

# Rural Health

## Your Community Health Service



### PRIMARY CARE SERVICES

- Counselling/Social Work
- Dietetics
- Diabetes Education
- District Nursing Service
- Exercise Physiology
- Meals on Wheels
- National Respite for Carers
- Needle Syringe
- Occupational therapy
- Physiotherapy
- Planned Activity Group
- Podiatry
- Radiographer (X-Ray)
- Rural Drug Withdrawal
- Transition Care

### VISITING SERVICES

- Echocardiography
- Hearing Services
- Immunisation
- Maternal and Child Health
- Memory Clinic
- Men's Shed
- Mental Health
- Psychology
- Optometry
- Ultrasound

### REGISTER FOR ONE OF OUR PROGRAMS

- Better Health Self Management
- Fitness for Older Adults
- Life!
- Strength and Balance

Eligibility requirements and fees may apply to these services.

For more information or bookings contact REDHS Primary Care on 5484 4465 or email [health@redhs.com.au](mailto:health@redhs.com.au)

## RIPERNs AT REDHS

On 16 February REDHS will formally launch its RIPERN program which will actively employ three fully qualified RIPERNs. The acronym RIPERN translates to Rural Isolated Practice Endorsed Registered Nurse. RIPERNs are nurses who have undertaken further education to allow them to treat a greater range of low risk conditions, calling on doctors' assistance as necessary. With our three RIPERNs officially engaged in active roles from February, REDHS will now be able to provide even better access to care.

**If you would like more information on RIPERNs go to [www.health.vic.gov.au/ruralhealth/ripern](http://www.health.vic.gov.au/ruralhealth/ripern)**

## ADVANCE CARE PLAN

What is an Advance Care Plan? Advance Care Planning (ACP) is a series of steps you can take to help you plan for your future health care. If you don't have an Advance Care Plan, REDHS can now assist you in developing your plan so that your health needs and wishes are documented and discussed with your family and doctor. This means, that should you present to REDHS for any medical conditions, our staff will have clear instructions about what you have planned. The first steps to developing your ACP are:

- Write down your wishes
- Discuss your wishes with those close to you
- Speak to your doctor

**You can find more information and documents at [www.health.vic.gov.au/acp](http://www.health.vic.gov.au/acp) or you can call REDHS' Social Worker on 5484 4465.**

## MORE PHYSIO FOR REDHS

REDHS is pleased to be able to provide extra Physiotherapy services with our newest clinician Keely Trew. Keely graduated from LaTrobe University Bendigo last year having completed a clinical placement at REDHS in October. Keely, together with REDHS Physiotherapist Judy Lee, will launch a new pain management clinic in our Aged Care facility, working to help ease and manage chronic pain for some of our residents. This program will commence in February and will consist of treatments four days per week through therapeutic massage and the use of TENS machines. As well as working with our residents, Keely will also be available for primary care appointments, allowing community members greater access to our Physiotherapy services.

**If you would like to make a Physiotherapy appointment, please contact our Primary Care services on 5484 4465.**



*Physiotherapist, Keely Trew*

## STAFF PROFILE

This month, REDHS welcomes Primary Care Trainee Kelly Shotton. Kelly will complete a 12 month traineeship at REDHS which will see her achieve a Certificate II in Health Support Services. Kelly will work predominantly in our main reception area answering telephones, scheduling appointments and learning various administrative processes within the health service. Kelly lives in Rochester and finished school at Rochester Secondary College at the end of 2014. When she has completed her traineeship, she hopes to further her career in health or administration.



*Kelly Shotton*