

Auricle

QUARTERLY PUBLICATION OF BARWON HEALTH | EDITION 3 2014



NEW ERA OF INTENSIVE CARE FOR GEELONG



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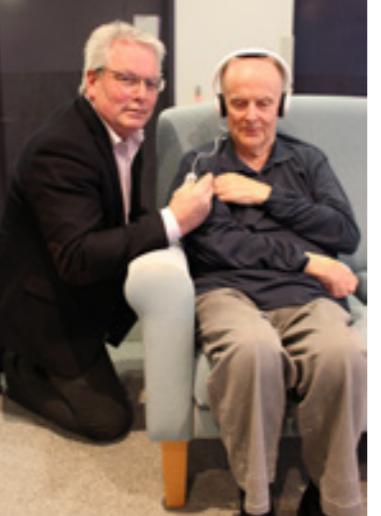
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Auricle

Auricle is the new name for the Making Waves newsletter.

The name is derived from an alternative anatomical term for the 'atrium' of the heart. It is also a 'homophone' for the term oracle, (sounds the same). Oracle can be defined as a source of important information. The heart reference holds significance in relation to the new Barwon Health brand. At the same time it reflects the purpose of the newsletter – to share important information about our staff community.



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Message from the CEO

Welcome to the first edition of our refreshed staff newsletter – Auricle. The new name, which is the medical term related to the atrium of the heart, ties in nicely with our new look.

In late August, we celebrated an important chapter in the history of Barwon Health as we launched our organisation's new brand.

While the Barwon Health name remains, you will notice we have changed the organisation's logo, as well as renaming the Geelong Hospital site to University Hospital Geelong. Our signage infrastructure has not been actively updated since 1998, this is an opportunity to replace infrastructure and improve wayfinding around our sites, while positioning us for the future in a more contemporary way.

The development of our new logo and brand is a considered decision that has involved significant research with involvement from staff and consumers.

The name and nature of the hospital has evolved over the years and this is the latest in a series of name changes in our history. We are proud to be a university-aligned hospital, with the new name reflecting our role as a major education and training provider for the Geelong and Barwon South West region.

The 2014 Run Geelong event is fast approaching, taking place this year on 23 November. With 100% of funds from every registration going directly toward

redeveloping our Special Care Nursery, I encourage all staff to get involved in the event to support this special project.

Run Geelong is an event for all ages, this year there is even a dedicated 1km Kids' Run. If you can't make it on the day, you can still sign up as a virtual runner, which enables you to nominate a friend to run for you, while still helping to raise funds.

Staff and residents from Alan David Lodge have set a great example by setting up a virtual Run Geelong team, made up of more than 25 residents and staff, who aim to walk, wheel or pedal 6kms between now and the Run Geelong event.

The virtual team have set individual, achievable goals for each resident, irrespective of any mobility restrictions they may have, as well as actively measuring the physical and mental benefits that may be achieved from participating.

Last year, Run Geelong saw a record breaking 12,062 participants, who helped raise over half a million dollars to kick-start our Special Care Nursery redevelopment.

I want to see these numbers increase even further for 2014 with the help of your participation.

Prof David Ashbridge / CEO

Exciting surgical partnership for our kids

A new partnership between Barwon Health and the Royal Children's Hospital (RCH) means that children throughout the Barwon region will now have access to the highest quality surgical care.

Specialist paediatric surgeons from the RCH are now running outpatient clinics and surgical sessions at University Hospital, allowing sick children and their families to receive treatment and care closer to their homes.

There are a large number of children throughout the Barwon region on the waiting list for treatment in Melbourne and this partnership gives many of them the opportunity to be treated in Geelong by the same specialist surgeons.

This partnership gives many of them the opportunity to be treated in Geelong by the same specialist surgeons.

While Barwon Health has completed low-complexity paediatric surgery for years, this new partnership with the RCH means that more complex procedures will be able to be undertaken at Barwon Health. At a time that can often be stressful for families, receiving treatment locally will reduce the burden and high cost of travelling to and finding accommodation in Melbourne.

This new model brings with it the highest standards of paediatric surgery available in Australia and will ensure the Barwon region has a safe and sustainable paediatric surgical service long into the future.

It's a truly exciting partnership, with surgeons from the RCH expected to treat approximately 200 children in Geelong in the first year, along with plans to grow the service in terms of the number and complexity of cases. ♥



Making an IMPACT

The Innovations in Mental and Physical health And Clinical Treatments Strategic Research Centre (IMPACT SRC), School of Medicine, Deakin University is based at Barwon Health and has a long standing history of collaborative research.

Since taking on a Deakin appointment in 2012, Barwon Health's Professor Michael Berk has led his team into this innovative partnership.

Based at Kitchener House, the IMPACT SRC is involved in psychiatric and physical health research, designed to improve the wellbeing of the Geelong community and greater humanity.

Barwon Health and Deakin University researchers based at the IMPACT SRC conduct a wide variety of research. The centre conducts randomised controlled trials of new medications for psychiatric illnesses, explores epidemiological factors surrounding physical and mental health, utilises lifestyle and e-therapy techniques to intervene and improve health conditions and explores health literacy and health education.

Evidence of their achievements is seen through scientific publications, continued grant funding and support of the Geelong community. One of these successes has been the Geelong Osteoporosis Study. The study, led by Professor Julie Pasco, has been running in the Geelong region for over 25 years and serves as one of the longest running epidemiology studies in Australia.

The IMPACT SRC is currently offering a variety of research opportunities for students, volunteers and potential participants. Find out more on the IMPACT SRC site: <http://www.deakin.edu.au/research/src/impact/> ❤



Right on target with our annual flu vaccination program

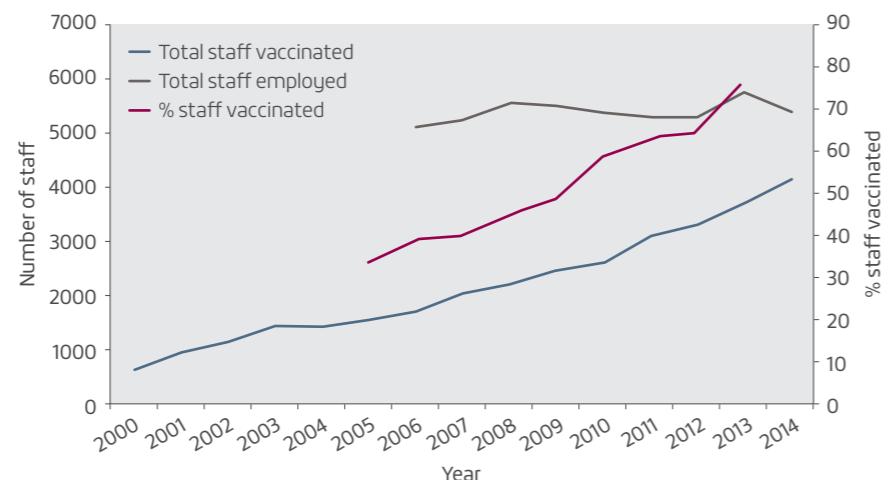
Barwon Health staff have exceeded this year's target for staff flu vaccinations across the organisation, which is set for health services throughout Victoria.

The target set by the Department of Health was 75% this year, and we have surpassed that by achieving an uptake of 76%.

For more than 10 years Barwon Health has increased participation in the vaccination program, reaching 64.5% of vaccinated staff in 2013, significantly more than the 59% uptake across the state.

This is a great achievement and a credit to our clinical and non-clinical staff who have taken part.

BARWON HEALTH'S FLU UPTAKE SINCE 2000



Influenza is a serious disease which can have a significant impact on those who are acutely ill, have chronic health conditions, as well as the elderly and young children and babies.

It is important that we reduce the risk of infection as much as possible in the hospital environment, and having your flu vaccination is the best way to protect yourself, other staff, our patients and visitors from infection. ❤

Pictured: Some of Barwon Health's Executive team making sure they are protected against flu.



Celebrating our indigenous community

Barwon Health's Aboriginal Health team have been busy recently, hosting two events as part of national celebrations: a flag raising event during National Reconciliation Week, and a community celebration for NAIDOC Week.

Reconciliation Week is celebrated nationally to recognise the importance of indigenous culture and history and to build better relationships between the wider Australian community and Aboriginal and Torres Strait Islander peoples.

Taking on the theme for this year's Reconciliation Week, 'Let's Walk the Talk', Barwon Health is making direct efforts to best achieve the highest level of health possible for Aboriginal individuals, families and communities through various programs and partnerships, and by

strengthening the Aboriginal workforce and providing culturally safe work environments and health services.

The flag raising event in May was the first time Barwon Health has raised the Torres Strait Islander flag, and there are plans to continue this event for Reconciliation Week annually.

At the NAIDOC community celebration in July, guest speaker Shona Muir, daughter of the late Leo Maxwell Muir, an Indigenous returned serviceman in Vietnam, shared the story of her father's rise to the rank of Lance-Bombardier, his early life, and of his participation in the establishment of the Geelong Vietnam Veteran's Association.

Performances from Koori children 'Deadly Dancers', and local indigenous musician Mick Ryan were also well received by a large lunchtime crowd in the cafeteria.

CEO David Ashbridge unveiled our 'Statement of Intent', which outlines our commitment to closing the health gap between Indigenous and non-Indigenous Australians.

Aboriginal Health Team Leader Libby Lesock said organisers were pleased with the outcome of both events.

"We had a great turn out to both the NAIDOC and Reconciliation events, with representatives from Wathaurong Aboriginal Cooperative, City of Greater Geelong, Geelong One Fire Group and all departments at Barwon Health. They were deemed a success," she said. ❤

Pictured: Barwon Health's Aboriginal Health team with the Deadly Dancers, who performed at the NAIDOC celebration event.

New era of intensive care for Geelong

On 13 June, Barwon Health officially opened the new Intensive Care Unit (ICU) at Geelong Hospital with Victorian Premier Dr Denis Napthine and Health Minister David Davis.

The new \$36 million ICU, which is almost double the physical size of the old unit, contains two pods each with 12 single rooms, a total of 24 beds and two dedicated paediatric bays. ICU staff were consulted in the design phase, allowing staff to influence the design of their new workspace.

Speaking at the opening, Premier Napthine said the new unit could be considered the "best ICU in Australia, if not the world."

Staff and patients were moved into the new unit on 16 June, after months of planning and weeks of stocking up the unit with supplies, to be set up as well as possible for its new patients.

Barwon Health's ICU Director, Neil Orford, said the move went smoothly, with everyone involved feeling settled by the end of the day.

"The move included an extensive orientation program organised by the nursing staff in the weeks leading up to it. Nursing and medical teams were doubled for the morning and senior staff came in the night before to review the running sheet for the morning, with detail on who would be moved where and when," Neil said.



"It is a wonderful facility with fantastic staff, and we are excited about being able to deliver high quality, patient-centred care to critically ill patients in Geelong and South West of Victoria." ♡

Pictured: Two dedicated paediatric bays in Barwon Health's new state-of-the-art Intensive Care Unit.

Music and memory

A new program being explored in Barwon Health's residential aged care facilities seeks to use personalised music playlists to bridge some of the distance and cognitive decline created by dementia.

The program is modelled on the successful strategy 'Music and Memory', which was originally developed in the United States. Research outcomes toward this program have been extremely favourable in the US, and Barwon Health's residential aged care staff are hoping to see similar outcomes for McKellar Centre residents with dementia.

David Drummond, Barwon Health's Pastoral Care Coordinator at the McKellar Centre, said that sadly, many residents with dementia, though physically in the 'here and now', are often difficult to engage by staff and even family.

"The Music and Memory program has been shown to decrease the resistance often experienced in the activities of daily living, and enhance engagement and socialisation," David said.

"Trials have shown that residents who are usually still and withdrawn can become more animated, and tap, sway and even sing to the music. As it is difficult for mid to late stage dementia sufferers to take part in lifestyle activities, such a program allows for a greater quality of life experience, as well as improving interaction with residents between staff and family."

After a discussion with families regarding the personal and cultural tastes of individual residents, helping to identify music that has held special significance to them, playlists are collated and played to them through an iPod Shuffle at appropriate times.

The iPod shuffle is the equipment of choice as it is small and unobtrusive enough to be clipped onto clothing, and with the addition of personalised headphones, has enough memory to provide many hours of listening.

Plans for the future of the program involve training up volunteer support workers and acquiring equipment through an iPod donation drive. The drive will allow Barwon Health staff and families to donate unused iPods that can be re-tasked for this exciting new strategy.

For further information about the program, contact David Drummond via david.drummond@barwonhealth.org.au.

Pictured: David Drummond with Blakiston Lodge Resident Hans, trialling the benefits of music with memory.



State of the Art Imaging Equipment Boost for BMI

As part of our commitment to providing equitable access to high quality imaging for the region, Barwon Medical Imaging (bmi) recently installed two new pieces of medical imaging equipment at Geelong Hospital, following successful funding applications to the Victorian State Government.

Through the Digital Mammography Equipment Grants program, Barwon Health has installed the latest in digital mammography technology – a GE Sonographer. This digital mammography system includes a new feature called tomosynthesis, which enables greatly enhanced 3D images to be acquired, overcoming some of the limitations of conventional 2D mammography for detection of breast cancer.

Chief Radiographer Philip Brough, said "Early indications are that integrated 2D and 3D mammography improves breast-cancer detection and has the potential to reduce false positive recalls."

In July 2014, Barwon Health also performed its first cases on a new digital fluoroscopy room from Toshiba – the Ultimax-i. This system was purchased with funding provided by the Victorian State Government under the Medical Equipment and Infrastructure Replacement program.

"Early indications are that integrated 2D and 3D mammography improves breast-cancer detection and has the potential to reduce false positive recalls."

This new multipurpose C-arm fluoroscopy system has a 43cm x 43cm flat panel digital detector attached to a versatile C-arm and x-ray table.

"The best part about the new multipurpose fluoroscopy system is the versatility," Philip said.



"It is capable of being used for all conventional special procedures and an ever expanding range of interventional radiological procedures, including joint injection, PICC line insertions and even angiography."

The system software purchased with this system also allows conventional radiography to be performed, including long legs and spinal x-rays.

Philip said the new systems have many advantages, including lower radiation dose, high spatial resolution, as well as contrast detectability, which is important in the detection of micro-calcifications associated with breast cancer. ♡

Pictured: Barwon Medical Imaging staff testing out the new fluoroscopy system in the purpose built room at Geelong Hospital.

Boost to youth mental health

Barwon Health has been a part of the development and opening of two youth health centres in Geelong and Colac, in collaboration with headspace and Colac Area Health.

The Colac Youth Health Hub is the result of a partnership between the Barwon Health Child and Youth Mental Health Services, Colac Area Health and other key agencies.

This new site will provide youth-oriented health and wellbeing services for people aged between 12 and 25 years.

Professor Pat McGorry, named Australian of the Year in 2010, officially opened the service and commended all organisations involved in the development of the hub for realising a vision for youth focused, expert, collaborative and holistic healthcare.

Barwon Health will provide ongoing involvement with clinicians from our CAMHS and JIGSAW services working within the hub, as well as providing input through advisory and governance structures supporting the service.

In addition to this, Barwon Health is part of the new headspace centre in Geelong, to be shared by resident youth experts, our organisation's JIGSAW Mental Health, Drugs and Alcohol team and the Eating Disorder Service (EDS).



The youth health service will give vulnerable young people easy access to GPs, nurses, psychologists, social workers, occupational therapists, drug and alcohol counsellors and youth outreach workers.

The new centre features 10 counselling rooms, three GP rooms, one GP treatment room, two family rooms and a group room.

Barwon Health's Director of Child, Youth and Primary Care Services, Associate Professor Melissa O'Shea, said these two youth health clinics represent world class clinical and teaching spaces for young people and youth health professionals respectively.

"The establishment of these clinics represents what is possible when primary and public health services, in association with a key academic partner in Deakin University, come together with the aim of reforming the youth mental health service system," Melissa said. ♡

Pictured: Some of the team at the new Headspace Centre, pictured (L to R): Hollie Laver – EDS Manager, Andrea Morton – Senior Clinician, JIGSAW, Danielle Leal – Senior Clinician, Headspace, Cameron Duff – Senior Clinician, JIGSAW and Melissa O'Shea Director, Child Youth and Primary Care Services, Mental Health, Drugs and Alcohol Services, Barwon Health.



Supporting carers of people with Frontotemporal Dementia

The Barwon region Cognitive Dementia and Memory Service (CDAMS) have established the region's first carer support group for carers of people with Frontotemporal Dementia (FTD).

The group was developed after CDAMS and Alzheimer's Australia (AAV) recognised a gap in providing ongoing specialised support for these carers.

Frontotemporal Dementia is a degenerative brain disease that gradually destroys the ability to learn, behave appropriately, empathise, reason, communicate, and carry out other tasks.

FTD typically affects people at a much younger age than other types of dementia, with males in their 50s and early 60s being those most commonly diagnosed. Those affected are often still working and have very active roles within their household and wider community. The disease not only has a devastating impact on the person, but also on those living with and caring for them.

As there is currently no form of treatment, one way health services can try to alleviate the burden of FTD is to support carers to continue in their challenging roles.

The carer support group has been meeting monthly for the past year, bringing together carers for an opportunity to share their experiences and receive continued education and support from each other, as well as Barwon Health's CDAMS Neuropsychologist, Dr Beth Potter and AAV Dementia Consultant, David Hooker.

"The group has been a huge success," Dr Potter said. "It provides carers with an opportunity to build their knowledge about FTD, increase their confidence as carers, and to not feel so alone." ♡

REDUCING THE IMPACT OF ICE

An innovative, evidence-based group treatment program is being developed at Barwon Health's Drug and Alcohol Service in attempt to reduce the impact of methamphetamine within the Geelong community.

This program will address issues such as the mechanisms of the drug, how it works on the body and brain and key harm reduction strategies to assist those using this drug to manage their use with a greater degree of safety.

The groups will also explore health issues related to methamphetamine use, addressing strategies for reducing or ceasing use, as well as craving management, identifying triggers that may influence use, with meaningful, real strategies to enable the person to better cope without resorting to the use of this potentially damaging drug.

The methamphetamine treatment program is currently being designed from the ground up, drawing upon examples of best practice worldwide, and critical evidence and research in the treatment of stimulant use.

The treatment program is manualised, meaning that it will be deliverable in a variety of settings, from individual one on one education to group settings.

The program is broken down into two distinct sections. Initially, participants are given an in depth understanding of the mechanisms of the drug, how it works within the brain, why it creates the effects it does, and how to balance maximising the enjoyment from the drug with the harms it has the potential to cause.

Beyond this, a more detailed understanding of the health complications that can arise from the use of methamphetamine is explored, discussing topics such as dental hygiene, diet and nutrition, the importance of sleep and safe sex. Through these discussions, emphasis is placed on equipping the user to manage their substance use to the best of their ability, reducing the possible harms to themselves and those around them.

It is vital for services working with people that use substances to remain person centred and focused on enabling the person to develop their own meaningful recovery as they chose to define it.

The treatment program encapsulates this and the second section of the program is focused on exploring strategies to work towards these goals. Focusing in on strategies such as identifying patterns of use, understanding personal triggers to use, coping with cravings to use through to goal setting and sustaining recovery are key elements of the treatment. ♡

Staff Acknowledgements

For the past 14 years, **Sue Towers** has been an essential part of Barwon Health, the McKellar Centre and associated services, including more recently the Community Health and Rehabilitation Services team. Sue retired in July and will be missed for her organisation and professionalism.



Angele Jones is the new Executive Assistant to Clinical Director CH&RS and Clinical Director Aged Care, bringing years of experience working in a range of fields including the academic world of universities. We welcome Angele to the role with external experience and fresh eyes.

Rob Cockayne resigned from his role as Operating Services Manager in July. Rob has provided 32 fantastic years of exemplary service to Barwon Health where he was completely dedicated to his profession, working in a variety of roles, and always striving to do the very best job he could. He worked tirelessly to bring out the best in the people around him and was a champion and advocate for improving the health outcomes for patients.

Rob started at Barwon Health as a scrub nurse in Orthopaedics and to this day is still regarded to be one of the very best Orthopaedic theatre nurses to have worked at Barwon Health. Rob moved to the role of managing the front desk coordinating the flow of the theatres, where his exceptional organisational and interpersonal skills really shone. Eventually Rob accepted the challenge to be the overall manager of the operating theatre complex in his role as the Operating Services Manager.

Congratulations to **Helen Newell** who was awarded the LASA Awards for Excellence – Employee Award at the LASA Victoria State Congress & Exhibition in Melbourne. This prestigious award made annually by LASA Victoria, the peak body for Aged Care, aims to promote and recognise excellence across

all fields of the aged care industry. Helen was recognised as one of four finalists in an outstanding group of health professionals from across Victoria, and went on to win the award at the annual presentation. Helen has pioneered the Nurse Practitioner (NP) role in the Residential In-reach Program based in the Aged Care Services at the McKellar Centre. She has demonstrated excellence in her ability to lead the development and implementation of the NP role.

Congratulations to **Rendine Constructions**, who have been awarded an MBAV Excellence in Construction Award for their work developing the Belmont Community Rehabilitation Centre. Awarded 'Best Commercial Building' in the \$3 to \$6 million category, this is the first time Rendine has been presented with such an award in this category.

Dr Michael Sheridan has been recently appointed as the director of our Emergency Department. Michael has worked as a consultant at Barwon Health for the past four years and has significant experience within the NHS at Glasgow Royal Infirmary Hospital as well as in other Australian hospitals. ♡

Pictured: Helen Newell with her LASA Award for Excellence.



Think Bee 4 You Cannulate

Staff in our Emergency Department (ED) are participating in the Victorian Department of Health's 'Emergency Care Improvement and Innovation Clinical Network' project, established to improve the quality, efficiency and effectiveness of emergency department care.

As part of the project, ED nurses Lisa Course, Holly Wardlaw and Anoushka Perera implemented the 'Think Bee 4 You Cannulate' campaign, to increase the appropriateness of IV cannula insertion in the ED.

The 'Think Bee 4 You Cannulate' message was communicated to ED staff through posters and stickers with an image of a bee.

"The blue bee with a rather nasty stinger reminds staff to stop and consider which is

best for their patient, a venepuncture or IV cannula," Lisa said.

Many patients will have blood samples taken for testing during their ED visit. This is usually performed by venepuncture, the same procedure performed at a pathology centre when blood samples are taken for tests. The risks associated with venepuncture are far less than those associated with IV cannula insertion.

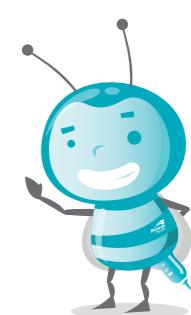
Lisa said the main aim of the project is to reduce the number of intravenous cannulas inserted that are ultimately used for blood sampling only.

"They are extremely useful, however there are some risks associated with IV cannulas including patient discomfort, inflammation and infection.

"Although infrequent, infections attributed to intravenous cannulas can have devastating consequences," she said.

Lisa said the program appears to be going well so far, with staff appearing enthusiastic to show support and 'Think Bee 4 You Cannulate'. ♡

Pictured: Barwon Health Nurses Lisa and Holly, encouraging staff to 'Think Bee 4 You Cannulate'.





Assisting families living with acquired brain injury

McKellar Centre staff have recently held the second phase of the Family to Family Link Up Program, in conjunction with Glastonbury Community Services.

The Family to Family Link Up Program is an opportunity for families who are affected by acquired brain injury (ABI) to meet with other affected families in order to share their experiences and offer and receive support, understanding and information about issues and life with ABI.

The program is facilitated by trained ABI specialists from the McKellar Centre and Glastonbury Community Services, who have undertaken Narrative Therapy training specifically for the program.

Our Social Work team at the McKellar Centre received funding via a successful grants application provided by the TAC, which allowed them to run the program. The first phase was held in conjunction with the Bouverie Centre and based

on much positive feedback, staff are continuing to roll it out for more families to be involved.

The program involves various health services and family-based institutes or agencies across Victoria, but this is the first time it has been implemented in Geelong. Senior Social Work Clinician, Lauren Tyrrell, said they are thrilled to be able to bring the program to the Geelong region for the first time.

"Bringing this program to our region is an exciting opportunity as we share our local resources and extend our service potentials," Lauren said.

"More importantly, we create the opportunity for families living with acquired brain injury to come together and share their stories, strengths and hopes for the future. Participation in the program can also assist in developing an effective network for families seeking support across Victoria."

The Family to Family Link Up Program is built around the Narrative Therapy framework and Family Sensitive Practice. Partnering with Glastonbury allows for skills and resources to be shared and to extend the program to a wider range of families.

Participation in the program is free and voluntary, and all members of invited families are welcome to participate. Barwon Health and Glastonbury invited families of current clients to participate in the second phase, which was held on 21 August, 2014 at the Deakin Cats Community Centre at Simonds Stadium.

Pictured: McKellar Centre staff at the Family to Family Link Up Program.

New team, new name, same job

Barwon Health's Office for Research is going through a few changes, with a new name and the addition of two new staff members to the growing team.

Research Ethics Governance and Integrity (REGI) Unit is the new name for the organisational unit of our Research Directorate.

Barwon Health has a vibrant research culture and enviable track record in research achievements. Research activity across the organisation is supported by the REGI Unit, located in Kitchener house.

The REGI Unit manages the many aspects of research compliance, research ethics applications and review processes. Our team has a strong background in research ethics and management and can provide support and advice on research design, data management and analysis and ethics applications. We also offer training in all aspects of research conduct for new researchers.

All Barwon Health staff and associates interested in research are encouraged to drop in to meet the REGI Unit team, for tips on successful negotiation of research ethics and governance processes.

Look out for our REGI Unit section in the monthly Research Newsletter coming out this November, our new look website and join us at a research ethics drop in session coming soon. ♡

Pictured: Meet the REGI Unit, Dr Giuliana Fuscaldo, Manager; Lisa Fry, Research Governance Officer; Melissa Cadwell, Research Ethics Officer and Kristin Wallis, Research Ethics Officer, pictured with Director of Research, Frances Quirk.



Empowering staff to be their best

Over the past year, our Workforce and Culture Team have implemented a tailored management program as an innovative and unique approach to achieving Barwon Health's strategic objectives.

The Empower program is aimed at improving organisational performance by challenging methodologies and addressing the gap around leadership development.

It has achieved transformation through engagement with current and emerging workforce leaders throughout the organisation, through a series of workshops over a three-month period.

In line with continuous improvement principles, Empower has been designed to encourage reflection, debate, sharing of knowledge, skills and experiences to identify and improve on current practices.

Empower is targeted at staff who have a desire to develop and expand their self and staff management skills, as well as staff who have had work experience but may lack formal training.

Empower supports career transition from the role of a clinician to roles with greater organisational responsibilities. It aims to develop Barwon Health's leadership capability and improve manager effectiveness through:

- Enhanced professional networks across Barwon Health
- Better appreciation of the strategic and organisational context of Barwon Health
- Practice in the abilities of self-awareness, self-management and situational awareness
- Practice in business skills such as feedback, coaching, non-directive counselling, process improvement, team management, negotiation and conflict management.

Workforce Capability Officer Kathryn Cochrane said that past participant feedback has indicated how positive, relevant and beneficial Empower was to them.

"Empower addressed areas they felt that they lacked confidence in and provided an environment in which they could build new skills that have now been successfully applied back into the workplace," Kathryn said.

"They could see how the programs ethos linked directly to the service and care they provide to their patients and the community."

Program 1 & 2 2015 dates have now been finalised, further information and registration forms can be accessed by contacting Kate Healy on khealy@barwonhealth.org.au or 4215 0561. ♡

Pictured: 2014's second Empower program participants with facilitator Rebecca Quinn.

New Volunteers for Dignity Therapy Program

Following promotion of Barwon Health's Dignity Therapy program in the Geelong Advertiser in June, we have seen an influx of people wanting to join as Dignity Therapy volunteers.

Barwon Health is a leading health service in Dignity Therapy, having already conducted 35 interviews since the introduction of the program around 18 months ago.

A more recent addition to the organisation's extensive Palliative Care Program, Dignity Therapy involves recording structured interviews with palliative care patients, which are then transcribed to ultimately create a skilfully edited 'legacy paper' for the patient to leave with chosen loved ones.

Through testing with patients with advanced illness in nine different countries, Dignity Therapy has been shown to not only benefit patients, but their families as well.

Russell Armstrong, Barwon Health's Spiritual Supportive Care Worker within the Palliative Care Unit, is responsible for introducing Dignity Therapy to our Palliative Care Program, and was delighted to receive approval to trial the use of palliative care volunteers to extend the provision of Dignity Therapy beyond what he alone could offer.

Barwon Health is a leading regional health service in Dignity Therapy, having already conducted 35 interviews since the introduction of the program around 18 months ago.

"My understanding is that most health services in Australia that have trialled Dignity Therapy conclude that while it is

a beautiful process, it is too demanding of staff time to be viable on an ongoing basis. However the rewards that it offers to clients and their families are so rich that I was determined to find a way of addressing that."

An additional 10 Dignity Therapy Volunteers were trained up in August by our Volunteer Services and Palliative Care team as a direct result of the powerful Geelong Advertiser article.

There are approximately five more volunteers who will also be trained up at the beginning of 2015 to support this wonderful program and help it continue.

Pictured: Barwon Health's new volunteers for the Dignity Therapy program at the first day of their training session with Russell Armstrong and Palliative Care Volunteer Coordinator Jen Walsh.



New Bereavement Support volunteer program

Volunteer Services and the Palliative Care Team have recently established a Bereavement Support program for people in the Geelong community who have been affected by losing a loved one.

Bereavement Support volunteers will have Barwon Health Orientation training, as well as Grief & Bereavement and Self-Care Palliative Care training before they begin the program.

The role of a bereavement volunteer is to be an initial point of contact to a bereaved family member upon the death of a community palliative care patient. Additionally, the volunteer will provide support to the bereaved in the form of conversation and referrals for further support if required.

This role is a one-off provision of volunteer support, in which the volunteer assists in normalising and validating the feelings that the bereaved person is experiencing. The volunteer will also assist to identify other local support available for the bereaved person, especially within their own family and friend networks.

Volunteers will conduct one visit and any further bereavement support will be provided by community based grief services. If required, based on a level of assessed need, the grief & bereavement counsellor may be able to provide additional support. Volunteers will receive training and guidance on how to assess the need of a bereaved person.

As part of this new program, volunteers are encouraged to:

- Talk with the bereaved person about support – within their family, networks, and community
- Remind them that another letter will be sent at three months. This letter will contain the phone number for Barwon Health if they'd like to seek further support.
- If a referral is required, the volunteer needs to advise them of the desire to refer, and must gain verbal consent to move forward.
- Most importantly, consultation across all groups revealed the importance of sticking within the boundaries of the role and 'stepping out of the way' to empower them on their own grief journey.

The Bereavement Support Program officially commenced on 1 July, 2014. Future considerations for the program include ways to evaluate the program, as well as a support group for these volunteers.

Get to know a volunteer

Name / Will Althaus

Age / 65

Occupation / Retired

How long have you volunteered at Barwon Health?

I've been a Barwon Health volunteer for about two and half years now.

What is your volunteer role?

I volunteer at the main Information Desk on level three at the Geelong Hospital every Tuesday and Wednesday from 9am – 3pm. During my day volunteering, I help with patient enquiries, direct clients to wards and offices within the hospital, make sure flowers are delivered to the rooms, as well as looking after all returns of occupational and physio equipment.

How has volunteering impacted on your life?

Volunteering has given my life more meaning. It has allowed me to meet and mix with a wider circle of people since retiring. Volunteering at the Information Desk gives me self-respect and a sense of purpose in my retirement.

What do you find to be the most rewarding aspect of volunteering?

Being able to help others after Barwon Health saved my life.

Has volunteering helped you in your personal development?

Definitely; it has helped me to be a more calm and flexible person. It has taught me to listen to people more than I may have done in the past. The various tasks I undertake during my days as a volunteer have also assisted with helping me recover from an illness. ♡



Imogen Brough joins Our Women Our Children

Geelong singer-songwriter Imogen Brough had a huge year in 2013, which saw her being mentored by Ricky Martin on Channel 9's 'The Voice'.

Imogen is now getting behind a group of local volunteers who dedicate their time to supporting women's and children's services at Barwon Health.

Volunteers from Our Women Our Children have been raising funds for vital medical equipment for nine years, and Imogen has enthusiastically joined the group as ambassador to help them achieve future fundraising goals.

Since forming in 2005, the group have contributed over \$160,000 to women's and children's services at Barwon Health. They raise funds through events such as the iconic Easter Egg Hunt, held annually at the Bellarine Estate.

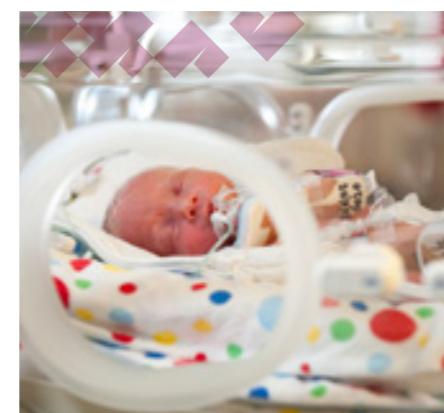
As a Geelong local, Imogen is excited to be an ambassador for this important cause.

"Living in Geelong I've had so many friends and family who have had to use the Children's Ward, Maternity Ward or Special Care Nursery, so I feel really connected and passionate about the cause," Imogen said.

"I also am in awe of what this group has achieved so far and am honoured to be their new ambassador."

Imogen has had a great start to 2014, with the release of her debut single, 'Heart' in February. ♡

Pictured: Imogen visiting the temporary Special Care Nursery with Our Women Our Children president Monique Holmes-Richardson.



Little Cribs Project a big success

Ten years ago, the *Geelong Advertiser* was part of the Little Cribs Appeal project, which aimed to raise funds to purchase new cribs for the Special Care Nursery (SCN) at Geelong Hospital.

The appeal was an overwhelming success, raising double the amount of money required for the equipment.

Once again, the *Geelong Advertiser* partnered with the Barwon Health Foundation, collaborating to launch the Little Cribs Project to raise funds for new equipment for the SCN. The project was launched in the lead-up to the 2014 Giving Weekend in June, with the aim of having funds raised for new equipment in time for the redevelopment of the SCN.

The project received an amazing response from the community, with over \$200,000 raised and donated to purchase new Isolette cribs, neonatal cribs, a resuscitation cot and other vital equipment.

Donors who contributed to the appeal had the opportunity to visit the current nursery to see exactly how their donation was going to assist.

Thank you to all the generous donors who supported the project, along with the *Geelong Advertiser* for helping the Barwon Health Foundation achieve this result. ♡



Community gets behind annual Giving Weekend

Over 200 volunteers throughout Geelong gave up part of their June long weekend to help raise funds during this year's Geelong Hospital Appeal Giving Weekend.

Starting bright and early Friday morning, local companies filled intersections and train stations collecting for the appeal.

Amongst the volunteer tin-shakers was Geelong Hospital Appeal Ambassador Daniel Menzel, who joined some of his fellow Geelong Cats teammates in collecting donations.

Saturday saw another day of intersections and shopping locations filled with volunteers doing their bit to support the cause.

Barwon Health Foundation Patron Peter Hitchener and Appeal Ambassador Denis

Walter travelled to various locations around Geelong throughout the day visiting volunteers and thanking the community for their support.

An amazing \$56,000 was raised over the weekend, which will directly contribute to the redevelopment of the Special Care Nursery at Geelong Hospital. This is a vital project as the current nursery no longer meets the demands of the community, with in excess of 540 babies cared for there each year.

This community-funded project will provide a more spacious, modern, state-of-the-art facility for the babies, their families and clinicians.

The Barwon Health Foundation extends a warm thank you to the Geelong and Surf Coast community for their support over the annual Giving Weekend. ♡



Pictured above: Geelong Hospital Appeal Ambassador Stacey Johnson with mascot Dr Bear. Right: Barwon Health Foundation Patron Peter Hitchener and Appeal Ambassador Denis Walter visiting volunteers at a local shopping centre.



Dry July

Dry July is over for another year, with around 420 participants taking a month off alcohol to raise funds for Barwon Health's Andrew Love Cancer Centre (ALCC).

This year's Barwon Health Foundation Dry July Ambassador was young father Scott Beyer.

Scott's story begins in December 2013; he had been suffering from neck pain and had small lumps on the side of his neck. After visiting his GP and undergoing various tests Scott was referred to Professor Phillip Campbell at the ALCC.

A biopsy confirmed Scott had Non-Hodgkin T-cell Lymphoma and a PET scan showed it had progressed to Stage 4.

Whilst undergoing testing, Scott's wife Corinne found out she was pregnant with their second child. The couple had been trying for a second child for a few months

and had come to the realisation with the diagnosis that they would have to delay their plans.

Due to the type of cancer Scott had, his treatment involved intensive chemotherapy with regular hospital stays and a stem cell transplant to ensure there is no relapse in the future.

After Scott's first stage of treatment, he was noted as being in complete remission, his outlook for the future is positive and he is focused on being fit and healthy for the birth of his second daughter and getting back to enjoying life with his family.

Scott participated in this year's Dry July, raising over \$4,000 for the ALCC.

Another successful Dry Julyer was Bendigo and Adelaide Bank CEO Mike Hirst, who was among the top fundraisers in the country, raising close to \$11,000.

Funds raised during Dry July will go toward the development of the Supportive Care Centre at Andrew Love. The new centre will incorporate wellness components and provide a range of therapies for patients, as well as lifestyle and survivorship programs. The therapies will also combine with allied health services such as social work, psychology and pastoral care support. Due to be completed in 2015, the centre will provide unprecedented cancer support for patients and their families in the Geelong region. ♥

Pictured: Dry July Ambassador Scott Beyer with his wife Corinne and daughter Ava.

Special Care Nursery moves to temporary new home

On 8 July, Special Care Nursery staff at Geelong Hospital started their day bright and early to move 13 babies as the redevelopment commences for the new nursery.

The old Intensive Care Unit is being used as the temporary SCN while the development takes place. Construction of the new Nursery is scheduled to be completed by early 2015. ♥

Pictured: SCN Staff in action on moving day.



Dates to Remember

Contact the Barwon Health Foundation for details on any of the following events via foundation@barwonhealth.org.au.

CATWALK FOR CANCER
Sunday, 5 October

Tickets on sale Monday, 25 August – Contact the Barwon Health Foundation to purchase tickets.

GALA DAY
Saturday, 15 November

Parade and vendor applications now open – Contact Hayley at the Barwon Health Foundation for more information.

RUN GEELONG
Sunday, 23 November
visit www.runaustralia.com.au for more details. ♥

New grant enables pilot project

Barwon Health was one of the 19 lucky recipients of the 2014 NAB Grants Program under the Social Impact sector.

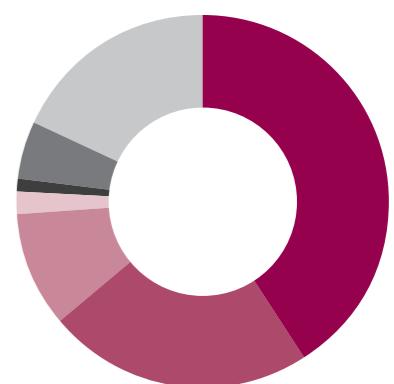
There were over 250 applications for funding and Barwon Health's McKellar Centre was lucky enough to secure a grant of \$50,000 for the setup of a pilot project called the Assistive Technology Program.

The Assistive Technology Program will provide access for severely impaired people living in the Geelong region to the assessment and trial of assistive technology equipment at the McKellar Centre.

Such equipment would include switches to operate tablets and smartphones, apps to operate bed controls and blinds via bluetooth, eye gaze software and brain interface devices to operate computers and other electronic devices. ♥

BARWON HEALTH FOUNDATION INCOME DISTRIBUTION

During the last financial year the following areas were supported by the Barwon Health Foundation, with over \$3.1 million distributed.



- Children's ward
- Andrew Love Cancer Services
- Community Health and Mental Health Services
- Surgical Services
- Aged Care
- Medical Research
- Other Barwon Health Medical Services

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