

# BUCHAN BUSH NURSING ASSOCIATION INC. NEWSLETTER – JANUARY 2022

See insert for programs and calendar

## EMERGENCY NUMBERS

**Police / Ambulance / Fire—000**

**Buchan Police—5155 9268**

**Bush Nursing Centre —**

**Buchan 5155 9222**

**Gelantipy 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.**



## Coronavirus information

To stay informed, visit  
[www.health.gov.au](http://www.health.gov.au) or call the  
Coronavirus Health Information line  
on 1800 020 080, 24 hours a day,  
seven days a week.

**\*\*\* SANITISE & MAINTAIN  
SOCIAL DISTANCING \*\*\***

## HAPPY NEW YEAR TO BUCHAN AND DISTRICTS

We would like to thank staff, volunteers and service providers for persevering through these difficult times. We wish everyone an abundant and prosperous 2022.



## COVID-19 Vaccination Clinic

Gippsland Public Health Unit & RFDS COVID-19 Vaccination Booster Clinic will be held at the Bush Nursing Centre in January 2022 – Date to be advised.

**BOOSTERS are available 4 months after SECOND Dose.**

**The Pfizer vaccine will be available for everyone aged 5 years and over.**

**Please ring the Centre to express your interest.**



## Raizer Lift Chair

The Centre has utilised donation money to purchase a Raizer Lift Chair. Costing \$5,775.00. It is a battery operated mobile lifting chair that helps a fallen person up to a sitting position within a few minutes, minimising risk to staff.



[Raizer Lifting Chair - JD Healthcare Group Pty Ltd](#)

## DOCTOR CLINIC RESUMES 19<sup>th</sup> JANUARY 2022

Dr Jan Anderson (Male) from Orbost Medical Clinic will be visiting Buchan Bush Nursing Centre on the 19<sup>th</sup> January 2022.

As of 1<sup>st</sup> December 2021 **new charges apply.**

Cost to see GP will be \$60. Medicare Rebate is \$38

The fee gap will equate to approximately \$22.

Please contact the Centre to make an appointment.



Group and 1:1 Physiotherapy sessions through GLCH have commenced in Buchan. Contact via GLCH on Ph. 5155 8300 and request service to be provided in Buchan.

## PLANNED ACTIVITY GROUP IN BUCHAN

9.30am -2.30pm - at the Buchan Recreation Reserve Pavilion  
Morning tea, lunch and afternoon tea will be provided, all community members in the district are welcome. Drop in any time during the session even just for a cuppa. \$14.40 covers attendance and all food.

Dates for January 2022 - Monday 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup>

Call Kate on 0409 957 308 for any enquiries.

## Standard Mental Health First Aid Training (12 hours)

9<sup>th</sup> & 10<sup>th</sup> February 2022 9.30am - 4.30pm

At the Buchan Recreation Reserve.

Book at the Bush Nursing Centre or [www.trybooking.com/BVMRK](http://www.trybooking.com/BVMRK)

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BBNA Newsletter is on the  
Buchan Community Website:  
<http://buchan.vic.au>  
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## **CODE RED DAYS/EXTREME WEATHER OR FIRE DANGER**

The Centre will be open during normal operating hours. Home visits may not be available. The Committee of Management advises that the safety of staff members is their priority. Please ensure that you have adequate essential items e.g. medications, food, etc. to last a few days. It's important to stay aware of heat waves or days of high UV.

### **On fire risk days stay informed**

**During the fire season, it is up to you to stay informed.**

### **Where to find warnings and updates:-**

**Local News:** Listen to ABC Local Radio, commercial and designated community radio stations and watch Sky News TV.

**Online:** VicEmergency website:

[www.emergency.vic.gov.au](http://www.emergency.vic.gov.au)

**Hotline:** VicEmergency Hotline: **1800 226 226**

**Social Media: Facebook or Twitter (#vicfires)**

## **Heat stress – preventing heatstroke**

Heat stress occurs when the body becomes dehydrated and is unable to cool itself enough to maintain a healthy temperature. If left untreated, this can lead to heatstroke, which is a life-threatening medical emergency. Prevention is the best way to avoid heatstroke.

**People most at risk of heatstroke** - Anyone can suffer from heatstroke, but those most at risk are: people over 65 years, babies and young children, pregnant and nursing mothers, people who have existing medical conditions, people on medications for mental illness, those living alone and without air conditioning.

**Causes of heat stress** - There are many factors which can cause heat stress and heat-related illness, including:

**Dehydration** – The body cools itself by sweating, which normally accounts for 70 to 80 per cent of the body's heat loss. If a person becomes dehydrated, they don't sweat as much and their body temperature keeps rising. Dehydration may happen after exercise, diarrhoea or vomiting, drinking alcohol, taking certain medications and not drinking enough water.

**Lack of airflow** – working in hot, poorly ventilated areas.

**Sun exposure** – especially on hot days, between 11am and 3pm.

**Hot and crowded conditions** – people attending large events in hot or crowded conditions may experience heat stress which can result in illness.

**Bushfires** – exposure to radiant heat from bushfires can cause rapid dehydration and heat-related illness.

Bushfires usually occur when the temperature is high, which adds to the risk.

**Rest regularly in the shade and drink alcohol free fluids frequently.**

*Information: Better Health Channel Website*

## **Children and Water Safety**

Around 3 children aged from birth to 4 years drown every year in Victoria. Parents can reduce risks by actively supervising their child around water at all times, enrolling them in swimming lessons and taking precautions to reduce the risk of drowning around their home by restricting their access to water. It's advised that parents do a course in infant/child CPR/First Aid.

**Bites and Stings** - For minor allergic reactions, first aid approaches include: applying a cold pack to the area; applying soothing creams; taking oral antihistamines to help reduce itching. For large and painful areas of swelling, you may need to visit the Bush Nursing Centre or your doctor to seek medical assistance.

*Information: Better Health Channel Website*

## **BBNA current Committee of Management Members**

President: **Julie Cameron**

Snr. Vice Pres. & Consumer Rep.: **Janice Coates**

Jnr. Vice Pres. & Fundraising Officer: **Vicki Hanman**

Secretary/Treasurer: **John Rogerson**

OH&S Rep.: **Keith Greenwood**

Ordinary Members:

**Amanda Curlewis, Ellen Webb, Rodney Mitton, Michael Harper, Nicholas Baullo, Jarrod Carter & Regan Ireland.**

## **NEW FARMER HEALTH PROGRAM FOR BUCHAN DISTRICT**

Reminder the Bush Nurse Centre is running a program to help improve the health, wellbeing and safety of farmers, farm employees, agricultural workers and their families. This means doing Health and Lifestyle assessments both on farm or in the clinic. This is a fantastic opportunity, so please while we are going to contact people we are also happy for people to contact us. Phone Thursdays and Fridays ask for Dale to make an appointment.

## **Be Sunsmart – Think UV not heat**

Sunburn is the skin's reaction to too much exposure to ultraviolet (UV) radiation from the sun. You can see sunlight and feel heat (infrared radiation), but you can't see or feel UV radiation. It can damage your skin even on cool, cloudy days. During the daily sun protection times, use a combination of 5 sun protection measures to reduce your risk of skin damage and sunburn.

It's never too late for prevention, whether you're six months or 60 years old.



**Protect yourself in five ways from skin cancer**

## **RFDS WELLBEING PROGRAM**

Sessions are being offered at the Bush Nursing Centre or via telehealth according to current Covid-19 requirements.

Please ring the Centre to arrange an appointment or phone RFDS (03) 8412 0480 directly.