Dungog Community Hospital

“Heartmoves”
By Charmian Bridge and Dianna Galbraith
Dungog Shire
Dungog is a small rural community town located in the Hunter Region of NSW.

215 kms from Sydney
79 kms from Newcastle
57km from Maitland
Dungog Demographics

- Population = 2 131
  Dungog Shire = 8 547 (2011 Census)
- Median Age = 47yrs (10 years above Australian average)
- Obesity 62.8% (4.4% above Hunter average)
- Coronary heart disease hospitalisations 34.6% increase (2009 – 2011)
The Health challenge this partnership aims to address

- Increasing rates of chronic health conditions (e.g. Diabetes, Cardiovascular Disease)
- Falls and cardiovascular related emergency presentations and hospital admissions
- Physical inactivity
- Limited access to preventative health care programs due to geographical location
How this innovation came about

- In 2009 community representatives approached Dungog Hospital staff requesting an exercise program for seniors and disabled members within the community

- Audit review of Emergency patient presentations

- Collaboration between Hunter New England Health Executive and the Australian Heart Foundation

- Heartmoves program identified as suitable option
Practical steps taken to implement innovation

• Suitably skilled staff member selected to train as a Heartmoves leader
• Selection of suitable venue
• Completion of site risk assessment
• Authorisation and payment of host license
• Community information evening
Results achieved

- Reduction in falls and chest pain presentations
- Increase in client numbers 11-120
- Development of social groups
- Promotion of self management practices
- Empowerment
- Independence
Key learnings and advice to others wishing to tackle similar challenges

- You can teach an old dog new tricks
- Age is no barrier
- Be patient
- Keep focused on what you want to achieve
- Network with other organisations
Client feedback

Heartmoves Inspires me
To ensure that I have a Healthier future and become more active

I have lost over 3kgs!!
Thanks Heartmoves

Mobility with confidence
Heartmoves for me is invigorating

Gentle exercise in a friendly environment
No pressure No fear Just fun!!
Client stories
References

• Google Maps (2013), Dungog NSW 2420 Australia. Available URL: https://maps.google.com/maps

• Hunter Medicare Local (2013), Dungog Health Profile.