Service. The staff were provided with a tour of the whole facility and given information around eligibility, services, treatment and supports on offer. This brand new facility promises to offer much needed support within the community.



NHULUNDU
HEALTH SERVICE

Gladstone Region Aboriginal
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Health Service Ltd

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CHRISTMAS CLOSURE

Our clinic will be
closed from

**TUESDAY 25TH
DECEMBER 2018**

and will re-open

**WEDNESDAY 2ND
JANUARY 2019**

Regular Trading Hours

Monday	8:30am - 5:00pm
Tuesday	8:30am - 5:00pm
Wednesday	8:30am - 5:00pm
Thursday	8:30am - 5:00pm
Friday	8:30am - 5:00pm
Saturday	Closed
Sunday	Closed

