

Auricle

EDITION 1 / 2020



*Coin caper tests new
walk-in urgent care service*

05

*Responding to the
COVID-19 pandemic*

15

*Next-gen cath lab technology
first for Australia*



24

*Simple cheek swab
can save a life*

31

*Barwon Health Foundation
Grant Round*

CONTENTS

- 02 Message from the Chief Executive
- 02 Community gives back to healthcare workers
- 03 **WHAT'S NEW**
 - Good Samaritans sign up to save lives
 - Don't let knowledge go to waste
 - Interns raise money for bushfires
 - Health Services Worker Training Fund scholarship
 - Backyard reno program hits ton
 - Healthy Communities partnering to create a more active Geelong

Pandemic response

- 05 Responding to the COVID-19 pandemic
- 09 Surveillance and screening
- 11 **THE HEART OF THE MATTER** | Staying calm in a crisis
- 13 **MEDICAL MYTHBUSTERS** | COVID-19
- 14 BIS bus goes round and round
- 15 Next-gen cath lab technology first for Australia
- 16 Bringing virtual worlds to palliative patients
- 17 Health literate message toolkit to improve understanding about violence against women
- 18 New medical research Institute for Deakin and Barwon Health
- 18 Wagging tail therapy

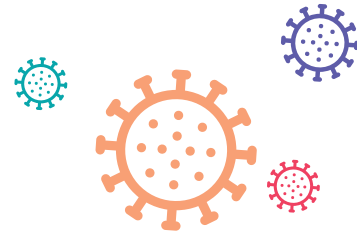
Barwon Health North

- 19 Barwon Health North now open
- 19 Coin caper tests new walk-in urgent care service
- 20 Providing care for the north
- 21 **THE HEART OF THE MATTER** | A healthier future for the north
- 22 Icons of the North

- 23 Exercise to help beat cancer
- 24 Simple cheek swab can save a life
- 25 **AT THE MOVIES WITH SAM** | Upright
- 25 Nursing award pays tribute to Peter Foyster
- 26 Mangosteens could improve bipolar treatment
- 26 Celebrating Dr Mary De Garis
- 27 **DEPARTMENT SPOTLIGHT** | Telehealth
- 28 Wooden boxes give precious reminder
- 29 Barwon Health Foundation announces Coronavirus Emergency Response Fund
- 30 Barwon Health Foundation caring for the carers
- 30 iPads helping aged care residents feel connected
- 31 Barwon Health Foundation Grant Round
- 33 **LENGTH OF SERVICE**

Fun facts

Barwon Health COVID-19 statistics
(as of 13 May)



TOTAL PEOPLE TESTED - **14,580**

HEALTHCARE WORKERS
TESTED - **3309**

ASYMPTOMATIC TESTS - **6554**

EXTRA STAFF HIRED - **85**

4429 FREE COFFEES FOR
STAFF ACROSS 20 NIGHTS
(VIA BARWON HEALTH
FOUNDATION).

Telehealth stats (April only)

APPOINTMENTS HELD BY
VIDEO TELEHEALTH - **1400**

PATIENT TRAVEL SAVED -
87,000KM AND **1300 HOURS**

Cover: A Bell Park family has used Barwon Health North's walk-in service for a quick result after their two-year-old swallowed a coin.



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www.twitter.com/barwonhealth



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Auricle is edited and produced by Barwon Health's Public Affairs and Communications Department.



Message from the Chief Executive

So much has happened at Barwon Health since our last edition of Auricle. Some of it has been highly anticipated for many years, like the successful opening of Barwon Health North, which we have celebrated in this newsletter. Other developments have taken many of us by surprise, including the ways life has changed all over the world as we adjust to the COVID-19 pandemic. Locally, I've been blown away by how well our staff have worked through this challenging time, whether they are adapting to new and ever-changing precautions, adapting entirely new ways of working, or putting their hands up to take on different roles that need to be filled as our services respond and change to these unprecedented circumstances.

In the recent months of uncertainty, I'm grateful for our new staff members, and those who have stepped up and taken on new roles to help lead the organisation through this time. We're pleased to have Piraveen Pirakalathanan join Barwon Health as our medical services director and Lee Jeffrey as our chief of workforce, while Claire Cattigan has recently stepped up to become our ICU director.

Along with these notable appointments, I want to acknowledge the many graduates and interns who have joined Barwon Health in what will certainly be a memorable first year in the medical workforce. Thanks must also go to staff who have worked extra days, or joined other teams within the organisation to help us achieve everything that needs to be done in response to the changes we've seen, as well as the preparations that need to take place for the upcoming months.

It's unfortunate that social distancing restrictions have forced us to cancel, postpone or modify many events we would

usually celebrate at Barwon Health, such as our Length of Service Awards, ANZAC Day ceremonies, the Barwon Health-Deakin University Research Symposium, and International Nurses Day, so I'm pleased we were able to hold some events before stricter precautions were introduced, including International Women's Day, the Barwon Health North opening, and the Anniversary of the Apology to The Stolen Generation.

It's no secret that the COVID-19 pandemic has been a difficult and stressful time for many people in our community. Healthcare workers are no exception to this, and many have the added concern of balancing their commitment to care for their patients with their own fears of being exposed to the virus and infecting their loved ones. However, I'm confident our staff will continue rising to the occasion and I'm proud to work alongside you during a time that we can make a true difference to those we serve.

Our community is facing a challenge that needs the best quality healthcare more than ever, and it's fantastic to have an agile workforce that understands the complexities and problem-solving that is being worked through at every level, from rostering right up to clinical policies. There's been an incredible level of understanding and patience that staff have given each other to get on with the job of caring for the community in whatever way they can.

Frances Diver | Chief Executive

COMMUNITY GIVES BACK TO HEALTHCARE WORKERS

Point Lonsdale resident Michael Rainey has shared his personal gratitude alongside widespread community appreciation for local health heroes by donating a prominent Geelong billboard to spread a message of thanks during the COVID-19 pandemic.

The billboard showcases faces of Barwon Health staff and is located on Ryrie Street near the Try Boys Basketball Stadium.

Staff have been treated to various acts of kindness over the past months, including donated food and snacks, flowers, hand-written cards, and coffees. Read more on page 26.

Pictured: Michael Rainey and Barwon Health clinical nurse specialist Judy, whose photo appears on the donated billboard.





Paediatric nurse unit manager Sandra van Roon was one of 30 Barwon Health staff who signed up to GoodSAM in the first hour of their display at the hospital, pictured with paramedic Alex.

GOOD SAMARITANS SIGN UP TO SAVE LIVES

Ambulance Victoria recently visited University Hospital Geelong to sign-up staff for the GoodSAM Responder app.

The innovative software alerts users when a Triple Zero call is made for a nearby cardiac arrest. Responders are then told the location of the patient and the nearest available defibrillator.

Every week 125 Victorians suffer a cardiac arrest, and only seven of them survive. The GoodSAM app aims to turn around this statistic by helping people respond with life-saving CPR even before ambulance services arrive.

The app is available to anyone who knows CPR, so please download GoodSAM to your device if you want to help save a life.

DON'T LET KNOWLEDGE GO TO WASTE

A Ministry of Health contingent from Samoa visited University Hospital Geelong for a training workshop, observing various healthcare waste management systems.

Barwon Health waste management co-ordinator Bronwyn Alymer said she was pleased to showcase the waste reduction strategies in place at University Hospital Geelong with the Samoan visitors.

"Networking is a great way to share the successes of our recycling initiatives," she said.

"It also gives us the opportunity to learn from other health services."

The tour was part of the Samoa Health Project, in partnership with the World Bank Group and Deakin University.



Vaialua Vaialu, Barwon Health waste management co-ordinator Bronwyn Alymer, World Bank Group consultant environmental risk specialist Nick Valentine, Mesepa Loleni, Deakin University's Trevor Thornton, and Lucie Isaia, during the student tour.

INTERNS RAISE MONEY FOR BUSHFIRES

In January, the Barwon Health Resident Medical Officer (BHRMO) society held its annual Valedictory Ball.

The committee decided to donate all money from ticket sales to the Country Women's Association Bushfire appeal. The total contribution from the BHRMO society was \$5000. The committee also approached the Freemason's Lodge Epicurean Geelong, which pledged to donate a further \$500.



HEALTH SERVICES WORKER TRAINING FUND SCHOLARSHIP

In November 2019, the Department of Health and Human Services (DHHS) introduced a new fund to support frontline health services workers, including non-clinical support staff.

The program, called the Standing with our Hardworking Health Services Staff – Health Services Worker Training Fund, will help staff gain qualifications, and increase their skills and knowledge.

The successful applicants for this round of scholarships were Anita Fitzgerald, Domestic Services Assistant in Environmental Services, who has worked at Barwon Health for 27 years, and Linda Grubisic, Food & Domestic Services Assistant in Environmental Services, who has worked at Barwon Health for four years.

Anita and Linda are both now undertaking a Certificate III in Business Administration (Medical) at the Gordon TAFE in Geelong and are due to complete their courses later this year.

An Expression of Interest (EOI) process was then undertaken for eligible Barwon Health employees to apply, involving expressions of interest and endorsements from managers.

There were a significant number of applications for the scholarships and it was very positive to see a range of employees from different departments apply.



Backyard Blitz volunteers David Edwards and Bronwyne Hoffman.

BACKYARD RENO PROGRAM HITS TON

In January, the Backyard Blitz program celebrated the completion of its 100th garden makeover.

The program, which launched in 2017, is an initiative between Barwon Health's Palliative Care and Volunteer Services, providing assistance to patients and their families with outdoor jobs such as garden maintenance and cleaning,

and allowing families to focus on quality time together.

For this Backyard Blitz, volunteers Bronwyne and David worked at the home of Gladys, whose late husband Alec was a palliative care patient with Barwon Health.

"They've done a wonderful job," she said. "When you've got all this stress and you're looking after a sick one, it really, really helps."

HEALTHY COMMUNITIES PARTNERING TO CREATE A MORE ACTIVE GEELONG

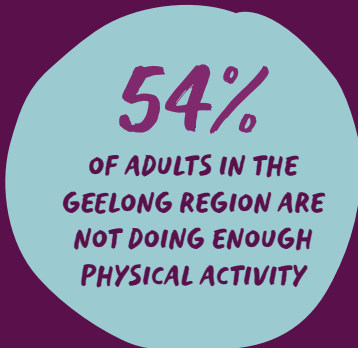
Barwon Health's Healthy Communities team has partnered with health collective Active Geelong to achieve better health and wellbeing outcomes in local workplaces.

Active Geelong aims to inspire community participation in a growing number of accessible and enjoyable physical activity opportunities, working towards making Geelong workplaces the most active in Australia by 2022.

Population health data reveals that 54 per cent of adults in the Geelong region are not doing enough physical activity. The Healthy Communities team recently partnered with Active Geelong, Deakin University and a local transport organisation to explore physical activity at work.

The workshop explored the barriers and enablers to the workforce being physically active and generated ideas for action.

To see how the Healthy Communities unit supports workplace health visit, www.barwonhealth.com/healthy-communities.



RESPONDING TO THE COVID-19 PANDEMIC

In the initial stage of the COVID-19 pandemic, the new and unfamiliar healthcare environment took many people by surprise. Barwon Health staff worked incredibly hard during the planning phase to adapt and prepare for our effort to manage the virus and keep the community safe. Here are just some examples of the way staff responded, taking on new responsibilities and workloads to support each other and the community.



Russeen Norman

Russeen Norman, Emergency Department equipment and resource nurse

"I'm involved in co-ordinating equipment and resources for the Emergency Department, which means all facets of equipment including cardiac monitoring, ventilators, thermometers, anything we might need for the COVID-19 patients coming through. There's been a lot more planning for larger numbers to come through the door and we've had to ramp up our capacity to prepare for the possibility of treating that cohort of additional patients. I feel a lot of responsibility to keep our staff resourced

appropriately to stay safe. You're trying to alleviate fears and anxieties of other colleagues and patients as well, so being healthcare workers can magnify that part of it. We're worrying about our families as well as trying to keep the community well. I've been quite fearful of bringing it home to my husband and children. In terms of interaction, that hasn't changed but it's the thought that's constantly with me. It's difficult to manage home life and work life, because there's an overwhelming pressure to help staff, but there's always an anxiety over how I'm managing my family at home. I have some amazing work colleagues and they're helping me get through it."



Stuart Marshall

Stuart Marshall, PSA (Patient Services Assistant) co-ordinator

“It’s been fairly hectic and we’ve been recruiting PSAs constantly for the COVID-19 pandemic, who we will need to manage the anticipated demand. We’ve opened up new areas and services need to be maintained in these new areas. I’ve been involved in getting Building B up and running with cleaning and setting up rooms for the fever clinics. I’ve been working less in day-to-day operations and more in training and recruitment. The main hospital has changed a lot of practices with more PPE stations, learning new precaution signage, as we try to cover all bases.

Wearing proper PPE is for everybody’s benefit, so if you’re a doctor you wear the same PPE as a PSA or a cleaner. We need to wash our hands and change gloves after every contact with a patient area, from one bed to another. PSAs have had hygiene training, but it’s been a bit more of a learning curve because we’ve never had a pandemic like this and we need to maintain our health as well as the patients’.

Staff have turned around and said ‘I’ve got this health issue, I’m at a higher risk so I don’t think I can work on this ward’, so we accommodate them and make sure they’re working where they’re comfortable. We have to alleviate panic and hysteria over the pandemic because a lot of people are apprehensive, which comes down to being informed and educated about infection prevention and proper hygiene.

I’ve got no fear. My wife works at Barwon Health as well and we’ve spoken about it, agreeing if we do proper hand hygiene and



Kate Archbold

correct PPE, we’ve got no problem. We put our clothes straight into the wash when we get home. We don’t go out and see other people – we stay at home. If we want to speak to people, we’ll ring them up.”

Kate Archbold, Corio Community Nursing co-ordinator

“In the planning stage, we built our workforce and trained up staff who have been redeployed to our community nursing program, making sure we have guidelines and processes in place to support staff, and making sure we have plenty of PPE supplies.

My role has become very reactive to the changes because the situation and information is changing every day. What we worked through as a good plan yesterday might not work tomorrow, so we’ve been pretty productive as a leadership group to plan but also revisit those plans to make sure they apply to the current situation.

A lot of things we do day-to-day have been scaled back, like face-to-face meetings, education, and even the care delivery our nurses give in home has moved to rely on phone calls and telehealth to reduce close contact. There’s definitely anxiety for healthcare workers about the risk they might pose to our vulnerable clients, but also the risk to themselves. That’s something our teams are struggling with, but I think we’ve focused on making sure our communication with our team is really transparent and honest. I think our team feels their issues and concerns are being escalated and considered, which helps with the anxiety.



Lisa Kenny

I think it’s on your mind always. As soon as I get home, I have a shower and I’m not breaking any social distancing rules with anyone outside my household. We’re not spending time with family because I feel we’re at a higher risk with the job I do. It hasn’t been too bad because the government has made that the situation for everyone else as well, but I’m learning new things like Zoom and House Party so that’s made it better.

Lisa Kenny, supply storeperson

“My role is to supply all the hospital wards and make sure they’ve got enough masks, gloves, gowns, sanitiser, everything you could imagine that’s involved in keeping staff safe when they’re treating patients. It’s much more important than ever, so we’re doing a lot more liaising with wards and managers to form relationships with them.

There’s been a lot of extra hours just to cope with it all. The initial panic has calmed down a little bit, but it’s still very hectic. Most people have been aware we’re all under pressure and we’re all in this together.

We’re happy we’ve still got a job, but in another way you think about that risk of going out all the time, but we’ve got a job to do and we have to step up and pull together. Everyone is working as a team and we’re on the same page. My partner is still working as well so we’re in a similar boat. You’re more mindful at home of cleanliness. We’re making sure family chats are just through the phone and limiting supermarket trips.”

PANDEMIC RESPONSE



It's certainly a very unusual environment to be in, but staff have drawn together as we get ready to do whatever we can. I think we're a wonderful institution when these crises happen.

A/Prof Neil Orford

A/Prof Neil Orford, intensive care specialist

"As well as doing our clinical jobs in the ICU, our preparation involved getting ready for the expected increasing levels of COVID-19 patients. My role as a specialist was to prepare for that demand, which meant planning a strategy to potentially care for up to 100 critically ill patients in Geelong. Our ICU has 24 beds, so we prepared for something well beyond our usual footprint and that presents a lot of challenges.

My role in the COVID-19 project team has been to help develop a plan for escalation as the numbers go up, which includes a co-ordinated plan across the region, including Colac, Hamilton and Warrnambool. Logistically, it is very challenging in terms of redeploying staff and taking over other spaces we wouldn't normally use, but we have to look at what's the safest and best way to care for that many people. The goal with our modelling on expected numbers was to make sure there were enough ICU beds and staff to care for all people who would benefit from them – both the COVID-19 cases and our usual expected patients who require time in the ICU. It's certainly a very unusual environment to be in, but staff have drawn together as we get ready to do whatever we can. I think we're a wonderful institution when these crises happen.

My family reckon I'm obsessively clean at home, but now I'm more conscious of surfaces and doors than normal. At work and at home, I'm conscious more than usual of potentially having been exposed to the virus because community transmission is the biggest issue we've got. I think a lot of healthcare workers are already very careful after they've been exposed to infectious patients, so quite often you get home and just change your clothes."

Dr Michael Sheridan, Emergency Department director

"Staff in the Emergency Department (ED), as with every area of society, have faced a level of anxiety of what COVID-19 means to them and their family, but the response throughout the whole organisation of Barwon Health has been one of incredible professionalism, innovation and adaptability. We're as prepared as we possibly can be to operate as usual for all the normal types of emergency presentations, but we have had the capacity to split our department into a respiratory zone for suspected COVID-19 cases, and a non-respiratory zone. This allows us to manage patients in a controlled environment with personal protective equipment (PPE), while being wary of reducing spread at every point. As the director of the Emergency Department, responding to COVID-19 means making sure we're as prepared as possible



Dr Michael Sheridan

to receive, care for, and transfer patients in an efficient way. This means we're looking out for patients, but also for staff in the organisation who are potentially in close contact with suspected cases. Barwon Health had the extreme fortune of having three or four weeks to prepare for what was envisaged to be a significant increase in presentations, based on what we were seeing overseas and the modelling that the Victorian Government has. We've set up an excellent screening service, contact tracing has been efficient, and I believe the process from within the hospital reception and ED through to wards and the intensive care environment has been streamlined to be as safe and efficient as possible."

Rohan Lovell, director of property, facilities and engineering

Rohan Lovell, Director Property, Facilities, & Engineering – “My role involves leading a multidisciplinary team of Corporate Support and Infrastructure personnel to coordinate Facility & Asset Management, Environmental Services, Linen and Food Services, as well as taking responsibility for ensuring that all of our external contractors and appropriately supported and trained to deal with the current pandemic situation. A significant part of these past weeks has been focused on setting up sites like Building B to accommodate the acute respiratory clinic, while also investing time and resources to recommission wards for patient occupation.

We recently completed an urgent proposal to the government to obtain funding to convert the former Geelong Private Hospital's dilapidated wards into spaces that can once again accommodate patients. This involved undertaking everything from recommissioning water and heating systems, repairing lighting and electrical services, purchasing beds, equipment and stock, whilst always ensuring that all the statutory compliance activities were undertaken for us to occupy the building. We had a very large group of contractors partnering with us, working on getting it ready for occupation in a rapid amount of time.

A lot of credit needs to go to the Building Services staff group, who have stepped up incredibly to take on the pressure of their normal jobs whilst getting Building B ready to operate. I think one of the biggest issues for us at the moment is dealing with a raised level of anxiety out there while trying to ensure the contractors can do their work safely. It is a testament to our staff and contractors that services have been able to continue as normal while everyone remains safe and informed. The whole reason we were able to do what we've done so quickly is because we have pre-existing contracts and existing relationships with contractors who have undertaken all the necessary induction training and are fully informed of the current situation to ensure we can continue to engage with them where and when we need it. We're still doing 85-90 per cent of our



Rohan Lovell

“business as usual” work, with all of these recommissioning works added on top of that. A lot of us are working as many hours as we need to get this done. It will be unbelievably rewarding to look back at this in the future and see we've hopefully made a difference to the community in trying to get everyone back to a normal way of life.”

Renee Owen, Aboriginal Health program manager

Renee Owen, Aboriginal Health program manager – “Now that the Aboriginal Health team is team is working from home, as well as continuing to support our patients albeit by phone, we are focusing on various other projects around Aboriginal health, including research and database development, we are also striving to deliver on the Reconciliation Action Plan action items.

In response to COVID-19, our Aboriginal Health staff have been supporting patients electronically, phoning them for one-on-one conversations and arranging support for referrals electronically when necessary. It's been an adjustment, but we've had to be really mindful of those in isolation and restricting visitors. The Aboriginal community is very family orientated and culturally strong, this poses challenges in keeping everyone connected and informed. Fortunately, there is a lot of Aboriginal specific COVID-19 messaging getting around



Renee Owen

especially on social media and online support groups have been set up in the community. It's important we're able to support our patients as much as we can, so we're trying to be more creative and adaptive in terms of our connections and ability to work externally. The unit was recently successful in their application for a Barwon Health Foundation grant, we submitted with the idea to purchase tablet devices to obtain patient feedback, one they have been obtained these may be helpful for admitted patients during this time.

My role as manager of the Aboriginal Health team has been making sure they're all equipped appropriately with the various resources and materials they need to work from home and making sure their mental health is OK. At the start of working from home kicking off I dropped off a 'care package' to all of my team with stationary, notebooks, water bottles, a wireless mouse, chocolates and lollies.

It's a very worrying time for our mob, being identified as a community who is highly vulnerable increases fear especially around the health and wellbeing of our Elders.

At this time our team is thinking of all our colleagues as they care for the community. It can be difficult working remotely but we're ready to offer support and lend a hand, whether it's phone support or in administration.

SURVEILLANCE & SCREENING

After creating capacity for the expected demand of COVID-19, Barwon Health's planning focus shifted to reducing and measuring the spread of the virus in the community through testing. New clinics at Building B and Barwon Health North were utilised to safely screen patients with respiratory symptoms, until surveillance measures ramped up to also test asymptomatic groups of people in the community, including retail and healthcare workers, aged care residents, and those at greater risk. Planning for screening required pop-up clinics established at Newcomb, Belmont and Torquay.

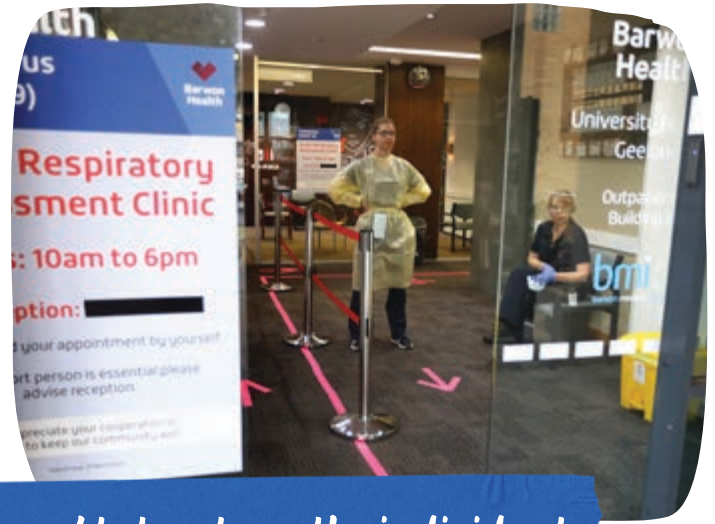
JESS POVEY | COVID-19 PROJECT CO-ORDINATOR

It's been quite an evolving process and role co-ordinating Barwon Health's response to COVID-19. My role has required me to liaise with the different departments throughout the organisation. I have been a central contact to oversee and support the response. Over the past few weeks, my role has been about surveillance testing to see how effective social distancing measures have been within the Geelong region. Barwon Health has done an incredible amount of work to prepare for and manage the spread of the virus in the community, so this stage is monitoring the

success of those efforts. It has also been rewarding to see how well we can all pull our resources together to help complete these tasks with very short time frames.

Initially, my role in the pandemic was to set up Barwon Health North as an acute outpatient respiratory clinic, whilst also working on establishing Barwon Health's escalation plan. I also gained the assistance of the COVID-19 flow co-ordinator who was assisting with the day-to-day management of patient flow within the hospital. As the

demand increased at Barwon Health North, we then developed a drive-through model, which has proven to be extremely effective with the high numbers of community members coming to be tested, especially over the weeks with the asymptomatic blitz. As COVID-19 progressed, we also looked at managing patients closer to the hospital. We developed the appointment based Acute Respiratory Assessment Clinic. This clinic provided the community another avenue to have medical attention to those who met the COVID - 19 testing criteria.



Top left: Nurse Bridget Croagh in PPE at the Acute Respiratory Assessment Clinic. Top right: Nurses Christina Gerhardy and Nicole Negri screen patients as they enter the Acute Respiratory Assessment Clinic at University Hospital Geelong's Building B, the former Geelong Private Hospital site.

Below right: Nursing staff dressed in PPE at Barwon Health North's drive-through testing clinic. (Photos courtesy of Geelong Advertiser)

I've been able to rely on the individual expertise around the organisation. Their advice and guidance has allowed us to approach the COVID-19 response as an efficient team.

With the recent focus on surveillance and screening, we've been increasing hours and putting in different strategies to test both symptomatic and asymptomatic patients in the community. We've now included our community health centres at Newcomb, Belmont, and Torquay as pop-up testing sites, while working with community services that did not fall under Barwon Health, such as HESSE at Winchelsea and Bellarine Community Health. With the asymptomatic screening, we also ensured that our focus included the Aboriginal and homeless communities, and our aged care residents, as well as an onsite pop-up site for Barwon Health staff to be screened. On top of this, we opened a three-week symptomatic testing site at the Torquay Health Community Centre, similar to Barwon Health North's original clinic.

On top of liaising with GPs as a main source of referrals, we've needed to communicate every update and change to staff and patients, so the marketing side of our strategy has been significant as well, from advertising the clinics with the right information and signage to

getting information throughout the hospital and online. It's been so important to not only educate the community, but to make sure staff have accurate and up-to-date information to guide them through our processes throughout the pandemic response.

Taking on this role, I have learnt so much about how Barwon Health operates. It has given me another perspective on the organisation and being able to interact with various teams who you don't get to meet when you're on the ward. It's had its challenges and I've needed to be able to respond and act quickly with the changes that have been occurring, but the more things change, the easier it gets because you know what works and you can improve on what hasn't. Keeping on top of all the constantly moving parts has been the most difficult task, while trying to think ahead all the time. I've been able to rely on the individual expertise around the organisation. Their advice and guidance has allowed us to approach the COVID-19 response as an efficient team, working together for the best result for our community's health and safety.





Staying calm IN A CRISIS

It is nearly impossible not to feel some uncertainty, and a degree of fear, from what the COVID-19 pandemic has brought to our community. You can't turn on the news or read social media without being confronted with international stories of panic and despair.

ASSOCIATE PROFESSOR STEVE MOYLAN | CLINICAL DIRECTOR OF MENTAL HEALTH, DRUGS AND ALCOHOL SERVICES (MHDAS)

Knowing what has and is occurring overseas is important, as it gives our governments and health services the opportunity to learn and implement what works to control the virus's impact. But having access to this endless information has a downside for us – it starts to dominate our lives. We read about it continuously, we search endlessly for answers. As we do, our fear and uncertainty build.

Whilst we don't know exactly what will happen, we do know that as a community our response to COVID-19 will impact all of us in ways we haven't experienced before. As the days and weeks progress, there will be times when things seem out of our hands. More than ever, we will need to find and sustain our inner strength to cope with the challenges ahead. To do this, we all need to take charge of what is within our control.

Start by remembering that COVID-19 is not the only thing that's contagious at the moment – so is kindness and compassion. We've all seen that panic can spread like a virus – the recent run on toilet paper is evidence enough of this – but it's also true that we can each spread positivity in our community with patience, compassion and acts of kindness. Many of our friends, family, colleagues and neighbours will be struggling in the coming months. This virus will make many people very sick, and the downturn in economic activity will affect people's livelihoods. Forgive easily, when things don't go right, and express gratitude whenever you get the chance. This mindset of positivity will make a difference to your environment and how you feel.

One of the most challenging parts of controlling this virus is the concept of social distancing. We are being asked to keep our physical distance from each other – a vital step to controlling the spread of the virus. But whilst we need to keep our distance, we should not let ourselves become distant from each other. Now more than ever we must actively work to maintain our social connections. Make an effort to call your friends more than you would previously. Organise a video catch-up. Check on people who are in self-isolation and offer them a helping hand however you can. Continue to be part of your community, and work on your goals. Most importantly, try to think of those most vulnerable to becoming socially isolated, especially our older neighbours, and check-in on them too.

At times it will be hard, and things won't always go perfectly. But if we keep focused on working towards achieving a united goal, we will find our way through this difficult period.

Doing these things will require effort and both physical and mental energy, so maintaining your energy levels is another important part of keeping on track and staying healthy. If you're unsure what it is that energises you, just think back to the last time you were really well, physically and emotionally. What were you doing at this time? I would bet that for many of you it was regular exercise, good sleep, eating well and interacting with your friends. So make these activities a priority now – each and every day, and make sure you prioritise things that help you relax and unwind. If you're constantly reading about the virus – it won't help. Listening to music, reading a book, going for a run, and looking after yourself physically – these things will.

Finally, take the time to reflect on why you do what you do, and the contribution this makes to the community. Twelve years ago, I joined Barwon Health because I wanted to make a difference to the Geelong region and the people we serve. When I ask the dedicated members of our mental health team why they are here, they share the same goal. We want our community to be healthier and happier. I imagine this is the

same for most people in our society – we all contribute to making our community what it is and we all support each other in one way or another. The healthcare field has an extra responsibility as we respond to COVID-19, with many looking to us for guidance and support. I believe there has never been a better opportunity to use our training and expertise to lead people through this experience. At Barwon Health, we will have to do some things differently for a while, including relying more on telehealth and telephone contact than before. But our

commitment to our community, and doing this important work, will not falter.

At times it will be hard, and things won't always go perfectly. But if we keep focused on working towards achieving a united goal, we will find our way through this difficult period. Like all great tests we face in life, the COVID-19 pandemic will pass. We don't know how long it will take, but we do know we can meet any challenge if we work together, stay calm, look out for others, and of course – wash our hands.

Associate Professor Steve Moylan



MYTH

MEDICAL MYTHBUSTERS

COVID-19

CAN COLD WEATHER AND SNOW KILL THE CORONAVIRUS?

There is no reason to believe that cold weather can kill the new coronavirus or other diseases. The normal human body temperature remains around 36.5°C to 37°C, regardless of the external temperature or weather.

WHAT ABOUT HOT TEMPERATURES?

You can catch COVID-19, no matter how sunny or hot the weather is. Countries with hot weather have reported cases of COVID-19. Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower.

ARE HAND DRYERS EFFECTIVE IN KILLING THE NEW CORONAVIRUS?

No. Hand dryers are not effective in killing COVID-19. To protect yourself against the virus, you should frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer.

CAN REGULARLY RINSING YOUR NOSE WITH SALINE HELP PREVENT COVID-19?

No. There is no evidence that regularly rinsing the nose with saline has protected people from infection.

DOES COVID-19 AFFECT OLDER PEOPLE, OR ARE YOUNGER PEOPLE ALSO SUSCEPTIBLE?

People of all ages can be infected by COVID-19. Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.

ARE THERE ANY SPECIFIC MEDICINES TO PREVENT OR TREAT COVID-19?

To date, there is no specific medicine recommended to prevent or treat COVID-19.

However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimised supportive care. Some specific treatments are under investigation, and will be tested through clinical trials. WHO is helping to accelerate research and development efforts with a range of partners.

Barwon Health is participating in a clinical trial, along with 60 Australian hospitals, to measure the effectiveness of several medications in treating COVID-19.





BIS bus goes round and round

BIS researchers Mikayla Hoffman, Samantha Kernaghan, Nakita Clements on their inaugural bus trip to Point Lonsdale Primary School.

Barwon Infant Study (BIS) medical researchers have taken their work on the road, with a new bus allowing them to visit the region's schools for the first time.

Since 2011, BIS has regularly monitored and reviewed a cohort of over 1000 Geelong babies in order to gather information and biosamples that could help not only Australian children, but children and families from all over the world.

The new bus is equipped with research tools to perform dental and neurodevelopmental assessments, respiratory tests, and measure physical growth and ability to provide insight on childhood health issues, including allergies and diet.

Professor Peter Vuillermin said data over the years had given a better understanding of early childhood, and with participants now aged between six and nine, research was turning to the next stage of development.

"We have loved watching the BIS babies grow, and are grateful to our BIS families for their time and efforts over the years," he said.

"It's been a great exercise in people power. The information we'll be gathering in the Primary School Reviews will enable world-leading research into how to give kids a healthy start to life."

Point Lonsdale Primary School was the first stop for the BIS bus in December, with school visits planned throughout 2020.

"The information we'll be gathering in the Primary School Reviews will enable world-leading research into how to give kids a healthy start to life."

- Professor Peter Vuillermin

The BIS is a major birth cohort study, funded by three separate National Health and Medical Research (NHMRC) Project grants, and conducted by the Child Health Research Unit (CHRU) at Barwon Health in collaboration with the Murdoch Children's Research Institute (MCRI) and Deakin University.



Next-gen cath lab technology first for Australia

The Siemens ARTIS icono cardiovascular system in Barwon Health's cath lab is one of two installed in the world.

University Hospital Geelong is the world's first hospital to install a new generation of cardiovascular x-ray technology outside of its founder city in Germany.

The new Siemens ARTIS icono cardiovascular system was installed late in January and has improved the efficiency of the Barwon Health Cardiac Catheterisation Laboratory (cath lab), allowing more patients to receive more accurate results with a quicker turnover.

Medical imaging in the cath lab helps guide cardiologists as they perform minimally invasive tests and procedures.

The new cutting-edge machine is one of just two in operation and is the first of its kind in the southern hemisphere, boasting better image quality to visualise a patient's anatomy with less radiation exposure.

Barwon Health Cardiology director Associate Professor Chin Hiew compared the image quality difference to the leap from standard-definition televisions to 4K high-definition screens.

"Having had a few weeks of experience with this machine, the image quality is spectacular

without compromising the amount of radiation exposure," he said.

"The radiation level is actually reduced by up to 70 per cent, making it safer for patients and the staff operating the machine.

"This new machine and the new cath lab table are able to hold more weight, which is important for accommodating a patient requiring CPR, which puts a lot of pressure on the table.

"It's also quicker, less noisy and it has additional features that eliminate the need for peripheral machines in the same lab."

A/Prof Hiew said Barwon Health was able to secure the machine before its worldwide release after visiting the Siemen headquarters in Germany when it was in development.

"We are now a reference site for hospitals across the country to do site visits and see the machine when they are considering installing one."

Bringing virtual worlds to palliative patients

A new palliative care program at Barwon Health is utilising virtual reality (VR) technology as a form of diversion therapy that also allows patients to encounter immersive experiences.

Palliative Care Unit volunteer co-ordinator Jen Walsh said staff and volunteers had trialled VR headsets in a partnership with the Geelong Regional Library, and patients were now able to enjoy the experiences.

“There are so many implications for people in healthcare and for us in palliative care,” she said.

“We have completely fallen for what this technology can do, so we’ve encouraged our volunteers to get a sense of what it’s like to help us roll it out for use with patients.”

Palliative care nurse Mel Davies said patients had been quick to adapt to the technology, especially with Barwon Health’s DentecX headset, which is designed for clinical settings.

“This version offers a more immersive experience and can be operated from a phone or laptop, so the patient only has to sit there and the scenery moves around them to reduce motion sickness,” she said.

“Virtual reality has been used in America, particular in paediatric burn patients as a diversion tool for wound dressing, but we are also developing a study around the effects it has on people, whether it can reduce feelings of breathlessness, nausea or pain.”

Mel said the technology had obvious benefits in giving the patients a unique experience.



Palliative Care Unit patient Julie taking a trip to Scotland with virtual reality.

“We know it can really transport people to another place and make them happy,” – Mel Davies

“We know it can really transport people to another place and make them happy,” she said.

“In healthcare settings, we know it can reduce distress from either emotional or physical pain and also help those palliative care patients who have a lot of feelings of isolation, particularly with the current pandemic restrictions.

“One patient has Scottish heritage and she went to virtual Scotland using Google Maps and was amazed by how real it felt.

“She said she felt so lucky and her body language in the armchair was so relaxed, like she was literally in another place.”

The device’s library currently has 18 immersive options, including city tours, wildlife and space experiences.



Health Literate Message Toolkit to improve understanding about violence against women

Barwon Health clinical support director David Meade, Women's Health and Wellbeing Barwon South West CEO Emma Mahony, Colac Area Health clinical enterprise and pharmacy director David Walters, and Bellarine Community Health CEO Shane Dawson.

Barwon Health's Healthy Communities team has partnered with Bellarine Community Health, Colac Area Health, G21 Health and Wellbeing Pillar and Women's Health and Wellbeing Barwon South West to develop a toolkit to help people communicate the complex topic of violence against women in a way that can be understood by more people.

Leaders from these organisations, including Barwon Health clinical support director David Meade, are committed to driving change to prevent violence against women, using the messaging toolkit as a key resource for enabling a consistent approach to strengthening culture and attitudes across the whole region.

The toolkit can be used by anyone wishing to promote gender equality and prevent violence against women, including managers, community leaders and communications professionals. It features seven key messages explaining violence against women in everyday language, including forms of violence, health impact, and how to prevent violence.

Violence against women is an issue surrounded by many myths and misconceptions, but in order to reduce its prevalence and impact, better understanding is needed by more people.

If you would like to help spread the message, the toolkit can be accessed at www.g21hwbpillar.com.au

NEW MEDICAL RESEARCH INSTITUTE FOR DEAKIN AND BARWON HEALTH

Two of Deakin's research centres have merged into the iMPACT Institute at the start of 2020.

The Centre for Molecular and Medical Research (CMMR SRC), based at Deakin University Warrn Ponds, and the Centre for Innovation in Mental and Physical Health and Clinical Treatments (iMPACT SRC), based at Barwon Health, have unified into a biomedical research institute.

iMPACT will give rise to a diverse team of researchers equipped to address complex mental and physical health conditions.

At iMPACT, investigations have successfully integrated clinical, epidemiological and fundamental research to identify novel therapies for psychiatric, musculoskeletal, metabolic and cardiovascular disorders. CMMR have focused on the molecular basis of health and disease, with a portfolio of research ranging from basic gene discovery and molecular analysis, through to pre-clinical and clinical research.

Combining the strengths of each centre, iMPACT boasts the capacity to facilitate teams of multidisciplinary researchers skilled at understanding the biological mechanisms and chronic disease patterns, whilst also identifying novel treatments for complex mental health conditions and concurrent diseases. Led by Alfred Deakin Professor Michael Berk as Scientific Director and Professor Ken Walder as Deputy Director, the Institute aims to translate basic and epidemiological research into clinical outcomes directly benefitting the community.



Alfred Deakin Professor Michael Berk, along with Professor Ken Walder, has led the amalgamation of Deakin's two research centres.



Joy Bromley's dog Roxy is a part of a registered animal-assisted therapy program and has passed the thorough checklist required for any animal visiting Barwon Health sites.

Wagging tail therapy

With visitors now restricted at aged care facilities, residents and staff are missing regular appearances from one furry friend they've become quite familiar with.

Barwon Health volunteer Joy Bromley is known for bringing her beloved dog Roxy to visit the McKellar Centre several times a week.

Wallace Lodge receptionist Julie McTernan described Roxy as a beautiful 11-year-old Golden Retriever who was always excited to visit staff and patients.

"Roxy jumps up at our window for a pat and a treat, she then trots over to BMI and does the same over there," she said.

"We all love her and she has brought a lot of smiles and joy to a lot of people here.

"Roxy is adorable and Joy is a dedicated Volunteer who loves her role here at McKellar."



Barwon Health chief executive Frances Diver, Community Health north area health manager and Carol Mioduchowski, Minister for Health Jenny Mikakos, Barwon Health Board chair Brian Cook, Member for Geelong Christine Couzens, and Member for Lara John Eren observe the opening smoking ceremony at Barwon Health North.

Barwon Health North now open

GEELONG'S growing northern suburbs now have access to more high-quality health services with the opening of the new state-of-the-art Barwon Health North facility.

Minister for Health Jenny Mikakos opened the new \$33 million flagship health hub at an official event on 12 February, with more than 120 guests in attendance.

Barwon Health North offers a walk-in urgent care centre, medical imaging facilities, child and family services, renal dialysis, pathology and specialty clinics – open from 8am to 10pm every day.

Patients can access a range of health services at the walk-in urgent care centre including treatment for sprains, cuts, minor fractures and infections.

Barwon Health clinical support director David Meade said there was a clear need for better access to health services and we have tailored Barwon Health North to directly meet the community's needs.

"We're excited for Geelong to benefit from a lot of hard work to improve the health of the community," he said.

"We have already started planning for a similar model in Torquay and we are confident that this site will lead the way towards more innovative models of care that will one day be found everywhere in the region."

COIN CAPER TESTS NEW WALK-IN URGENT CARE SERVICE

A Bell Park family has used Barwon Health North's walk-in service for a quick result after their two-year-old swallowed a coin.

Tiana Dawes called her mother in a panic after her son Ollie lodged a 10-cent coin in his throat, anticipating spending hours waiting at the Emergency Department as a less urgent patient.

"I was about to head into town, but Mum told me Barwon Health North was open and it was closer," she said.

"We came here and by that time he had swallowed the coin. It was two days before he was due for a tonsillectomy, so that was my main concern.

"The facility is excellent and the staff were great. They made us feel welcome and took us straight through.

"The staff observed his breathing while he had a bit of a run around and play, and made sure he was OK before they sent us home with the all-clear."



Ollie Bingham, aged two, with mother Tiarna and Barwon Health North nurse practitioner Julie Parsons (left).

Providing care for the north

Our nurse practitioners at Barwon Health North have advanced training and can provide pain relief and procedures, working with Emergency Department doctors to allow them to focus on people seeking more urgent treatment, helping reduce waiting times.

Julie Parsons – Barwon Health North nurse practitioner

“As a nurse practitioner, I work autonomously, assessing, diagnosing and managing most acute common and chronic illnesses. I am authorised to perform physical examinations, order and interpret diagnostic tests or advanced health needs assessment, which are not usually exercised by nurses.

I moved to Australia in 2018 to continue working as a registered nurse practitioner where I can draw on my diverse range of knowledge and clinical reasoning and decision-making to determine evidence-based therapeutic interventions, which

include prescribing medication and actively monitoring the effectiveness of therapeutic interventions.

At Barwon Health North, I plan and manage complete episodes of care, working in partnership with other staff including consultants from the University Hospital Geelong Emergency Department, and delegating and referring as appropriate to optimise health outcomes and resource use, as well as providing direct support to patients.

I use my professional judgement in managing complex and unpredictable care events and capture the learning from these experiences to improve patient care and service delivery.”



Julie Parsons



Carol Mioduchowski

Staff have engaged with residents and consumer representatives of the northern suburbs for years to ensure Barwon Health North provides a service catering to their needs. The facility now complements the Corio Community Health Centre to offer care in the community.

Carol Mioduchowski - Community Health north area health manager and podiatrist

“I’ve been with Barwon Health for a long time and have always worked in community health. In 2011, I was asked to step into more of an area manager role and part of my coming out to the Corio Community Health Centre for the past eight years was about seeing how we could invest to deliver more health services to people here who needed to go into Geelong.

I grew up in the northern suburbs and I think that’s a driver for me to help the community

here. They deserve something that’s really fantastic and I see Barwon Health North really becoming something special and something they can be proud of. I’ve always really liked working with people to help them get a better health outcome.

Out here in the north, we’ve worked with some people who have been really unwell and have complex needs and we’ve been able to make some real change with them through small steps. My role is about seeing the potential for the area, and being in a position to help actualise that potential.”



THE HEART OF THE MATTER

A HEALTHIER FUTURE FOR THE NORTH

In late January, we celebrated the opening of Barwon Health's newest facility – one we believe will become a significant community asset for Geelong's northern suburb.

DAVID MEADE | DIRECTOR OF CLINICAL SUPPORT SERVICES

The story of Barwon Health North goes back to 2012, when our service plan identified the need to provide healthcare closer to home for the residents of Geelong's north. Fast-forward to 2014 and Barwon Health secured a commitment from the State Government to build a new facility. After a planning process, Norlane's Waterworld was recommended as the preferred site in 2015 and construction began in March 2018.

The northern suburbs account for more than a quarter of the City of Greater Geelong's entire population, and it is quite possibly the most diverse community in the entire Barwon South West Region. This diversity goes beyond the rich blend of ethnic backgrounds that have resulted from successive waves of immigration – it also includes an increasing number of aging residents and young families. The northern

suburbs are home to the largest proportional increase in older age groups, as well as a fertility rate higher than state and national average. From a healthcare perspective, GP services in the north are utilised less than other areas of Geelong, residents are more likely to be admitted to hospital, and rates of cancer, respiratory disease, airways disease, heart attack and stroke are higher than the state average.

There is a clear need for better access to health services and we have tailored Barwon Health North to directly meet the community's needs. We've worked closely with our consumer advisory group from the north, each involved at every step of planning this facility. Local residents Sandra Anderson, Gayle Newbury, Terry Groves and Chris Hutchinson worked with us from day one to make sure the facility met the needs

of the community, from its range of services to the physical building and its furnishings.

Women with low-risk pregnancies will be able to see a community midwife on-site, as well as attend ante natal classes, while our onsite medical imaging services is providing easier access to diagnostic testing. The increasing numbers of young families will be supported by our child and family service, supporting the development of children up to the age of five. The family focus means we can offer access to paediatricians, hearing tests, speech pathology, occupational therapy and psychologist services to save parents making a trip outside of their community. We know more than 40 per cent of our dialysis patients reside in the northern suburbs and we're now offering that treatment closer to home, or even at home, along with our various community care services.



There is a clear need for better access to health services and we have tailored Barwon Health North to directly meet the community's needs.

David Meade

Our medical imaging staff is providing CT scanning and X-rays seven days a week, and Barwon Health North's urgent care centre will provide extended hours of treatment for minor injuries or illness. A highly-qualified nurse practitioner is on-site to work directly with people seeking treatment, providing prescriptions, giving referrals and ordering medical imaging as needed. If needed, they have direct access to emergency specialists at University Hospital Geelong via a telemedicine link.

When you think of the northern suburbs and picture places such as Ford, the You Yongs or Geelong Refinery, our hope is that in 20 years, Barwon Health North will be recognised alongside these icons due to the care our organisation is able to deliver in this facility. As people now use the site, we're excited for Geelong to benefit from a lot of hard work to improve the health of the community. Centres such as these will be the way of the future in healthcare and we have already started planning for a similar facility that we will call Barwon Health Torquay. Our staff are excited to be offering better, safer and healthier outcomes for this community, closer to home.

Icons of the North

Barwon Health North has unveiled a new photographic display titled 'Icons of the North', in recognition of the region's rich history.

In collaboration with the Geelong Advertiser, Geelong Heritage Centre and Facebook community group Old Norlane 3214, more than 40 historical images were sourced and put on display throughout the facility.

Barwon Health communications co-ordinator Emma Harty said the images form part of the story of the northern suburbs and pay homage to the region's history, including migration, football premierships, and world-class industry.

"We hope that in decades to come, Barwon Health North will be seen as another proud icon in the local community and we thank the groups who have allowed us to use their photos as our Icons of the North."

Old Norlane 3214 page administrator Aaron Riches said the new facility now formed part of the history that is the 3214 postcode.

"It tugs on the heartstrings to see these photographs here, to see these people's stories shared in a community setting such as this health service, and we're honoured they've taken this approach," he said. "The group has monitored the movement, the removal of the water slide and the history of this area.

"This site has been a cropping block, a wood chip yard, a swimming pool, so we have watched and monitored that story, and people have followed that journey that has culminated in such a wonderful facility for Norlane and the northern suburbs.

"Some people are so quick to criticise people of the northern suburbs, but to have so much history out here, we want to bring that pendulum back a bit, allow people to share their stories, their history, their hard work ethic, how they've succeeded, and just support one another.

"We're humbled that we'd be considered to be part of this as a community consultative group or advisory capacity, and we want to thank Barwon Health for our inclusion."



Aaron with page moderator Tammie Riches and community event co-ordinator Carol Elzinga in front of the Icons of the North display at Barwon Health North.



Exercise to help beat cancer

(Left to right) Physiotherapist Caroline Dickens, senior clinician physiotherapist Catherine Williams, physiotherapist Brendan Ilett.

You might think rest is important for people being treated for cancer or during their recovery, but research shows exercise benefits most people with cancer throughout and after treatment.

An active lifestyle can help manage some of the common side effects of treatment, speed up recovery, and improve quality of life.

Barwon Health is running three oncology exercise programs from its Sunrise Centre to improve physical and mental health of people before, during, and after their cancer treatment.

Senior clinician physiotherapist Catherine Williams said the sessions were individualised to offer either one-on-one programs or group support.

“The group work is for people who want to work with others and have shared experiences, while the individual sessions are for those who feel it would suit them better,” she said.

“After an initial assessment with our team, depending on their needs, it will usually be a combination of strength exercises to build muscle mass, and then some aerobic work to help their heart and lung function.

“There’s a lot of evidence coming out now that shows the better people prepare physically and emotionally for treatment, the better they tend to cope and the faster they recover.

“We are now able to provide a comprehensive, specialised service to people with cancer in our region, from the point of diagnosis all the way through their cancer experience.

“It’s really important to us that as an organisation we provide a consumer-driven service that is about more than just their tumour or disease.

“We have a fantastic inter-disciplinary team including physiotherapists, exercise physiologists, dietitians,

clinical psychologists and neuropsychologists, speech pathology, audiology, as well as occupational therapy and social work within Barwon Health.”

A funding increase from the Department of Health and Human Services has supported the pre-rehabilitation program, during-treatment services, and the eight-week oncology rehabilitation program, which started in October 2018 and received the Barwon Health Best Care Safe Care internal quality award.

Catherine said a 12-month pilot for the pre-rehabilitation group showed significant improvements in physical outcome measures.

“They were still doing better in those measures after treatment compared to the baseline,” she said.

We’ve collected feedback that’s been overwhelmingly positive, saying that they feel it has helped them cope in what has been a really difficult time. It makes them feel empowered that they can do something to help their outcome, and it offers another avenue for support because we have an hour with them every week, and that’s a lot of contact time to offer emotional support during that time.

“More active people tend to have less dose-limiting toxicities, which means they can get through higher doses of treatments like chemotherapy, and it also reduces their chance of cancer progression and cancer recurrence if we can get them exercising as well.

“The more active they are, the better they can do across the continuum, as long as exercise is prescribed by someone with knowledge in that area.”

Simple cheek swab can save a life

A patient at Barwon Health's Andrew Love Cancer Centre who was cured through a stem cell transplant is now encouraging more people to join the Australian Bone Marrow Donor Registry.

During treatment for Hodgkin Lymphoma, Pamela Bousejean was told her only chance for a cure would be to have a stem cell transplant; however, she would need a matching donor to donate stem cells, which would be difficult due to her Lebanese heritage.

With no match found, Pamela underwent a riskier type transplant using stem cells from donated umbilical cord blood, and has been in remission since 2012.

Since then, Pamela established "UR the Cure", a registered charity aiming to increase the numbers and diversity of people on the Australian Bone Marrow Donor Registry.

Joining the registry is easy and free, just by ordering a cheek swab kit online and swabbing themselves at

home by rubbing a special cotton q-tip on the inside of their cheek. A simple form is completed and posted back to the registry along with the completed swabs.

People with culturally diverse backgrounds are strongly encouraged to join, as patients with these genetics often struggle to find a lifesaving match.

The cheek swab program has been recently paused while the funding model is assessed. You can support UR the Cure's petition for funding at www.urthecure.com.au/advocacy and when the swab program resumes, order a kit online to join the registry and potentially save a life.

For more info visit www.urthecure.com.au.



Pamela Bousejean has been in remission since 2012 and is encouraging people to join the Bone Marrow Donor Registry.

Did you know the cure to some blood cancers exists in your body?



People with the following characteristics are especially needed to join the registry

- **PEOPLE AGED 18 TO 30 (UP TO 45 ACCEPTED)**
- **PEOPLE WITH CULTURALLY DIVERSE BACKGROUNDS**
- **YOUNG MALES IN GENERAL - REGARDLESS OF ETHNICITY**

Visit the UR the Cure website for other eligibility.

ORDER YOUR CHEEK SWAB KIT WWW.URTHECURE.COM.AU/SWAB



AT THE MOVIES WITH SAM



As many people avoid crowding at the cinema, streaming entertainment from the comfort of the couch is more appealing than ever.

UPRIGHT – FOXTEL SHOWCASE

Rated MA15+. Starring Tim Minchin and his piano, Milly Alcock, and the Australian landscape.

The plot

A couple of misfits and an upright piano are brought together in the Australian desert. These two vastly different people forge the most unlikely bond as one runs from loss and the other is forced to face his own loss, while returning a prized family piano to its rightful home.

Best bits

Watching the endless talent of Tim Minchin who wrote, composed, acts and sings his way through this touching adventure.

Favourite characters

Lead characters, Lucky and Meg, who literally crash into each other in the desert and bond over their determination to return a piano to its home on the other side of the country.

Any weak bits?

Saying goodbye to these amazing characters even though you know it's a limited series and it ends exactly where it should.

Hit or miss?

Australian series hit.

Rating (1-5)



Sam Napier is a Barwon Health Clinical Application Specialist, Staff Activities Club treasurer, and movie buff.



Peter Foyster's daughter Hannah Goodgame, MHDAS clinical director Steve Moylan, mental health clinician and inaugural Peter Foyster Award winner Graeme Mair, Peter's son Karl, and Peter's wife Charlene Guest, also a mental health clinician.

Nursing award pays tribute to Peter Foyster

Mental health clinician Graeme Mair was named the inaugural recipient of the Peter Foyster Award.

Graeme was recognised for the honour in December, which was established in tribute to the memory of Barwon Health mental health nurse Peter Foyster following his death in 2018.

The award was designed to acknowledge those who show a dedication to coaching, mentoring and development of others for the provision of better care and service.

Graeme was selected for the award after demonstrating an innate understanding of the importance of skilled mentorship, supporting high-quality learning environments, acting as a role model to nurses, and building relationships to support nurses.

Peter's family attended the ceremony, which paid tribute him as a mental health nurse who was passionate about the provision of safe and high-quality mental health care.

He was also a role model who valued and believed in imparting his knowledge, skills and values to others for their development and to carry the banner for mental health and mental health nursing.

Mangosteens could improve bipolar treatment



IMPACT TRIALS director Associate Professor Olivia Dean.

A two-year trial exploring the mental health benefits of tropical mangosteen fruit is showing it could be used to help mitigate bipolar depression.

The fruit native to south-east Asia has been researched in two clinical trials run by Deakin University's Centre for Innovation in Mental and Physical Health (IMPACT), starting in 2018.

Each year, one in 50 adult Australians experiences bipolar disorder and require ongoing medical and psychological treatment. For some, traditional treatment may not be enough to manage their symptoms, but research suggests that the rind of the mangosteen fruit could potentially supplement existing medication.

Bipolar disorder consists of two phases; manic and depressive. Manic episodes involve a high mood or level of agitation. Depressive episodes involve a low mood, often accompanied by feelings of hopelessness and extreme sadness.

Associate Professor Olivia Dean, Director of IMPACT TRIALS, says that current treatments do better at treating the manic symptoms of bipolar disorder than they do the depressive symptoms.

"We're looking at biological targets that might be unaffected by conventional medications or psychotherapy to fill that gap," said Associate Professor Dean.

"This mangosteen's thick rind can provide protection from natural invaders, inflammation and oxidative damage. It has inherent properties that we think might be useful."

The pericarp is rich in bioactive compounds, or chemicals that cause a biological reaction. Some of these compounds are flavonoids, which can act as antioxidants and help to restore chemical balance in the brain.

"In bipolar disorder, there are changes in inflammatory and antioxidant defences, in addition to changes in neurotransmission," A/Prof Dean said.

"We hope that if we can target these pathways directly using the pericarp, we can improve depressive symptoms.

"It's too early to say exactly how effective the fruit could be in treating bipolar depression, but there's enough theoretical support to have moved forward with a clinical trial, so we're hopeful."

"We hope that if we can target these pathways directly using the pericarp, we can improve depressive symptoms."

– Associate Professor Olivia Dean.

The effectiveness of mangosteen pericarp on bipolar depression is currently being explored in a clinical trial, which has been running since 2018. Participants take two capsules once a day, as a supplement to their existing medication.



Dr Ruth Lee shares insights about Geelong medical pioneer Dr Mary De Garis at Barwon Health's International Women's Day event.

CELEBRATING DR MARY DE GARIS

In March, Barwon Health staff and volunteers gathered to celebrate International Women's Day at St Mary's Library and Research Centre.

Historian Dr Ruth Lee was the guest speaker, sharing insights into the life and contributions of Dr Mary De Garis, a pioneer in women's medicine who was responsible for establishing Geelong's first maternity hospital.

Her passion for healthcare and leadership made her Geelong's first and only female medical doctor from 1919 to 1941, while her expertise in obstetrics led her to open Geelong's first maternity, antenatal and postnatal wards.

Her passion for healthcare and leadership made her Geelong's first and only female medical doctor from 1919 to 1941.



TELEHEALTH

ALICE KING | TELEHEALTH PROGRAM MANAGER

Medical breakthroughs are often a side-effect of ramped up research and innovation during times of great trial and challenge.



Alice King, Telehealth Program Manager

Managing infection, medical imaging, wound management and surgical procedures have all seen rapid advancements during times of war, and have continued to save countless lives in the years since. In the midst of the COVID-19 pandemic, the realities of physical distancing have required the healthcare industry to embrace technology in ways that would have taken many years to progress otherwise. The ability to receive healthcare without leaving the comforts of our own home, simply by turning on our computer or using our phone, is very much a possibility these days and has become an option we expect to increase into the future. Accessing healthcare using technology, also known as telehealth, is a growing trend and Barwon Health has established systems over the past five years, allowing online video consultations to take the place of on-site medical appointments.

Since limiting patients and visitors at University Hospital Geelong, our clinicians have adopted a far wider use of telehealth, which has largely been used for remote patients or those who have difficulty attending appointments. In March alone, more than 50 Barwon Health services added telehealth access, and provided 653 video consultations. Our telehealth processes, infrastructure and expertise have been developed and proven over the past five years and this has allowed us to embrace and rapidly expand our digital approach to healthcare. As much as our clinicians and administrative teams have welcomed the opportunity to innovate, patients

have also been ringing up and saying they prefer not to come to an on-site appointment. It was clear early in the pandemic that we could lean on telehealth as an alternative to on-site visits. We knew that we would be scaling up rapidly, and we used that foresight to develop resources that helped get clinicians up to speed faster without the usual level of training, as well as resources to support our consumers to access their care in this new way. While few have been totally prepared for the scale of this pandemic, the systems we have in place meant we could quickly provide the existing platform to an even wider community that now need telehealth access.

This new reliance on technology is, in many ways, showing us the more agile provision of healthcare that the future holds, with patients able to receive quality care without leaving their home. Barwon Health's latest strategic planning had highlighted telehealth and digital access to care as an area of focus and we have now achieved in a month or two what we had originally aimed to develop over the next few years. We've been able to create telehealth clinics to support services including paediatric outpatients, extended pregnancy care, neurosciences, cardiology, cancer services and rehabilitation. To directly address the COVID-19 pandemic, we also plan to scale up our capabilities to provide telehealth support from experts working in our Intensive Care Unit, Emergency Department and the Acute Respiratory Assessment Clinic.



THIS NEW RELIANCE ON TECHNOLOGY IS, IN MANY WAYS, SHOWING US THE MORE AGILE PROVISION OF HEALTHCARE THAT THE FUTURE HOLDS

This means we can better support clinicians in the region who need help managing patients locally.

An additional aspect of telehealth is the use of remote patient monitoring, which Barwon Health has been utilising for patients with chronic conditions. Remote patient monitoring allows patients to enter health data and answer health questionnaires remotely. If observations or data are abnormal for that patient the system alerts a nurse who can then provide clinical support and escalation of care when required. This monitoring will now include additional COVID-19 screening for early detection in these patients, and will also be used to enable us to send patients home from hospital sooner, with ongoing clinical monitoring and support, to free up beds for more unwell patients.

While the learning curve for some clinicians to embrace telehealth has been steep, our staff have been quick to adjust and to adapt their practice to allow them to continue providing support that often relies on physical touch, including rehabilitation, allied health and community care. Whether it's an appointment with a physio, midwife or hand therapist, you'd usually

expect some hands-on therapy, but our staff have learnt to provide this care remotely and use a new level of collaboration with patients. For the long-term, we are aiming to embed provision of care using telehealth in to Barwon Health services and clinical practices so that we can continually respond to the digital changes in healthcare that will allow us to deliver care in to the home whenever it's appropriate. Even after COVID-19 becomes a thing of the past, the adoption of telehealth in these challenging times will bring great benefits to the community. So many people travel a long way for a 30-minute appointment, we should be doing what we can to provide them with the majority of their care close to home, by using telehealth collaborating with them and their local health providers and health services.

WOODEN BOXES GIVE PRECIOUS REMINDER

Anticipating the birth of a child is a time of joy and hope for women and their partners. When a miscarriage occurs that hope can be replaced by desolation and a profound sense of loss.

University Hospital Geelong associate nurse unit manager Cindy Bishop, and her woodworking sister, Lucy Callaghan, wanted to ensure the hospital could provide parents facing early pregnancy loss with a unique wooden box for their tiny baby cremation or burial, or to store mementos of their baby.

Lucy and her artisan woodworking colleague, Pascale Turvey, with help from Alistair Boell at the Melbourne Guild of Fine Woodworking, recently delivered 16 handcrafted, velvet-lined wooden boxes to the maternity ward.



Birth Suite nurse unit manager Michelle Harding, associate nurse unit manager Cindy Bishop, woodworkers Lucy Callaghan and Pascale Turvey, and perinatal loss resource midwife Kate Cohen with the new wooden boxes.

Kate Cohen, perinatal loss resource midwife, said staff were so glad to be able to provide the beautiful boxes for women and their partners.

Birth Suite nurse unit manager Michelle Harding said she had encouraged the initiative to help support patients in a difficult time.

"While each of these small boxes represents a baby that didn't reach 20 weeks gestation, they also represent a reminder of a baby's life and its parent's hopes for their child," she said.



Barwon Health Foundation announces Coronavirus Emergency Response Fund

Austin Paterson, Gill Hill, Cameron McNaughton (Percy Baxter Trust Adviser), and Zoe Waters executive director of Barwon Health Foundation. Photo courtesy of Geelong Advertiser.

The Barwon Health Foundation recently announced a new Coronavirus Emergency Response Fund to raise funds to support Barwon Health's response to the health pandemic.

THE COMMUNITY HAS PROVIDED AMAZING SUPPORT HELPING TO RAISE OVER
\$959,000

The fund was established to encourage the community to support their local health service.

Barwon Health Foundation executive director Zoe Waters said health services were facing a major challenge with the emergence of COVID-19.

"We are facing unprecedented times and as this pandemic continues to impact our community, so we are asking people to support Barwon Health as they respond to increased demand across the health service," she said.

"The Coronavirus Emergency Response Fund will aim to raise \$2 million and will be used to fund high priority initiatives that will help create capacity for Barwon Health to respond. For example, the need for additional beds and clinics, coordinating volunteers and supporting our infectious diseases team."

Barwon Health Chief Executive Frances Diver reiterated that the impact of the pandemic would be long-lasting.

"The effect of the coronavirus will be felt across our entire health service for a considerable period of time," she said.

"As a health service, we need to be well-prepared for the future and the Emergency Response Fund will assist us to do so."

Since the launch of the fund on the 17 March, the community has provided amazing support helping to raise over \$959,000 towards the purchase of vital equipment and assisting with staff wellbeing initiatives.

A special thank you to some of our major donors, who have made very generous donations to the COVID19 Emergency Response Fund including the Percy Baxter Trust, Shane O'Brien Asthma Foundation, The Frost Family, the Anthony Costa Foundation and Perpetual Trustees.

Barwon Health Foundation caring for the carers

Geelong residents are uniting to support of those health care workers working around the clock to keep our community safe.

The Barwon Health Foundation has launched a number of initiatives as part of the Coronavirus Emergency Response Fund to support staff wellbeing at a number of Barwon Health sites.

One of the initiatives is 'Shout a health care workers a coffee', which thanks to community donations, has partnered with Little Ryrie Street cafe A Spot for Joe to provide complementary coffees for Barwon Health staff responding to COVID-19 after dark.

In the first two weeks of the initiative, the Barwon Health Foundation in partnership with the Geelong community has provided 2132 coffees to Barwon Health staff.

Barwon Health Foundation executive director Zoe Waters said the Foundation was asking for \$5 donations to shout a Barwon Health worker a barista-made coffee throughout the night.

"At a time when our hospital staff will see increased workload and pressure, a simple act of kindness, such as a barista coffee donated by our local community, is a reminder to our health workers, that Geelong is right behind them," she said.

The Spot for Joe Coffee cart has been providing coffees for staff at University over the past two weeks, and a mobile coffee van has also provided coffees to staff at other Barwon Health sites.

Ms Waters said they had been blown away by support from the community.

"In unprecedented times, Geelong unites to support our own. It is genuinely inspiring to witness."



**IN THE FIRST
TWO WEEKS OF
THE INITIATIVE
2132 COFFEES
WERE PROVIDED
TO BARWON
HEALTH STAFF**

Pictured: Mina Selim from Anaesthetics enjoys a free coffee in the middle of a night shift

In further support for Barwon Health staff, Geelong catering kings Truffleduck has teamed up with the Barwon Health Foundation to supply meals to frontline healthcare workers at Barwon Health.

A generous donor, who wishes to remain anonymous, funded 50 meals to be distributed to Barwon Health staff over the Easter weekend.

The meals were distributed by the Barwon Health Foundation team along with 1080 "thank you" blocks of chocolate from local chocolate factory Freckleberry, and 29 Easter hampers from Coles.

IPADS HELPING AGED CARE RESIDENTS FEEL CONNECTED

Barwon Health aged care residents have been able to keep connected to loved ones amid the COVID-19 pandemic, thanks to iPads donated by the community.

The Barwon Health Foundation has provided iPads to aged care residents, enabling them to keep in touch with their loved ones during isolation.

Barwon Health Foundation Executive Director Zoe Waters said the devices had been purchased with community donations to the Coronavirus Emergency Response Fund.

"The Geelong community has really dug deep in a time of need," Ms Waters said.

"The aim of the iPads is to help residents and their families during this challenging time of social isolation."



Committee for Geelong's Dan Simmonds, Angela Irwin from Barwon Health and Zoe Waters from Barwon Health Foundation.

"The Geelong community has really dug deep in a time of need." – Zoe Waters, Barwon Health Foundation executive director



Barwon Health Foundation Grant Round

Barwon Health Foundation grant award recipient, ICU regional project co-ordinator Gerry Keely and Barwon Health Foundation executive director Zoe Waters.

In 2019, the Barwon Health Foundation grants were established to ensure the Foundation funds the areas and items of greatest priority and need across Barwon Health.

The grants provide an opportunity for Barwon Health employees to apply for funding to support their department.

There are five focus areas that Barwon Health staff can apply for funding for:

- Medical Equipment
- Research and Innovation
- Environment and Sustainability
- Staff Wellbeing
- Patient Comfort and Care

In March 2020, the Foundation awarded the inaugural round of successful grant applications. Due to the number and quality of applications the original funding pool of \$150,000 was increased to \$300,000.

The opposite page lists the successful major grants for the inaugural grant round.

Congratulations to all the successful applicants, to keep updated on information relating to the Barwon Health Foundation Grant Rounds including application dates and submission process please visit the Foundation page on One Point or www.barwonhealthfoundation.org.au.

Due to the number and quality of applications the original funding pool of \$150,000 was increased to \$300,000

Department	Grant project
Children's Ward	Paediatric cots and temporal thermometers for the comfort and care of patients in the Children's Ward at University Hospital Geelong
Safety and Quality	Refurbishment of the mortuary bereavement room to improve the experience for families
Ambulatory Rehabilitation	Purchase of an ECG machine for the Sunrise Centre to improve care for outpatient cardiac patients
Orthopaedics	Purchase of additional equipment for early hip fracture rehabilitation to improve patient outcomes
Wallace Lodge	Purchase of bench seating at Wallace Lodge entrance for improvement of patient care and comfort
Intensive Care Unit	Provide a safe and private space for visitors to wait before they see their loved ones in the Intensive Care Unit at University Hospital Geelong
MND Clinic	Purchase of a shower buddy to improve patient wellbeing
Aboriginal Health	Purchase of iPad pro to capture information regarding Aboriginal community's experience of their healthcare via the "Yarning about Hospital" program
Alan David Lodge	Provide shade and outdoor seating to allow patients to enjoy the barbeque facilities
Vascular Surgery	Purchase of a toe pressure machine to better evaluate peripheral arterial disease outcomes, especially in diabetic or renal patients
Blakiston Lodge	Recliner chair for the comfort and quality of care for dementia patients
Birthing Suites	Purchase of a breast pump to ensure mothers of babies requiring care in Special Care Nursery have the ability to express and their babies have access to breast milk
Maternity Ward	Purchase of two fetal monitors for midwifery clinic to ensure timely and accurate monitoring
Corio Community Health Centre	Purchase of new exercise bikes for the Corio Physio Exercise Group to ensure all patients attending have access to appropriate equipment to maximise benefits
Emergency Department	Purchase of a treatment chair for the eye room in the Emergency Department at University Hospital Geelong
Special Care Nursery	Purchase of recliners chairs to facilitate Kangaroo Care for families
Blakiston Lodge	Recliner chair for the comfort and quality of care for dementia patients
Maternity Services	Purchase of iStat machine to allow timely testing of blood sugar levels of babies born in theatre
RAPU	Purchase of Sara Stedy for safe and efficient transfer of patients
Blakiston Lodge	Purchase of bladder scanner to ensure patients have access to timely and accurate monitoring
Inpatient Rehabilitation	Purchase of two Thera - Trainer Tigo stationary assisted cycling machine to increase patient treatment options during physiotherapy sessions
Aged Care	Replacement of two fireplace areas to create a positive, welcoming space for residents and their families
Andrew Love Cancer Centre Dayward	Purchase of four chemotherapy trolleys for safe and effective delivery of care within the Andrew Love Cancer Centre Dayward
Maternity Services	Purchase of CPAP machine for the benefit of mothers with sleep apnoea during pregnancy to minimise adverse maternal-fetal outcomes
Staff Care	Purchase of twenty Smokerlyser PICO devices to assist with smoking cessation treatment at Barwon Health
Maternity Ward	Purchase of fetal monitor to ensure timely monitoring for pre-natal patients
Cancer Services	Purchase of a SOZO machine to provide bio-dependence measurements to better assess manage and monitor for lymphoedema and cachexia patients
Community Health Services	Purchase of X-Sensor Foresite SS system to enable comprehensive assessment of client pressure distribution enabling targeted intervention and education
Department of Diabetes	Purchase of Insulin Pump Therapy and Continuous Glucose Monitoring for patients with Type 1 diabetes
Volunteer Services	Purchase of new vehicle for Volunteer Services Patient Transport Program
Child Health Research Unit	Contribution to low temperature upright freezer for Barwon Infant Study biological specimen storage
Heath Wing 6	Purchase of new blinds for Ward to increase patient experience



Length of Service

10
years

Congratulations to the following staff who celebrated Length of Service milestones between January and April 2020!

- | | | |
|---------------------|---------------------|---------------------|
| Andrew Clissold | Clare Hellawell | Sally Learey |
| Libby Bentley | Monique Baeck | Lindsey Lehmann |
| Leesa Houghton | Chong Xing | Michael Johnson |
| Shelley Taylor-Shaw | Emma Corry | Kate Fennell |
| Kelly Graham | Rohitha Makonahalli | Gabrielle Nagle |
| Shane Perrott | Danielle Hall | Kathryn Paul |
| Alyce Linke | Jaideep Kulkarni | Hollie Collins |
| Kara Levett | Andrew Jones | Bobby Matharu |
| Kristen Clark | Laura Berkeley | Yan Li |
| Maeve Manche | Peggy Duncan | Andrea Turner |
| Casey McGuffie | Douglas Stupart | Tamra Ryder |
| Helen Mestrom | Rebecca Filby | Anita Bird |
| Robyn Rawson | Emily Rigby | Bridget Lang |
| Kristy Katsambiris | Elizabeth Hughes | Marion Vredenbregt |
| Debra McDonald | Catherine Young | Imogen O'Meara |
| David Drummond | David Wahga | Jane Mihalopoulos |
| Andrew Tierney | Marilla Druitt | Carolyn Anniss |
| Natasha Kelly | Karin Krenz | Benita Crothers |
| Lyndelle Dobson | Diana Kunovic | J.j. Fitzsimmons |
| Annemarie Ford | Julie Canton | Kristy Collins |
| Melissa Nolan | Carolyn Lynch | John Murray |
| Prue Fletcher | Emma Larcombe | Majella Truglio |
| Pauline Spalding | Michelle Russell | Kathleen Den-Dryver |
| Kelly-ann Humphrys | Karen Webb | Kate Ruwoldt |
| Simone Devlin | Kate Riordan | Megan Battersby |
| Sofie Reddie | Lynda Watson | Chris Van Ingen |
| Anna Van Ketwich | Suzanne Keegan | Sonia McCall-White |
| Ross Nolan | Jayson Sagnol | Paul Harris |
| Vanessa Rischitelli | Sharna Holmes | Anna Davis |

Please note, names and employment commencement dates are taken from official Barwon Health records. Please contact Workforce to check or update your details - hrservices@barwonhealth.org.au.



years

Luba Nestorovski
 Kate Porte
 Anj Batson
 Jennifer Todd
 Marina Dias
 Simon Mitchell
 Tania Koopmans
 Timothy Wright
 Rachael Lopez
 Ruth Morrison
 Belinda Herbert
 Jenny Kangars
 Susan Knevitt
 Joanne Law
 Fariba Amirgol
 Martin Sebastian
 Fiona Harland
 Neil Orford
 Colin Saunders
 Adell Wright
 Kelly Filiti
 Stephen McConnell
 Rudi Gasser
 Vicki Smith
 Kellie Jane
 Debra Farrell

Joanna MacCarthy
 Kerasia Gavrilis
 Jason Hodge
 Melissa Viney
 David Watters
 Andrew Katzer
 Mari-anne Murray
 Linda Cooke
 Crista Kelly
 Nicole Shaw
 Anna Goli
 Fiona Collier
 Simone Scheelings
 Jennifer McCarthy
 Lin Tsabazis
 Nicole Timms
 Emma Zurawel
 Tanya Maschio
 Rachael Scott
 Paula Blackburn
 Lesley Hughes
 Bernadette Cater
 Bernadette Bowman
 Gary Turner
 Carl Pascall
 Kathleen Coutin



years

Elaine Hocking
 Jillian Mann
 Gayle Dixon
 Marie Poje
 Jennifer Brittain
 Caroline Kennedy



years

Sandra Watts
 David Williams



Our valued staff

We are proud
to support you

everyday,

but especially

today!



Barwon Health
Foundation

Kindly designed by Paul Kelly Creative