

CAMELLIA
CARE
SERVICES

Newsletter

The care you need, delivered the way you choose



Brrrrr Winter!

Winter has certainly arrived with much of the Blue Mountains adorned with clear blue skies and a crispness in the air. Also, important to note that the camellias have started to bloom!

During this chilly season, it is important to ensure our community is comfortable and safe. Please check on your loved ones and neighbours, that heating and warm meals are available.



Welcome

I am so excited to introduce our first newsletter for Camellia Care Services. I hope that you find the information useful and some segments entertaining. I welcome any suggestions you may have or preferences for what you would like to read as we continue to provide you with excellence in care, delivered the way you choose.



This Edition

- Winter has sprung
- CEO Welcome
- Social Group Sessions: Photography; Get to know your medications
- Clinical Pharmacist Paul Hannan
- Camellia Flower
- Did you Know?
- Directory

VOLUME 01 JUNE 2023

Social Group Sessions Photography

It was wonderful to see so many clients, friends and family attend our Photography social group session which took place in Glenbrook, early June. It was lovely to see smiling faces on a wintery day out.

Special thanks to our lovely photographer Sarah, who captured the perfect moments.



Get to know your medications



An informative session about your medications and the risk of adverse effects as you get older was held in May at Glenbrook, presented by Accredited Clinical Pharmacist, Paul Hannan.

What is an Accredited Clinical Pharmacist?

An Accredited Clinical Pharmacist is authorised through a Commonwealth Government program to review medication in a person's home or in an Aged Care Home after referral from a GP, Specialist or post Hospital Discharge.

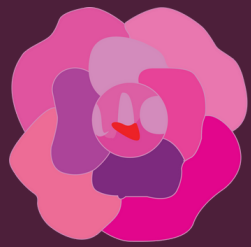
Paul Hannan has been accredited for the past 26 years and has worked extensively throughout Australia in Metropolitan, Regional and Rural areas and was awarded the Accredited Pharmacist of the year in 2011. He was awarded a grant to carry out further studies overseas and attended a pain management program in the USA.

Accredited pharmacists can work in collaboration with Community Pharmacists as well as with patients' doctors and relatives to optimise health outcomes with a focus on Quality Use of Medicines.



Camellia Photos by Brenda Hill

In Eastern culture, the camellia represents love and devotion due to the inseparable petals of the flower. This is reflected in our values, which is to support the individual care needs of our clients with heart.



Constipation

Constipation is often regarded as normal as we get older but can be associated with distress and impact on mental and physical health, and is preventable. Although common, many people may be reluctant to report this condition.

What is Constipation?

Medical diagnosis of constipation is if two or more of the following symptoms are present for at least 12 weeks in the preceding year:

- Three or fewer bowel movements a week
- Straining at defecation
- Stools that are lumpy/hard
- A sensation of incomplete evacuation on at least a quarter of occasions.

Severe constipation can lead to impaction of faeces which may result in severe pain and require hospitalisation.

What are the causes of Constipation?

There are many causes and many are preventable.

Causes include:

Medications such as analgesics and many others

Supplements such as calcium and Iron

Over use of stimulant laxatives

Lack of exercise or inactivity due to illness

Lack of fibre in the diet

Dehydration or reduced fluid intake

Positioning on the toilet.

Some medical conditions such as hypothyroidism, hypercalcaemia, or immobility

What are the Treatments?

Non-drug treatments are first line and include a healthy diet with adequate fibre, regular exercise, and adequate fluid intake.

Bulking Agents

Soluble fibre supplements (bulking agents) are recommended if needed, such as psyllium, and are used including adequate fluid intake. These help with creating enough bulk and the right consistency of the stools thus reducing the risk of hard lumpy stools.

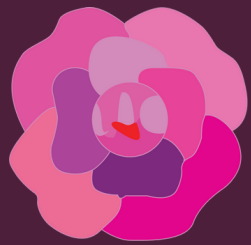
Flushers

Next line would be what are called osmotic laxatives (flushers) which draw water into the bowel and have a flushing effect for more easily passing bowel motions. Over the counter products such as macrogol or lactulose are used, but it is also important to ensure adequate fluid is taken.

These should always be used first and in conjunction with the non-drug treatments above, before any others.

Any changes to bowel function should be discussed with your GP to assess possible causes and if any further investigations may be required.





Pushers

Stimulant laxatives such as senna or bisacodyl should be reserved for use with strong analgesics or some other medications as advised by your GP or pharmacist, or if there is an acute situation where there may be reduced oral intake or someone is bedbound.

Suppositories or enemas only used on medical advice. Also, lubricant laxatives such as paraffin are not recommended apart from acute situations such as impacted faeces.

It is important to ask about laxative use and review the current medications for medicines that may be causing constipation. A Home Medicines Review by an accredited pharmacist is worth considering to identify non-prescription medicines and other issues associated with constipation.

Positioning

Another often overlooked contributing factor to constipation is positioning on the toilet. Western toilets are not designed to fit everyone.

When passing a bowel motion, ideally the knees should be above the hips to allow easy passage of bowel motions. The use of a footstool could help with some people. Constipation is far less common where "squat" toilets are used.

Summary

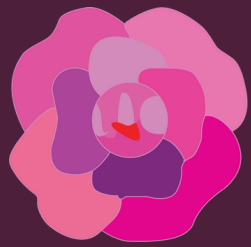
Everyone is different in relation to bowel function and what is normal for one person may be different for another from twice daily to every 2 or three days.

Timing also can be important with a natural reflex to go after a meal such as breakfast. Holding off for a long time should also be avoided if possible. Passing a bowel motion should be regular, effortless and painless and any change without apparent reason needs to be investigated.



TIPS for more FIBRE

- Enjoy wholegrain, wholemeal or mixed grain toast instead of white.
- Eat fruit regularly such as, pears, bananas and plums.
- Wholemeal pasta or brown rice instead of white.
- Dietary fibre absorbs fluid so it is important to drink enough liquid, including water.



CAMELLIA
CARE
SERVICES

Directory

The care you need, delivered the way you choose

EMERGENCY CONTACTS

AMBULANCE, POLICE, FIRE

000

Katoomba Hospital

02 4784 6500

Nepean Hospital

02 4734 2000

State Emergency Service (SES)

132 500

Bush Fire Information Line

1800 679 737 / 1800 NSW RFS

National COVID-19 Helpline

1800 020 080

Lifeline

13 11 14

Beyond Blue

1300 224 636

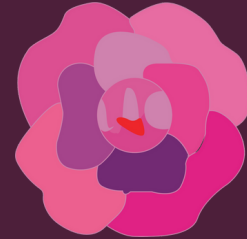
Native Animal Rescue

WIRES 02 4754 2946

Domestic Violence Line

1800 656 463

Blanket
July
Snow
Wattle
Camellia
Rain
Tea
Heater
Raincoat
Umbrella



Contact Us



(+61) 0406 755 373



www.camelliacareservices.com.au



Enquiries@camelliacareservices.com.au

J S D C S D X D C U G X
E U V Z N N I A R V Y B
Q L L O O S M A A H U J
U V T Y W E H L T Q A T
S X J T L E K L B E S Q
K W T L A R S E L K A E
N H I T M W G R A Z H Q
Z A E K P K X B N P M X
S R C V Y H F M K W L Y
M W V C B Y F U E K B R
R A I N C O A T T E U P
G A M C H W E V O F G K