

What's New At



MAY 2022

MAKING HEALTH CARE EASY



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Visit us online at
www.pilbarahealth.com.au

A big shout out to all
our wonderful nursing
staff!

**INTERNATIONAL
NURSES DAY
12 MAY 2022**



Pilbara Health Centre Team

Krstin McLuckie - Practice Manager

- 20+ years in administration and operations,
- Has lived in Karratha for 9 years with my husband and 5 kids

Dr Lucia Dong Wang MBBS, FRACGP, FACRRM - GP

- Antenatal care/obstetric care (holds a Advanced Diploma of Obstetrics and Gynaecology)
- Interests include childrens' health, mental health, skin cancer
- Lucia grew up in NZ and has lived and worked in the Pilbara for the past 8 years

Lorena Harrison RN - Registered Nurse

- Lori has been a Registered Nurse for 42 years
- 7 years working and living in the Pilbara
- Experience includes general nursing, paediatrics, midwifery, psychiatric nursing and assisting our Doctors with general in clinic procedures.

Katie Wootton BHSc MDiet- ICDC Care Co-ordinator of the Pilbara

- Currently studying post grad cert in Diabetes Education at Curtin University
- Interest in chronic disease management, sports nutrition, weight management

Chandlyr Kulpa BSc Nutrition - Dietitian

- Emigrated from Texas USA and undertook Australian accreditation in 2019
- Chandlyr and her family live in Karratha.
- Interests include chronic disease management, clinical nutrition, weight management, sports nutrition and women's health

Linda Uhr - BHSc (Nutr &Diet) (Hons) – Telehealth Diabetes Educator

- Credentialed Diabetes Educator & Accredited Practising Dietitian with Graduate Certificate in Diabetes Management and recently completed HCANZA accredited health coaching course (Accredited Health Coaches Australia).
- Experience in diabetes and chronic disease management, weight management (inclusive of weight neutral approaches).
- Passionate about self-empowerment frameworks/ behaviour change

Lara Reynolds BSc (Podiatry) - visiting principal Podiatrist from Geraldton

- Over 18 years' experience
- Interests include diagnosing, treating and managing chronic pain and sporting injuries
- She has gained experience in dry needling and joint mobilisation therapy to compliment her knowledge of biomechanics, rehabilitation programs and orthotic therapy to treat disorders of the feet
- Has taken part in an Indigenous Diabetic Foot workshop

Eleesha Williams - Medical Receptionist

- New to the team and recently moved to Karratha from Perth
- Worked for 10 years in a Perth Dental Clinic

Grace Jeffries - Medical Receptionist

- New to the team, lived in Karratha her whole life
- Background in administration for over 12 years

We also have Dr Ian Taylor and Dr Keith Figueiredo visiting Karratha to provide GP services

Staff Member Profile

Name: Grace Jeffries

Position: Medical Receptionist

How long have you been working at Panaceum?

Since April 2022

What do you enjoy most about working at Panaceum?

Fantastic team environment and I enjoy helping the community.

Favourite thing about Karratha?

Cooler days... when they happen

What occupies your spare time?

My daughter, spending time with family and getting outdoors.

Favourite food?

Anything, I am a try anything for the first time 😊

Ultimate holiday destination?

Back to France, South of France to be exact.

Favourite music?

I like anything, however I have been influenced a lot by my parents so a lot of 80s/90s

Which 3 people; living, fictional or dead would you invite to a dinner party?

My grandmother, my daughter and my aunty (Dec)

National Health Awareness for May

Maydays for Eating Disorders

Butterfly's annual awareness, fundraising and advocacy campaign focuses this year on #PushingPastPostcodes aiming to ensure all Australians have access to treatment and support

Lung Health Awareness Month

Lung Foundation Australia - visit lungfoundation.com.au

Macular Month

Macular Disease Foundation Australia - visit mdfoundation.com.au

65 Roses for Cystic Fibrosis Day – Friday 27 May 2022

visit cfwa.org.au

National Palliative Care Week - 22-28 May 2022

visit – palliativecare.org.au

Breastscreen WA's Mobile Screening Service

One in seven women in Australia will develop breast cancer in their lifetime.

Breastscreen WA's pink bus will be visiting 16 Sep - 12 Oct 2022 at the Karratha Health Service, 62 Balmoral Rd.

Book online (visit: breastscreen.health.wa.gov.au) or phone 13 20 50 for a FREE screening mammogram appointment (for the cost of a local call).

We will remind and promote this again later in the year!

Influenza 'Flu' Vaccination

Influenza is a highly contagious viral infection that can cause widespread illness and deaths every year.

This year, it's even more important to get the influenza 'flu' vaccine as we are more vulnerable to influenza. This is due to lower recent exposure to the virus and lower uptake of influenza vaccines in 2021 while Australia dealt with covid19. With international borders reopening, it's likely we will see more influenza in 2022.

Australia's Biggest Morning Tea

19th May 2022

Or any day that suits in May/June


1 in 2 Australians are diagnosed with cancer before the age of 85. Cancer Council want to change that and need your help. Money raised goes to research, support and prevention.

Visit: biggestmorningtea.com.au

Check out the Panaceum Website

New Doctor Pages, Panaceum Blog, Information about all our departments and the services we provide.

www.pilbarahealth.com.au

 [Find us on Facebook.](#)

Current at: May 2022