

Auricle

EDITION 1 / 2018



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15,309 thank-yous from Clinical Facilitation Team

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Please Note: The People Matter Survey will run 7 – 25 May

Please take the opportunity to provide your feedback to help us build a positive and healthy workplace.

Fun facts... about our staff!



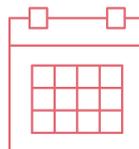
**MOST COMMON
FIRST NAME:**
SARAH

**MOST COMMON
MEN'S NAME:**
DAVID



**MOST COMMON
SURNAME:**
SMITH

**MOST COMMON
YEAR OF BIRTH:**
1988



AVERAGE AGE:
43 YEARS

**AVERAGE LENGTH
OF SERVICE:**
EIGHT YEARS



www.facebook.com/barwonhealth



www.twitter.com/barwonhealth



www.instagram.com/barwon_health



www.linkedin.com/company/barwon-health



Message from the CEO

So far, 2018 has brought on some exciting changes and fresh projects to make this a significant year for Barwon Health.

This year, we have already opened the redeveloped Maternity Hub and begun major refurbishments to University Hospital Geelong's surgical services, and also started early works at Barwon Health North and level three podium refurbishment.

It's been exciting to see several important projects get underway to improve the mental and physical health of our community.

Partnering with beyondblue and Barwon Child Youth and Families, our Emergency Department has launched The Way Back Support Service, a new suicide prevention initiative targeting people discharged from hospital after attempting to take their own life.

The Barwon Health Foundation launched its 2018 Kids Appeal, raising funds for a much-needed children's rehabilitation centre in Geelong, and our new 'No discharge summary, no discharge' policy is improving the quality of our clinical practice across the hospital.

In April, the new specialised neurosciences ward opened in the former RPU area on Heath Wing 2, with RPU relocating

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to Birdsey Wing 7. With a new discharge lounge, refurbished Bellerine Street hospital entrance, cafeteria upgrade, and Barwon Health North works still to come, there is much to look forward to this year and, as always, your patience and consideration will be invaluable as various departments are impacted by movement and construction work.

**Professor Ruth Salom
CEO**

CELEBRATING A HIGH FLU VACCINATION RATE

Barwon Health was honoured to receive a VICNISS Certificate of Excellence in acknowledgement of our staff influenza vaccination rate in 2017.

Last year, 82.9 per cent of Barwon Health workers voluntarily received the influenza vaccination. This was the third highest rate in Victoria for a comparable hospital or health service with more than 3000 staff and well above the Department of Health and Human Services' benchmark of 75 per cent.

Thank you to all participating staff for helping minimise the risk of influenza to our patients, visitors and staff over the 2017 flu season.

The 2018 staff flu schedule is planning to begin in early May.





Spreading hope in the Children's Ward

Sacred Heart students (L-R) Kate, Molly and Gabrielle with nurses Merrin and Gab and some of the Little Boxes of Hope.

Three Sacred Heart students shared some early Christmas cheer in the Cotton On Foundation's Children's Ward in late November, donating 50 activity boxes for patients, as part of a VCAL project.

Year 12 students Molly, Kate and Gabrielle wanted to do something to help their local community while exploring the topic of mental health. They landed on the idea to create activity packs, called 'Little Boxes of Hope', which act as distraction tools for patients aged 12 and above.

Products were donated by businesses, and a school fundraiser also boosted the project's funding. With some past experience as patients in the Children's Ward, the girls knew firsthand how hard it can be to pass time in hospital. The beautifully boxed packs contain sensory activities, as well as little luxuries like soap, teabags and nail polish.

The group presented their packs to nursing staff, who were amazed at the students' motivation and thoughtfulness.

Paediatric Clinical Nurse Educator Merrin Wake applauded their initiative and motivation.

"For young people and their families with complex needs, hospital can be a fearful and difficult place," she said.

"This project is about more than a few distractions for young people on the ward.

"This project is about more than a few distractions for young people on the ward."

"It shows these young people they are supported, it recognises the fear their hospital visit brings, and more than that, it shows that they are not alone."

BARWON HEALTH STAFF ACTIVITIES CLUB

Barwon Health's Staff Activities Club grand finale for 2017 wrapped up a busy year.

The Children's Christmas Party was the highlight of 2017, held at the Geelong Showgrounds, as members and their children enjoyed a fun-filled night with carnival rides and a visit from Santa. More than 450 gifts were handed out to children on the night.

The volunteer committee works tirelessly throughout the year to ensure members and their families enjoy many fun and safe nights of social events, which include regular bus trips to Melbourne for theatre nights, *Disney on Ice*, Queen Victoria night markets and several social happy hours year-round. If you are looking to meet fellow staff and have a bit of fun, visit the club's One Point site and download a membership application form, as well as other useful information.

Membership requires a \$5 joining fee and is only \$2 a fortnight thereafter. To be eligible for the 2018 Christmas Party, a member must be financial as of 30 June 2018.

Zac Thompson, 5, was first in line to meet Santa at the Christmas party, which he attended with his mother Chelsea Gielen, Hospital Admission Risk Program Co-ordinator.



L-R: Jenni Casey (SIC), Donna Nair (Wound CNC), Tess Bradley (SIC) and Genevieve Arblaster (Podiatrist) discussing dressings products used during the Wound/Podiatry Round at Alan David Lodge.

Wound and skin care in nursing homes

Barwon Health staff are working proactively to support best practice skin and wound care in nursing homes, with two initiatives launched so far.

Since starting more than a year ago, wound care and podiatry rounds have successfully raised awareness of pressure injuries amongst staff, increased confidence in wound staging planning and management, increased communication and education opportunities, and been a support for nursing staff.

Wound care clinical nurse consultant Jemma Ugrin and podiatrist Genevieve Arblaster launched the program, aiming to provide a specialist wound care consultation for residents with existing pressure injuries and review residents with a complex wound or residents identified with being "at high risk".

The wound care/podiatry round has since grown, with the addition of wound care clinical nurse consultant Donna Nair and unit Skin Integrity Champions, allowing plans to now implement across residential aged care,

as seen with the recent commencement at the McKellar Centre's Wallace Lodge.

Weekly "skin rounds" have also started, with plans to roll out across acute, sub acute and aged care inpatient care sectors, under direction from the Barwon Health Preventing and Managing Pressure Injuries Committee.

This round is led by Skin Integrity Champion (SIC) nursing staff within the ward and will have an interdisciplinary focus, with allied health and medical staff encouraged to have attendance from a nominated staff member.

The McKellar Centre Inpatient Rehabilitation Centre (IRC) has recently begun the rounds in its north wing, aiming to extend to south and central units in the near future.

This program will identify patients and residents at high risk of pressure injury development, review of those with existing pressure injuries, and review complex wounds within the unit.

Cats and superheroes inspire at Kids Appeal launch



Three-year-old Keisha Low reacts to meeting her fellow superheroes at the Kids Appeal 2018 launch.
Photo: Silent Monk Photography

Superheroes young and old combined their powers for the launch of the 2018 Kids Appeal at the McKellar Centre on 22 February.

Led by MC Dr Mike Forrester, the launch kick-started the fundraising campaign for the Kids Appeal in 2018.

Guest of honour Patrick Dangerfield and project ambassador three-year-old Keisha Low inspired attendees to get behind the efforts to fund the important community project at the McKellar Centre Town Square, the future site of the state-of-the-art children and youth rehabilitation centre.

Thanks to Geelong Cosplay Society, the biggest Marvel and DC superheroes brought excitement to the many young patients and

their families attending to hear more about the fundraising project and learn what the new centre will mean for them.

The biggest Marvel and DC superheroes brought excitement to the many young patients and their families

Guests were offered tours of the gym used by paediatric rehabilitation patients, which is currently designed for adults, and saw the future site where the new centre will be built once \$3 million is raised for construction.

NEW ELECTRONIC HEALTH RECORD CONTRACT

Barwon Health's Emergency Department (ED) is implementing a replacement clinical information system to manage patient data across multiple hospital wards.

Cerner's FirstNet Electronic Health Record (EHR) program has replaced the discontinued EMIS Health's Symphony system at University Hospital Geelong, providing clinicians with data that is accurate, timely, complete, more frequent and more succinct.

With an average of 183 daily patients presenting to Barwon Health's ED, many require some form of medical imaging,

pathology tests or admission to an acute ward.

The information collected at presentation, along with tests ordered and test results, informs a patient's diagnoses, care plan and treatment.

For patients admitted through the ED, this information will be captured through the Cerner system and relied on by clinicians throughout the patient journey.

Emergency Department Director Dr Michael Sheridan said the FirstNet emergency

medical record is a world-class upgrade to Barwon Health's ED electronic system.

"We expect it to provide a platform for clinicians and nurses to deliver excellence in care and enhance time spent with patients.

"A new device integration feature will wirelessly send observations and populate patient records, with the ability to recognise any clinical deterioration.

"We are genuinely excited about this venture and hope its introduction improves patient outcomes and experience."

STUDENT SOCIAL WORK MORNING TEA CELEBRATION

Each trimester the Social Work Department hosts a morning tea to celebrate the ending of the current cohort of students' 3-5 month placement at Barwon Health. Social workers from across the organisation join the students, as well as representatives from Deakin University and clinical education and training.

The morning also acknowledges the contributions of the team of social workers across the organisation in assisting placements through direct field education and task supervision, involvement in the weekly seminar presentations and simulation activities.

The past trimester saw a range of creative presentations delivered by students including; Social Work celebrity heads, a poem, 'a day in the life of a social work student' video presentation, an animation and a song and dance routine.

A major theme of the day was a strong appreciation for the efforts of the social work team and the program that Barwon Health offers each trimester to Deakin University students.

There are now plans for further collaboration with Deakin to capture the key hallmarks of this innovative student program, and to publish its successes over the previous three years in a range of ways, including journal articles and further research on the use of rotational models in health social work education.

For more information please contact Sarah Lewis on 4215 5496 or Karen Todd on 4215 0777.

Barwon Health staff join social work students and Deakin University representatives to mark the end of a major placement.



Paul Webster returns to the hobby he loves after undertaking rehabilitation through the McKellar Centre.

Casting a lifeline

“Launching the tinnie, negotiating those rocks to free a snag, baiting a hook, pulling in a whopper and setting up the fishing line again and again. It used to be second nature before my stroke. Now I don't know where to start. I don't have full use of one arm and leg, I can't speak as well as I used to and I'm just not confident to get my rods out again because I don't think I can do it. I want to go fishing again, but all I do is sit at home and watch TV now.”

This type of scenario is common at the Recreation Therapy Department, Community Rehabilitation Centre (CRC) at the McKellar Centre, **writes Janelle Droomer** from the Exercise Physiology and Recreation Therapy program.

For the past two years we have run a short eight-week fishing program as part of the Recreation Therapy program here at CRC McKellar:

We support clients in all aspects of fishing and find ways to achieve independence, via techniques and devices to assist one-handed fishing, knot tying and other tasks.

It is also a fantastic social opportunity where the participants share a laugh and their own experiences with one another.

However, we felt an ongoing program would be more useful and could fill the void many stroke survivors feel when unable to participate in their chosen leisure activity as easily as they used to.

Once the Barwon Stroke Support Centre started in early 2017, it became clear this was the perfect organisation to support a permanent fishing program for stroke survivors. I have worked closely with the centre co-ordinator Carly Stephens and we have successfully run our first collaborative program late in 2017.

We are now planning to roll it out on a permanent basis from February 2018, run by the Barwon Stroke Support Centre with volunteer support. Fishing will be off land or on jetties, accessible by wheelchair.

Participants need to be independent in self-care and transport, as volunteers are there to offer specific fishing assistance with knot tying, baiting, casting, assistance with fine motor skills, to assist one-handed fishing and fishing knowledge. Carers are invited to attend if participants are not independent, and can be referred directly into the program via Carly Stephens at the Stroke Support Centre, carly@strokeassociation.com.au

It's a great way to socialise with like-minded people, support each other, learn some tricks to make fishing that bit easier, have a laugh and, of course, to catch some fish!



Technician refugee's amazing journey

Para Paheer has released a book titled The Power of Good People: Surviving Sri Lanka's Civil War.

ICU technician Para Paheer has made national headlines after authoring a book about his experience as a refugee and immigrant to Australia.

After first fleeing persecution in Sri Lanka, the Tamil asylum seeker left India for Australia but was separated from his wife and son for eight years. When his boat sank off the Cocos Islands, he was eventually rescued and worked in cultural support for the Department of Immigration on Christmas Island, before joining Barwon Health as a domestic service housekeeper in 2011.

"I loved working and talking with people, so that's something I wanted to keep and that's what I love about my job now," Para said.

"I studied a course to become a technician so now I assist nurses with equipment, set it up, clean it and make sure it's working for whoever needs to use it.

"In the time I've worked here, I have less stress because I come to work.

"All the nurses and doctors know my story and always ask how I'm feeling, give me advice and talk with me. It's like a real family and I feel very proud to work here."

Para's book highlights the people who helped him through his many experiences and hardships, which include growing up during the Sri Lankan civil war, experiencing brutal police interrogations before fleeing for India,

"In the time I've worked here, I have less stress because I come to work."

and being stranded in the Indian Ocean for 11 hours after his boat to Australia sank.

The book *The Power of Good People: Surviving Sri Lanka's Civil War* launched in November and is available at Dymocks and online book retailers.

BE SMOKEFREE EDUCATION

Provision of smoking cessation support is a key aspect of pulmonary rehab, with many clients in the process of quitting smoking or recently quit.

This can be a challenging area, and Barwon Health is conscious of ensuring staff are well-equipped to have positive and supportive conversations with clients, and to ensure all staff are confident about providing appropriate interventions and directing clients to relevant services.

Barwon Health hosted an education session with smoking cessation expert and Newcomb-based community health nurse Helen Byrne in December 2017. Helen has been a champion of the smokefree cause for many years at Barwon Health, and is one of the dedicated nurses providing specialist care through the Be Smokefree Clinics.

Part of Helen's ongoing role is to speak to clients attending the eight-week Pulmonary Rehabilitation program, where she provides education around smoking and discusses strategies to assist clients with their smoking behaviours.

Helen also emphasised the value of following the 3 As approach to ensure consistency, including:

- **Asking** every client about smoking
- **Advising** clients to quit in a way that is positive and relevant to their condition / situation
- **Assisting** clients with appropriate resources to quit.

Pulmonary Rehab staff can take a co-ordinated approach to assisting clients, documenting the discussions they have had and any interventions undertaken in the client's medical history, to help inform other services involved in their care. The aim is to ensure smoking is addressed for every client, everywhere and every time, so they have the best chance of success towards a healthier life.

The session with Helen was a timely reminder that all staff can make a difference when it comes to supporting clients with their smoking – every time it is discussed, they are encouraged to attempt quitting.

To find out more about supporting clients to be smokefree, see the dedicated Smokefree site on One Point.



Father Maurice Barry started visiting Geelong hospital patients in 1987.

Tireless former chaplain retires from volunteer position

After 32 years ministering to hospital patients, Father Maurice Barry is retiring from pastoral care.

Father Barry moved from Melbourne to Geelong in 1987 to take up a position as the Geelong Hospital chaplain, which he continued until moving away in 2001.

He then returned in 2009 to volunteer for eight years with the Barwon Health Pastoral Care team (now known as Spiritual Care).

"It's been very interesting seeing the hospital and all the people you meet," he said.

"I was always interested in the care and standards and the people – I found it a very friendly place.

"It's always changing with new advances, new techniques and new developments. Things are going up

and up all the time. It's top of the range here."

Father Barry said he found his work and volunteering in Geelong very rewarding over the years.

"I've tried to visit as many Catholic people as I can and that's been an experience, meeting so many people and becoming involved," he said.

"You develop friendships with those people. You can get very involved, and you might have to do the funeral, or you might know them from the parish already.

"Some people are very interested in the church and what it offers, others have no interest and that aspect has probably increased in recent years.

"People are so different. They're all at different stages of their life and to some it means a great deal to them when I visit and minister to them."



BC6N ANUM Mary Butters with Sandra Batten, a patient and volunteer at the Red Rock Regional Theatre and Gallery, which donated paintings to the ward.

A SPLASH OF COLOUR AND STYLE FOR HOSPITAL ROOM

University Hospital Geelong's Medical Day Stay Unit (MDSU) has received a donation of beautiful artwork from a regular patient.

Sandra Batten volunteers with the Red Rock Regional Theatre and Gallery at Cororooke, near Colac, and has been treated at Bellerine Centre 6 North (BC6N) for several months.

She said she was spending a lot of time in the MDSU and after speaking with the staff decided the room would

be improved with some artworks for patients to enjoy while they receive treatment.

The Red Rock Regional Theatre and Gallery is a community group aiming to promote visual and performing arts in the south-west region.

BC6N ANUM Mary Butters said many MDSU patients were regulars, due to ongoing treatments, and they appreciated the art donations filling blank spaces in the unit.

Allied Health graduates transitioning into a strong workforce together

For new allied health professionals, there are many challenges during the transition from student life to working as an employee in a busy client-focused setting.

The Allied Health Clinical Education and Training team has been running a specialised program for Early Graduates since 2014, supported by funding from the Department of Health and Human Services. This program is interdisciplinary and includes graduates in the Barwon South West Region via a cluster agreement.

The program is now in full swing with two annual intakes of graduates learning and working together on topics such as teamwork and collaboration, reflective practice, understanding professional roles and

responsibilities, and the importance of safety and quality in healthcare. Peer learning across disciplines enables individuals going through a similar experience to share, debrief and focus on common issues and challenges, becoming a support to each other as they settle into life in the workforce.

The first group for 2018 started on 8 February and consisted of 17 graduates from seven disciplines. These graduates will work together over nine sessions in the first half of 2018.



Allied health graduates work through some team-building exercises at their professional transition sessions.



Chief Nuclear Medicine Technologist Karen Moyle with the upgraded PET CT, which provides a greatly improved patient experience and higher quality clinical images.

The Siemens PET/CT scanner has been upgraded at University Hospital Geelong, providing faster, smoother and quieter scanning for patients and better image quality for clinical decision making.

The new "Flow Motion" scanning allows scanning times to meet specific patient size profiles, as well as adjusting scanning speeds by region. This enables doctors to scan areas of interest more slowly for greater detail, in one smooth motion for the patient.

Flow Motion through region speed customisation, supported by an additional ring of detectors and a larger field of view, results in higher quality images to support patient care planning.

Opportunities to lower PET radiation doses to patients are now possible with limited body length scanning and high quality region specific images.

The new CT-based artefact (metal) reduction software enables high quality CT acquisition within one scan, minimising the need for CT scanning to be done on one of BMI's other dedicated CT scanners. The metal reduction software has allowed doctors to obtain improved quality imaging, particularly for

head/neck cancers where dentistry work often created issues with metal artefact on CT images.

Part of this upgrade will be undertaken in early to mid-2018, which will see BMI

This enables doctors to scan areas of interest more slowly for greater detail, in one smooth motion for the patient.

introduce an additional prostate imaging service, previously not available to Barwon Health patients.

Patient Information for PET is available at www.barwonmedicalimaging.com.au or bookings can be made by contacting the Nuclear Medicine Department on 4215 0350.

History of the Names of Barwon Health Buildings and Wards

By Serena Griffin, Library and Literacy Project Officer.

Have you ever wondered who the buildings and wards around Barwon Health were named after?

If you were born and raised in the Geelong region, you might be aware of some of the people of Geelong and District who contributed to and helped establish various community organisations and services, including public health services in Geelong. The following provides a brief history of the naming of some of Barwon Health's buildings and wards.

The public hospital in Geelong is referred to by various titles which it has held throughout the years:

- Geelong Infirmary and Benevolent Asylum (1852-1923)
- Geelong Hospital – the name used after the residents vacated the Benevolent Asylum in 1923
- Geelong and District Hospital (Kitchener House) (1924 – 1966)
- The Geelong Hospital (1966 - 2012)
- University Hospital Geelong (2012 – present).

McKellar Centre

Originally named Grace McKellar House in 1959, when the first patients were admitted. The land on which the McKellar Centre is built was donated by Misses Ernestine and Catharine McKellar. Their mother, Grace, had an interest in the welfare of older and under-privileged people. Grace McKellar was concerned with the closure of the Geelong Benevolent Asylum in 1923, with residents being transferred to facilities in Ballarat, as there was not a suitable alternative available in Geelong. The land encompassed the site of the Bell Park Homestead. The chapel, on the grounds of the McKellar Centre, is the only surviving building of the homestead.

Alan David Lodge

In 2009, Alan David Lodge was posthumously named after Alan Ray David OAM. In 1988, Alan David was awarded the Medal of Order of Australia (OAM) for services to the community, and was well known for his support of the arts in the region. After serving in World War II, Major Alan David returned to Geelong and established an accountancy firm. Alan David was involved with many organisations in Geelong, often playing a key role in establishing organisations, including the McKellar Centre and the Geelong Performing Arts Centre. Alan and his wife Sheila were supporters of the arts, helping to establish the Geelong Art Gallery Silversmith collection and donating a number of items. Alan David was appointed a Life Member of the Geelong Art Gallery in 1973, where he also served the role of Honorary Secretary for 30 years, along with Honorary Treasurer and Committee member.

Alan David served as President of the Apex Club of Geelong from 1938-1960; a member of the Geelong Rotary Club for 39 years, as well as a member and Elder of the St David's Uniting Church in Newtown, serving on the Board of Management for over 50 years.

Wallace Lodge

Dr Frederick Hilton Wallace JP, OBE, was a founding member of the Committee of Management of Grace McKellar House and served as President of the Committee from 1959 to 1971. Dr Wallace was the Mayor of Geelong from 1942 to 1945, and had been elected a City Councillor in 1931. Dr Wallace served as Chairman of the Old Folks Home Committee, established in 1944, to seek funding for a new Geelong public benevolent home, which was named Grace McKellar House when it opened in 1959. Dr Wallace was also a founding member of the East Geelong Golf Club, and was known by the nickname of "Doc".

Percy Baxter Lodge

In 1942, Percy Baxter donated £6000 for purchase of the land in order to build Baxter House, which was first used as a nurses' home. Due to overcrowding in the maternity ward, as a result of private maternity services closing down, Percy Baxter persuaded his bankers at the National Australia Bank to loan the hospital £150,000 pounds in order to build a new maternity hospital which was to be repaid by the government. Baxter House was built and the first patients were admitted in 1954. Baxter House is now the Geelong Private Hospital.

DeForest House

Mr A.O. "Alf" De Forest was the first Executive Director of Grace McKellar House, from 1959 to 1982. The Geelong Disabled People's Industries (GDPI) was established in the mid-1960s, by a committee of mainly Rotarians, including Alf De Forest, who was a member of the Geelong West Rotary Club.

Kitchener House

The Geelong and District Hospital (Kitchener Memorial), as it was known from 1924 until 1964, was named after Lord Kitchener, the Earl of Khartoum, who died when the British battleship HMS Hampshire sunk in 1916. Kitchener was a distinguished and well respected military figure throughout the world. Prior to his death, Kitchener had visited Australia, travelling by special train to Queenscliff from Melbourne, to inspect the fort at Queenscliff. Kitchener's train briefly stopped in Geelong. The organisers of an appeal to raise money for the building of the hospital decided that adding Kitchener's name would attract attention to the project. In 1966, the title of the hospital was changed to 'The Geelong Hospital', and the buildings over the road encompassing the nurses' living quarters were named Kitchener House to retain the Kitchener name.

Andrew Love Cancer Centre

Reverend Andrew Love was the first Presbyterian Minister appointed in Geelong in 1840. Reverend Love was involved in setting up 'benevolent societies', and helped to secure funding for the first public hospital and aged care facility in Geelong, known as the 'Geelong Infirmary and Benevolent Asylum'.

Swanston Centre

The former Swanston Street Primary School. It is thought that the school was named after Captain Charles Swanston, a Tasmanian banker and prominent member of the Port Phillip Association, which acquired land in the district. If you look at the top of the building and you will see the name of the school built into the façade. In the late 1990s, the psychiatric wards moved into the redeveloped former Swanston Street Primary School.

John Lindell Theatre

Dr John Lindell was the chairman of the Hospitals and Charities Commission from 1953 to 1972. Dr. Lindell provided support for the establishment of pathology services, including building work, to house the new service as well as a blood bank, cytology services and a library.

Birdsey Wing

Named after Roy Davison Birdsey, OBE, and President of The Geelong Hospital from 1955 to 1976. Roy Birdsey was a Barrister and Solicitor, and was highly thought of at the Geelong hospital, and throughout the wider hospital field, serving on the Victorian Hospitals Superannuation Board from 1966 up until his death in 1979.

St Mary's Library & Research Centre

Constructed in 1892, named St Mary's Hall and used as classrooms for St Mary's School until 1918. St Mary's Hall is heritage listed under the Victorian Heritage Register, as it has significant architectural and historical significance to Victoria. In November of 2013, it was announced that \$5.4 million would be spent on renovating St Mary's Hall to house the Barwon Health Library. In May 2016, the Library moved into St Mary's Hall. The building was renamed St Mary's Library & Research Centre, an officially opened on the 17 November 2016.

Heath Wing

Opened in 1986 and named after Patricia Heath (Geelong Hospital, 2008), who was a nurse and served on the Boards of organisations throughout Geelong and Australia. Patricia Heath was Chairman of the Board of Geelong Hospital and Barwon Health from 1979 to 2000. Mrs Heath stated that the knowledge and insights gained through her involvement with other organisations could be applied to benefit Geelong Hospital. Mrs Heath was Chairman of Illawarra Community Centre, which became Vision Australia. The profile of Geelong Hospital was raised during the time that she served as a member of the Boards of Victorian Hospitals Association (VHA), the Australian Hospital Association (AHA), as well as Chairman of the Australian Council of Health Care Standards. Geelong Hospital was the first hospital in Australia to be accredited by the Australian Council of Health Care Standards. In an interview, available from the online Barwon Health Publications Repository, Mrs Heath notes that across Australia, she was recognised as an agent of change.



Alf De Forest.



Grace McKellar House.



Board Chairman Patricia Heath in 1989.

Barwon Health Quality Awards 2017

Recognising Excellence in
Safety, Quality Care and
Innovation



Board Of Directors' Award winners, the Wide Smiles team - Barwon Health's Oral Health Services Administration and Outreach staff.

Congratulations to all entrants in the annual Barwon Health Quality Awards, presented on 29 November in the HERB Lecture Theatre, also incorporating the Barwon Health Workforce Safety Awards.

Each year, Barwon Health staff are invited to nominate initiatives and individuals for awards, which is an important way of recognising excellence in safety, quality care and innovation.

This year saw an addition of an acknowledgement award for Hamlyn Banks staff and students for their part in the Percy Baxter Lodge Intergenerational Lifestyle Program. Oral Health Services was also notable, with commendations in multiple areas for its great work.

Quality Awards: Our Consumers at the Forefront

Highly Commended: Robotic Radical Prostatectomies: an effective collaboration between the public and private sectors to achieve equity of access for regional patients

Winner: iValidate- Listen.Advise.Agree

Our People at their Best

Highly Commended: Ward Wellness Initiatives

Winner: Volunteer Based Dignity Therapy

Right Care, Right Time, Right Place

Highly Commended: Paediatric Short Stay Unit ED

Winner: Pressure Injury Management Strategy

Research, Education and Training for Excellence

Highly Commended: The AdvICE Core Course: Advancing interdisciplinary clinical excellence (through IPE)

Winner: A Novel Setting for Screening Diabetes

Our Community's Wellbeing

Highly Commended: A Settings Approach to Reducing Sugar Sweetened Beverages

Acknowledgement: Percy Baxter Lodge Intergenerational Lifestyle Program

Winner: Wide Smiles

Corporate citizen awards – recognising our staff who are living the values

Non Clinical: Rosa Marino, Cafeteria Manager at University Hospital Geelong
Natalie Morgan, Health Information Manager/ Coder

Clinical: Associate Professor Michael Smith, Director of Oral Health Services

Board of Directors Awards

Wide Smiles- Barwon Health Oral Health Services Administration and Outreach Team

OHS Excellence and Innovation

Winner: Biomedical engineering

Smart Moves, Smart Lift- trainer of the Year

Winner: Sarah Whitford

Health and Safety Representative of the Year

Winner: Ellie Vergari

HOME CARE SERVICE MARKS ANNIVERSARY

The Barwon Health Regional Assessment Service (RAS) has celebrated a full year of caring for clients at home to provide a healthier lifestyle.

Team leader Shirley Bakker said Barwon Health's RAS team was made up of four former community nurses and a social worker, tasked with providing personal assessments for clients over 65 who had requested "entry level" services, such as homecare, personal care, meals on wheels, and allied health.

"Our team meets with clients in their own home and undertakes a holistic assessment of the client's needs and goals, discussing a wide range of potential service options based on their physical, psychosocial and emotional needs," she said.

"The team's comprehensive professional experience and knowledge of local services is invaluable to providing a plan that reflects the needs and wishes of the 'whole' person and their loved ones.

"An individual plan is developed with each client and tailored to their goals to maximise their independence and quality of life.

"The team then make recommendations based on the plan, and can refer to a wealth of services on the client's behalf."

The RAS team formed in October 2016 in response to the Commonwealth Government's My Aged Care strategy for aged care reforms.

My Aged Care is now the national entry point for access to aged care services, and registering clients who wish to access services on its database for face-to-face assessment with the Aged Care Assessment Service (ACAS) or a RAS team.



Deakin nursing student Jack assesses Barwon Health speech pathologist Jess Linke, acting as a patient.

Theatrics help students learn clinical collaboration

An interprofessional clinical education program is using Barwon Health volunteers as patient actors in a simulation workshop for students on placement.

Throughout the year, the allied health team organises a number of inter-professional seminars on professional communication, targeting students from different disciplines to provide an opportunity for them to work together in teams, in order to learn with, from and about each other.

The teams are also provided with an innovative opportunity to engage in simulated scenarios to practice their newly acquired skills on "patients" with hearing loss, dysphasia, English as a second language and delirium.

Patients in the workshop are played by Barwon Health volunteers with an interest in acting, who give their time on a regular basis to enhance the learning opportunities of students.

Students from physiotherapy, occupational therapy, social work, pharmacy, nursing, medical imaging, dietetics, speech pathology, podiatry, accredited exercise physiology, allied health assistant, nuclear medicine and psychology are involved in the seminar, which provides education and strategies on the principles of effective communication, AIDET, working with interpreters and communication ramping.



Special delivery for Maternity Hub

Barwon Health's refurbished Maternity Hub at University Hospital Geelong officially opened on 28 February.

Director of Women's and Children's Directorate Claire Geldard said the refurbishment has created a modern, spacious environment for patients and families.

"In addition to the improved look and feel of the Maternity Hub, comfort for expecting mothers and families has been a big focus," she said.

"We have two new recliner chairs for women presenting who do not require assessment in a hospital bed, a larger ultrasound room in the Maternity Assessment Unit, and more privacy in the waiting area.

"With completion of the project the Maternity Hub Reception, Maternity



(L-R) The Maternity Services leadership team Claire Geldard, Emily Collins, Anne Tyrrell and Michelle Harding.

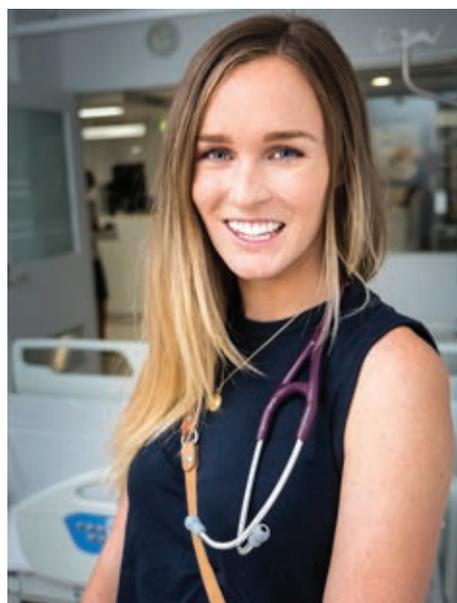
Assessment Unit and Midwives Clinic rooms has relocated back to Bellerine Centre, Level 4 and can be accessed via our Myers Street hospital entrance, alongside Birth Suite.

"We look forward to welcoming families and staff into this new and improved environment, and we thank them for their patience and understanding during the construction period."

The maternity refurbishment project was generously funded by proceeds from Cotton On's Run Geelong event.

This year, Run Geelong is raising funds for the Barwon Health Foundation Kids Appeal which will build a new rehabilitation centre at the McKellar Centre.

MEET AN INTERN - SOPHIE BROUGH



Where and what did you study?

Initially I studied a BA of Science and Honours at the University of Melbourne, then came to Deakin to do my medical degree. I spent two years at Ballarat Clinical School.

What is your area of medical interest?

I have loved everything I've come across, so I'm interested in a more general career. I think I'll pursue something in general practice, maybe with some paed's and women's health as well. At Barwon Health, I'm starting on urology and then I go to medicine, then I spend some time in emergency and finish up in general surgery.

Why did you apply for placement at Geelong?

I grew up in Geelong and always had my heart set on coming back, even when I applied for medicine in the first place. Having my family here was a really big draw card as well. My fiancée is also a farmer at Inverleigh and we plan on living on the farm one day, so living somewhere close by in the region is another big draw card. My father's worked here for a long time in radiography and has always maintained a very positive outlook about the hospital.

What are you aiming to get out of your internship at Barwon Health?

I'm hoping to build a lot of confidence and a lot of skills, and to really feel comfortable as a doctor in lots of different spaces so I can really build a good foundation for a good career.



Blue Ribbon honours for Rudi

Leading Senior Constable Andy Brittain presents Dr Rudi Gasser with the Geelong Kokoda Youth Program's Blue Ribbon Community Award.

Barwon Health's StaffCare Manager Dr Rudi Gasser was awarded the Geelong Kokoda Youth Program's Blue Ribbon Community Award for his medical work with the youth program.

Run by Victoria Police, the Geelong Kokoda Youth Program has been operating for the past five years and gives at-risk teens the opportunity to share a life-changing experience through positive interaction with role models in the community.

Each year, 14 youths from local schools are selected to take part in the 10 month program. So far, 61 young people have completed the program, with a 100 per cent success rate, which means they have gone on to return to school, gain employment, further higher education or alternative education settings.

Rudi's involvement in the program is to provide comprehensive travel health support, starting with health checks to determine medical fitness to undertake the strenuous trek. Barwon Health, through StaffCare, provides all the travel health vaccinations, malaria tablets, emergency drugs, medications for common ailments, first aid equipment, dressings and bandaging materials. Rudi also provides medical advice for any problems interfering with preparation for the big trip.

Leading Senior Constable Andy Brittain, a Youth Resource Officer at Geelong Police Station, said Rudi had gone far beyond what most people would expect from a doctor.

"He has taken a very active and genuine interest in the at-risk young people, even being able to recall their name when spoken about," he said.

"On our very initial program, I remember Rudi ringing my mobile very early on a Saturday morning when we were transiting through Cairns Airport on the way to Papua New Guinea.

"He was doing a welfare check to make sure everyone was ok and that we had taken our malaria tablet as was pre-determined prior to our departure from Geelong.

"His sincerity as a person is very humbling and very noteworthy to Barwon Health, which can trust that he is representing the organisation to the highest standard."

The award was presented at the annual Geelong Kokoda Youth Program breakfast in December.



15,309 thank-yous from clinical facilitation team

The Barwon Health Clinical Facilitation Team: (L-R, back) Lara Jeffery, Clare Dahm, Lee Klein- Butler, Gail Lee, Leanne Hallworth, (front) Rosie McKerlie, Michelle Perry-Plescher, and Gaynor Powell.

Last year, a total of 1307 nursing students attended 15,309 clinical placement days across Barwon Health.

Nurses working in acute, sub-acute, aged care and community roles regularly work as nurse preceptors or 'buddy nurses' with undergraduate students from Deakin University, Australian Catholic University, Federation University, Holmesglen, Royal Melbourne Institute of Technology, Navitas and The Gordon.

A team of 16 clinical facilitators work across University Hospital Geelong, Alan David Lodge, McKellar Centre, and community health sites to support students and Barwon Health nurses to optimise learning in the clinical setting.

Without dedicated supervisory support from our qualified nurses at ground level, such as registered nurse Shanae Allison from Bellerine Centre 6 North (BC6N), this would not be possible.

"Being a buddy nurse with students allows me to consolidate my own knowledge and nursing practice," she said.

"I enjoy seeing the students' confidence and clinical skills develop throughout their clinical placement.

"Knowing I am contributing to shaping a nurse's future is rewarding."

Being a nurse preceptor takes role modelling and skills, such as problem solving, teaching, mentoring, nurturing and leadership, and requires Barwon Health nurses to be flexible, patient and adaptable, ensuring students deliver safe patient care at all times.

"Knowing I am contributing to shaping a nurse's future is rewarding."

Barwon Health, as a major regional teaching health service, is proud to provide quality clinical placements for nursing, allied health and medical students.

Clinical placements are an invaluable opportunity to put a learner's knowledge and skills into practice.

The Barwon Health Clinical Facilitation Team would like to send its appreciation to all Barwon Health nurses who participate in the education of the future nursing workforce.

Our Emergency Department performance

The University Hospital Geelong Emergency Department (ED) has seen annual attendance numbers increase by almost 7000 over the past five years and reached 69,607 in 2016/17.

Last year, spikes in rates of seasonal illnesses such as influenza placed additional pressure on our ED resources, with 18,140 presentations seen between July and September, compared to 16,870 the previous year.

So far in 2017/18, we have seen a rise in presentations to our ED of 8.1 per cent. We have also seen Category One, Category Two and Category Three presentations increase by 19.8 per cent. This equates to about 20 additional high acuity patients attending Barwon Health's ED per day.

Our ED consistently treats 100 per cent of our most urgent patients, Category One, immediately upon arrival.

There is a government-set target of four hours average time spent in the ED. The percentage of patients seen and discharged within four hours was 83 per cent (as of January, a four per cent improvement on the same period last year), placing us within the top five in Victoria.

These significant improvements can be attributed to a number of changes Barwon Health has made to the way its ED operates over the past 12 months. Staff now work in teams to help spread and manage work load, we have an increased presence of Senior Emergency Specialists to improve rapid decision-making around patient care paths, and we have opened a new paediatric short stay unit, as well as expanding the capacity of the adult short stay unit to allow for better patient flow.

Whilst working more efficiently, our focus on quality care has remained high. This is reflected in the recent Victorian Health Experience Survey from September 2017, which showed 91 per cent of paediatric attendances had a positive ED experience. This result was the highest in Victoria.

The attendance increases we have seen are above the population growth for our region. Despite this increase in demand, our ED has been able to improve across almost all domains. We are proud of our hard-working emergency staff who have been able to work more efficiently while still maintaining their ability to deliver high quality care to the Geelong region 24 hours a day, seven days a week.



University Hospital Geelong's Emergency Department staff work around the clock, including on Christmas Day, to treat an average of more than 1300 patients a week.



VALE DR PAUL MESTITZ 9/3/1929 - 19/2/2018

Former Barwon Health consultant physician Dr Paul Mestitz has passed away aged 88.

Dr Mestitz was born in Vienna and trained in Medicine at Middlesex Hospital London, working in Western Australia and Victoria as a Specialist Physician, prior to his appointment of Geelong Hospital Consultant Physician in 1971.

Until leaving in 1994, he spent time as Chairman of the Pharmaceutical Advisory Committee, Clinical Dean and a Chairman of the Death Audit Committee, while also serving as Chairman of the Medical Staff Group. He was a Founding Director of the Drug and Alcohol Detoxification unit, a foundation board member, Chairman of the Geelong Hospital domiciliary care program, and Palliative Care Unit volunteer.

During his work at the Geelong Hospital, he was highly regarded as an expert in many areas, and mentored and shared his knowledge to all clinical staff.

In later years, he became a valued member of the Medical Resource Unit and Medicolegal team as a Senior Medical Specialist until January 2018. Dr Mestitz was well-regarded by all medical and nursing staff and contributed to patient safety with his vast knowledge and expertise.

He was always enthusiastic and had a great sense of humour. He loved poetry and performing arts, and maintained strong relationships with his medical colleagues. His contribution to improve patient care and medicine at Barwon Health has been extensive and this influence will continue well into the future.

MEDICAL TREATMENT PLANNING AND DECISIONS ACT 2016

The Medical Treatment Planning and Decisions (MTPD) Act 2016 came into effect on 12 March, creating clear obligations for health practitioners caring for people who don't have decision-making capacity.

The Act repeals the Medical Treatment Act 1988 and applies to all health practitioners and paramedics.

The Act provides a consent process, defines routine, significant and emergency treatment and gives statutory recognition to advance care directives.

Victorians are now able to create a legally binding advance care directive that will allow them to:

- Make an instructional directive (which will provide specific directives about treatment a person consents to or refuses)
- Make a values directive (which will describe a person's views and values. A medical treatment decision maker and health practitioners will be required to give effect to a values directive)
- Appoint a medical treatment decision maker (who will make decisions on behalf of a person when they no longer have decision making capacity)
- Appoint a support person (who will assist a person to make decisions for themselves, by collecting and interpreting information or assisting the person to communicate their decisions)

A person's advance care directive must be witnessed by a registered medical practitioner and another adult, not the appointed medical decision maker.

Barwon Health policies, procedures and forms have been updated to reflect the new legislation and advance care directives and appointed medical decision makers prior to 12 March remain valid.

For more information and to access resources, please visit PROMPT and One Point. For support, contact the Advance Care Planning program on 4215 7723.



Sunrise Centre client Jack Tori.

Kicking goals with social and life skills

The Young Adults Transition Service (YATS) is now located at Kardinia Park's Sunrise Centre, a joint project with the TAC, Barwon Health and Deakin Community Cats.

Speech pathologist Clare Hellawell said the Sunrise Centre was a great space for young adult clients who wanted to develop community connections.

"The first Life Skills group was run in this space late in 2017 with five participants," she said.

"The Life Skills group is a six-week evidence-based program focusing on building independence managing day-to-day life and independence managing a health condition and/or disability.

"We would like to thank Dr Neil Crompton, rehabilitation physician for his input into the group and providing the opportunity for our clients to build their confidence in communicating with a doctor, and Rochelle Hamilton, Sexual Health Nurse, who provides a very informative sexual health session, which has received great feedback from our young adult clients."

Topics in the group include:

- Identifying the differences between the paediatric and adult health/disability settings
- Developing a health passport
- Why having a regular GP is important, how to make an appointment and attend a consult
- Sexual health
- Advocacy and knowing your rights
- Mental health and where to get help locally

YATS have now developed a Social Skills group targeted at young adults with complex disability and/or chronic health conditions, aged between 16 and 25.

This monthly group is unique to the Barwon region, run by YATS speech pathologist Clare Hellawell, and YATS social worker Rheann Kennedy.

For more information please contact YATS on 4215 5315.



MEET A GRAD NURSE - LUCAS CARTER

Name

Lucas Carter

Where did you study?

Victoria University, St Albans.

As a kid, what did you want to be when you grew up?

I always wanted to be a writer as a kid. It's only been more recently that nursing became my goal.

What inspired you to undertake a career in nursing?

I really enjoy engaging with people. I'm big on advocacy and I think I've got a level head so nursing is the perfect fit.

What has been your first impression of Barwon Health?

It's a big organisation but filled with dedicated people.

What do you hope to specialise in once your graduate year is completed?

I think I'd like to end up as an ED nurse, but I'm open to different experiences.

Dream holiday destination?

Borneo or Iceland.

Any pet hates?

Untidy workspaces.

Interns and graduates join Barwon Health team

Barwon Health welcomed 42 new medical interns (pictured right, above), along with 68 nurses and eight midwives (pictured below) at the beginning of the year.

The doctors' first year will include rotations in medical, surgical and emergency departments, with optional placements in specialised areas.

The 42 interns came from across Australia to work for Barwon Health, including graduates from the Gold Coast, James Cook University in Townsville, Melbourne University, Monash University, Deakin University and Eastern Health.

Meanwhile, the graduate nurses and midwives began in two intakes in January and February. The 12-month program facilitates the transition of the graduate from student to registered practitioner, with two

clinical rotations in a variety of settings, including community nursing, aged care, special care, paediatrics, oncology, rehabilitation and palliative care, to name a few. Hundreds of applicants from a

The 12-month program facilitates the transition of the graduate from student to registered practitioner

range of universities vied for a place in the program.

Barwon Health congratulates its 2017 graduates, interns and postgraduate trainees who have completed their first year, and those who will remain with the organisation as hospital medical officers, nurses and midwives.



Acknowledgements

Chief Operating Officer **Robyn Hayles** has taken up an appointment as CEO of Bairnsdale Regional Health Service. Robyn joined Barwon Health 10 years ago as a Strategic Planner with a focus on community health. From her early role, she progressed to an executive leadership position responsible for the community health and rehabilitation program area. More recently, Robyn held the role of Chief Operating Officer and was involved in the development of the Barwon Health values.

In December, we welcomed two new members to our executive team, **Dr Sean Jespersen** as Chief Medical Officer and **Claudia Hirst** as Legal Counsel. Sean may be known to some of you due to a brief appointment as the Acting Clinical Director of Mental Health, Drugs and Alcohol services. Prior to this, Sean worked with Peninsula Health, where he built a strong service and leadership group that developed innovative models of care. Claudia has a strong background in providing legal services to the health sector, having worked with Health Legal in Melbourne and with Austin Health as their in-house legal counsel.

Head of Endocrinology and Diabetes, **Professor Mark Kotowicz** has been promoted to Professor in Endocrinology and Diabetes at Deakin University. He is Chair of the Australian and New Zealand Bone and Mineral Society Therapeutics Committee and the Endocrine Society Representative SOS Fracture Alliance. Professor Kotowicz was the inaugural Director of Physician Training at Geelong Hospital and established Advanced Training in Endocrinology at Barwon Health. He continues to play an active role in postgraduate medical education. Professor Kotowicz has received grants funding to the value of \$4,420,126 since the original academic department was established at The Geelong Hospital in 1991 and produced over 190 publications. His principal research interest has been the epidemiology and pathophysiology of osteoporosis and identification of risk factors for fragility fractures.

Biostatistician **Dr StellaMay Gwini** commenced in January as Senior Research Support Coordinator (Biostatistics). Prior

to joining Barwon Health, StellaMay held a Research Fellow position in the Department of Epidemiology and Preventive Medicine at Monash University, based at the Alfred Hospital and the Monash Medical Centre. She has also held Biostatistician positions at Eastern Health and Epworth Hospital in Richmond. She has worked on both small and large research projects locally and internationally. Her main research interests are in appropriate and efficient use of data analysis tools; use of administrative data to improve health services; and post-marketing surveillance of medical drugs and technologies.

After 17 years as Maternity Care Coordinator, **Kim Layton** has been farewelled from Barwon Health. Kim has been a great champion for the Smokefree project and her contribution to the organisation has been highly valued.

Colleagues, nursing staff and staff at Andrew Love Cancer Centre were saddened by the untimely passing of **Professor Mark Kirkland** in late February. Mark was a distinguished academic haematologist, researcher and educator and previously worked within the haematology service at the Andrew Love Cancer Centre. In recent years, Mark established a highly visible profile in the world of cord blood banking and he was an active researcher in the field of haematopoietic stem cell expansion for potential therapeutic use in a variety of clinical settings. He will be sadly missed.

Dean Dimovski has been appointed to the position of Director of Anaesthesia, Pain and Perioperative Medicine. Since joining Barwon Health as a Fellow in Cardiac Anaesthesia in 2004, he has worked as a Staff Specialist and for the past four years as a Supervisor of Training. He will begin this role on 26 March.

Barwon Health senior registrar **Dr Elle Lee** has been jointly awarded the Australasian College for Emergency Medicine (ACEM) Buchanan Prize for achieving the highest score in the ACEM Fellowship Exam.

This is the final exit exam before becoming a specialist in Emergency Medicine and means Dr Lee, along with **Dr Rory Gleadhill** and **Dr Gareth Wahl**, were the top candidates out of 179 registrars for all of Australia and New Zealand. The prize is named after **Dr Peter Buchanan**, one of the founders of the Australasian College for Emergency Medicine. Dr Buchanan believed in the need for excellence in emergency medicine at a time when this was a developing concept in Australia and New Zealand. He demonstrated the value of specialists and trainees in emergency medicine at a time when such positions were almost unheard of, even in the major teaching hospitals in Australia. Dr Lee will be invited to receive her award at the College Ceremony in Perth in November 2018.



Clair Geldard and Lucy Cuddihy farewell Maternity Care Co-ordinator Kim Layton (centre) in February.

WORLD'S LONGEST LUNCH



On 16 March, 270 people attended the Our Women Our Children Volunteers World's Longest Lunch at Steampacket Gardens, raising money for the Barwon Health Foundation Kids Appeal. This year's final fundraising total was \$58,000, thanks to the generosity of the Geelong community.

Barwon Health Locations

University Hospital Geelong™	Bellerine Street, Geelong T 4215 0000
Corio Community Health Centre	Gellibrand Street, Corio T 1300 715 673
Belmont Community Health Centre	1-17 Reynolds Road, Belmont T 1300 715 673
Torquay Community Health Centre	100 Surfcoast Highway, Torquay T 1300 715 673
McKellar Centre	45-95 Ballarat Road, North Geelong T 4215 5200
Newcomb Community Health Centre	104-108 Bellarine Highway, Newcomb T 1300 715 673
Belmont Community Rehabilitation Centre	1-17 Reynolds Road, Belmont T 1300 715 673
Anglesea Community Health Centre	McMillan Street, Anglesea T 1300 715 673
Mental Health, Drugs and Alcohol Services	Swanston Street, Geelong T 1300 094 187

Please note: this is not a complete listing of Barwon Health sites.

www.barwonhealth.org.au



OUR VALUES
RESPECT
COMPASSION
COMMITMENT
ACCOUNTABILITY
INNOVATION