



# Bullinah Aboriginal Health Service Newsletter

1st QUARTER 2018

## **BULLINAH ABORIGINAL HEALTH SERVICE**

**Monday - Friday**  
**8.30am**  
**to**  
**5.00pm**  
**Tel: 6681 5644**

## **CHILD & MATERNAL HEALTH CLINIC**

**Monday, Tuesday &  
Fridays**  
**Tel: 6681 5992**

## **CABBAGE TREE ISLAND CLINIC**

**Thursdays**  
**10am – 3.30pm**  
**Tel: 6683 4732**

## **TACKLING INDIGENOUS SMOKING TEAM**

**Monday - Friday**  
**8.00am - 400pm**  
**Tel: 6686 3607**

### **CABBAGE TREE ISLAND**

#### **(JALI) HEALTH CLINIC RE-OPENS**

After a lengthy stint of closure for renovations, Cabbage Tree Island (Jali) Health Clinic has re-opened.

Boasting two new GP consultation rooms, a new nurses station and a lunch/board room equipped with teleconference facilities, along with the other pre-existing rooms, Jali Clinic is ready to service the community's health care needs.

There will be an Aboriginal Health Worker, Nurse and GP working from the clinic every Thursday from 10am.

Bullinah is working to secure a doctor for Monday clinics in the future. Keep an eye out on Facebook and future newsletters for further announcements.

Bullinah would like to thank the community for their patience and understanding throughout the renovation period.



Side entry with new ramp & steps



Rear of the clinic



Nurses room

## NEW CEO APPOINTED AT BULLINAH ABORIGINAL HEALTH SERVICE

The Board of Directors are pleased to welcome Associate Professor Dea Delaney-Thiele as the incoming CEO.

Dea is highly experienced and credentialed having worked for Children Australia Inc., Aboriginal Medical Services Western Sydney, NACCHO, NSW AH&MRC and the AMS in Redfern.



Dea will be working on the 2017-2020 Strategic Plan alongside the Board of Directors.

When you visit Bullinah AHS next feel free to drop in and meet Dea.

### **BULLINAH'S PRIVACY POLICY**

All client records, communications and interactions are bound by Bullinah's Privacy Policy. All Bullinah staff, contractors and visiting health professionals have signed confidentiality agreements. This means that your personal details will only be shared with your consent and will only be discussed when relevant to your ongoing care.

**DO YOU SUFFER FROM ASTHMA?  
DO YOU HAVE A CURRENT ASTHMA PLAN?  
IF NOT, SPEAK TO YOUR GP  
TODAY ABOUT GETTING AN ASTHMA PLAN DONE.  
BE PREPARED FOR THIS  
WINTER**

# BULLINAH ABORIGINAL HEALTH SERVICE IS 10 YEARS OLD



COME AND HELP US CELEBRATE OUR 10TH ANNIVERSARY  
(2008 - 2018)

WHEN: 7th April 2018  
WHERE: Missingham Park  
Kingsford Smith Drive  
BALLINA  
TIME: 11.00am - 2.00pm

THERE WILL BE ARTS & CRAFTS, DANCING, LIVE MUSIC,  
TRADITIONAL INDIGENOUS GAMES AND A SAUSAGE SIZZLE  
WE HOPE YOU CAN JOIN US.

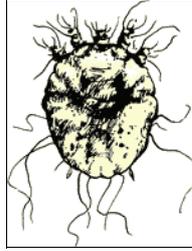
FOR MORE INFORMATION CALL BULLINAH ON 6681 5644.

## BRAIN BUSTER QUIZ - "Your Body"

1. Where in the body is the scapular muscle?  
Answers:- Knee; Shoulder, Head, Arm
2. What is the name of the only bone in the body not connected to another?  
Answers:- Axis, Ulna, Femur, Hyoid
3. According to the Red Cross, what is the most common Blood Type?  
Answers: Blood type A, Blood type O, Blood type B, Blood type AB
4. What is the smallest bone in the human body?  
Answers: Stapes, Pinna, Clavicle, Fibula
5. Where in the body is the thyroid found?  
Answers:- Stomach, Underarm, Head, Neck
6. Can the body generate new brain cells?  
Answers:- Yes, No
7. What body system do the skin, hair and nails belong to?  
Answers:- Circulatory System, Skeletal System, Integumentary System, Digestive System

Answers on  
Page 9

## SCABIES



**What are Scabies?** Scabies is an infestation of the skin caused by the scabies mite *Sarcoptes scabiei* (see image). The mite is very tiny, 0.2 mm to 0.4 mm long, and cannot easily be seen without magnification. It occurs worldwide and in all races and social classes. Scabies is not an indication of poor hygiene.

**How scabies is spread:-** Scabies is usually transmitted by direct skin-to-skin contact, or rarely, by underwear or bed clothes that have been freshly contaminated by an infested person. The mites can survive for only a few days off the human or animal body.

**Signs & Symptoms:-** Scabies and other mites usually infest the skin especially where there are creases, such as:

- between the fingers
- on the front of the wrists
- in the folds of the elbows, armpits and buttocks
- genitals

Thread-like tunnels about 10mm long may be visible as grey lines in the skin, but are often hard to detect. Scabies infection may appear on the genitals as small itchy lumps.

**Diagnosis:-** Scabies and other mites that cause skin disease are diagnosed by examining skin scrapings with a microscope.

**Incubation period:- (time between infested and developing symptoms)**

Itching begins 2 to 6 weeks after infestation in people not previously exposed to scabies and within 1-5 days in people previously exposed.

**Infectious period:- (time during which an infested person can pass on infestation to others)**

Until the mites and eggs are destroyed by treatment. People can be infectious even before the itching begins.

**Treatment:-** Skin disease caused by mites can easily be confused with other skin diseases. Treatment should not be undertaken until the diagnosis has been confirmed by a doctor, following examination of skin scrapings for mites. This is particularly important for babies, pregnant women or people who already have other forms of skin disease. Babies under 12 months of age need special treatment. Treatment involves application of insecticidal cream, lotion or solution as prescribed by a doctor. Speak to your doctor on what you should do and how to apply topical scabicides.

**Prevention:-** Individuals with scabies should not attend childcare; preschool; school and work until 1 day after treatment. People living in the same household should be treated at the same time and all bed linen, towels and clothing should be washed (hotter than 50 degrees Celsius) or hot tumble dried to kill the mites. Mattresses should be vacuumed.

**For more information speak to your GP.**

Article obtained from <http://www.sahealth.sa.gov.au>

## IMPORTANT HEALTH DATES

### APRIL

24th-30th  
World Immunisation  
Week

### MAY

Lung Health  
Awareness Month  
[lungfoundation.com.au](http://lungfoundation.com.au)

6th-13th  
Pneumonia Awareness  
Week  
[lungfoundation.com.au](http://lungfoundation.com.au)

10th  
World Lupus Day  
[www.facebook.com/  
lupus.foundation.au](http://www.facebook.com/lupus.foundation.au)

20th-27th  
Schizophrenia  
Awareness  
Week  
[www.mifa.org.au](http://www.mifa.org.au)  
Tel: 1800 985 944

Exercise Right Week  
21st-28th  
[exerciseright.com.au](http://exerciseright.com.au)

31st  
World No Tobacco  
Day  
Tackling Indigenous  
Smoking  
Tel 6686 3607

### JUNE

Bowel Cancer  
Awareness Month  
[www.bowelcanceraustralia.  
org](http://www.bowelcanceraustralia.org)

18th-24th  
World Continence  
Week  
Tel: 1800 33 00 66  
[www.continence.org.au](http://www.continence.org.au)

### Help stop sickness from spreading

With contagious illnesses like the flu having such an impact on our community, it is important that we all play our part in reducing the risk of these conditions spreading.

Illness can spread through droplets (from coughing and sneezing), or contact (touching another person or something another person has touched).

Make sure you wash your hands regularly, and use our hand sanitisers available at reception, and in the waiting room.

If you are feeling sick, Especially if you are suffering from diarrhoea, vomiting, or flu like symptoms please let reception know so we can work together to reduce the risk of these conditions spreading - (this may mean using masks, gloves, vomit bags, and separate waiting areas).

If you attend any of our groups (cooking, exercise, mums and bubs, etc.) please think about seeing one of our doctors rather than attending the groups while you are unwell.

#### Medical Students at Bullinah!

Bullinah has a number of medical students attending the service all year round.

Please make them feel welcome and feel free to share your stories with them.

Please let the doctors know if you do not wish to have a student present for your appointment.

#### Registrars

Bullinah has a new GP Registrar, Dr. Richard Taylor, who commenced working at Bullinah in February this year.

A GP registrar is a qualified doctor training to specialise in general practice.

Dr Richard Taylor is here Monday, Wednesday, and Thursdays.

Please make him feel welcomed.

#### Feedback/Suggestion Box

Bullinah is committed to tailoring our services to best meet the communities needs. Please use the suggestion box and feedback / suggestion forms to provide any constructive feedback about our service.

#### Changes to Mums & Bubs Clinic Hours

Bullinah's Child & Maternal Clinic has had a change in it's hours of operation.

The Mums & Bubs clinic, as it is commonly known, is open on Monday, Tuesday, Wednesday and Fridays. The new operating hours are as follows:-

##### **By appointment only**

11.00am - 4.00pm  
Monday, Tuesday & Friday

##### **Walk-in clinic**

9.00am—11.00am  
Monday, Tuesday & Friday

##### **Mums & Bubs Group**

10.00am—12.00pm  
Every 2nd Friday

## 6 TIPS FOR HEALTHY WEIGHT LOSS

### Cut back on refined sugars

Refined sugars are those that are unnaturally added to foods and drinks.



Sweetened drinks such as cola and juice are one of the biggest culprits for weight gain. They give you a lot of extra calories, hardly any nutrients and they don't fill you up. Cutting out soft drinks could result in more than 2 kilograms of weight loss per month for some people.

### Eat breakfast everyday

If you start the day with a meal that is high in fibre and contains some protein (e.g. muesli & yoghurt or baked beans on grainy toast) you are less likely to binge on unhealthy foods later in the day. Plus you are less likely to get those mid-afternoon energy slumps and sugar cravings. In turn, this should help assist weight loss by reducing your intake of excess calories.

### Keep a food-diary

For one week, try writing down every meal and snack you eat. This makes you a whole lot more mindful of what and how much you are eating. One study showed that keeping a food-diary can double a persons weight loss.

### Eat more mindfully

What does this mean? Well, have you ever eaten dinner in front of the TV, with out even realising that you finished your meal? This is mindless eating. To practice mindful eating, aim to consume your meals at the dinner table, use all your senses when eating (look at your food, smell it, taste it, hear it, appreciate it), chew your food really well, eat nice and slowly, and identify when you are 80% full.

When we eat mindlessly, we often over-eat, which in turn can result in weight gain. Mindful eating allows us to enjoy our food more, plus helps with weight loss.

### Eat more beans

Baked beans, kidney beans, 4 bean mix and any other beans. Beans are super high in fibre (help you go to the toilet), contain good amounts of protein (maintains your appetite) as well as low G.I carbohydrates (long lasting energy).

By eating beans in place of animal meats a few times each week, we can decrease the fats and calories we consume, which in turn will assist in weight loss. Try baked beans on toast, bean burritos or chickpea curries.

### Get more sleep

Studies show that when we don't get enough sleep, we have an increase in hormones that make us more hungry. This causes us to eat more food, including increased cravings for high sugar foods.

What can you do? Aim for 7-9 hours of sleep each night, avoid caffeinated drinks after 2pm, get a bit of sun each day, and move your body (exercise). Good quality sleep will help you lose weight.

If you would like more information about the rights foods to eat, speak to your doctor about getting a referral to see our Dietician Josh.



## SOLID MOB UPDATE

### *Macadamia Castle Fun Day*

On Wednesday the 24<sup>th</sup> of January, Bullinah Solid Mob partnered with Bunjum Aboriginal Corporation and Ability Links & Early Links Program, to run a family fun day for Aboriginal Youth with a disability and their families/carers.

The families met the team at the Macadamia Castle at 10 o' clock for four hours of fun and entertainment. The reptile show, animal feeding and petting and putt putt golf were just some of the activities enjoyed by all.

Solid Mob provided tobacco information to the adults of the group, offering their tobacco cessation support to any community members wanting to quit.



Lucy & Garry McKenzie enjoying the company of a water dragon



Jake Kapeen and Sylvie Webb feeding a baby goat.

### ***Coming Up with the TIS team***

#### **Tobacco matters**

1. **SolidMOB** will be hosting **Quit skills 3-day course** on 1 – 3 May 2018. This course aims to provide health professionals and community ambassadors /role models the confidence and information to:

Provide smoking cessation interventions to people who smoke  
Provide information and advice on smoking and smoking cessation

There are limited places available, so if you are interested please call the Solid Mob

2. The team will be out and about across the region promoting the benefits of never becoming a smoker through workshops, school-based programs and community events.

The team will be involved with the following events:

- ◆ Becoming a Woman Camp Maclean
- ◆ Close the Gap Day Tweed Heads
- ◆ Kinship Festival Murwillumbah
- ◆ Youth Day Kyogle and Ballina

Solid Mob would like to hear from you and your family about how we can continue to support tobacco control in your community through activities and events in 2018.

To have a yarn about your ideas do not hesitate to ring the Regional Tobacco Coordinator on 6686 3607 during 9am – 5pm Monday – Friday.

## DOCTORS WORKING AT BULLINAH ABORIGINAL HEALTH SERVICE

Dr. Jane Burgess

Dr. Kayte Evans

Dr. Dan Ewald

Dr. Francesca O'Neill

Dr. Carlos Perez-Ledesma

Dr. Eric Sambaiew

Dr. Frank Schultheiss

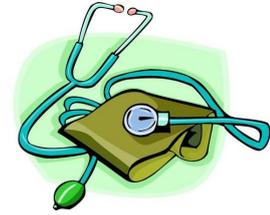
Dr. Stephen Skov

Dr. Erin Stalenberg

Dr. Monica Taylor

Dr. Richard Taylor (Registrar)

**Have you had a health  
check in the past 12  
month?**



**If not, come into  
Bullinah for your  
yearly health check.**

Most of us don't normally see the doctor if we don't feel sick, but the best way for us to make sure we stay healthy is to see the doctor at least once a year for a health check.

A health check is whole of life look at your health which helps to pick up any issues early and treat them before they become big problems, just like when you get your car serviced.

Every Aboriginal person is eligible for a full health check once a year.

A health check also allows you to claim Medicare rebates for future allied health appointments - e.g. psychologist, podiatrist, and many more which means less money out of your pocket for those services.

Call Bullinah on 6681 5644 today to book in for your next health check.

## BULLINAH BURNERS

Bullinah has entered a team in to the Knockout Health Challenge again this year which starts on the 26<sup>th</sup> of March 2018.



We have 22 keen participants signed up ready to go, but anyone is more than welcome to come along and join in.

Exercise sessions will be on Mondays at the Kentwell Centre from 5.15pm - 6.30pm and Thursday at the Riverside Gym from 12pm-2pm.

Please encourage each other to turn up, even if you are not part of the group. Make an appointment with our exercise physiologist Mark to discuss any concerns you may have around physical activity or injuries.

**GO THE BURNERS**



WORD SEARCH

Dental

E	I	G	U	M	S	S	O	L	F	T	L	I	C
Y	F	E	Z	U	A	G	T	I	H	A	A	O	A
G	L	B	R	A	C	E	S	R	N	S	M	H	M
Y	U	N	A	I	A	D	E	A	T	P	G	D	A
T	O	P	O	I	R	A	E	E	O	N	D	E	L
I	R	S	R	I	D	S	R	S	I	T	T	R	G
V	I	N	L	E	T	I	I	Z	U	S	I	E	A
A	D	L	R	H	L	T	E	F	A	S	N	Z	M
C	E	S	E	I	E	E	O	P	R	C	O	I	Y
S	A	T	Z	O	R	R	H	H	O	A	I	T	H
O	I	E	M	F	C	T	I	L	R	L	T	I	P
C	R	D	S	E	O	C	E	I	R	E	C	N	O
G	I	T	P	O	H	O	Z	R	I	R	U	A	R
O	T	S	T	T	P	E	S	R	M	S	S	S	P

- SCALERS
- AMALGAM
- FORCEPS
- BRACES
- FLUORIDE
- COMPOSITE
- STERILIZER
- DRILL
- GUM
- PROPHY
- FREEZING
- THREADERS
- MIRROR
- SANITIZER
- TOOTHPASTE
- CAVITY
- ANAESTHETIC
- SUCTION
- GAUZE
- FLOSS

**Flu Season is almost**

Last year's flu season had a huge impact on the community. Let's work together to protect ourselves this flu season.

If you feel sick with flu like symptom's when you visit the doctor, to stop the risk of spreading infection, please ask Reception

Bullinah will provide free vaccines to clients from mid April. The earlier you can be vaccinated, the better.



**BRAIN BUSTER QUIZ ANSWERS**

1. **Shoulder**
2. **Hyoid**
3. **Blood type O**
4. **Stapes**
5. **Neck**
6. **Yes**
7. **Integumentary system**

CHILDREN'S HEALTH CORNER

# Healthy Foods!



carrot



lemon



strawberry

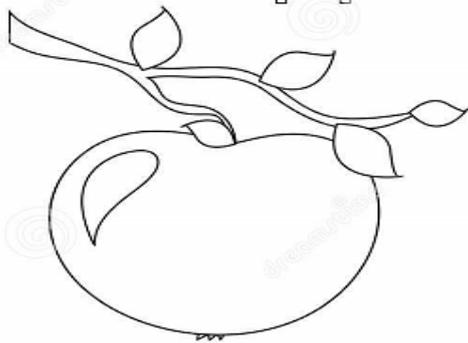


apple



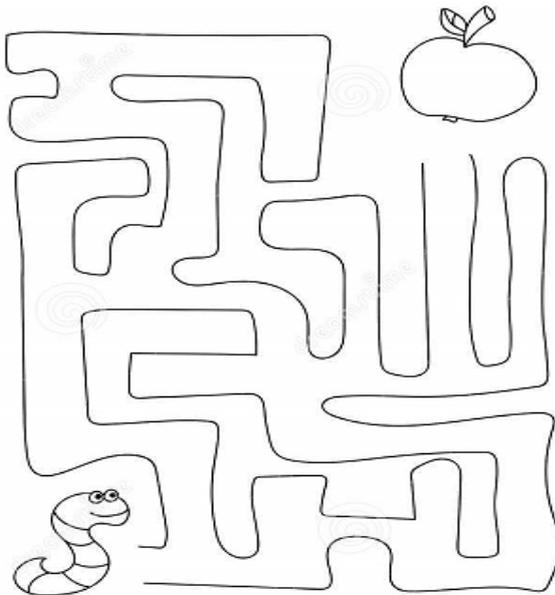
grapes

Aa Apple



A

a



## BILLING ARRANGEMENTS

Bullinah Aboriginal Health Service  
is a bulk bill service.

### Special Health Service Notes

#### WHO CAN ACCESS THE SERVICE

Bullinah is an Aboriginal Health Service and all Aboriginal and Torres Strait Islander peoples are able to access Bullinahs' doctors and other physicians.

#### PERSONAL HEALTH INFORMATION

Your medical record is a confidential document. It is the policy of this Health Service to maintain security of personal health information at all times and to ensure that this information is only available to authorised staff members.

**REMINDER SYSTEM** - Our health service is committed to preventative care. We may issue you with a reminder notice from time to time offering you preventative health service. If you do not wish to be a part of this service, please inform the doctor.

#### YOUR COMMENTS & FEEDBACK

- on our health service are always welcome. If there is any way we can improve for your benefit, we will. If you have a problem we would like to hear about it. Please feel free to talk to your doctor, Clinical Service Manager, Receptionist or you may prefer to fill in one of our feedback form located at the front reception desk.

## BULLINAH ABORIGINAL HEALTH SERVICE

### OUR SERVICES

**We have expertise and experience in:**

- Aboriginal Health
- Child Maternal Health
- Immunisations & vaccinations
- Chronic Disease Management
- Diabetes checks
- 715 Health Assessments
- Women's & men's health & wellbeing
- Wound management
- Preventative health
- Outreach clinics
- Tackling Indigenous Smoking

**We manage:**

- Chronic illnesses
- Mental health issues
- Smoking cessation
- Weight control
- Travel medicine
- Health assessments

**We can perform minor procedures and other testing:**

- Doctors can perform suturing of wounds, insertion of hormone implants and IUD's
- Nurses and doctors can perform pregnancy tests, ECG's, respiratory function tests, basic vision tests.
- Health Workers can perform blood sugar level tests, measure your blood pressure & screen as part of a health assessment.

**Other Services:-**

*Visiting Specialists & Allied Health such as:-*  
Podiatrist; Exercise Physiologist; Psychiatrist;  
Social Worker; Diabetes Nurse Educator;  
Paediatrician; Psychologist; Dietician;  
Pharmacist; Optometrist; Gynaecologist;  
Liver Clinic Nurse; Mental health nurses &  
Audiologist

***If you have a current health assessment,  
Allied Health Services are bulk billed.***

## BULLINAH'S WEEKLY GROUPS

### COOKING GROUP

**THURSDAYS 10AM–12PM**

Meet new people, help prepare a healthy meal & best of all, eat the meal you cooked for lunch.

### EXERCISE GROUP

**MONDAYS  
5.30PM–6.30PM**

**Kentwell Centre  
20 Bangalow Road  
BALLINA**

### MUMS & BUBS GROUP

**EVERY 2ND  
FRIDAY  
10AM-12.00PM**

**113 Tamar Street  
BALLINA**

## TUCKER TALK

### 2 Ingredient Oatmeal Cookies



## TWO INGREDIENT OATMEAL COOKIES

### This is what you need:

- 2 medium sized ripe Bananas
- 1 cup rolled oats
- optional – your choice of add ins



Ideas for good,  
healthy food

### This is how you do it:

- Preheat the oven to 180°celsius and line a biscuit tray with baking paper.
- Mash the bananas and then add the oats. That's it! Easy, huh?
- Shape into walnut sized balls with your hands or a teaspoon.
- Flatten down slightly.
- Bake for around 15 minutes or until the biscuits firm up.
- Store in the fridge or freezer in an airtight container.