

Leading our community to better health



April Falls Day

REDHS hosted "April Falls Day" on April 18 2018 and was a great success with community clients attending along with some hospital clients and aged care residents.

The day focused on how falls may be prevented. REDHS' Allied Health team were on hand to discuss causes of falls and methods of prevention, with particular focus on nutrition, hydration and the benefits of exercise. Other causes of falls can include diabetes, pain, frailty, foot disorders, infections, improper footwear, loose rugs/carpet, and incorrect use of walking aids such as canes or walkers. Nutrition and exercise tips, wheelie frame checks and healthy recipes were all offered on the day with Café RED promoting healthy food options on the day.

The key message is if you've had a fall, or you often feel like you're at risk of falling, don't just dismiss it. Talk to a health professional and ask about different options that may help you. Some suggestions may include exercise, healthier eating and environmental changes such as installing grab and shower rails, hand rails, ramps and other mobility aids, emergency alarms and other safety aids.

For further information go to our Home page on our website www.redhs.com.au

Exercise Sessions now available at REDHS are:

- Strength and Balance
- Cardiac Rehabilitation
- Supervised gym

If you would like to join a session please contact reception on **5484 4465** to organise your free assessment.



Ash Watson - Diabetes Educator and Exercise Physiologist

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Message from the CEO

Welcome to the 2018 Winter Edition of REDHS newsletter.



Urgent Care Centre Medical Practice Review - Update

A review of REDHS medical model of care focussing on our Urgent Care Centre (UCC) and after hours Visiting Medical Officer (VMO) support has commenced. This work has been commissioned following feedback from our doctors, staff and the community over recent times. Similar issues regarding the sustainability of Urgent Care Centres and acknowledging the demands on VMOs are currently affecting other small rural health services. REDHS would like to be proactive in future

plans for how our medical model of care can be sustained. In response to these issues, we have employed an external nurse consultant with the following objectives:

- Review the current REDHS VMO On Call model to support future sustainability;
- Provide recommendations on an enhanced UCC model
- Guide the implementation of the Loddon Mallee Urgent Care Centre telehealth trial (due to commence in the next few months with Bendigo Health as the lead).

This project has a short completion time frame with the final report due 30 June 2018.

To help facilitate this review, a working party is to be established with our doctors and other key stakeholders, such as Ambulance Victoria, invited to participate. The Project Officer will also be engaging with acute nursing staff as part of this review.

In alignment with the project, the Director of Clinical Services and the Project Leader attended the State-wide Emergency Care Clinical Network Strategic Forum in Melbourne on 26 April.



New Allied Health Team Leader and Podiatrist

Susannah became a member of the REDHS team at the beginning of April. She has joined the Primary care department working as an Allied Health Team Leader and Podiatrist. Susannah has a background in both private and public settings. She is currently completing her Masters in Health Service Management through Monash University.

In her spare time Susannah enjoys travelling, trying new foods and socialising. She is currently restoring a retro 70's caravan and plans to do some weekend trips to the beach!

Susannah is looking forward to working with the staff and the community.

Rochester Fine Arts Festival

The Rochester Fine Art Exhibition (26 to 29 April 2018) was again a great success and by all accounts, the Greek dinner at the Rochester Wine Tavern was a food lover's delight! My thanks go to the Committee and REDHS staff who helped make the event so wonderful. Feedback from artists and patrons who attended has been extremely positive. Total amount of funds raised for REDHS will be confirmed in the coming weeks.


Anne McEvoy
Chief Executive Officer

Leap into Health - Student Career Expo June 2018



Once again REDHS, in partnership with the Campaspe Cohuna Local Learning and Employment Network (CCLLEN) and the Rochester Secondary College, will showcase a broad range of career opportunities that exist at REDHS and in the modern health system.

Year 9 students from Rochester Secondary College will attend information sessions regarding some of the roles listed below.

- Nursing
- Exercise Physiology
- Occupational Therapy
- Podiatry
- Health Promotion
- Administration
- Food Services
- Maintenance
- Support Services
- Activities
- Physiotherapy
- Maintenance



The students will have the opportunity to actively participate in activities to give them a better understanding of the range of roles within Health Services.



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Commonwealth Home Support Programme

REDHS Home Care Grows

REDHS is expanding their service in the future to manage Home Care Packages. REDHS also provides other client based programs for the community including Transitional Care Program, National Disability Insurance Scheme and more. REDHS is proud of its achievements in delivering these services over the past 18 months and plans to continue to expand in order to meet growing demand.

If you would like further information regarding Home Care Packages please contact reception on 5484 4465.



Volunteer Wellbeing Day

The first annual Volunteer Wellbeing Day was held on 16 May in the lead up to Volunteer Week 2018 "Give a Little, Change a Lot" (21-27 May). The activities were organised by the Campaspe Primary Care Partnership's Vibrant Volunteer Network.

The volunteers participated in Line Dancing and Strength & Balance sessions, followed by a walk around the Echuca Aquatic Walking Track. The volunteers were also treated to a free 30 minute riverboat cruise aboard the *Pride of the Murray*, courtesy of Murray River Paddle Steamers.

The Volunteer Wellbeing Day was organised to thank all of the volunteers for their time and support that they give each day. REDHS involvement with the Volunteer Wellbeing Day acknowledges and supports REDHS volunteers and their efforts in making a difference to the people that they interact with every day.



Exercise



Line Dancing



Strength and Balance

Supported By:



Echuca Regional Health



Community Living & Respite Services Inc.



This event is brought to you through the Vibrant Volunteer Program, funded by the Australian Government Department of Social Services



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