



POP-UP COMMUNITY CARE

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SPRING NEWSLETTER 2021

Welcome to our Spring newsletter for 2021! It's wonderful to have the days becoming warmer and being able to get out and about more in our community. As we are getting out, however, in spring many of us encounter hay fever symptoms. Have a look at our section on hay fever and some tips to support your health in spring. This month we have also started a section on client frequently asked questions! We hope this will be helpful in supporting our clients to understand important elements of how we plan and deliver care for our community in South Australia.

Hay Fever in Spring

The correct name for hay fever is seasonal allergic rhinitis. Symptoms are caused by the body's immune response to inhaled pollen, resulting in chronic inflammation of the eyes and nasal passages.

Allergic rhinitis symptoms include:

- Runny, itchy, congested nose.
- Irritable, itchy, watery and red eyes.
- Itchy ears, throat and palate.

18% of Australians suffer hay fever and sufferers are most affected from October through to December in South Australia.

Did you know that Asthma Australia publishes a pollen count each morning for Adelaide on their website? It can be helpful to manage hay fever symptoms, knowing when the pollen count may be high and avoiding being outside if possible. Head to asthma.org.au to check out the pollen count.

It is important to speak to your GP if you suspect you suffer from Hayfever and talk to them about the best treatments for you, including medications and nose sprays.

(allergy.org.au)



popupcommunitycare.com.au



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It's your care, which is why we care.



RECIPE OF THE MONTH



Tuna and Avocado Rice Paper Rolls

Enjoy this great recipe from the Heart Foundation. Serves 4

INGREDIENTS:

- 2 x 95g can tuna in springwater, drained
- 1 ripe avocado, diced
- 1 tablespoon coriander, finely chopped
- 1 tablespoon Vietnamese mint, finely chopped
- 1/2 tablespoon sweet chilli sauce
- 1 cup iceberg lettuce, shredded
- 1 carrot, peeled, grated
- 1 Lebanese cucumber, cut into ribbons
- 8 sheets rice paper

METHOD:

1. In a bowl, combine tuna, avocado, coriander, Vietnamese mint and sweet chilli sauce.
2. Fill a bowl with warm water. Place one sheet of rice paper into the bowl at a time, soaking for 20-30 seconds. Carefully place sheets on a damp tea towel.
3. Place iceberg lettuce, carrot, and cucumber in the centre of each piece of rice paper. Top with some of the tuna mixture. Fold in ends, then roll up tightly to form a sealed cylinder. Repeat with remaining mixture to make 8 rice paper rolls.
Tip: Tuna can be substituted for egg, chicken or tofu.

Get To Know Us:



Cass

How long have you been on the team? I have been working for Pop-Up for the last 16 months

What is your role at Pop-Up? Enrolled Nurse in the field and in the office nursing hub

What do you like about working at Pop-Up? The People, seeing patients and the service that we offer, that allows for clients to stay at home for their health care.

Hobbies: People Call me the crazy plant lady.

CLIENT FAQs

Your questions answered by our staff!

What if I have questions about my care plan?

All clients have a care plan written to ensure all our nurses have a guide to the care to be provided by our nurses. If you have any questions about your care at any time, please don't hesitate to contact us on 1300 858 047

Answered by Sam Garritt, DVA Coordinator

FUN FACT

When we touch something, we send messages to our brain at 200 km/h

Nursing at Pop-Up Community Care

NWCOMMUNICATION
 EOHFZCLINICALDO
 QUOJDQAPRACTICE
 NNVHZUQFSUPPORT
 UD XOZAFJQXBNPST
 R SMLGLUMA I MANDL
 S F S I K I V E S S N C D C V
 E J E S F T Q D S K U C I H N
 W T R T H Y X I E P R R S O C
 J N V I L M G C S A T E P M A
 E W I C R N C I S T U D B E R
 H R C Z R H N N M I R I L C I
 I X E J P A X E E E E T F A N
 P E R S O N A L N N P E O R G
 P E M K Z G C Z T T V D P E H

Communication	Assessment	Accredited	Practice
Clinical	Holistic	Medicine	Support
Personal	service	Nurture	Quality
Home Care	Patient	Caring	Wounds
Nurse	NDIS		

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