

# Auricle

QUARTERLY PUBLICATION OF BARWON HEALTH | EDITION 4 2014



Barwon  
Health

## AWARD WINNERS IN 2014



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Making healthy choices  
at Barwon Health

5  
Community Kitchens  
helping to build skills,  
confidence and friendships

7  
Sidetember



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# Auricle

*Auricle* is the new name for the Making Waves newsletter.

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



## Message from the CEO

As 2014 draws to a close, I am pleased it has been another productive year for Barwon Health, with a number of partnerships, funding for new projects and awards presented to our organisation.

The Barwon Health Annual General Meeting in November provided the opportunity to reflect on the positive outcomes of the last financial year, including our lowest Elective Surgery waiting list in 10 years. We were also able to announce another budget surplus for the year, making this the fifth year in a row.

Following the completion of major capital works projects this year, including our new Intensive Care Unit and Belmont Community Rehabilitation Centre; we can expect further service expansions with the recent announcement of a new helipad for University Hospital Geelong, the Barwon Health North facility and the new Baxter Wing as part of our current building works at the hospital site. We are also expanding our day surgery and recovery areas, providing more day surgical procedures across a variety of specialties and growing our renal dialysis facilities.

I would like to extend my thanks to the Barwon Health Board, executive team, staff and volunteers across the organisation for your hard work throughout this year. I wish you and your families all the best over the Christmas and New Year period.

Prof David Ashbridge / CEO

We have demonstrated our commitment to providing high-quality services to our community through recently announced partnerships with other health services, including RCH @ University Hospital, which will allow children throughout the Barwon region to access high-quality surgical care closer to home.

Our performance throughout this year has been recognised through a number of prestigious awards, with a win at the Victorian Public Healthcare Awards for an Intensive Care Unit partnership between Barwon Health, Alfred Health and Royal Children's Hospital, as well as winning the People in Health – Victorian Clinical Training Award. You can read more about these and other awards on page 2 and 3.

This year's Run Geelong saw over \$500,000 raised for the redevelopment of our Special Care Nursery; an amazing community achievement and it was great to see so many Barwon Health staff get involved in the event.

# Thank you for supporting Gala Day and Run Geelong.

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Care | Education | Research





## Barwon Health Award Winners in 2014

At the Victorian Public Healthcare Awards in October we were announced as winner of the Secretary's Award for excellence in improving patient outcomes and patient experiences.

This top award was presented as part of a collaboration to improve regional critical care through a new partnership with our Intensive Care Unit (ICU) and the ICUs at Alfred Health and The Royal Children's Hospital (RCH).

These partnerships enabled us to expand the model of care in our ICU to include a regional paediatric ICU supported by RCH and a regional nurse-led extracorporeal membrane oxygenation (ECMO) service; the first regional nurse-led ECMO service in Australia, supported by Alfred Health.

Before Barwon Health's ECMO service, patients were provided a basic model of ECMO that involved early transfer to the Alfred ICU. It was a limited service as it needed skilled staff to manage the ECMO process around the clock.

The second partnership, the regional paediatric ICU model, built on the existing relationship between Barwon Health and the Royal Children's Hospital and supports a clinically appropriate model of localised service delivery.

Implementation of the model involved forming a collaborative team between the Royal Children's and Barwon Health ICUs, together with up-skilling of our ICU medical, nursing and allied health staff with Royal Children's staff in the care of a selected group of lower risk critically ill children.

Both these partnerships have provided patients of our region with safer, higher quality and more timely care, closer to their homes, allowing them and their families to remain in Geelong, reducing inconvenience, stress and associated travel and accommodation costs. This collaboration is truly building a health system that is responsive to the needs of regional Victorians. ♥

*Pictured: Proud winners at the Victorian Public Healthcare Awards.*

In addition to this award, other awards received at the Victorian Public Healthcare Awards included:

The Eating Disorder Service (EDS) was awarded Highly Commended for the Outstanding Achievement in Mental Healthcare Award. This recognises the work of our EDS team on a recent service redesign, in line with the Victorian mental health reform strategy, as well as the unique shared care model in the adult specialist outpatient service.

The Barwon South Western Regional Integrated Cancer Service was awarded Highly Commended for The Barwon-South West Survivorship Project: Improving the health and wellbeing of survivors of cancer, in the Optimising the Health status of Victorians category.

This nurse-led survivorship service aims to address holistic needs; provide individual care plans and coordinate pathways of care to primary care providers for patients completing cancer treatment. A comprehensive evaluation demonstrated the new service was highly rated by participants, general practitioners (GPs), allied health providers and cancer specialists, and made a significant impact on patient health literacy.

Throughout this year, Barwon Health has been recognised for our commitment to providing excellent care to our community through a number of other awards.

- Our Mental Health Drug and Alcohol Service won a silver award at the National Mental Health Conference in August; presented to acknowledge service excellence as part of a peer review process. Their winning project, titled 'Service Culture Transformation - The Recovery Mentoring Initiative', took out the winning prize in the in the Achievement with a Different Focus category.
- At the 2014 People in Health Awards in May, Barwon Health was awarded the Victorian Clinical Training Award as well as being listed as a finalist for the Minister for Health: Partnerships in Health Award. The Victorian Clinical Training Award is given for delivering superior education, training and/or workforce development through high-quality clinical learning environments. It also recognises our commitment to a positive education and training culture, and demonstration of an organisation-wide best-practice learning environment.
- Alan David Lodge was one of 37 aged care facilities Australia-wide to be awarded this year with an Australian Aged Care Quality Agency Better Practice Award for their 'Drink, Drink, Drink' project. Up to 33% of residents in residential aged care settings have been identified as at risk of developing dehydration, so this project was aimed at ensuring all residents are adequately hydrated by reviewing opportunities to increase or encourage fluid intake. ♥



## New treatment for hoarding disorder

**The Barwon Health Deakin University Psychology Clinic has launched a new group program for individuals who suffer from hoarding disorder.**

Newly included in the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-V); hoarding disorder is now formally recognised as a mental illness.

Hoarding disorder is characterised by a persistent difficulty discarding or parting with possessions due to a perceived need to save them.

A person with hoarding disorder experiences distress at the thought of getting rid of the items. This difficulty leads to an accumulation of a large number of possessions, regardless of their actual value, that congest and clutter living areas of the home or workplace to the extent that their intended use is no longer possible or substantially impaired.

Michelle Zarafa is a clinical psychologist leading the implementation of pathways for people with hoarding disorder to access mental health support and treatment through Primary Mental Health Partners.

Primary Mental Health Partners is a unique partnership between Barwon Health and Barwon

Medicare Local that offers psychological, nursing and psychiatric services for individuals supported in primary care.

Michelle presented at the City of Greater Geelong's (COGG) Hoarding Forum on 16 October, along with members of the Metropolitan Fire Brigade and COGG community services. This presentation highlighted the importance of working collaboratively to engage people in change. Through her interview with a consumer, Kevin, attendees had the privilege of hearing the direct experience of someone who struggles with hoarding.

Councillor Kylie Fisher as chairperson of COGG's Hoarding Network said "I'd like to thank the Barwon Health Deakin psychology Clinic, we've come a long way in this region and can now offer treatment to people with hoarding disorder."

If you are concerned about hoarding, talk to your GP about a referral to Primary Mental Health Partners for assessment and treatment advice. ♥

*Pictured: Kevin (consumer), Michelle Zarafa (clinical psychologist), Councillor Kylie Fisher, Heidi Waterson (community development worker COGG) at the COGG hoarding forum.*



## A Very Early Rehabilitation Trial assists with stroke early intervention

**Our team on Bellerine Centre 6 North (Stroke Unit) recently completed a large rehabilitation study called AVERT (A Very Early Rehabilitation Trial), recruiting their last ever patient to the trial on 16 October.**

Director of the AVERT program, Associate Professor Julie Bernhardt from Florey Neuroscience Institutes, said this was a fabulous milestone for the hardworking Stroke Unit physiotherapists and nurse.

‘It has been amazing to work with the dedicated stroke team, led by physiotherapist Renee Sheedy,’ Prof. Bernhardt said.

‘Involvement in this trial has resulted in many staff further developing their research skills and really fosters a team approach to the care of stroke patients.’

AVERT trial coordinator and intervention physiotherapist, Renee Sheedy said that the trial has been a very positive experience for patients, their loved ones and the staff.

‘One in six Australians will experience a stroke, so stroke survivors are a significant patient group within health facilities and the community. This early intervention is extremely valuable to the individual and the community,’ Renee said.

AVERT is the largest international randomised controlled trial of very early rehabilitation ever conducted in stroke and has involved over 2,000 patients since it began in 2006.

Barwon Heath was one of the first hospitals to get involved in the trial, which now involves 50 hospitals from Australia, New Zealand, Singapore, Malaysia, Northern Ireland, Scotland, Wales and England. It is being coordinated by the National Stroke Research Institute which is a part of the Florey Neuroscience Institutes.

AVERT aims to reduce both the personal and community burden of stroke by getting patients to begin exercising and rehabilitation as early as possible. Patients in the intervention group receive very

early rehabilitation while those in the control group receive standard care. It is hypothesised that early mobilisation of patients in addition to standard care alone will reduce death and disability in the three months after a stroke has occurred, reduce the number and severity of complications experienced by patients and improve quality of life.

Te Samakowidic is a stroke nurse who has been involved with AVERT since 2007, and has commented on the benefit to patients and their families from early mobilisation.

‘I see patients grow in confidence, which then affects their mood; they are participating and feel that they are going to get better, they are able to see that this is not the end of the road,’ Te said.

The first of a series of results for the trial will be released at the European Stroke Organisation conference in April 2015. ♦

*Pictured: AVERT Central staff with Barwon Health staff at the Strike-out-Stroke (T-Ball) day in 2012.*



## Ted Mankelow Garden of Reflection and Remembrance

**The contribution of an emeritus Board Member of Barwon Health was recently recognised at a commemorative Remembrance Day service at University Hospital Geelong. At this ceremony the garden was renamed in his honour, now known as the Ted Mankelow Garden of Reflection and Remembrance.**

Sarah Henderson MP opened the garden, and Ted’s daughter and son-in-law, Sue and Michael Kelly, travelled from Queensland to be a part of the service, giving them the opportunity meet people from the Veterans and Barwon Health community who were close friends of their father Ted.

Veterans Liaison Officer, Tyne Smith, was MC for the service, and noted that her role at Barwon Health was made possible thanks to Ted Mankelow’s great work.

Ted Mankelow was the driving force behind Barwon Health’s Department of Veterans’ Affairs-supported Gold Card

program, which has which has since been recognised as best practice Australia-wide. Ted’s passion for Veterans’ supports originated from his own military career, where he served with his brother Sid as part of the Middlesex Regiment in Korea. Ted then travelled to Australia as an Army Instructor in 1952, where he was heavily involved in supporting community health in his region, a member of the Barwon Health Board, as well as holding the Presidential position at Norlane RSL.

To honour the significant contribution Ted made to the community in his Veterans’ Affairs role at Barwon Health and his many years of Veterans’ support, we were delighted to open the Garden of Reflection and Remembrance in his memory. ♦

*Pictured: Ted’s daughter and son-in-law, Sue and Michael Kelly, with Sarah Henderson, David Ashbridge and John Stekelenburg at the opening of the Ted Mankelow Garden of Reflection and Remembrance.*

**Ted Mankelow Garden of Reflection and Remembrance**

*From this day forward  
This garden shall ever be,  
A quiet place for Diggers all,  
To rest weary legs and forget times of war.*

**In honour and memory of Kenneth ‘Ted’ Mankelow**  
VETERAN, ADVOCATE, CONFIDANTE, TRAILBLAZER, EMERITUS BOARD MEMBER, FRIEND.

*Lest We Forget.*

Opened by Sarah Henderson MP, Federal Member for Corangamite  
11 November 2014



## HOSPITAL PANTOMIME GROUP PERFORM CINDERELLA

This year Medimime proudly presented their 40th anniversary pantomime, Cinderella.

Medimime has a long standing history with Barwon Health, encouraging staff from all areas to socialise, strengthen links between the hospital and the community, and to raise funds for the hospital.

To date, Medimime has donated over \$250,000 to the Barwon Health community, including a record donation of \$30,000 to the Special Care Nursery following a sell-out season of Snow White and the Seven Dwarfs in 2013.

One of the founding members of Medimime, interventional radiologist Dr Don Robertson, made his triumphant return to the Medimime stage this year, playing the role of Cinderella's evil Stepmother.

The cast also included several Barwon Health staff and their families, including Rob McNeil (volunteer) playing Baron Hardup, Alicia Neels (pharmacist) playing the Prince, Jo MacCarthy (radiation therapist) playing Doris the mailwoman, and Julie Taylor (pharmacist) playing a bear.

All staff are welcome to get involved in Medimime. An information night and auditions are held in July and rehearsals are twice a week until the performances each November.

Email Julie Taylor [jmurna@barwonhealth.org.au](mailto:jmurna@barwonhealth.org.au) for more information or to be added to the mailing list. ♦

*Pictured: Some of the cast during rehearsals of this year's Medimime production, Cinderella.*

## Making healthy choices at Barwon Health

Have you noticed more colour in our food outlets? Staff and visitors to our cafeterias at University Hospital Geelong and the McKellar Centre will notice a few changes with our food labelling as we promote healthier food choices.

As a signatory to the Healthy Together Victoria Achievement Program, Barwon Health values the health and wellbeing of its workforce, and is working toward improving the range of healthy foods and drinks available in our food outlets and vending machines.

Colour labels have recently been introduced to help staff and visitors to easily identify healthier food and drinks.

The 'traffic light' system, which categorises foods into green, amber and red groups, is part of the Healthy Choices strategy developed by the Department of Health.

Why not try some of the improved recipes such as freshly made frittatas, warm beef salad, baked chicken breast stuffed with feta and spinach served with salsa, snapper with lemon and herb crust, or falafel salad?

To help celebrate the launch of our healthy food range, free fruit and free trials of the new 'Perfect Fruit' frozen whipped fruit was made available, which will soon be installed!

Keep a lookout for the colour dots and signs in our food serving areas within Café 45 at McKellar Centre and the cafeteria at University Hospital.

We hope you enjoy your healthier options. ♦

### FOOD AND DRINKS ARE NOW BEING COLOUR-CODED TO MAKE THE HEALTHIEST CHOICES EASY TO FIND.

- 
**Healthy Choice**  
**Green dot foods and drinks: The healthiest choice.**  
 Full of nutrients, and low in fat, salt and sugar. Have plenty of these!
- 
**Choose Carefully**  
**Amber dot foods and drinks: Choose carefully.**  
 These foods have some nutrients, but can be high in sugar, salt and fat.
- 
**Limit**  
**Red dot foods and drinks: Limit.**  
 These foods are low in nutrients and high in fats, sugars and salt.



## Community Kitchens helping to build skills, confidence and friendships

Barwon Health's Community Kitchen program has made a positive impact on the life of Cerry Church; helping her to not only cook good food, but to build confidence and friendships too.

Cerry has been involved in the Whittington Community Kitchen on Thursdays; her involvement was sparked from her interest in cooking but initially she was not feeling confident enough to do much cooking herself at home.

"I have been supported along the way by the Community Kitchen facilitators and am now doing a lot more cooking at home," Cerry said.

"I now feel confident to talk with everyone in the kitchen and have also developed friendships that continue even outside the kitchen."

This has led to Cerry's more recent involvement in other community activities, such as participating in the Pot Luck Kitchen with Salvo Connect. This program involves cooking meals for the

Salvation Army free meals campaign in a commercial kitchen environment.

"I now have a chef hat and apron to wear in the kitchen," Cerry said.

"I now realise what skills I do have and what I can contribute. I am interested in further voluntary work in the kitchen or involving cooking."

**"I now feel confident to talk with everyone in the kitchen and have also developed friendships that continue even outside the kitchen."**

A Community Kitchen is a group of people who come together on a regular basis to cook, socialise and enjoy good food. Each group decides how their kitchen will run, how often they will meet and what food they will prepare.

Community Kitchens can run anywhere there is an existing kitchen facility, such as schools, community health services or churches.

For further information on Community Kitchens, contact Sue Harman from our Health Promotion Unit on 4215 3476. ♦

*Pictured: Cerry Church has had a positive experience in Barwon Health's Whittington Community Kitchen.*



## Rehabilitation technology partnerships improving patient care

Our occupational therapy team were excited to accept a piece of innovative equipment, used to improve patient quality of life, for permanent use.

The Touch Accessible Platform Interactive Technology (TAPit) platform is being used as a rehabilitation tool with children and adults at the McKellar Centre.

Following a grant from the Transport Accident Commission (TAC) and sponsorship from The Brinary, Barwon Health was able to trial the TAPit platform with clients living with acquired brain injury, spinal cord injury or neurological conditions.

As a result of this funding from TAC and after a successful trial, The Brinary, as the supplier of the TAPit, handed over the platform and related hardware and software to the McKellar Centre.

The TAPit platform is an interactive learning station that reinforces skills that can be transferred to other computer-based learning applications utilising the Internet, educational software or communication devices.

Barwon Health's Clinical Lead Occupational Therapist Debbie Verikios said the equipment has been a wonderful addition to the Occupational Therapy Department.

"The TAPit has allowed many of our clients to achieve their daily living goals despite their significant physical limitations. It has also allowed the clinicians to develop novel therapy programs which focus specifically on individual needs," Debbie said.

"The platform appeals to clients of all ages, our paediatric clients love working with it. They are easily inspired to use their affected limbs for longer and reaching further than they normally would."

The TAPit is used on a daily basis and has become a fundamental element of Barwon Health's occupational therapy practise. ♥

*Pictured: OT staff Larissa and Debbie at the TAPit handover event with Hugh and Jonathan from The Brinary*

**"The TAPit has allowed many of our clients to achieve their daily living goals despite their significant physical limitations."**

– Debbie Verikios



## Closing the gap with indigenous nursing students

**In October this year, eight students graduated with a Bachelor of Nursing at a ceremony held by the Deakin University Institute of Koorie Education (IKE).**

In recognition of her support and significant contribution to the success of the IKE program, Carollyn Williams, our Clinical Nurse Educator – Clinical Education and Training Unit, was awarded a Certificate of Appreciation from the students.

Carollyn has made a significant contribution to nursing education in both the health and education sectors, and has been Clinical Placement Coordinator at Barwon Health for nursing students since 2007. She coordinates the placement of students from Bachelor of Nursing and Diploma of Nursing programs for all education providers seeking placement at Barwon Health.

Carollyn's role includes working closely with IKE, which is located at Deakin University's Wauran Ponds campus. IKE provides a number of tertiary courses for indigenous students from all over Australia. The students at IKE are most often health care workers in their own community and have enrolled to become registered nurses. Increasing numbers of school leavers are also now undertaking the program.

In 2007, a number of student placements were undertaken at Barwon Health through IKE's collaboration with Deakin University School of Nursing, with most students returning to their home state or territory for clinical placements. Carollyn began direct communication and collaboration with IKE and the number of placements undertaken increased from four in 2008 to 37 in 2013. This year, 57 students will have undertaken their IKE placement at Barwon Health.

This collaboration has included increasing cultural awareness for Barwon Health's team of clinical facilitators who support students on placement and valuable 'meet and greet' sessions at IKE prior to placement.

Barwon Health has been able to provide a range of acute, subacute, aged care, and community experiences for IKE students and these experiences have contributed significantly to their overall learning outcomes.

We congratulate the 2014 IKE graduates on their academic success, and recognise and thank Carollyn for her important role in developing the indigenous health workforce of the future. ♥

*Pictured: 2014 IKE Nursing Graduates (L to R): Katherine Simpson, Crystal Kirby, Alysha Secombe and Ellie McLennan*

## ASEAN travelling fellows visit Barwon Health

In October, the Barwon Orthopaedic Unit had the honour of hosting the Association of Southeast Asian Nations (ASEAN) traveling fellows.

The three surgeons – A/Prof Dr Ng Wuey Min from the Malaysian Orthopaedic Association, Prof Zaw Win Maw from Military orthopaedic Hospital, Myanmar and Dr Hoang Khac Xuan, MD from Hospital of Traumatology and Orthopaedics, Ho Chi Minh city, Vietnam, along with Australian Orthopaedic Association delegate Prue Keith (an orthopaedic surgeon in Wangarratta), had a wonderful two days enjoying the Geelong hospitality and lifestyle.

On Thursday night they attended a social round table discussion and dinner at Fishermen's Pier. This was attended by local surgeons, orthopaedic fellows and registrars.

On Friday, a symposium was held, and the three travellers were given an opportunity to talk about their work and the hospitals they work at.

Sally Beattie, Research Co-ordinator in our Orthopaedic department said that the symposium was an eye opener.

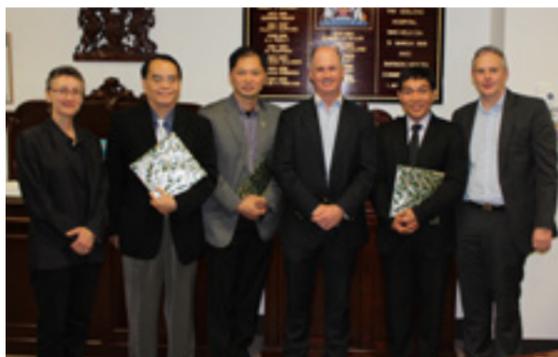
"We heard about how hospitals in developing countries are staffed and the equipment they use, followed by information about state-of-the-art 2000 bed hospitals in Malaysia," Sally said.

Informative talks from both Professor Richard Page and Mr Richard Angliss concluded the meeting; they shared some local aspects of service delivery, teaching methods and research.

The visitors then took a visit to Jirrahinga Wildlife Sanctuary, down the Surf Coast and along the Great Ocean Road to Lorne. They stopped at Deakin University on the way home, before returning to the hospital in time for them to go back to Melbourne for the Australian Orthopaedic Association Annual Scientific Meeting.

Sally said the meeting was a great success, enabling the Orthopaedic team to build on relationships created by Professor Page's visit to Asia as an ASEAN travelling fellow in 2013. ♥

*Pictured: Professor Richard Page and Mr Richard Angliss with the delegates during their visit.*



## Staff Acknowledgements

**Dr Chin Hiew** has been appointed director of the Cardiology Department. Chin has worked as a consultant at Barwon Health for the past five years including in the role of Acting Director for the past year. Before that, Chin had significant experience across Australia and in London.

**Sharelle McGuirk** commenced in the role of Koori Workforce Talent Acquisition Officer in Workforce Partnerships in late August. Primarily, Sharelle's role is to implement the Barwon Health Aboriginal Employment Plan (AEP) 2012 – 2015. The main objective of the AEP is to 'increase the employment and retention of Aboriginal people at Barwon Health to one per cent of the total workforce'.

**Rebecca Flanagan** is one of 26 new Prostate Cancer Specialist Nurses nationwide, working closely with our Urology team within the Andrew Love Cancer Centre to ensure all men with prostate cancer are able to access this service. This position is funded through the Federal Government and Movember Foundation to work within rural, regional and metropolitan healthcare facilities across Australia. Rebecca has already been with Barwon Health for the past two and a half years, working on Heath Wing 6 – General Surgery/Urology Ward. Her new role involves ensuring patients are well informed and feel comfortable regarding prognosis and plan, providing information regarding diagnosis and treatment options, as well as supportive care needs, assisting consumers to access services within the hospital and community setting and being available post-treatment, to assist with treatment induced side effects.

**Scott Hughes** has joined Barwon Health as the new Food Services Manager, replacing Ken Knocker. Scott brings a vast set of skills including cooking and catering as a head Chef, project management, facility redesigns and development as well as retail experiences all within the food industry. We welcome Scott to Barwon Health and to the Support Services team.

Congratulations to **Alison Hutchinson**, Administrative Assistant to the Chief of Workforce and Culture, for winning the MEGT Trainee of the Year Award. Alison completed Certificate 2 Business Basics in 2013, as part of Northern Futures Program. Following this, she commenced a Certificate 3 Business Traineeship with MEGT, with Barwon Health as her host employer, completing this in August this year.

Alison was rewarded for her hard work and dedication and was promoted to work with the EA of the CEO and has nominated to continue studying Certificate IV in Health Administration. She has been described by her peers as being a role model and an inspiration. ♥

*Pictured: Congratulations to Alison Hutchinson for winning the MEGT Trainee of the Year Award.*

## Sidetember

The McKellar Trauma Rehabilitation Team, along with the McKellar men's ABI community group joined forces to grow their sideburns for the month of September to raise money for Sidetember.

Sidetember is a fun initiative that runs for the month formerly known as September, to help raise funds for people living with acquired brain injuries (ABIs) and their incredible carers.

The McKellar Trauma Team and their clients held the 'shave-off' and BBQ event at the McKellar Centre on 8 October.

Four clients and two staff members had their sideburns shaved on the day, with a total of \$420 raised for their efforts through donations. This assisted with achieving the overall fundraising goal of \$100,000, set by Brain Injury Australia.

The brave volunteers had to trust in the shaving skills of event organiser Sally Nepean and her team to be gentle with the clippers. Despite the close shaves, everyone seemed to enjoy the event.

Sally said the day was a fantastic opportunity to get the clients and staff involved in a fun activity, raising money for a charity close to their hearts. ♥

"Everyone had a great day, with the men's ABI group keen to outdo each other again next year!" - Sally Nepean

*Pictured: A close shave for some of the Sidetember participants!*





# Geoff Casey awarded Victorian Senior of the Year

**Geoff Casey, our loyal veterans volunteer, was recently presented with the Victorian Senior of the Year award in the 'Veteran Community Award' category.**

Victorian Minister for Health and Ageing, the Honorary David Davis MP, presented Geoff with this prestigious award at the special Government House reception.

Geoff has been volunteering for Barwon Health since 2009 and is also a volunteer with the Vietnam Veterans Association, the Vietnam Veterans Federation and with a number of other organisations that support veterans in the Barwon South West region.

Geoff was nominated for the award by Barwon Health's Veterans Liaison Officer,

Tyne Smith, who describes him as a humble man who provides a voice for those who need it most.

"Geoff has dedicated his life to helping others and continues to do so as our veterans volunteer in his retirement. He does not let his senior years slow him down and is someone who really makes every day count," Tyne said.

Geoff's volunteer role with Barwon Health reflects his past role as a Vietnam veteran, making him a powerful ally of other veterans needing support. Geoff visits University Hospital Geelong weekly to see patients who also served in Vietnam and provides them with advice, comfort and someone to talk to. For many of these patients, Geoff is the only person they believe they can trust and open up to.

In addition to this, Geoff works with young returned servicemen and women, sharing his experiences and providing advice and ideas about how to better cope with post-traumatic stress disorder.

He also visits the widows of World War II veterans, who can sometimes feel scared and lonely. For these widows, Geoff provides company and gives them strength to help remember the loyalty and service of their late husbands.

Barwon Health is proud to recognise Geoff as one of our volunteers and thanks him for the significant contribution he makes to the organisation and wider community. ♦

*Pictured: Geoff Casey accepting his Victorian Senior of the Year award with Minister David Davis.*



"Geoff has dedicated his life to helping others and continues to do so as our veterans volunteer in his retirement. He does not let his senior years slow him down and is someone who really makes every day count,"  
– Veterans Liaison Officer, Tyne Smith.



## Volunteers enhance Deakin Medical School program

**For the past three years, Deakin Medical School has been running an innovative program to help prepare our final year medical students for the realities of their intern year.**

PRISM, which stands for Pre-Intern Simulation Module, gives Deakin medical students the opportunity to participate in three simulation sessions as part of their six week pre-intern placement.

Each session allows the student to experience common ward-based and emergency scenarios. The students work in small teams and are supported and guided by qualified, experienced practitioners. The experience and discussion points generated from these sessions are invaluable.

This year Sarah Burgess, a Simulation & Clinical Skills Instructor, along with Fiona Langford, a Simulation Administrative Assistant at the Geelong Clinical School, developed the Volunteer Simulated Patient program utilising the enthusiasm of Barwon Health volunteers.

"After working closely with Barwon Health's Volunteer Services, we advertised for interested volunteers and started to develop a pilot program," Fiona said.

"The program began with a small, dedicated group who rapidly gained an aptitude for the task. The volunteers attended several training sessions with attention to both medical detail and the ability to convey a history."

As simulated patients, Barwon Health volunteers are trained to accurately and consistently portray the medical background, physical condition and emotional state of a patient. The simulated patients are interviewed and/or examined by Deakin medical students.

Effective communication skills and sound clinical skills are hallmarks of good doctors. These skills can be effectively taught by interactions with simulated patients.

Fiona said the program has been well received by the medical students as it allows them the opportunity to learn from and support one another, as well as interacting with senior clinicians in a safe environment.

"The wonderful group of Barwon Health volunteers have brought the PRISM program to life in a very powerful way. We are grateful for their professionalism, dedication and time – not to mention talent! We have found their contribution incredibly valuable and it is hard to imagine

the program without their involvement," Fiona said.

Fiona and Sarah are looking forward to continuing and expanding the relationship with Volunteer Services after such a positive experience with their first volunteer group, who proved to be an exceptional addition to the PRISM program.

Thanks to Celia Fletcher, Joy Marshall, Keith Fagg and Phil Green.

If you are interested in becoming a volunteer simulated patient, please contact Jodi Lammers at Barwon Health's Volunteer Services on [jlamme@barwonhealth.org.au](mailto:jlamme@barwonhealth.org.au). ♦

*Pictured: Barwon Health PRISM program volunteers Celia Fletcher, Joy Marshall and Phil Green as simulated patients.*

# Barwon Health farewells a dedicated and much-loved volunteer

Barwon Health recently farewelled well-respected volunteer, Barbara (Barb) Barrett, who passed away on 7 October after a long battle with illness.

Barb was a volunteer with our group of 'grass root' volunteers, the Patient Support team, or Day Ladies as they are most fondly known, for 26 years.

Receiving the honour of being one of our first inductees to Life Membership at Barwon Health in 2013, Barb continued to deliver quality service to patients and staff in her role as Team Leader with Tuesday's Patient Support Group of Volunteers.

Barb succeeded in maintaining a unified group of volunteers, who consistently demonstrate the values of Barwon Health

by showing compassion and respect for all those they come in contact with. It was her devotion to the leadership of this role that set her apart from the rest.

Barb's dedication and love of her volunteer role was made obvious by her determination to complete her role as team leader to the best of her ability, despite major health problems.

Her first thought was always to the welfare of her team and the needs of the staff and patients alike.

Rest in Peace Barb, you will be missed. ♥

*Pictured: Barbara Barrett receiving her Life Membership, a prestigious Barwon Health award given to only the most committed volunteers.*



## VOLUNTEER SERVICES RELOCATION

The Volunteer Services team are thrilled to be in the final stages of their office relocation.

All Volunteer Services staff will now be co-located at the McKellar Centre in their new office space, which is due to be completed by the beginning of December.

You will find Volunteer Services in the former community library space, which has been redeveloped into office space for the team of 10 staff.

Zoe Waters, Director of Volunteer Services, said the shared office space will dramatically improve the collaboration of the Volunteer Services staff, who are currently working across separate locations.

"This move will provide a central point of support for volunteers across Barwon Health and will decrease any confusion caused by the existing office locations," Zoe said. ♦

# Barwon Health Foundation More successful grant applications

### MCKELLAR CENTRE REHABILITATION POOL RETILED

The Barwon Health Foundation recently funded the retiling of the Hydrotherapy Pool at the McKellar Centre to ensure longevity.

Hydrotherapy is a form of physiotherapy treatment or exercise program conducted in a heated pool.

Hydrotherapy helps to improve or maintain physical wellbeing for many people. The buoyancy, turbulence and resistance of water create a special therapeutic environment not possible on land.

The pool is used by people of all ages throughout the Geelong and south west region and is a vital asset that will be used for many years following its retiling.

### COLLIER CHARITABLE FUND

Barwon Health's Audiology department has been lucky enough to secure a grant of \$23,400 via the Barwon Health Foundation for the purchase of Echoport ILO 292: Diagnostic Otoacoustic Emission System.

This equipment will significantly improve patients' access to audiology services, which will alleviate waiting list demands and assist the standard and quality of diagnostic audiology assessment.

### FREEMASONS CHARITABLE FUND

Following the Little Cribs campaign launched in the Geelong Advertiser, the Barwon Health Foundation successfully applied for a \$4,000 grant to purchase a recliner chair for the Special Care Nursery from the Freemasons Charitable Fund.

### SPECIAL CARE BABIES RECEIVE GMHBA VISIT AND A \$24,600 DONATION

Parents and newborn babies in the Special Care Nursery at University Hospital Geelong received a special visitor and gifts as part of GMHBA's 'Kicking Goals for Kids' campaign recently.

GMHBA brand ambassador Cameron Ling led a group of GMHBA employees through the ward to give support to families currently in the nursery and to show staff where the money raised through the 'Kicking Goals for Kids' campaign was going.

GMHBA CEO Mark Valena said the Special Care Nursery is a vital facility for our local community.

"Isolette cots and incubators can cost up to \$20,000, so it's important to ensure that these facilities are available and maintained to give newborn babies the best start to life possible," Mark said.

An amazing \$24,600 was raised by the local health insurer, who generously donated \$100 for each goal scored in this year's Toyota AFL Finals Series to the redevelopment of the Special Care Nursery.

GMHBA brand ambassador Cameron Ling was excited to take part in the tour.

"We all know how important the nursery is for new babies who need a little extra care. Today's walk is about meeting some of these families and offering our support by listening to their stories," he said.

Nurse Unit Manager of the Special Care Nursery, Alyson Smith, said a visit like this is great for parents who are going through an emotionally difficult time.

"Initiatives such as this really do support the work that we do here. Every dollar is critical and we appreciate the visit by Cameron and the GMHBA team. The families will be thrilled," said Alyson.

Thank you to the staff at GMHBA for this generous donation. ♥

*Pictured: GMHBA Ambassador Cameron Ling and parents of babies in the temporary Special Care Nursery; the retiled Hydrotherapy pool at McKellar Centre.*





## Spring fashion on show at Westfield Geelong Catwalk for Cancer

Stunning fashion hit the runway at The Pier on 5 October for the most stylish show of the season – Catwalk for Cancer.

Now in its fifth year, Westfield Geelong's Catwalk for Cancer raised over \$60,000 for the Andrew Love Cancer Centre. The event was widely supported by the Cancer After Care Group Geelong, volunteer models and judges, as well as many sponsors.

Top designers, stylists and models exhibited the latest spring trends for the guests while raising money for Barwon Health's new Supportive Care Cancer Centre.

Models hit the catwalk in spring collections by Briony Marsh and MY Boutique. Outfits by Tinky included premium designs and spring collections were presented by Westfield Geelong and styled by Renee Enright.

Local swimwear label Neontide also showcased their bright and colourful swimwear options for the warmer months ahead. Salon Symmetry and Associates kindly provided the hairdressing and makeup services.

Guests also heard from the inspirational Sali Stevanja, who shared her story of her personal experience with breast cancer.

Sali is well known as the co-founder of the leading online active wear website Stylerunner, but she is also a mum and a cancer survivor. She was diagnosed with stage two breast cancer at the age of 27.

In April 2014, Sali appeared in the #itouchmyself campaign video for which she is an ambassador, encouraging women to be aware of their body. Sali shared how the diagnosis changed her life and the importance of prevention.

This year's Young Designer competition was a highlight once again, with all entries of a high standard. In a tightly contested battle, Carla Versace won the competition with her race wear design, which was judged as the best by competition judges Elissa Friday, Renee Enright and Sali Stevanja.

Special thanks to the volunteer models, MC Kylie Oliver, editor of the Geelong Advertiser's GT Magazine, and major sponsor Westfield Geelong. ♥

*Pictured: Some of the models embracing new spring fashions at the most stylish show of the season.*



### BUBS STAR IN THE LEAD UP TO CHRISTMAS

Little patients of the Special Care Nursery at University Hospital Geelong are once again starring in this year's Geelong Hospital Appeal Christmas cards series.

All proceeds from the purchase of the Christmas cards are donated to the redevelopment of the Special Care Nursery at University Hospital Geelong.

Twins are a big feature this year, with two sets of twins appearing on the Christmas cards.

Little IVF miracles Elijah and Joshua surprised parents Luke and Melissa when they decided they were ready for the real world nearly seven weeks early and were delivered via emergency caesarean.

After spending three weeks in the Special Care Nursery, both boys were ready to come home.

Luke and Melissa were full of praise for all the staff members in the Special Care Nursery, thanking them for their hard work and dedication.

"They truly did their best to get our boys strong and ready to come home," they said.

Other little stars featured in this year's Christmas cards series include twins Eimear and Cian, and Mileeah and Alannah.

Thank you to Elisha Lindsay of EL Photography who donated her time to take these beautiful shots for our Christmas cards.

Christmas cards are available from all Barwon Health sites and the Combined Charities Card Shop (Wesley Church) in the lead up to Christmas. To order your cards, please contact the Barwon Health Foundation on (03) 4215 8900 or go to [www.geelonghospitalappeal.org.au](http://www.geelonghospitalappeal.org.au) ♥

## Pharmacy robot at University Hospital Geelong

**Barwon Health is the first hospital in Australia to install an advanced robotic system for dispensing medications.**

This innovative project was supported by the community through donations made to and contributed by the Barwon Health Foundation.

It's estimated that 'Ennio', named after a member of the German installation team, will save up to \$250,000 by allowing for a reduced stock storage and will also free up staff to perform other tasks and reduce out of hours demand.

Staff enter data into the robot, which then responds by selecting the correct drugs to deliver to one of four chutes in the dispensary. Drug selection is based on product barcode, meaning staff are not required to select the drugs themselves

or restock the shelves. This has led to a reduction in selection errors.

Barwon Health's Director of Pharmacy, Greg Weeks, said the roll-out of robotic systems in hospitals will see medication safety improvements, financial savings, as well as overall process efficiencies.

"The dispensary in the acute site dispenses an average of 3,270 outpatient, 3,250 inpatient and 10,000 discharge prescriptions items a month," Greg said.

"Staff workflows have adjusted to the new functionality. Interfacing with pharmacy software was a key hurdle to overcome, but the teamwork and commitment by all parties have seen a successful robot implementation." ♥

*Pictured: Pharmacist Marissa Izzard testing out the innovative new robot.*

# Barwon Health Locations

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

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

[www.barwonhealth.org.au](http://www.barwonhealth.org.au)



OUR VALUES  
RESPECT  
COMPASSION  
COMMITMENT  
ACCOUNTABILITY  
INNOVATION