

# The Kilmore & District Hospital

## Prevention Better than Cure

Right now, it's hard not to notice the message that prevention is better than the cure. But health prevention is always on the radar at The Kilmore and District Hospital (TKDH) – not just in times of pandemic. TKDH is committed to supporting people when they have a specific need for surgery, maternity or urgent care. We also play a big role in helping our community to be and stay well. Our work supports regular health checks and screening programs, along with health promotion, awareness and literacy. Here are a few programs and services underway at the moment.



### Catching Cancer Out

Bowel cancer is the leading cause of cancer for men and women in Australia. But early diagnosis improves treatment options and increases the chances of survival.

The National Bowel Cancer Screening Program encourages people over 50 to screen themselves. It's easy, quick and you can do the business in the comfort of your own home. Then you simply send off the free kit for testing.

If that reveals a positive result, a follow-up letter will be sent to you and your GP, advising you to have a colonoscopy for further investigation.

Since March 2019, TKDH has provided a direct access service for notified patients to have this procedure here.

TKDH has seen more than 60 patients, which means local people don't have to travel or wait too long to receive this vital follow-up health check.

If you're over 50, call the Infoline to get your free screening kit 1800 118 868.



### Fall Free Days

Falls are a major cause of injury for older people, in hospitals and at home.

Not every fall means serious injuries, but they can cause hip and wrist fractures, head injuries, abrasions, bruising and sprains. People can also lose confidence in their own mobility, and limit activities.

We've made falls prevention a priority right across the organisation.

Our new screening tool means we assess and can reduce a person's risk of fall when they are admitted to hospital or move into aged care with us.

We now monitor falls and tally fall free days in each area. At staff meetings we discuss falls to nut out what happened and reduce future incidents.

You can make your own place safer too. Improve lighting, clear walkways, repair carpets and secure mats. Rails can also help in bathrooms or by steps.

Chat to your doctor about the ways you can reduce your risk.



### Silly But Serious

Red Nose Day raises support and awareness of stillbirth, Sudden Infant Death Syndrome (SIDS) and fatal sleeping accidents in babies, toddlers and pre-schoolers.

Each day in Australia, nine kids will die suddenly and unexpectedly.

Since 1988 people have been putting on a red nose to raise funds and awareness to help stop little lives being cut short.

Our ante-natal clinic and maternity team draw on Red Nose Australia's resources to educate the parents of the more than 200 babies born here each year.

On Friday 14 August Red Nose Australia is asking us all to get silly for a serious cause. We will be showing our support and will have merchandise available.

The funds raised support parents and carers to know how to keep their baby safe. Donations also support grief-stricken families and fund preventative research.

To support Red Nose Day go to [donate.rednose.org.au](https://donate.rednose.org.au).

# CEO's Update

Welcome to the winter edition of The Kilmore and District Hospital's newsletter.

I hope you are keeping safe and well as Melbourne and our Mitchell Shire work through the second stage 3 lockdown. Our response to COVID-19 remains the operational focus across the organisation.

Staff continue to provide exceptional care and support in response to this pandemic but also right across 'usual' areas. This includes preventative health care initiatives that support our community, as seen on the cover of this edition.



TKDH's focus for the next three months includes:

- Continued response to the pandemic, as guided by the Department of Health and Human Services
- Reviewing what we are doing differently and how we can build on this going forward
- Preparing our 2019-20 Annual Report of Operations, and confirming 2020-21 priorities
- Identifying telehealth opportunities, and developing our skills to use these services effectively.

Thank you for your contributions that help us to care for people. None of what we do can happen without the efforts of our entire hospital and aged care services team – including supporters, donors, volunteers and committee members.

Regards,

*Sue*

# Be Warm, Stay Safe



As the cold weather sets in, the heating gets switched on. Here's how to keep your home safe this winter:

- Have smoke detectors outside each sleeping area and test them monthly
- Don't overload power boards with too many appliances
- Do not leave heaters on overnight or for lengthy periods
- Don't leave electric blankets on beyond 30 minutes, and never use with a hot water bottle
- Ensure flues and chimneys are clear to release dangerous carbon monoxide outside
- Don't use gas hotplates or ovens to heat your home
- Never bring in portable outdoor appliances to use inside
- Keep open flames and heaters out of reach of children, and away from clothing, curtains and toys.

# What have we been up to?

Data from 1 April to 30 June 2020 included in these figures



**2674**

Urgent Care presentations



**1083**

Community Nurse Home Visits



**16**

New Staff Members



**20**

Dianella Cooking Classes



**58**

Babies Born



**1515**

Outpatient Clinic Visits



**313**

Procedures Performed



**12**

Caladenia Resident Hair Pamper Sessions

# Here for You 24/7



COVID-19 has certainly been keeping everyone busy, but we are still seeing patients at the Urgent Care Centre (UCC), for all sorts of health conditions.

It is important that you continue to seek treatment for any new or ongoing health issue. You can be confident that we're here for you, and that safety is a priority.

When you arrive at the upgraded UCC you'll notice recent renovations have improved the experience for patients, visitors and staff.

The triage area now offers a better outlook for patients. The new window enables staff to observe the waiting room area, which makes it easier to ensure that you are well cared for from the moment you arrive.

Our UCC is staffed by qualified nurses 24 hours a day, seven days a week. There's a General Practitioner on-site between 10am and 10pm every day, and we have a doctor on-call overnight. Our skilled nurses have the capability to treat patients and organise transfers to other hospitals if that's what is required.

## Expensive Road Trips

No, we're not talking about fines for breaching lockdown rules. If you attend TKDH Urgent Care Centre and you need to be transferred to another hospital for further treatment, it's Ambulance Victoria that will take you there.

Ambulance Victoria plays a big role in keeping Victorians healthy. But it's not a free service. Emergency medical transport isn't listed on Medicare and not all

private insurances cover it. Just one trip (by road or air) could set you back more than \$1,200.

That's why we encourage you to consider membership as a good preventative health strategy. An annual subscription for families is \$96.70, and it's \$48.35 for single people. Call 1800 64 84 84 or visit [www.ambulance.vic.gov.au/membership](http://www.ambulance.vic.gov.au/membership).

## COVID-19 Update

Despite the further restrictions across metropolitan Melbourne and Mitchell Shire, the hospital is operating in business as usual mode when it comes to treating patients. We have put additional measures in place to help keep everyone safe.

In addition to the screening process and temperature checks for everyone entering our buildings, it's now a requirement to wear a mask. We have also limited visitor numbers, especially to our aged care facilities in line with state guidelines.

Our community testing clinic has been running since June. We're swabbing about 60-70 people per day, seven days a week. So far we've tested over 2700 people, more than 1500 in July alone.

We're fortunate that the Australian Defence Force is assisting us with COVID-19 matters. These people have been great to have on board, assisting TKDH team to take bookings, swab patients and pass on results.

We will collectively continue to work throughout these challenging times. Our priority is to protect and care for our patients, residents, staff and community.

We know it's challenging at times, but please continue to play your part to keep our community safe and well. To be aware of what you need to keep doing, go to [www.dhhs.vic.gov.au/how-stay-safe-and-well-covid-19](http://www.dhhs.vic.gov.au/how-stay-safe-and-well-covid-19)

# Who are You?

**Lisa Carlyon**

*Nurse Unit Manager, Urgent Care Centre (UCC)*

## What's your typical day?

No two days are the same, especially at the moment with COVID-19. Some days I undertake a lot of administrative duties. I'll attend meetings (currently via teleconference), develop process changes and let staff know about it, roster people, and perform general duties. On other days I am on the floor with my UCC colleagues doing clinical work and providing patient care. Then there are days when it's a combination of the two.

## How did you find yourself at TKDH?

I took a leap of faith when I saw the advertisement for the Nurse Unit Manager position. I applied after many years travelling a considerable distance for work. I had a desire for a change and new challenges. Being a local meant that TKDH appealed to me professionally, and to ease the travel burden and gain more work life balance.

## What is the best thing about working in UCC?

The variety of clinical presentations. It's great to provide health care to residents of our local area, so that patients do not always have to present to metro hospitals. I appreciate working with a passionate group of other health care professionals to provide best care. It's also good to contribute health care within my own community – and a nice change from working in the city.

## What activities do you enjoy on your days off?

Caring for and riding my horses. Trail riding is a great way for me to unwind, and I also enjoy spending time with my family.



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