

A great idea to improve sight

It was a fabulous idea – a vision to help reduce blindness and visual impairment amongst Queensland's Indigenous people with diabetes.

Launched in December 2013, the Indigenous Diabetes Eyes and Screening (IDEAS) van visited Nhulundu Health Service recently to engage the local community and raise awareness of the work being done to close the health gap.

IDEAS executive director, Lyndall De Marco, said statistics indicated 94% of vision loss in Indigenous Australians was either preventable or treatable. "This van can help substantially change the outcomes for those living in rural and remote communities across Queensland – both Indigenous and non-Indigenous," she said. "Since March this year 1,200 patients have been screened and 602 have undergone procedures – completely free of charge. Of those, 35% are non-Indigenous people."

Equipped with state-of-the-art facilities – including remote telehealth consultations with specialists from across the state – the IDEAS van visits eight regional hubs every 4-8 weeks providing treatment from specialist ophthalmologists and optometrists.

Working in partnership with Aboriginal Medical Services and Queensland Aboriginal Islander Health Council (QAIHC), access to the IDEAS van is by GP referral from local providers such as Nhulundu Health Service.

Patients are pre-screened by specially trained health workers and, based on a grading report, an appointment is scheduled for further investigation by IDEAS professionals.

The IDEAS van is the result of a \$5million grant made by Queensland Health. It is a tribute to the Queen Elizabeth



II Diamond Jubilee and the objective to end avoidable blindness by 2020.

Nhulundu Health Service's General Manager, Carly Cook said that the IDEAS van was a wonderful opportunity for people in rural and remote communities to benefit from the latest equipment and technology.

"We are pleased to partner with this important health initiative designed to help reduce blindness and visual impairment amongst Indigenous people with diabetes," she said.



NHULUNDU
HEALTH SERVICE

Farewell Tori

Staff at Nhulundu Health Service have bid farewell to Aboriginal Health Worker Tori Cowburn.

Tori has been at Nhulundu Health Service for three and a half years since she started as a trainee Medical Receptionist. Tori's smile and her cheerful persona would greet clients and staff alike as they entered the reception area.

Her willingness to assist and her helpful manner were an asset to the centre. After completing her traineeship, Tori decided on a change of career direction, and took the opportunity to work in the clinic and complete her Certificate III in Aboriginal and Torres Strait Islander Health.

Tori was a dedicated and caring member of the clinic team, ensuring that attention was given from that first phone call, through to the caring and compassionate attention the clients received when walking through the door. She will be missed,

by not only all staff at Nhulundu by the many met on a day

Health Service, but clients who she to day basis.

We wish success for

Tori every the future.



Monday to Friday 8.30am - 5.00pm

Cnr Manning & Hixon St, Gladstone | Ph: 4979 0992 | Fax: 4979 0967 www.nhulundu.com.au

Red letter day for Kieran

By Louise Bolger, Diabetes Educator & Dietitian

September 23 is a day I'm sure Kieran Connolly won't forget. That is the day he started on an insulin pump! Kieran was very excited as this meant he no longer had to inject himself with insulin 5-6x a day, this is because the pump delivers the insulin to him via a tube and tiny cannula inserted into his stomach. We started him on the pump in the morning and he spent the day at Nhulundu Health Service with his parents to make sure the pump was working well and his blood glucose levels weren't too high or low.

Kieran has Type 1 Diabetes. It is not as common as Type 2 Diabetes, as only 10-15% of people with diabetes have Type 1. It used to be called Juvenile Diabetes as it is usually diagnosed in children and young adults. Unlike Type 2 Diabetes, Type 1 is not a lifestyle disease, it is an autoimmune disease. It occurs when the pancreas stops making insulin. The exact cause of Type 1 Diabetes is still unknown, but it is clear that some people carry genes which might make them more likely to get it. As the pancreas can no longer make insulin, people with Type 1 Diabetes must inject themselves each day with insulin or use an insulin pump to stay alive.

The day was a great success and Kieran is eager to go back to school to show his friends his new pump. Thanks to Dr Collins and nurse Sarah Mackay who assisted on the day. Good luck with your new pump Kieran!



Murri carnival proves a 'Deadly Choice' for players

The Queensland Aboriginal and Islander Health Council (QAIHC) proudly partnered with the Arthur Beeton Foundation to bring together the third Queensland Murri Rugby League Carnival. The carnival was held in Redcliffe at Dolphin Oval at the end of September.

All participating players, coaches and managers were required to undertake a comprehensive 'Health Check' at their local Aboriginal and Islander Community Controlled Health Service.

Central Queensland was well represented with two teams sponsored by Nhulundu Health Service participating in the carnival; one team in the men's senior competition and the other in the under 15's competition.

Both teams played well, with the U15's showing great talent and tenacity to place 5th, losing only one game during the 4 day long carnival.

A crowd of more than 30,000 people attended, and the Deadly Choices team from Nhulundu were there to help out at the canteen, serving good healthy food, and also in the children's tent where they provided plenty of fresh fruit and healthy breakfasts.



Left: Kearny Pholi, Jacob Tranby and Sharrna Parter help out in the canteen.



Above: Kirrie Machen hands out fresh fruit to the children.



Below: Central U15 team



Below: Sharrna Parter and Kearny Pholi with Gladstone player, Willy Yeti Waia.



Below: Central Men's team

Books are popular at playgroup

Dhubbee's Playgroup children were the lucky recipients of some wonderful story books recently.

The story books, featuring a collection of Aboriginal legends including "Dumbi the Owl" and "How the Kangaroos got their Tails" were kindly donated by Arrow Energy.

Below: Shakira Raymond, daughter Layla Raymond, family support worker Atamah Flathery from Dhubbee's Playgroup and Melena McKeown (Arrow Energy).

The Dhubbee Playgroup meets every Wednesday at 10am at 74 Auckland Street. Lunch and morning tea are provided and transport is available if required.

Families with children 0-5 years are welcome, call Lyn on 0433033482 to participate.

Right: Olivia Nelson enjoys her book.

Below: Shakira Raymond and 19 month old son JJ.



Did you guess the jelly beans?

As part of the 'Play your Part' day held at Toolooa State School on September 11, Dhubbee's Playgroup donated some wonderful prizes to guess the number of jelly beans in the jar.

The prizes were donated as part of the NAPCLAN day at Toolooa.

The lucky winners who chose the closest number of jelly beans were Lyn Hughes (310) and Gerry Graham (320).

Right: Jade Pengelly shows off the beautiful prizes on offer.



Want to Quit the smokes?

Call QUITLINE 137848 This confidential telephone service is available throughout Australia for the cost of a local call (except mobiles).

Aboriginal and Torres Strait Islander counsellors are available.

This service is available 24 hours a day, seven days a week and offers encouragement and support to help you quit.

Below: In the last edition, Nhulundu Health Service dared you to take up the challenge to take a packed lunch for the entire family to either, work, school or day care for the whole month of September, and then send in your photos to win some great prizes. You haven't let us down – check out this great lunchbox leftovers – eggplant, tomato, zucchini, broccolini, mushrooms and feta cheese pasta.



Above: The Biloela State school students have been cooking up a storm with their great Good Quick Tukka recipes. The Healthy Lifestyle Team will be back to Biloela after the school holidays.

Farewell Aunty Cindy

The Gladstone community bid farewell to a much loved member in September with the sad passing of Aunty Cindy Williams.

Aunty Cindy had devoted much of her life to young people and helping them through gaining a good education. Last year she was recognised by Education Queensland for more than 25 years of work in schools in the Gladstone region. She was named Elder of the Year at the NAIDOC Ball earlier in the year. Aunty Cindy had a long association with Nhulundu Health Service, both as a client and HACC member.

She will be sadly missed by her family and friends.

Rest in Peace Aunty Cindy.



Above: Healthy Lifestyle Worker, Sharrna Parter joins the ladies from Swim and Yarn in some gentle exercise in the heated pool.

SERVICES AVAILABLE:

MEDICAL CENTRE

General Practice services, immunisation, maternal and child health, mental health support, diabetes support, men's health, women's health, chronic disease support, skin checks, Indigenous health incentives, smoking cessation and healthy lifestyle education.

Nhulundu Health Service is a bulk billing practice. Open hours are Monday to Friday 8.30am to 5pm - appointments necessary.

This practice is AGPAL accredited for quality assurance and ISO 9001:2008 Management Systems Standards accredited.



INDIGENOUS COMMUNITY LINKS

This service provides a culturally acceptable and readily accessible place for local Indigenous community members, and offers access and referrals to a range of mainstream and Indigenous specific services including health care, child care, court support, education, employment, housing and an internet café.

AGED CARE

Nhulundu Health Service offers a comprehensive community-based aged care program called Community Aged Care Package, designed to improve and maintain independent quality of life for the aged living in their home and residential environment. The Aged Care team also runs the Home and Community Care Program. All clients must have an aged care assessment before being accepted into any program.

Nhulundu Health Service offers a safe and non threatening medical environment where our patients feel cared for and valued in an environment that has a zero tolerance policy of aggressive and threatening behaviour.

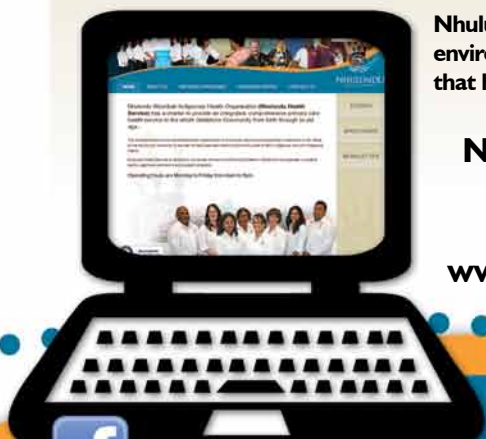
Newsletters are now available online - visit our website www.nhulundu.com.au



An Australian Government Initiative



NHULUNDU HEALTH SERVICE



Catch up on www.youtube.com/user/Nhulundu

Latest activities, programs and jobs always available on our facebook page. Like us today.

