

Auricle

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Barwon
Health



FUTURE LOOKING BRIGHT FOR BURMESE SISTERS

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Barwon Health and
Epworth public contract

8
OT student innovations

16
High fashion raises over
\$52K for #ProjectLove



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Auricle

The name *Auricle* 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 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

In October, Barwon Health underwent accreditation against the National Safety and Quality Health Service Standards (NSQHSS) and the National Mental Health Standards (NMHS).

The scope of the audit covered acute hospital services, Mental Health Drug and Alcohol Services acute unit and community services (NSQHSS and NMHS), McKellar Centre Inpatient Rehabilitation, oral health service and community health services.

We have been notified that all requirements have been met and final reports are pending. Five areas received 'Met with Merit' ratings and there are a number of opportunities for improvement

that have been identified that will be addressed in the coming months.

At our recent Annual Meeting I spoke about Barwon Health's commitment to address family violence. Family violence is included in our Statement of Priorities and to ensure we are able to meet this objective, a Family Violence Taskforce has been established with cross department representation under the leadership of Chief Operating Officer, Robyn Hayles.

Taskforce members have been reviewing Barwon Health practices and familiarising themselves with the learnings, tools and resources offered through the Strengthening Responses to Family Violence Project with a view to tailoring them to suit the Geelong community.

This month at the AGM I announced that we finished the 2015/16 financial year in deficit. The reasons behind this result are many and varied, with the main reason being costs exceeding revenue. The opening of the additional beds was a significant contributor with staffing costs a major driver. We are also feeling the effect of the expansion of services at both St John of God Hospital and Epworth Waurn Ponds. Pleasingly, we are on track to deliver a far better result in the 2016/17 year.

Recently the bed reconfiguration commenced. I recognise that this has been a challenging process for all staff involved. I would like to take this opportunity to formally thank everyone for embracing the changes; these changes will better position Barwon Health to meet the needs of the community and are reflective of how models of care are changing.

Finally, I'd like to wish all our staff and volunteers a very happy and safe Christmas and urge everyone to take care on the roads over the holiday season. Those of you taking holidays do have a lovely well deserved break. I look forward to a productive and successful 2017.

Belinda Moyes / CEO

Thank you for supporting
Gala and Run Geelong 2016.



**Barwon
Health**
Foundation



Barwon Health and Epworth public contract

Monday, 4 July 2016 was the first day of a unique arrangement between Barwon Health and Epworth Geelong, which will see more than 7,500 public day-stay treatments completed annually at the new Epworth private hospital in Wairn Ponds.

The arrangement, guided by a 10 year contract, enables Barwon Health patients to receive care at Epworth Geelong in same-day surgery, chemotherapy and renal dialysis specialties.

Epworth and Barwon Health started working together in 2015 to plan for the new service, developing procedures, policies and referral processes across each stream.

The arrangement enables increased access and will reduce waiting times for treatment for the region's growing population.

SAME-DAY SURGERY

Approximately 3,000 public surgical patients will receive their day-stay surgery at Epworth Geelong each year across six specialties:

- General Surgery
- Gastroenterology
- Plastic Surgery
- Ophthalmology
- Gynaecology
- Urology

There has been a significant amount of work between Epworth and Barwon Health to develop processes and ensure consistency of care for surgical patients.

Barwon Health's Outpatient Department, Elective Surgery Access Unit and the Surgical Teams have been working extremely hard consulting, triaging and referring patients to have their procedure at Epworth Geelong. All patients must be assessed by the Barwon Health Surgical Team before being referred to Epworth Geelong. Within the first two months of the contract, over 500 patients had their day-stay procedure at Epworth Geelong. Under this arrangement, patients are not charged for the surgeon, anaesthetist or hospital stay.

SAME-DAY RENAL DIALYSIS

Barwon Health's Renal Unit and Epworth staff undertook extensive work to develop processes for referral and treatment at Epworth Geelong. To maintain clinical continuity for public patients attending Epworth Geelong, Barwon Health's RenalNET patient information system is used by Epworth Geelong dialysis staff.

Nineteen patients volunteered to relocate to the Epworth Geelong Renal Unit for their ongoing dialysis treatment. These patients remain under the care of Barwon Health nephrologists who visit Epworth Geelong every six weeks to review dialysis care. Patients also return to Barwon Health for a clinic appointments every two to three months.

SAME-DAY ONCOLOGY

In July, the Andrew Love Cancer Centre (ALCC) commenced referring appropriate oncology and haematology patients to Epworth Geelong as an alternative facility for treatment. Patients attending Epworth remain under the care of Barwon Health Oncologists and return to ALCC for clinic appointments.

A lot of work was undertaken to ensure the smooth transition of patients across both services and although processes and systems are now well-developed, they are continually reviewed and updated as issues are identified. A team-based approach has been adopted to ensure patient experiences are positive, that a high standard of care is maintained, and that treatment delivery is coordinated.

Feedback from patients regarding the new arrangements has been very positive to date, with many patients noting a seamless transition, relaxed atmosphere and convenience and reduction in travel times. ♥

Pictured: A unique agreement between Epworth Geelong and Barwon Health will see more than 7,500 treatments completed each year at the new Epworth hospital.



Inaugural forum connects service providers

Barwon Health's Trauma Rehabilitation team have long identified the need for a Geelong service provider forum to highlight acquired brain injury (ABI) and its impacts on parenting. This idea came to fruition in August, with the inaugural 'Geelong Acquired Brain Injury and Parenting Forum'.

The effects brain injury has on clients, their children and their parenting require specialist inputs and a collaborative approach from all healthcare providers. Often children are managed separately from their parents, or the child and their behavioral or health complaint may be the first presentation to a service provider.

The forum was well attended by the regions key service providers and helped to connect ABI services in the region as well as raise awareness of ABI and parenting. Providers contributed to a Geelong service provider network map and checklist to assist service providers in identifying brain injury, and facilitate referrals to the most relevant service providers. The team have also assisted providers in developing a resource for identifying brain injury during their initial meetings with clients and their families.

The team joined with the Transport Accident Commission, Corrections and Senior Researcher Danielle Hitch to make the forum a success and are now planning a further provider forum in May 2017 to expand and build on ABI education for service providers as well as assist service providers to incorporate ABI awareness tools in their intake process. ♥

Pictured: Members of Barwon Health's Trauma Rehabilitation team ABI and Parenting Project (L-R) Lauren Tyrrell, Debbie Verikios, Clare Hellawell and Sally Nepean.

Clinical Education and Training Awards of Excellence

Presented Thursday, 20 October 2016.

Barwon Health as a regional leader in healthcare, education and research has undertaken to recognise and reward excellence in education through the Clinical Education and Training Awards of Excellence.

The Awards recognise people who demonstrate exemplary standards and promote excellence in clinical education and training. The Awards are designed to align with Barwon Health's core values of respect, compassion, commitment, accountability and innovation. In line with the AdvICE (Advancing Interdisciplinary Clinical Excellence) Framework, these Awards recognise and celebrate staff that model excellent practice, challenge poor practice, and inspire others.

The 2016 recipients for the seven award categories were:

- **Championing Education**
Larissa Andriske (OT)
- **Creative Learning Design**
Ultrasound Department (Julie Dew, Russell Boustead, Greg Altmann, Don Robertson, Andrew Ward & Chris Morton)
- **Education Across the Region or Beyond**
Peter Schoch & Mark Cheel (Physiotherapy)
- **Interprofessional Education**
IPL Working Group (Nikki Lyons, Nicole Shaw, Shari Maver, Sarah Lewis & Moira Walton)
- **Leadership in Clinical Teaching of Staff**
Nicole Shaw, Nikki Lyons & Salena Hibbard (OT)
- **Leadership in Clinical Teaching of Students**
Diana Bortoletto (Pharmacy)
- **Lifelong Learning**
Pam Dolley
(Safety and Quality / Clinical Education and Training). ♥

Pictured: Winners of the 2016 Clinical Education and Training Awards of Excellence.



Dying to Know Day

Joining the conversation

On August 8, Barwon Health participated in the national awareness campaign, Dying to Know Day.

The aim of the day was to bring to life conversations and community actions around death, dying and bereavement.

Staff from Palliative Care and Advance Care Planning and volunteers created interactive activities in the University Hospital Geelong cafeteria, as part of Dying to Know Day.

People were encouraged to write a bucket list of things they would like to achieve or do before they die and participate in growing our conversation tree of memories, films and songs.

Marley Dalziel, artist and grief and bereavement counsellor, was responsible



for creating the tree, which will go on display at various locations across Barwon Health.

Thank you to those who participated in the day and had meaningful conversations about death and bereavement. ♦

Pictured: Staff from Palliative Care, Advance Care Planning and Volunteer Services with the artwork created by Marley Dalziel.

Trivia with an IMPACT

In conjunction with Barwon Health and the Community and Research Network, Deakin University's Innovation in Mental and Physical Health and Clinical Treatment (IMPACT) Strategic Research Centre held a trivia night as part of Mental Health Week in October.

The sold-out event 'Trivia with an IMPACT' brought together 115 members of the Geelong community to share trivia, treats and music by local not for profit group S.I.M.M.A., while raising much needed funds and awareness for mental health and mental health research.

IMPACT raised over \$2000 for the Ian Parker Bipolar Research Fund (IPBRF). This

philanthropic fund was established by Carol Smit in loving memory of her brother Ian Parker who passed away in 2005. The fund currently provides scholarships to support PhD students to undertake research in bipolar disorder within Victoria.

IMPACT would like to acknowledge the generosity of local organisations who contributed raffle prizes and donations, the Barwon Health Mental Health Week Committee for supporting the event and most importantly, the trivia night attendees who made it possible.

IMPACT aims to break down negative stigma that can be associated with mental illness and develop novel approaches to improving mental health. IMPACT is currently running two studies that are specifically looking at bipolar disorder. For further information about IMPACT's research, go to www.deakin.edu.au/impact. ♦

Pictured: Participants making an IMPACT at the trivia night also enjoyed music by local not for profit group S.I.M.M.A.





Health careers promoted to Geelong teens

Barwon Health's Clinical Education and Training Unit has provided Geelong secondary students with an innovative work experience program with a focus on meaningful opportunities to learn about health careers.

During July and August, more than 30 year 10 students from schools across the region visited Barwon Health and met professionals from various areas throughout the organisation.

The program is part of a partnership with the Geelong Region Local Learning and Employment Network (LLEN); designed to support career development for young people and grow Geelong's future health workforce.

The week-long interactive program allowed the students to experience what it is like to work in the shoes of a health professional delivering care. They were able to experience getting dressed in scrubs before attempting to perform surgical techniques, resuscitating life-like mannequins and dressing wounds from the point of view of a nurse, working with a physiotherapist using crutches and a wheelchair and handling limbs for amputees crafted by prosthetists. They even had the chance to birth a mannequin baby under the guidance of expert midwives!

The students reflected very positively on their experiences at the end of each week, with one student describing the program as "one of the best weeks of my life". Others said they "enjoyed meeting lots of different health professionals who were enthusiastic about their jobs".

The program provided students with an insight into future job opportunities as they were able to learn more about professions they previously knew nothing or very little about. ♦

Pictured: Clinical Support Midwife Jane Brock during a demonstration with work experience students.

"I enjoyed meeting lots of different health professionals who were enthusiastic about their jobs."

"One of the best weeks of my life."

2016 REEL HEALTH INTERNATIONAL SHORT FILM FESTIVAL

In August, Barwon Health's Health Promotion Unit hosted the 2016 Reel Health International Short Film Festival.

The festival, developed by Monash Health, is designed to provide a different avenue to explore, reflect and discuss genuine health issues and how they affect our communities.

The film festival was officially launched at the Geelong Performing Arts Centre by Barwon Health CEO, Professor Belinda Moyes, who spoke about the place that arts and culture has in exploring human experience and the related impacts on the larger health system.

Corinne Maunder, a filmmaker and producer of the film 'My Great Uncle Peter', also spoke of the power film has in telling personal stories. Her film shows the inspiring story of her great uncle Peter who is still driving a truck at the age of 92. It was a real privilege to have Peter present on the launch night.

Other films in the festival explored themes of relationships, adapting to technology, the bond of love between a grandmother and her adult grandson, a personal reflection on the boundary of sanity and insanity and a woman's courage in facing the challenges of disability left by a childhood illness.

Barwon Health's Health Promotion Unit worked closely with Monash Health in order to showcase the selection of short films, which presented a unique opportunity to start conversations within local communities around health and wellbeing. ♦

Pictured: Health Promotion Officer Peter Kelly with CEO Professor Belinda Moyes at the launch of the Reel Health International Short Film Festival.





Future looking bright for Burmese sisters

Lulu and Nanah Yohel are young women with their sights set on a career in the healthcare industry.

The sisters recently joined Barwon Health as part of the Barwon Health/Northern Futures traineeship program; Lulu as a dental assistant trainee and Nanah as a business administration trainee.

Both women were born in a Thai refugee camp where their family lived after fleeing Burma. They moved to Geelong with some of their family when they were granted asylum in 2011. Since arriving in Australia, the sisters worked hard to complete their VCE at North Geelong Secondary College.

Now 23, Lulu completed a VET course in Community Services while attending English language classes while Nanah, 20, completed a VET course in Health Services. She also worked casually as a waitress at a restaurant to help financially support her family. When Lulu missed out on an opportunity to study nursing at The Gordon, the sisters turned to Northern

Futures for career advice, training and support to explore their employment options in the healthcare field.

Both women are thrilled to have the opportunity to join Barwon Health and say it's important for them to help and care for people, and are eager to learn new skills and make a better life for themselves and their family in Australia.

Linda Babban, Nanah's supervisor, said she is a delight to work with.

"In the few weeks Nanah has been with us, her knowledge regarding administration processes and cardiology software has come a long way," Linda said, "Nanah's confidence has also improved with our nurturing team. This traineeship provides great support for the Northern Futures candidates."

Meanwhile, Luke Sier, Lulu's supervisor, said she has made a great start to her career in health and is one of the best trainees he has seen in his time at Barwon Health.

"Lulu has been very quick to pick up the skills required to assist patients and clinicians. Lulu has a very caring and friendly nature which will be a great asset as she progresses in her career," Luke said, "It has been a great pleasure to be able to provide an opportunity to someone as dedicated as Lulu."

For further information on how a traineeship can add value to your team, please contact Dawn Fraser, Workforce Systems and Projects Officer, on ext 50509 or via dafrase@barwonhealth.org.au. ❤️

Pictured: (L-R) Northern Futures' Barbara Ryan, trainees Lulu and Nanah Yohel and Barwon Health's Dawn Fraser.



REACH: Researching Effective Approaches to Cleaning in Hospitals

University Hospital Geelong is one of 11 health services across Australia chosen to take part in a national research study of healthcare associated infections.

The REACH (Researching Effective Approaches to Cleaning in Hospitals) trial is funded by an National Health and Medical Research Council partnership grant and is led by Queensland University of Technology and Wesley Medical Research.

The study aims to evaluate the impact of a new 'bundle' approach to hospital cleaning on the transmission of healthcare associated infections (HAIs) in hospitals. Data collection began in September 2016 and the trial ends in mid-July 2017.

Healthcare associated infections are a major cause of avoidable costs, morbidity and deaths among hospital patients. In Australia 200,000 cases of HAI arise each year and 1.9 million hospital bed days are diverted to treat them.

The REACH study will investigate the effectiveness of an evidence-based cleaning bundle intervention. The findings from this research study will show clinicians and decision makers in both public and private healthcare sectors whether investing in the implementation of an environmental cleaning bundle in acute hospitals will improve cleaning performance, improve cost-effectiveness and reduce the risks of HAIs.

The REACH study will provide each participating hospital an opportunity to contribute to the generation of new evidence about effective hospital cleaning through a well-supported, rigorous and innovative trial. Participation will demonstrate an organisational commitment to quality improvement and research activities with potential benefits for patients, families and the wider hospital community. For PSAs and environmental services staff, hospital participation in the trial will provide an opportunity to access training and performance activities that promote development, recognition and empowerment of the cleaning workforce. 💎

Pictured: Staff members Robert, Tracy and Anna will be part of the new REACH trial which studies healthcare associated infections.



IKE STUDENTS COMPLETE SPECIALITY PLACEMENTS FOR THE FIRST TIME

Deakin University's Institute of Koorie Education (IKE) is a national program that delivers community-based faculties' degrees to Indigenous Australian students. Students come from across Australia to access higher education through the program, which is based at Deakin's Waurin Ponds campus.

For the first time since the program's inception, Barwon Health has hosted IKE students to complete their first placement in three specialty areas of University Hospital Geelong; Intensive Care Unit (ICU), Theatres and Paediatrics.

"The students have been outstanding in their knowledge, attitude and application to placement," said Lara Jeffery, Clinical Facilitator Nursing – ICU/Theatres.

"We are anticipating all students to complete their placement. I personally have also thoroughly enjoyed facilitating them in specialty areas for the first time."

Premised on culturally inclusive perspectives and teaching styles, the best educational outcomes are obtained through the IKE program. This includes the benefits of two-way learning and the opportunity for students to gain multiple worldviews and perspectives to engage within both Indigenous and non-Indigenous spaces. 💎

Pictured: The first group of IKE students to complete their placement in the Intensive Care Unit, Theatres and Paediatrics at University Hospital Geelong.

"The students have been outstanding in their knowledge, attitude and application to placement,"

LARA JEFFERY, CLINICAL FACILITATOR NURSING – ICU/THEATRES



OT student innovations

The Deakin University Occupational Therapy School and Barwon Health Occupational Therapists (OTs) have and continue to collaborate on innovative projects that integrate theory with practice and provide opportunities to graduate work-ready therapists.

A recent example of this is the final year project placement, where a group of students evaluated and designed a service improvement project, providing the organisation with data and recommendations on how to improve an area of care.

The project enabled students to develop project management skills in a real clinical setting and staff to develop their skills in research methodology and writing.

Nine project ideas from Barwon Health were submitted to Deakin University and accepted as student projects. These were from various areas including acute, subacute, primary care and mental health areas of the organisation. Some examples are:

CURRENT EVIDENCE ABOUT CARDIAC REHABILITATION PROGRAMS

Monique Walsh, Hannah Franklin, Sophie Baker and Danielle Hitch

In the outpatient cardiac rehabilitation program, OTs provide education sessions on stress management. Following a review of current developments in the provision of effective cardiac rehabilitation programs, results concluded that mindfulness has a beneficial impact on the physical and mental health of attendees across five studies. The review provides options to consider in additional topics and modes of delivery regarding the OT component of the cardiac rehabilitation program.

STUDENT VOLUNTEERS SUPPORTING THE GEM BREAKFAST GROUP

Erin O'Shannassy, Luke Moresi, Terence Yau and Danielle Hitch

OTs at the McKellar Centre's Inpatient Rehabilitation Centre conduct daily breakfast groups, providing patients with skills to safely prepare light meals.

A volunteer student program has been implemented in the breakfast groups to increase staff availability and contact time with patients.

This project involved students collecting data and surveying patients, staff and the volunteers. Preliminary results indicate improved service and staff efficiency. Further, volunteers have valued exposure to an inpatient rehabilitation setting in line with their studies.

STRESS AND ANXIETY MANAGEMENT GROUP FOR GEM (GERIATRIC EVALUATIVE MEDICAL) INPATIENT REHABILITATION

Melissa Mew, James Naismith, Taylor Crotch and Danielle Hitch

Some GEM inpatients struggle to optimally engage in therapy due to stress or anxiety, which impacts their rehabilitation goals. A relaxation and stress management group was developed on the ward, aimed at decreasing symptoms of anxiety and depression and increasing patient capacity to manage their mental health.

The findings of this pilot study will provide evidence around the effectiveness and sustainability of the stress and anxiety group into the future.

BRACHIAL PLEXUS/PERIPHERAL NERVE INJURIES RESOURCE MATERIAL

Annie Clapham, Regina Yeung, Nicholas Gist and Renee Agius

Patients with upper limb nerve injury often have physical and functional limitations such as learning to use one hand only and not being able to return to work. They often describe feeling like they have limited support during recovery, and frustrated and anxious regarding their injury.

This project explored patients' experience and satisfaction with brachial plexus injuries and peripheral nerve injuries, and how OTs can support patients with these injuries. The students are developing a patient resource with information regarding the injury, recovery process, supports, education resources and services available.

CREATING A BARWON HEALTH WAY-FINDING VIDEO FOR OT STUDENTS

Nicole Shaw, Nikki Lyons, Ben Laupert, Briony Grant and Khalid Alharthi

Students created a video for OT students from Deakin, Latrobe and Charles Sturt universities who are commencing their first, second, third or fourth year OT placements across all Barwon Health sites. The video aimed to decrease student anxiety about starting placement and increase familiarity of the student coordinators and where to go to on day one orientation. The video received praise from both students and student coordinators.

REFERRAL PATHWAY FOR CLIENTS SCORING 16 OR MORE ON K10

Elham Alansari, Kate Ingwersen, Brooke Bufton and Danielle Hitch

This project focused on developing a referral pathway to support clinicians administering the Kessler 10 Psychological Distress Scale (K10). The K10 is a self-report checklist designed to screen clients who may have experienced depression and /or anxiety.

The referral pathway tool was developed following a review of literature and liaison with key stakeholders, as part of a broader research project in partnership with Deakin University.

There are plans to trial the tool in Primary Care in conjunction with the K10. Occupational Therapists will pilot the use of the pathway with a view to linking clients with community-based supports in the event they express concerns regarding their mental health. 💎

Pictured: Nicholas Gist and Renee Agius - GEM central ward at McKellar Inpatient Rehabilitation Centre.



WALLACE LODGE CELEBRATES 10 YEARS

Aged care facility Wallace Lodge celebrated 10 years of operation with a special event in August.

The 108 residential care bed unit was part of the second stage of Barwon Health's \$100 million McKellar Centre redevelopment that opened in 2006 and is named after Dr Frederick Hilton Wallace OBE, who was a GP in the 1920s and also Mayor of Geelong during the 1940s. The state-of-the-art residential lodge provided a modern, spacious new home for residents moving from the old wards 8, 9, 10 and 11.

Since 2006, more than 580 people have called Wallace Lodge home, including five residents who still live there today. Nearly 50 staff members and six volunteers have also worked there in that time.

Residents, staff, Barwon Health volunteers and community leaders came together on a wet Tuesday morning to celebrate the occasion, which featured highlights of the past 10 years, resident displays and entertainment. Guest speakers included Barwon Health Board Chair Dr John Stekelenburg, Paul Divola, whose wife Dawn has called Wallace Lodge home for over 10 years, and Dermie Smith, another long-term resident who shares his home with his centenarian mother.

As well as a giant birthday cake, one of the highlights of the morning was the residents' choir performing two songs and the unveiling of specially made bird houses, which will take pride of place in the yard to mark the day. ♥

Pictured: Wallace Lodge staff at the special 10 year celebration event.

Be Smokefree Clinics at Barwon Health

Each year, smoking kills an estimated 15,000 Australians and costs Australia \$31.5 billion in social, health and economic costs (source: Australian Department of Health).

In Geelong, it's estimated that 20.8 per cent of our adult population are smokers – much higher than the Victorian state average of 12.6 per cent.

Smoking is the most significant cause of avoidable morbidity and mortality in Australia and a major cause of lung cancer and chronic obstructive pulmonary disease, while smokers have an increased risk of developing cardiovascular disease and other chronic conditions.

Barwon Health's Be Smokefree service provides access to affordable, community based smoking cessation support to clients that are considering quitting or ready to quit smoking.

Be Smokefree clinics are led by qualified community health nurses and are available within Barwon Health's Community Health Centres of Corio, Belmont, Newcomb and Bannockburn.

The service offers:

- Initial assessment of the client's smoking behaviour and general health
- One-to-one appointments and telephone follow up
- Initiation of an appropriate management program, which may include pharmacotherapy and behavioural therapy

- Education on Nicotine Replacement Therapy (such as patches, gum, lozenges, inhaler, spray), coping with withdrawal, dealing with triggers, and staying smoke free
- Ongoing monitoring following the course to optimise smoking cessation and identify the risk of relapse, including follow-up at six and 12 months from initial assessment.

HOW TO ACCESS THE SERVICE?

Clients can self-refer by phoning Information and Access on 1300 715 673 or by returning the completed form on the Be Smoke Free brochure which can be found on the Barwon Health website. Health professionals can refer clients by completing the 'Smoking Cessation Be Smokefree Clinics Fax Referral Form', available on One Point or PROMPT.

WHAT COST IS THERE TO THE CLIENT?

Clients will be charged according to the Barwon Health Community Health and Rehabilitation Fee policy. Usual charge is \$9.80 per consultation and there is capacity to reduce or waive fees. ♥

Pictured: Community Health Nurse Sarah Carter with Smokefree clinic client Mark Smith.





Pam Keating Consumer Hub

The Pam Keating Consumer Hub is located in the new Barwon Health St Mary's Precinct on Myers Street. It is designed to be a focal point for some of Barwon Health's health literacy initiatives, where people come together to meet, swap ideas, support each other and learn.

Health literacy can be defined as:

"The ability to access, understand, evaluate and communicate information as a way to promote, maintain and improve health in a variety of settings across the life-course." (Rootman and Gordan-El-Bihbety, 2008).

Based on input from consumers, the Consumer Engagement Team will be:

- supporting and training staff and volunteers to develop health literacy skills
- working with clinical staff to offer training sessions for consumers

- offering library membership to all volunteers
- public forums showcasing Barwon Health research on health topics of interest
- developing eHealth and digital literacy skills.

Feedback from consumer representatives indicated that a 'non-clinical', neutral space, slightly separate from the hospital may be a comfortable place for consumers to chat with clinicians, e.g. regional patients, families and carers who are staying in the St Mary's apartments while attending the Andrew Love Centre for treatment.

PAM KEATING

Pamela Joy Keating commenced her nursing training at The Geelong Hospital in 1963. Pam worked as a NUM in Kardinia House for many years prior to spending a number of years working in the Outpatients Department. Pam was held

in high esteem by all and had a wonderful rapport with her patients and work colleagues. She took immense pride in her work and was an excellent role model for student nurses. Pam's untimely death, due to illness, occurred in 1989.

Pam's friends and colleagues, Lyn Elliott, Judi Gravett and Jill Low have written:

Pam Keating was the ultimate nurse, having completed her nursing course at The Geelong Hospital in the training come apprenticeship years, Pam was a one off. She was a great patient advocate and had the ability to help her patients understand their illness and treatment plan. Patient education was one of her strengths along with kindness compassion and empathy. Pam left us with a legacy of caring for the individual and all hospital colleagues. Her sense of humour and friendship remains with us. ♥

Pictured: Members of Pam Keating's family at the Pam Keating Consumer Hub..

HOW TO USE THE BARWON HEALTH LIBRARY

Go to: <http://library.barwonhealth.org.au>

The Consumer Health Information Tab is a good place to start your health research – it offers links to trusted health information sites.

All Barwon Health staff and volunteers are welcome to use the library for Barwon Health-related work and to support your health knowledge in general. You might like to borrow books (apply to be a member on the library webpage above) or arrange a meeting.

Address: 190 Myers St Geelong

Operating hours: from 8.30am to 5.00pm

Contact: Library@barwonhealth.org.au or the Consumer Engagement Team 4215 8922.

Kids helping kids

Children from Torquay Kindergarten visit our children's ward each October as part of the kinder tours program. During discussions with the kinder children after these visits, it was suggested they take things for the children to do next time they visit.

The idea was based on paying it forward; the children would sacrifice any new materials for a month to support the hospital.

Throughout July, instead of purchasing new resources, Torquay Kindergarten decided to be sustainable and use what was already available to them. They also collected donations and gifts made to help entertain and enrich the experience of children in hospital. The project resulted in a large collection of new toys, crafts, activities, games, books and personalised care gifts being donated.

This project raised awareness to the kindergarten children, staff and families about how fortunate they are to have resources readily available and how almost everything they usually throw away can be used for art and other projects.

Barwon Health and the Children's Ward would like to extend its thanks to the Torquay Kindergarten Parent Committee, students, teachers and families.

The kinder tours program runs in October each year as part of Children's Week.

Program co-ordinator and children's ward nurse Denise McGuane said the program has great benefit from health promotion and education, reaching a large section of our community consumers.

"The kinder tours help in relieving fears or anxiety about hospitalisation, allowing children to play with and explore medical and health concepts in a safe and supported environment and a fun way to introduce and influence the future of our healthcare providers," Denise said. ♥

Pictured: Torquay kinder children sacrificed new materials to support our children's ward with a generous donation.



STAFF ACKNOWLEDGEMENTS

Barwon Health Senior Dietitian, **Deb Wynd**, retired on Friday, 23 September after 32 years of dedicated service. Deb was recognised by her colleagues for her passion for nutrition and dietetics, her commitment to innovation and quality improvement and the support she provided for the development of staff and students. She is missed by many including the teams at the McKellar Centre, her Nutrition and Dietetics colleagues and consumers.



Filling Deb's position is **Joseph Wai**. Joseph was previously employed as the Chief Dietitian at Northeast Health Wangaratta where he has experience across acute, subacute and community services; including aged care and rehabilitation.

Mairead O'Sullivan was recently appointed as the new Health Promotion Manager. Mairead has extensive experience working in health, community and education sectors. She has led, participated, planned, implemented and evaluated community development and health promotion strategies across a variety of organisations in metropolitan, regional and rural areas. Mairead has qualifications in applied science majoring in health promotion and physical education with a post graduate certificate in human nutrition.

Barwon Health was saddened to hear about the passing of former 'Geelong Hospital' Urologist **Robert (Bob) Leggatt** on June 16, one month before his 86th birthday. Bob was the first specialist

Urological Surgeon to live and work in Geelong in 1964, and he was actively involved in the evolution of urological techniques and procedures in Geelong. He served as secretary of the Geelong Hospital Medical Staff Group, and on also served time on the Victorian State Urology Committee.

Bob retired from active practice in 2000, and had witnessed an ever evolving clinical workload; the urological service had grown from a single surgeon to 5 consultants and 2 accredited trainees. Bob made an immense contribution to the Geelong community and inspired many future urological surgeons over his long career.

Bob was one of the world's true gentleman, a fine surgeon a dedicated surgical teacher a wonderful colleague, a friend and mentor to many. His contribution has been significant. ♥

Pictured: Deb Wynd (centre) celebrates her retirement with colleagues.



Change is in the water – and it isn't the colour...

Twelve months ago the hydrotherapy team at McKellar embarked on changing their long-term exercise program. The program was designed to maintain the general mobility of the clients. To align with Barwon Health strategy, it was decided to change the format of the group to improve clients' strength and fitness for those identified as deteriorating.

A new lower limb strengthening and cardiovascular fitness program was developed based on the latest international evidence, which shows clients need to be working for 45-60 minutes at waist level and performing tailored exercises using appropriate speed and water resistance to achieve maximal effect.

There were two main aims of the program: To improve clients' mobility and fitness; and to help clients better understand how to get the most out of physical exercise in the water and how to undertake this exercise safely.

After 12 months and seven groups, the results are in! Initially, little change was identified on any outcome measures. Some clients had improved whilst others had not. This puzzled staff as they believed the program was benefiting the majority of clients. They then decided to analyse the figures in more detail. Clients were divided into two groups based on their original mobility levels into higher and lower functioning groups. Patients who had very low function benefited much more than higher level functioning patients. The benefit was by a significant amount, creating meaningful changes for the clients in their everyday lives.

Following some reflection on the results, staff will review the class format and adjust the format to better account for the different mobility levels that our clients present with.

Moral of the story: Don't always believe figures at first glance!

If you think a patient may benefit from improving their mobility and fitness, the hydrotherapy team are happy to accept referrals for the class from general practitioners and private physiotherapists. Email hydrotherapyreception@barwonhealth.org.au if you have further questions. 💎

Pictured: (L-R) Hydrotherapy client Ricki-Lee with staff member Bree.

BARWON HEALTH LEADS WORKPLACE HEALTH ACHIEVEMENT PROGRAM

During October 2016 Barwon Health accepted the role as lead local agency in the Greater Geelong region of the Cancer Council Workplace Achievement Program.

Healthy Together Geelong has led the initiative across the region since 2012. With the end of the statewide Healthy Together Victoria program, Barwon Health was keen to see the work with the 90+ local businesses involved continued throughout the region.

Victorians spend, on average, about a third of their day at their jobs, so it's no surprise the World Health Organisation has identified the workplace as a key setting for health promotion and prevention of chronic disease.

Barwon Health is the first Geelong workplace to be recognised by the Cancer Council Victoria in all five health benchmarks of the Achievement Program. We were therefore identified as an experienced and regional leader in workplace health and wellbeing programs.

Barwon Health will continue to support workplaces to become recognised as a healthy workplace under the Achievement Program. To achieve this, workplaces adopt a whole-organisation approach and meet statewide benchmarks for health promotion around five priority areas including: Healthy Eating, Physical Activity, Mental Health and Wellbeing, Smoking and Alcohol.

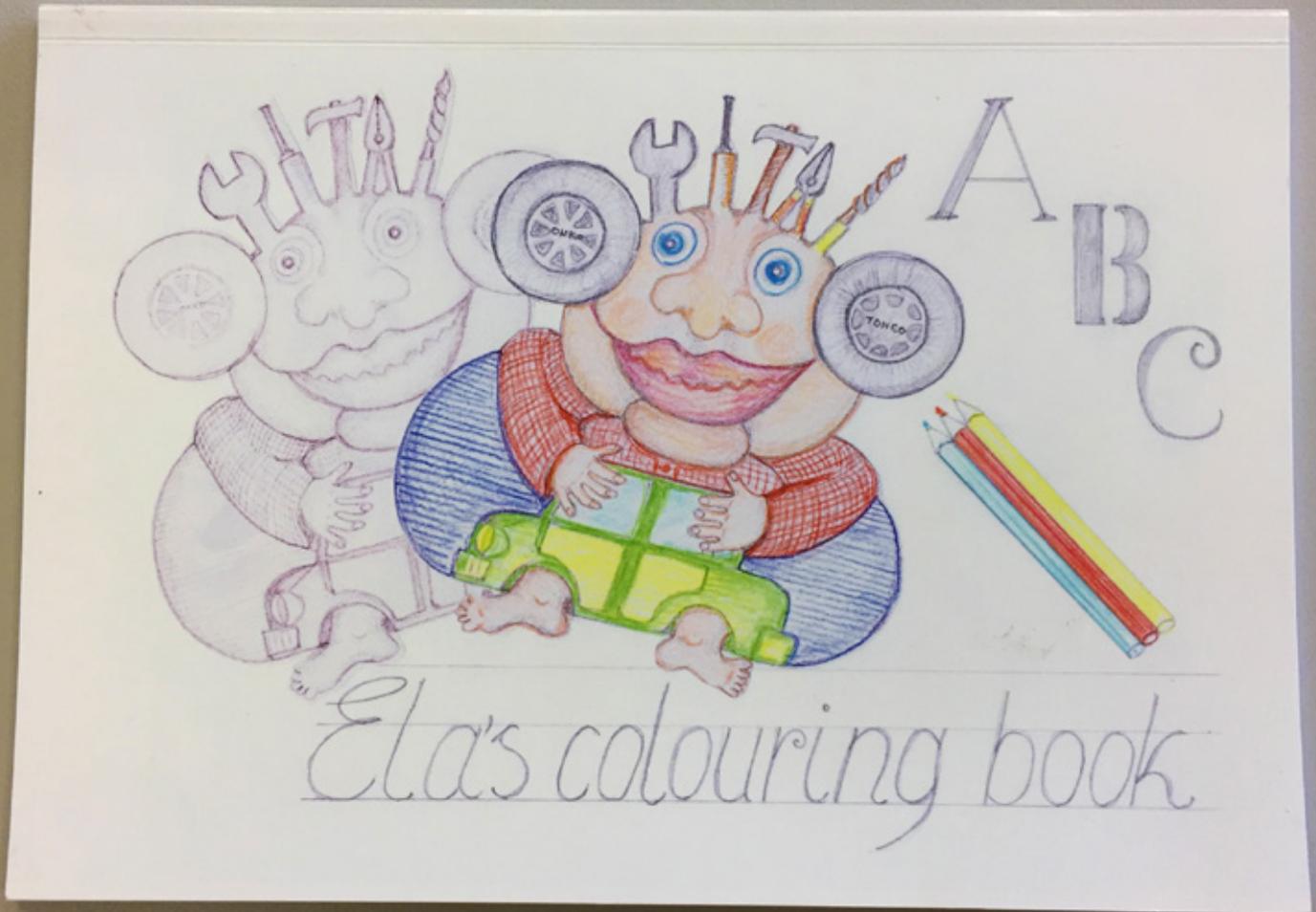
We look forward to partnering with local organisations to continue this important work to improve the health and wellbeing of the local workforce.

For more information, view the new Barwon Health Workplace Health webpage at:

www.barwonhealth.org.au/healthy-communities/healthy-workplaces.

Pictured: Barwon Health has accepted the role as lead local agency in the Greater Geelong region of the Cancer Council Workplace Achievement Program.





Enjoyment found in art

Volunteer Services has been fortunate to welcome new companionship volunteer, Elizabeth Koffsovitz, to the program.

A registered nurse with a passion for art, Elizabeth is currently volunteering at the McKellar Centre at Blakiston Lodge and Wallace Lodge, spending valuable one on one time with residents and using art as the main focus of communication and therapy.

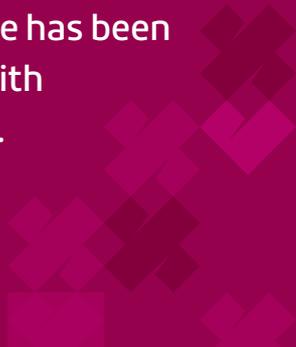
The residents have been painting and using items from the McKellar Centre gardens to create their own masterpieces, which Elizabeth has had framed to make a display. They have also been creating personalised placemats to be used at meal times, which has been a very popular one on one activity.

Elizabeth is also using her artistic talents to make time spent in hospital a bit brighter for our young patients; donating 30 copies of her own recently published colouring book to the Children's Ward at University Hospital Geelong. This generous donation gives these patients a positive distraction while they are in hospital or while they are still at home recovering.

Elizabeth has made such a difference, enhancing so many of our consumers' experiences in the short few months she has been volunteering with Barwon Health. With her caring and compassionate nature towards every single consumer, we are very fortunate to have Elizabeth on board! ♦

Pictured: Elizabeth's recently published colouring book, which she donated 30 copies of to the Children's Ward at University Hospital.

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Dignity Therapy

Six volunteers recently completed two and a half days of training for Barwon Health's Dignity Therapy Program.

The program allows palliative care patients to leave a legacy for their family by participating in a semi-structured and individualised interview process with a trained volunteer or staff member.

This interview is recorded, transcribed and edited to reflect the patient's 'voice'. It is then printed and bound into a document that can be given to the patient and their family. When possible, photographs are added throughout the document.

Dignity Therapy gives patients the opportunity to reflect on their lives and identify any unfinished matters they may wish to address. The process is designed to be brief, yet powerful, which suits many patients at the end of life.

Dignity Therapy gives patients the opportunity to reflect on their lives and identify any unfinished matters they may wish to address.

The volunteers who attended training learned about the theory of Dignity Therapy as well as how to conduct the interviews. Four experienced volunteers assisted with the training, providing mentoring to the new team around how to edit the documents. They also formed an informal 'panel', which allowed the new volunteers to ask questions about their experiences with the Dignity Therapy program.

The six volunteers who completed their training are now in the process of shadowing other interviewers to gain practical experience before conducting interviews on their own. ♥

Pictured: The 2016 Dignity Therapy team.

DEATH IN EVERYDAY LIFE

In August, Volunteer Services hosted a session open to all volunteers, on the subject of 'Death in Everyday Life'.

The session was hosted by Dr Giuliana Fuscaldo, Manager of the Office for Research, who led the volunteers through an interactive discussion about death, dying and current approaches to Advance Care Planning (ACP) at Barwon Health.

Volunteer Services recognised the importance of volunteers being comfortable and informed on this subject, as many of them work face to face and at times share in lengthy conversations with our consumers.

Guest speakers included Prof. Charlie Corke, Assoc. Prof Peter Marin, Jill Mann ACP Program coordinator and one of our very own volunteers, Cassandra Perry.

The objective was to provide volunteers with information, including Barwon Health's approach to Advance Care Plans, to raise awareness of some of the issues involved in negotiating ACP, and to enable volunteers to act as ambassadors for Barwon Health's ACP program.

The forum was well attended, with almost 50 volunteers attending to share experiences and gain knowledge through the amazing speakers.

We continue to thank all the Barwon Health staff along with some of our very talented and experienced volunteers who continue to donate their time to support our training and development program. This year alone we have had over 600 attendances at training sessions. We simply could not run these programs without this continued support. ♥



High fashion raises over \$52K for #ProjectLove

In early October, fashion enthusiasts attended The Pier Geelong for the Barwon Health Foundation's annual Catwalk for Cancer event, raising funds for #ProjectLove.

More than 300 guests got a first look at the latest stunning collections by local designers and retailers, including My-Boutique, Tinky, Marho, ATOUT studio, 2 Little Birds and new label, Heyy Dream Swim. The latest looks available from naming rights sponsor, Westfield Geelong, were also showcased on the catwalk and put together by resident stylist, Renee Enright.

Special guest speaker, Sophia Gall, gave guests an insight into why raising funds for the redevelopment of the Andrew Love Cancer Centre is so important; speaking



about her personal journey with cancer from the age of 14. There were many teary eyes in the room after her inspirational talk.

All funds raised from the event will contribute to the \$3 million redevelopment of the Chemotherapy Day Ward and Oncology Pharmacy at the Andrew Love Cancer Centre.

Thank you to all of the sponsors and supporters who helped to make this year's Catwalk for Cancer enough successful event! ♥

Pictured: High fashion, fun and an inspirational speaker were just some of the elements on offer at this year's Catwalk for Cancer.



Our Community Heroes

A big thank you to all of our community fundraisers and supporters for their generous contributions to the various services across Barwon Health.

Students from Holy Family Primary School recently bought a smile to the faces of patients and families on the Cotton On Foundation Children's Ward at University Hospital Geelong when they delivered their very own handmade joke book, 'Joke-Topia'.

Students involved in the library monitor program at Holy Family Primary School came up with the idea to put together the joke book, with each student involved completing their own page – even the illustrations!

Once they had completed the project, the students donated a copy of their book to the Children's Ward, aiming to bring some laughter to some of our youngest patients at a time when they are not normally enjoying themselves.



The students and teachers also organised a movie event at their school in support of the Children's Ward. They raised an amazing \$357.80 for the ward, which will be used to purchase items for patients including toys, books and colouring pencils. The Barwon Health Foundation extends a big thank you to Holy Family Primary School for your incredible efforts. 💖

Pictured: Holy Family Primary School students Star, Martin and Leah handing over the 'Joke-Topia' joke book and donation to Barwon Health Foundation Community Fundraising Manager Danni Flowers in the Children's Ward.



Shane O'Brien Asthma Foundation celebrate 16 years of fundraising

The Shane O'Brien Asthma Memorial Foundation was created in memory of Shane O'Brien, who tragically passed away from an asthma attack at the age of 35.

The first annual memorial dinner event took place 16 years ago, with a group of Shane's friends and family coming together to honour Shane and give back to Barwon Health respiratory services.

This year, celebrating their 16th dinner, the foundation raised over \$19,000 for Barwon Health. Guests enjoyed a beautiful cocktail style event at Waterfront Kitchen, catered by Truffleduck.

The money raised was used to purchase vital respiratory equipment for University Hospital Geelong, including AirVo2 machines for the Children's Ward and Emergency Department.

These important machines deliver high flow warmed and humidified respiratory gases to patients to spontaneously breathing patients and are an asset to Barwon Health. 💖

Pictured: Shane O'Brien Memorial Asthma Foundation Committee members Vikki and Brigitte handing over the AirVo2 machine to Children's Ward Nurse Unit Manager Sandra Van Roon.

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