

BUCHAN BUSH NURSING ASSOCIATION INC.

NEWSLETTER – FEBRUARY 2023

See insert for programs and calendar

EMERGENCY NUMBERS

Police / Ambulance / Fire—000

Buchan Police—5155 9268

Bush Nursing Centre —

Buchan 5150 2400

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 or call the
Coronavirus Health Information line
on 1800 020 080, 24 hours a day,
seven days a week.

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

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

Orbost Medical Clinic

New GP Doctors Clinic roster for
Buchan. Dr Roisin Kinsella will run
a clinic every second Monday from 1pm-5pm
This will begin 6th February 2023

Upcoming dates will be

Monday 6th February Monday 20th February

Monday 6th March Monday 20th March

Monday 3rd April Monday 17th April

Please note fees may apply



2023 BBNA SURVEY

Enclosed is the BBNA
Consumer annual experience
survey. Please complete
survey and return to
Bush Nursing Centre, General Store or
Roadhouse by the 14th March 2023.
Extra surveys can be collected from BBNA.



Best Foot Forward

Podiatrist Ankush Madan

Next Buchan Clinic Dates – 2nd Feb 2023

Podiatrist cost - \$90 per appointment,



Medicare rebate \$46. If you have an Enhanced Primary Care
Plan from GP Medicare rebate is \$56 Community Aged Care
Packages are billed direct to package.

New number
on magnet

February is Heart Disease Month

Prevention is the best medicine. *8 in 10 cases of premature heart disease & stroke are preventable through healthy lifestyle behaviours.*

Heart disease is Australia's leading cause of death affecting families and communities around the country.

Wear RED this Feb and Donate



What to put in healthier school lunches

Try planning a healthy lunch box to start the school year. Talk to your children and discuss what they would be happy to have included. The six key parts to a healthy lunchbox include:

Fruit - best choices include fresh or tinned fruit. Dried fruit is sticky and high in sugar, so have it occasionally.

Vegetables - try fresh crunchy vegetable sticks with dip or a small container with mixed vegetables such as cherry tomatoes, carrot sticks, capsicum and cucumber.

Milk, yoghurt or cheese - you can use reduced-fat options for children over the age of 2 years. For children who cannot tolerate milk products, offer appropriate daily alternatives like calcium fortified **soy** or rice drink or soy yoghurt.

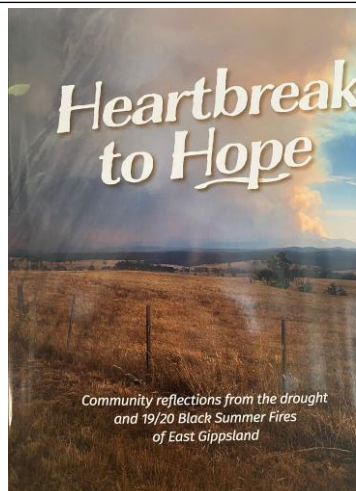
Meat or meat alternative foods - try lean meat (like chicken strips), a hard-boiled egg or peanut butter. If your school has a nut-free policy, peanut butter and other nuts should not be included in your child's lunchbox.

Grain or cereal foods - like a bread roll, flat bread, fruit bread or some crackers (wholegrain or wholemeal options).

Drinks - tap water is best.

Reference: Better Health Channel

Heartbreak to Hope is a collection of images and stories related to drought and Bushfire from East Gippsland communities. All proceeds will be donated to the six Bush Nursing Centres in East Gippsland. The book is available for purchase at the Buchan Bush Nurse Centre or visit <https://heartbreaktohope.bigcartel.com/> to order online.



Simple Steps to a Healthy Heart

Move

Keep moving at any age and at any level of fitness. Exercise has many benefits beyond simple fitness and flexibility. It stimulates the body's immune system, reduces blood thickening so it clots less easily, improves brain function and lowers blood pressure. Exercise can even prevent some forms of cancer. Research in older patients with age-related muscle wasting (also called sarcopenia) has shown that strength training was found to prevent disability, slow down dementia and reduce the risk of accidental falls. Independence and good health in later life are closely related to physical fitness.

Meals

Eat intelligently.

Good nutrition extends beyond just controlling your intake of cholesterol, calories and chocolate. There is also great benefit in understanding, for example, the important effects of trans fats (bad for you), polyunsaturated and monounsaturated fats (good for you). How the body metabolises different carbohydrates (sugars) and the impact this has on weight, diabetes and body fat deposits.

Research consistently shows that the right balance between food intake and exercise is vital for optimum weight, fitness and health.

Improved nutritional knowledge truly leads to improved health.

Measurement

Keep track of your health measurements.

This includes cholesterol levels, blood pressure, weight, sugar levels, waist circumference and exercise capacity. For years' health workers have understood the value of monitoring blood pressure, cholesterol levels, sugar level and body weight. To this we can now add the importance of measuring heart pump function (ejection fraction), exercise capacity (6 minute walk test), waist circumference, and kidney function, among many others. A close relationship between the family doctor and subject will optimise the way good health is measured and monitored.

Mental Approach

Stay optimistic.

Many studies show your state of mind can protect, as well as damage heart health. Important risk factors that may lead to heart disease include stress, anger and depression. They can be as damaging as high cholesterol levels in causing heart disease. Unaccustomed stress such as the loss of a family member can trigger heart attacks in an otherwise well individual. Conversely, a positive state of mind, a supportive community and personal happiness may help reduce the risk of a bad cardiovascular event. Reference <https://www.heartresearch.com.au/heart-disease/simple-steps/>