

Auricle

QUARTERLY PUBLICATION OF BARWON HEALTH | EDITION 4 2015



Barwon
Health



**RUN GEELONG
RAISES \$334,000**

Over 11,500 participants
supported the 2015 event

2
Health and healing
inspires art collaboration

10
Immunisation Service

16
#ProjectLove Chair Appeal
– Paul's Chair



Thank you for supporting Gala Day and Run Geelong.

Care | Education | Research

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ON THE COVER

On Sunday 22 November, more than 11,500 people ran, walked and rolled through the streets of Geelong to support Run Geelong, raising funds for the redevelopment of Barwon Health's Maternity Day Assessment Unit (MDAU).

With 100% of every entry going towards the cause, over \$334,000 was raised for the MDAU redevelopment, which will include refurbishment of existing space, more privacy, improved work stations and improved waiting areas.

Thank you to everyone who supported Run Geelong and this important project!





Message from the CEO

After a great deal of reflection, in late October I announced I would be resigning from my position as CEO at the end of 2015.

I have thoroughly enjoyed leading Barwon Health and I am proud to have worked alongside so many committed and innovative people who are passionate about the community we serve.

Over the past five years, Barwon Health has achieved significant outcomes for people in our region. We have accomplished our bold Strategic Plan Vision of being a leading regional health service and the organisation is well positioned, with the guidance of our Board and exceptional leadership team, to deliver on the next Strategic Plan Vision.

A snapshot of some other significant achievements and outcomes include:

- Securing of funding for an urgent care centre in the northern suburbs of Geelong (Barwon Health North).
- Achievement of the vision from the 2010/2015 Strategic Plan – twice awarded Premier's Regional Health Service of the Year and finalist once.
- Achieving zero long waiters on the elective surgery wait list (no patient waiting longer than clinically indicated).
- Memorandum of understandings with The Gordon, St John of God Hospital, Wathaurong Co-operative and the Royal Women's Hospital.

- Partnerships with The Royal Children's Hospital and Deakin University
- Stronger links with GPs through the relationship with the Western Primary Healthcare Network (formerly Barwon Medicare Local).
- Development and opening of several new facilities on the University Hospital Geelong site, including the Baxter Wing Development, Outpatient Annexe – Bellerine Street, new Intensive Care Unit and Supportive Care Centre.
- Securing funding to move the helipad to the roof of the new Baxter Wing.
- Community Rehabilitation Centre redevelopment at Belmont.
- Redevelopment of the Cotton On Foundation Children's Ward and Special Care Nursery.
- Rebranding and renaming of the hospital to reflect its position as one of Australia's leading training and education providers.

I would like to thank everyone; I have seen great things achieved by you all. I leave Barwon Health feeling exceedingly positive and look forward to being an observer in the future of an organisation that is a truly great place to work.

Lastly, I am particularly humbled after receiving a Lifetime Achievement Award at the 2015 Barwon Health Quality Awards in November, receiving this recognition has been the pinnacle of my career. Thank you.

Prof David Ashbridge / CEO

REMEMBERING JENNY SIMKO

On 14 November, much loved StaffCare team member, Jenny Simko, passed away after losing her battle with motor neurone disease (MND).

For over 15 years, Jenny has been a well-known face at StaffCare, where she enthusiastically supported the health and wellbeing of staff and was passionate about StaffCare's health promotion initiatives.

Jenny's legacy is one of inspiration and determination as she and her family

worked tirelessly to raise awareness of MND and raise funds for much needed research. Jenny's positive attitude, good humour and selflessness in the face of her own suffering will be an ongoing source of inspiration. Jenny and her husband Peter also highlighted the important role of Barwon Health's Palliative Care Unit and the fantastic support they received.

Jenny's family expressed their ongoing commitment to the MND cause through their charity 'Rock-Off MND'. You can support this cause via: www.mycause.com.au/page/107955/rock-off-mnd ♥





Health and healing inspires art collaboration

Barwon Health is working toward creating a welcoming environment for all Aboriginal and Torres Strait Islander people through the development of a new Aboriginal art display.

The paintings are part of a partnership between Barwon Health, the City of Greater Geelong, Narana Aboriginal Cultural Centre and the Department of Justice and Regulation.

Barwon Health's Deputy Chief Executive Paul Cohen is the chair of the organisation's Aboriginal Advisory Gathering that is part of efforts to improve health outcomes for Aboriginal and Torres Strait Islander people.

"Culture is an important factor to consider in improving health outcomes for Aboriginal and Torres Strait Islander people. Barwon Health is keen to support these initiatives and recognises they are essential to Closing the Gap," Paul said.

"Lining the walls with Aboriginal art provides a visual experience for our visitors."

The artists have used stories that have significant meaning and reflect their culture, identity, health and healing when creating the pieces. ♦

Pictured: Deputy Chief Executive Paul Cohen with members of the organisations who have led the artwork project.

CLOSING THE GAP AT ALL BARWON HEALTH SITES

The entrances at all Barwon Health sites will soon display two new plaques; our **Acknowledgement of Country** and **Statement of Intent (to Close the Gap)**.

These plaques are testament to the partnership with both the local Aboriginal community and the Traditional Owner group to achieve equitable and increased employment, training, education and health outcomes for Aboriginal and Torres Strait Islander people in the Geelong region.

Recognition of First Nations peoples is a positive step towards Reconciliation and assists in establishing a respectful and culturally supportive organisational environment where employees, patients, families and communities differences are respected and valued. ♦

Pictured: Barwon Health staff Maree Coulson, Sharelle McGuirk and Gary Hamence with the new plaques at the main entrance of University Hospital Geelong.



Improving the nursing & midwifery graduate recruitment process

Every year the graduate team from Clinical Education and Training receives up to 300 applications and interviews approximately 200 candidates as part of the annual recruitment and selection process for graduate nursing and midwifery programs at Barwon Health.

Prior to 2014, candidates were invited for a 30 minute one-on-one interview with a panel of two staff from the graduate team.

Barwon Health's Nursing & Midwifery Graduate Program Coordinator Kelly-Ann Humphrys, said this process didn't allow the team to gain a true insight into the candidate's potential.

"It was difficult to assess their personality, ability to fit in the team, communication skills, problem solving ability and their ability to work within the Barwon Health values," Kelly-Ann explained.

"From the candidate's perspective, this is one of the most important interviews of their career and we wanted to ensure we were giving them every opportunity to put their best foot forward."

To ensure the best graduates were being recruited to meet Barwon Health's vision, it was decided that the process needed further improvements and changes. The graduate team enlisted the assistance of Christine Shaw from Barwon Health's Talent Acquisition team to collaborate on a streamlined and innovative recruitment and selection process. The main aim was to provide an environment that made the candidate as relaxed as possible to showcase their true self, enabling the graduate team to select the best graduates.

Months of planning culminated in August 2014 when the first group assessment centre took place. On each day, 20 candidates were invited to participate in a range of activities.

Candidates were introduced to the team for the day and then divided into two groups; one participating in a group activity and the other group were given the opportunity to meet one-on-one for



FEEDBACK FROM A CANDIDATE

"The interview was a lot more relaxed than what I expected it to be. The whole process was very warm and welcoming and although I knew Barwon Health was the health service I wanted to work for, the thought of an interview at any hospital made me very nervous. I didn't know what to expect or if I would know the correct answers. Barwon Health's interview was by far the most relaxed I had, this allowed me to do my absolute best minimising any unwanted jitters".

an interview with a panel of two. Once these were complete, they were asked to change over and complete the other activity.

Whilst the group activity was a fictional, non-clinical scenario, it was an opportunity for candidates to display their ability to work together within the Barwon Health values as they were observed and assessed against a set of criteria.

Kelly-Ann said candidates were asked for feedback about the interview process via a survey, with the general response being positive.

"It was obvious even after the first day that the changes made to the interview process were positive, overall feedback from candidates confirmed that the changes made were the right ones," Kelly-Ann said.

"There has been a noticeable difference in the way the graduates are working within their teams and positive comments from managers also reinforce the success of the process."

The same process was utilised in 2015 and senior staff from other areas came to observe, with a view to implement a similar method for recruitment of staff in their own areas.

"The graduate and workforce culture teams feel that the partnership and the work that has been done has been positive and has truly reflected all of the Barwon Health values," Kelly-Ann said.

"We look forward to further collaborating together in 2016!" ♦

Pictured: Barwon Health Graduate Nurse Program coordinators and the Talent Acquisition team.



Consumers share their end of life care experiences

Australia has been placed second in the 2015 Quality of Death Index, a study of palliative care in 80 countries, published by The Economist Intelligence Unit (EIU).

The Index is based on interviews with over 120 palliative care experts from around the world. The report suggests that improvements should be made in all countries to cope with the anticipated increase in demand for palliative care services as populations in these countries age.

While near the top of the ranking when compared to other countries, Barwon Health has recognised that Australia can still improve. In light of this, we recently held a workshop to 'co-design world class end of life care' provided by the organisation.

The workshop was held as part of the ongoing progression of the recently endorsed Barwon Health End of Life Care Strategy – DYING: A PART OF LIVING, which includes the following priorities:

- Empowering patients, carers and health professionals to undertake shared decision making about their end of life care;
- Creating a culture of open conversations about life choices, attitudes and values with respect to death and end of life care;
- Increasing capacity and influencing attitudes and emotional preparedness regarding end of life care conversations and care;

- Including a patient's family in care planning and decision making and;
- Providing better facilities to have private conversations and to preserve privacy and dignity at end of life.

The workshop included representatives from all areas of the organisation and had a particular focus on consumers and their experiences. Seven consumer representatives shared their stories with the group and this valuable information will contribute to the development and implementation of an organisational wide policy and procedure that aims to ensure every consumer will be able to participate in equally high quality end of life care, no matter when or where in the organisation service is provided.

Whilst there were examples of fantastic care including individual staff members going above and beyond for patients and their families before and after death, themes emerged and a gap identified was that consumers thought more could be done to include the family in their loved ones care and follow up, including bereavement support if needed.

The Barwon Health End of Life Care Steering Committee chaired by Chief Medical Officer Associate Professor Alastair Mah will continue to progress this valuable work. ♦

Pictured: Barwon Health volunteers Christine, Sandra and Keith discuss end of life care.



FIFTH INTERNATIONAL ADVANCE CARE PLANNING & END OF LIFE CONFERENCE 2015

Jill Mann and Kirsty Yates recently showcased the great work that Barwon Health is doing in Advance Care Planning (ACP) and end of life care through their oral and poster presentation at the Fifth International Advance Care Planning & End of Life conference, held in Munich, Germany, from 9 – 12 September 2015.

Jill also co-chaired a workshop with New South Wales-based general practitioner, Dr Joel Rhee, on the development of regional ACP programs and Associate Professor Charlie Corke facilitated two workshops which were well received.

Pictured: Kirsty Yates at the International Advance Care Planning & End of Life conference.

Do you or your patient want to know more about Advanced Care Planning?

Please contact the Advance Care Planning team on ext. 57723 or refer via One Point.



Enabling System Wide Advance Care Planning

PROGRESS TO DATE

The Enabling System Wide Advance Care Planning (ESWACP) initiative aims to promote the use of *MyValues* and existing Advance Care Planning (ACP) pathways, improving the capacity of General Practice to have ACP conversations with their patients and facilitate the exchange and transferability of this information within our region.

Twelve general practices from the Geelong region have agreed to participate in the initiative, attending one of the two workshops conducted in September. The participating practices then commenced

integration of *MyValues* into their existing ACP processes from 1 October.

The aim of the workshops was to provide information on the integration of *MyValues* into current ACP processes within their practices, and included presentations from project staff, Lucy Spanswick (Western Victoria Primary Health Network), Jill Mann (ACP Program Coordinator), Belinda Phillips (Project Officer, ACP Program) and Charlie Corke (Senior Intensive Care Specialist, Barwon Health, Clinical Lead ACP).

The sessions allowed an opportunity for general practitioners, practice nurses

and managers to ask questions, make recommendations and express their views. The ESWACP initiative project staff at Barwon Health and Western Victoria Primary Health Network provided further support for effective implementation.

Work to improve the transferability and visibility of ACP documents in general practices and other health services is ongoing. Evaluation commenced in November and continued for the duration of the initiative, which concluded in December 2016.

For more information on *MyValues*, visit www.myvalues.org.au 

Hospital Admission Risk Program (HARP) connect through Telehealth

Barwon Health and the Barwon region Hospital Admission Risk Program (HARP) teams have been working together to become integrated through telehealth.

The HARP model of care provides an opportunity to utilise telehealth services to facilitate equitable access to health care across the region. The key objectives of HARP are to:

- improve patient outcomes;
- provide integrated seamless care within and across hospital/community sectors
- reduce avoidable hospital admissions and emergency department presentations;
- ensure equitable access to healthcare.

HARP team member Michelle Wilson said the new approach had significantly benefited clients based in rural areas.

“We have been able to link clients into groups that they would ordinarily miss out on, and they can attend specialist appointments online with their general practitioner and care coordinator present,” Michelle said.



“They also have support from a Barwon Health care coordinator when they find themselves in Geelong attending appointments or as an inpatient.”

One of the links established through this program is with Colac Area Health, enabling their clients to attend Barwon Health’s Chronic Heart Failure (CHF) Group, to learn more about their condition, link in with the specialist service and access the CHF multidisciplinary team through video link. This enables clients to obtain specific disease information and self-management strategies, dietary and exercise advice, goal setting and social support.

Colac Area Health Senior Rehabilitation Nurse Clinician Ann Hennessy said they are excited to be able to offer the program locally.

“It is addressing a gap we had identified in services offered in Colac,” she said.

“Being regularly in touch with the CHF team is assisting local staff and building on existing and new staff relationships. The clients are much better at the whole concept than I expected - they love it.”

HARP has set up two new video conferencing rooms to enable knowledge sharing and learning opportunities. Monthly reflective practice sessions with one of the regional sites have also been established.

The regular links between Barwon Health and other regional sites are allowing for staff engagement across health care teams and sharing of a wide range of knowledge and expertise. ♥

Pictured (main): HARP staff: Caroline (Physiotherapist), Judy (Social Worker), John (volunteer), Michelle (Telehealth Project Clinician) and Steve (Care Co-ordinator) at the Belmont Community Rehabilitation Centre. Inset: In action – A telehealth session between HARP and Colac Area Health staff.



REEL HEALTH INTERNATIONAL SHORT FILM FESTIVAL COMES TO THE BARWON REGION

Barwon Health was proud to bring the Reel Health International Short Film Festival to the Barwon Region during August and September.

The Reel Health International Short Film Festival was originally developed by Monash Health in 2013 to provide a different avenue to explore, reflect and discuss genuine health issues and how they affect our communities.

Barwon Health's Health Promotion Unit worked closely with Monash Health in order to showcase a selection of 10 short films.

Health Promotion Officer Peter Kelly said that a variety of themes were explored in the films.

"Themes included returning home after being in an eating disorder clinic, the powerful experience of volunteering, the impact of violent computer games on young males and personal experiences of people with disabilities," Peter said.

"The themes presented a really unique opportunity to start conversations within local communities around health and wellbeing."

Ten screenings took place across the region including Norlane, Geelong, Barwon Heads, Torquay, Colac and Lorne, with the launch held at Village Cinemas in Geelong.

The screenings were followed by an unstructured discussion at the end to allow participants to respond to the content, themes and meanings in the films. Participants were also encouraged to leave on comment on the 'graffiti board' or in a vox-pop.

More than 500 people attended the screenings with many expressing a strong desire to see the short films that make up the 2016 festival.

Barwon Health extends thanks to Monash Health and all project partners for their support of this initiative. 💎

Pictured: Peter Kelly speaking at the launch of the Reel Health International Short Film Festival.

Sensory Modulation research outcomes

In 2015 Barwon Health's Mental Health Occupational Therapy Group, in collaboration with the Deakin University Occupational Therapy Honours Program, has conducted novel research into Sensory Modulation.

Sensory Modulation refers to Occupational Therapy interventions used to develop coping strategies that promote recovery. They have been identified as an effective alternative to potentially harmful restrictive interventions including seclusion, restraint, and sedation medications when managing patient distress in mental health settings.

'Sensory Modulation in Acute Mental Health: Clinicians' Perspectives, Use, and Knowledge' is a mixed methods study designed to evaluate Occupational Therapist-led sensory modulation training and interventions from the perspectives of clinicians working in an acute mental health facility.

Multiple measures were used to evaluate 10 multidisciplinary clinicians' use of the sensory room and trolley before, during, and after training and their understanding of and confidence using sensory modulation.

Interviews gathered clinicians' perspectives of the effectiveness of sensory modulation in reducing patient distress and use of restrictive interventions including the effect this has on the clinicians' role.

Findings support the use of comprehensive training and accessible sensory resources to increase clinicians' understanding, confidence, and use of sensory modulation.

The use of sensory modulation in reducing distress in patients with a mental illness and restrictive interventions in inpatient mental health practice was supported.

Comprehensive patient assessment and clinician training were perceived to reduce the time required to implement this intervention, facilitating early intervention and increasing the effectiveness. Participants recognised the positive effects of SM in assisting patients to develop coping strategies for the future, thus increasing interaction and participation.

It is hoped that the findings will assist the continued training and implementation of sensory modulation, therefore improving patients' access to alternatives to restrictive interventions. The project findings were presented in more depth at the Barwon Health Research Week poster competition. 💎

Spotlight on Interprofessional Education

LEARNING TOGETHER TO WORK TOGETHER

October 5–9 proved to be a week of intense focus on Interprofessional Education (IPE) and Collaborative Practice for staff from Barwon Health and Deakin University, thanks to a local conference and three keynote speakers.

To kick off the week, several members of Barwon Health's Clinical Education and Training team attended the inaugural Australasian Interprofessional Health, Education and Practice Conference in Melbourne, hosted by Victoria University. The conference presentations showcased a wide range of diverse perspectives on interprofessional health collaboration from academics, health practitioners, administrators, leaders, and students both nationally and internationally. The three-day conference highlighted a range of evidence linking interprofessional education and practice to improved collaboration and teamwork.

Deakin University Faculty of Health hosted two internationally-renowned experts from the UK, Professor Hugh Barr and Professor Scott Reeves, who facilitated a half-day seminar. Barwon Health Clinical Education and Training staff representatives from medicine, nursing, midwifery and allied health were invited to attend the seminar 'Skilling our students to work in a collaborative healthcare world' to contribute an employer's perspective to the discussion of future IPE curriculum development. The employability of Deakin's Faculty of Health graduates and the skills needed for contemporary professional practice were the focus of discussion between academics and educators.

To cap off a successful week of events, Jill Thistlethwaite, Professor of Medical Education from the University of Technology, Sydney and co-author of four books on IPE spent the day at Barwon Health. Professor Thistlethwaite designed a workshop for the Clinical Education and Training team to enhance understanding of the enablers and barriers to IPE in a clinical environment, and the relevance to workplace assessment and accreditation standards. Her public afternoon lecture was titled 'Collaborative Practice: past, present, and inter the future', in which she shared several examples of IPE in action from around the globe.

Jill reminded educators that the 'inter' of interprofessional education and collaborative practice is all about interaction. The more we interact to learn together, the better we work together, and ultimately improve patient care. ♦



BARWON HEALTH'S SKIN INTEGRITY CHAMPIONS

A number of clinical staff members have recently been appointed as Skin Integrity Champions – clinicians who demonstrate an interest in wound management and are confident to lead and act as a resource for other staff.

The champion program is based on a model that the Clinical Education and Training team are trialling in order to develop champions for various areas of interest within all clinical areas on the acute site. The Skin Integrity Champion model is an initiative supported and governed by the *Preventing and Managing Pressure Injuries Committee* (NSQHS Standard 8).

Earlier this year, Clinical Education and Training circulated an email to nurse unit managers on the acute site to gain an expression of interest for Skin Integrity Champions. The champions must be willing to form a direct link with the *Barwon Health Skin Integrity Champions Working Group*, keep up-to-date with best practice, abide by Barwon Health policies, procedures and guidelines, whilst recognising and working within their own scope of practice. The working group meets monthly to discuss the latest in best practice innovations surrounding pressure injury recognition and management, wound care and collaborate in workshopping recent clinical incidences.

The Skin Integrity Champions recently attended a specialised training day and were provided with information and resources to utilise within their work areas. They also had a product representative showcase at the end of the day.

"This was designed to allow representatives from the companies contracted to provide Barwon Health with the products on the new wound care formulary to showcase their products," Clinical Nurse Educator Katherine Frick explained.

"It also gave our enthusiastic champions a sneak peek into the products that made the cut!"

The champions were given a showbag comprising of product samples, assessment tools and resources for their respective areas.

"We had a total of 19 participants from the acute site, the Inpatient Rehabilitation Centre and SWARH. Many of these clinicians gave up their own time to attend and should all be rewarded for their attendance," Katherine said.

"Alisha Douglas, Jemma Ugrin and I were responsible for the co-ordination and delivery of the day. We are extremely proud and excited about this initiative and feel as though it will be transferable across a number of clinical areas." ♦

Pictured: Barwon Health's Skin Integrity Champions at a specialised training day in August.

Dr Reneé Sheedy PhD award

Much loved friend and Barwon Health physiotherapist Reneé Sheedy (nee Trigg) was posthumously awarded her Clinical Doctorate from LaTrobe University on 14 October 2015, with her family there to accept the degree on her behalf.

Reneé was awarded the degree of Doctor of Physiotherapy with her PhD titled – 'Does Care Differ for Patients with Acute Haemorrhagic and Ischaemic Stroke?'

The thesis sought to understand how acute stroke care practices in hospital, particularly early rehabilitation, differed between patients who experience a haemorrhage in the brain to those with stroke due to a clot. The work contributed new insights on the management of people affected by stroke and differences in their outcomes.

A further reflection of the high regard with which Reneé's hard work and dedication to her research are held is seen in the creation of a special award for Clinical Research Excellence in Reneé's honour by the AVERT group at this year's Stroke 2015 meeting.



Barwon Health Acute Services Physiotherapy Site Manager Yvonne McNeel explained that Reneé passed away in late 2014 from brain cancer, with her thesis all but submitted.

"We wish that Reneé could have been there to accept her award as recognition of all of her hard work and contributions to research and clinical care," Yvonne said.

"Thank you to Reneé's supervisor Julie Bernhardt who enabled her thesis to be submitted for examination."

Reneé's family and friends, including Barwon Health staff, formed the team 'Running for Reneé', which participated in the Run Melbourne half marathon in July and raised money for the 'Cure Brain Cancer Foundation'. They raised a staggering \$24,283.29 to help support research to beat brain cancer.

Dan, Reneé's husband posted the following message on his Run Melbourne webpage, which was Reneé's final Journal entry –

"Love every single minute of every single day – not just wishing time away waiting for the main event. The main event is every moment."

"We are thinking of Reneé and join with her family in acknowledging her fantastic achievements and contribution to research," said Yvonne.

Donations in memory of Reneé can be made to the Cure Brain Cancer Foundation – www.curebraincancer.org.au ♦

DIABETES OUTREACH CLINICS EXTEND ACROSS THE REGION

The Anglesea Outreach Diabetes Clinic is an initiative developed by Barwon Health's Diabetes Referral Centre in conjunction with Community Health and Rehabilitation Services to offer a high quality, ambulatory specialist care diabetes clinic at Anglesea Community Health Centre.

The Anglesea Outreach Diabetes Clinic, which follows on from the successful rollout of the Newcomb Outreach Diabetes Clinic, commenced in March 2015 to address the need for specialist diabetes care for consumers living in the surf coast who have difficulty commuting to Geelong for appointments.

The Anglesea Outreach Diabetes Clinic operates on a monthly basis, every third Friday of each month, staffed by an Endocrinologist and Diabetes Educator. The Newcomb Outreach Diabetes Clinic operates on a monthly basis, every second Tuesday and is staffed by two Endocrinologists and a Diabetes Educator.

Both clinics welcome new referrals for complex adult Type 1 and 2 Diabetes. All patients are bulk-billed for their visits.

Referrals can be sent or faxed to:

- Anglesea Outreach Diabetes Clinic
Fax 4215 6796
- Newcomb Outreach Diabetes Clinic
Fax 4215 7580
- Diabetes Referral Centre
Fax 4215 1383.

If there is overwhelming demand for services, it is hoped the service will be expanded with the addition of an Endocrine Registrar/Fellow and additional sessions at Anglesea or/and Torquay Community Health Centre. ♦

Pictured: Diabetes Educator Kate McMaster and Endocrinologist Chris Jung.



Immunisation Service

The dedicated staff from Barwon Health's Immunisation Service, based at the Belmont Community Health Centre and working under contract for the City of Greater Geelong, are playing a vital role in contributing to the positive health and wellbeing of the community delivering the National Immunisation Program Schedule.

Caroline Poynder from the Immunisation Service explains that immunisation remains the safest and most efficient way to stop the spread of many of the world's most infectious diseases.

"Immunisation is a simple, safe and highly effective way of protecting children and adults from harmful diseases and it is estimated that vaccinations currently save up to three million lives worldwide each year," Caroline said.

In 2014, the team administered over 30,000 vaccines to approximately 20,000 clients in the Geelong region. This includes visiting 26 schools three times a year to deliver the scheduled school program.

When levels of immunisation in a community are sufficiently high, the risk of specific diseases can fall so low that even those who are too young or too sick to be given a vaccine will not be exposed

to it. This communal or 'herd immunity' can save countless lives.

"We are proud to say that over the past financial year, immunisation rates in the Geelong region for children under the age of three were higher than the Victorian and Australian averages – translating to a healthy community," said Caroline.

In the upcoming year, the Immunisation Service plans to increase influenza vaccination rates for people experiencing homelessness in the Geelong region in partnership with our community and support from the Vaxigrants Program.

It is estimated that there are over 600 people experiencing homelessness on any given night in the Geelong region. In 2014 the service ran a pilot program and vaccinated 65 people experiencing homelessness against influenza.

"Our goal is to reach 400 people experiencing homelessness and provide them with the opportunity to receive the influenza vaccination and to review and support any additional recommended vaccinations," Caroline said. ♡

Pictured: Staff from Barwon Health's Immunisation Service at Belmont Community Health Centre.



BARWON HEALTH STAFF MOVE MORE WITH 10,000 STEPS

During October, more than 80 teams from across Barwon Health registered to get more active, participating in the 10,000 Steps Challenge.

Walking was the focus with the aim of reaching 10,000 steps per day, but the teams also participated in a range of other activities and events to earn bonus points for the challenge, including Ride 2 Work Day, Tough Mudder and Run Geelong.

The teams proved to be enthusiastic and quite competitive, with five of the teams completing five million steps collectively!

Particular mentions to the teams who came out on top of the league table, including: "PC Newcomb", "Manic Minnions", "The Heart Breakers", "Home Based Rehab", "Dialysis Divas", "BRACAS Steptoe", "Information Overload", "Red Hot Chilli Steppers", "Never Admin De Feet" and "Walking Warriors".

It was great to see so many staff and teams participating in and embracing this major Work Wellness initiative. ♡

Pictured: Team "PC Newcomb" (Newcomb Community Health Centre) getting their steps up on their lunch break.

work wellness
working for your health&wellbeing



Clinical Education and Training Awards of Excellence

In further developing the organisation's reputation for excellence and in line with our leadership role in clinical education and training, Barwon Health's Clinical Education and Training Service recently hosted the inaugural Clinical Education and Training Awards of Excellence, to showcase the excellent work that is occurring right across Barwon Health to teach and train the clinicians of today and of the future.

There are many passionate individuals, committed teams, creative initiatives and exemplars of educational leadership throughout Barwon Health, who combine to create the culture of learning and teaching that sets the organisation apart from other clinical training sites.

Nominations were called for a range of awards, and the judging panel was pleased to note the exceptionally high standards present in all nominations. Congratulations to all the winners who were announced at a ceremony in late October! 💎



WINNERS OF THE 2015 CLINICAL EDUCATION AND TRAINING AWARDS OF EXCELLENCE

Diversity in Clinical Education and Training	Monica Harrop Community Health Educator CH&RP	Clinical Education and Training across the Region	JOINT WINNERS 1. A/Prof Glenn Guest Department of Surgery 2. Emergency Medicine Education & Training Team (EMET) - Dr Rubina Bunwaree, Dr Ameera Khan and Lisa Course Emergency Department
Interdisciplinary Clinical Education and Training	PROMPT Team led by Nicole Hartney Clinical Midwifery Educator Clinical Education & Training	Outstanding Contribution to Clinical Education and Training	Carolyn Williams Clinical Education & Training
Partnership and Collaboration	CET Allied Health Clinical Supervision Support Program led by Nancy Finlay Redesign Facilitator, Health Innovation & Projects Office (HIPO)	Outstanding Clinical Education and Training Initiative	Tania Lewis Consumer Educator Mental Health Drugs and Alcohol Service Education Program
Creative Design and Use of Learning Resources	JOINT WINNERS 1. Kavita Bhasin Clinical Support Nurse Access and Resource Unit 2. Nikki Lyons, Nicole Shaw, Kate Ingwersen Occupational Therapy Student Coordinators Occupational Therapy	Outstanding Manager supporting Clinical Education and Training	Kathryn Ackland Nurse Unit Manager Emergency Department
Technology in Clinical Education and Training	Graduate Nurse Support Team led by Margie Grant Acting Coordinator, Graduate Nurse Program, Clinical Education & Training	Outstanding Achievement	Garth Birdsey Senior Clinician Pharmacist Pharmacy Services
Leadership through Teaching in Clinical Practice	Dr Deborah Friedman Director of General Medicine Director of Physician Training and the University Hospital Geelong Physicians		



Staff acknowledgements

Congratulations to Barwon Health nurse **Narelle Place** who won the Outstanding Graduate Award at the 2015 HESTA Australian Nursing Awards in Brisbane. Narelle's proactive approach to improving procedures for patients requiring sedation while undergoing cancer treatment, and her advocacy on their behalf led to her nomination for the award. She also demonstrated outstanding initiative to creating awareness among staff regarding the importance of patient labelling on intravenous medication lines and led a project highlighting the risk of patient falls whilst in hospital. Actively engaged in her industry, Narelle is now undertaking an oncology specialist training program at the Andrew Love Cancer Centre.

Congratulations to Barwon Health nurse practitioner **Helen Newell** who was a finalist for the Nurse of the Year award in the 2015 HESTA Australian Nursing Awards. Helen has spearheaded innovations in residential aged care while caring for the elderly. Helen has also had

a significant impact on improving clinical practice through training, mentoring and coordinating activities to improve processes and the knowledge of other staff within the clinical practice setting.

Our **Food Services Central Production Unit (CPU) team** were presented as winner of the Premier's Regional Recognition Award for their innovative recycling initiatives project.

The project has raised major awareness of waste disposal and recycling throughout Barwon Health and is seen as a benchmark for sustainability by other health services in Victoria.

The major improvements seen through the project include:

- 200 tonnes of waste diverted from landfill each year
- an organic compost created and used in orchards and community gardens
- a total of 110 tonnes of CO₂ eliminated each year

Congratulations to the Food Services CPU team for their consistent hard work to ensure Barwon Health leads the way in sustainable initiatives.

At the Australian and New Zealand Society of Nephrology Annual Scientific Meeting, **Professor John Agar** was awarded the Kincaid-Smith Award. This award, established by Kidney Health Australia to honour Professor Priscilla Kincaid-Smith, is awarded to an Australian for outstanding clinical and scientific achievement in research into treatment of diseases of the kidney and urinary tract. The award was presented by the Federal Health Minister, Sussan Ley, with a congratulatory tele-message from the Prime Minister, Mr Tony Abbott. Congratulations to Professor John Agar.

Pictured: Barwon Health's Food Services Central Production Unit team, winners of the Premier's Regional Recognition Award.



Australia's first volunteering conference comes to Geelong

Barwon Health, in partnership with Bendigo Health, staged Australia's first Leadership in Health Volunteering Conference in August.

With 120 delegates in attendance, the event highlighted the crucial role volunteers play in the health system, provided key lessons in leadership and expert advice on how to build a valuable volunteer strategy.

A CEO panel was the highlight of the day, where guests heard from Professor David Ashbridge, Barwon Health Chief Executive Officer.

"Volunteers reflect the relationship with the community and are fundamental to making our service better," was the characteristic leadership statement from David Ashbridge. Delegates were eager for support to respond to this major paradigm shift.

Former Olympian Steve Moneghetti, along with Sue Noble of Volunteering Victoria were just two of a vast array of guest speakers who also participated in the event.

Barwon Health Director of Volunteer Services Zoe Waters and Bendigo Health Director of Volunteer Services Sharon Walsh spearheaded the unique event for leaders of health volunteering across Australia to come together and share their knowledge and experiences.

"Delegates feedback of the event was very positive, with comments on it being a great learning opportunity and an opportunity to be recognised as an important part of the health service sector," Zoe said.

"Ninety three per cent of the surveyed delegates said they would like to attend another conference focusing on leadership in health volunteering; this feedback has set the wheels in motion for the next flagship event." ♦

Pictured: Leading the way – (L – R): Barwon Health Director of Volunteer Services Zoe Waters, Parliamentary Secretary for Carers and Volunteers Gabrielle Williams, former Olympian Steve Moneghetti and Bendigo Health Director of Volunteer Services Sharon Walsh.

VOLUNTEER SERVICES PROVIDING PATHWAYS FOR JOB SEEKERS

Volunteer Services is currently participating in the jobactive program; the Australian Government's approach to get more Australians back into the workforce.

The program connects job seekers with employers and is delivered by a network of jobactive providers, it is designed to provide job seeker volunteers with an opportunity to improve their work readiness and develop skills that may help them secure employment through six months of placement within various approved programs.

In line with this, the Barwon health Job Seeker Program commenced on 24 August, with nine job seekers participating in the program, along with two others who recently gained employment through the program.

Job seeker volunteers are placed in one of four programs within Volunteer Services, including:

- Event coordination: Focus on the entire process of planning and hosting an event, such as the end of year volunteer celebration.
- Navigators: assist Barwon Health volunteer drivers to ensure consumers receive the best possible care at all times.
- Phone-based companionship: Assist in the development of a phone-based companionship program for members of the community who are socially isolated.
- Care package program: Work in a team made up of staff and consumers, to assist in developing a program of care packages, containing essential personal hygiene items for those admitted to hospital or the rehabilitation centre.

The job seekers also have access to further skills development by attending a variety of training sessions that are offered to our current volunteers as part of the Volunteer Training and Development Program. ♦



WISE is changing

Barwon Health's Written Information Suitability Evaluation (WISE) Program process is changing with the development of a new portal to enable easier accessibility for staff.

The new WISE portal has been developed after extensive user consultation in partnership with Phil Joyce from Deakin University Information Systems and Technology, interns and Volunteer Services. Through this collaboration, the new WISE system has been significantly improved by providing greater transparency to the process whilst maintaining evidence needed for accreditation.

Through consumer review clinics, WISE ensures all written information produced by Barwon Health is relevant and accessible to the community. Consumer

representative volunteers provide an alternate view for documents including patient information sheets, letters and posters, and give them the WISE stamp of approval once reviewed.

Throughout December, the WISE team is rolling out the new portal, including training and user engagement sessions. To register your interest in training, contact the Consumer Engagement Manager, Jessica Connor Kennedy via jconnor@barwonhealth.org.au.

The WISE team is grateful to authors for their patience during this transition phase and to consumer representatives for the time they invest in Barwon Health. 💖



INTRODUCING JESSICA CONNOR KENNEDY

Jessica, who has stepped in for Michelle Courtney whilst she is on maternity leave, started with Barwon Health in August 2015. After seven years working as an independent consultant and earlier career in State Government, Jess is enjoying her new role which draws upon her experience as a scientist, teacher and engagement facilitator.

Pictured above.



Percy Baxter Lodge

2015 FOOTBALL TIPPING COMPETITION

The annual AFL footy tipping competition at Percy Baxter Lodge aged care facility always sees lots of competition between the residents.

Roger and Hazel are the Barwon Health volunteers who collected the tips from 38 participants in this year's competition, with the presentation of winners held in mid-September.

"It takes over an hour to collect the tips in two hostels," Roger said.

"There is always discussion about the previous week's games and pondering of the games to come."

Ninety nine-year-old resident May has become the person everyone wants to beat. May has participated in the competition for the last four years and has never missed a week of tipping. She came second in 2012, and first in 2013 and 2014.

This year May has shared the first place podium with another resident, Lindon, as they both finished with a total of 137 winning tips and have shared the first prize. ♦

Pictured: Hard to beat: Barwon Health volunteer Hazel and Percy Baxter Lodge resident May.



Victorian Senior of the Year Awards

In early October, Barwon Health Veterans' Affairs volunteer Lynette Denbesten won the Veteran Community Award at the Victorian Senior of the Year Awards held at Government House.

Lyn was awarded for her dedication and many years of work with Veterans and War Widows in our community.

Lyn provides support to the Veteran community not only at Barwon Health but through the Geelong RSL and Geelong and District Vietnam Veterans' Association. Congratulations Lyn! ♦

Pictured: Award winner Lynette Denbesten.





#ProjectLove Chair Appeal – Paul’s Chair

Paul Grima is the face of the Barwon Health Foundation’s #ProjectLove campaign. After losing his battle with illness, his family decided to continue Paul’s legacy, with help from the Geelong community.

Paul succumbed to Aplastic Anaemia in June, and his family’s wish is to honour his 13 year battle by raising \$10,000 to buy a chemotherapy station chair in his name.

For this reason, the Barwon Health Foundation has launched the #ProjectLove Chair Appeal, which will aim to raise money to purchase treatment chairs for Barwon Health’s Andrew Love Cancer Centre (ALCC) redevelopment.

Paul’s sister, Hayleigh said she is excited about the campaign and the opportunity to continue her brother’s legacy.

“I think it’s such a great idea. Having his name on one of the chairs in the Andrew Love Cancer Centre is such a great way for us all to remember him,” Hayleigh said.

“It means a lot to all of my family to receive this support.”

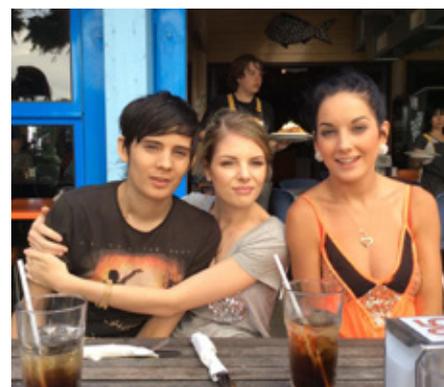
A total of 17 chemotherapy stations are required for the redevelopment, along



with additional equipment required for the Chemotherapy Day Ward and Pharmacy.

To support the #ProjectLove Chair Appeal, please visit www.barwonhealthfoundation.org.au or phone 4215 8900. 💖

Pictured: Paul with partner Wynnie (left) and sister Hayleigh.



TREKKERS ACHIEVE BIG THINGS FOR #PROJECTLOVE

Fundraisers are lacing up their hiking boots and taking on some of the world’s biggest trekking challenges in the name of #ProjectLove.

Huma Charity Challenges allows people to participate in various adventure challenges whilst supporting a charity of their choice. In October, a group trekked across Nepal and raised over \$20,000 for #ProjectLove and other services within Barwon Health.

Another group of trekkers will take on the iconic Inca Trail challenge in April 2016 in support of #ProjectLove. The Inca Trail in Peru is considered by many to be one of the great short treks in the world.

Barwon Health Board Chair Dr John Stekelenburg and his wife Mary have

signed up to take on the Inca Trail challenge. Great supporters of the Barwon Health Foundation, John and Mary decided to combine their love of keeping fit and active with their support of #ProjectLove.

“We have joined Barwon Health’s Inca Trek to do our little bit to hopefully help make the challenges that people attending the Andrew Love Cancer Centre face a little easier and more comfortable” Mary said.

Places for the Inca Trail Adventure are still available. For more information, please contact the Barwon Health Foundation via email foundation@barwonhealth.org.au or ph. 4215 8900. 💖

Pictured: John Stekelenburg training for Inca Trail trek in support of #ProjectLove



WESTFIELD GEELONG CATWALK FOR CANCER RAISES OVER \$45,000 FOR #PROJECTLOVE

Fashion enthusiasts gathered at The Pier Geelong for the annual Westfield Geelong Catwalk for Cancer in support of the Barwon Health Foundation.

Each year Catwalk for Cancer showcases the latest fashions in the region from various designers and stores including Westfield Geelong, Tinky, Briony Marsh, My Boutique, Neontide, Marho and Tessa Brasier. Ticket sales from the event and auction proceeds raised funds for Cancer Services at Barwon Health.

Local talent Amy Lehpalmer treated guests to an amazing vocal performance and Paralympian and Dancing With the Stars contestant Kelly Cartwright assisted with the judging of the young designer competition; a highlight of the event.

More than \$45,000 was raised for #ProjectLove at the event. A big thank you to all of those who supported the event.

Pictured: Showcasing the latest fashions from Geelong in Catwalk for Cancer.

VIVA ENERGY FUNDRAISE TO SUPPORT YOUNG PATIENTS

VIVA Energy's "Goal Zero" safety initiative, in conjunction with their partners, raised over \$60,000 to purchase an Infant Ventilator for Barwon Health's Special Care Nursery and a defibrillator for the Emergency Department at University Hospital Geelong.

The initiative focused on returning home from work safely and the incentive to make a real difference to the lives of mothers and children in Geelong was something that gave employees extra

drive to achieve excellence in safety during the initiative.

Participating teams earned \$1,000 for each 'safe day of work' they completed; each of these raised a combined total of \$60,237 to purchase the vital equipment for Barwon Health.

VIVA Energy General Manager Thys Heyns said it was exciting to contribute to the care of mothers and their babies in the Geelong region.

"Our staff have done an amazing job with this initiative and we are really proud to



make a difference to the lives of patients in our community," Thys said. ♥

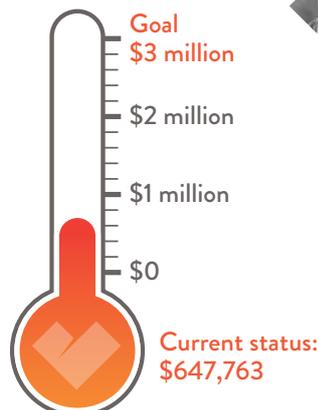
Pictured: VIVA Energy with a cheque for the Barwon Health Foundation to purchase vital equipment for Barwon Health.



#ProjectLove

CANCER TREATMENT REDEVELOPMENT

Thank you to everyone who has supported the redevelopment of the Andrew Love Cancer Centre Chemotherapy Dayward and Pharmacy to date. To set up your own fundraiser or to make a donation go to www.barwonhealthfoundation.org.au or drop in to the Barwon Health Foundation office at 283 Ryrie Street, Geelong.



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