

TRACK Talk



PODIATRY TEAM READY TO KICK GOALS IN 2025

Podiatry services at MTHCS remain in high demand, and we are committed to meeting the growing needs of our community. This year, we are grateful to continue our partnership with the Primary Healthcare network, which has provided us with essential funding to support clients living with chronic conditions. This funding also allows us to bring in locum Podiatrists, whose help has been invaluable in seeing our waitlisted clients and providing Jo with a well-deserved break.

Jo continues to do an exceptional job supporting clients across our four service areas. Her dedication is truly appreciated, and we are thankful for the ongoing support from Far and Wide Podiatry and Swan Hill District Health.

To our clients currently on the waitlist: we sincerely appreciate your patience. Rest assured, we will contact you to schedule your appointments, as they become available. Jo will be taking some time off in January to spend with her family, which may result in slightly longer appointment waits. We are actively seeking locum support to cover part of this time, with specific clinic dates to be confirmed. The Podiatry team will reach out to clients once this is arranged. If you have any concerns about your feet during this time, please contact your General Practitioner.

As always, thank you for your continued support in 2024. We hope you had a great festive season and look forward to addressing all your foot care needs in 2025.

Warm Regards, MTHCS Podiatry Team



MALLEE TRACK TO JOIN LODDON MALLEE LOCAL HEALTH SERVICE NETWORK

In Victoria, every community matters. No exceptions.

We are as diverse as we are united and, no matter where we live, we must have access to the highest levels of healthcare as close as possible to our homes. Right now, that just isn't the case.

A recent review into Victoria's health system found that, depending on what part of the state they call home, some people wait longer, travel further and have worse health outcomes than others. This will be no surprise to Victorians living in regional communities, in particular. But it's also no surprise that we can't expect every hospital across the state to provide every level of specialist care. For specialist care to be high quality and safe, it needs to be delivered by people with the right skills and experience.

So, what's the answer?

In short, it's about working together.

Hospitals are collaborating across regions to form Local Health Service Networks (Networks). The purpose of these Networks is to work together to provide Victorians with greater access to health care services, closer to home. The Networks will use their resources to provide more options to patients who need treatment and care that cannot be provided by their local hospital.

Maybe you'll receive complex care at another hospital in your region. Maybe you'll receive the care at a major metropolitan hospital. The point is that, through the Networks, there will be more options and flexibility to make sure you can benefit from the latest technology and treatments across the State. And you won't be disadvantaged because of where you live.

Of course, for your routine care needs, you'll still be able to access your local GP's and hospital. And over time, the Network will be better able to attract and support staff across the region, which will improve your local wait times as well as your individual health outcomes.

We want to keep healthcare local, while providing better access to hospitals beyond local borders if that is what a person needs.

Each Network will team up with a major tertiary, women's and children's hospital.

On Friday 10 January 2025 the Minister for Health announced the final Networks. They are Barwon, Bayside, East Metro & Murrindindi, Gippsland, Grampians, Hume, Loddon Mallee, North Metro & Mitchell, Parkville, South Metro, South West and West Metro. The Networks are grouped according to population growth, community need, clinical capability and distance between services. The final decisions were made following careful consideration of health service feedback.

The bottom line is this is about getting the treatment and healthcare you need and getting you home as quickly and safely as possible. And it's about delivering the right care in the right place for every Victorian community.

No exceptions.

MTHCS CEO Dr Frances Peart was interviewed on ABC radio recently and said, "We're going to be part of the Loddon Mallee Local Health Service Network. So potentially things won't necessarily change very much for us. We're already part of Loddon Mallee Health Network and so we'll continue to make those connections with all those health services in the local network.

I'm sure everyone is clear that Mallee Track is a small health service. It's always good to be improving the efficiencies of your businesses and for progress to be made when operating. I think we're very efficient currently, but I'm sure we can do better. I'm sure things will improve. I don't believe that will be any jobs in jeopardy, because I think operating within the Loddon Mallee Health Network we will be able to deliver more services closer to home. So if anything, there'll be more people employed in Mallee Track facilities to deliver these services.

I have worked in other states in Australia, and the this process of creating networks has happened in all other states prior to Victoria embracing this change. And I actually know there will be enormous benefits to the people who live in country Victoria for having access to the services of a network. I think it can only be a good thing and I don't have any trepidation at all."



EXCITEMENT BUILDS FOR MALLEE TRACK FOUNDATION EVENT STRINGS & SUNSET ON 14 FEBRUARY 2025

Sold out in one week the Mallee Track Foundation's fundraising event Strings & Sunset is highly anticipated. With a string quartet, gourmet food and great company to look forward to, this Valentine's Day will be a real winner!

Also on the night there will be a silent auction with an exclusive print of Anne Morley's "Tumbleweed" 940 x 695mm printed on archival metallic paper and hand signed by the artist, this unique piece of art will start bidding at \$2000. As seen in numerous publications including RACV, Government & tourism promotions, this stunning image would be a great addition to any home. Bidding forms are available at MTHCS Sea Lake and Ouyen receptions.



TRACK Talk



STAY HEALTHY IN THE HEAT, KEEP COOL & HYDRATED.

Before and during extreme heat, it is important we remind people of the risks posed to human health and what can be done to reduce these risks. Extreme heat can affect anybody, including the young and healthy, but there are certain population groups more at risk than others.

Those most at risk during extreme heat are:

- people over 65 years old, especially those living alone
- people who have a medical condition such as diabetes, kidney disease or mental illness
- people taking medications that may affect the way the body reacts to heat such as:
 - allergy medicines (antihistamines)
 - blood pressure and heart medicines (beta-blockers)
 - seizure medicines (anticonvulsants)
 - water pills (diuretics)
 - antidepressants or antipsychotics
- people with problematic alcohol or other drug use
- people with a disability who may not be able to identify or communicate their discomfort or thirst
- people who have trouble moving around (such as those who are bed-bound or in wheelchairs)
- people who are overweight
- pregnant women, breastfeeding mothers, babies and young children
- people who work or are physically active outdoors.

HAEUSLERS & FOUNDATION OF MALLEE TRACK PRESENT
STRINGS & SUNSET

FROM 6:30PM ON FRIDAY 14 FEBRUARY 2025 @ LAKE TYRRELL 700 ELLIOTTS RD, PIER MILLAN.

THE INAUGURAL FOUNDATION OF MALLEE TRACK EVENT, AN ELEGANT BLACK TIE EVENING FILLED WITH GREAT TASTES, GOOD COMPANY AND ENTERTAINMENT, ALL TO CELEBRATE LIFE IN THE MALLEE.

A MAJOR FUNDRAISING EVENT BY THE FOUNDATION ENABLING THEM TO PROVIDE ADDITIONAL SERVICES AND EQUIPMENT TO MALLEE TRACK HEALTH, NOT CURRENTLY BEING FUNDED.

COME ALONG, SUPPORT A GOOD CAUSE AND ENJOY VALENTINE'S DAY WITH SOMEONE SPECIAL OR THE COMMUNITY AT LARGE!

STUNNING ANN MORLEY PRINT FOR SILENT AUCTION AT STRINGS AND SUNSET OPEN TO PUBLIC BIDDING

One more week til Sunset and Strings our Mallee Track Foundation event, raising funds for a new x-ray machine to service Sea Lake and surrounding towns.

On the night there will be a silent auction with an exclusive print of Anne Morley's "Tumbleweed" 940 x 695mm printed on archival metallic paper and hand signed by the artist. As seen in numerous publications including RACV, Government & tourism promotions, this stunning piece of art would be a great addition to any home. Bids are open to the public and can be made prior to the event by emailing foundation@mthcs.vic.gov.au or we are taking bids on the night too.

It's a great cause so we encourage you to give generously and of course any donation through the foundation is tax deductible!

MALLEE TRACK @ home

Personal Care, District Nursing, Rural Outreach Services, Allied Health, Respite Care or a helping hand. There is no wrong door and any MTHCS staff member can make a referral.

Our Service:

- ✓ Personal Care
- ✓ District Nursing
- ✓ Outreach Services
- ✓ Allied Health
- ✓ Respite Care
- ✓ A Helping Hand

FOR MORE INFORMATION CONTACT BRUCE OUYEN SERVICE CENTRE (03) 5092 1111

HEAT HEALTH ALERT DAYS TAKE THESE STEPS TO STAY COOLER DURING HOT WEATHER

- Drink plenty of water, even if you don't feel thirsty (if your doctor normally limits your fluids, check how much to drink during hot weather).
- Keep yourself cool by using wet towels, putting your feet in cool water and taking cool (not cold) showers. Keep your air conditioner on!
- Spend as much time as possible in cool or air-conditioned buildings. Block out the sun at home during the day by closing curtains and blinds. Open the windows when there is a cool breeze.
- Stay out of the sun during the hottest part of the day. Cancel or postpone outings. If you absolutely must go out, stay in the shade and take plenty of water with you.
- Eat smaller meals more often and cold meals such as salads. Make sure food that needs refrigeration is properly stored.
- Avoid heavy activity like sport, renovating and gardening. Wear a hat and light-coloured, loose-fitting clothing made from natural fibres like cotton and linen.



COOL SPACES FOR COMMUNITY DURING HEAT HEALTH ALERTS AND CATASTROPHIC DAYS



If community require the support of MTHCS to provide a cool space for the day, please contact Mallee Track Health & Community Service on 509 21111 or 5070 2155.



Ouyen, Sea Lake and Murrayville Neighbourhood Houses have been identified as suitable spaces for community members to access during the heat of the day as a cool space to get relief from the heat.

These places are not refuges, not relief centres but a place for people to escape the heat of the day. People requiring this space are to bring their own food and activities for the day.



GoodSAM

- 1. CALL 000
- 2. PUSH
- 3. SHOCK



WOUND CARE AT THE CLINIC OR AT HOME



At the Medical Clinics at Ouyen and Sea Lake or you can book the district nurse to come to your own home by calling the Intake Team on 0427 946 272 and ask for Mallee Track@Home services. We can get in touch with your doctor to confirm how your wound is healing. This service is free for Mallee Track Community members.

- High Efficiency Treatment
- More Cost Savings
- Convenient for people with limited mobility

**CARE
CLOSER
TO HOME**