

What's happening at your health service

World Diabetes Day – 14 November 2011



Diabetes Day is celebrated in over 160 countries world wide. This day was chosen as it was the birthday of one of the scientists who discovered insulin which is a commonly used medication to treat diabetes.

The theme of World Diabetes Day at REDHS is diabetes education and prevention, and some activities will also be conducted on the day. More information to follow.

A lifestyle modification program to prevent diabetes called LIFE, is planned for Rochester for early 2012. Enquiries can be directed to Leanne Rankin on 5484 4465.

Sustainable Farm Families Programs

REDHS, in conjunction with two local farmers' networks will be conducting Sustainable Farm Families programs during October. The Sustainable Farm Families programs involve farmers participating in health assessments and group discussions on a range of health, wellbeing and safety issues of interest to farming families.

The Sustainable Farm Families Program for the Rochester Dairy Discussions Network will be conducted on Thursday 20 October and Friday 21 October, and the Sustainable Farm Families Program for the Timmering Best Wool Best Lamb Group Program will be conducted on Tuesday 25 October and Wednesday 26 October.



Places are still available in both these programs and anyone interested in participating should contact Leanne Rankin on 5484 4465.



Accreditation – Organisation Wide Survey

The Australian Council on Healthcare Standards (ACHS) conducted an Organisation Wide Survey at REDHS recently as part of our ongoing accreditation requirements.

A report is being prepared by the Surveyors for the ACHS Council to review and this should take around six weeks. REDHS is anticipating that full accreditation will be maintained based on feedback received to date.

However, the Surveyors were able to provide positive feedback on their review of the organisation. Clinical areas which achieved an Extensive Achievement (EA) rating for excellence were infection control and medication management, while Environment and Waste Management was similarly recognised.

The Board of Management is particularly proud of this result and wish to congratulate and commend all staff involved for all their hard work.

Staying Healthy in the Heat

With the summer months approaching, it is important to be mindful of the risks that the warmer weather can pose to health and what can be done to reduce these risks.

Warmer weather and heatwaves can affect anybody, including the young and healthy, but some populations groups can be more at risk than others, for example:

- people aged over 65 years, especially those living alone
- people who have a medical condition such as diabetes, kidney disease or mental illness
- people taking medications that may affect the way the body reacts to heat.
- People who are overweight
- Pregnant women, breastfeeding mothers, babies and young children.



Heat may cause some illnesses such as heat cramps, heat exhaustion and heat stroke. More importantly heat may worsen the condition of someone who already has a medical condition such as heart disease or diabetes.

It is a good idea to have some strategies in place prior to the warmer and hot weather to help you cope with the heat. Look at things you can do to make your home cooler, such as installing

awnings or blinds on the side of the house which faces the sun and check that your fan or air conditioner work well. Think about what you would do if a heatwave caused loss of electricity or disrupted public transport. Ensure you have a torch and a fully charged mobile phone or telephone which will work without electricity close at hand.

To help you to cope with the heat, it is important to:

- Drink plenty of water even if you don't feel thirsty
- Keep yourself cool using wet towels, putting your feet in cool water or taking cool showers.
- Stay out of the sun during the hottest part of the day
- Avoid strenuous activity such as sport, gardening.
- Watch or listen to news reports that provide more information.



The Department of Health is currently reviewing the Heat Health Alert System for the coming summer season and information is available on their website – www.health.vic.gov.au/environment/heatwave.

Marg Fuller from Echuca Primary Care will be in attendance at REDHS on Wednesday 26 October and Friday 18 November to conduct pap smear clinics. Bookings are essential – please phone 5484 4465 to arrange an appointment.