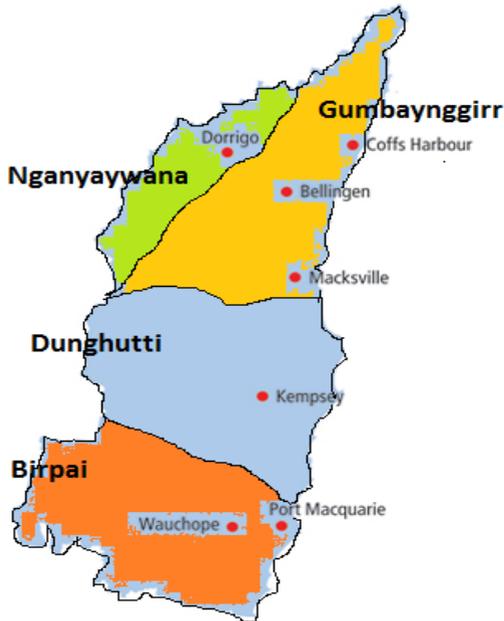


Aboriginal Wellbeing

Hospital Discharge Journey



Mid North Coast Local Health District
Aboriginal Nations Map



Health
Mid North Coast
Local Health District



Please note this booklet may contain pictures of Aboriginal and Torres Strait Islander people who may have passed.



Disclaimer: The map on the cover indicates only the general location of larger groupings of people, which may include smaller groups such as clans, dialects, or individual languages in a group. The boundaries are not intended to be exact. This map is not suitable for use in native title or other land claims.

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PO Box 126, Port Macquarie NSW 2444

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STATEMENT OF ACKNOWLEDGMENT

Aboriginal Wellbeing-Hospital Discharge Journey project was implemented to clearly address the effective discharge planning and follow up treatment after hospitalisation, to assist and reduce unplanned readmissions back into the Hospital system.

Mid North Coast Local Health District Big Ideas Grants allowed for the opportunity to fund this project and we thank and acknowledge the many Staff, partners and community members who contributed their ideas, time and expertise to implementing this booklet.

Aboriginal Wellbeing-Hospital Discharge Journey

DISCLAIMER

In NSW Health's policy the term "Aboriginal" is used in preference to "Indigenous" as Indigenous refers to both Aboriginal and Torres Strait Islander peoples and is an international term adopted by the United Nations to identify all Indigenous peoples in a global context.

The term Aboriginal peoples is also used to reflect the diversity of languages, cultural practices and spiritual beliefs of the different nations within NSW as referred to in the NSW Health document: Communicating Positively – A guide to Appropriate Aboriginal Terminology.



Help when you are in hospital

ABORIGINAL HOSPITAL LIAISON OFFICER (AHLO)

- Nurses and office staff can contact the AHLO or other Aboriginal Health staff for you.
- AHLOs are located at Hospitals in Coffs Harbour, Macksville (which covers Bellingen and Dorrigo), Kempsey and Port Macquarie (which covers Wauchope).
- AHLOs can provide advocacy and support as well as assist with discharge planning.



When you are going home

48 HOUR FOLLOW UP

- If you are 15 yrs of age or over.
- And have one of the following chronic illnesses:
 - Diabetes
 - Heart disease condition
 - Renal
 - Respiratory/lung
- You will be visited in hospital by the 48 hour follow up nurse or Aboriginal health worker.
- 48 hour follow up team will phone you at home within two working days to see how you are managing.



When you are going home

MEDICATIONS

- Ask your nurse or doctor if your medications have changed.
- If your medications have changed ask for a “medilist” which is a list of all your medications:
 - Dose
 - When to take
 - Any contradictions (reasons you should not be taking certain medications).



When you are going home

MEDICATIONS

- CTG scripts are not able to be written by the hospital doctors, only your GP can write them.
 - Your medication script/s will need to be filled before your medications run out.
 - Tell the nurse or discharge planner if you are worried about being able to get the scripts filled in time.
 - Please ask your doctor or pharmacist if you want your medications in a 'blister pack' or 'webster pack'.



When you are going home

APPOINTMENTS

- Ask the nurse or discharge planner to make appointments for you.
- If you are worried about transport or cost of these appointments talk to your nurse, discharge planner, Social Worker or AHLO about options to help. For example:
 - AMS
 - Medicare Local
 - Supplementary Care
 - ComPacks



When you are going home

HELP AT HOME

- Services can be arranged to visit you at home or existing services may be increased.
- Equipment can be arranged to support you (e.g. walking aid, crutches, shower chair if required etc).
- The nurses or allied health staff will show you how to use and care for the equipment and explain any costs.





Wishing you well on your Journey of Healing

Artwork by Gumbaynggirr Artist Brentyn Lugnan, of Bruz Design: FIVE MOBS

“The piece depicts the work of Mid North Coast Local Health District and the five contributing areas or ‘Mobs’.

At the top there are ‘circles’ which show the mountainous areas. These are then dissected by the rivers, which flow through the work down to the sand dunes/middens. Inside the middens, shells can be seen showing the ongoing and ancient connection to country. Beyond the dunes we move out into the sea.

The ‘starfish’ design in the centre of the piece has been used to represent the work of the Mid North Coast Local Health District. The thinner one shows the coming together of five groups, first as separate gatherings, then their journey as they combine in the centre. The thicker lined ‘starfish’ is these people then taking their skills and knowledge back out into the communities.”

Brentyn Lugnan
20/06/14





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