The Pulse Issue 13

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 after hours, as well as during business hours. Our GPs can be your first point of contact for non-emergency and preventative care. We can treat general illnesses and injuries, provided 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.

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

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

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](http://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.

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 post planting – 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.”

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.”

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.,” said Dr David Frazer, Eye Surgeon, Yarra Ranges Health.

“My goal is for people like you and your loved ones to keep their independence where possible, by restoring their eyesight.”

To make a donation visit [www.easternhealth.org.au/foundation or call 9895 4608](http://www.easternhealth.org.au/foundation%20or%20call%209895%204608).

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

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](https://www.betterhealth.vic.gov.au/heat#drinkwater)
* [Never leave anyone in a car](https://www.betterhealth.vic.gov.au/heat#hotcars)
* [Stay somewhere cool](https://www.betterhealth.vic.gov.au/heat#keepcool)
* [Plan ahead](https://www.betterhealth.vic.gov.au/heat#planahead)
* [Check in on others](https://www.betterhealth.vic.gov.au/heat#helpothers) – 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.