

## What's happening at your health service



### DAY SURGERY

Final orders are being placed for equipment and supplies in readiness for our first sessions on 30 November 2009. Much of the equipment items required for modern surgery are quite different to those used when our theatre operated in the past. The significant advances in surgery that now sees around 80% of procedures being day surgery is as a result of technology, in particular fibre-optics and anaesthetic agents.

Endoscopy procedures use telescopes, cameras, image capturing devices and fibre optic cables connected to a light source. IT is a significant component of modern surgery. This would have been evident to those community members who toured our facility this year prior to our relocation; three large video screens are part of our theatre fit-out. These allow for the surgeon and assistant/s to view the endoscopic procedure, as there is no direct viewing ability for this surgery.

Initially endoscopy in our day surgery will be for laparoscopies (abdominal procedures), colonoscopies, and gastroscopies.

Did you know that the:

- Two sterilising units for the colonoscopies and gastroscopies each cost \$60,000
- Repairs and commissioning of the old steriliser - \$20,000
- Colonoscopes and gastroscopes and their attachments will cost \$300,000
- Anaesthetic machine - \$50,000
- Trolleys - \$45,000
- Recovery Room monitors - \$22,000
- Surgical instruments - \$66,000

When REDHS advances beyond general surgery to other specialty types, additional equipment purchases, telescopes and connectors will be required.

### ANNUAL GENERAL MEETING

REDHS will be holding their Annual General Meeting on Thursday 19 November 2009 at the Rochester Sports Centre, commencing at 6.00 pm. An invitation is extended to contributors, life governors and the general public to attend.

Any questions to be directed to the Board of Management must be lodged with the Chief Executive Officer, in writing, at least 7 days prior to the meeting.

### ACCREDITATION - ACUTE, ADMINISTRATION AND DISTRICT NURSING

Recently we hosted surveyors from the Australian Council of Healthcare Standards (ACHS) as they conducted a Periodic Review of the mandatory criteria that we must meet in order to maintain our accreditation status.

Two surveyors carried out a review of Acute and Administration, speaking extensively with staff and management, and checked policies and procedures, audits, and other relevant documentation. The thirteen recommendations received two years ago have been closed out as they have been appropriately actioned.

A Home and Community Care (HACC) survey was also carried out on our District Nursing Service. The surveyor reviewed documentation, and spoke with staff and clients, with an outstanding result being achieved.

All staff involved are to be congratulated for their hard work, which has ensured this successful outcome.

### NANNEELLA PAMPER DAY

REDHS DNS staff were in attendance at the Pamper Day held at Nanneella which was organised by the Rochester Community House. 80 people were in attendance and 30 of these took the opportunity of participating in the health promotion offered, which comprised blood pressure and glucose tests.

### FOAP EXERCISES (FITNESS FOR OLDER ADULTS PROGRAM)

FOAP exercise classes for people over 50 years of age are held each Thursday between 10.00 am – 11.00 am. These classes are designed especially for men and women over the age of 50 and are tailored to meet individual needs. Exercise assists to reduce weight, increase flexibility and stamina, reduce high blood pressure, better sleep, increase strength and reduce the incidence of falls, and maintain bone density.

These classes are held at Rochester Community House, Mackay Street, at a cost of \$4. For further information contact Community Health on 5484 4465.

### PHYSIOTHERAPY

An inpatient and outpatient physiotherapy service is available on Wednesdays and Thursdays. Appointments by referral. For further information please phone Community Health on 5484 4465.

### DIABETES EDUCATOR

A Diabetes Educator attends REDHS Community Health on Thursdays. Clients are able to attend with a GP's referral or self referral is accepted. For further information or bookings please phone Community Health on 5484 4465

### COUNSELLING/ SOCIAL WORK

This service is available to anyone who has issues; it could be that the drought is causing you stress, the loss of a relative, financial difficulties or any other emotional upheaval.

Appointments can be made by phoning Community Health on 5484 4465.

### REDHS RADIOLOGY SERVICE –(X/RAY)

REDHS Radiology Service is held on Tuesdays and Thursdays at Elmore Medical Practice, Elmore, by appointment with a referral from a GP or other health professional. For appointments or any queries phone Community Health on 5484 4465.

ALL X/RAYS AT REDHS ARE BULK BILLED.

### PODIATRY

(HACC Funded) Eligibility criteria applies \*priority is given to high risk clients

Consulting days are Monday, Friday and every 2nd Tuesday

Referral required, for appointment phone Community Health on 5484 4465.

Our HACC funded services are jointly funded by Australian and Victorian Governments under the HACC program.

### PRIVATE PODIATRIST

Aged Foot Care Australia provides a DVA & private podiatry service at REDHS. For further information or an appointment please phone Community Health on 5484 4465.

#### COUNSELLING/ SOCIAL WORK

Monday, Tuesday, Wednesday, Thursday  
8.30 am – 5.00 pm

#### DIABETES EDUCATOR

Thursday  
9.30 am – 4.30 pm

#### DIETITIAN

Tuesday and Wednesday  
8.30 am – 5.00 pm

#### DRUG AND ALCOHOL COUNSELLOR

Friday  
10.30 am – 3.30 pm

#### FOAP EXERCISES

Thursday  
10.00 am – 11.00 am  
Community House

#### HEALTH PROMOTION ACTIVITIES

Monday and Friday  
8.30 am – 5.00 pm

#### NEEDLE SYRINGE PROGRAM

Monday, Tuesday, Wednesday, Thursday  
8.30 am – 4.30 pm

#### OCCUPATIONAL THERAPIST

Wednesday  
8.30 am – 5.00 pm

#### PHYSIOTHERAPIST

Wednesday and Thursday  
8.30 am – 5.00 pm

#### PLANNED ACTIVITY GROUP

Monday, Wednesday and Friday  
9.30 am – 3.00 pm

#### PODIATRIST

Monday, Tuesday, Friday  
HACC and community  
8.30 am – 5.00 pm

#### PSYCHOLOGIST

Monday and Tuesday  
9.00 am – 5.00 pm  
Phone 0433 923 578

#### RADIOGRAPHER (X/RAY)

Tuesday, 9.30 am – 4.00 pm  
Thursday, 9.30 am – 2.30 pm  
Appt. necessary  
Bulk billed

#### STRENGTH AND BALANCE

Monday 9.00 am – 10.00 am  
Community House

#### FOR ALL COMMUNITY HEALTH APPOINTMENTS

5484 4465