

Wilcannia Primary Health Care Service waiting room changes



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The waiting room at the Wilcannia Primary Health Care Service has been arranged to meet required infection control and distancing rules.

Maari Ma's Wilcannia's Pandemic Clinical Leader, **Dr Stephen Gaggin** advised that we can only accommodate up to four patients in the waiting room.

If more than four people are waiting to be seen there are chairs outside the waiting room for patient's to sit on.

Maari Ma staff members, **Christene Polanski**, **Sam Harley** and **Shontae Harris** are pictured in the socially distanced waiting room at the Wilcannia PHCS.



Maari Ma Primary
Health Care Service

"Improving Aboriginal health
and closing the gap"
Broken Hill, NSW



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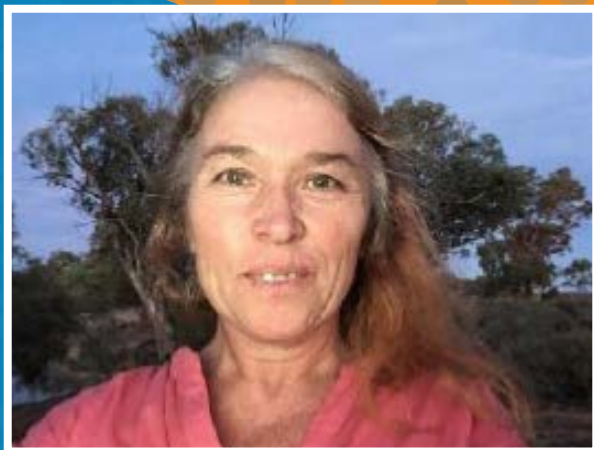
Maari Ma Staff Travelling to Wilcannia

Dr Stephen Gaggin (*pictured centre*) is taking on the role of Pandemic Clinical Leader at Wilcannia. Dr Gaggin is travelling out to Wilcannia weekly and self-isolating in Broken Hill at the weekends.

We have made it compulsory for Maari Ma's outreach healthcare staff to be screened at the Wilcannia Wellbeing Centre upon arrival in Wilcannia. **Sam Harley**, on the left, is Maari Ma's lead registered nurse at Wilcannia. **Linda Lynott**, pictured on the right is Maari Ma's Pandemic Leader overseeing Wilcannia's plans.



Holiday at Home Challenge



Louise Moriarty (above-left) has been working with **Tania Lawson** (above-right) to conduct community engagement at Wilcannia. They've been busy with the School and Police Liaison Officer keeping the 'Holiday at Home' challenge going.

The challenge is a Facebook based activity program promoting a wide variety of activities kids can do at home with their family. They also continue to deliver activity packs to the homes.

Quality General Practice AT WILCANNIA PHCS

Maari Ma's Wilcannia PHCS is continuing to provide quality general practice, with a focus on chronic disease management, and child and family health to keep people up to date with routine care to stay well.



Jason Gowin, who's working for the Far West Local Health District, was assigned to Wilcannia to cover the LHD fever clinic. Jason is pictured above at the clinic. **Bernie Kemp** is assisting in Wilcannia with the follow-up of high risk / unwell patients.

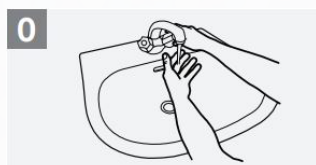
Maari Ma's **Christene Polanski** and **Kevin 'Buddy' Bates** are showing good social distancing outside the Wilcannia PHCS.



Buddy, **Veronica Edwards** and **Jenny Edwards** have been helping to register around 30 vulnerable families to access relief assistance packages (food and hygiene) available through the NSW Aboriginal Land Council.

Hand Hygiene

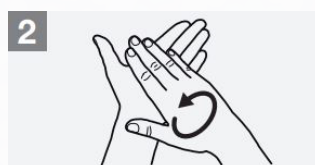
HOW TO HANDWASH



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



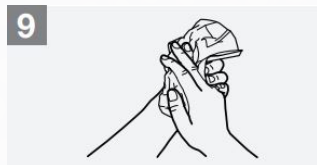
Rotational rub of left thumb clasped in right palm and vice versa;



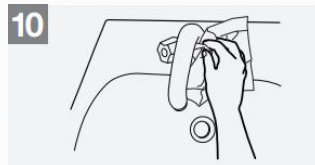
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



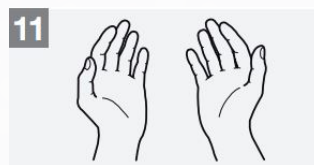
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off tap;



Once dry, your hands are safe.

HOW TO HANDRUB

Wash hands when visibly soiled.
Rub hands for hand hygiene.

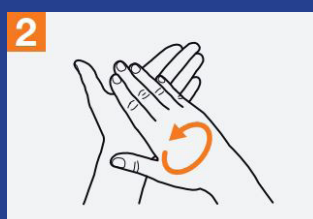
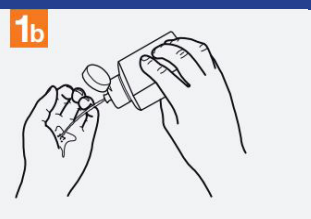
SAVE LIVES
Clean **Your** Hands



World Health Organization



Apply product in a cupped hand



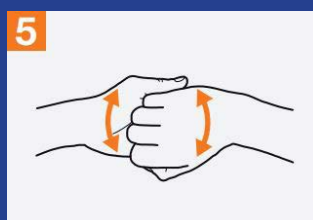
Rub hands palm to palm



Right palm over left with interlaced fingers and vice versa;



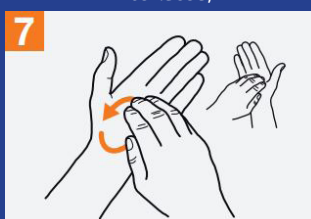
Palm to palm with fingers interlaced;



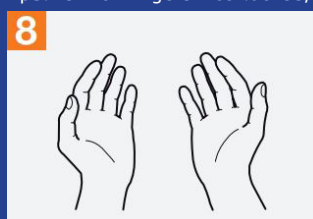
Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotate rub, back and forward with clasped fingers of right hand in left palm and vice versa;



Once dry, your hands are safe.

MAARI MA Cycle of Care

START:

Your cycle of care starts with a twelve monthly CTG/IPIP sign up. This includes an ATSI Health Check and a follow-up by a health worker.

GP Review

During the year you should see your doctor to see if your GPMP or medication needs to be changed. You may also need some tests.

Follow-up care

Our health workers will visit you to talk about your health and see how you are going with your medications.

GPMP & Medication

You will be looked after by our Keeping Well team and other specialists like our dietitians, podiatrists and eye specialists. The Keeping Well team and pharmacist will help you with your medications which could include a Home Medication Review and a Webster Pack.

You should see your doctor regularly and develop a care plan to manage your health. This plan is called a GPMP.

Maari Ma Primary Health Care Service

Improving Aboriginal Health & Closing the Gap...

About MMPHCS

Maari Ma Primary Health Care Service aims to provide culturally appropriate health services to Aboriginal people living in Broken Hill and surrounding communities.

We are governed by an all Aboriginal Board of Directors, who are deeply committed to providing an holistic approach to Aboriginal health that includes physical, emotional, spiritual, cultural and environmental dimensions.

Our health workers, doctors and nurses are committed to providing you with the highest quality care. If you ever feel that this has not been achieved, please contact the manager, Kendy Rogers, on 08 8082 9777 to discuss the matter.

Maari Ma : Winner of Far West Business Excellence Awards for our successful service to the Aboriginal communities of the Far West.

Regular services

Doctors
Nurses
Health workers
Child health nurses
Midwives
Dietician
Primary mental health workers
Alcohol and other drug staff
Psychologist
Kids dentist
Adult dentist
Women's health
Pharmacist
Social Worker

Occasional services

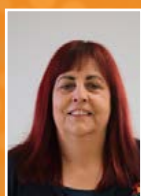
Heart specialist
Kidney specialist
Diabetes specialist
Child health specialist
Eye specialist
Alcohol specialist
Smoking specialist
Podiatry
Optometrist

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Executive Manager
PHCS



Kendy Rogers
Service Manager:
PHCS