



COMMUNITY NEWSLETTER

West Wimmera Health Service | July 2021 | Issue No. 9



4
OUR NEW
PODCAST

6 - 7
DAY STAY PROGRAM
FOR PARENTS

10 - 11
X-RAY MARKS
THE SPOT

12 - 13
A LOOK ACROSS
OUR SERVICE

18 - 19
WHAT IS AN
ACAS?



VALUING UNITY

Supporting the next generation of

Nurses!

*Read all
about it...*

Page 3

Meet Steven Townsend

Page 4

Farmer Wants a Healthy
Life Podcast

Page 5

Health Promotion
Happenings

Page 6 - 7

New Day Stay Program
for Parents

Page 8 - 9

Best Care for You

Page 10 - 11

X-Ray Marks the Spot!
Fundraising Campaign

Page 12 - 13

A Look Across our Service

Page 14 - 15

A Message from our CEO

Page 16

Is It Really Urgent?

Page 17

Board Profile

Page 18 - 19

What is an ACAS?

Page 20 - 21

COVID-19 Vaccine Update

Page 22

Our Services

Page 23

Community Health News

Page 24

Puzzler Page

Did you know that we host student placements throughout our health service?

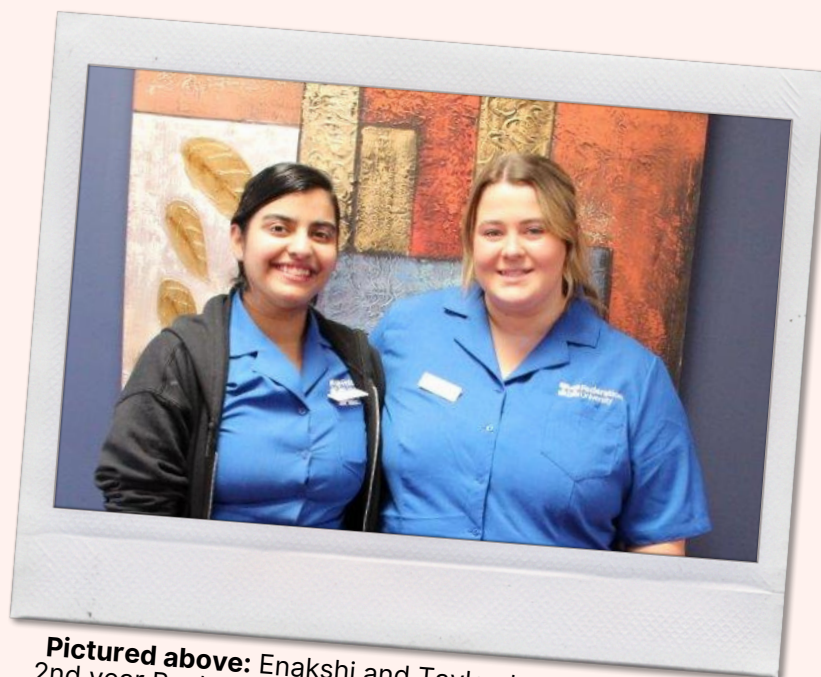
We support people from a number of affiliated Universities to gain invaluable practical experience while they are completing either their Diploma of Nursing or a Bachelor of Nursing.

The program allows students to put theory into practice in a variety of areas; consolidating skills and gathering real world learnings. Students are paired up with a qualified member of our nursing team on each shift, and have a mentor contact while they are placed with us (any time from 2 weeks to 6 weeks).

Students have the opportunity to undertake placements in their 2nd and 3rd years of study, both in our aged care facilities and our acute wards.

We are proud to offer a great learning experience in a rural healthcare setting. Students leave with memorable moments, having gained many opportunities they may not come across in larger metro hospitals.

Recent students Enakshi and Taylen have loved the warm welcome they received, as well as the country hospitality from our staff and communities.



Pictured above: Enakshi and Taylen have enjoyed their 2nd year Bachelor of Nursing student placements at Nhill Hospital's acute ward.



MEET OUR DIRECTORS OF NURSING

STEVEN TOWNSEND - RUPANYUP DON

WHAT ATTRACTED YOU TO THIS PROFESSION?

There was a concerted effort to increase the number of males in nursing at the time.

I looked into it as I was interested in helping others and providing care to those in need.

WHAT QUALIFICATIONS DO YOU HAVE?

I have a Bachelor of nursing and also completed my psychiatric nurse training.

WHEN DID YOU START YOUR NURSING CAREER?

I commenced my nursing career once I finished a six year stint in the Royal Australian Navy (where I worked in communications).

WHAT DOES BEING A NURSE MEAN TO YOU?

I find the rewards I receive when I make a difference to someone's life is well worth the effort and devotion it takes to be a nurse.

Seeing other staff mature and grow in the profession is also most gratifying.

WHY IS THIS ROLE IMPORTANT IN OUR COMMUNITY?

In my current role I have the opportunity to provide support and guidance to many people in our small community.

We are very fortunate that our local community consists of so many kind and caring people that look out for each other and genuinely care about the members of the community.

DO YOU HAVE ANY STORIES YOU WOULD LIKE TO SHARE?

I guess most people are not aware that I served in the Royal Australian Navy and did a number of tours during the Vietnam War!

WHAT WOULD YOU LIKE THE COMMUNITY TO KNOW?

I would like the community to know that our service is there for them when they need quality care and assistance.

We have close ties with so many community groups who support our local Nursing Home in so many ways.

Rupanyup is so blessed to have so many caring folk among its community.

FARMER

WANTS A HEALTHY LIFE

"The choice you make can
change your life"

THE PODCAST SERIES

Jam packed with stories from people that understand the farming life with a story to tell. From new farmers and the old hands, rural community locals, doctors and more.

The Farmer Wants a Healthy Life podcast series are stories of looking after you, whilst on the farm.

The choices you make can change your life; hear it from people that have done it.

LISTEN TO US ON APPLE, SPOTIFY OR ANYWHERE YOU LISTEN TO YOUR PODCASTS!

WE WANT TO HEAR FROM YOU:  @FarmerWantsaHealthyLife  @_FWAHL

COPING DURING COVID REPORT LAUNCHED

In June, our Health Promotion Team hosted an online launch of the 'Coping During COVID: Rural Perspectives from the Wimmera and Southern Mallee' report.

The report provides an initial analysis of the 'Health and Wellbeing in the Pandemic and Beyond' survey conducted across our communities last year. The report also shares things that we've learned for the future from what people told us in the survey.

Developed in partnership between our health service and La Trobe University's School of Rural Health, the survey aimed to find out how:

- People's lives changed due to COVID-19;
- People were keeping in touch with each other; and
- People sourced their information.

To ensure that a wide range of experiences was captured, the survey was widely advertised, available on-line, via telephone and in paper form. Many of our survey partners (such as local governments, neighbouring health services and Neighbourhood Houses) hand delivered surveys to those who were not comfortable with online forms or had no internet access.

"It was vital that we heard those voices as well," our Health Promotion Manager, Dorothy McLaren, shared at the launch.

She went on to add, "The information in those responses has been incredibly useful in helping us understand where we can best focus regional efforts on keeping people connected and informed about health and wellbeing during the pandemic."

The report can be accessed on our website at:

https://www.wwhs.net.au/community_care/allied_health_services/health_promotion

You can contact our Health Promotion team if you have further questions by emailing: health.promotion@wwhs.net.au.

Health Promotion

HAPPENINGS

RAINBOW TRAILBLAZERS TAKES OFF !

Local communities know best what's needed to improve their health and wellbeing.

That is why we are delighted to provide seed funding to a range of local community groups, like the Rainbow Trailblazers, as part of our Community Health and Wellbeing Grants.

Rainbow Trailblazers aims to construct a series of safe and inclusive walking and cycling tracks and trails around town.

Our Health Promotion Team's grant program funded a recent facilitated community meeting to gauge interest for the project. It was wonderful to have 56 people, including 12 children, attend and take part in a robust discussion. Community consensus was to produce a formal report that will be used to seek further funding and institutional backing for the construction of the tracks.

The planned utility tracks will connect existing walking tracks around Rainbow; provide safer spaces to walk, run and cycle; and deliver opportunities for social interaction and inclusion. The tracks will offer opportunities for activities, such as mountain bike riding and bird-watching. They will be wheelchair or mobility-aid accessible and inclusive for all ages, fitness levels and abilities.

A further round of community grants will be offered in 2021. To find out more please contact us at:

health.promotion@wwhs.net.au.



**It takes a village
to raise a child.**

African Proverb

**Parenting is one of the most important things we do,
but there's no manual on how to do it...**

Hindmarsh Day Stay is here to help!



tweddle
child & family health service

You don't need to navigate alone.
Hindmarsh Day Stay can support
you and your child to both thrive.

Arrive early morning and stay the day, in a
supportive environment.

Gain help with strategies for:

- Sleep and settling
- Breastfeeding and formula feeding
- Nutrition
- Health and wellbeing issues

Contact Mandy Stephan to get started:
0429 911 287 or HindmarshDayStay@wwhs.net.au



Nhill Early Years Learning Centre
CNR Queen St and Whitehead Ave

PARENTING IS LIKE LEARNING A FOREIGN LANGUAGE.

LET US SUPPORT YOUR LEARNING

Hindmarsh Day Stay program is a collaborative project between West Wimmera Health Service and Tweddle Child and Family Health Service.

The day stay program will help develop your confidence as parents and develop safe and enjoyable relationships with your baby or toddler. Emphasis is on your active participation throughout the program.

We help you to identify the specific goals you wish to achieve during your stay. We recognise that each family is unique. We respond to your individual needs, working with you to achieve your goals.

Parenting issues involve the whole family and we encourage you and your partner or support person to attend.

We understand that this can be difficult with work commitments and will do whatever we can to include both parents/support people. We can provide a certificate of attendance to employers.

Across the day we will build your confidence in communicating with your baby, and each other. As well as learning new parenting skills and knowledge about your baby practice we will consolidate your skills while providing you with feedback and encouragement.



ABOUT THE HINDMARSH DAY STAY PROGRAM

Welcome to Hindmarsh Day Stay. Your stay with us will provide an opportunity for you and your family to explore any parenting issues you are currently facing.

Specialist staff are able to provide your family with an opportunity to:

- Increase parenting skills and knowledge
- Learn new strategies to deal with parenting difficulties such as:
 - Settling and sleep
 - Breast or formula feeding
 - Nutrition
- Talk to other parents experiencing similar challenges
- Understand your child's development and behaviour
- Discuss health and wellbeing issues

HOW TO MAKE A REFERRAL

Referrals can be made through a doctor, maternal and child health nurse, allied health clinician or a self-referral.

Contact Mandy Stephan on 0429 911 287 or email HindmarshDayStay@wwhs.net.au to start the process.

What Does Best Care Mean to You?

Our community members and staff have shared with us, "What does best care mean to you."

This has helped us to better define what actions and behaviours make a real difference to ensuring our patients, residents and clients have a quality experience when using our services.

**You told us that 'Best Care' is:
Safe, Effective, Personal and Connected care.**

Safe

"I want staff who are appropriately skilled, qualified and competent."

"The facilities, equipment and furniture are clean and well maintained."

"I feel financially secure and well informed of all costs and payment options throughout my care journey."

Effective

"Information given to me is accurate, timely and presented in a way that is easy for me to understand."

"Appropriate support services are offered and provided when required."

"The care I receive helps me to feel better and remain pain free."

"The care I receive is exactly what I need and is given when I need it."

Personal

"Nothing is too much trouble for staff. "

"I have flexible care options which meet my needs and preferences."

"I am involved in planning my care and I'm informed of any changes."

"Staff always introduce themselves when they enter my room and explain why they are there."

"I'm allowed to have as many friends and family visit me at any time."

Connected

"I want support to help me get back home as soon as possible, including options to receive care at home."

"I only want to tell my story once. I expect staff to share information between departments so I don't repeat myself."

"I would like to be connected with other services and supports I may need."



How Best Care Informs Our Quality Framework

What you told us about what best care means to you has been used to inform our Quality Framework. Best Care is at the centre of our framework.

We have a set of values which helps guide the behaviours of our staff at all levels to achieve Best Care across West Wimmera Health Service.

**Our values are: Total care, Safety, Unity,
Accountability and Innovations.**

To achieve Best Care for every one, every time, we...

Bring our values to life through our behaviours and interactions with you and each other.

Are supported by our leaders to deliver quality care and services to you.

Recruit the right people, with the right skills, to the right roles.

Maintain a safe environment for each other and our customers.





-RAY MARKS THE SPOT!



Help West Wimmera put our x-ray equipment on the map!

Our Radiology department provides a critical service to have a timely x-ray close to home.

Our x-ray equipment needs to be updated to go digital but we need your help!

Updating our outdated equipment costs \$112,000!

Please help us raise money for this important equipment.

Your donor support will help to advance our diagnostic capabilities for you, with a faster, higher quality and safer service.

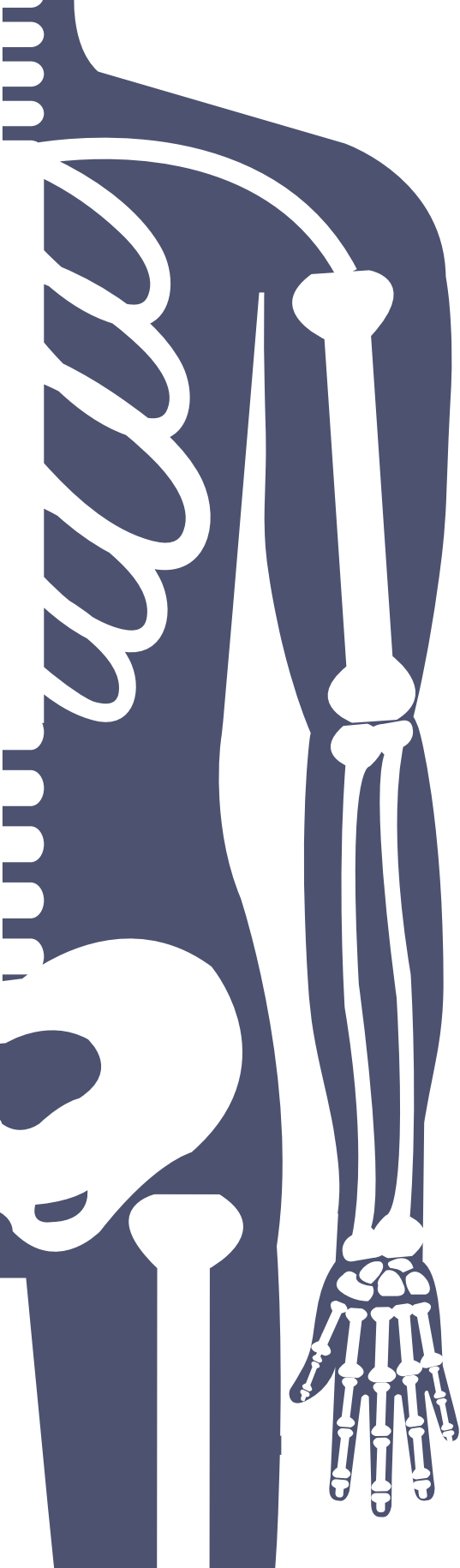
DONATE

Donations
are 100%
tax deductible



Visit www.wwhsdonate.net.au to
learn more or get in touch to discuss
how you can support us
please call **(03) 5391 4222**.





WHY WE NEED YOUR SUPPORT?

WHEN YOU PICTURE X-RAYS, DO YOU THINK OF THE BLACK FILM THAT YOU CAN HOLD UP TO THE LIGHT AND SEE YOUR BONES?

DID YOU ANSWER 'YES'?

WELL YOU WOULDN'T BE ALONE.

In 2016 West Wimmera Health Service moved forward from this traditional dark room processing to a newer system called computing radiography. Plates in individual cassettes are used with a laser to produce the image on a computer screen. The plate is then erased and reused many times over.

Just like our favourite DVDs which got scratched over time, placing it in and out of the DVD player, this also happens to our cassettes. Whilst we can put up with a few scratches in the DVD, scratched x-ray cassettes must be thrown out and replaced.

Fast-forward to 2021 and technology has greatly enhanced the way x-rays can be accessed and read. It's a bit like when we changed from fax machines to emails or, for the more experienced among us, the abacus to the calculator. You get the picture. Digital radiography is the most advanced system, where the plate under the patient doesn't have to store the image, but sends it instantly to the computer through Wi-Fi.

Aside from being 20-30 times faster than the old system, the amount of radiation used to produce the image is significantly reduced, by around 50%. As a bonus, the image quality is also significantly enhanced picking up the most minor of fractures.

Our x-ray department sees over 2,200 x-ray patients of all ages, every year. Please support us to support you!

HOW TO MAKE A DONATION:



Deposit to our bank account:
CBA BSB: 063728
Account. No: 1014 3019
Reference: Name



Visit
wwhsdonate.net.au



Donate over the
phone with your
credit/debit card.
Phone (03) 5391 4222



Post a cheque to us at
West Wimmera Health Service
PO BOX 231
Nhill 3418 VIC

A look across our service

West Wimmera Health Service



Ivy King Bequest-->

Photo contributed from Nhill Free Press and Kaniva Times



Rainbow Trailblazers Community Meeting -->



Message FROM THE CEO

Farmer Wants a Healthy Life Podcast Series

In June I had the pleasure of taking part in the online launch of our Farmer Wants a Healthy Life podcast series. The series was put together by our Health Promotion Team, working in partnership with the National Centre for Farmer Health, podcast host Brigitte Muir OAM and a number of other rural focussed organisations.



Discussions covered in the eight episodes include mental health, suicide, cancer and diseases that can spread between animals and people.

The stories recounted by the interviewees transcend farmer health, as evidenced by a third of the 400 downloads to date being from people based in Melbourne, along with overseas interest.

“
I cannot overstate how informative and enjoyable I have found the series. I highly recommend it to anyone who has been directly or indirectly affected by the issues covered i.e. pretty much everyone.
”

Congratulations to everyone involved in its production!

Keep an eye out for further episodes as I understand there are a number in the pipeline.


COVID-19

The coronavirus spectre continues to haunt us. Restrictions on visiting our facilities were tightened again during the recent Lockdown 4. We are hopeful they can soon be relaxed. We recognise the extra stress this places on residents, patients, families and friends, and of course our staff. We remain grateful for the patience and understanding that continues to be shown by all involved.


We're doing our best to vaccinate our aged care residents and frontline staff, whilst tackling the challenge of how geographically spread we are, and vaccine supply shortages.

We now have a mask fit testing machine, valued at around \$25,000 and provided to us by the Department of Health at no cost. The machine is designed to test that there is no air leakage when a mask is fitted, thereby preventing the transmission or inhalation of the virus. Our very own Cheryl Williams has undertaken training to use the new machine across the Service.

The recent delivery of 600 AstraZeneca vaccines for use by Rural Doctors' Nhill and Kaniva medical clinics was another step forward in the fight against COVID. We urge everyone currently eligible for a COVID 'jab' to go out and get it. Yes, there are risks involved, but the likelihood of a serious adverse reaction is extremely low and not, we think, sufficient to avoid the vaccination in the absence of any other health issues.



A heartfelt thank you to Ivy King and family for the generous bequest to our Kaniva facilities.



Ivy King Bequest

On 4 June I visited Kaniva Hospital to gratefully receive a bequest from the family of the late Ivy King. The amount received of \$229,000 is to be used exclusively for improvements to our Kaniva Hospital and Residential Aged Care facility, in accordance with Ms. King's wishes.

I understand Ivy was a keen gardener and raised a large amount of money for various good causes over many years, including through selling her garden products to the Kaniva community. It is fitting that Ivy's generous spirit will live on through this bequest to one of many of those causes.

Thank you also to Ivy's nephews Graeme and David King for suggesting the idea of a small ceremony to receive the bequest and for helping to make it happen.

Accreditation

In the week beginning 5 July we will be undertaking an independently conducted organisation-wide survey to assess our level of compliance against the eight

National Safety and Quality Health Service (NSQHS) Standards.

The primary aims of the Standards are to protect the public from harm and to improve the quality of health service provision.

Assessors will be speaking with staff, patients and visitors during the accreditation process.

Successful Grant Applications

Our recent application for the Public Sector Residential Aged Care Services (PSRACS) – Enhancing Telehealth and Resident Communication grant for all nine residential aged care facilities has been successful to the value of \$117,377. This one-off funding enables us to purchase equipment that will strengthen our Telehealth capacity for our residents, better support resident engagement with family and friends, and enhance therapeutic approaches and lifestyle program options in our residential aged care facilities.

We were also successful in the PSRACS – Community Kitchen Garden Initiative grant for Iona Nursing Home, Jeparit Nursing Home, Rainbow Nursing Home and Hostel, Natimuk Nursing Home, Lockwood Hostel, Rupanyup Nursing Home, and Kaniva Nursing Home and Hostel. This one-off grant totalling \$125,000 aims at providing opportunities to start, refresh or further enhance an established kitchen garden.

Farewell and Thankyou to Board Directors

I express my gratitude and best wishes to Leonie Clarke, Lloyd Milgate and Prof Neville Yeomans for their much valued contributions to the governance of our Service, as their Board Directors service ended on 30 June.

Leonie and Lloyd have contributed many decades of service, commencing with Rainbow Hospital and Dunmunkle Health Services respectively. The personal time and effort they have committed to our cause and to our communities is immeasurable and for that we are extremely grateful.

And thank you to Neville, for while his time on the Board has been relatively short, we have benefited immensely from his wise counsel and guidance over this time, particularly in relation to the all-important area of clinical governance.

Ritchie Dodds
Chief Executive Officer

IS IT REALLY URGENT?

Troy is a 56 year old farmer who works on his family farm. While unloading a large bale of feed for his cattle, he twists and feels a sharp pain in his back.

Unable to complete his task he rings his farmhand Adam to come and assist with the job. When Adam arrives, he is concerned about Troy's injury and decides it would be best to take him back to the farmhouse to rest.

Arriving back at the house, Troy struggles to get himself out of the car. His wife Ann races out, expressing her concern and insisting Adam take Troy to Urgent Care. Adam tells Ann that he thinks it would be best for Troy to get into the house and rest so they can call the Nurse-On-Call to better assess Troy's symptoms.

While Adam is helping Troy to the bed, Ann rings the **Nurse-On-Call on 1300 60 60 24** and speaks to Frank, a Nurse with over 10 years of experience. Frank talks with Troy and completes an assessment of the injury, which may be muscle injury, as there are no physical symptoms such as numbness, tingling or loss of sensation.

With Frank's advice, Troy uses a hot and cold compress to ease the discomfort and attends his local GP clinic the following day for further review and to commence a physiotherapy recovery plan.

Thanks to the service provided by **Nurse-On-Call**, I didn't have to present to Urgent Care for help when I injured my back doing farm work.



MEET CHRISTINE SHEEHAN



BOARD PROFILE

ABOUT ME

Where you live:

Geelong

Occupation:

Health Planning Consultant
(Strategic, Operational and
Capital Planning)

Hobbies / Favourite Pastimes

- Family
- Kayaking
- Cooking
- Gardening
- Hiking
- Reading

Favourite sports team / player / athlete:

Geelong Football Club

Favourite Australian icon:

Great Ocean Road (Apollo Bay)
Fred Hollows

Favourite food to eat and/or cook:

Pasta, slow cooked winter stews /
curries accompanied by a glass of
red wine.

Time spent on WWHS Board:

I have been a member since
October 2020.

Why did you join the WWHS Board?

I have a strong background in executive roles within the public and private health sectors. I hope to utilise my experience to support WWHS in effectively linking models of service delivery with available resources.

I am passionate about the delivery of efficient and effective health services, and the effective use of health dollars. I am committed to the forward planning and re-shaping of a sustainable health system that effectively addresses key issues such as patient-centred care, new technology, an increased focus on well-being and greater health literacy.

I actively seek to help health services to plan service delivery across the continuum of care so that each service provider can deliver the 'right services' in the 'right place' and the community has access to high quality care. I believe that the successful linking of strategy, operational performance and models of service delivery are key to achieving organisational goals and strong financial performance.

I hope that this knowledge can help WWHS to navigate strategic challenges moving forward and ensure that it provides a high quality and sustainable health service to the community.

Where do you see our health service in 10 years?

I believe West Wimmera Health Service will be an exemplar health service that delivers an increased breadth of high quality and sustainable clinical care, and wellbeing services to the community.

Effective planning, organisational collaboration and delivery of services will enable WWHS to ensure the community has:

1. Better health
2. Better access
3. Better care

WHAT IS AN ACAS?

WWHS supporting you to understand the aged care process



ACAS stands for:

Aged

Care

Assessment

Service

When you are no longer able to manage at home and are considering home care packages or residential aged care facilities, the Aged Care Assessment Service (ACAS) can help you, and your carer, determine what kind of care and services will best suit your needs.

They do this by conducting a free face-to-face ACAS assessment which enables you to access Government subsidised aged care services.

Eligibility Criteria

Government funded aged care services and the ACAS assessment that enables access to these services are available to people aged 65 years and over or 50 years and over for Aboriginal or Torres Strait Islander people.

What can an ACAS assessment do for me?

ACAS assessments can determine your eligibility for Government funded services such as:

- Home Care Packages
- Transition Care Program (a time-limited restorative program following a hospital stay)
- Residential respite care
- Residential care in an aged care home.

How to access ACAS services and assessment?

The Australian Government's My Aged Care service is the entry point into the Australian aged care system. This service operates a phone line and website. You can request an ACAS assessment in the following ways:

- Apply for an assessment by phone – call the My Aged Care contact centre on 1800 200 422 to apply for an assessment. You or your carer/representative can make this call but you will need to provide permission over the phone for them to apply on your behalf.

- Apply for an assessment using the online application form – visit the My Aged Care Website www.myagedcare.gov.au (click on assessment – apply for assessment online – start now). This should only take 15-20 minutes to complete and can be completed yourself or by a family member or friend on your behalf.
- Other health professionals such as GPs and Allied Health Clinicians can complete a referral for an ACAS assessment for their patients, however at WWHS the best option is to contact:
 - The Initial Needs Coordinator on (03) 5391 4292 or
 - The Aged Care Administration Officer on (03) 5391 4226, both who are more than happy to help you apply for an ACAS assessment.
- If you are in hospital, the referral to ACAS will be made for you.

An assessor will contact you within 3 weeks to arrange a face-to-face assessment.

What can I expect at the assessment?

The ACAS assessment usually involves a visit by an ACAS clinician to your home, in hospital, or wherever you may be living and takes approximately an hour and a half to complete. The ACAS clinician will talk to you about your situation and work with you to decide on your goals that may include remaining at home with supports. Carers, relatives or close friends are encouraged to be involved in the discussion.

Now what? How are services put in place?

As soon as you receive your outcome letter, it is important for you to seek services before your approval expires. Your letter will include the date that your approval will expire and referral codes for each type of service you have been approved for. Each referral code is your key to receiving your approved services. Service providers use these referral codes to accept the referral and start organising services for you.

West Wimmera Health Service can provide home care packages, respite and residential aged care.



How can we help?

If you:

- have any questions,
- would like assistance applying for an ACAS assessment,
- would like information about our services,
- would like a tour of our facilities, or
- to arrange services that you have been approved for,

please contact our Aged Care Administration Officer, Kayleen Kingwill on (03) 5391 4226 or kayleen.kingwill@wwhs.net.au.



PROTECT YOURSELF AND THE COMMUNITY

Vaccination is the most effective way to protect against infectious diseases.

Vaccines strengthen your immune system by training it to recognise and fight against specific viruses.

When you get vaccinated, you are protecting yourself and helping to protect the whole community.

New advice as at 17th June 2021

ATAGI advice on COVID-19 AstraZeneca vaccine

The Australian Technical Advisory Group on Immunisation (ATAGI) recommends the COVID-19 vaccine by Pfizer (Comirnaty) is preferred in adults aged under 60 years.

In people 60 years and over, ATAGI continue to advise that the benefits of vaccination with the AstraZeneca vaccine outweigh the risks associated with vaccination.

This recommendation is based on:

- the increasing risk of severe outcomes from COVID-19 in older adults (and hence a higher benefit from vaccination), and
- the increased risk of thrombosis with thrombocytopenia following AstraZeneca vaccine in those under 60 years.

There appears to be a small risk of TTS in people 60 years and over, but this risk appears to be lower than in younger people. Cases overseas have been reported at all ages.

Is the AstraZeneca vaccine safe?

Yes. The individual benefit-to-risk ratio of vaccination with the AstraZeneca vaccine varies with age. This ratio is based on factors including the increased risk of complications from COVID-19 with increasing age and the potential lower risk of this very rare, but serious, adverse event with increasing age. ATAGI has recommended the AstraZeneca vaccine remains safe to be given to people aged 60 years and over. The incidence of TTS is significantly lower in people aged 60 years and over. In addition, people aged 60 and over are more likely to become seriously unwell if they catch COVID-19.

I have had my first dose of the AstraZeneca vaccine, what do I do now?

If you have had your first vaccine dose without serious adverse effects, you should receive your second dose of the AstraZeneca vaccine as planned. This is safe, and recommended by ATAGI.

What if I am worried about side effects?

If you have recently had your first vaccine dose and are experiencing any side effects that you are worried about, you should speak with your doctor.





YOUR QUESTIONS ABOUT ASTRAZENECA

Following advice on 17th June 2021, here are some of your questions answered

I'm booked in for my first dose of the AstraZeneca COVID-19 vaccine. What do I do?

If you are aged under 60 years and you have not already received a first dose of the AstraZeneca COVID-19 vaccine, then the Pfizer COVID-19 vaccine is preferred. You can book an appointment for your Pfizer COVID-19 vaccine by visiting www.coronavirus.vic.gov.au/book-your-vaccine-appointment or calling 1800 675 398. If you are 60 years of age or over, you can still receive your AstraZeneca COVID-19 vaccine.

I am aged 50 to 59 years old and have an appointment to receive my first AstraZeneca vaccine at my GP. Do I need to change my booking?

If you are aged 50 to 59 years and you have an appointment to receive your first dose of AstraZeneca, it is recommended you discuss your options with your doctor.

Are there any serious safety risks associated with AstraZeneca vaccine?

Both the Pfizer and AstraZeneca vaccines have been studied in tens of thousands of people in clinical trials, and have been administered to many millions of people world wide. They are both very effective at preventing severe disease and hospitalisation. Most side effects of both vaccines are mild and transient. They include reactions at the injection site and some systemic reactions, like headaches, fever, chills and fatigue. These are common in the first 48 hours after vaccination. TTS is a rare, newly described condition that has been reported following administration of the AstraZeneca vaccine, almost exclusively after the first dose. There has not been a higher overall rate of relatively common types of blood clots (including deep vein thrombosis and pulmonary embolism) reported after AstraZeneca.

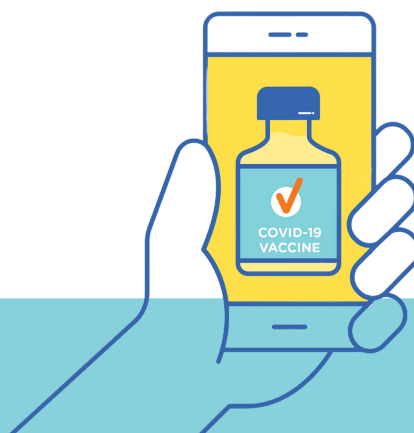
Why don't people over 60 get to choose the vaccine they want?

The AstraZeneca vaccine is highly effective at preventing death and severe illness among people who have contracted COVID-19 – and the incidence of TTS is very rare. ATAGI considers that the individual benefit-to-risk ratio of vaccination with AstraZeneca in Australia varies with age. The risk of ongoing health issues and death from COVID-19 is highest in older age groups. In comparison, the rate, and thus possibility of disability and death from TTS may be higher in younger people. This age-specific benefit-to-risk ratio is demonstrated in analysis from the UK. The most effective way for eligible people aged 60 years and over to protect themselves from the risk of COVID-19 is to be vaccinated.

Eligibility Checker

Use the COVID-19 vaccine eligibility checker to find out when and where you can receive a COVID-19 vaccine, book an appointment if you are eligible, or register your interest.

<https://covid-vaccine.healthdirect.gov.au/eligibility>



WEST WIMMERA HEALTH SERVICE - AVAILABLE SERVICES

AGED CARE SERVICES

- Residential Aged Care Facilities
- Commonwealth Home Support
- Home Care Packages

CONTACT

To make an appointment or arrange access to our services please contact our friendly receptionist on (03) 5391 4222.

COMMUNITY SERVICES

- Asthma Education
- Cancer Resource Nurse
- Cancer Support Group
- Cardiac Rehabilitation
- Centrelink
- Community Health
- Continence Education
- Diabetes Education
- Dietetics
- District Nursing
- Endocrinology Telehealth Clinics
- Falls and Balance Groups
- Gentle Exercise Groups
- Health Promotion
- Healthy Lifestyle Groups
- Initial Needs Coordination
- Interpreting Services (Karen)
- Maternal and Child Health
- Occupational Therapy
- Physiotherapy
- Podiatry
- Quit Smoking Education
- Refugee Health Nurse
- Social Work
- Social Support Groups
- Speech Pathology
- Well Women's Health Clinic

CLINICAL SERVICES

- Acute Hospital Care
- Audiology
- General Surgery
- Geriatrician
- Immunisations
- Infection Control
- Medical Imaging (CT Scanning, X-Ray, Ultrasound, Dental Orthopantomogram)
- Ophthalmic Surgery
- Optometry
- Oral Surgery
- Orthopaedic Surgery
- Palliative Care
- Pathology
- Urgent Care

DENTAL SERVICES

- General Dentistry
- Mobile Clinic
- Oral Health Education and Promotion
- Oral Health and Hygiene Therapy
- Oral Surgery

COMMUNITY PROGRAMS

- Community and Women's Health Program (C&WH)
- GP Management Care Plan
- Domiciliary Care
- Home and Community Care (HACC)
- Hospital in the Home (HITH)
- National Disability Insurance Scheme (NDIS)
- Post-Acute Care (PAC)
- Chronic Conditions Models of Care
- Transport Accident Commission (TAC)
- Work Cover
- Transition Care Program (TCP)

COMMUNITY HEALTH NEWS

Accreditation has Arrived

We are set to undergo the National Safety and Quality Health Service Standards (NSQHSS) accreditation survey from 5th to 9th July.

External assessors will ensure we provide safe and quality care to everyone who accesses our services and facilities across our hospitals, dental services and our community health centres.

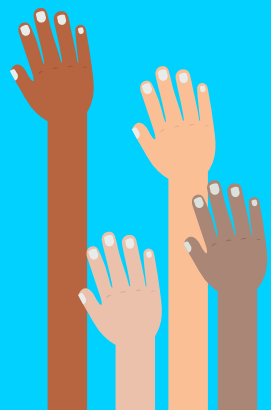
We will keep you informed of the outcomes following the accreditation survey.



Can you put your hand up to volunteer with us?

The time, compassion and support that volunteers give to our residents, patients and clients makes an incredible impact on the lives of so many.

We welcome people to join our volunteer team across our sites! You can help in many ways. Call Megan on 03 5391 4225 to find out more about how you can become a volunteer.



AstraZeneca Vaccines at Rural Doctors

If you're over 60 and ready for your free coronavirus vaccination, Rural Doctors now have the AstraZeneca vaccinations available.

You can call to book your appointment on:
Nhill - 5387 9900
Kaniva - 5323 5770



Everyone Has the Right to Feel Safe

We acknowledge that family violence is a serious health and welfare issue.

We are committed to providing a safe place, care and support to individuals who have experienced, or who are at risk of experiencing family violence. This includes adults and children of all gender types.

As a health service, we are in a unique position to identify people at risk, sensitively enquire if we can help, and make referrals to specialist family violence services.



Be a Flu Hero

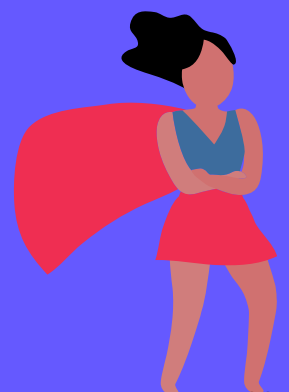
Be a hero this flu season...Get your flu vaccine!

Influenza can be a very serious disease. To protect yourself and others from the flu, you should get vaccinated every year.

Don't forget, there must be a space between your flu and COVID-19 vaccine.

It is important to also keep up other preventative measures, such as social distancing, and practicing good hand hygiene.

For more information, please consult with your GP and health expert.



Quick Quiz

1. In which city do 'The Simpsons' characters live? _____
2. Which ocean is the largest? _____
3. What are the names of Prince William's children? _____
4. How many bones are there in the human body? _____
5. What sport takes place in a velodrome? _____
6. How many degrees are there in a circle? _____
7. Which mountain range is Mount Everest located? _____
8. What is a doe? _____
9. How many make up a baker's dozen? _____
10. What is the value of 'X' in scrabble? _____

Who am I?

1. I am a Swiss professional tennis player who has won 20 Grand Slam titles during my career. Who am I? _____
2. Created by Ian Fleming, I am a fictional spy working for a Secret Service agent with code number 007. Who am I?

3. In addition to being the first Postmaster General of the US, I achieved fame from flying a kite in a lightning storm. Who am I?

4. Henry Ford made it more affordable to purchase the automobile, but it was me who created the internal combustion engine to manufacture the car. Who am I? _____

Y L U J R F D O O W E R I F J
H X J M R E I N A E B E N O I
I S X U Q A E O Y Y U L J K Z
T W K R N T A Q Q A U G U S T
V P F I R E P L A C E N L B H
W U T C M W W G W D G L T W L
Y D R C T R A T K T A G T X J
M D E Q A L L E R B M U D V V
A L T M Z P O L T G K C P C J
Y E N U M R B O A V Y A I A C
M S I B J C O L D F F B F D S
X M W W R F Y Z N Q N B O N Z
S C A R F O E S J B K I O Q C
G P L W S I C N Z Y T W A A P
A G U M B O O T S J A L A R Q

AUGUST
BEANIE
COLD
FIREPLACE
FIREWOOD
FOOTBALL
GUMBOOTS
JULY
JUNE
PUDDLES
RAINFALL
SCARF
SNOW
UMBRELLA
WINTER

QUIZ ANSWERS

- | | |
|-----|----------------------------|
| 10. | Eight |
| 9. | 13 |
| 8. | A female deer |
| 7. | The Himalayas |
| 6. | 360 |
| 5. | Cycling |
| 4. | 206 |
| 3. | Charlotte and Prince Louis |
| 2. | Prince George, Princess |
| 1. | Pacific |
| 10. | Springfield |
| 9. | James Bond |
| 8. | Benjamin Franklin |
| 7. | Roger Federger |
| 6. | James Bond |
| 5. | Benjamin Franklin |
| 4. | Nikolaus August Otto |

WHO AM I ANSWERS

1. Roger Federger
2. James Bond
3. Benjamin Franklin
4. Nikolaus August Otto