

Keeping you up to date with developments at
Healesville Hospital and Yarra Valley Health



OPTIONS FOR NON-URGENT CARE AND EMERGENCIES

It can be difficult
to determine when
to call 000, when to
go to an emergency
department or when
your GP can help.

Healesville Hospital and
Yarra Valley Health's GP
Clinic offers a high-quality
service both during and after
business hours. Our GPs
can be your first point of
contact for non-emergency
and preventative care.

The GP Clinic can treat
general illnesses and injuries,
provide prescriptions for
medications that are not
available over the counter,
and coordinate your overall
healthcare.



Our GP services include:

- ✓ Men's, women's
and children's
health
- ✓ Health
assessments
- ✓ Wound
management
- ✓ Vaccinations
- ✓ Pre-pregnancy
counselling
- ✓ Antenatal and
postnatal care
- ✓ Chronic disease
management
- ✓ Travel
advice and
vaccinations
- ✓ Cervical
screening
- ✓ Asthma care
- ✓ Mental health
care
- ✓ Cryotherapy
- ✓ On-site
pathology
and x-ray
- ✓ Allied Health
including
psychology,
dietitian,
physiotherapy,
diabetes
education
and podiatry

As well as business hours, the clinic is open weekdays between
6 p.m. – 10 p.m., weekends and public holidays between
9 a.m. – 10 p.m. "Walk-up" appointments are available.



Please note opening times may vary over December and January.
Please visit our Facebook Page for updates.

Call **1300 130 381** (Option 1) to contact the GP Clinic.

Other care alternatives



If you require care outside our practice hours, consider using
My Emergency Dr, a smartphone app that allows you to have a
free video consultation with a specialist emergency doctor 24/7.
Visit www.myemergencydr.com for more information.



Nurse-On-Call Service is also available 24/7. Call **1300 606 024**
to speak to a Registered Nurse.



WHEN TO CALL AN AMBULANCE

Examples of an immediate
life-threatening emergency
include chest pain or chest
tightness, sudden numbness
or paralysis of the face,
arm or leg, large burns,
serious accidents or trauma,
severe bleeding, difficulty
breathing, extreme pain and
unconsciousness.

In an emergency, call 000.

You can also present to an
emergency department.
The nearest emergency
department to Healesville
and surrounds is Maroondah
Hospital, Davey Drive,
Ringwood East.

SAVE THE DATE



**EASTERN HEALTH
CLOSING THE GAP
FAMILY SPORTS DAY**



1 March 2020



**Don Road Sporting
Complex Healesville**



**Join us for a great
family day out!**



**More information at
www.easternhealth.org.au**

*Eastern Health does not tolerate any form of violence and aggression. We appreciate your
support in ensuring a safe environment for our staff, volunteers, patients and visitors.*





GIVE THE GIFT OF SIGHT

Eastern Health Foundation is raising funds for enhancements in eye surgery services in the Yarra Ranges. Funds raised will be used to purchase a Visual Field Test and other machines to test patients with cataracts prior to surgery.

"This will mean patients will no longer need to have tests in the city. This will allow for faster treatment and increased independence. My goal is for people like you and your loved ones to keep their independence where possible, by restoring their eyesight."

– Dr David Frazer
Eye Surgeon
Yarra Ranges Health



To make a donation visit
www.easternhealth.org.au/foundation
or call **9895 4608**.

WELLNESS GARDEN AIDS RECOVERY

Healesville Hospital and Yarra Valley Health's Wellness Garden is now complete, following an outpouring of support from the local community.

The garden will support recovery and further improve the experience for patients, their families and the wider community.

Christine Wittkopp, Nurse Unit Manager, said the benefits for patients, staff and the community is immeasurable, providing a space to enjoy the scenery and reflect on recovery.

"The garden provides patients and their families with a safe space to take time out from the ward, breathe the fresh mountain air and spend quality time with their loved ones," Wittkopp said.

The garden has been built entirely on donations, following a campaign from the Eastern Health Foundation.

"This has been a wonderful community engagement project. Without everyone's contribution, the project would not be what it has become," Wittkopp said.

"Engagement from our staff has also been fantastic. From our staff planting day, to donating money or plants and even watering – our staff have been involved from start to finish."

World renowned local garden designer, Jon Coe, was instrumental in the development of the wellness garden, donating his time, experience, connections and items.

"Healesville Hospital and Yarra Valley Health is indebted to Jon, both for his vision and commitment to the garden – to wanting a better environment for patients, visitors and staff," Wittkopp said.

A platypus seat and Aboriginal artwork will also feature in the garden.

"We are thrilled with the final outcome of the project, and would like to extend our sincere thanks for everyone involved – all contributions, big and small, have made an impact and will have lasting benefits for the hospital."



STAY SAFE THIS SUMMER

As the weather heats up it is vital to look after your health. Extreme heat can affect anybody and can cause heat cramps, heat exhaustion and the life-threatening condition, heatstroke.

Those most at risk are older people, young children and people with a medical condition.

On hot days, we advise:

- Drink plenty of water
- Never leave anyone in a car
- Stay somewhere cool
- Plan ahead
- Check-in on others – particularly those who live alone, are elderly; and don't forget your pets.

It is also important to ensure you are bushfire ready, as the fire seasons are getting longer and much more severe. Having a fire plan and preparing your property now could save your life.



Contact your local CFA or head to
www.cfa.vic.gov.au/plan-prepare if you need assistance to be fire ready.