

# Auricle

EDITION 2 / 2018



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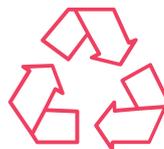
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## Fun facts

In the 2016/17 financial year, the Barwon Health waste management team:



**RECYCLED**  
**467 TONNES**  
OF USED  
MATERIALS

**DISPOSED**  
**526 TONNES**  
OF LANDFILL  
WASTE



**DISPOSED**  
**217 TONNES**  
OF CLINICAL  
WASTE

**INCREASED**  
**RECYCLING BY**  
**ALMOST 400**  
**TONNES**  
COMPARED  
TO 2008-09



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## Message from the CEO

*It would be an understatement to say we've had a busy few months at Barwon Health. Things can change so quickly in this industry and it's often a welcome challenge to adjust when funding announcements present new opportunities for our healthcare service.*

Geelong Private Hospital's closure has created several of these opportunities for our organisation and it's pleasing that we have been able to fill many vacancies, even creating new jobs, to support Healthscope's retrenched staff. We have worked with the State Government to scope out the viability of converting the former Geelong Private into a dedicated women's and children's hospital, which presents a truly exciting possibility for Geelong and our region, as it will hopefully result in being able to keep patients closer to home.

In the weeks before this announcement, we enjoyed a visit from Premier Daniel Andrews, who met with Emergency Department (ED) and Mental Health, Drugs and Alcohol Service (MHDAS) staff to speak about the funding announced in this year's state budget. The government's contribution will see development for the ED Mental Health Crisis Hub commence later this year. This visit was an excellent opportunity to show the Premier how our busy ED functions and works with the Short Stay Unit and MHDAS.

It's exciting to see positive feedback come in for our newly created Transit Lounge, which was launched in May to relieve congestion in the hospital. This new facility will improve patient flow and help patients experience a smooth discharge from care on a ward.

Also in May, it was a real pleasure to celebrate International Nurses Day and International Day of the Midwife. Our nursing and midwifery staff are a true inspiration of what can be done and that we each have the ability to make people's lives better. I would

**It's exciting to see positive feedback come in for our newly created Transit Lounge, which was launched in May to relieve congestion in the hospital.**

like to thank all of our nurses and midwives for the vital role they play in caring for our community and I congratulate the nominees and winners of the Nursing and Midwifery Excellence Awards and the Leslie Oliver Downer Award.

I'd like to thank everyone for their patience and co-operation as we've undergone several IT upgrades, including BossNet and Synapse. These can be intrusive to our workflow but thankfully no major issues have resulted from the planned outages and I know our information technology team will continue to minimise the disruption of these necessary upgrades when they are required.

As busy as the first half of the year has been, there is much to look forward to in the second half, including construction progress at Barwon Health North, the release of our annual report, Research Week, our cafeteria and main entrance refurbishment, and other exciting projects you'll notice around our sites.

**Professor Ruth Salom  
CEO**

## TRANSIT LOUNGE OPENS FOR ACUTE PATIENTS

*University Hospital Geelong's new Transit Lounge opened on 14 May to provide patients a safer and more comfortable discharge from acute care.*

The Lounge is conveniently located near the hospital entrance to help organise transport, medication or any equipment necessary, assisting appropriate bed utilisation and improving access to acute beds.

The Transit Lounge has capacity for nine patients and operates between 8am and 4.30pm, Monday to Friday.

A PSA provides patient support functions and transport, while Volunteer Services are on hand to provide comfort and companionship to patients.

*Patient Gordon Boddy enjoying a cup of tea in the Transit Lounge while waiting for his transport to the McKellar Centre to undergo rehab following surgery, with PSA Fiona Grech and volunteer Liz McKenna.*





# A brighter future for Lesley, brick by brick

*Lesley has been recovering from a serious injury since March 2016.*

*After a fall two years ago caused a serious head injury, Geelong three-year-old Lesley is getting back on track with the Victorian Paediatric Rehabilitation Service (VPRS).*

At 18-months, Lesley and her mum Andie were at home playing on the couch when a fly screen gave way and Lesley fell three metres to the concrete below.

Andie said the traumatic event had changed their life. "It was by far the worst day of my life," she said.

"Lesley sustained serious head injuries and we didn't know if she was going to make it. The stress of going through her recovery put a large strain on our family.

"However, as time has passed it has made us into a much stronger family unit."

Lesley was placed in an induced coma before being flown by helicopter to Melbourne for two months before starting her recovery and rehabilitation back home in Geelong.

Andie said she didn't know where her family would be without support and rehabilitation treatment close to home in Geelong.

"The VPRS team has supported us through our journey at home after Lesley's accident. It provides information and guidance when we are faced with any ongoing rehabilitation issues we may have," she said.

"After her accident she was unable to support her own head - now she's running circles around us.

"She's vibrant and full of life. We know there may be some ongoing issues but we face these obstacles with positivity and hope."

She said the Barwon Health Foundation's Kids Appeal was an exciting start to opening a rehabilitation centre specifically for children.

"We are so lucky in Geelong to have the VPRS, but having a kids-only facility will enable Lesley to feel comfortable in her surroundings," she said.

"It will allow her to run amok in a safe way, without our anxiety that she'll interrupt the rehabilitation of other clients of the McKellar Centre.

"You never think anything will happen to your family - it's always someone else, but sometimes it is you, and to know this team is there to help your child reach their full potential in a fun way is just one of the best things about Geelong."

The Barwon Health Foundation recently launched the Bricks4Kids campaign to raise funds for the Kids Appeal.

By purchasing a brick or donating at [www.bricks4kids.org.au](http://www.bricks4kids.org.au), you can help reach the goal of raising \$3.6 million for the brand new rehabilitation centre.

## PREMIER TOURS SITE OF NEW MENTAL HEALTH HUB

Barwon Health has welcomed State Government funding for an Emergency Department crisis hub, which will help address the growing demand for specialist services that care for mental health and drug and alcohol-affected patients.

This will help us achieve our goal of providing the right care in the right place at the right time.

Premier Daniel Andrews visited University Hospital Geelong on 11 May to meet with specialist staff who will use the new Emergency Department crisis hub

Barwon Health is one of six sites across the state to share in the \$100.4m investment. The other crisis hubs will be established at Monash Medical Centre, St Vincent's, Royal Melbourne Hospital, Sunshine and Frankston hospitals.

Data reveals an average of 274 people per month present at our Emergency Department with a mental health condition - an increase of 47 per cent since 2013/14.

A/Prof Steve Moylan looks at plans for the new mental health crisis hub with Premier Daniel Andrews.



Nadia Korpak celebrates 40 years with Barwon Health as a housekeeper at Kitchener House.

## Four decades of housekeeping

**Nadia Korpak has celebrated a 40 year milestone as a housekeeper at Barwon Health's Kitchener House.**

She said after so long, the building had become like a second home to her.

"In 1978, I started filling in as a domestic assistant cleaning the nurses' and sisters' rooms at Kitchener House," she said.

"I'd prepare supper for nurses, look after them, lock up and check fire escapes, so there was a lot of things involved."

Nadia said her work changed over the years as nurses were replaced with Deakin University students and later visiting clinicians.

"They started putting students in here, so we were supervising them, making sure they weren't running around the corridors with a fire extinguisher, for example," she said.

"We had no security at one stage, so if we had a problem with a visitor, I'd call the sister-in-charge and she'd send out an orderly to help.

"In 1997, Deakin moved out and so we had visiting doctors and other medical students staying here."

She said spending so much time around young people kept her feeling young, but she had also cared for a lot of them beyond her duties.

"I had to be a mum to some of them and help them with their problems, with a lot of them being away from home or being unwell.

"I've enjoyed the whole thing because I've met so many people from all around the world. China, India, Europe, Brazil - I've met lots of people and lots of nurses.

**"I enjoy the company and enjoy learning a lot about the different cultures."**

"I enjoy the company and enjoy learning a lot about the different cultures.

"I learnt to understand people better because people are the same, basically.

"They might be a different colour or religion or nationality, but they basically all have the same needs and they're lovely people."

# Celebrating Reconciliation Week 2018



Koorie Workforce Officer Sharelle McGuirk and Aboriginal Health Liaison Officer Mick Ryan taste the scones, baked with native wattle seed, after the event.

*The key theme for Barwon Health's National Reconciliation Week this year was Don't Keep History a Mystery: Learn, Share, Grow.*

Aboriginal staff member Sharelle McGuirk gave the keynote message on 30 May and reflected on the history of place, connections to land, culture and spirit, while also providing a timeline and history of the Wathaurong Aboriginal Co-operative.

"National Reconciliation Week is a time for all Australians to come together, celebrate and reflect on our shared history," she said.

"It's also about how all Australians can listen, learn, value and respect the contributions Aboriginal and Torres Strait Islander people have and continue to make to this country."

Barwon Health's Reconciliation Week celebration commenced with a Welcome to Country by Traditional Owner, Corrina Eccles, followed by a keynote address highlighting the history of Wathaurong, William Buckley and Aboriginal Health at Barwon Health.

At the conclusion of the celebration, staff and visitors enjoyed specially-prepared wattle seed scones. Baked on premises in the cafeteria for the first time, wattle seed

**"National Reconciliation Week is a time for all Australians to come together, celebrate and reflect on our shared history."**

scones may become a regular addition on Barwon Health's menu. Traditionally used by Aboriginal people to make 'bush bread', wattle seed is widely known and still used today in bread, chocolate, beer and ice cream.

Later this year, Wathaurong will celebrate 40 years servicing the local Aboriginal community, assisting families, supporting young people, promoting and maintaining cultural heritage, providing health services all based on the premise of self-determination.



Oncology nurses Pieta Rissman and Jinara Schmidt with Isabelle Lewis, after her generous donation.

## CASH FOR CURLS

The Barwon Health Foundation welcomed Isabelle Lewis and her family to University Hospital Geelong to hand over her cheque for \$5320 for the Baxter 6 Haematology Ward.

Isabelle did an amazing job to raise her money by cutting off her beautiful hair in loving memory of her family-friend Simon Panter.

Simon was a patient of Barwon Health during

his cancer treatment and sadly lost his fight in February 2018.

Isabelle wanted to raise funds and awareness by cutting her hair for the staff that took care of Simon throughout his treatment.

She also donated her hair to a company that makes wigs for people undergoing chemotherapy treatment.

## AIDET VIDEO TRAINING

*Clinical education co-ordinators from multiple disciplines, along with Allied Health Clinical Education and Training, have produced four short videos on AIDET to improve professional communication.*

Standing for Acknowledge, Introduce, Duration, Explanation, Thank you, AIDET is a recognised international tool promoting consistency of communication. It aims to inform consumers and allows an opportunity for consumers to ask questions, which ultimately reduces their anxiety about the unknown. AIDET can be used across all professions, teams and sites.

To promote how AIDET can be used by any discipline in any situation, Public Affairs and Communications has filmed a single patient experience as they travel through the health service. 'Bill', played by one of our volunteer actors, Stuart, was filmed talking with pharmacy during his acute admission, meeting his nurse while he is at the Inpatient Rehabilitation Centre, having an outpatient X-ray at BMI, and a community dietetics appointment.

The videos will be used to enhance student learning via an education package focusing on professional communications skills. The package will be available to all students who attend a clinical placement at Barwon Health via the Barwon Health Student Orientation website. The videos will also be shown as part of the Interprofessional Education Communication Workshops.



*Pharmacist Emily O'Halloran with patient actor Stuart, filmed by Greg Ho from Public Affairs.*



*Professor Trisha Dunning*

*A person with diabetes dies every six seconds. Diabetes is also the leading cause of death in Australia, making it an Australian health priority.*

Caring for people with diabetes becomes increasingly complex as they grow older and develop complications. Palliative care can improve comfort and quality of life, especially if it is implemented early, but starting palliative care does not mean the person is at the end of their life.

Many older people with diabetes have not documented their Medical Treatment Decision Maker, their values and preferences or their Advance Care Directive (ACD), which means families and clinicians may not know the individual's preferences when they have to make care decisions in urgent stressful situations.

Professor Trisha Dunning, Deakin University's Chair in Nursing and Director Centre for Quality and Patient Safety Research Barwon Health Partnership, was part of the team behind developing and evaluating three information booklets tailored for older people with diabetes, family carers and clinicians to help them recognise "the right time" to begin discussing palliative and end-of-life care.

*Helping older people with diabetes develop advance care plans*

The suite of booklets draws on and is consistent with the Victorian *Medical Treatment Planning and Decisions Act* (2016), which became law on 12 March. The information will help clinicians, older people with diabetes and families understand the Act, when and how to start discussing these issues with older people with diabetes and how to develop an ACD.

The booklets were officially launched by Associate Professor Charlie Corke during a Barwon Health seminar about palliative and end of life care for older people with diabetes on 28 June. Researchers hope the information will soon be made available on the Australian Disease Management Association (ADMA) online clearing house.

**Caring for people with diabetes becomes increasingly complex as they grow older and develop complications.**

For more information about the project or to request copies of the information, please contact Professor Trisha Dunning at [tridun@barwonhealth.org.au](mailto:tridun@barwonhealth.org.au) or Susan Streat at [susandab@barwonhealth.org.au](mailto:susandab@barwonhealth.org.au).



# Midwives celebrate with maternity fundraiser

Barwon Health midwives dressed up for a bike ride on International Day of the Midwife, raising \$6000 for maternity services.

*Barwon Health midwives and maternity staff have raised more than \$6000 to improve their services at University Hospital Geelong.*

International Day of the Midwife on 5 May put the spotlight on the difference midwives make to the lives of expectant mothers across the world.

To celebrate and highlight the day, Barwon Health midwives raised money for maternity services through a cake sale and Call The Midwife-themed bike ride.

Event organiser and midwife Sarah Forrester said staff were proud of the occupation's history and impact to families around the world.

"Midwifery is a broad and varied role and is often not without its challenges," she said.

"Most of the reasons we love being midwives are certainly not for the money or for

adoration or glory... but it is often for reasons that benefit women and families, such as promoting women's choices, offering women centred holistic care, making a positive difference to their health and wellbeing, and being a part of the most important moment of many people's lives.

**"Most of the reasons we love being midwives are certainly not for the money or for adoration or glory..."**

"Our fundraising will continue throughout the years to enable midwives to continue supporting women and babies with state-of-the-art equipment, facilities and training."

## WORLD-FIRST STUDY FOR KNEE ARTHRITIS

BMI, University Hospital Geelong's Medical Imaging Department, is undertaking a world-first randomised controlled study (RCT) to investigate a new treatment technique for people with early-stage knee osteoarthritis.

Led by interventional radiologist Dr Steve Landers, the study investigates whether blocking abnormal blood vessels around the knee (microembolisation) improves pain and function.

Participants in the study have a thin catheter inserted into a blood vessel in the groin, which is passed down to the knee. Abnormal blood vessels are identified with angiography and blocked with tiny particles released from the catheter.

Participants in the control group receive a mock intervention that looks and feels like the real intervention, but no microembolisation is performed.

Dr Landers said traditional treatments weren't always effective with people suffering substantial pain and disability from knee osteoarthritis.

"Evidence from Japan indicates that people who undergo microembolisation experience large improvements in pain and function," he said.

"Our RCT uses advanced research methods to determine if these results can be reproduced in Australia – we want to know why people report these improvements."

The study is endorsed by the Royal Australian and New Zealand College of Radiologists, which provided Dr Landers with a grant to help fund the study.



Interventional radiologist Dr Steve Landers is leading a world-first study.



Clinical nurse educator Carley Harper leads an Emergency Department simulation with Alana Cuell (Geelong Baptist College), Chloe Grcic (Clonard College), Isabelle Fox, Emily Molloy (both Sacred Heart College) and Katie Gdak (Clonard College).

## Work experience gives students a view behind the curtain

The first week of the Careers in Health work experience program ran at Barwon Health in early May.

Twenty secondary school students participated in the week-long immersive program, which offers exposure to clinicians and educators from a broad range of clinical occupations to promote learning opportunities relevant to healthcare.

Clinicians from areas including acute, aged care, rehabilitation and community health, showcased their professions to year 10 students from 14 schools in the Geelong and Bellarine region.

The students participated in simulated activities, including scrubbing for theatre and performing removal of melanomas, resuscitation, assessment of feet and bandaging, identifying structures and anomalies on medical imaging.

The students meet and interact with many health professionals over the week and participate in activities that would be part of a working day.

The program recognises that workplace learning activities assist in providing insight into the health industry, and may support students considering pursuing a career in health to make informed decisions about their future.

Careers in Health is supported by the Geelong Learning and Employment Network and co-ordinated by Barwon Health Clinical Education and Training.

## JOURNAL ARTICLE HELPS SECURE RESEARCH FUNDING

*A Barwon Health journal article has helped secure \$3 million of combined state and federal funding to control the rise of Buruli ulcer in Victoria.*

The report, which highlighted the need for greater research, showed cases of the disease had increased by 400 per cent in Victoria since 2014.

Barwon Health infectious diseases specialist A/Prof Daniel O'Brien said the new investment would help reverse the rate of the disease.

"We don't know exactly where the organism lives and how it's transmitted.

This is a chance to try to perform some vital research," he said.

Barwon Health researchers will be joined by the University of Melbourne, Mornington Peninsula Shire and public health experts from the Department of Health and Human Services, looking into how the bacterial infection is transferred from the environment to humans.

Buruli ulcer is a skin disease caused by the bacterium *Mycobacterium ulcerans*. These bacteria are found naturally in the environment. It is not known how humans become infected, although it is thought that mosquitoes may have a role in transmitting the infection.



*Prof Eugene Athan, Prof Tim Stinear from University of Melbourne and A/Prof Dan O'Brien at the funding announcement at Melbourne University.*

## Nursing Excellence Awards

*Enrolled nurse Tracy Lanyon has been recognised with an award for her caring and dedicated approach to aged care over many years.*

Coinciding with International Nurses Day in May, Tracy was awarded the Leslie Oliver Downer Award for nursing excellence, while the team award went to interprofessional facilitators in maternity services, Sarah Brooks, Jennifer Darcy and Hollie Callahan.

Tracy has been with Barwon Health for 16 years, including 10 years at Alan David Lodge, working in high level care and transitional care.

"The award was a bit of a shock when it happened," she said.

"I think we all do a really good job so it's nice for someone in aged care to be appreciated.

"I'm in my comfort zone now - you're always learning and it's a great team I work with, supporting each other.

"When you know you're working with good people and things go wrong, you know they'll be there to help you.

Tracy is a wound skin care champion, handles clinical ordering for the whole Alan David Lodge facility, and has done an advanced care planning course.

Leslie Oliver Downer was a former patient of the Geelong Hospital.

In acknowledgment of the excellent care he received, a bequest was made to the hospital to be used as an annual award for nurses.

**"When you know you're working with good people and things go wrong, you know they'll be there to help you."**



*Tracy Lanyon won the Leslie Oliver Downer award for nursing excellence.*



*Sarah Brooks accepted the Nursing & Midwifery Team Excellence Award on behalf of the interprofessional clinical facilitators.*



# Geelong and Surf Coast's new suicide prevention service

Barwon Health Chief Medical Officer Associate Professor Sean Jespersen speaks at the Way Back Support Service launch.

*A new program supporting people through the first critical weeks following a suicide attempt is now available in the Barwon region.*

The Way Back Support Service was launched in Geelong in March to support people during the critical three-month period after a suicide attempt.

The suicide prevention service, designed by *beyondblue*, is being delivered by Barwon Child, Youth and Family and commissioned by Barwon Health with funding from the Department of Health and Human Services.

A prior suicide attempt is the single biggest risk factor for suicide in the general population.

International research suggests that up to 25 per cent of those who have attempted suicide will re-attempt and the first three months is the highest risk period.

There are around 75,000 suicide attempts each year in Australia and an average eight people die every day.

People referred from University Hospital Geelong to The Way Back are assigned a support co-ordinator to encourage their recovery.

The specially-trained and experienced co-ordinator offers the person non-clinical care, such as helping them build a personalised safety plan and linking them to health and community services, and clinical care if needed.

Barwon Health Chief Medical Officer Associate Professor Sean Jespersen said it was important for people to acknowledge the link between physical wellbeing, mental health and social stress.

"Having worked across specialist, primary care and NGO mental health services, I believe there is incredible value in using both clinical and non-clinical approaches to improving mental health and addressing suicide," A/Prof Jespersen said.

"At Barwon Health, we are dedicated to fostering a healthier community, so I'm pleased this entire program is now committed to helping people recover from suicide attempts and improving the gaps in care after they have been physically cleared to leave hospital."

# Volunteer Services lead the way in communication

*Barwon Health is the first organisation in Australia to have its volunteer service awarded with Scope's Communication Access Symbol.*

Unveiled in early May, the award recognises the McKellar Centre Volunteer Services team is qualified to successfully interact with people who have communication challenges, which may be a result of a stroke, brain injury, trauma or other communication barriers.

The Communication Access Symbol helps community members identify businesses and services that are communication accessible.

The symbol has now been successfully awarded to the McKellar Centre Volunteer Services information desk, main reception desk, Community Rehabilitation Centre reception and Café 45.

Acting Chief Operating Officer Dr Lucy Cuddihy unveiled the symbol with Parliamentary Secretary for Health Gabrielle Williams.

"We are very proud of the staff who have achieved this award and are committed to continuing with this work," Lucy said.

"It is our aim to use what we have learned through the assessment to make all of our sites communication accessible in the future."



*Acting Chief Operating Officer Dr Lucy Cuddihy with Parliamentary Secretary for Health Gabrielle Williams unveiling Scope's official Communication Access Symbol at the McKellar Centre.*

## LIVED EXPERIENCE ADDS TO PEER OVERDOSE RESPONSE

*The Barwon Health Mental Health Drugs and Alcohol Service has expanded its suite of services to include Peer Overdose Response.*



*Peer Overdose Response worker David de Been*

The rates of overdose in Australia, and globally, continue to climb, with the rates of fatal overdose in Victoria exceeding the road toll. Strategies have been funded via the Victorian Government, through the introduction of enhanced access to Needle and Syringe Program services, increased beds for residential treatment, and the lifesaving drug Naloxone.

The unique importance of peers in addressing the issue of substance use and overdose has also been recognised.

Barwon Health was awarded funding to recruit David de Been into a role providing education and training to staff and consumers, in order to reduce the likelihood of fatal overdose.

With lived experience, David will provide a valuable perspective of the issues that face the community, acknowledging and respecting the cumulative knowledge held by the community.

David has extensive experience delivering healthcare to a marginalised and

stigmatised population, with over 20 years of work in a variety of advocacy, health and social care settings. He has developed a unique set of skills, combined with his lived experience of substance use and his gentle and compassionate demeanor that make him an empathic ear, a wise advocate and a committed campaigner.

In the short time the role has been in operation, Barwon Health has engaged numerous consumers with lived experience, who will go on to become members of a peer advisory group committed to providing an enhanced education program to community health staff.

There is a very low threshold to refer to the Peer Overdose Response Program. Essentially, if a client of the service is at risk of overdose, irrespective of substance, and they would benefit from developing skills and knowledge to reduce this risk, then the service is for them.

To refer to the program, please give David a call on 0434 734 223 to discuss further.

## STRENGTHENING HOSPITAL RESPONSES TO FAMILY VIOLENCE (SHRFV) PROJECT LANDS AT BARWON HEALTH

*The hospital system is an early contact point for many people who are at risk of, or have experienced, family violence. Health service staff are in a unique position to identify indicators of family violence and provide appropriate support if required.*

The SHRFV project aims to:

- Introduce practices in hospitals and health services which will help patients affected by family violence be more inclined to disclose and seek help
- Ensure health professionals feel confident, and have the capacity to recognise indicators of family violence, provide a sensitive response and the necessary support and referrals
- Address the need to support staff both professionally and personally.

This two-year project is a whole-of-hospital approach that aligns with the Family Violence Protection Act 2008, which defines family violence as “including a range of behaviours, such as physical and sexual abuse; emotional or psychological abuse; economic abuse; or behaviour that is threatening, coercive, or in any way controls or dominates that person or causes them to feel fear. The definition also refers to any behaviours that cause a child to witness or hear or otherwise be exposed to the effects of family violence.”

Barwon Health will be working alongside Colac Area Health, Hesse Rural Health, Lorne Community Hospital and Otway Health, which are also undertaking this work.

For more information, contact project officer Karen Todd at [karento@barwonhealth.org.au](mailto:karento@barwonhealth.org.au).



*Farzaneh (left) found her sense of community by joining one of Barwon Health's Community Kitchen programs.*

## Farzaneh finds Aussie connection through Community Kitchen

*Iranian immigrant Farzaneh found her connection to her new home through cooking, sharing and socialising at one of Barwon Health's Community Kitchens.*

Farzaneh arrived to Geelong in 2015, a former chemistry teacher in Iran and the mother to a large Muslim family.

She found her way to a community centre to look for English classes and a library, but was intrigued at the sight of a group of people cooking at the Vines Road Community Centre community kitchen in Hamlyn Heights.

Since 2009, Barwon Health's Health Promotion Unit has co-ordinated Community Kitchens across the Barwon region, with 15 operating in various local community organisations, such as neighbourhood houses and men's sheds.

Farzaneh found the community kitchen to be diverse and made up of people from Italy, Croatia, and Korea.

“I can tell them about my country and it helps me improve my English,” she said.

“It was very good for me, they were very kind to us.

“They respect you.”

Farzaneh said in Iran it was not uncommon to use an oven for storage rather than for cooking.

“We just fry everything,” she said.

“The Iranian cooking style is very different to the Community Kitchen.

“These recipes are a much healthier, fresher diet with less salt.

“I go home and tell my children to drink lots of water and eat lots of fruit and vegetables.”

Now Farzaneh shares her experiences with other immigrant friends, telling them to get out and meet people.

“Don't just sit at home and say ‘I miss everybody in my home.’”

The Health Promotion Unit works with organisations to set up Community Kitchens, provide ongoing learning opportunities and promote kitchens regionally.

## RECOGNITION FOR RADIOGRAPHY INTERN

*Barwon Health's Intern Radiographer Christopher Parsons has been awarded the 13th National Conference Intern Prize for an outstanding presentation.*

The prize from the Australian Society of Medical Imaging & Radiation Therapies was presented at the Canberra National Convention Centre, acknowledging his research topic *Student learning preferences and difficulties in Medical Imaging*.

Chris is one of four Deakin Medical Imaging Interns at Barwon Health undertaking their final year of training in the Bachelor of Medical Imaging at Deakin University. Chris will be a part of the inaugural Bachelor of Medical Imaging cohort to graduate at the end of 2018.

Chris has seized many opportunities whilst completing his studies, including co-founding Deakin's Medical Imaging Student Association (MISA) and representing the Medical Imaging students at several university levels. Being a son of two teachers, Chris has developed a keen interest in education, which has led him to investigate the learning preferences and difficulties of Medical Imaging students.



*Chris Parsons accepts his award from the Australian Society of Medical Imaging & Radiation Therapies.*



*Conor Traynor (Digital Health, Western Victoria Primary Health Partners) and Mark Innes-Jones (BPAC Clinical Solutions) at the Bannockburn Surgery, which was the first to go live with the eReferral trial.*

## Outpatients eReferral trial goes live

***A new project is trialling a secure, web-based, real-time electronic referral system between GPs and consultants at Barwon Health outpatient clinics.***

The Western Victoria eReferral Trial Project is a joint initiative between University Hospital Geelong, Western Victoria Primary Geelong Health Network, and Western Victoria Primary Health Network, with Bannockburn Surgery the first to go live on 2 May.

Fifteen other GP practices using either Best Practice or Medical Director Software

are progressively coming on-board, with evaluations carried out from July to November, when the project will conclude.

Benefits and outcomes include streamlined referrals, general templates, quality referrals for more accurate triage, less need for administrative support, and more.

The project will be evaluated by the SeNT eReferral Project team and all stakeholders will be consulted for feedback.

Based on the success of the trial, discussions with the appropriate stakeholders will occur to decide on future funding options.

## IDAHOBIT CELEBRATIONS

On May 17, Barwon Health celebrated IDAHOBIT - a day when people all over Australia stood against discrimination in support of lesbian, gay, bisexual, transgender, intersex, and queer mates, colleagues and families.

Hosted at St Mary's Library and Research Centre, the IDAHOBIT celebration included a presentation from keynote speaker, Victorian Commissioner for Gender and Equality, Ro Allen.



*Merrin Wake, Commissioner Ro Allen and Jen Walsh at the IDAHOBIT celebration.*

## INTRODUCTION

The Foot-Care Abilities Questionnaire (F-CAQ) has been developed by the Barwon Health Podiatry Department, to provide a reliable tool to measure change in what clients perceive as their individual problems with self-care abilities.

Reliable tools are required to produce validated outcomes from health education programs developed within the public health system as per the Australian Council on Healthcare Standards.

This tool, a questionnaire was developed from anecdotal evidence from quality improvement surveys.

A list of barriers for clients being able to provide their own self management of foot-care was collated from 116 clients attending a foot care self management program – Meet Your Feet (MYF). These barriers were themed and foot-care resulted in seventeen client focused ability statements documented as being necessary to attend to one's own.

Other surveys indicated when clients attended MYF, they had both positive experiences and impacts on their self management by attending. They agreed that MYF was a good investment of their time. However the surveys used to collect these results were not validated tools.

The F-CAQ was developed and has now been tested for face and content validity, internal consistency, test re-test reliability and the Wilcoxon Signed Rank Test.

## OBJECTIVES

To develop a validated instrument for measuring change in client's perceived problems with their foot-care self management abilities, the F-CAQ.

To gain research and ethics approval to apply the F-CAQ to attendees of the MYF program.

To measure outcomes from the F-CAQ of the Meet Your Feet (MYF) program.

To publish the F-CAQ and reliable outcomes from the MYF program, and to contribute to the body of evidence based research related to the F-CAQ.

## METHODS

The F-CAQ was developed and validated with a Cronbach's alpha of 0.85. The F-CAQ was then used to measure outcomes from the MYF program.

The F-CAQ was then used to measure outcomes from the MYF program.

## RESULTS Continued

Fifteen participants provided data for the measures taken at registration and post program. This showed a statistically significant reduction in F-CAQ scores following participation in the Meet Your Feet program,  $p < 0.005$ , with a large effect size ( $f = .56$ ). The median score on the F-CAQ decreased from 81 at registration to 23 post program. Table 1.

Participants	Total Time 1 (T1)	Total Time 2 (T2)	Total Time 3 (T3)
P1	36	29	16
P2	33	30	23
P3	40	40	38
P4	23	22	17
P5	25	31	27
P6	26	34	31
P7	35	31	31
P8	22	18	21
P9	22	21	20
P10	33	34	27
P11	33	35	23
P12	42	41	23
P13	57	52	30
P14	25	21	19
P15	28	40	35
Grand Total	400	479	356
Median change	12	31	21

Table 1. F-CAQ scores pre (T1), at registration (T2) and post (T3). The Meet Your Feet program.

According to participants they had the most problems with abilities like:

- Washing between my toes.
- Drying between my toes.
- I am caring for my feet, (measured on a scale).

Participants were asked to rate their level of agreement with the following statements:

- I am caring for my feet, (measured on a scale).
- I am caring for my feet, (measured on a scale).
- I am caring for my feet, (measured on a scale).

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# Recognising leaders in staff health and wellbeing

Tina Loxley (pictured) was named a Wellness Champion of the Year, along with Stacey Skinner.

Two staff members have been named Wellness Champion of the Year through recognition for going the extra mile to improve staff health and wellbeing at Barwon Health.

Barwon Health departments and teams are invited to nominate their "Wellness Champions", with this year's honour going to Tina Loxley, a Belmont Primary Care podiatrist, and Stacey Skinner, a North Wing nurse at the McKellar Centre.

Stacey said she enjoys organising events to get staff involved in improving their health and physical activity.

"I like promoting staying active, and working on a palliative care ward, it's good to keep everyone in a positive frame of mind," she said.

"It's hard to balance with fun, so we just try to do activities together outside of work to have a bit of a laugh and keep active.

"We did sugar-free February together, which was hard but good fun, and everyone got around each other with a roster of bringing in sugar-free food to share.

"Sometimes you have an idea and people don't get into it, but it was good to be recognised for the work I'm trying to put in.

"My next project in July is to organise a monthly debrief for any staff in palliative care as a controlled environment to talk about any issues or stresses or positive things to highlight in discussion."

Tina has championed the need for self-care within her team and this year coordinated with the Work Wellness team to hold fortnightly guided mindfulness sessions on site at the Belmont Community Health Centre.

**"They say the less time you have to do it, the more you should be doing it."**

She said the sessions had improved team resilience, bonding and overall wellbeing.

"We saw it was available at the hospital so I tried to facilitate sessions out here too," she said.

"It's great our workplace supports that and I wanted to support my colleagues in having that experience as well.

"Mindfulness training is like meditation that focuses on your breaths.

"They say the less time you have to do it, the more you should be doing it.

"I've noticed an ability to be more focused following the sessions.

"It has actually cognitive benefits for functioning to be able to focus better and it changes your executive functioning to take time out to be more productive."

# Healthy start to nutrition program

The Supportive Care Centre has hosted an eight-week nutrition program for cancer patients and families, thanks to funds raised through Dry July.



Nutrition Program participants (L-R): Patient Michelle Carroll, food assistant Evie Forward and dietitian Justine Watts.

Beginning in April, the nutrition program was initiated after results of a Deakin patient survey showed many patients sought more information about nutrition and healthy eating.

A grant from the Dry July Foundation enabled two Barwon Health dietitians, Justine Watts and Katie Eisenhauer, to develop and facilitate the program. Each week they covered different topics on nutrition and healthy eating, assisting participants to make informed food choices.

Held in the Supportive Care Centre kitchen, Justine and Katie engaged in conversation with patients and carers while assistant Evie Forward prepared the food demonstrations. One popular recipe with the group was the coconut pumpkin soup, shared on this page.

Around 20 participants attended the first session, which spanned three hours and included engaging discussions and a take-home cookbook.

## COCONUT PUMPKIN SOUP

**Serves four**

**Prep - 10 mins**

**Cooking - 50 mins**

This is a classic pumpkin soup with a coconut twist. Served with tasted sourdough, it is the perfect lunchtime meal.

### Ingredients

- 1 tablespoon curry powder
- 1 kg pumpkin, peeled and cubed
- 1 large sweet potato, peeled and cubed
- 1 litre hot water
- 2 cups coconut milk
- 1 pinch of salt
- Toasted sourdough bread, yoghurt and pepitas, to serve
- 1 tablespoon coconut oil
- 1 brown onion, finely chopped

### Directions

1. Heat oil in a large heavy based saucepan. Add onion and cook for 5 minutes or until softened. Add curry powder. Cook for a further 2 minutes, stirring continuously.
2. Add pumpkin and sweet potato, stirring to coat in curry powder. Pour in water and bring to the boil. Reduce heat and simmer for 30 minutes, or until vegetables are tender.
3. Stir through coconut milk and cook for a further 5-10 minutes.
4. Remove from heat and blend until smooth. A stick blender is great for this.
5. Season to taste with salt and pepper.
6. Serve hot with a piece of toasted sourdough, a dollop of yoghurt and a sprinkle of pepitas.

## NEW HOME FOR ULTRASOUND AND MAMMOGRAPHY

*Ultrasound and mammography services at University Hospital Geelong moved to new rooms on 21 May.*

The new purpose-built ultrasound and mammography department features improved facilities and rooms for patient and staff comfort.

Designed with separate areas for inpatients and outpatients, there is a dedicated trolley bay for inpatients awaiting scanning, whilst outpatients can enjoy a well-lit reception area, easily located on level 3, just past the new Baxter lifts and close to the cafeteria.

All mammography services and inpatient/outpatient ultrasound imaging will be undertaken on Level 3, while an Emergency Department (ED) ultrasound room will remain on Level 1 to form part of the future ED Imaging Hub due for completion in November.



*The new BMI rooms are dedicated to ultrasound and mammography services.*



*The Wurru-Ki peer resolution program aims to get people thinking about conflict from different perspectives.*

## Wurru-Ki provides key to peer resolution

*Barwon Health's new peer resolution program Wurru-Ki launched on 9 April.*

Barwon Health CEO Professor Ruth Salom said Wurru-Ki, which means "to speak" in Wathaurong language, was an extremely important initiative in providing a safe and supporting working environment.

"Wurru-Ki provides a confidential and non-confrontational alternative for addressing any workplace behavioural concerns that any Barwon Health employee, volunteer, consultant or contractor may have," she said.

"This program enables staff to engage with peers who have been appointed as either Peer Contact Officers or Peer Resolution Officers.

"No longer is self-resolution or a formal complaint and investigation process the only means by which workplace behavioural concerns can be addressed."

Peer Contact Officers and Peer Resolution Officers, have been designated and specifically trained to be approachable, impartial and non-judgmental, discussing options available so individuals can determine how they wish to address their concerns and seek resolution.

Head to [www.wurru-ki.org.au](http://www.wurru-ki.org.au) to find out more.

**"Wurru-Ki provides a confidential and non-confrontational alternative for addressing any workplace behavioural concerns that any Barwon Health employee, volunteer, consultant or contractor may have."**

# Swampy credits Barwon Health for smoking cessation

*Geelong retiree Tony “Swampy” Faulkner thought he was bulletproof until a heart attack last year and kidney cancer surgery in April made him finally stop and listen to medical advice.*

Mr Faulkner estimates he has smoked more than 1.5 million cigarettes in his lifetime, but he'll go smoke-free for World No Tobacco Day on 31 May, a day that focuses on the impact tobacco has on the cardiovascular health of people worldwide.

The 61-year-old has always been seen as a tough bloke, once playing a game of footy at 13 on the same afternoon his appendix was removed.

Mr Faulkner said he never heeded the warnings of GPs and had smoked for 50 years - about 100 cigarettes a day for most of them.

“You think you’re bulletproof and then one day you realise you’re not,” he said.

“I’ve had my whole world tipped upside-down in six months, but the Barwon Health staff were all fantastic and went out of their way to make sure I understood everything that needed to be done and what caused the cancer.

“There was one common denominator - the smoking.

“I went into ICU and woke up three days later than I should have because they couldn’t get the tube in and out of my airway, all because of the smoking.

“I wouldn’t have even taken it seriously until one nurse sat down with me one day and she laid the law down, telling me it didn’t matter what drugs I took, because they wouldn’t work if I had nicotine in my system.

“A doctor in ICU spent hours talking to me, explaining it so I understood it all, and it boiled down to giving up smoking.



*Tony Faulkner smoked 100 cigarettes a day for most of his life.*

“I went from 100 a day to less than 20 when I found out I had kidney cancer, and after my operation I’ve gone down to one in 24 hours, and I could go a week without a smoke.”

Mr Faulkner said since giving up cigarettes, his life had drastically improved from his health to diet and fitness.

“There’s food I haven’t eaten in years that tastes good now, water tastes better, and now I can walk up and down a hill without batting an eyelid,” he said.

“If you’re a smoker and you’re here at the hospital for anything heart, blood, lungs, cancer-related, you’re wasting their time.

“It’s important to have these conversations and absorb what you’re told, understand why you can’t do this and understand it’s never too late to change your lifestyle.

“People with major cancer problems aren’t even going to see their grandkids because they won’t listen to what they’re being told.”

Barwon Health urologist Richard Grills said surgical risks were significantly increased with smokers.

“For every cigarette you don’t smoke, and every day you don’t smoke before surgery, it helps reduce operative and recovery risks,” he said.

“Surgery and hospital stays are a good kick-start to quit smoking because you can’t smoke in the hospital and we have the resources and staff to support you in that noble quest.

“I think everybody working in healthcare has a significant role to play in this, including everyone who has contact with a patient before, during, and after surgery.

“It wasn’t that long ago that hospitals had designated smoking areas, so people think about it a lot more now.

“A serious health issue really drives home all aspects of improving your health and lifestyle.

“After smokers get through the craving, they’re always surprised how much better they feel.”

# Staff acknowledgements

**Amanda Cameron** has been appointed as Barwon Health's new Chief Operating Officer, commencing on 16 July. Amanda joins us from Latrobe Regional Hospital where she held the position of Chief Operating Officer and Chief Nurse. Amanda has worked in a number of senior management positions within Gippsland. She has a Bachelor of Nursing, Graduate Diploma in Critical Care and holds a Masters of Health Administration.

**Rebecca Kress** has been appointed as Barwon Health's new Consumer Engagement Manager. Rebecca has come from BSWRICS (Barwon South West Regional Integrated Cancer Service) where she worked with clinicians and consumers to identify and implement improvements in cancer service provision provided at health services across the Barwon South West region. Prior to BSWRICS, Rebecca worked at Ovarian Cancer Australia and Leukaemia Foundation, where she found her passion for working with consumers to develop information and support services for consumers.

Barwon Health wishes **Ben Maw** the best as he leaves after two years to join Cohuna District Hospital as CEO. Ben joined the organisation in January 2016 to oversee the Aged Care Directorate, working as a co-director of Aged Care operations. This year, he stepped into Barwon Health's Acting Chief Nursing and Midwifery Officer role. Ben will be missed and his experience will be of great value leading Cohuna District Hospital in north-central Victoria.

Associate Professor **Steve Moylan** was appointed the Clinical Director for Mental Health, Drug and Alcohol Services (MHDAS) in April. Steve has a long association with Barwon Health and is passionate about Geelong and the community, having been with us since 2008 when he started as an intern. In 2009, he took up a role with MHDAS, subsequently completing his

specialist training and contributing to the broader team in delivering care to the community. His strong background with Barwon Health, and the Mental Health Drugs and Alcohol Division, positions him well for this role.

Valued Outpatients staff member **Irene Janatzki** has retired after 35 years with Barwon Health. Irene joined the hospital in 1983, working in a number of departments, including IT and medical records before Outpatients. Barwon Health would like to wish her well in retirement.

On 15 March, Barwon Health was honoured to receive a Certificate of Appreciation from **Northern Futures Inc** at their Annual Partnership Breakfast. The award was received in recognition of efforts in workplace diversity. Northern Futures supports job seekers in Geelong's 3214 suburbs to build skills to achieve sustainable employment outcomes.

In February and March, 13 **Barwon Health medical registrars** in their third year of Basic Physician Training sat the written examination of the Royal Australasian College of Physicians. All but one of the candidates were successful, achieving a very high pass rate above the national average. The successful candidates are now busy preparing for their clinical examination. Barwon Health commends the efforts of all the medical registrars and those who supported them, including Associate Professor Deb Friedman (Director of Physician Training), Dr Chris McAuley-Powell (Written Examination Coach) and senior medical registrars.

## FAREWELL TO MICHAEL GUY

Family, friends and colleagues were saddened by the loss of Michael Barnes Guy on 19 May.

Michael began working at the hospital in 1973 as a casual theatre porter, later holding numerous positions, including annual leave reliever, allied health assistant and patient services assistant.

He also contributed to the organisation as an OH&S representative and union representative.

In 1994, Michael took a position within Barwon Medical Imaging Department, which he held for 24 years until passing away.

Michael will be missed by all who had the pleasure of working with him.



Michael Guy

## MY HEALTH RECORD OPT-OUT BEGINS 16 JULY

My Health Record is an online summary of an individual's key health information. Formally known as the Personally Controlled Electronic Health Record, the federal government initiative commenced in 2012.

In 2017, The Federal Government announced that the participation model will change from 'opt-in' to 'opt-out', meaning all eligible Australians will have a record set up unless they actively ask for this not to occur.

This process will begin on 16 July. For more information, visit [www.myhealthrecord.gov.au](http://www.myhealthrecord.gov.au).





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