



Home nursing is a low-cost option

FAMILIES struggling with injury or illness can now access home nursing care – once only available to the elderly.

A growing trend of private nursing operators is offering home care services to all people to reduce their stay in hospital or remove the need to visit hospital.

Nurse and home healthcare expert Linda Delamotte said anyone from teenagers with a sports injury to single mothers with a bad back, or someone with a chronic illness, could benefit from personalised care in their home.

"Most people never even consider bringing a nurse into their home, and try to struggle doing it themselves or overload our hospitals," Ms Delamotte said.

"A lot of private health insurance companies offer rebates for nursing care in the home, and this can be under hospital or ancillaries cover, depending on circumstances."

Ms Delamotte said the idea was "a real solution" to overcrowded hospitals.

"So many patients could be well cared for at home, with some basic nursing support,"

she said. "We don't need to clog hospitals with patients who need minimal care."

Ms Delamotte, who has 12 years' nursing experience, has established Your Home Care, and said nursing in the home could provide many benefits:

- Reducing family stress
- Convenience
- Reducing demand on local hospitals
- A cheaper option than hospitalisation
- Improving recovery times

Mother of two, Sarah Moloney, 30, has decided to hire a nurse in the home to help her after minor surgery.

"With their help I will be able to come home from hospital after only one night," she said. "The nurse will take the children to school, help prepare the meals, and help me take a bath and organise my medication, etc."

Mrs Moloney's husband is away working in the mining industry in Gladstone.

"The alternative was being in hospital for five days and to organise childcare and pay for the treatment it would cost me more than hiring a nurse for a few hours," she said.



Care package: Linda Delamotte discusses nursing and home care available for Sarah Moloney, with Alexis, 2, and Mia, 7.

Picture: Robyne Cuere

Rally against skin cancer

QUEENSLANDERS from Cairns to Coolangatta will transform the Sunshine State into the SunSmart State when they join the fight against skin cancer and take part in Queensland SunSmart Day on November 18.

The Cancer Council Queensland event, sponsored by ENERGEX, will see more than 3000 litres of sunscreen flow into schools, homes and workplaces across the state as part of Queensland's biggest-ever sunscreen drive.

Register your school, workplace or community group for the big day and help the Cancer Council Queensland encourage everyone to "Slip, Slop, Slap, Seek shade and Slide on some sunnies" to prevent skin cancer.

To register your group, workplace or school for Queensland SunSmart Day visit qldsunsmartday.org.au or call 1300 65 65 85.

Retirement will take toll

AUSTRALIA will lose more GPs, nurses and pharmacists to retirement than it trains between 2017 and 2026 unless major changes are made, according to a study of retirement trends in Australia's skilled workforce.

There are 1.6 million workers between 50 and 59 years old with specific skill sets and 11 per cent of these are in healthcare, according to the latest Clarius Skills Index, based on ABS data analysed by KPMG.

"This group, provided it is not possible to attract the entire group to stay longer in the labour market, needs to be replaced," the Clarius report said.

The problem is that, based on current projections, only 84 health professionals will join the workforce for every 110 who leave it in the decade from 2017.

Stress levels soar for almost half the population

TWO in five Australians are more stressed than this time last year and 70 per cent say they cannot see their anxiety levels changing any time soon, research shows.

The online Newspoll survey of more than 1200 Australians aged 18-64, showed that women were more likely to admit to being stressed and

those in the younger age groups, particularly 18 to 24 year olds, were much more likely to believe they would be more stressed in the future.

By far the major source of stress was money-related matters, affecting 84 per cent of respondents, and 79 per cent of workers said their job was a source of anxiety, with work-life

balance proving to be a concern for 72 per cent. Sleep deprivation was the most common by-product of stress identified by the survey.

Three out of four respondents had trouble sleeping because of stress, a similar number reported a lack of energy and trouble concentrating.

Australian naturopath and stress

expert Lisa Guy said the by-products of stress compound the issue.

"Restlessness, lack of energy, weakened immunity, cardiovascular problems and anxiety are all linked to stress," she said.

She said when you were unable to alter the source of stress, exercise and nutrition were important.

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