



# WELL HEALTH CARE

About Our Nursing Service



**Your Trusted Home Care Services**

Ph: 1300 016 777

[Info@wellhealthcare.com.au](mailto:Info@wellhealthcare.com.au)



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- Care coordination
- Support plan
- Family education

## **Diabetic Support**

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- Medication administration
- Health education
- Care coordination
- Monitoring and record keeping

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## **Wound Management**

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- Dressing management
- Education

## **Medication Management**



Our Community Nursing Services are designed to meet the unique needs of each client. We are committed to providing personalized care and support to help individuals. Please contact us to discuss how we can assist you or your loved ones with our community nursing services.

## Dementia Care In Community

Our Dementia Care in the Community program is specifically designed to provide comprehensive care and support to elderly individuals facing mental health challenges, including those living with dementia. Our registered nurse, specialized in mental health care, is dedicated to offering personalized assistance. We strive to enhance the quality of life for individuals with dementia and ensure their well-being within the comfort of their own homes.

### Key Features:

1. Conduct Mini-Mental Assessment:
  - Comprehensive assessment of cognitive function using the Mini-Mental State Examination (MMSE).
  - The assessment can be conveniently conducted in the client's home, and the registered nurse will report the results directly to the general practitioners for further evaluation and treatment planning.
2. Liaise with Medical Professionals for Treatment Plans:
  - Collaboration with medical professionals, including general practitioners and specialists, to develop appropriate treatment plans for individuals with dementia.
3. Provide Care and Support Plan:
  - Development of individualized care and support plans tailored to the unique needs of each individual with dementia.
  - Inclusion of strategies to manage symptoms, enhance cognitive function, promote safety, and improve quality of life.
4. Family Education:
  - Provision of education and support to families and caregivers, equipping them with the knowledge and skills necessary to understand dementia and effectively care for their loved ones.
  - Guidance on communication techniques, behavior management strategies, and resources available to support both the individual with dementia and their families.

### Benefits:

- Specialized care and support provided by a registered nurse with expertise in mental health and dementia care.
- Convenient in-home assessments, minimizing disruption to the individual's routine and environment. Collaboration with medical professionals to ensure comprehensive treatment plans. Individualized care and support plans tailored to the unique needs of each individual.
- Empowerment of families through education and support, fostering a better understanding of dementia and promoting effective caregiving.



## Diabetic Management:

Our Diabetic Support Services aim to provide comprehensive care and support for individuals living with diabetes. We strive to empower clients in managing their diabetes effectively, promoting a healthy lifestyle and optimizing their overall well-being.

### Key Features:

1. Diabetes Assessment:
  - Thorough assessment of the client's medical history, including symptoms related to diabetes, blood glucose monitoring results, prescribed dietary and medication regimens, exercise routines, and lifestyle.
  - Evaluation of the client's physical condition, including skin assessment to identify any diabetes-related wounds or complications.
2. Care Plan:
  - Development of an individualized care plan that addresses the client's dietary requirements, exercise routines, and provides guidance on recognizing signs and symptoms of hypo- and hyperglycemia.
3. Medication Administration:
  - Qualified registered nurses administer subcutaneous insulin as per medical orders, ensuring the safe and accurate delivery of medication.
4. Health Education:
  - Ongoing education provided on diet management, medication management, and lifestyle suggestions to support clients in making informed choices for their diabetes management.
5. Care Coordination:
  - Effective communication and coordination with the client's general practitioner to address any concerns or issues that may arise during the course of care.
6. Monitoring and Record Keeping:
  - Regular monitoring of blood glucose levels (BGL) and diligent record-keeping to track the client's progress.
  - Review of BGL results during each visit, and prompt communication with the client and their GP if any concerns or deviations from target ranges are identified.

### Benefits:

- Comprehensive assessment to understand the client's diabetes history and current status.
- Individualized care planning to address the specific needs of each client.
- Medication administration by qualified registered nurses.
- Ongoing health education to empower clients in managing their diabetes effectively.
- Care coordination and collaboration with the client's general practitioner for seamless and holistic care.
- Regular monitoring of blood glucose levels to ensure optimal control and early detection of any concerns.



## Continence Management:

Our Continence Management Services aim to support individuals experiencing issues with bladder and bowel control, providing comprehensive assessment, personalized care plans, education, and ongoing support.

### Key Features:

#### 1. Continence Assessment:

- Thorough assessment to determine the type and severity of incontinence and identify contributing factors.
- Comprehensive evaluation to understand the underlying causes of continence issues.

#### 2. Care Plan Development and Monitoring:

- Development of individualized care plans based on the assessment findings.
- Regular monitoring to evaluate the effectiveness of the implemented plan and make necessary adjustments as needed.
- Ongoing support to ensure clients receive the best possible continence management.

#### 3. Education and Support:

- Provision of education on bladder and bowel health, proper toileting techniques, pelvic floor exercises, and dietary modifications.
- Support and guidance to help clients implement and maintain healthy continence habits.

#### 4. Continence Aids and Devices:

- Guidance on the use of continence aids such as pads, catheters, or bed protection.
- Assistance in selecting appropriate aids and devices based on individual needs and preferences.

#### 5. Collaboration with Other Healthcare Professionals:

- Collaboration with physiotherapists, occupational therapists, urologists, and other healthcare providers to ensure a comprehensive approach to continence management.
- Coordinated care to address all aspects of continence concerns.

#### 6. SPC and Female IDC Management:

- Specialized management for clients with suprapubic catheters (SPC) and female indwelling catheters (IDC).
- Routine catheter replacement and ongoing education on catheter care and infection control.

### Benefits:

- Comprehensive assessment to understand the underlying causes of continence issues.
- Individualized care plans and ongoing monitoring to optimize continence management.
- Education and support to empower clients in managing their continence effectively.
- Collaboration with healthcare professionals for a comprehensive approach.
- Specialized management for clients with SPC and female IDC, ensuring optimal care and comfort.



## Stoma Management:

Our Stoma Management Services are designed to provide comprehensive care and support for individuals with stomas, ensuring optimal stoma health and quality of life. We aim to empower patients and their families with the knowledge and resources needed to effectively manage their stomas and address any related complications or concerns.

### Key Features:

1. Stoma and Surrounding Skin Assessment:
  - Thorough assessment of the stoma and surrounding skin to identify signs of complications, such as infection, irritation, or leakage.
  - Prompt intervention to address any issues and prevent further complications.
2. Stoma Education and Training:
  - Comprehensive education provided to patients and their families on stoma care techniques.
  - Guidance on selecting appropriate stoma products and demonstrations on their use to ensure effective self-care.
3. Wound Care and Skin Management:
  - Recommendation of suitable skincare products to maintain healthy skin around the stoma.
  - Instruction on proper hygiene practices to prevent skin-related issues.
  - Assistance in addressing any existing skin problems through specialized wound care techniques.
4. Ongoing Follow-up, Troubleshooting, and Problem-solving:
  - Regular follow-up visits to assess the individual's stoma health and address any concerns.
  - Reinforcement of education and self-care practices to promote long-term stoma management.
5. Collaboration and Coordination with Healthcare Teams:
  - Collaboration with the individual's general practitioner, surgeons, and specialist stoma care nurses to ensure coordinated care.
  - Advocacy for the client's needs within the community health system and facilitation of referrals to appropriate specialists, if necessary.

### Benefits:

- Comprehensive assessment and management of stomas and surrounding skin.
- Empowerment through education and training, enabling patients and families to confidently manage stoma care at home.
- Prevention and prompt intervention for stoma-related complications.
- Ongoing support, troubleshooting, and coordination with healthcare teams for holistic care.



## Palliative Care

Our Palliative Care Services are designed to provide compassionate care and support to individuals and their families during the challenging period of advanced illness. Our experienced palliative care Registered Nurses (RNs) deliver care with the utmost focus on maintaining the client's quality of life, promoting comfort, and ensuring dignity in the comfort of their own home.

### Key Features:

1. Care Coordination:
  - Liaison with local community palliative care services and the client's general practitioner to provide comprehensive symptom management at home.
  - Coordination of various healthcare services to ensure a holistic approach to care.
2. End-of-Life Care at Home:
  - Medication administration to manage symptoms effectively and improve comfort.
  - Provision of personal hygiene care, mouth care, pressure area care, and other essential daily needs.
  - Emotional and psychological support for both the client and their family during this sensitive time.
3. Respite Care:
  - 24-hour registered nurse respite care provided at home to relieve family caregivers.
  - Customized visit hours based on the specific needs and preferences of the client and their family.

### Benefits:

- Enhanced quality of life through personalized and compassionate care.
- Improved symptom management and comfort through coordinated care and medication administration.
- Support and guidance for the family during the challenging end-of-life period.
- Relief for family caregivers through 24-hour registered nurse respite care.





## Wound Management:

Our Wound Management Services provide comprehensive care for individuals with various types of wounds. We aim to promote optimal healing and prevent complications by identifying the type and cause of the wound, addressing risk factors, and providing appropriate dressing products and ongoing monitoring. Additionally, we emphasize the importance of educating clients and their families on wound management, infection control, and pain management strategies.

### Key Features:

1. Wound Assessment:
  - Thorough assessment of the wound, including type, cause, and goal of care.
  - Identification and evaluation of risk factors that may impede the healing process.
2. Dressing Management:
  - Expert advice on the selection and use of appropriate dressing products based on the specific wound characteristics.
  - Regular dressing changes, monitoring, and assessment of wound progress.
3. Education:
  - Comprehensive education for clients and their families regarding wound management.
  - Instruction on infection management techniques, including wound cleansing and prevention of infection.
  - Guidance on pain management strategies to alleviate discomfort associated with the wound.

### Benefits:

- Accurate identification and assessment of wounds, leading to appropriate treatment plans.
  - Use of optimal dressing products and techniques for effective wound healing.
  - Enhanced client and family understanding of wound management, infection control, and pain management.
- Reduced risk of complications and improved overall wound healing outcomes.





## Medication Management:

Our Medication Management Services are designed to assist clients who are unable to independently manage their own medication needs, including oral or subcutaneous medications. A Registered Nurse (RN) will visit clients on a regular basis to provide ongoing monitoring and administer medications.

### Key Features:

1. Ongoing Medication Monitoring and Administration:
  - Regular visits by a Registered Nurse to monitor the client's medication regimen.
  - Expert administration of oral or subcutaneous medications as prescribed.
2. Liaison Between Services:
  - Facilitation of communication and coordination between healthcare services involved in the client's care.
  - Collaboration with the client's general practitioner to ensure seamless healthcare management.
3. Client and Family Education:
  - Comprehensive education provided to clients and their families regarding medication management.
  - Empowering clients and their families with knowledge about medications, potential side effects, and adherence to prescribed regimens.

### Benefits:

- Peace of mind knowing that medication administration is supervised by a qualified healthcare professional.
- Enhanced medication adherence and reduced risk of errors.
- Improved coordination and communication among healthcare providers.
- Increased understanding of medication management for clients and their families.