

**GURRINY YEALAMUCKA**  
HEALTH SERVICE ABORIGINAL CORPORATION

# Gurriny News

December 2017



**How super was our Under 8s day? See pages 4-5 to find out!**

## Gurriny wins top gong for 'outstanding results'

**The Queensland Aboriginal and Islander Health Council (QAIHC) honoured the state's top achievers in the Aboriginal and Torres Strait Islander Community Controlled Health Sector (ATSICCHS) at the inaugural QAIHC Awards for Excellence ceremony in Brisbane last month.**

QAIHC Member of the Year Award went to Gurriny Yealamucka Health Service Aboriginal Corporation for achieving outstanding results in 2017 through initiatives that demonstrate leadership and a commitment to organisational excellence.

Since 2014 (transition) Gurriny has rebuilt and invested in the clinical and corporate business systems of the organisation resulting in:

- increased revenue through expanded grant programs;
- an expansion in the reach and type of its health and social services;
- expansion of the workforce to 80 people (employing and training local Yarrabah people; and,
- national KPIs that continually exceed National and State benchmarks.

QAIHC Chief Executive Officer, Mr Neil Willmetts congratulated the winners and encouraged them to continue their good work.

"Individually and collectively we continue our journey towards making a difference in the delivery of comprehensive primary health care," Mr Willmetts said.





The Hon Cameron Dick, former Minister for Health, announced funding of the Deadly Choice Initiative for Aboriginal Community Controlled Health Services in the Cairns and Far North Queensland regions last month. Gurriny Yealamucka Health Services is pleased to be a part of this initiative. Members from our health service attended the launch with representatives from QAIHC, IUHI (Deadly Choice) and partners in Community Controlled Health Services.



## Tooth decay in Yarrabah is affecting many people young and old, the Yarrabah Dental Team (*pictured*) writes...

It can result in days off work and school, inability to sleep and eat well and in some cases having treatment at the Cairns Base Hospital under General Anaesthetic (GA) resulting in an early loss of many teeth,

Tooth decay or 'tooth rot' is caused by, too much sugary foods and drinks and not brushing teeth.

Brushing teeth with a small 'pea sized' amount of toothpaste 2 times a day (after breakfast and last thing before bed ) is recommended to keep teeth and gums healthy.

Children under the age of 8 years old need help with tooth brushing.

Tooth decay is a preventable medical condition.

Regular dental visits are advisable.

Free for children 0 – 17 years old.

Current health care card is required for adult 18-years plus.

To make an appointment to have a Dental check up and treatment PLEASE PHONE 1300 300 850



## Some stats & facts... (from The Age, 15 September 2017\*)

Extreme tooth decay and other serious dental problems are a leading cause of preventable hospitalisations for children and teenagers.

Every year close to 70,000 Australians are admitted to hospital with dental conditions considered preventable with better hygiene, diet or earlier treatment, according to Australian Institute of Health and Welfare data analysed by finder.com.au.

Dentists said they were still seeing damage in very young children after they were given bottles filled with sugary drinks.

Some have such bad decay that all the child's teeth have to be removed.

Dentists said adults were also landing in hospital with cavities and abscesses that they had left too long without treatment, either because they feared going to the dentist or because they were worried about the cost.

According to a 2016 survey, almost 50 per cent of Australians delayed dental treatment in the space of a year because of the cost. And of those who earned less than \$50,000 a year, just 9 per cent had seen the dentist in the last year or two.

\*"Horrifying this still occurs: Extreme tooth decay lands thousands in hospital" by Aisha Dow: <http://www.theage.com.au/victoria/horrifying-this-still-occurs-extreme-tooth-decay-lands-thousands-of-victorians-in-hospital-20170914-gyhssk.html>



# North Queensland's GP of the Year humbled by win

The Northern Queensland Primary Health Network (NQPHN) has awarded Gurriny's own Dr Kingsley Pearson as their pick for GP of the Year.



"I truly believe this award is shared by all of us," Doctor Kingsley said.

"It's a reflection of all the good work that we do, day in and day out, at Gurriny.

"For me, it's definitely reflects the team of doctors, nurses, health workers, social and emotional wellbeing team members, drivers, gardeners, everybody, including the board - we all work together as a team.

"It's always a work in progress, but essentially we all communicate really well, and we work day in day out to achieve an outcome for Yarrabah.



"We are hitting some amazing goals with the state and national KPIs, that only comes from the whole of team working on that.

"The community's been on a massive journey for the last 25 years, to own and evolve the community health service.

"I feel amazingly fortunate.

"This is an amazing location to work in, I get the opportunity to be involved way beyond what most doctors get to do.

"From my perspective, I feel really, really proud and happy for contributing to the health of the community of Yarrabah."



## GP of the Year

**Dr Kingsley Pearson** - Gurriny Yealamucka (Good Healing) Aboriginal Service  
Aboriginal Corporation

Nominated by

Ruth Fagan

Dr Kingsley is the Senior Medical Officer at Gurriny and provides leadership across all elements of patient care and primary care delivery. Dr Kingsley's patient focus approach and valuing of a community controlled model of care, adds value to health care service delivery in Yarrabah. Furthermore, Dr Kingsley's understanding of the impacts of social determinants on health outcomes has contributed significantly to how he leads clinicians in Gurriny to deliver a holistic model of care.

Dr Kingsley's qualities include leadership and ability to bring others on the journey, strong work ethic and patient centred focus. Always understanding and valuing of Indigenous values, integrated into a holistic model of healthcare. Strong understanding of patient pathways including Medicare modelling, experience working with Indigenous people and strong recognition of the importance of incorporating cultural protocols as appropriate, into healthcare delivery.

Dr Kingsley is committed to training and provides supervision and support to registrars as well demonstrates consistently encouragement and mentoring to build a future Indigenous workforce.





# 2017 UNDER 8s DAY









# Gurriny held its Annual General Meeting in October this year.

"It was an opportunity to hear the good works Gurriny has been doing over the past year," CEO Sue Andrews said.

A representative from Grant Thornton read through the audit report and confirmed an unqualified (good!) audit, as well as being in a good financial position.

This year there were three vacancies on the board which resulted in Sandra Houghton and Linda Sexton being re-

elected and first-timer Brent Pearson is also now 'on board' with us.

"The Gurriny Board would like to thank Lucy Rogers and Elverina Johnson for their time, work and commitment over the past several years," Ms Andrews said.



She said the Annual Report for the past year was also available online.



## Mo'vember "Mo'tivate da Mo'vement"

Mo'vember is about raising awareness of men's health issues and finding ways of stopping men from dying too early.

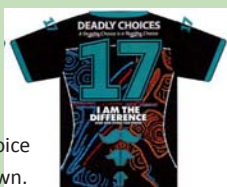
We at Gurriny Yealamucka Health Services will be playing our part to "Mo'tivate da Mo'vement" by supporting Yarrabah men aged **25yrs and over** to have a **Adult Health Check** at our clinic to detect, treat and provide support to manage their health.

We want to see Yarrabah Men *live happier, healthier, longer lives.*

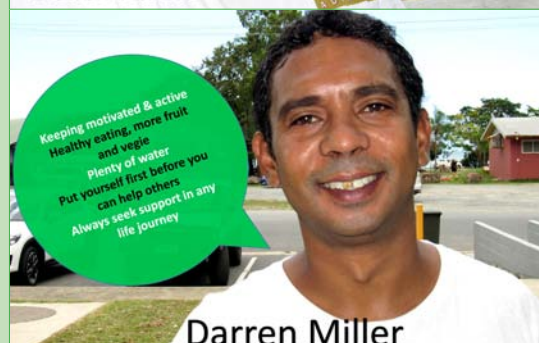
**WHEN: 6 November - 2 December 2017**

**WHERE: Gurriny Clinic, 1 Bukki Road**

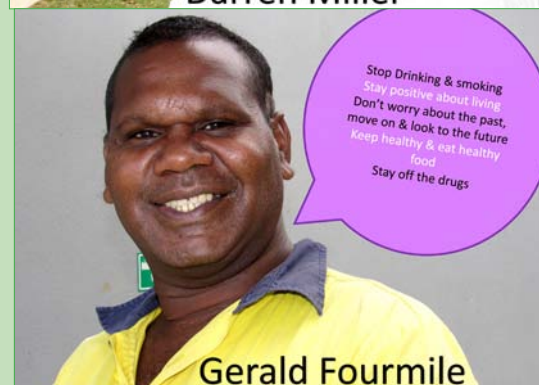
To make an appointment please contact any of our Male Health Workers on **4226 4100**. Transport to the clinic is available upon request. Each client receives a Deadly Choice shirt at their review. There will also be weekly prizes drawn.



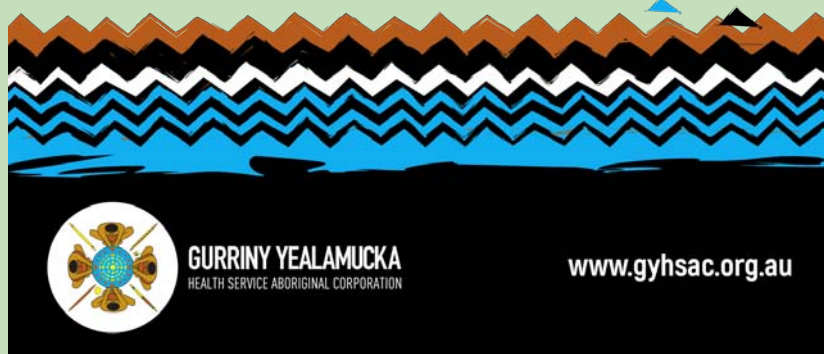
Bert Harris



Darren Miller



Gerald Fourmile





For the past 15 months Gurriny CEO Sue Andrews has been a participant Australian Rural Leadership Foundation's Leadership Program, graduating in October this year.


Ms Andrews took several opportunities offered by the program, from backpacking in the Kimberleys through to working in Indonesia.

"It was an awesome experience and a privilege to be part of such a program," she said. "I would encourage anyone who is at a cross road in their life and thinking of challenging themselves to step up into a leadership role or build on their leadership skills to enrol in this national program."

See <http://rural-leaders.org.au/> for more information.

## Rural leadership course 'awesome experience'





## Mobile Schedule

### Yarrabah

## Free susu (breast) screens for all women over 40

**23 Oct - 2 Nov 2017**



**in front of Yarrabah Hospital**

Your appointment will be one-on-one with a female health worker

**Phone Gurriny Yealamucka Health Service 4662 4100**

to book your susu screen or for more information

*Susu Screening saves lives!*

## Early Detection Saves Lives

- 1 in 8 Australian women will be affected by breast (susu) cancer in their lifetime.
- 9 out of 10 women diagnosed have no family history, so screening and early detection is really important.
- The biggest risk factors are increasing age, and being a woman.
- 75% of women diagnosed are over 50 years of age, so as you age the risk increases.
- Over a third of Indigenous women aged over 40 in the Far North Queensland region attend for two-yearly breast screens, but we would like to see more women taking advantage of the free breast screening service provided.



# Gurriny Clinic and Pharmacy Christmas and New Year Hours

*(It's an open and shut case!!!)*

Thursday 21st December : 8:30am-4pm

Friday 22nd December: 8:30am-4pm

Saturday 23rd December: CLOSED

Sunday 24th December: CLOSED

Monday 25th December: CLOSED

Tuesday 26th December: CLOSED

Wednesday 27th December: 8:30am-4pm

Thursday 28th December: 8:30am-4pm

Friday 29th December: 8:30am-4pm

Saturday 30th December: CLOSED

Sunday 31st December: CLOSED

Monday 1st January: CLOSED



The Dental Clinic will  
be closed from Friday  
22 December 2017 until  
Monday 8 January 2018

## Justice of the Peace Services

If you need any documents  
certified witnessed JP  
services are available  
Monday to Friday by  
appointment only, with  
Susanne Dale HR or Melanie  
Walsh HLSM.

Don't forget  
to find us on  
Facebook



or see our  
website at:  
[http://www.  
gyhsac.org.au](http://www.gyhsac.org.au)



The pertussis and  
Influenza outbreak  
that we have been  
experiencing over  
the last few months,  
is finally quietening  
down.

There have been no new  
cases of Pertussis for at  
least 1 month. We are still  
experiencing the usual run  
of upper respiratory viruses,

but no new cases of Influenza A or B for 2  
weeks. It has been a particularly intense  
“Flu” season around Australia this year,  
but we have been fortunate in Yarrabah  
to have missed the level of intensity  
experienced elsewhere, principally due  
to the Influenza vaccination programme  
carried out earlier this year.

There has been an outbreak of  
Meningococcal disease [W strain] in  
remote Central Australia affecting  
Aboriginal and Torres Strait Islander  
people, particularly children. The  
Queensland Department of Health is in  
the process of implementing a targeted  
vaccination programme to protect  
against this strain for children and young  
people aged 1 to 19 years. Once the  
programme starts, our child health team  
will be making contact with community  
members to arrange vaccination for this  
age group.