

COMMUNITY HEALTH REPORT

Community services continue to provide support and education for our communities. Once again Health Promotion Funding from the Hills Mallee Southern Regional Health Service (HMSRHS) has enabled us to support programs with a focus on children. In conjunction with CAMS, sessions on Parenting Skills have been held at Raukkan, Meningie, Coonalpyn and Tintinara.

Arthritis SA presented a session on What's new in Bones and Joints, as part of a Towards Wellness program in the region. Other health promotion activities are mentioned in specific reports.

A highlight of the year has been the outcome of the appraisal of our HACC services against the National Service Standards. Our services received the highest rating possible, which is very rewarding for those who work in these areas. Service improvement is a key component of our activities and we are always pleased to receive constructive feedback.

COONALPYN DOWNS COMMUNITY HEALTH SERVICE

The CDCHS continues to provide a range of services to the community and an increase in community visits has been noted. The Coorong Council HACC Funding via the Links Program does assist in service provision to outlying areas.

Health Promotion sessions on Parenting skills were well received at Coonalpyn and Tintinara. Feedback indicates that the participants were very pleased that this type of program was made available to them in their own areas. We were successful in obtaining a small community grant for Pap Smear Awareness Week to letter drop the women of the district with a gentle reminder of the importance of regular Pap Smears.

Office alterations have been completed at the Coonalpyn Health Centre and the increase in workspace is very much appreciated by the staff. Thank you to the Coorong Council and Meningie & Districts Memorial Hospital & Health Services Inc. for supporting this project. The rest of the Centre will be painted this year.

The Health and Leisure Group at Tintinara celebrated their 1st birthday in May. A steady increase in attendances has occurred over the year and it is very pleasing to see the group develop so successfully. Kay Millard, the co-ordinator, was successful with her application in the Grants for Seniors Program Funding round for funding to purchase cookware.

The staff continues to work over both sites and are always willing to provide the best service possible for their clients. Medical practitioners from Tailem Bend, Meningie and Keith continue to have clinic sessions regularly. Limited Allied Health services are also available from the Murray Mallee Community Health Service at Murray Bridge.

The CDCHS management committee was re-convened in March following the call for nominations. Meetings are now being held on a regular basis and we look forward to the input of members. Donations have been received by CDCHS during the year and we acknowledge the support of the donors.

OUTREACH NURSING

Client numbers have remained constant throughout the year but the increasing complexity of their needs ensures a busy workload. It is very satisfying to be able to assist clients remain at home and there is clear evidence that this will be a focus in the future.

An analysis of our client base shows that the average age is 75 yrs with 38.5% of those being 80 yrs +. In fact 25 % of our client base are 80 yrs + and live alone. Community support services such as Home Help and Meals on Wheels (M.O.Ws) are therefore vital in assisting people to remain in their homes.

It is anticipated that nursing services will be more readily available to the general community in the future as the focus shifts from the hospital and into care in the community.

ASTHMA

Asthma Clinics have been conducted in Meningie, Coonalpyn, Tintinara and Raukkan on a regular basis. 51 sessions have been held with a total of 110 clients attending. It is pleasing to see some on an annual basis now to ensure their asthma remains in control and to assist with further education. There have been 36 new patients.

Following an information session at Coonalpyn Primary School they decided to apply for Asthma Friendly status and have been successful in completing the required tasks. The school also held an information session with the Asthma SA Foundation for School staff in the region. I have also been invited to conduct an information session at C.D.E.P. Meningie and at a Coonalpyn Downs Health Centre Staff meeting.

In September 2003 I completed the Certificate of Asthma Education Course. During this year I have attended Asthma Educators information days, Spirometry courses, medication refresher and the Annual Asthma Conference.

DIABETES

The Diabetes Clinics are once again in full swing. Jane Harkness has assumed responsibility for clients with Diabetes in Coonalpyn and Tintinara on a needs basis, and I (Helma Rigney) look after the Meningie area and Raukkan.

Most Thursdays the Meningie Diabetes Clinic at the Hospital is open from 9am till 5pm and appointments can be made through the hospital Reception.

Since I started on a weekly basis in Meningie in July last year, I have managed to see, phone or write, to all clients on my books, and will by the end of 2004, hopefully have met everyone at least once for an education update.

Raukkan Clinics commenced in March this year on a monthly basis and have to date been well received. The Aboriginal Health Workers, Aboriginal Elders and myself are currently looking at ways to make this service more culturally appropriate and accessible.

I am currently doing my certificate in Diabetes Education at Flinders Uni, I also attend regional meetings and various associated days to keep in touch with what's happening in the rest of the region, have made hospital visits and visits to Jallarah, and have generally been warmly welcomed into the community.

Diabetes education continues to be supported financially by the HMSRHS and it is an important primary health care activity.

DAYCARE

During the last twelve months life here at the Day Care has been very full. The number of attendances has again increased from last year and has remained steady through out the year. As the staffing number has been the same since the inception of Day Care 15 years ago we have therefore relied heavily on our Volunteers to help with the increased workload. A special thank you to all our Volunteers who have helped in any way over the last twelve months.

We offer a planned monthly group activity programme, but individual activities (such as computer use, woodworking, card playing etc.) are also encouraged and supported. One to one support is available for clients with dementia & memory loss, mental or physical disabilities, and behavioral problems.

Programming includes an "Easy moves for Active Aging" exercise session on Thursdays from 10.30am – 11.30 am. which is run by a qualified volunteer. The number attending this group regularly has also increased this year.

Quality Activities

A Volunteer questionnaire and review was held in January 2004, as a result of which we increased the number of volunteers in the kitchen to help cope with the extra workload.

A Service Quality survey on several aspects of the Day Care eg. (transport, meals, programming etc.) was done in April 2004 with the general consensus being that the clients are quite happy with the existing format.

ABORIGINAL HEALTH

During the last twelve months the Aboriginal Health Workers team increased. The following workers employed are:

Sandy Wilson 1.0 Aboriginal Health Worker Meningie

Eunice Aston 0.4 Activities Coordinator funded by Coorong Council HACC / Links Program for Aboriginal Elders across Meningie-Raukkan, 0.4 CDEP- two-day women's health program.

Darryl Cameron 0.8 Aboriginal Health Worker Focus Men's Health across Meningie and Raukkan. Positions commenced on 4th May 2004

Gloria Wilson 1.0 Aboriginal Health Worker Raukkan commenced Oct 2003.

The team has been involved in developing a range of activities and programs

Listed below are some examples:

Newsletter: Provide information to Aboriginal people on health and includes other relevant issues from Hills Mallee Southern Regional Health Services.

Social Community Issues: Home visits, Surveyed women's, men's and Elders health needs [HACC]

Resources: (SA Regional First Steps Document used as reference and Aboriginal Primary Health Care Access Program health needs)

Health Promotion Services Delivered:

Dementia Training with Amanda Bosworth

Men's Health – Developed Program 2004.

Antenatal Care.

Local and Regional Women's Meetings. Including consultation.

Family Wellbeing Counselling Training Personal Development Program for women (Funded by HMSRHS Mental Health promotion funding).

Vaccinations-CDEP: Dr Michael Kerrigan – (good attendance), Dawn Gunn (Division of General Practice) attended- Community Breakfast supplied.

One Stop Women's Health Shop Workshops: (funded by Aboriginal Cervical screening program) Dr Deborah Kerrigan (Education Osteoporosis, Hysterectomy Shine SA, assisted in the planning of the Peer education Youth program delivered by Ngruwarrin Youth Team Murray Bridge to students at Meningie Area School students aged 13 –16yrs and a 2 day Camp for 17 – 26yr at Camp Coorong.

Monthly Diabetes Review Clinic Murray Bridge [using DCA 2000 Machine] including screening for Chronic Disease Renal Disease, Diabetes Heart Disease.

International Women's Day - Convention Centre March 11th 2004 Elders attended from Meningie –Raukkan.

Social Well-Being. Pampering hair care followed by a Girls Night Out at Mt Barker.

Counseling Course Social & Emotional Well Being Stage 3 & 4

Home visits - Health awareness & Advocacy and Liaison.

Anxiety & Depression workshop.

Elders Luncheons Local & Regional - Meningie and Raukkan, Coorong Wilderness Lodge Hacks Point & Narrung.

Meningie Raukkan Elders Excursion to Mt Gambier.

Suicide Prevention Everybody's Business

Showcase Day Mental Health Promotion

Point of Care in Aboriginal Hands: Sandy Wilson. Screening for early detection of Chronic Diseases is ongoing in Meningie, Raukkan and Murray Bridge, Sandy is also working in partnership with Dr Sam Crafter Women's & Children's Hospital, Dr Michael Kerrigan & Verna Koolmatrie (Aboriginal Education Worker) screening Aboriginal students Rec-Yr12 at Meningie Area School.

Regional Health Fair Day - Lower Murray Nungas Club. (Displays from services across Hills Mallee Southern Region including Muna Paiendi Health services from Elizabeth.)

NAIDOC Week 2004 a variety of activities attended.

Hospital Liaison - **Visited Aboriginal people**

Diabetes Program - Supported Diabetes Educator on visits to Raukkan.

Meetings

Aboriginal Primary Health Care Workers [APHCW] Forum for HMSRHS

Regional Aboriginal Health Workers Meetings

NAIDOC Meetings

Health Fair Committee

International Aboriginal Women's Healing Workshop Glass House Mountains QLD

Education

Nunga Diabetes Program-Review HMS Diabetes Integrated Care Program

Aboriginal Primary Health Care Certificate 3

Darryl Cameron currently being undertaken

Gloria Wilson currently being undertaken

Aboriginal Primary Health Care Certificate 4

Sandy Wilson - Completed

Eunice Aston currently being undertaken

Elizabeth Warnes
Outreach Nurse Co-ordinator

Sandy Wilson
Aboriginal Health Worker

Helma Rigney
Diabetes Educator

Leanne Biddle
Day Care Activities Supervisor

Robyn Miegel
Asthma Educator