



# Health Service News

Autumn 2018

## What's in this issue...



Louitt Bay Walk every Monday morning.



Cardiac Sonographer in Lorne

### Other Stories include:

- Meet our new staff members
- Health Coaching
- New flu vaccine for the elderly
- Services on offer
- LCH at Home

## Future partnership looks bright.

Over the past three months the Boards of Management of Otway Health and Lorne Community Hospital explored further opportunities for sharing of resources and potential partnership in new health initiatives.

In summary, these discussions found that by working closer together, we expect to see:

- Increased scope and quality of health services delivered locally;
- Enhanced sustainability and increased stability of GP services along the coast;
- Benefits from improved operational efficiency that can be directed towards enhancing patient care;
- Improved operational effectiveness that improves quality and patient safety; and
- Increased attraction of additional high calibre staff.

Each health facility would continue to operate their Urgent Care, Acute Care and Residential Aged Care services, just as they do now.

It is important the communities are involved in helping shape their health services and to communicate the priorities that are of most importance to them.

To enable this discussion, a series of talks will be held where community members can meet with the Board and Management. These talks are designed to facilitate two-way conversations that will help the two health services understand community needs as we move forward.

'Tea Talks' will commence in April. To register your interest to attend a 45 minute session, please contact:

### Otway Health

E: CAC.OH@swarh.vic.gov.au  
P: (03) 5237 8500

### Lorne Community Hospital

E: info.lorne@swarh.vic.gov.au  
P: (03) 5289 4386

Free Community Newsletter

Enjoy this FREE newsletter. Please remember that decisions about medical care should be made in consultation with your health care provider so discuss with your doctor before acting on any of the information.



## Louttit Bay Walk

Come and join our Physiotherapist Bill Reynolds for a 35 -40 minute walk at your own pace, around Louttit Bay.

This will be a great opportunity to meet new people, gather exercise tips from our health professionals and have fun!

So join Bill every Monday from 9.30am - 10.30am. Meet at the Lorne Surf Life Saving Club and make sure you pack some loose change for a coffee.

No bookings required. Simply turn up with your drink bottle and a smile. If you have any further queries, please contact 5289 4316.

## Health Coaching

The Lorne Medical Centre has introduced Health Coaching for people with chronic illness, such as asthma or diabetes. Health coaching can be defined as helping patients gain the knowledge, skills, tools and confidence to become active participants in their care so that they can reach their self-identified health goals.

### Who is eligible?

People with or at risk of:

- Cardiac disease (high blood pressure, cholesterol, stents, bypass etc.)
- Asthma
- Diabetes
- Lung Disease (emphysema, bronchitis)

People with injuries such as back pain, rotator cuff, hip replacement are also welcome. We also run a wide range of exercise programs, most days of the week.

For further information about our Health Coaching, please contact the Lorne Medical Centre on 5289 4333.



## Cardiac Sonographer in Lorne

Dr Jayne Graves, Cardiac Sonographer will be based at the Lorne Medical Centre every second Friday.

Jayne is the Director of Otway Heart. She completed her Bachelor of Science Degree with Honours in Neurophysiology at the University of Adelaide. It was in Adelaide that she embarked on her career in Cardiac Technology. Jayne has worked in the areas of Cardiovascular research at the University of Colorado in Boulder, Management at St. Vincent's Hospital, Clinical Specialist role with GE Medical and also across all clinical areas within Australia and the USA. Jayne currently specialises in managing Otway Heart and performing Echocardiogram and Stress Echo tests at clinics throughout Victoria.

### About Otway Heart

Being faced with a heart condition can be a very emotional and stressful time for both you and your entire family. At Otway Heart we strive to provide compassionate and personalised care in investigating various aspects of the heart function from chronic arrhythmias to heart attack. Our goal is to improve the quality of life for all our patients and ensure that you are well informed of the Cardiology care available. We have an experienced team of Cardiologists, Sonographers and Technologists who are dedicated to the prevention, management and reduction of the risk of cardiovascular disease. We derive great professional and personal satisfaction in exceeding the expectations of our patients and referring Doctors. Our passion for our work comes from our heart.

To find out more information on Otway Heart, visit [www.otwayheart.com.au](http://www.otwayheart.com.au) or phone the Lorne Medical Centre on 5289 4333. All appointments will require a referring Doctor, so please let your Doctor know that this service is now available in Lorne and Apollo Bay. Medicare rebates and bulk billing apply.

## MEET our new Doctor

Dr Evans grew up on the Bellarine Peninsular and has always had a passion for health and wellbeing. He worked extensively within the fitness industry for 9 years whilst undertaking both undergraduate studies in biomedical science and further postgraduate study in medicine at the University of Melbourne. With additional training and qualifications in Emergency Medicine, he also has special interests in sports medicine working with local football teams including the Geelong Falcons over the past 2 years and rural medicine.



## MEET our new Community Engagement Coordinator

Corrina originally hails from Ballarat but has lived overseas and in other parts of Australia, before moving to the coast 5 years ago. She has worked in private industry, education and local government in a variety of roles, and her new position as Consumer & Community Engagement Co-ordinator with LCH will be her first role in the area of Health Services. She has a keen interest in community engagement and looks forward to working with the local community to gain their feedback and input into the delivery of health services. Corrina will work between the Lorne Community House and Lorne Community Hospital.



### Please support our 2018 Annual Appeal - Keeping our Community Active

Donations can be made online at [www.lornecommunityhospital.com.au](http://www.lornecommunityhospital.com.au), in person or via cheque or credit card. For further information, please contact Katy Kennedy, Fundraising Coordinator on 5289 4300.

## New FREE flu vaccine for people aged 65+

In an attempt to avoid a repeat of last year's horror flu season, Health Minister Greg Hunt announced the Government would fund two new flu vaccines in 2018 to try to better protect the elderly.

While influenza affects people of all ages, infections among the elderly are more likely to require hospitalisation or cause serious complications such as pneumonia and heart attacks. Of the 1,100 Australians who died last year from flu-related causes, 90 per cent were aged 65 and over. The two free vaccines for over-65s work in different ways: FluZone High Dose is a high-dose version; Flud adds an additional ingredient to boost its effectiveness. Both are recommended for use only in people aged 65 and over.

### How much better are these vaccines than the current vaccine?

Compared to the standard flu vaccine, the high-dose version has been shown to better stimulate the immune system of older users to make protective antibodies.

### Are the new vaccines safe?

Both vaccines are safe, but commonly cause mild side effects, and very rarely can cause serious side effects. However, these risks from the vaccine are less than from getting influenza infection.



## Lorne Community Hospital Services

- Acute Care
- Advanced Care Planning
- Alcohol and Drug Recovery
- Audiology
- Cancer Support
- Counselling
- Diabetes Education
- Dietitian
- District Nursing
- Exercise Classes
- Exercise Physiology
- General Practice
- Group Activities
- Haemodialysis
- Health Coaching
- Health Promotion
- Heart Function Testing
- Home Care
- Lung Health
- Men's Health
- Men's Health
- Maternal & Child Health
- Meals on Wheels
- Occupational Therapy
- Optometry
- Physiotherapy
- Podiatry
- Postnatal Care
- Psychology
- Massage & Bowen Therapy
- Residential Aged Care
- Telehealth
- Transport Service
- Smoking Cessation Clinics
- Social Worker
- Urgent Care
- Volunteer Program
- Women's Health
- X-Ray

### Did you know that the Lorne Community Hospital offers a home care service?

**LCH at Home** is an accredited Home Care Package provider. Getting the right support to live at home independently and safely is very important. As your need for assistance at home increases you may become eligible for a Home Care Package. A Home Care Package is a Commonwealth-funded, coordinated package of services, tailored to meet your care needs. A Home Care Package is assigned to you, and allows you to choose a provider that will give you the support and services to suit your circumstances.

It's never been easier to get the right support to live at home safely and independently. We take the stress out of organising your care needs by making all of the arrangements on your behalf.

Simply call us today on (03) 5289 4316 and speak to a member of our friendly Community Care Team.



[www.lornecommunityhospital.com.au](http://www.lornecommunityhospital.com.au)

