

Auricle

QUARTERLY PUBLICATION OF BARWON HEALTH | EDITION 2 2015



Barwon
Health

**5 MINUTES
WITH JOY FROM
ANDREW LOVE
CANCER CENTRE**



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Andrew Love Cancer
Centre gets a boost
from new technology

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Cultural awareness
goes digital

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Supporting young carers



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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.

 www.facebook.com/barwonhealth

 www.twitter.com/barwonhealth



Message from the CEO

I am delighted to advise that Barwon Health met all core and developmental criteria at our mid cycle National Safety and Quality Health Service Standards audit. We achieved a 44 per cent improvement in the number of 'met with merit' required actions across the three standards audited in our acute, subacute and oral health services.

This is an outstanding achievement for the organisation and I thank everyone for their contribution.

Recently, the Barwon Health Executive was realigned to two Chief Operating positions, with the aim of aligning clinical service delivery into two core streams; Acute Service being the first alignment under Chief Operating Officer Paul Cohen. This has already enhanced integration of services with the consumer at the forefront with the current development of an acute program structure which is well in progress.

The second component of this service realignment commenced in October 2014 with Aged Care aligning with Community Health, Rehabilitation and Palliative Care. The next phase will occur as of 1 July when Mental Health services will organisationally move to align with Community Health, Rehabilitation, Palliative and Aged Care services under Chief Operating Officer Robyn Hayles.

The new 2015-2020 Barwon Health Strategic Plan has an important focus on consumers at the forefront and service integration. The aim of reducing service silos as much as possible and enhance communication, working relationships, information and knowledge sharing between services that often provide care to the same consumer at various points in the care continuum. In addition these services often have specialised knowledge that when shared across teams truly enhances the care provided.

Our new Strategic Plan for 2015-2020 has an important focus on consumers at the forefront and service integration and will be launched to the broader community during the week of July 13. Between now and then there will be quite a lot of activity within programs and departments setting plans for 2015/16.

Prof David Ashbridge / CEO



BARWON HEALTH STAFF SURVEY 2015

The Staff Survey is your opportunity to tell us about your experience at Barwon Health and inform future engagement plans in an impartial and confidential way.

Survey period: 20 July to 7 August 2015

All staff will complete one survey based on your substantive position. You will be given either a paper survey by your manager or you will be emailed a link to complete an online version of the survey.

Who can do the survey?

- All full and part-time Barwon Health staff
- Staff who work a minimum of six hours per week

Please participate and make Barwon Health truly great!



Andrew Love Cancer Centre gets a boost from new technology

On 13 April, the Andrew Love Cancer Centre (ALCC) started delivering radiation to cancer patients on the centre's new TrueBeam Linear Accelerator.

The machine has the ability to deliver RapidArc®, Stereotactic Body Radiation Therapy and Stereotactic Radiosurgery. Rapid Arc® is an advanced radiation treatment where the machine moves around the patient and the field size changes and varies in strength whilst the treatment is being delivered.

Stereotactic Body Radiation Therapy and Stereotactic Radiosurgery is one of the most advanced systems available in the world, and was previously only available in Melbourne. With these systems, high doses of radiation can be delivered safely and accurately in a shorter time frame than traditional treatments.

Although Stereotactic treatment is not suitable for all patients, it can be particularly useful for small, well defined tumours that cannot be removed surgically or treated with conventional radiotherapy. Stereotactic Body Radiation Therapy can be used in the treatment of lung, brain, liver, kidney, spine or pelvic cancers.

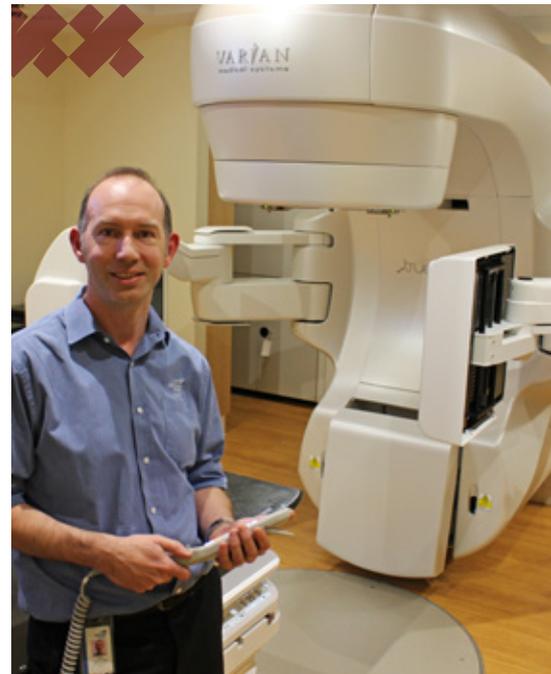
Andrew Love Cancer Centre Senior Radiation Therapist, Sharyn Bowe, explained that RapidArc® was previously only available on one machine.

"The new TrueBeam Linear Accelerator greatly increases our capacity to treat with this technology. The new machine has been integrated well into the department and already carries a full workload of patients," Sharyn said.

"RapidArc® results in shorter treatment times for patients, and high dose conformity. At the ALCC, RapidArc® is routinely used to treat prostate, oesophagus, anal and rectal cancer. Rapid Arc can also be used to effectively treat a range of other malignancies in different sites of the body for both radical and palliative patients."

Radiation Therapist and Clinical Team Leader, Tom Ffrench, said he was excited that Truebeam not only allows staff to treat current patients with all modalities, but also offers the ability to treat Stereotactic patients in five to 10 minutes rather than 40 minutes.

"This vast decrease in treatment time for stereotactic treatments will result in a significant improvement in our accuracy



- as patient movement during treatment will be greatly reduced," Tom said. ♥

Pictured above: Radiation therapist Tom Ffrench with the TrueBeam Linear Accelerator. Top: Radiation therapist Adriana Andrevska, Alison Williamson and Tom Ffrench.

Barwon Health's One Point for staff information

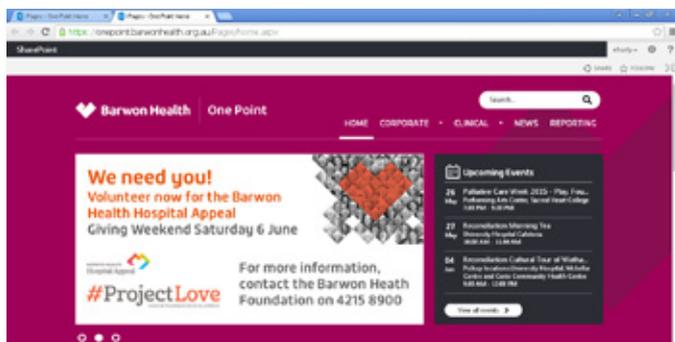
On 14 April, the first phase of the new intranet platform, One Point, went live to replace Wavelength.

One Point is built using SharePoint 2013, which allows for a flexible and responsive internal communications tool to keep all staff up to date with current news, events, information and other activities taking place across Barwon Health.

All content from Wavelength is manually migrated into One Point and reviewed before it is migrated; ensuring all content in the new platform is relevant and up-to-date.

Clinical Systems Project Manager, Ashley Adams, played a major role in managing the development of the new intranet.

"The launch of One Point went extremely smoothly and no more than a handful of people required assistance with updating the icon on their computers," he said.



"We received some really good co-operation from IT in co-ordinating the shutdown of redundant Wavelength sites and ensuring that the One Point icon was made available."

Useful functions that have been included in One Point include news, calendar of events, daily alerts, Barwon Health social media feeds, canteen menus and quick links to commonly-used Barwon Health apps.

There has already been a lot of positive feedback about the new platform, with many staff commenting that it has worked well for them and that they like the overall look and feel of the new intranet.

"I think that the general response has been one of relief that Wavelength was finally being replaced, and also excitement in that staff will once again be able to easily share relevant information with the organisation," Ashley said.

"Staff feel they have somewhere they are able to refer to for reliable and current information. The fresh look and feel of One Point has been well received and staff are happy they are being consulted, and are able to manage the content on their own sites. Whilst there is recognition from the project team that there is still much work to be done before One Point can be considered complete, there is genuine excitement about what we will ultimately be able to achieve by assisting the flow of information within Barwon Health." ♦



Local schools go H₂O Only

A partnership between Barwon Health and Barwon Water has seen seven local schools ditch sweet drinks and go 'water-only', in a move which will improve students' physical and oral health, and increase the value of water in their lives.

Ceres Primary School, East Geelong Primary School, Geelong Baptist College, Herne Hill Primary School, Highton Primary School, Newcomb Park Primary School and Oberon Primary School designed signs to declare they are 'water-only', meaning students do not bring and cannot purchase any sweet drinks (e.g. soft drinks, juices or flavoured milks) while at school.

"Our data shows that 96 per cent of local primary school students only drink water at school anyway, so this is not a big change but just helps that last four per cent," said Susan Parker, Health Promotion Officer at Barwon Health, who initiated the program and hopes to see it implemented across the Geelong region.

Barwon Water Education Officer, Fernando Garcia, said the corporation was pleased to be involved in the program.

"The 'water-only' program encourages students to choose water over sugary drinks resulting in health benefits and increased concentration while in the classroom. Barwon Water is proud to be associated with the program and encourages all schools to transition to water only," Fernando said.

The project complements initiatives occurring throughout the region such as the Healthy Together Schools Achievement Program, and schools-based community initiatives such as Bellarine Community Health's 'Port Produce' program. ♦

Pictured: Teachers and students from the various schools participating in the H2O Only program.

Telehealth website for consumers

Wherever consumers are across the region there is now a 'one-stop-shop' for them to find out about Telehealth, and to access services via Telehealth.

The Barwon South West Telehealth website provides information for consumers about:

- What Telehealth is – including videos from our consumer champions explaining how Telehealth is used to access some Barwon Health services.
- What services provide Telehealth access – including a search tool to help them find Telehealth-enabled health services.

The website also provides a central access point, allowing consumers to go to one place to start their Telehealth appointments with their healthcare practitioner. The site includes support and training resources for consumers to help them setup the required technology – which can easily be accessed on most computers and mobile devices.

Visit the website here: www.bswtelehealth.org.au ♥



STAFF PLEDGE TO CLEAN HANDS

On May 5, Barwon Health participated in World Hand Hygiene Day and to mark the occasion, staff, volunteers, consumers and visitors were all encouraged to sign a pledge to clean their hands for good health.

The pledge posters, which were located across the organisation's sites, received hundreds of signatures and are now on display at University Hospital Geelong and The McKellar Centre.

Chief Executive Prof David Ashbridge said the day was a great opportunity to remind staff and consumers to clean their hands before and after visiting any Barwon Health site to help reduce the spread of potentially life-threatening infections. ♥

Pictured: CEO Prof David Ashbridge signs a pledge poster.



ANNUAL FLU VACCINATION CAMPAIGN

In early May, Barwon Health's annual flu vaccination campaign kicked off at University Hospital Geelong and The McKellar Centre, while 'Troy' the roving trolley visited community health centres.

In 2014, the flu vaccination campaign achieved record uptake with 78.5% of staff receiving their flu shot, exceeding the Department of Health and Human Services benchmark (75%). In 2015, Barwon Health is hoping to set a new record.

To ensure you are up-to-date with your immunisations or if you require a booster, please contact StaffCare on ph. 4215 3220. ♥

Pictured: StaffCare Nurse Mireka and Deputy CEO Paul Cohen after having his flu shot.

Staff prepared for infectious diseases outbreak

For the past eight months, staff from the Infection Prevention Service (IPS) have worked through the task of making sure the organisation is prepared to meet the challenges posed by highly infectious viral haemorrhagic diseases such as Ebola Virus Disease.

The process has required collaboration across many areas of Barwon Health, including the Emergency Department, Clinical Education and Training, Environmental and Building Services, to name a few, to make sure key staff are identified and trained in preparation. More than 200 clinical and non-clinical staff were trained in the use of Personal Protective Equipment (PPE) and 18 registered nurses, three medical consultants and a team of environmental service staff are trained to an enhanced level of PPE.

A PROMPT document has been developed in response to each element of the State's preparedness plan, and staff are working on the development of a multi-module training video which can assist with ongoing training for all key staff.

Director of Infectious Diseases, A/Prof Eugene Athan, explained that although there is a state-wide management plan, it is the responsibility of each healthcare service to have all management processes in place, and the correct equipment for personal protection.

"We have implemented powered air respirators to ensure our staff have optimal protection, and are able to work safely and effectively, if a patient with a disease such as Ebola Virus ever presented," Eugene said.

"A huge amount of time has been, and continues to be, spent working through the complex step-by-step processes involved in managing a patient who presents with symptoms of a viral haemorrhagic disease," he added.

A working group, chaired by Dr Lucy Cuddihy, was established to lead the organisation-wide challenge.



"This has been a significant learning opportunity and thanks must go to the Infection Prevention team, A/Prof Daniel O'Brien, Dr James Pollard and Clinical Nurse Consultants Julie Heath and Penny Radalj for their efforts in working through all the processes and requirements in collaboration with some key external stakeholders. Recognition must also go to Lisa Course, Kathryn Ackland and Dr Michael Sherridan in the Emergency Department who collaborated with IPS and enabled the implementation of new equipment and procedures with the requisite training to be completed over the peak Christmas/New Year period. In addition, there were a number of other key people who contributed to ensure Barwon Health is well placed to meet the challenges posed by emerging infectious diseases," Lucy said.

For more information, contact the Infection Prevention Service on ph. 4215 2320. 💎

Pictured: Clinical Nurse Consultant Julie Heath and Emergency Department Nurse Belinda Wild.



BARWON HEALTH RECOGNISED FOR GOING SMOKEFREE

For several years, Barwon Health has focused on maintaining a smokefree environment to protect staff and clients, as well as provide support to those who wish to quit or reduce their smoking. Barwon Health offer dedicated support through StaffCare, where staff can access personalised smoking cessation assistance and support.

In recognition of these efforts, Barwon Health received an achievement award as part of the Healthy Together Victoria workplace health program. The program measures performance against four benchmarks:

Benchmark 1. The organisational culture promotes a smokefree environment through supportive leadership, employee participation and shared decision-making.

Benchmark 2. The workplace is a smokefree environment.

Benchmark 3. Resources, information and opportunities are provided to increase knowledge and skills about quitting smoking and being a smokefree environment.

Benchmark 4. The organisation engages with the wider community to support smokefree initiatives.

Participation in the Healthy Together Victoria program means Barwon Health commits to ongoing efforts to improve support for staff health.

For more information about support available for smokers, contact StaffCare on ph 4215 3220. 💎

Pictured: StaffCare's Fiona Langren and Dr Rudi Gasser.



VICTORIA'S NEW EXTENDED OUTDOOR SMOKING BANS

From 13 April, new smoking bans were implemented on the grounds of, and within four metres of an entrance to, public hospitals, registered community health centres, certain Victorian Government buildings, childcare centres, kindergartens, preschools, primary and secondary schools.

The new laws will apply to people who are at Barwon Health and as such, visitors and staff should ensure they do not smoke in the smoke-free areas. If someone is caught smoking after 13 April within the smoke-free area, they could be issued a fine by authorised officers under the *Tobacco Act 1987*.

Signs will be put at the entrance of buildings to which the new bans apply.

The bans do not apply to emergency exits that are locked to entry, or to a person:

- walking through the smoke-free area
- driving through the smoke-free area in a car
- in an area that is separated from the smoke-free area by a road
- in an outdoor dining or drinking area
- at a residential premises.

For those who are considering quitting smoking contact the Quitline on 13 78 48.

For more information, visit www.health.vic.gov.au/tobaccoreform ♦

Diabetes and driving: Accelerating the Medical Licence Review Process

The Barwon Health Diabetes Educator team at the Diabetes Referral Centre has reformed the process for Fitness to Drive Medical Licence Reviews, which are conducted by endocrinologists at the clinic.

Barwon Health Diabetes Education Nurse Unit Manager, Heather Hart, who recently presented at the International Diabetes Federation-Western Pacific Region Congress in Singapore, explained that licencing authorities require some people with diabetes who drive to undergo specialist medical review to assess their fitness to drive.

"VicRoads write to the licence holder stipulating the date by which the endocrinologist report must be received. Clinic appointments were usually fully booked, making it very difficult to provide an appointment that would meet the deadline. Patients also were often unaware of required pathology and eye testing needed to have ready for the medical review, and also required education about driver responsibilities and safe driving," Heather said.

"Driving is an important part of everyday life and the mandated reporting time and

difficulty in obtaining a timely specialist appointment was causing stress and anxiety for patients, particularly if their job depended on holding a current drivers licence."

Since the reform, patients requiring a licence review are now triaged to the diabetes educator who conducts a telephone review, explaining the requirements for the medical review, provides education about safe driving and books an appointment with the endocrinologist to complete and return the medical report by the due date.

"The new innovative approach to medical licence reviews has been achieved within current resources in response to patient needs, while meeting the national Fitness to Drive standards of a specialist medical review," Heather added.

"It has also reduced the number of clinic appointments for this service and every patient reviewed has received diabetes and driving education." ♦

Pictured: Diabetes Educator and Nurse Unit Manager Heather Hart and consumer Nick Wade discuss the new license review process.



Cultural awareness goes digital

Barwon Health's Board of Directors recently completed the organisation's Aboriginal Cultural Awareness and Employment e-learning tools, which aim to provide staff with a greater understanding of Aboriginal and Torres Strait Islander people and communities - specifically the Wathaurung community.

The tools were launched on 13 February and acknowledged the anniversary of the National Apology to Aboriginal People.

The first e-learning tool aims to develop Aboriginal cultural awareness among all Barwon Health staff, and explains protocols such as Welcome to Country, the meaning of the Aboriginal and Torres Strait Islander flags, the importance of family, cultural celebrations and ceremony.

The second e-learning tool is targeted towards managers and explains the importance of addressing the disadvantage faced by Aboriginal and Torres Strait Islander people and being a "good corporate citizen".

Board Director and Chair of the Barwon Health Reconciliation Action Plan Working Group, Marcus Dripps, said completing the e-learning tool was an important inclusion

in the organisation's Closing the Gap initiatives, and also an opportunity for the Board to demonstrate leadership.

"The e-learning tools provide an opportunity for Barwon Health to become more culturally inclusive and be recognised as a safe health service for Aboriginal people to come to," Mr Dripps said.



"Through completing the e-learning tool, the Board gained further insight into the ways Barwon Health is continuing to close the gap that currently exists in the health, employment, education and housing outcomes.

"On behalf of the Board, we are pleased to see a commitment in this area and encourage all individuals to participate in these training tools to not to only become a more culturally aware individual in the

workplace, but in the wider community," he said.

Funded by the Department of Health, the e-learning tools will be used to complement existing face-to-face Aboriginal cultural training as part of the implementation of the Barwon Health Aboriginal Employment Plan.

Barwon Health currently employs over 20 Aboriginal staff in both clinical and non-clinical roles, and through the Aboriginal Employment Plan, is working towards increasing the employment and retention of Aboriginal and Torres Strait Islander staff to one per cent of the total workforce.

Staff can participate in the Aboriginal Cultural Awareness and Employment e-learning tool by visiting The Learning Portal or contacting the Aboriginal Health Department at University Hospital Geelong. ♦

Pictured above: Staff and guests at the launch of the Aboriginal Cultural Awareness and Employment e-learning tools. Inset: Barwon Medicare Local Indigenous Health Program Officer Mick Ryan, Board Director Marcus Dripps and Aboriginal Health Officer Maree Coulson.

About Me – Important things to know



A pilot project for consumers receiving care at Barwon Health's Community Health and Rehabilitation Services commenced in June.

The 'About Me' project is based on the NSW Top 5 project and recognises consumers as the expert in managing their own life and that Barwon Health's role is to support them.

Project and Quality Manager, Megan Slattery, explained 'About Me' is designed to get conversations started between staff and consumers, and to see the person before the patient.

"Good communication can help us achieve the best possible health and wellbeing outcomes and the 'About Me' process ensures staff have a discussion

with consumers, or their carer/family, in order to personalise their care," Megan said.

"Knowing what is most important to a consumer can help staff understand their needs and provide care in a way that is most appropriate," she added.

The pilot is initially being trialled with consumers accessing a range of services including Community Palliative Care, Victorian Paediatric Rehabilitation Services, and the Inpatient Rehabilitation Centre with a view of being rolled out across the organisation later in the year.

For more information on the 'About Me', Olivera Talevski olivera.talevski@barwonhealth.org.au.



One hundred years of ANZAC

On 2 April large crowds turned out at University Hospital Geelong and The McKellar Centre to commemorate 100 years of ANZAC.

The service at University Hospital Geelong recognised nurses from the region who served, and a highlight was the unveiling of a plaque dedicated to these nurses.

Centenarian Betty Cornford, who served with the Australian Army Nursing Service during WWII, unveiled the plaque which is displayed in the garden-bed at the main

entrance of University Hospital Geelong.

At the McKellar Centre residents, patients, families, volunteers and staff gathered in Café 45 to mark the special occasion. McKellar Centre resident, Norma Lewin, was joined by her son Max Lewin, also a resident, and laid a wreath at the service.

"ANZAC Day means a lot to me because it is a time to remember my late husband; he served in WWII and was a Rat of Tobruk," Norma said.

Barwon Health would like to thank those who came to pay their respects at the commemorative services.

Lest We Forget. ♦

Pictured, left: Veterans' Liaison Officer Tyne Smith, nurse Samantha Tucker, Betty Cornford and Veteran Geoff Casey. Right: McKellar Centre residents Norma Lewin and her son Max.

Staff show bald courage

In March, several Barwon Health staff members shaved or coloured their locks when they took part in the Leukaemia Foundation's World's Greatest Shave.

'The Bald Ones' team comprised of four Patient Service Assistants who shaved their hair, with several more showing their support by colouring or waxing theirs. The team raise \$3760 for the Leukaemia Foundation thanks to the generosity of their colleagues.

Working in a hospital environment, each member of the team has been affected by cancer in some way, so taking part in the World's Greatest Shave was their way of doing what they can to help find a cure.

"It's not just leukaemia but all cancer we would like to find a cure for," said Karin Leahy, who organised the team. "This is our way of showing empathy toward the patients we deal with daily."

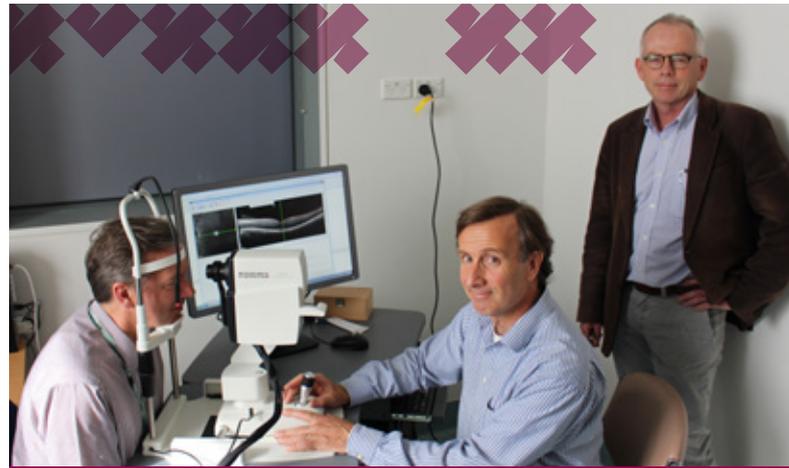
"This is our way of showing empathy toward the patients we deal with daily." – Karin Leahy

Karin, who says she is not a 'girly girl' was not daunted about losing her shoulder-length blonde hair. "Beauty is inside people; it's not what it looks like on the outside but what's inside that counts. Helping people is more important than keeping your hair," she said.

The Leukaemia Foundation's World's Greatest Shave began in 1998 and has grown to become one of Australia's biggest fundraising events. Participants get sponsored to shave or colour their hair and raise funds to support people with blood cancer.

More than 12,000 Australians will be diagnosed with leukaemia, lymphoma or myeloma this year – equivalent to 31 people every day. Money is needed to continue the search to find cures and to support families.

Pictured: Brave staff members after taking in the World's Greatest Shave after taking.



Deakin students get close look at new equipment

Barwon Health patients are benefiting from a new piece of high-tech equipment that better identifies and manages debilitating diseases of the eye. The new OCT (optical coherence tomography) machine is the result of collaboration between Barwon Health's University Hospital Geelong and Deakin University's School of Optometry.

Located in the hospital's Outpatients Department, the OCT is an infrared laser scanning machine used for early detection of macular degeneration and other serious eye conditions. The equipment allows clinicians a unique view of the structure and function of the eye with precision detail.

Macular degeneration affects one in seven people over the age of 50, with incidence increasing with age, and is responsible for nearly half of severe vision loss in Australia.

The partnership between Deakin University and Barwon Health has so far seen 141 Deakin optometry students undertake placements at Barwon Health to observe ophthalmology theatre cases and outpatient sessions. The new OCT will be used during these observational placements and will support teaching, clinical practice and research.

Foundation Director of the Optometry Program at Deakin, Professor Harrison Weisinger, said it was positive to have such a strong relationship between the two organisations.

"These placements provide our optometry students with valuable exposure to complex eye health problems, and an understanding of hospital-based health care."

Peter Watson, Deputy Chief Operating Officer at University Hospital Geelong said it was a fantastic collaboration between University Hospital Geelong and Deakin University, bringing university students, medical consultants, and the latest in technology together to deliver the best of eye care to our patients. ♦

Pictured: Craig Woods, from Deakin Optometry, gets his eyes checked by Heidelberg Engineering's Carey Hazelbank, as Director of Ophthalmology at Barwon Health Ben Clark watches on.





Supporting young carers

The Barwon Health Carer Respite Program supports carers from all age groups and backgrounds to have time out from their caring role and look after themselves.

An area of focus for the Carer Respite Program is the Young Carer and Family Support Service which helps young carers aged between 8-20 years.

Young Carer and Family Support Worker, Elizabeth McCracken, explains the program supports young carers to stay in school, as well as take time out for their own needs.

“This may include referrals to services that provide ongoing support, such as homecare and personal care, counselling or mentor programs or it may be linking young people to youth groups and agencies; places they can receive material aid with school books and uniforms and liaising with schools to develop understanding of the caring situation,” Elizabeth said.

“Young carers are supported by Barwon Health to apply for scholarships and participate in peer and family events, and encouraged to access National Disability Insurance Agency services, if appropriate. Community education is another component of the program.”

“The Carer Respite Program acknowledges the contribution young carers make, as well as their need to participate in education and have some time to just be kids.”

Young carer and Barwon Health client, Caity Lomas, has been a carer for most of her life, but to a greater extent since her mother developed arthritis in her hands and feet.

The 15-year-old from Barwon Heads was also a carer for her father, Graham, until he passed away in March 2015.

Caity's father Graham had several medical conditions and was a private person, who preferred family to support him with everyday tasks.

“It made me happy to provide care to him, so he could live a life that was meaningful and to help him to access simple pleasures, such as going out for coffee. These are things which many of us take for granted,” Caity said.

Through the Young Carer and Family Support Program, Caity has participated in several peer and family inclusion activities, made new friends and is taking part in a community arts project.

Elizabeth explains that Caity was referred to Barwon Health by her school, who also recognised her potential to positively

influence others by her caring attitude and ability to turn negative situations into encouraging realisations, that she can share.

“Caity has the capacity to become a compassionate community leader and we're very proud of her achievements and that we have been able to support her on her journey as a young carer,” Elizabeth said.

In March 2015, Caity was announced the recipient of the Young Carers Impetus Youth Award, hosted by the City of Greater Geelong. ♦

“It made me happy to provide care to him, so he could live a life that was meaningful and to help him to access simple pleasures, such as going out for coffee. These are things which many of us take for granted,”

– Caity Lomas

Pictured: Young carer Caity Lomas pictured with Barwon Health Young Carer and Family Support Officer, Elizabeth McCracken.



Staff acknowledgements

The Service Reform and Innovation (SRI) Unit has changed its name to the **Health Innovation and Projects (HIP)** Office and was launched recently at an all staff forum. The unit welcomes new Director **Alison Smith** who will guide the Health Innovation and Project Office over the next 12 months to commence delivering enhancements to continuously improve Barwon Health.

After more than 17 years, **Debbie Schulz** made the decision to leave Barwon Health. The former Director of Allied Health resigned in early April to take up a new position at another health service. Debbie commenced with Barwon Health in 1997 as Chief Physiotherapist at Geelong Hospital and since then has held a number of positions in Allied Health and Education and Training. Barwon Health wishes Debbie all the best in her new role and extends its thanks for her service.

Sue Riches has been appointed as the Barwon South Western Regional Integrated Cancer Service (BSWRICS) Program Manager. Sue joins Barwon Health and the BSWRICS team after a long association with Barwon Medicare Local, and its forerunner, the GP Association of Geelong. With experience working across multiple health sector areas, management roles in the primary health sector and extensive experience in project management, Sue's skills and abilities will be an asset not only to BSWRICS but to Barwon Health as a whole.

The 2015 Ironman 70.3 event was held on the Geelong Waterfront on 8 February 2015. The Iron Sisters team, comprising of Barwon Health's **Rebecca Plant**, **Alisha Douglas** and **Katherine Frick** took up the relay challenge of the 1.9km swim, 90km cycle, 21.1km run respectively, taking out first place in their category with a time of 5 hours, 10 minutes and 53 seconds. Congratulations to these committed and health-conscious colleagues!

Congratulations to **Rosie Simmonds**, Nurse Practitioner, Home Haemodialysis Training Unit and the **Swanston Centre Acute Unit Team** who took out the individual and team Barwon Health Nursing Excellence Award (in memory of Leslie Oliver Downer) at Barwon Health's International Nurses Day celebration in May. Congratulations also to **Kam Benton** who was the recipient of the Marjory Taylor Fellowship Award.



Pictured: Staff from the Health Innovation and Projects (HIP) Office.

FALLS AWARENESS WEEK 2015

The 2015 Falls Awareness Week was held from March 31 to April 2. This year the staff focused on engaging the community, particularly members of Probus Clubs, with information to help them stay on their feet in and around their home.

The annual staff falls awareness competition attracted high quality entries which were judged by consumer representatives Elizabeth Thomas and Lorraine Mason. There were three equal winners of the competition; Alan David Lodge - Transition Care Program (TCP), Physiotherapy Department and BW6/RAPU. This year also saw the introduction of a People's Choice Award with the inaugural winner being the Physiotherapy Department.

Workforce Safety conducted a competition on the risk of falls and the impact of falls to the workplace. More than 300 staff responded to questions relating to the information provided on posters displayed in work areas. BW6 were the winners of this competition with special commendations to HW3, Blakiston, Adzen, BW5 and HW7. ♦



VENDING MACHINES DISPENSE HEALTHY SNACKS

As part of the Healthy Eating Strategy at Barwon Health, food vending machines at University Hospital Geelong and The McKellar Centre have had healthy make-overs.

Vending machines are now stocked with a healthier range of foods and include the healthy choices traffic light matrix categorise how healthy each snack is.

Manager of Food Services, Scott Hughes, has worked closely with Smiths and Coca Cola to get the healthier vending machines in place.

"Some of the new food items available in the vending machines include fruit and nut mixes, popcorn, fruits in juice, and tuna snack packs. We are glad to be able to offer there healthier snack options to staff and visitors around the clock," Scott said.



Pictured: Café 45 Manager Mel with the new and improved healthy options vending machines.

Supporting smooth transitions for young people

Barwon Health's Transition Service provides the bridge between paediatric health services and adult health services. The service supports young people aged 16 to 25 living in the Barwon South West region, with complex medical conditions and disability, to negotiate the move from their familiar paediatric health settings into the unfamiliar world of adult health.

The Transition Service aims to help the young person develop independence and responsibility for their own healthcare by focusing on skills in communication, decision-making, assertiveness and deciding their future direction.

The interdisciplinary team consists of a coordinator, rehabilitation consultant, physiotherapist, occupational therapist, speech pathologist, social worker and consultant neuropsychologist.

Sally Nepean, Transition Service Coordinator, explained that the team provides support to parents and carers throughout the transition process.

"For those not able to participate themselves, the focus is on supporting families through the transition process. The Transition Service works with the young person and their family to help navigate the doorway to, and journey with, the National Disability Insurance Agency (NDIA)," Sally said.



PAUL'S STORY

Paul was referred to the Transition Service by his General Practitioner at the age of 17. Paul's medical history included a background of autism, epilepsy and cerebral palsy. He was managing well at school and was to complete his studies in 2014. Paul was keen to become more independent including managing his own health care, enrolling in university, obtaining his learners permit and securing a part-time job. Paul's parents were concerned about how he would manage from a cognitive, physical and social perspective. They had taken care of all his needs for such a long time.

The Transition Service worked closely with Paul and his parents. The first step was for Paul to undertake a neuropsychology assessment to determine his ability to take on these life roles. The team were able to reassure Paul's parents that he

could achieve his set goals and supported them in the process of 'letting go'.

Over the following six months the Transition Service supported Paul in obtaining his own Health Care and Medicare cards, attending university open days, linking with the Deakin University Disability Resource Centre, getting his Learners Permit and undertaking driving lessons with an occupational therapist. Throughout this time Paul participated in structured interview and communication skills training resulting in him securing his first part-time job.

To find out more about the Transition Service please phone 4215 5314 (Thurs, Fri).



Pictured: Transition Service Coordinator Sally Nepean is part of an interdisciplinary team that provides the bridge between paediatric and adult health services.



DIALYSIS STAFF GET SERIOUS ABOUT GIVING

Each week over 27,000 blood donations are needed to help people in Australia including those with cancer, those needing surgery, burns victims, premature babies, mums-to-be and many others.

As a Club Red corporate member, Barwon Health is supporting the Red Cross Blood Service in encouraging staff to roll up their sleeves and help save lives through the gift of blood.

Group donations are a great way to boost the Blood Service reserves and to enjoy the team benefits of giving together. Sharon Pitchford and her

colleagues Jayne Fox and Jenny Robe from the Kardinia Dialysis Unit will vouch for that, aiming to make this a regular outing.

For more information about how to give blood as a group visit www.donateblood.com.au or call 13 95 96. Or just call in to the Geelong Blood Donor Centre, 237 Ryrie Street Geelong and mention you are from Barwon Health. ♥

Pictured: Dialysis staff Ben Wentworth, Jayne Fox, Sharon Pitchford and Jenny Robe.

Celebrating our volunteers

When planning for National Volunteer Week celebrations in May, Barwon Health decided one week simply was not long enough to recognise our region's significant volunteer contribution.

It was therefore fitting that the new Volunteer Health and Wellness Program was launched at the annual Volunteers Awards Breakfast at Truffleduck.

The program is designed to provide our volunteers with an opportunity to improve their own physical, mental, and spiritual health over a three-month period. Each of these opportunities comes with a responsibility for volunteers to share their new skills and knowledge with their friends, family and community to join Barwon Health's quest to improve the health and wellbeing of the Barwon South West region.

To kick start the program, volunteers from across the Barwon South West region were invited to attend a free healthy living forum in June. This session covered topics such as general health awareness,



bowel scan, stroke prevention, self-care in volunteering and Advance Care Planning.

Always a highlight on the volunteers' social calendar, the Volunteers Awards Breakfast played host to more than 165 volunteers and featured the announcement of the 2015 Volunteer Life Member Inductees and Long Service Award Recipients. ♦

Pictured: Congratulations to new life membership inductees: Carmel Howes, Marli Thomas, Betty Murphy, Ian Diamond, Bernie Santospirito, Joy Marshall and Beryl Price.

KID'S WARD CARE PACKS GO NATIONAL

In collaboration with Cotton On Kids, Volunteer Services delivered new and improved kids care packs to patients aged between 0-11 years on the children's ward at University Hospital Geelong.



The April delivery was one of many since the program went national and was rolled out to other hospitals around Australia by Cotton On Kids.

The kids care packs include activity and comfort items, decrease boredom and provide parents with an added opportunity to interact with their child while in hospital.

Jodi Lammers, Volunteer and Community Partnerships Coordinator, said it was exciting to see Barwon Health continue to develop its partnership with the Cotton On Foundation and Cotton On Kids.

"We are proud to have been able to support Cotton On Kids in the roll out of their care packs at other health services in Australia. Evaluations of the care packs at Barwon Health have been very positive and children and parents both appreciate the gesture," Jodi said. ♦

Pictured: Luke receives a Kids Care Pack hand delivered by staff from Cotton On Kids.



Ron sets off on retirement

In late February, Volunteer Services announced the retirement of Support Officer Ron Douch.

Ron joined Barwon Health in 2002 as a volunteer driver and was then recruited as a member of staff in 2005.

As a respected and admired member of the Volunteer Services team, Ron will be missed from the office however the team is looks forward to visiting Ron and his wife Hazel.

Director of Volunteer Services, Zoe Waters, praised Ron's commitment and dedication to Barwon Health.

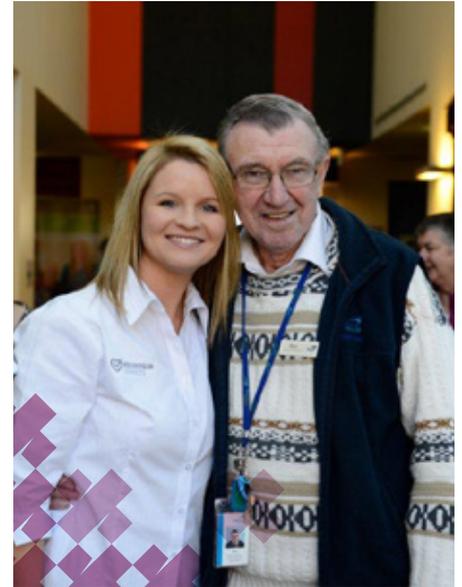
"Ron has faced a number of health challenges over the last few years

however has remained resilient and devoted to his position. Ron did not come to this decision lightly however his recent ill health has meant that he will now focus on keeping well and resting," Zoe said.

"It would be unforgivable of me not to mention that although Ron has been unwell of late, his cheeky personality and wicked wit have not wilted whatsoever and he is in good spirits."

"On behalf of Volunteer Services, we sincerely thank Ron for all his support, passion and loyalty over the past 13 years. Ron will be sorely missed from the Volunteer Services office!" ♦

Pictured: Ron Douch.



A WARM WELCOME FROM VOLUNTEER SERVICES

Volunteer Services is pleased to introduce its newest staff member, Sally Wiltshire.

Sally is the new Volunteer Services Administrator and her role will help streamline the department to ensure it is providing the best support and coordination for volunteers.

Sally has previous experience working in the health sector in community-based allied health, as well as a background in Occupational Health and Safety.

Sally is very excited to be joining Barwon Health and Volunteer Services.

"It is great to join such a committed team and I am sure that with the guidance of our volunteer team leader and coordinators, my role as administrator will become familiar to colleagues as well as our volunteers as a first point of contact into Volunteer Services," Sally said. ♦

Pictured: Sally Wiltshire.

THE CONSUMER VOICE IN CORNERSTONE DOCUMENT

More than 20 Barwon Health volunteer consumer representatives contributed their time and expertise to planning processes for the development of the 2015-2020 Barwon Health Strategic Plan – the cornerstone document which will set the direction of the organisation for the next five years.

Eight directorate planning sessions held in September and October 2014 each included two to three consumer representatives, and two early drafts of the plan were consumer-reviewed through the WISE (Written Information Suitability Evaluation) program.

The role of the participating consumer representatives was to identify, and advocate for, the consumer perspective across each sector of the organisation; providing a broad view on the issues and challenges which impact upon the experience of patients, carers and families to help ensure our consumers are at the centre of our service now and into the future. ♦



#ProjectLove in focus

New project set to make way for vital work

In our region, 2,400 people are diagnosed with cancer each year and 197 people are treated in the Andrew Love Cancer Centre Chemotherapy Day Ward each week, in addition to 600 medical outpatient appointments.

Each patient, however, is an individual, with an individual treatment plan and chemotherapy made especially for them by the ALCC Pharmacy.

- Did you know that the Andrew Love Cancer Centre Oncology Pharmacy manufactures all of the chemotherapy for Barwon Health and other cancer treatment facilities in the Geelong region?
- Did you know that each of our patients is treated with an individually designed treatment plan including chemotherapy made especially for them by the Oncology Pharmacy?

This pharmacy supplies over 16,500 products per year for patients treated at Barwon Health and since 2010, the number of items prepared and supplied by the ALCC Pharmacy to Barwon Health patients has increased by more than 80%.

To keep up with the increase demand, the pharmacy needs expanding to ensure each patient receives the best individual treatment possible. The redevelopment will feature more space and updated equipment to provide clinicians and



pharmacists with the best facilities possible for this very important work.

Additionally, the current Chemotherapy Day Ward needs expanding and updating to ensure patients receive their treatment in the most comfortable environment at a very stressful time.

Our pharmacists carry out vital life-saving work every day and this new project will ensure they have the facilities to accommodate this important work.

The project will include a new dispensary outlet allowing cancer patient to receive

the counselling and information direct from the pharmacists within the centre, to ensure they fully understand the medication they are prescribed. It will also provide a better flow of access for Chemotherapy Day Ward staff to collect and administer lifesaving chemotherapy.

◆
Pictured, top: Patient Molly McIntosh receiving treatment in the Day Ward. Below: The Chemotherapy Day Ward and Pharmacy are both vital areas for the care of patients with cancer.





Worksafe golfers tee off #ProjectLove

The Victorian Work Cover Authority helped launch the fundraising campaign for #ProjectLove with their annual Eric Young Memorial Golf Day.

More than 100 golfers teed off at Torquay's RACV Golf Club in mid-March to raise funds for the new project supporting the Andrew Love Cancer Centre (ALCC) at University Hospital Geelong.

The total raised on the day was \$20,000, well and truly exceeding the original target set of \$10,000. The funds raised through the event will go towards the purchase of chemotherapy treatment pods as part of the redevelopment of the Day Ward at ALCC.

Event organiser, Tony Cockerell, said he was proud of what was achieved and grateful for the overwhelming support from local businesses and individuals.

"We really didn't know what to expect so to achieve this total allowing us to fund two chemo stations in the redevelopment is really satisfying, as we know how much our community is touched by cancer," Tony said. ♥

Pictured: Winning team from Surfcoast Times with Barwon Health Foundation Executive Director Jill Moodie.



NAB STAFF CHARITY LUNCH RAISES \$33,000 FOR #PROJECTLOVE

The annual NAB Charity Luncheon was again a major success this year raising close to \$100,000 for local charities.

The Barwon Health Foundation was again selected as one of the beneficiaries of the fundraising event with \$33,000 going towards #ProjectLove – the redevelopment of the Chemotherapy Day Ward and Oncology Pharmacy at Andrew Love Cancer Centre.

Guest speaker and celebrity trainer Michelle Bridges ensured the event was once again a sell-out, with MC Billy Brownless adding to the fun of the day. ♥

Pictured: NAB staff present Barwon Health Foundation Executive Director Jill Moodie with a cheque.



GEELONG HARLEY DAVIDSON CANCER RUN RAISES \$19,000 FOR #PROJECTLOVE

Riders from around the region came together to support Barwon Health's Andrew Love Cancer Centre (ALCC) with their inaugural Geelong Harley Davidson Cancer Run on Sunday, 15 March.

A contingent of riders began at Deakin University's Waurn Ponds Campus, riding through Deans Marsh to Lorne, before ending at the Anglesea foreshore with family entertainment, activities and BBQ.

The event raised a total of \$19,000 for #ProjectLove – Redevelopment of the Chemotherapy Day Ward and Oncology Pharmacy at the Andrew Love Cancer Centre at University Hospital Geelong.

Geelong Harley Davidson Manager Dave O'Brien said the event was his chance to do something for the community, as many of his fellow riders have battled the illness.

"I just want to do as much as I can, especially for the Andrew Love Cancer Centre, as I know a few guys who were part of this event that have spent a lot of time being treated at the centre, so it really means something to us to support it," David said.

Geelong Harley Davidson have been strong supporters of ALCC in the past with their Brown Ribbon Ride event that raised funds for Prostate Cancer treatment. ♥

Five minutes of Joy

Cover star Joy is one of the most recognisable faces at Barwon Health, having worked for the organisation for more than 40 years. She is known for constantly bringing a smile and laugh to the faces of her patients and her colleagues in the ALCC Chemotherapy Day Ward.

How long have you worked at ALCC?

I have worked at Andrew Love for 21 years and prior to that, I worked in Stomal Therapy, the School of Nursing, Outpatients and general nursing. I've been with Barwon Health for 42 years.

How did you come about working at ALCC?

I always had an interest in oncology and a position became available at a time when I felt I had matured in my nursing and had a better understanding of life to be able to care for patients going through such a hard time.

What do you enjoy most about your job?

1. The patients and interaction. We might not always be able to cure them but we can help them through and ease the burden.
2. The team, we have a great team, we have really good fun with each other.

Other than your family, what is something you can't live without?

Good wine and a cheese platter! I love funny people and people who are fun to be around.



If you could have dinner with anyone who would it be?

Robin Williams

What is your favourite #love story?

The Notebook

Have you ever had a brush with fame?

The Queen and Prince Phillip said hello to me at the Windsor Horse Show at Windsor Palace on my honeymoon. Prince Phillip was driving the Phaeton.

What is your guilty pleasure?

Coffee and cake – especially lemon meringue pie. 💖



UPCOMING EVENTS FOR 2015

Light up the Green

Thursday, 2 July
Simonds Stadium

Catwalk for Cancer

Sunday 11 October
The Pier Geelong

Run Geelong

Sunday, 22 November



ANDREW LOVE CANCER CENTRE STAFF SPREAD THE #LOVE AT GEELONG CATS SEASON LAUNCH

Thank you to staff from the Andrew Love Cancer Centre who volunteered their time to spread the #love at the Geelong Cats Season Launch.

Staff passed out bumper stickers and #ProjectLove stickers to spread the word about the new Barwon Health Foundation Project. 💖

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