



Newsletter

March 2018



Inside of the new Pathways to Preschool Clinic at Nunyara (pictured above) and our new GP Dr Tracey Landon (right), consulting on Thursday and Fridays.



NEW CLINIC OPENED AT NUNYARA

The new Pathways to Preschool medical clinic has now been completed at Nunyara, offering services to children aged 0 to 5 years and their families.

Although the clinic has not held its' official opening as yet, the clinic is fully operational with staff moving in earlier this month. A new doctor, Dr Tracey Landon, has also commenced work at Nunyara to provide GP services from this new clinic.

Dr Tracey is available every Thursday and Friday for an appointment for women or children.

This clinic has been possible through the \$500,000 grant Nunyara won through the Australian Government New Directions Mothers and Babies (NDMB) Expansion project in mid-2017.



This project aims to improve the health care of both expectant mothers, post-partum mothers and their children up to school age.

Acting NDMB Coordinator Jane Baulderstone said she is thrilled with the new clinic and that there had been good feedback from the Community so far.

Also working from the clinic is AMIC worker Tineale Colson and visiting midwife Morven McClounnan .



Members of the SAHMRI team, pictured with Nunyara staff Zena, Tineale and Jane (right) visited Nunyara in February to conduct The Aboriginal Diabetes Study.

HELPING FIND THE CAUSE OF DIABETES

In February, Nunyara Aboriginal Health Service was fortunate to host the South Australian Health and Research Institute (SAHMRI) who were conducting an Aboriginal Diabetes Study.

The aim of the study was to:

- Better understand the problem of diabetes and its complications.
- Better predict the development of diabetes complications.
- Improve diabetes care to Aboriginal people and prevent complications.

The team said that in Australia, about 30% of the adult Indigenous population has diabetes, and the numbers continued to rise.

In a statement from SAHMRI they said that diabetes is increasing in Aboriginal children, teenagers and young adults, with rising rates of diabetes in pregnancy.

“The reason for this is not fully understood”, according to the statement. “Whilst diet, exercise levels and weight gain are known to contribute to diabetes, they do not fully explain the high rate of diabetes and why some people get very sick.”

Aboriginal and Torres Strait Islander people aged 15 years and over – with and without diabetes – were invited to participate in the study, which was held over 2 weeks at Nunyara in February.

During this time, the SAHMRI team tested approximately 60 local clients, which they said was an outstanding response.



NUNYARA
ABORIGINAL HEALTH SERVICE INC.

OPEN 8:30am-5:00pm Monday to Friday

Respecting culture;
Acknowledging diversity

New services now visiting Nunyara

The beginning of a new year at Nunyara has seen an increase in services being offered to our clients. As per the previous page, SAHMRI visited in February, offering clients a full diabetes test, including provision of reading glasses if needed, as part of their Aboriginal Diabetes Study project.

Additionally, we have been very lucky to secure the services of visiting endocrinologist Dr Chinmay Marathe to assist diabetic and other clients with thyroid and related issues. Dr Marathe has already visited Nunyara once while SAHMRI was here and will be returning throughout the year.

Nunyara have also been fortunate to have the Australian Hearing bus (pictured) visit in March, offering free hearing checks and hearing aids to eligible clients.

We have also had a visit from ENT specialist Dr Ian Wong and the team of audiologists earlier this year, and these visits will continue throughout 2018. Dr Ken Chenery will also be visiting offering optometry services from Nunyara once every 3 months. Carrying on from the community feedback we received in 2017, Rosemary Wanganen from Australian Grief and Loss Institute



The Hearing Bus pictured at Nunyara during its visit in March, 2018..

will keep on visiting Nunyara in 2018, after visiting also last year.

Christelle Thomas will continue to visit monthly offering respiratory clinic, along with our monthly Multi D day with visiting specialists from the Hospital.

In doctor news, Dr Patrick Sprau has now returned to Nunyara after a short break, and will now be consulting Monday, Tuesday and Wednesdays until at least May. Dr Rick Hambour will consult Thursday

and Friday meaning we have a doctor available in the main clinic each day. Dr Krista Maier will continue to visit Nunyara fortnightly on a Monday.

Additionally, Dr Tracey Landon is also available for selected appointments in the Pathway to Preschool building on Thursday and Fridays.

Please see the below for further information and dates of some of our visiting specialists.

**Ngangkari Services
are available until
June 30 2018**

Please advise clinic
reception to place
your name on the
interest list.

Loss and Grief Counselling

Thursday 29th March 2018
Thursday 19th April 2018
Thursday 10th May 2018
Thursday 21st June 2018

For appointments please call Nunyara reception

86 49 9900

Tackling Aboriginal Smoking Support Group

Tuesday	17 th April	11.00am
Tuesday	1 st May	11.00am
Tuesday	15 th May	11.00am
Tuesday	29 th May	11.00am
Tuesday	12 th June	11.00am
Tuesday	26 th June	11.00am

For more information contact Zena
On (08) 8649 9900

CLINICAL ACCREDITATION ACHIEVED

Every 3 years Nunyara Aboriginal Health Service is required to go through an accreditation process with Australian General Practice Accreditation Limited (AGPAL).

Accreditation is a very in-depth process which involves assessing all facets of the Nunyara clinic, including all of our policies and procedures. The aim of accreditation is to ensure Nunyara is doing everything according to the National Standards and



**Accredited
General Practice**

providing the best possible care and service to patients.

On March 22, 2018 Nunyara were visited by 2 representatives from AGPAL to do a formal tour of our facilities and interview our staff and doctors, as well as review all of the required paperwork.

Getting the paperwork together was a mammoth task which would not have been possible without individual efforts from all of the Nunyara staff, especially our CEO Cindy Zbierski, Practice Manager Deb Hanley and Clinic Coordinator Dianne Schultz.

We are thrilled to say that at the end of March we received news that Nunyara have been successful in achieving accreditation, so well done to all.

Clients to be aware of new phone procedures

With Nunyara getting bigger we have recently implemented a change to the way our telephone systems work. When phoning the 86499900 Nunyara number, clients must now dial 1 for the main clinic, 2 for administration or 3 for the Pathways to Preschool Clinic.

Additionally throughout the day if one of the separate reception phones in the 3 buildings is already on another call or away from the phone, you will reach a daytime message bank. Please feel confident to leave your name and number and one of our friendly staff will call you back as soon as possible.



MEN'S GROUP

Nunyara is continuing to host a men's group each fortnight to discuss relevant male health topics. Please contact Jeremy on 8649 9900 for more information.

Upcoming Men's Group Dates

- April — 13th, 27th
- May — 11th, 25th
- June — 8th, 22nd

WHYALLA ABORIGINAL ELDERS GROUP

The group meets the second Tuesday of each month and welcomes new members to come along. The meetings are an informal get together and a good chance to meet new people.

Upcoming Elders group dates

-April 10, 2018 - May 8, 2018 - June 12, 2018

Contact Information

- P** 08 8649 9900 **E** reception@nunyara.org.au
F 08 8649 9998 **W** www.nunyara.org.au