



# CARBAL YARNIN!

JUNE 2016



## IN THIS ISSUE

From the CEO - Officially 'Carbal Medical Services'  
How we can assist - Visiting Pharmacist  
CCSS program - Help for chronic disease sufferers  
Continuous Improvement - Tackling Cancer  
Dragonfly Health Retreat - Rural women  
Warwick Craft Group - Weekly meetings!  
Tackling Indigenous Smoking - Visit website  
and much more.....





## NEWSLETTER JUNE 2016

Dear valued members of the Carbal Medical Services Community,

**It is now official!** As of the 26th May 2016, Downs Shared Care, trading as Carbal Medical Centre became Carbal Aboriginal and Torres Strait Islander Health Services Limited, **trading as Carbal Medical Services** - a Company Limited by Guarantee. ACN: 611 551 369

The Company has retained its **Not-For-Profit** and **Registered Charity** status with the ATO and the Australian Charities and Not-For-profit Commission. Additionally, Carbal has met all relevant requirements and **secured ISO 9001 accreditation**.

After an exhaustive changeover process, I am pleased to announce that the initial Board of Directors consists of:

**Chair: Dr Maree Toombs**  
**Secretary: Councillor Bill Cahill**  
**Treasurer: Judith Standen**  
**Director: Ron Hampton**  
**Director: Perry Miller**

There are 2 current Director vacancies yet to be appointed.

Former Downs Shared Care Inc. Members who elected to continue as members of the new company are:

**Bill Munro, Wayne Williams, Daniel Toombs, Dr Craig Russell, Michael Veasey and Jeffrey Chesters.**

**On behalf of all members of the communities that Carbal services, I would like to express my appreciation and congratulations to all those who have contributed towards bringing Downs Shared Care Inc. to this point.**

I would particularly like to commend the current board and previous association members for their commitment and perseverance towards this great achievement and also the members and staff who assisted with the long and involved process towards achieving the changeover.

Under the new Carbal Aboriginal and Torres Strait Islander Health Services Limited constitution, there is no longer a limit on membership numbers. The new Board will accept applications for membership and Director vacancies at any time and these will be presented for discussion and ratifications at the next available Board of Directors meeting following lodgement of the application.

There are a number of criteria that need to be met upon application and these are outlined in the Constitution which is available electronically by emailing [bhewitt@carbal.com.au](mailto:bhewitt@carbal.com.au). Application forms for membership will be forwarded upon request.

Carbal has come a long way since its inception in 2003 and is now in a far more robust position to continue providing an outstanding service in the provision of health and related services to Toowoomba and the Darling Downs and we will continue to monitor, adjust and review our services and program delivery to ensure that we maintain world class standards of provision.

**Brian Hewitt**  
**M.Ed., B.Ed., Dip Ed., JP Qual**  
**CEO CARBAL MEDICAL SERVICES**

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## ARE YOUR MEDICATIONS HELPING YOU?

Over the past twenty years, the average number of daily medicine doses per person has more than doubled. There are, of course, good and bad sides to this.

We can now treat conditions that we previously couldn't, frequently offering people a longer and higher quality life. However, adverse drug events account for at least 140 000 hospital admissions and 400 000 GP visits annually, in Australia.

Adverse events, commonly known as side effects, can result from interactions between GP/Specialist prescribed medications, interactions with over-the-counter medications, side effects, and patients' uncertainty about what the drug does, how to take it, and for how long, and whether the medicine was the best choice in the first place.

**People most likely to suffer an adverse event are those who:**

- ✓ Take five or more medicines a day
- ✓ Use 12 or more doses in a day
- ✓ Have had significant recent changes to their treatment regime
- ✓ Require ongoing monitoring of medication effects
- ✓ Have problems with dexterity, poor eyesight, or language or memory problems
- ✓ Attend several different doctors and/or pharmacies

People over 75 years of age are most at risk. Often they take more medicines and have more ongoing health conditions than younger people.

One factor is that often medication is initiated by one doctor and then continued, often without review, by that or other doctors. Another is that many older Australians are taking drugs which appear on a list, called the Beer's Criteria, which have been assessed as probably inappropriate for an older patient because their potential benefits are likely to be less than their risks. This list includes some anti-

depressants, sedatives, muscle relaxants, as well as many individual drugs whose use is questionable in the long term in older patients.

One of the more significant reasons for adverse drug events is that the medicines are not being taken correctly. Sometimes, they are being taken on an as-required basis when they should be regular, or vice-versa. Sometimes the dose is not correct, or it is being taken with a food that interacts. Often, lack of information is the problem.

**What can we do to ensure we are getting the greatest benefit and minimizing the risks of medicines?**

- ✓ Always ask your pharmacist for a CMI (consumer medicine information) leaflet. Often this is in the tablet box. Diligent pharmacies will always give these with new medicines, but you can ask for one whenever you purchase.
- ✓ Always try to stay informed about your medicine regime, especially when you should stop certain medicines and when regular dosing is the key to maximum benefit. Your doctor and pharmacist can help you here. Always ask your pharmacist before you take any over-the-counter medicines.
- ✓ If you are a patient who can say yes to any of the criteria listed at the beginning of this article, you can ask your doctor for a Home Medication Review.

**This review is carried out by a specially accredited pharmacist.**

# HOW CARBAL CAN ASSIST?

Corby Cunningham, our visiting pharmacist comes to your home to collect information and write a report for your doctor, as well as to answer any questions you might have about your medicines.

**The cost of the review is covered by Medicare and is a valuable tool to preventing you being one of the statistics affected by adverse drug events.**

## CCSS PROGRAM

Providing help for indigenous patients who suffering from chronic disease

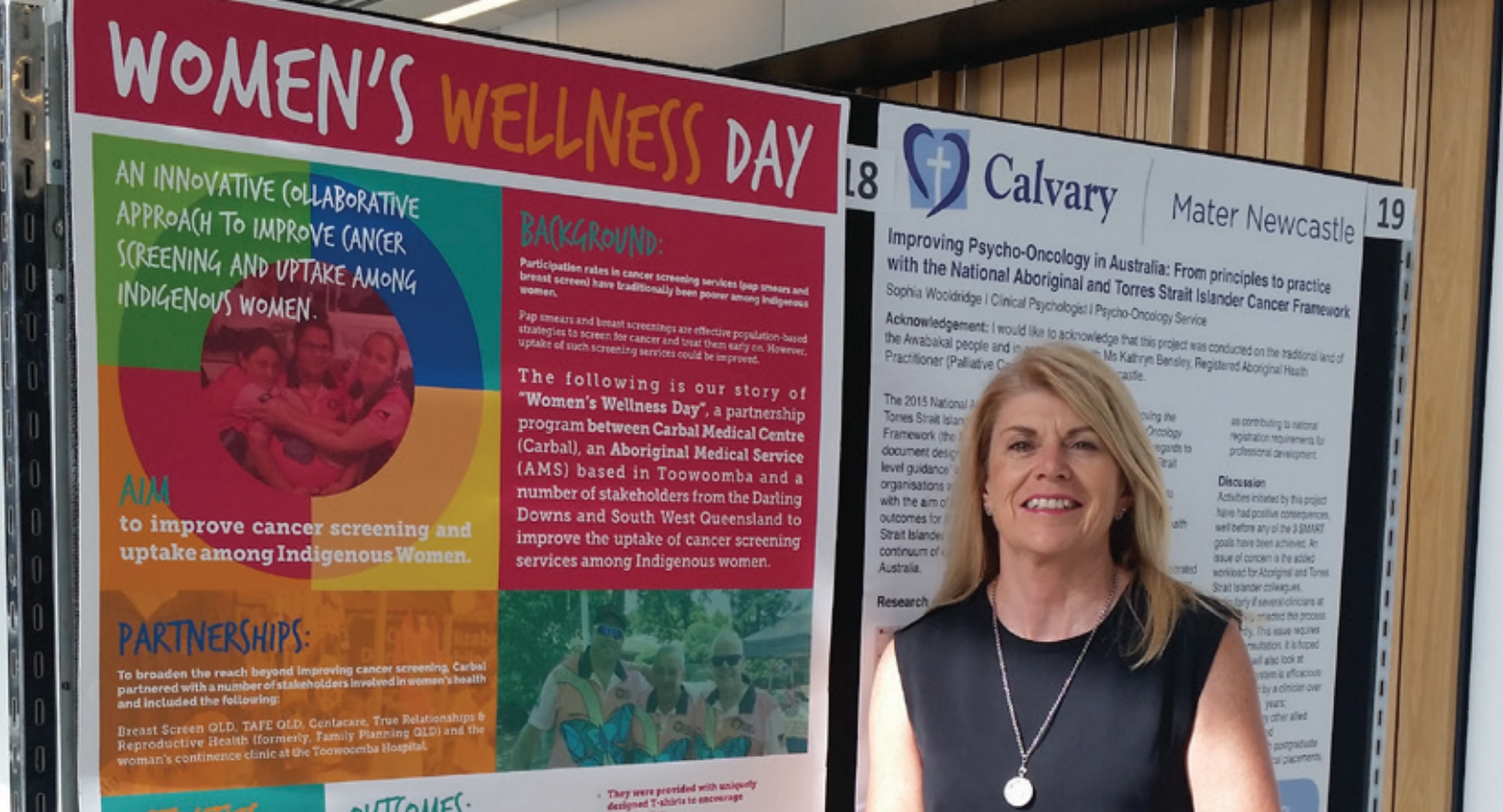
The CCSS Program is funded by the Primary Health Network and stands for Care Co-ordination Supplementary Services.

WE HELP PROVIDE CARE FOR INDIGENOUS PATIENTS SUFFERING FROM CHRONIC DISEASE BETWEEN THE AGES OF 0 – 100.

The program offers a range of services such as transport to medical appointments, covering costs for Specialist/Allied Health appointments and hiring or purchasing medical aids.

Talk to your GP to discuss your needs, if you meet the criteria, he will send us a referral and Carbal will be happy to provide assistance.





## CONTINUOUS QUALITY IMPROVEMENT

Kim spoke about the aims of the day and how the organisation contributed to the successful outcomes.

## CARBAL UNDER THE SPOTLIGHT AT INDIGENOUS CANCER CONFERENCE

Continuous Quality Improvement Manager, Kim Passante was recently invited to present at the Indigenous Cancer Conference in Brisbane following the great success of the Women's Wellness Day conducted at the Mary Street Clinic.

Kim spoke about the aims of the day and how the organisation contributed to the successful outcomes.

A number of attendees also approached Kim after the presentation to discuss how they may implement a similar program.

**THE PRESENTATION WAS VERY WELL RECEIVED AND MANY QUESTIONS WERE FORTHCOMING.**

This was particularly welcome as Carbal is keen for all communities to gain the benefits of participating in similar activities and the event itself was designed with a view to being transferable to many different communities.

**It was a great opportunity to meet presenters from overseas, network with other health professionals and get a better understanding of indigenous issues within the cancer community.**



Dr Thérèse Landers  
**SOMETHING  
CAN BE  
DONE**



## **CARBAL SUPPORTS MENTAL HEALTH FOR WOMEN FROM THE BUSH**

### **2016 DRAGONFLY HEALTH AND WELLNESS RETREAT**

In April, Carbal provided the services of Dr Thérèse Landers to contribute to the 2016 Dragonfly Health and Wellness Retreat, which was designed to support the physical and mental health of women living in rural and remote areas of South West Queensland.

**THE RETREAT WAS ORGANISED BY DOWNS  
AND WEST COMMUNITY SUPPORT AND  
UNITING CARE.**

Thérèse was able to provide mental health screening, solution-focused brief psychological therapy, grief counselling and referral information to the women who attended the weekend retreat at the James Byrne Centre in Highfields.

For these women who have limited access to physical and mental health services in the bush, their attendance at the retreat provided some relief from the stressors of their day to day lives, and access to information about how to maintain their physical and emotional wellbeing on their return to their communities.





Making Special Gifts  
**WEEKLY  
MEETINGS**  
CRAFT GROUP



## CRAFT GROUP - WARWICK

Future projects in store for Warwick's craft group!

Carbal Warwick's Craft Group is once again focused on producing works of art to decorate a tree for this year's Jumpers and Jazz festival in July.

**PROGRESS IN RIGHT ON TRACK AND WE ARE VERY EXCITED WITH RESULTS SO FAR.**

The group are very enthusiastic and are keen to continue with our weekly meetings even when the **Jumpers and Jazz** is over this year.

FUTURE PROJECTS WOULD INCLUDE MAKING A SPECIAL GIFTS FOR OUR NEW MUMS AT CARBAL SUCH AS BABY BLANKETS, BOOTIES ETC.

Due to increasing numbers we have had to source a larger venue so at present we are meeting **every Thursday** at a **small art gallery** a couple of doors away from Carbal Medical Centre.





Craft Group/Warwick  
**2016**  
Jumpers & Jazz





PHaMs & Allied Health  
**Mercy**  
New Location!



# RELO(ATION)

## Mercy Community Services

*Carbal Medical's Personal Helpers and Mentors (PHaMs) and Allied Health services have recently relocated within:*

**premises at:**

104 South Street,  
Rangeville QLD 4350

Ph: 07 4639 7412  
Fax: 07 4639 7450

We are located at the very end of the complex on the left hand side. You can also access our building via the gravel driveway beside the old house and follow this around to the back and walk in via the gate there.

Garnett Lehmann Park



Naranga St

Aberdeen St

Google

The Organ



## USQ HEALTH FAIR

Indigenous Health Assessments

**Recently, AHW Belinda Ott and Tackling Indigenous Smoking co-ordinator Mike Salbro attended the USQ Health Fair.**

Carbal provided advice and information on the many programs our health service is able to offer to the community, information about Indigenous Health Assessments, the Smoking Cessation program, Diabetes risk assessments and a range of other topics were discussed with interested attendees.

Mike provided information and education about the harms of smoking, including having people test their carbon monoxide levels after blowing into a smoke analyser.

We had an array of sexual health information leaflets and distributed free condoms and lube.....to those game enough to help themselves.

**THERE WERE A LOT OF PEOPLE KEEN TO EXPLORE OUR MOBILE CLINIC...AS ALWAYS...BECAUSE IT IS SO COOL!**





## FREE RACQ DEMONSTRATION & INFORMATION SESSION

**On May 25<sup>th</sup> the Warwick Medical Centre was treated to a deadly information session by the RACQ.**

The main focus was transport safety around children and the fitting and adjustment of children's car restraints.

It could have been a really dry topic, except that Renee and Karena (from RACQ) were vibrant educators who mixed covering the theoretical material with giving us a lengthy, practical demonstration using the Carbal car/bus restraints.

Attending staff felt it was a really worthwhile session and were very enthusiastic. We were shown the latest child restraints with all their features.

Other areas covered were the laws governing restraints and their use, passenger obligations and driver responsibilities.

Subsequently, Kerry Stewart fitted a car seat in the bus to fit an 8 week old baby and felt so much more confident and happy knowing it was fitted correctly and offered maximum protection.

Carbal will be investigating the running of this workshop as a great opportunity for the young mums/dads and also grandparents in our Warwick community.

**THANKS TO RACQ.**





# TACKLING INDIGENOUS SMOKING PROGRAM

HEALTHY MURRI  
**QUIT**  
THE DURRI

VISIT OUR WEBSITE

[www.carbal.com.au/tackling-indigenous-smoking](http://www.carbal.com.au/tackling-indigenous-smoking)