

GURRINY news

HEALTHY
PEOPLE
HEALTHY
COMMUNITY

ISSUE 3 : April 2013

Young people /child's health check Adults and parents, it's your turn now!

Free monthly Child Health Care checks are an important part of Gurriny Health Services' emphasis on preventative medicine.

Each month over three days children up to 12-years-old are invited in for height, weight, temperature, ears and eye checks.

Last week more than 20 children were put through their paces...and unlike the Young Person's Health Check, there were hardly any needles in sight!

Health worker Savanna Bulmer said the checks were done between Gurriny and Queensland Health, and connecting with other services as needed.

"We have a doctor, two trainees completing a Cert III, a registered nurse and the capacity to refer a child on to an ENT (Ear Nose & Throat) specialist or to other services as required," she said.

"Child Care Links is also here, they provide assistance to families in finding whatever services suits their needs."

Transition Manager Ruth Fagan said Child Health Checks were a great way for parents to make sure their



*Above: Health worker Savanna Bulmer checks Myrna Miller's ears
MORE PICS INSIDE!*

kids were staying healthy each year.

"Gurriny has been doing these screening clinics for several years and they have helped pick up problems such as hearing, eyesight, skin hygiene and weak blood," she said.

"Child Health Checks have been introduced to address the community health needs and the transition to community control processes has provided opportunity for Gurriny to expand and run this clinic.

"The child health clinic often runs with a team from both the Gurriny and Queensland Health services who support each other in the follow up work as well as the screening program."

Following up on health check results

Follow-ups to last month's Young Persons Health Checks are in full swing, as 18-year-old Caden Satrick, pictured, follows up with up with a Healthy Heart Check from Cardiac Sonographer Carolyn Burleigh.

Preliminary figures show about 340 participants, representing about 60% of young people in Yarrabah aged 15-24-years-old, were screened over a three-week period to be tested for issues which may affect their long term health.

Female Indigenous Sexual Health Worker Tamar Patterson said she and Male Sexual Health Worker Milton Mossman worked in partnership with Cairns Public Health, Cairns Sexual Health and Queensland Health local staff assisted in the delivery of the checks.

"All the information we looked at, the results was reviewed by the doctors," she said.

"Our aim this year was that every participant of the Young Persons Health Check would then go on to have a follow-up Adult Health Check which started in early April.

"Then they can go into a draw to win another iPad.

"The Adult Health Checks are an opportunity for the health professions to do more one-on-one engagement with participants to make sure that the message is there for them.

"The Young Persons Health Check was developed because of high risk around Sexually Transmitted Infections (STIs).

"Any positive results are followed up with treatment and management, and then checked again three months down the track.

"We also follow up anyone who may have been named as a contact as well.

"STIs are a shame-job thing regardless of race and culture for a lot of people.

"But I think once people start to understand and get the information that is needed to give them a bit more awareness then that supports the break-down of that shame barrier.

"What we do is hope we can start to engage people they will start to seek medical attention, attend regular screenings and make sure any conditions are treated and managed."



Above: Cayden Satrick making sure his ticker is tickity-boo, and looking sharp below was Selvina Kennedy at the YPHC last month



Your role is important for your child's development

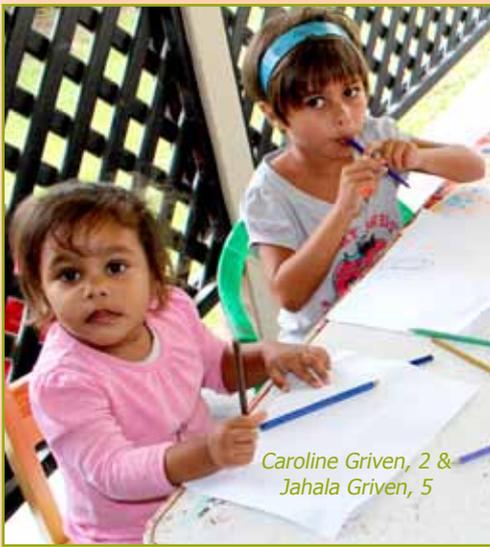


Playgroup
Wed 3rd April 2013
10am-12pm
Workshop St

Fathers and Popeyes bring your cuddi cuddi along

Contact Darren and Lynn on 4226 4100

Child Health Care Checks



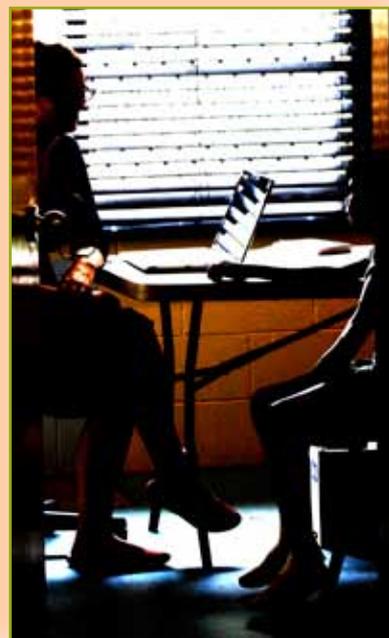
Caroline Griven, 2 & Jahala Griven, 5



Student Nurse Tracey Coert with Tymika 9, Kellyanne 10 and Mum Deon Pearson



Left: Child Care Links Asst Keisha Neal, Harold Stafford, 11 & Aaron Barlow, 8; Right: Quinesha Adams, 4; Below: Mum, Carmen Sands & Benjamin Burns, 11, with Nurse Lyn Pearson; Below Right: seeing the doctor



Profiles

Board Member GAIL FOURMILE

I was born in Cairns Base Hospital, and I grew up in Bessie Point, now called Giangurra, which was named after my father's language name.

We used to have to get up early in the morning; we used to have to drag for prawns before we went to school, then our mother used to be waiting for us at 6am with our hot meal. We'd go out and jump on the school boat to go across to Cairns until we were in grade 8. We also used get oysters for our Show money and the cane fields were for Christmas. I finished

school at 15, and then I started at Yarrabah Hospital. So that was my start in health, I went to Brisbane for training but being young and away from home it didn't work out. I worked in the Yarrabah Store, and as the switchboard operator for the Yarrabah Council, or for the Department of Native Affairs, as it was called back then, and then I worked as a teacher's aide at the school.

I'm married with four children and four grandchildren.

I've been coming and going on this Board for about seven years;



I had a break for a year or two. The thing that interested me was health being very important to all of us. It was for the community and we're community, so it's for us. Whatever happens to Gurriny happens to us on the Board too because we are community people as well.

Clinic Practice Manager Steve Isbister

I grew up on a farm near Dalby in the southern part of Queensland on the Darling Downs.

I had my own property for about 10 years and we went through some very hard times during the droughts so we decided to sell the property and go travelling for awhile.

I ended up working overseas, mostly in Sweden and England, where I trained as a traditional boat builder.

Then I went into nursing and worked for many years in intensive care. I worked offshore in the oil industry on sub-sea

construction ships as a medic in West Africa and the North Sea off Norway.

In 2003 I came back to Australia with my family and eventually ended up with Queensland Health working in Cooktown and remote areas.

I've been with Gurriny for three-and-a-half years and now I live in Cairns with my children.

I found it a fantastic challenge to come into an Aboriginal Medical Service in a community such as Yarrabah, and it's an opportunity I've never regretted, it's been a wonderful experience.



Every community and every place is unique, and Yarrabah is certainly unique in a positive way. The most positive thing is we're now working as one group of people in health for the community.

COMING UP IN OUR MAY ISSUE:

- What's next!
- Transition update
- More board and staff profiles and pics

This issue of Gurriny News was written, photographed, edited and produced by Christine Howes with assistance from Gurriny Health Promotion Officer Alicia (Dixie) Hari. For more information about the font 'Dyslexie' see www.studiostudio.nl