

COCKBURN

INTEGRATED HEALTH

NEWSLETTER - JUNE, JULY & AUGUST 2021

In this edition of the newsletter, we provide you with some information on the Paediatric Respiratory Hub service established at Cockburn Integrated Health (CIH) by Asthma WA and the Aboriginal ear health service run in collaboration with Telethon Kids Institute, Telethon Speech & Hearing, Hearing Australia, Moorditj Koort Aboriginal Corporation and Drs George Sim and Francis Lannigan. This service is also supported by access to hospital care at St John of God Murdoch and Rockingham Hospitals.

We thought it was important to support the establishment of these programs at the CIH site given the impact asthma and middle ear disease have on children. In particular, having a focus on Aboriginal children for the ear health program was important as the incidence of middle ear disease in this population group is significantly greater than the rest of the population. For these children, having chronic middle ear disease can lead to loss of hearing and speech and developmental delay which impacts on learning and quality of life. The early years play an important part in the growth and development of all children so focusing on this form from a health perspective is a priority for CIH.

In this newsletter, we also provide you with information on how to remain mentally active and healthy and offer some tips about being physically active at work rather than sitting for prolonged periods of time. We also highlight some recipes from Live Lighter and provide you with information on nutrition seminars being offered at the Cockburn Health and Community facility by Curtin University Master of Dietetic students. These are free seminars open to the public and provide information on gut health, sugar and fat, bodyweight misconceptions and mindful eating practices.

Our healthy lifestyle program continues to be a priority so please do not hesitate to contact the Coordinator, Katherine Maryjewski at katherine.maryjewski@cihealth.com.au if you have any questions.

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Stay Safe,
Clory Carrello
Chief Executive Officer

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Cockburn Integrated Health



We are here to support all of our patients in the best way we can. Please notify reception immediately if you are feeling unwell and / or have any flu-like symptoms, including the below, or have been in contact with a person known to have COVID-19.

What you can do to be COVIDSAFE

Here's how you can help:

- **Please answer the COVID-19 screening questions on arrival**
- **Maintain physical distancing**
- **Please keep space between yourself and the patient seated next to you**
- **Wash your hands thoroughly and use the hand sanitizers provided**
- **Respect staff and follow their guidance as they are here to help**

The COVID-19 vaccination is now being offered here by our GPs. To make an appointment to get the vaccine, please call reception on 08 9494 3711.

To keep up to date with the latest progress, and to ensure your information is reliable, visit <http://health.gov.au/covid19-vaccines>

Get Moving at Work!

The average Australian sits down for over 10 hours each day. Any more than 4 hours of sitting per day is said to be detrimental to our health and wellbeing. Prolonged periods of sedentary activity have even been linked to a reduced life expectancy!

With most of us spending the majority of our time at work, it can be hard to lower the number of hours we spend sitting every day. But for the sake of our long-term health, we need to try! Here are some things you can do to help break up those periods of sitting down while you work.



- **Do some light stretching every time you finish a task**
- **Take the stairs when you can**
- **Park further away from the office**
- **Instead of emailing or calling a co-worker, walk on over and have a chat face-to-face**
- **Volunteer to do the coffee run**
- **Encourage standing and walking meetings by removing chairs from meeting rooms**
- **Do some light stretching or exercise to pass the time while you wait for the photocopier or microwave**
- **Get the whole office on board by starting an office fitness challenge**



**Improving Quality of Life at the Paediatric Respiratory Hub by Phoebe Clynes,
Social Work Student, Curtin University**

The Paediatric Respiratory Hub located at Cockburn Integrated Health provides a range of important services in one convenient location. Children complete a lung function test, and families are able to speak directly to a paediatric respiratory specialist and a respiratory health nurse, where they are provided with relevant information and asthma education and support. Important information like test results, medication usage, what to do in an asthma emergency, and how to best manage symptoms on a day-to-day basis is provided. The education and information provided through the Paediatric Respiratory Hub is essential, as often the child and family can experience higher than average levels of stress and anxiety associated with obtaining a diagnosis and management plan.

In many cases, families have had already visited the emergency department on at least one occasion before being referred to the Paediatric Respiratory Hub for an assessment and diagnosis. This can be a frightening experience for the whole family, and can lead to heightened levels of anxiety. This common experience has the Paediatric Respiratory Hub to use the Asthma Quality of Life Questionnaire to monitor the emotional challenges associated with a diagnosis of asthma or other respiratory conditions. Both children and families are asked to fill in a questionnaire before their initial consultation, recording their current levels of anxiety, and then again upon returning for their 3 month check-up.

The aim of the questionnaire is to track and monitor emotions, and ideally, show improvement as the family gains clarity, support and confidence from their experience at the Paediatric Respiratory Hub.

Rael from Asthma WA who helps manage the Paediatric Respiratory Hub at Cockburn, shares that the questionnaire "acts as a conversation starter", and can facilitate open and honest discussion about the thoughts and feelings of children and their families. The nurses are also able to see when there has been no change in levels of anxiety, and can suggest ways in which this might be addressed.

Learning to effectively manage the symptoms associated with respiratory conditions whilst living a long and healthy life is an essential component of educating families at the Paediatric Respiratory Hub. The support and education services available are all bulk-billed, providing access for more families following a referral from their GP or hospital. Whilst the clinic at Cockburn Integrated health remains the only bulk-billed paediatric respiratory service of its kind in Western Australia, Asthma WA continues to look for opportunities to expand the clinic, allowing even more families to access the highly valuable service.



ACTIVE AUGUST 2021

Get active for your mental health: mentally, physically, socially, spiritually, culturally...
#ActiveAugust #ActBelongCommit

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Check out the Act Belong Commit Activity Finder for ways you can get active this August!	2 Get active with an online yoga, pilates, or aerobics session in the comfort of your lounge room.	3 Flex your creative muscles. Get crafty, paint, draw, take arty photos or colour-in.	4 Head outdoors to spend time in nature for good mental health.	5 Turn up the music, sing and dance like no one's watching.	6 At the end of the day, reflect on 3 things you're grateful for today.	7 Get out in the garden and connect with nature – plant new life, prune or clean up.
8 Head to the park to kick the ball with your kids, loved ones or mates.	9 Take the stairs instead of using the lift or escalator.	10 Try something new or do something you have never done before!	11 Get spiritually active. Meditate, pray, do some yoga or tai chi – whatever works for you!	12 Learn something new about Aboriginal culture, language or seasons.	13 Get your game on! Find a card or board game you can master with family or friends.	14 Celebrate National Science Week with activities, experiments, crafts, quizzes or baking.
15 Make time for self-care. It's a priority, not a luxury!	16 Mindful Monday. Pay attention to the present moment with openness, curiosity and without judgement.	17 Plan an active outing with mates, like a bush walk or bike ride.	18 Reignite your interest, join a class or local club/group. Check our Activity Finder for ideas!	19 Share your knowledge with someone by teaching them something new.	20 Make time to catch up with an old friend.	21 It's Book Week! Reading is a fantastic way to keep mentally active.
22 Try a recipe from a different culture. Look online for inspiration!	23 Soak up some culture from your couch, take a tour of an online art gallery or museum.	24 Act green! Recycle, reuse or repurpose something.	25 Spend time with someone over 60 or under 6 to get a different perspective.	26 Keep mentally active – try a new TED talk or podcast that interests you.	27 Stop and say hi to your neighbour.	28 Grab a bucket and gloves. Head to a beach, lake or parkland with friends to pick up rubbish.
29 Whatever the weather, get outdoors and mindfully breathe in the fresh air.	30 Bake something to share at work, school or with friends.	31 Reflect on how you can keep active throughout the rest of the year and set some goals.	Keeping mentally healthy is as simple as Act Belong Commit.			

Want more active ideas?
Check out actbelongcommit.org.au



LIVE LIGHTER RECIPE - HEALTHY SPINACH PUMPKIN & CHEESE CANNELLONI



Ingredients

- ▲ 1 kg Japanese, Kent or butternut pumpkin, peeled and cut into 3cm chunks
- ▲ 250 g frozen spinach, chopped
- ▲ 500 g reduced-fat ricotta or low-fat cottage cheese
- ▲ 2 cloves garlic, crushed
- ▲ 400 g can no-added-salt diced tomatoes
- ▲ 375 g fresh lasagne sheets (10 x 16cm)
- ▲ 1/2 cup basil leaves, chopped
- ▲ 1 cup reduced-fat mozzarella or cheddar cheese, grated

Method

1. Preheat oven to 180°C (160°C fan forced).
2. Place frozen spinach into a microwave safe bowl and cook on HIGH (100%) for 3 minutes before setting aside.
3. Steam or microwave pumpkin with a bit of water for 10-15 minutes until tender.
4. Squeeze handfuls of cooked spinach to remove excess liquid and add to a large bowl with garlic and ricotta or cottage cheese.
5. Drain and mash cooked pumpkin. Add pumpkin to cheese spinach mixture and stir to combine.
6. Spread 1/3 cup of tinned tomatoes over the base of a large 3cm deep rectangular 20x30cm ovenproof dish.
7. Spoon 1/3 cup of pumpkin mixture lengthways into the middle of each lasagne sheet and roll up to enclose.
8. Arrange cannelloni in a single layer close together seam side down in the dish. Sprinkle with basil, spread over remaining tomatoes and top with cheese.
9. Bake for 15 minutes, cover with foil to prevent burning and cook for a further 15 minutes or until tender.
10. Serve with a green salad.

💡 Healthy tip!

On a budget? If fresh produce is not available or is too expensive, try canned or frozen fruit and veg!



TELETHON
KIDS
INSTITUTE

A birth cohort study conducted by the Telethon Kids Institute and several other studies conducted in Australia have found that Aboriginal children have the highest rates of ear disease and associated hearing loss in the world.

Otitis media (more commonly known as glue ear) is an ear disease highly prevalent among Aboriginal and Torres Strait Islander (ATSI) children. It is an inflammation of the middle ear usually caused by bacterial or viral pathogens causing middle ear fluid build-up. It was found that Indigenous children are five times more likely to be diagnosed with severe otitis media compared to non-Indigenous children.



A gap was also identified in the treatment access for these children in Western Australia as the waitlist for specialist care through the Public Health System is over two (2) years. The longer the infection is left untreated, the further the risk it poses to hearing. It impacts on a child's life so significantly that it hinders them from achieving their potential from a young age, leading to delayed speech and language development, behavioural problems, social isolation, poor school attendance and low levels of literacy and numeracy. This results in poor employment opportunities leading to increased poverty.

Recognising this gap, the team at Cockburn Integrated Health (CIH), in partnership with Telethon Kids Institute (specifically the Djaalinj Waakinj Urban Aboriginal Ear Health Program team) set up a monthly Ear Nose and Throat (ENT) specialist clinic at the CIH site in collaboration with Telethon Speech and Hearing, Hearing Australia and Moorditj Koort Aboriginal Corporation. Specialist support for the service is provided by Dr George Sim and Dr Francis Lannigan.

Aboriginal children from across the Perth Metropolitan Area are seen at the clinic, with referrals received from GPs, Child Health and School Health Nurses.

Furthermore, realising the limited clinical pathways to access costly surgery for those children that require surgical intervention, led to a partnership with St John of God Hospital, Murdoch who have provided access to free surgery for up to 15 children a year. We have also now been able to arrange for surgery to be done on a monthly basis at Rockingham Hospital.

The collaborative approach established at Cockburn has seen over 100 Aboriginal children accessing early review by an ENT surgeon and over 40 children having access to surgery. The outcomes achieved are a result of a commitment by all organisations involved in the initiative to work together to improve access to services for the local Aboriginal population. The recognition of the importance of early intervention to improve health and social outcomes has driven this program with planning in place to ensure its sustainability going forward.



CIH SERVICE PROVIDERS

GP Cockburn Central
www.gpcockburncentral.com.au
Tel: (08) 9494 3711

Communicare
www.communicare.org.au
Tel: 1300 951 190

Just Kids Health
www.nurseprac.com.au
Tel: (08) 6243 1711

Black Swan Health
www.blackswanhealth.com.au
Tel: 1800 606 906

Cockburn Healthy Lifestyle Service
www.cihealth.com.au
Tel: (08) 9494 3706
Mobile: 0481 793 347

Perth Hypnosis Clinic
www.perthhynoclinic.com.au
Tel: 0431 959 204

Bridging the Gap
www.bridgingthegap.org.au
Tel: 0429 541 172

Curtin Clinics
www.healthsciences.curtin.edu.au
Tel: (08) 9494 3751

St. John of God Raphael Services
www.sjog.org.au
Tel: 1800 524 484

Child and Adolescent Community Health
www.health.wa.gov.au
Tel: (08) 9494 3777 or 08 9494 3778

Dr Pankaj Kataria - Psychiatrist
www.gpcockburncentral.com.au
Tel: (08) 9494 3711

St. John of God Mental Wellbeing Services
www.sjog.org.au/our-services
Tel: 1800 313 016

City of Cockburn
www.cockburn.wa.gov.au
- Support Service: (08) 9411 3859
- Financial Counselling: (08) 9411 3444

Forrest Personnel
www.fp.org.au
Tel: 0428 697 360

South Metropolitan Health Service
www.southmetropolitan.health.wa.gov.au
Tel: (08) 6152 2222

Clinipath Pathology
www.clinipathpathology.com.au
Tel: (08) 9494 3711

Hardy Nutrition - Dietary Consulting
www.hardynutrition.com.au
Tel: (08) 9494 3790

Telethon Speech & Hearing
www.tsh.org.au
Tel: (08) 9387 9810 or (08) 9381 9816

Cockburn Wellbeing
www.cihealth.com.au
Tel: 0481 908 705

Multicultural Futures
www.multiculturalfutures.org.au
Tel: (08) 9494 3780

Total Health
(Physio, OT, Speech Pathology)
www.totalhealthwa.com.au
Tel: (08) 9494 3760

What's On?



Nutrition Seminar Series

Cockburn Healthy Lifestyle Service and Curtin University Master of Dietetics students will be offering a series of nutrition seminars. The seminars will cover various evidence based, nutrition related topics including:

1. Gut health
2. Sugar and fat- What are the facts?
3. Bodyweight misconceptions
4. Mindful eating practices

Where? Group Room at CIH, Success

When? Friday 23rd July, 30th July, 6th August and 13th August 10am-11am

Cost? Free

You can come to as many sessions as you wish however **registration is essential** as there are limited spots available. To register your interest contact the Cockburn Healthy Lifestyle team on **0481793347** or email **healthylife@cihealth.com.au**