

  
**WELCOME  
BACK  
KERRY  
AKERS**



## Welcome back Kerry Akers, our Home Care Assessor/Community Nurse

**Nhulundu Health Services welcomes back experienced Registered Nurse Kerry Akers into the Home Care Assessor/Community Nurse in Aged Care role.**

Kerry, who has experience in a variety of nursing roles including community health, acute care and working in a medical practice, left Nhulundu in 2016 to care for her mother-in-law in northern NSW, but has now returned to Gladstone and is embracing her new role.

"I have been working in mental health during the past six months which gave me further skills and experience, but I am happy to be returning to Nhulundu as I believe in the services Nhulundu provides," Kerry said.

"It is good to see a lot of familiar faces, both our clients and the staff, that I know from when I was here two and a half years

ago and the new premises are a credit to all involved."

Kerry said her role with Nhulundu Health Service Aged Care was to work with clients to develop care plans to provide services that enabled them to remain independent and safe in their own homes.

"There is much research about the benefits of assisting people to stay in their own home as long as they can and I do everything possible to make sure my clients' needs are listened to and addressed," Kerry said.

"I also use nursing assessments to identify any issues of concern and again working with the clients we can try to solve those issues," she said.

"I am enjoying working with the Aged Care Team again and continuing the great work that they do."

Nhulundu's Aged Care Team Leader Nikita Cowley said Kerry was a welcome addition to the Aged Care Team.

"Kerry is a valuable asset to our Aged Care Program and I am sure her input and care will help Nhulundu deliver the services that our clients deserve." Nikita said.



**NHULUNDU**  
HEALTH SERVICE



More for our Community

## Visiting Services

MAY/JUNE 2019

**Psychologist - Ed Mosby**

May 17, 30 Dates to be advised & confirmed

**Child Psychologist – Chloe Joyce**

May 7, 20 June 3, 17

**AOD Counsellor - Gil Thomsen**

May 2, 3, 16, 17, 23, 24, 30, 31

June 6, 7, 13, 14, 20, 21, 27, 28

**Podiatrist – Salo Udayan**

May 14, 28, June 11, 25

**Psychiatrist – Dr Ryan**

May 8, June 5

**ICOP – Cardiac Team**

May 13

**Diabetes Educator - Ms Lisa Grice**

May 27, June 24

**Dietician – Ms Kimberly May**

May 27, June 24

**Endocrine Telehealth Clinic - Dr Menon**

May 22, June 19

**Optometrist – Mr Michael Young**

May 27, 28

**Speech Therapist**

Every Friday

**Occupational Therapist**

Every Second Friday

**Paediatrician – Dr Tran**

June 20



## Course helps trio get insight into the accreditation process

Three of our staff have returned from a course in Brisbane armed with a better understanding of the accreditation process and some useful tools to help Nhulundu Health Services be prepared for when accreditation occurs. Naomi Jackson, Shannae Saltner and Lani Flemming attended the 'Accreditation Our Way' workshops organised by Queensland Aboriginal and Islander Health Council and delivered by experienced auditor Melita Parker. The course was extremely worthwhile as it demystified accreditation by providing a step-by-step guide and some useful tools to use. Compliance with accreditation and standards enables Nhulundu to plan, measure and be accountable for performance, confirm achievements and identify gaps for improvement.

**2019 FLU SHOT**

*It's your best protection!*  
Protect yourself, your family and your community

**Stop the Flu  
It's up to you!**

**CATCH IT!**  
COVER YOUR FACE TO COUGH OR SNEEZE

**BIN IT!**  
THROW AWAY USED TISSUES STRAIGHT AWAY

**KILL IT!**  
CLEAN YOUR HANDS THOROUGHLY AND OFTEN

Eligible patients can get a flu shot at no cost. The flu shot is the best way to protect yourself. It's safe, effective and targets this year's viruses.

Book in for your annual flu shot with our friendly reception staff today!

# CARING FOR OUR ELDERLY @ HOME

Nhulundu Health Service's Aged Care program continues to increase support to new and existing clients which has ensured that more and more people in the Gladstone Region have been able to live independently in their place of choice.

The program's aim is to assist clients to stay living in their home as long as possible with our qualified and experienced support workers by their side. We have developed strong relationships with other organisations in the community to assist in working with our clients to achieve the best possible outcomes for their situation.

## Home Care Package (HCP) services

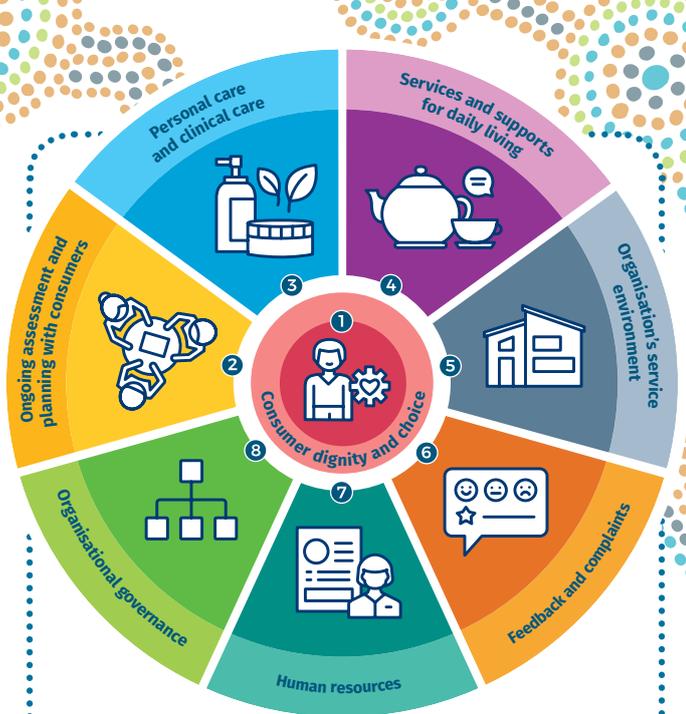
Nhulundu actively delivers Home Care Package (HCP) Services to help clients live as independently as they can in their home. Some people receive services through the Commonwealth Home Support Programme and are then assessed for an HCP. Others will start with an HCP. Nhulundu's friendly and capable assessors work with you to determine the level of care and your package. HCP Services can include support with personal activities; nutrition, hydration, meal preparation and diet; continence management; mobility and dexterity; nursing, allied health and therapy services; and help with shopping or visiting health practitioners and much more.

## Commonwealth Home Support Programme services (CHSP)

This program provides a range of entry-level aged care services for older people who need assistance to live at home and in their community. These services are for eligible residents who can manage but need some help with daily tasks; or people who have had a setback and need support for a short period of time to help you get back on your feet. Support is also available for prematurely aged people on a low income and are homeless or at risk of homelessness. Depending on your needs, you may be eligible to receive support with transport to appointments and activities; domestic help, home maintenance, and more.



New Aged Care Manuals ensure all staff meet high standard of care across all Aged Care of service.



Our Quality Standards focus on Consumer dignity and choices within our Aged Care Services

## How to access Aged Care Service programs

To access Aged Care Service programs or find out more information please visit the My Aged Care website ([www.myagedcare.gov.au](http://www.myagedcare.gov.au)) or phone the My Aged Care contact centre on 1800 200 422 between 8am and 8pm Monday to Friday and 10am to 2pm on Saturdays. You will be directed through the process, which includes having a home support assessment; agreeing upon a home support plan; selecting service providers and working out your fees; and managing your services.



HOME &  
**AGED**  
**CARE**

## Our Challenge to recruit clinic GP's

Nhulundu Health Services is committed to the health needs of the Gladstone Region and strives to provide excellence in primary health care.

But there are current challenges in trying to source suitably qualified Doctors into permanent positions in all regional locations; and Gladstone is no exception.

To ensure clients continue to have access to GPs, Nhulundu is temporarily filling vacant permanent Doctor vacancies with locums.

These locum Doctors are qualified and hand-picked to ensure they meet our expectations, and enable us to provide a level of continuity of care that clients expect.

We thank our clients for their patience and understanding during this challenging time.

Please be assured that we are doing everything we can to source permanent Doctors to Nhulundu.



### RISK FACTORS for Heart Health

- HIGH BLOOD PRESSURE
- HIGH SUGAR
- HIGH CHOLESTEROL
- BIG BELLY
- SMOKING
- NOT MOVING OR EXERCISING
- BAD TUCKER (FOOD)
- FEELING DOWN, SAD OR LONELY
- MOB DESCENT

Aboriginal and Torres Strait Islanders are more likely to have heart blockages

## Heart matters are focus of visiting specialists team

The Brisbane based ICOP (Indigenous Cardiac Outreach Program) team visits Central Queensland and Nhulundu Health Service each quarter.

Nationally recognised, the ICOP team comprises of a Cardiologist (heart doctor), Cardiac Scientist (sonographer – scans of the heart), Indigenous Clinic Coordinator and a Nurse Educator who treats people diagnosed with existing cardiac disease and provides screening to people at risk of developing heart disease.

The clinic screening is non-invasive, checking your heart rhythm with a heart tracing (ECG); your blood pressure and pulse; testing your cholesterol levels and HbA1c (long term blood sugar level) - all in the clinic at your appointment.

Please be aware that a referral from your Doctor is needed to visit the ICOP team. To discuss a referral to the ICOP team, please phone 4979 0992. The next ICOP team visit will be in the clinic on Monday, 13 May.

What will happen when you see the ICOP team at our clinic?



### 1. Pre-screening

During your point of care examination, the indigenous coordinator, healthcare worker or nurse will check your height and weight, pulse rate, blood pressure, cholesterol and blood sugar level.



### 2. Electrocardiogram

An electrocardiogram (ECG) will also be performed. It is a simple test which measures the electrical pulses across your body. This test will be a part of your pre-screening.



### 3. Seeing the doctor

The cardiologist or heart doctor will talk to you about your results from the previous tests and discuss your family history. They will tell you whether you need further tests or have a healthy heart.



### 4. Echocardiogram

You may also need an echocardiogram (ECHO), an ultrasound that takes pictures of the muscle, tissue, chambers and blood flow of your heart. This examination gives the Cardiologist a better understanding of how your heart is working.



# Mental health and wellbeing Specialists available locally



**Nhulundu's mental health and wellbeing team has been providing mental health specialists for more than a decade to help clients of the Gladstone Region.**

Focused and professional, our experienced team provides mental health support and services to all Indigenous clients who have been diagnosed with mental health issues; those who would like support through a crisis; or people who need to have a yarn to someone about issues or challenges in their life.

Our staff are experienced and well qualified and comprise:

- Michelle Cook, Indigenous Mental Health Worker;
- Gil Thomsen, Alcohol and Drugs (AOD) Counsellor;
- Dr Edward Mosby, Psychologist;
- Dr Leo Ryan, Psychiatrist; and
- Chloe Joyce, Child Psychologist.

Aimed at creating a healthier and happier mind and body, Nhulundu's mental health and wellbeing program has gained the funding support of the Primary Health Network (PHN).

The program specialises in building a trusting relationship with all clients and utilises professional, talking-based styles of therapy.

Our staff strive for successful treatment outcomes - supporting clients throughout their life, including periods of grief and loss; crises; drug and alcohol abuse; diagnosed mental health conditions such as bipolar, psychosis, depression and anxiety, and other circumstances.

To access this service, you will need a referral through a Mental Health Care Plan (MHCP) from your doctor.

You will then be invited to a session with the counsellor or psychologist to discuss your matters and to build an important trust-based professional relationship.

This program is open to all Aboriginal and/or Torres Strait Islander clients, with counsellors and sessions available at Nhulundu's Goondoon Street clinic.

## Red Dust Healing program

**Red Dust Healing is a specific cultural healing program written from an Indigenous perspective and focused on rebuilding the foundation of Aboriginal and Torres Strait Islander families: Starting with men.**

It aims to engage Indigenous men, women and families to recognise and confront problems, hurt and anger in their lives, stemming primarily from rejection and grief.

This program has been approved and funded by the PHN and will be available through Nhulundu Health Services in the upcoming months. Staff training will commence this financial year and the program will be rolled out to clients toward the end of the year.

Red Dust topics include understanding the impact on men:

- Using fear, distrust, and envy (jealousy) for control purposes
- Principles of colonisation
- Principles of oppression.
- Impacts on Aboriginal and Torres Strait Islander men
- The Ripple Effect—statistics on Aboriginal & Torres Strait Islander men
- Rebuilding the foundation of family: Source-Father-Man-Individual
- Healing
- Spirituality and culture
- Father and son camps, father and daughter activities
- Sports and fitness programs - boot camps
- Family activities
- Gifts and talents (i.e. art and crafts, storytelling,
- Writing, music
- Men's groups
- Collaboration with other men's networks.

The learning outcomes of the program include: Understanding the impact on men-control; colonisation and oppression; impacts on Aboriginal and Torres Strait Islander men, The (The Ripple Effect); Rebuilding the foundation of family.

For further information on the Red Dust Healing program, phone Nhulundu Health Service on 4979 0992.



# Children and young teens get a taste of Tucka-Time

An innovative program based on grass-roots principles is proving its worth for Aboriginal and Torres Strait Islander children and families.

'Tucka-Time' is a healthy living and cultural connections program providing young people in care with the opportunity to connect with their culture in a supportive and fun environment while learning about nutrition and good food choices.

Open to six to 14 year-olds, Tucka-Time was delivered over a 10-week period at Savour the Flavour at Tondoon Botanic Gardens in late 2018 with a particular focus on the prevention of overweight and obesity, and improved mental health and wellbeing.

The program had three distinct components that were delivered in an educational, fun and culturally safe way: Cooking and nutrition; social inclusion and mental health; and physical activity and exercise.

The program engaged children and young teens through a range of sessions in which they made delicious and nutritious foods using recipes from a dedicated Tucka-Time cookbook and immersed in art and other culturally focused activities.

Tucka-Time is a program developed and delivered by the Centre for Rural and Regional Indigenous Health to help address

the high rate of chronic disease and morbidity in Aboriginal and Torres Strait Islander people through healthy, engaging and culturally appropriate activities.

It provides opportunity to teach young Aboriginal and Torres Strait Islanders knowledge and skills around healthy living, with a particular focus on prevention of obesity, and improved mental health and wellbeing.

Nhulundu is thankful for the support received for Tucka-Time from Savour the Flavour for allowing the use of their wonderful café at the Gardens; Rachel from CQ Nutrition who showed participants how to make nutritious meals and snacks quickly and at low cost; and Patricia Coleman who delivered cultural sessions, showing the participants how to do stencil painting on to calico pages, painting on to canvases and immersion in the Aboriginal language.



## OUR DOCTORS DO NOT PRESCRIBE DRUGS OF DEPENDENCE

Please do not ask for these as our refusal may offend. Nhulundu Health Service is committed to minimising the drug related harm in our Community.



**CLINIC  
SNAPSHOT**

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

Clients registered for  
**CLOSE THE GAP 64%**  
301 Registrations in the last 3 months

**64** Childhood Immunisations (2 months)

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

# FAMILY WELLBEING SERVICE NOW IN GLADSTONE & BILOELA

Nhulundu's Family Wellbeing Service supports Aboriginal and Torres Strait Islander families and children to build strong connection with family, culture and minimising the risk of children entering or re-entering the child safety system.

We help families provide a safe, strong family environment through home visits, specialist services and parenting workshops to encourage families to engage in changing storylines and keeping children safe at home.

Services offered include education, health, financial, community-based assistance, community programs, education, hospital services, addiction support, primary health care, employment and training, criminal justice, allied health and visiting specialists, financial support, housing support and Elders support.

Referrals to our service can be made by individuals, their family, neighbours, friends, school, child safety, police or others; and those referred will be given the opportunity to enter into a voluntary engagement which enables us to assign staff to develop your support program.

## Our services include:



## HERE TO HELP YOU!

- LEARN ROUTINES & ACTIVITIES AT HOME
- BUILD HEALTHY RELATIONSHIPS WITH FAMILY
- BE CONNECTED AND PROUD OF CULTURE
- REGULATE EMOTIONS AND BEHAVIOURS
- BE HEALTHY AND WELL
- GET KIDS ENROLLED IN DAY CARE, KINDY OR SCHOOL
- PLAY SAFE AT HOME AND AT SCHOOL

## Meet the team!



Jodi Anderson Marsha Corowa Peter Stuart

Our Family Wellbeing Staff of Jodi Anderson, Marsha Corowa and Peter Stuart who are providing a range of support services to our families across the Gladstone Region and Banana Shire. Using their local connections plus years of experience, our team works with clients to provide an agreed upon range of supports founded on healing and culture that are specific to individual needs.

## Creative solutions

Our practitioners use their local knowledge and expertise to create innovative solutions to support children, families and communities. They assess a family's needs; build support capabilities and connections; advocate for families from other providers; facilitate personal support and development, parenting skills development, building family cohesion and kinship connections, budgeting and household management skills development; provide direct clinical and or therapeutic counselling; and emotional support.



# Keep your feet on the ground with our podiatrist

Keep your feet firmly on the ground with Salo Udayan, a registered Podiatrist at Nhulundu Health Service.

Salo, from Evolution Podiatry, assists health care providers with management of chronic diseases which can affect the feet, as well as treating clients who do not have chronic disease but have problems with their feet.

She is able to assist with advice on footwear, orthotics (medical inserts for footwear to assist in the management of your lower limb condition) and referrals for speciality footwear if required. She performs a variety of assessments for feet health, including nerve, vascular and skin assessments, diabetic foot check and educating clients on self-foot care and healthy feet.

A referral is required to see our podiatrist at Nhulundu Health Service. Eligible clinic patients on care plans are bulk billed and services are free of charge. Check your eligibility with our reception staff today.



Salo Udayan

## DID YOU KNOW?

- Walking is the best exercise for your feet. It also contributes to your general health by improving circulation, contributing weight control and promoting all round well being.
- Around 10% of the Australian adult population is affected by Onychomycosis (Tinea unguium) - a very typical form of fungus, often found on the foot!
- Foot pain affects one in four older people, with forefoot pain affecting two-thirds.

## Countdown is on to new website

The countdown has begun to the launch of our new website. The website upgrade is well into the final stages of construction and we're expecting to have it up and running within a couple of months.

What we've done is listened to feedback from staff as well as customers and taken the suggestions onboard when creating a site that will be easy to navigate on a range of devices. Once live, the website will be maintained and clients will be able to access clinic information, corporate documents, newsletters, photographs, program details, feedback forms and links to social media channels.



**NHULUNDU**  
HEALTH SERVICE



Gladstone Region Aboriginal and Islander Community Controlled Health Service Ltd

27-29 Goondoon St,  
Gladstone, QLD 4680  
**(07) 4979 0992**

[nhulundu.com.au](http://nhulundu.com.au)

### 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

