

MY HEALTH MY VOICE

ISSUE 16, FEBRUARY 2018



THE HEALTH CARE HOME

Some people with chronic (long term) health conditions have poor experiences in the health system. They may see many different health professionals, and get lots of different advice and medications.

Sometimes these people end up in hospital, which might have been avoided if their care was better managed.

The Health Care Home is a new way of managing the care of people with chronic conditions, which may be available in our region from 2020. It promotes care that is centred around the person, their needs and goals.

Eligible patients will be able to enrol with a general practice, which will become their Health Care Home. This practice will be their 'home base' for the management of their conditions.

The practice will also manage sharing their health information with all the different health professionals they see.

The Department of Health has produced a short video to explain how the Health Care Home model can help. Watch here: [youtube.com/watch?v=1hV7NBT0piY](https://www.youtube.com/watch?v=1hV7NBT0piY)

For more information on Health Care Homes please see our website: nwmphn.org.au/hch

Support when you need it

A new, free phone and online counselling service is now available to anyone living in the north, central and western suburbs of Melbourne.

If you need some support, visit careinmind.com.au or call 1300 096 269 to speak to a professionally trained counsellor.

No referral is needed. The service is available 24 hours, 7 days a week.

For more information please go to careinmind.com.au



Australian Government

phn
NORTH WESTERN
MELBOURNE

An Australian Government Initiative

My Health, My Voice is a newsletter of North Western Melbourne PHN, a non-profit organisation working to improve health care in our local communities.

To subscribe or unsubscribe from this newsletter please email us at myvoic@nwmphn.org.au or call (03) 9347 1188.

 (03) 9347 1188
 www.nwmphn.org.au

© North Western Melbourne PHN. February 2018.

SHARE YOUR STORY

Do you have a My Health Record (MyHR)? Have you found it to be useful?

We are looking for people, who have used their MyHR, to share with us how it has helped them.

My Health Record is a secure online summary of your health information. It contains information like allergies, immunisations, medical conditions and treatments, blood test results and hospital discharge summaries.

If you would like to share your story please contact us at myhr@nwmphn.org.au or call Joe Manners on 9347 1188.

Joe can chat to you at a place and time that is convenient to you.

For more information about the MyHR please go to: myhealthrecord.gov.au



My Health Record

LET'S TALK ABOUT CANCER

Talking about cancer might seem scary, but it could save your life.

One-third of cancers are preventable, and getting screened and finding out about any problems early will give you the best chance for treatment.

The [Let's Talk about Cancer](#) pop-up shop provides a welcoming space for you to come in and talk to one of our friendly, trained staff and volunteers about how to prevent and detect cancer.

You will be able to discuss:

- Lifestyle changes that can help prevent cancers
- Your family history
- Screening services available
- When to talk to your doctor

Where: Shop 33, Sunshine Plaza, 324/328 Hampshire Rd, Sunshine

Time: 10:00am to 4:00pm

When: Tuesday 6 February to Saturday 3 March



MEDICINES CONTAINING CODIENE

What is changing?

From 1 February 2018, medicines that contain codeine will no longer be available without a script from your doctor.

Why is this changing?

Codeine can impact on your health as some people can develop a tolerance or become dependent on codeine. For information on the signs of codeine dependence please go to: <https://www.tga.gov.au/codeine-information-hub-codeine-use-can-be-harmful>

What should you do?

- Talk to your pharmacist who can help you choose from a range of products that do not contain codeine.
- If you have strong or long-lasting pain, talk to your doctor, and if medicines are part of your treatment, a script may be needed.
- If you think you are unable to manage without codeine and have some of the side effects of withdrawal, talk to your doctor about getting help.

