

BUCHAN BUSH NURSING ASSOCIATION INC.

NEWSLETTER - DECEMBER 2019

REGULAR PROGRAMS

All members of the community are invited to participate in the following health promotion programs – for more information or to make a booking please ring the Centre on 5155 9222.

'FOOD, FRIENDSHIP & FUN' CHRISTMAS LUNCHEON –

9th December. You are invited to attend our luncheon at 12 noon at the Buchan Hotel. **The client contribution for an eligible BBNA member is \$10. An eligible non BBNA member or a non eligible BBNA member \$15. Both non eligible & non BBNA member \$20.** Bookings are essential Thursday prior to the lunch. **ALL WELCOME.** Program partner: Caves Hotel.

SCRAPBOOKING

Sunday 22nd December at 10am.
Where: Bush Nursing Centre. RSVP to Anne by Wednesday 18th December.

BUCHAN BUSH NURSING ASSOC. INC.

Committee and staff would like to take this opportunity to wish you all a very safe and Happy Christmas & a prosperous New Year. **PLEASE NOTE: THE CENTRE WILL BE CLOSED ON ALL PUBLIC HOLIDAYS.**



DATES FOR THE MONTH

Dr. Mark Bolt –
Wed. 11th December
Appointments 5155 9222

Maternal & Child Health—
Appointments 5152 0052

Immunisation— Anne Brewer
Appointments 5155 9222

Pathology—Wed. & Fri. am.
Appointments 5155 9222

Women's Clinic – To be advised
Appointments 5155 9222

'Neatfeet' Footcare —
Mon. 9th December
Appointments 5155 9222

Carers Support Group

If you are a carer for a loved one, in **ANY CAPACITY** You can be part of a peer-group (face to face) support group, meeting over a cuppa to share experiences, to learn from lived-in experiences and to know that you are not alone.

When: Wednesday 18th December 2019 **Time:** 10.00am – 12 Noon

Where: Bush Nursing Centre

Facilitator: Jo Aquila – Carer Support Officer



BURNS

Do not apply ice to any burn. Use cool running water for 20 minutes.

First Aid Pressure immobilisation for bites and stings

This is the recommended first aid for snakes, funnel web spiders, blue ring octopus and cone fish bites and stings. The pressure immobilisation method is designed to slow the movement of venom through the lymphatic system. It includes bandaging the limb firmly and then immobilising with a splint. The bandaging squashes nearby lymph vessels, which helps to prevent the venom from leaving the puncture site and immobilising the limb delays spread of venom as muscle movement is required to squeeze lymph through the vessels. The bandage should be firm but not tight enough to cause numbness, tingling or colour change to the extremities.

Keep the person calm and reassure. **DO NOT REMOVE** the bandage once applied. Seek medical assistance.

In an emergency – phone '000' for an ambulance and seek immediate medical help. If the person collapses or stops breathing you may need to apply CPR until help arrives.

Information: Better Health Channel Website

EMERGENCY NUMBERS

Police / Ambulance / Fire—000

Buchan Police—5155 9268

**Buchan Bush Nursing Centre—
5155 9222—Bus.Hrs.**

**Gelantipy Bush Nursing Centre
—5155 0274**

Hospitals—

Bairnsdale 5150 3333

Orbost 5154 6666

National GP Helpline

1800 022 222

Nurse-on-Call 1300 606 024



**For all EMERGENCIES
RING 000
then for medical emergencies
you may ring a nurse and if
available they may respond.**

**Out of Hours Procedure
Nursing staff are not obliged
to be available outside
normal opening hours but in
the event they are able to
respond to an emergency
then all workplace
entitlements will apply.**



BBNA Newsletter is on the Buchan Community Website: <http://buchan.vic.au>

Tips to survive the heat this summer



Drink plenty of water

Keep a full drink bottle with you. Take small sips of water frequently. If your doctor normally limits your fluids, check how much you should drink during hot weather.

Never leave anyone in a car



Never leave kids, adults or pets in cars – the temperature can double in minutes.

Visit the Department of Education and Training's Never Leave Kids in Cars for more information on kids in hot cars.

Stay somewhere cool



- Spend as much time as possible in cool or air-conditioned buildings.
- Keep yourself cool by using wet towels, putting your feet in cool water and taking cool (not cold) showers.
- Block out the sun at home during the day by closing curtains and blinds.
- Open the windows when there is a cool breeze.
- Stay out of the sun during the hottest part of the day.
- If you must go out, wear a hat and sunscreen and take a bottle of water with you.
- Dress yourself and those in your care lightly.
- Wear light-coloured, loose-fitting clothing made from natural fibres like cotton and linen.
- Eat smaller meals more often and cold meals such as salads.
- Make sure food that needs refrigeration is properly stored.
- Avoid intense activity like exercise, renovating and gardening.
- Watch or listen to news reports for more information.
- Don't forget your pets – a cool bath, wet towel to lie on, a place next to a fan and plenty of fresh water work just as well for animals.

Plan ahead

Keep up to date with weather forecasts – watch the news daily, check the BOM forecast online and read the current heat health alert on health.vic.

Cancel non-essential outings and plan essential activities for the coolest part of the day.

- Stock up on food, water and medicines so you don't have to go out in the heat.
- Visit your doctor to check if changes are needed to your medicines during extreme heat.
- Store medicines safely at the recommended temperature.
- Check that your fan or air-conditioner works well. Have your air-conditioner serviced if necessary.
- Prepare for power failures - ensure you have a torch, battery-operated radio, fully charged mobile phone or battery back-up, food items that don't require refrigeration, medications, plenty of drinking water and other essential items.
- Look at the things you can do to make your home cooler such as installing window coverings, shade cloths or external blinds on the sides of the house facing the sun.

Check in on others

- Look after those most at risk in the heat – your neighbor living alone, older people, young children, people with a medical condition and don't forget your pets.
- Keep in touch with friends and family who may need help. Call or visit them at least once on any extreme heat day.
- Encourage them to drink plenty of water.
- Offer to help family, friends and neighbours who are aged over 65 or have an illness by doing shopping or other errands so they can avoid the heat.
- Take them somewhere cool for the day or have them stay the night if they are unable to stay cool in their home.

Information: Better Health Channel Website

DECEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31		The Buchan Bush Nursing Association would like to acknowledge the Traditional Owners of the land on which we gather, and pay our respects to their Elders both past and present. 			1
2	3	4 Pathology	5	6 Pathology	7	8
9 Footcare 'Food, F/ship & Fun' Christmas lunch –12noon	10	11 Pathology Doctor's Clinic	12	13 Pathology	14	15
16	17	18 Pathology Carers Support Group	19	20 Pathology	21	22 Scrapbooking
23	24	25 PUBLIC HOLIDAY CENTRE CLOSED 	26 PUBLIC HOLIDAY CENTRE CLOSED	27 Pathology	28	29