

SPEECH PATHOLOGY

The Maitland Hospital
550-560 High Street
Maitland 2320
Ph: 49392249
Fax: 49392383

Acute adult inpatient coverage provided as requested. No adult outpatient services available at Dungog. Please refer to Maitland Hospital Speech Pathology Department.

What is a Speech Pathologist?

A Speech Pathologist is someone who diagnoses and treats people who are unable to communicate effectively and/or are experiencing difficulty swallowing.

What does a Speech Pathologist do?

Speech Pathologists **assess** and **manage** people who have the following disorders:

- Swallowing disorders including problems related to muscle weakness, drooling, as well as swallowing problems associated with ageing and dementia.
- Speech and language disorders including difficulty understanding spoken and written information, difficulty finding the right words, slurred speech and difficulty writing
- Voice disorders including loss of voice or volume.
- Stuttering
- Pragmatic disorders which refers to difficulties with social interaction, communicative use and intent.

SOCIAL WORK

Community Health

2 days a week – Wed & Thu
Ph: 0419 604 546

Inpatient Social Work support available on request via negotiation.

What is a Social Worker?

A Social Worker is someone who assists individuals, couples, children and families. Support for patients and family members can be individual or family counselling, providing information on other services and assistance accessing services.

What does a Social Worker do?

- Counselling for:
 - Grief / Loss & Bereavement
 - Crisis Intervention
 - Lifestyle Change
 - Anxiety and Depression
 - Relationships and Family Issues
 - Adjustment to illness
 - Disability and Aging
- Practical Assistance/Information
- Disaster Welfare (Psychological First Aid)
- Child Protection
- Domestic Violence
- Trauma



Health
Hunter New England
Local Health District

Allied Health Services

Dungog Community Hospital

January 2012



Health
Hunter New England
Local Health District

**ALL OUTPATIENT SERVICES REQUIRE
AN APPOINTMENT.
PLEASE CALL PRIOR TO VISITING**

NUTRITION & DIETETICS

- Inpatients – phone Intake on 49312003 / 49312004 **and** contact the Lower Hunter Community Health Dietitians on 49312013
- Outpatients –
 - **General**
Intake on 49312003 or 49312004
 - **Diabetes Management**
Lower Hunter Diabetes Service Ph: 1300 855952

What is a Dietitian?

A Dietitian are responsible for assessing the nutritional needs of patients, planning appropriate diets and educating patients and their families. Any advice provided is based on currently available scientific evidence.

What does a Dietitian do?

Provides individual or group nutrition intervention as appropriate including the following:

- Malnutrition (undernutrition)
- Enteral or PEG feeds
- Gastroenterology eg. liver disease, reflux, diarrhoea, constipation
- Diabetes
- Weight Management
- Renal Disease
- Heart Disease
- Nutrition in wounds
- Health promotion programs

PHYSIOTHERAPY

One day a week
Contact Administration 49957000

What is a Physiotherapist?

A physiotherapist assesses and treats clients with musculoskeletal, neurological and cardiopulmonary disorders. **Clients require a health professional referral.**

What does a Physiotherapist do?

- Assess and treat pain and dysfunction with manual therapy, modalities and exercise programs
- Provide education and rehabilitation following orthopaedic surgery
- Provide gait training and Falls Prevention groups

OCCUPATIONAL THERAPY (OT)

Inpatients: 1 half day a week service (Thursdays) based at TMH. Referrals by fax 4939 2415 by 3pm Wednesday.

Community: Based at Lower Hunter Community Health Centre. Referrals by phone 4931 2003

Outpatients: Based at The Maitland Hospital (TMH). Referrals by phone 4931 2003

What does an OT do?

Occupational Therapists are concerned with promoting independence in self care, work/school and leisure/play activities

What does an Occupational Therapist do?

- Home assessment to enhance safety and independence
- Prescribes equipment and adaptive aids
- Recommends home modifications do we need to add in an example? E.g. shower chair, long handled reacher, grab rails etc
- Therapy to enhance cognitive/perceptual skills
- Therapy to enhance upper limb use when performing tasks
- Education about task simplification - conserving energy, joint protection, manual handling.