

**Welcome**

## Flora Weinman – Clinical Nurse

Hi, I'm Flora Weinman currently the Acting Director of Nursing (A/DON) at Julia Creek MPHS. I've been a Registered Nurse for the past 30 years.

I originally trained in Adelaide then specialised in critical care nursing - mostly intensive care based.

I've worked all around Australia in large metropolitan hospitals before branching out into rural remote nursing, which took me to many isolated communities, from Aboriginal solo based posts in Oonadatta SA, to working on mine sites with FMG & Rio Tinto in the Pilbara WA.

I understand the isolation and problems with delivering high quality healthcare in rural remote communities like Julia Creek, and believe that we, as health professionals, need to strive for better ways to deliver services and drive better health outcomes for all our rural people.

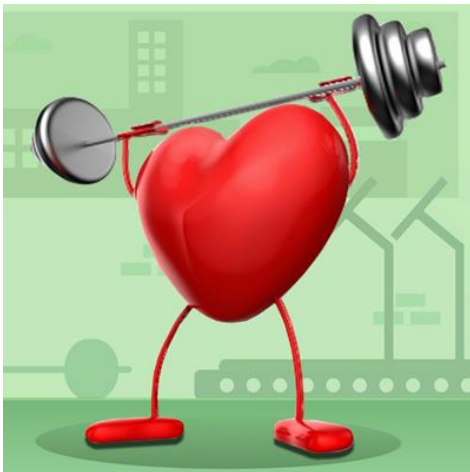
I've spent the last 4 years at Hughenden MPHS as clinical nurse before venturing further west to Julia Creek.

I'm looking forward to working with the awesome little community of Julia Creek.

If you see me around stop and say Hello.



## HEART HEALTH



Did you know, if you are over 45 and haven't had a heart attack or stroke, you can see your GP for a **free heart health check?**

Your doctor will measure your Blood Pressure, weight, waistline, test your cholesterol levels and determine your risk of having a stroke or heart attack in the next 5 years.

Given that one Australian dies from heart attack or stroke every 12 minutes, taking the time **to get checked now, might just save your life.**

**Child Health Checks**  
A message from Julia Creek Medical Centre.



Recently the Julia Creek medical centre nurse and the Cloncurry child health nurse, teamed up to provide thorough child health checks to all 4.5 year old children including vision tests, hearing tests, assessment of the development of gross and fine motor skills, nutrition and basic dental care.

The clinic saw a total of 10 children over a 2 day period. From this process we were able to flag any children requiring intervention, follow up, asthma care plans for school, allergy plans for school and referrals for specialist services such as Paediatric, Dental, Ear Nose and Throat, Speech Therapy, Occupational therapy and Podiatry and mostly just some reassurance to the parents for the wonderful job they have done in a remote community raising their children with sometimes minimal resources.

Our plan is to continue with these conjoined clinics on a 6 monthly basis, seeing all children when they reach 4.5 years of age before they start school. The child health nurse will visit our shire on a fortnightly basis, She can also do home visits if arranged prior to the day.

If you would like to make an appointment for you child under the age of 6, then please call Cloncurry Community Health to book an appointment with Lynaire on 47948802. We are looking forward to keeping the young people of our future as happy and healthy as can be as they grow in our wonderful community.

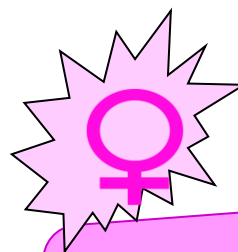
Rachael Anderson  
Practice Nurse.

**NWRH clinics March**

17 – Mental Health Professional, Speech Pathologist,  
Occupational Therapist  
25 – Dietician, Podiatrist, Exercise Physiologist

Ph.: 1800221131 for appointments

**The Outreach Calendars for our community are accessible online for the public at the following link:**  
[https://www.health.qld.gov.au/mt\\_isa/outreach-calendars](https://www.health.qld.gov.au/mt_isa/outreach-calendars)



**Women's Health Clinic**  
**Wednesday 29 April**

Mobile Women's Health Nurse  
Liz Kennedy.  
Call the MPHS for appointments

The next Consumer Advisory Network (CAN) meeting will be held on **Thursday 12 March 2020**  
All community members are welcome. Teleconference is available.  
Contact Gina Harrington for details. email: gharrington@reachnet.com.au

**McKinlay Shire MPHS - Emergency Department open 24HRS**  
**Julia Creek Medical Centre open**  
**Mon: 2.00pm – 5.00pm**  
**Tues, Wed, Fri: 9.00am-12 noon, 2.00pm -5.00pm**  
**Thurs, Sat: 9.00am – 12 noon**