

# Auricle

EDITION 3 / 2018



## Timorese pharmacist takes lessons from Geelong

03

Wear it Purple for local  
GLBTIQ+ youth

06

New era of healthcare  
for Geelong's north



08

Bowel cancer conversations  
could save lives

15

New Renal Unit  
opens its doors

# CONTENTS

- 02 Message from the CEO
- 02 Maternity training improves antenatal care
- 03 Wear it Purple for local GLBTIQ+ youth
- 04 Patient workout showing strong gains
- 04 Celebrating NAIDOC at Barwon Health
- 05 A chat with Erin Archer
- 05 Speaking out against harm reduction
- 06 New era of healthcare for Geelong's north
- 07 Doctor on top of the world
- 07 We're squeaky clean, says audit
- 08 Bowel cancer conversations could save lives
- 09 Timorese pharmacist takes lessons from Geelong
- 10 Revolutionary prostate cancer treatment
- 10 Garden therapy to break new ground at McKellar
- 11 All in the family
- 12 Delirium study to reduce preventable cases
- 12 Think sepsis, act fast
- 13 Video welcomes students
- 13 Interprofessional Twilight Challenge
- 13 New-look Aboriginal Health Unit opens
- 14 YATS program changing young people's lives
- 15 New Renal Unit opens its doors
- 15 New focus on response to family violence
- 16 Solar project shines light on cost savings
- 16 N-ICE Clinical Trial
- 17 Introducing the Healthy Communities Unit
- 17 Barwon Health Foundation fundraising
- 18 Staff acknowledgements
- 18 New 1300 phone set up
- 18 Simone Volkman

## Fun facts

*Clinical Engineering &  
Telecommunications Department*

**13 STAFF**



**RESPONSIBLE FOR  
12,200 PIECES OF  
MEDICAL EQUIPMENT  
WITH A REPLACEMENT  
PRICE OF \$166 MILLION**

**CLOSES 17,000 JOBS/  
TICKETS PER YEAR  
INCLUDING:**

- 8400 CORRECTIVE REPAIRS
- 1200 CASES OF PREVENTATIVE MAINTENANCE
- 6000 SAFETY TESTS



**MOST EXPENSIVE  
PIECE OF EQUIPMENT  
- LINEAR ACCELERATOR  
(\$3.3 MILLION)**



**MOST COMMONLY  
REPLACED ITEM -  
BLOOD PRESSURE CUFF**



[www.facebook.com/barwonhealth](http://www.facebook.com/barwonhealth)



[www.twitter.com/barwonhealth](http://www.twitter.com/barwonhealth)



[www.instagram.com/barwon\\_health](http://www.instagram.com/barwon_health)



[www.linkedin.com/company/barwon-health](http://www.linkedin.com/company/barwon-health)



## Message from the CEO

*Spring is in the air and this means there are some exciting times ahead for Barwon Health.*

Our Annual Report will be tabled in State Parliament in the coming months, paving the way for our Annual General Meeting in late November, which will be an opportunity to update staff and stakeholders on the bright future of our health organisation.

Research Week is just around the corner, coinciding with the release of this year's Research Report to showcase the fantastic work conducted by our research team and academic staff. This is a time to celebrate those who work so hard behind the scenes and I applaud their efforts for the difference their research is making in the community.

We also anticipate the release of the Quality Account in early November, which is a comprehensive document reporting on our ability to deliver high quality, safe healthcare. This is important to help us foster trust through accountability to the community that relies on our wide spectrum of services.

In August, we received the results of our People Matter Survey, which had responses from 2472 staff. Our results improved from the previous year in almost all categories, with an average increase of 6-7 per cent, and as much as 22 per cent. It is heartening to see 82 per cent of staff would recommend Barwon Health as a health service to a friend or relative – two per cent above the standard target and three per cent higher than last year. I look forward to seeing the changes we are able to implement over the next 12 months to improve in particular key areas.

Despite the disappointment of losing Run Geelong, it's pleasing to see Cotton On will continue to support the Barwon Health Foundation in new ways, such as their

generous donation at the Under the Big Top Charity Ball. The circus-themed ball made for a fantastic night out, with amazing acts and generous donations helping us raise \$216,000.

In the place of Run Geelong, our new event on 18 November, Run For Geelong Kids, will raise money for the children's and youth rehabilitation centre at the heart of the Kids Appeal. I urge you to sign up and support this fun run with your participation or a tax deductible donation.

Our crucial Strengthening Health Service Response To Family Violence (SHRFV) initiative launched in August, highlighting our efforts to change the way our clinicians identify and respond to staff and patients impacted by family violence.

The past months have seen the official opening of the refurbished Aboriginal Health Unit, our new Renal Services, and our outdoor podium, which we celebrated with a staff sausage sizzle in September. Construction works will continue to transform University Hospital Geelong, with our entrance refurbishment due for completion in September, and upgrades due to begin at the cafeteria and Andrew Love Cancer Centre.

Finally, we are pleased to extend our pathology contract with Australian Clinical Labs in Geelong, which has been an ongoing partnership for 20 years.

**Professor Ruth Salom**  
CEO

## MATERNITY TRAINING IMPROVES ANTENATAL CARE

*Barwon Health Clinical Education and Training hosted a Foetal Growth Restriction workshop on 13 July.*

The session was a collaboration between Safercare Maternity Newborn Clinical Network and the Stillbirth Centre for Research Excellence.

This program helps clinicians improve antenatal detection and management of foetal growth restriction, as well as standardising care and management across the state.

This education program has been developed by a multidisciplinary team of clinical experts, and is the collaborative work of the Stillbirth Centre for Research Excellence, PSANZ-SANDA and Mater Education.

*Pictured: Midwives from across Victoria attended a maternity workshop with facilitator Tracy Firth, Senior Project Officer, and coordinator Dr Glenn Gardener, Director of Maternal Foetal Medicine at the Mater Mothers Hospital Brisbane.*





# Wear it Purple for local GLBTIQ+ youth

Panellists Ebony, Aliza and Kirrily at the Wear It Purple event.

On 31 August, Barwon Health co-hosted its first Wear it Purple event with Worksafe Victoria and Geelong Rainbow Inc.

Wear it Purple Day is an annual awareness day for young GLBTIQ+ people. The movement came about after several young people tragically took their lives in 2010 following bullying and harassment resulting from the lack of acceptance of their sexuality or gender identity. Wear it Purple has developed into an international movement with an aim for all young GLBTIQ+ people to be safe, supported and empowered.

The local event was hosted at the new WorkSafe Victoria building on Malop Street and MC'd by Roxie Bennett with a panel of guests and a packed audience decked in out in purple.

With a focus on rainbow families and inclusive healthcare, the panel featured Ebony, mum to transgender boy Fred and author of a book on rainbow kids, transgender woman Aliza and Kirrily, GLBTIQ+ community member and disability advocate.

The trio shared their unique stories and lived experiences, and also answered questions from the audience.

The main message shared by the panellists focused on the importance of education and that while the wider community has improved in accepting and understanding the LGBlTlQ+ community, there is still a long way to go.

**“We need to take positive action for young people so they don’t feel disadvantaged.”**

– MC Roxie Bennett

**“Going to the doctors and hearing my ‘dead’ name makes me feel dehumanised.”**

– Panellist Aliza

## PATIENT WORKOUT SHOWING STRONG GAINS

*A new exercise program is helping patients manage chronic health conditions at Barwon Health Corio Community Health Centre.*

Launched a year ago, the program was designed to help people overcome common obstacles to start or continue exercising on a regular basis.

The program is very accessible to patients through its flexibility (open for 90 minutes, joining at any time), its frequency of three times a week for 10 weeks, and the affordability at \$3 per session.

Corio Community Health Centre physiotherapist Hiro Sekine said research showed exercise was beneficial for many chronic health conditions, including high blood pressure, diabetes, osteoarthritis, osteoporosis, heart disease, sleep difficulty and depression.

"We also know that starting and continuing exercise is a difficult task for many people," he said.

"This includes confidence about doing exercise, not understanding connecting exercise to personal wellbeing and linking in with local exercise groups."

"Socialisation is another benefit of this exercise program and some clients form a close friendship through it.

"We have many clients from non-English and refugee backgrounds, who add a multicultural, welcoming atmosphere to any participants.

"The majority of clients who have completed the 10 week program show some functional improvements and some have visited a community gym with our staff afterwards.

"This facilitates a smooth transition so that the participants will be able to continue exercise at a local gym following 'graduation' from our exercise program."

If you are interested in the exercise program at Corio Community Health Centre, please contact Corio Community Health Centre reception by phoning 4215 7100," Hiro said.



*NAIDOC Week guest speakers Denise Charles, Lyndon Perry and Dr Melissa Carroll.*

## Celebrating NAIDOC at Barwon Health

*On 11 July, Barwon Health hosted NAIDOC celebrations at University Hospital Geelong and announced the recipients of the 2018 Barwon Health NAIDOC Awards.*

NAIDOC Week celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

The 2018 NAIDOC Week theme - 'Because of her, we can!' - celebrated the essential role women have played - and continue to play - as active and significant role models at community, local, state and national levels.

Guest panellists at the event included staff member Dr Melissa Carroll, respected person and Koorie Educator Aunty Denise Charles and Youth Mentor Lyndon Perry who shared stories of influential indigenous women in their lives.

The Barwon Health NAIDOC Awards were held for the second consecutive year and recognised the contributions of staff across all areas who work towards providing culturally responsive and appropriate health care services for the Aboriginal and Torres Strait Islander community.

**The 2018 NAIDOC Week theme - 'Because of her, we can!' - celebrated the essential role women have played.**

The 2018 recipients were:

- Paul Dodemaide - Aboriginal Engagement and Participation Award
- Graduate Team, Clinical Education and Training - Leadership and Governance in Aboriginal Health
- Rachel Hyder - Innovation and Change in Aboriginal Health.

# A chat with Erin Archer: The life of an OT grad at CAMHS



## Why did you choose to study Occupational Therapy?

I always knew I wanted to work in the health field. As soon as heard about what Occupational Therapy (OT) was, I was pretty much sold. I really liked the idea of empowering people through meaningful activity.

## What is the OT Grad Program?

It's a two-year position working with the fantastic CASEA team, which is a part of Child and Adolescent Mental Health Service (CAMHS). Through the graduate program I have been very lucky to be a part of many professional development opportunities.

## What attracted you about this Grade 1 OT position?

I've always been interested in mental health and paediatrics and this position combined them both! I also love the idea of early intervention in CASEA, and seeing how this can lead to long term changes for a child and their family.

## What is CASEA?

CASEA stands for CAMHS and Schools Early Action. We work in primary schools with the Prep to Grade Three population, working with children who have social, emotional, and behavioural difficulties. We select up to eight children and their parents to participate in a nine-week therapeutic group, which is run within the school. This occurs alongside professional development for the teachers and every class participating in a whole school curriculum based on Zones of Regulation, which is run by the class teachers.

## How do you engage the kids in the program?

The children's group is lots of fun. We often learn and practice talking about feelings through games and different fun activities. We also have our friend, Monty, who is a dog puppet and he comes to all the children's groups. He talks about his own feelings and shares how he manages his big feelings with the group. The children grow fond of Monty pretty quickly!

**I really liked the idea of empowering people through meaningful activity.**

## What has been the best thing about the role so far?

For me, it has been working with the kids and seeing them become more comfortable expressing their emotions and begin to learn how to manage their emotions. Some of my colleagues have worked with the parents and have seen them feeling more empowered in how to support their children to express and manage their emotions.

## OVERDOSE AWARENESS DAY EVENT SPEAKS OUT ON HARM REDUCTION

*The 17th International Overdose Awareness Day was marked on 31 August with an awareness-raising event in Geelong to remember lives lost by overdose.*

More than 500 events took place around the world, with Barwon Health's highlighting the rising number of Australian overdose deaths reaching 2177, nearly doubling the amount of drug-related deaths since 2002.

Guest speaker Nigel Brundson attended Barwon Health's event, speaking about his experiences in harm reduction as director of the training and consultancy firm Injecting Advice Ltd.

Nigel is also the co-deputy chair of the UK's National Needle Exchange Forum and a guest lecturer at Liverpool's John Moore's University.

Nigel discussed how substance use is portrayed in the media, stigmatising language and imagery, and steps health professionals can take to challenge this rhetoric.

He included his photographic work, from documenting 'harm reduction heroes' to the documentation of drug consumption spaces and supervised injecting facilities.

Heroin is an issue for significant concern, with deaths doubling between 2009 and 2017.



*Photographer and harm reduction advocate Nigel Brundson.*

# New era of healthcare for Geelong's north

Construction is underway for the \$33 million Barwon Health North facility at Norlane's Northern Arts, Recreation and Community (ARC) Health and Wellbeing Hub, which also houses the Waterworld Aquatic Centre, Corio Library and Centenary Hall.



Turning the sod: Health Minister Jill Hennessy, Member for Lara John Eren, Barwon Health Acting Board Chair Mike Feehan, and Barwon Health CEO Ruth Salom at the Barwon Health North site.

By late-2019, Barwon Health North services will include:

- Extended care, including 'walk-in' services
- Renal dialysis
- Flexible consulting space to be used for specialist outpatient services, and community based services
- Clinical support services (e.g. medical imaging including X-ray, CT, ultrasound and future proof MRI space with the opportunity to include pathology and pharmacy in the future).

While more severe emergency patients with life-threatening injuries and illnesses will be treated at University Hospital Geelong's Emergency Department, less severe but still urgent cases can be treated at Barwon Health North's new urgent care centre.

Urgent care will operate beyond normal business hours and on weekends, and will not require an appointment, treating illness and injuries such as sprains, cuts, and minor infections on the spot.

Barwon Health CEO Professor Ruth Salom said for a long time, families in Geelong's northern suburbs had needed access to more healthcare services closer to home.

"We are thrilled to begin this project and bridge that gap," she said.

"We have championed the need for child and family services for Geelong's northern community, as well as retaining and complementing the full suite of chronic care services provided at the Corio Community Health Centre.

"Barwon Health North will meet the growing needs of an increasingly diverse community, serving as a modern, hybrid facility that bridges the gap between community health and the acute hospital setting.

"Taking your child to paediatric specialists, such as audiologists and speech pathologists, will no longer require a trip across town. Children and families in this area will be treated in a purpose-built environment without the stress of travelling into central Geelong for clinics and treatment.

"Since 2014, we've been meeting with a committee of consumers from the northern community to actively seek feedback and contributions towards the design and service as it was developed.

**"Children and families in this area will be treated in a purpose-built environment without the stress of travelling into central Geelong for clinics and treatment."**

"We'll continue to brief local residents about the Barwon Health North project, its services and construction over the next 18 months as work progresses."

Burden of disease data and service utilisation data clearly identified significant demand for child and family services as a key service mix missing in the northern suburbs.



Dr Brenton Systemans spent the mountain climbing season volunteering at the Mount Everest Base Camp Emergency Department this year.

## Doctor on top of the world

Emergency Medicine registrar Dr Brenton Systemans has returned to Barwon Health after leaving the confines of the emergency department to volunteer for the Himalayan Rescue Association (HRA) at EverestER, the world's highest medical clinic.

Located at Everest Base Camp, the HRA's EverestER, with a team of three doctors, provides 24-hour care, seven days a week for the climbing season, treating 400 patients with anything from a sore throat to major trauma.

After initially training in paediatric surgery, Dr Systemans said he decided he was spending too much time inside a hospital.

With a background as a hiking guide and in the Army Reserves, he decided it was time to get back into the outdoors.

Last year Dr Systemans spent three months at the HRA's Pheriche clinic, located in the Khumbu Valley on the main route to Everest Base Camp, and in March this year volunteered for a season at the Everest ER – 5360 metres above sea level.

"The patients at Everest are a mix of mountaineers, Sherpas and the climbing company staff who only have access to basic healthcare, so quite often they get their yearly health care from us because they know they'll get to see well-trained doctors," he said.

"Some days there will be two or three patients and the next day you might see 20 before lunch.

"It's one of those places where you're thrown into a team with people you might not have necessarily worked with before, from different cultures and different ways of doing things, looking after patients from dozens of countries all around the world who have different expectations of healthcare.

"You have to be flexible and able to adapt to working in a dynamic environment where things are changing on a minute-by-minute basis, being able to switch focus quite rapidly and work with people in different languages."

Dr Systemans said he felt privileged to play a small part in ensuring the health and safety of the climbers and Sherpa at Mount Everest.

**"I think it's valuable experience to bring back here."**

"You'd have a climber come in with a problem that they thought was going to end their trip, but then you diagnose them, treat the condition and return the climber to health so they can return and complete their climb," he said.

"For the Sherpas, it's actually affecting their annual income and family's wellbeing if they are too injured to climb so they are very grateful when you can get them back on the mountain.

"I think it's valuable experience to bring back here."

## WE'RE SQUEAKY CLEAN, SAYS AUDIT

*Barwon Health has achieved an exceptional level of cleanliness in its latest external audit.*

As a part of quality improvement and patient safety processes, DHHS requires clear documentation of a comprehensive approach to monitoring cleaning outcomes.

Victorian Cleaning Standards auditors complete internal cleaning reviews across all functional areas on a monthly basis, while Cogent Business Solutions completes external cleaning audits three times a year.

The last external audit completed in early July 2018 resulted in the following University Hospital Geelong areas receiving 100 per cent scores:

- BMI Ultra Sound & Mammography
- BAX 6 Apheresis Unit
- Transit Lounge
- Maternity Assessment Unit
- Special Care Nursery Parents Support Room
- BC5 Inpatient Cardiac Cath Lab
- Surgical Hub
- Greta Volum Day Procedure Unit
- BMI Angiogram Procedure Room

The following areas received high average scores across the facility:

- University Hospital Geelong - 96.1
- McKellar Centre - 89.1
- Alan David Lodge - 97.7

Staff who contribute to the daily cleaning of all Barwon Health facilities should be commended on achieving such a high standard of cleanliness.





# Bowel cancer conversations could save lives

*Dr Sina Alexander holds a red apple, a symbol of the Bowel Cancer Australia's message that bowel cancer is treatable and beatable if detected early.*

*Conversations about family history and personal health are the first steps in reducing Australia's high rate of death caused by bowel cancer.*

One in 23 will develop bowel cancer in their lifetime and more than 16,000 Australians were diagnosed last year with the disease, which kills 80 Australians every week.

June was Bowel Cancer Awareness Month, highlighted with Red Apple Day on 20 June, when Australians were encouraged to raise awareness about the disease and support the vital work of Bowel Cancer Australia.

The Federal Government's National Bowel Cancer Screening Program (NBCSP) is an initiative that invites at-risk Australians to do a simple test at home, to help detect the disease early and reduce deaths. The free test kits are sent to all Australians aged between 50 and 74.

Gastroenterologist and Barwon Health Director of Endoscopy Sina Alexander said Geelong had a higher than average population of those aged over 50, which significantly increases the risk of bowel cancer, along with family history.

"Bowel cancer is the second leading cancer in Australian men and women, and the second leading cause of cancer-related death," he said. "Early diagnosis results in a better outcome."

Dr Alexander said it was estimated that the government's NBCSP, once fully

implemented and supported by the community, could prevent 500 deaths from bowel cancer every year.

"Participating in the NBCSP is one of the strategies available to reduce cancer risk. It is appropriate for those 50 or over, without bowel symptoms or a significant family history of bowel cancer," Dr Alexander said.

## **"Early diagnosis results in a better outcome."**

"The vast majority who return a positive result do not have cancer, but those with a positive result need to have further assessment.

"It is also important to note there are other screening options that individuals need to discuss with their GPs to reach an informed decision on the most appropriate strategy for them.

"To reduce the risk, one should adopt a healthy lifestyle including regular exercise and a diet low in fat diet, high in vegetables and fibre and avoid smoking and excess alcohol."

Visit [www.cancerscreening.gov.au](http://www.cancerscreening.gov.au) and [www.bowelcanceraustralia.org](http://www.bowelcanceraustralia.org) for more information.



# Timorese pharmacist takes lessons from Geelong

*Timor-Leste pharmacist Natalia Soarer, Friendship Health Viqueque president Cathie Maher, Barwon Health pharmacy director Greg Weeks and pharmacy technician Stacy Burge.*

*Barwon Health has helped improve pharmacy practices at a Timor-Leste community hospital.*

Timorese pharmacy technician Natalia Soares spent a month at University Hospital Geelong's pharmacy, thanks to an observership of clinical practice organised through Barwon Health and Friendship Health Viqueque, a group of Geelong nurses, midwives and GPs interested in improving Viqueque's healthcare.

Natalia said she had learnt a lot in her time at Barwon Health and enjoyed the experience of seeing how the pharmacy operated.

"This is a great opportunity for me to be here at Barwon Health to learn about the pharmacy system, so I can take little things back to the Viqueque hospital and improve our process," she said.

"Everyone here in the pharmacy is very friendly and I've had a good time in Geelong.

"I'm glad Barwon Health and Friendship Health has helped me, which will help people in Viqueque."

Friendship Health Viqueque president Cathie Maher said Natalia's small community hospital

had a clinic and pharmacy supporting 26,000 people spread across the region.

"Natalia has been able to see a high standard of clinical practice, and take from that practice new ideas in systems management that will greatly improve the delivery of medications in Viqueque," she said.

**"I'm glad Barwon Health and Friendship Health has helped me, which will help people in Viqueque."**

"Natalia's time in Geelong will have a big roll-on effect in improving healthcare in Viqueque, and it is very generous of University Hospital Geelong, and in particular the Department of Pharmacy, to enable Natalia to undertake this observership.

"If somebody can come here from a resource-poor environment, they often pick up the standard and take away all the small pieces they can implement in their environment for financial savings and time savings."

## REVOLUTIONARY PROSTATE CANCER TREATMENT

*In August, Barwon Medical Imaging successfully performed its first two 68-Gallium PSMA PET/CT studies.*

PSMA (Prostate Specific Membrane Antigen) imaging has revolutionised the treatment of prostate cancer and has provided answers to many questions previously left unanswered. Until now, public hospital patients had to travel to Melbourne for this service.

The enhanced resolution of PET/CT along with the specificity of PSMA has enabled microscopic foci of cancer to be detected (and treated) much earlier than previously possible with conventional imaging methods of CT and bone scans.

PSMA almost exclusively localises to sites of prostate cancer that have spread outside the gland itself. The state-of-the-art laboratory within the PET centre at Barwon Health is also capable of producing other tracers specific for certain cancer subtypes, many still in a research phase but include breast, lung and bowel cancer specific agents.

This represents an exciting step forward in personalised medicine and is a real glimpse into the exciting future of molecular imaging.



*The BMI PET CT Team is utilising the latest technology.*



*Palliative Care Unit volunteers Sue and Danielle celebrate new plans for a therapeutic garden.*

## Garden therapy to break new ground at McKellar

*After years of talking about what could be, planning has started for a therapeutic garden at McKellar Centre's North Wing.*

The garden was started by an occupational therapist in Palliative Care who developed a project idea for fourth year Deakin University students who identified the initial design and program development.

In March this year, the Geelong and District Sub Branch National Servicemen's Association/Geelong Nashos awarded a generous donation of outdoor furniture and spent time fundraising with a raffle and barbecue.

Palliative Care clinical lead Leanne Wilson said with help from volunteers and staff, the garden was commenced in its infancy and now a year later, had an established design.

"The goal is to design this space not only for patients and family in the Palliative Care Unit, but for anyone who would like to interact with nature and have time outdoors, away from their hospital room," she said.

"The research behind this garden is going to be based around looking at how a tailored outdoor space and a horticultural therapy program can reduce physiological and psychological stressors for patients, family, visitors and staff of those in palliative care and in the Inpatient Rehabilitation Centre.

"We have developed a committee, which includes staff and volunteers currently working in the Palliative Care Unit at McKellar Centre and we're hoping by November this year, we will be able to celebrate the finalisation of the garden design in conjunction with a barbecue fundraiser for Oaks Day."



Three Emergency Department (ED) nurses and their daughters working in the healthcare industry.

## All in the family

*Barwon Health is a place where multiple generations work together to take care of our community. These three Emergency Department (ED) nurses and their daughters are just some of the families combining their skills to make Geelong a safer and healthier place to live.*

### Annette and Eliza

ED associate nurse unit manager Annette Williamson has been at Barwon Health for 10 years and now works with her daughter Eliza, an Ambulance Victoria paramedic in her second year of paramedicine.

Eliza – “I knew I wanted to do something to help people - it’s kind of in my blood. It’s good to see a friendly face and I often handover patients to Mum. It’s a good relationship between paramedic and ED nurse, especially

here in Geelong. We’ve all got each other’s backs and we all have the patient’s best interest at heart.”

Annette – “We’re lucky we get to care for our local community. It’s been great to watch Eliza grow up and become a professional in my world. It’s nice to work some of those unfriendly hours together on weekends and nights. We worked Christmas Eve and Mother’s Day night shifts together, so it’s good to have someone there who understands.”



Annette and Eliza



Laura, Celie and Georgina

### Laura, Celie and Georgina

ED clinical nurse specialist Celie Murphy has been with Barwon Health for 18 years and now works alongside her daughter, ED clinical nurse educator Georgina Richardson, and daughter-in-law Laura Clarke (an Ambulance Victoria paramedic).

Georgina – “Mum was working here and I was always interested in it. We don’t really advertise that we’re mother-daughter, so when there’s new staff they don’t know we’re related.”

Laura – “It’s great working with these guys. I like walking into the hospital and having that connection. I’m quite public about the fact that this is my family because I’m proud of them.”

### Eliza and Lisa

ED safety and quality manager Lisa Course has been nursing for about 30 years and her daughter, registered nurse Eliza, joined Barwon Health last year.

Eliza – “We’ve got the same personality so we’re both caring and empathetic people with the traits you need when you’re a nurse. It’s helpful when I get really stressed and after work she can help me with those kinds of things. I don’t think I could have my mum as my boss so I’ve avoided the ED so far.”

Lisa – “She reminds me of myself when I was starting nursing. When she works on wards I used to work, they think they’re seeing my ghost.”

**“I’m quite public about the fact that this is my family because I’m proud of them.”**



Eliza and Lisa

## DELIRIUM STUDY TO REDUCE PREVENTABLE CASES

*Safer Care Victoria (SCV) is conducting a Delirium Improvement project, aiming to improve the screening, prevention and management of hospital-acquired delirium in Victorian Public Hospitals.*

Delirium is associated with severe complications, including death, cognitive decline, falls, dementia, and discharge to high dependence.

It is the third most common hospital-acquired complication, but is preventable in 30 to 40 per cent of cases, making it an under-recognised, misdiagnosed and under-treated condition.

Barwon Health has entered into a Delirium Collaborative Agreement with SCV, which includes a regional partnership with South West Healthcare and Colac Area Health.

SCV has funded the position of Delirium Care Project Officer at Barwon Health for a year from 23 July, with Anne-Maree Garbett appointed to the role.

Part of the collaboration includes data collection, with Barwon Health completing a Point Prevalence Survey for SCV at a number of University Hospital Geelong and McKellar Centre wards.



*Some of the 17 Barwon Health surveyors on the Delirium Improvement project, surveying 257 patients.*



*Barwon Health has conducted more than 30 education sessions to improve sepsis treatment.*

## Think sepsis, act fast

**Barwon Health is one of 11 Victorian hospitals to receive a Better Care Victoria grant to improve sepsis treatment.**

The 'Think sepsis, act fast!' campaign aims to improve outcomes for patients diagnosed with sepsis through earlier identification and management by applying the sepsis clinical pathway at their service.

The primary objectives are to:

- Ensure adherence to a sepsis clinical pathway
- Decrease the rate of inpatient sepsis related mortality
- Decrease hospital median length of stay for sepsis related presentations
- Decrease the rate of sepsis related ICU admissions

The secondary objectives are to:

- Decrease the time to antibiotic provision for sepsis management
- Improve appropriateness of initial antibiotic therapy (according to the clinical pathway and Empiric Antibiotic Guidelines)
- Engage consumers in the management of sepsis.

The adult pathway was piloted in four University Hospital Geelong wards in July and was rolled out hospital-wide (including Inpatient Rehabilitation Centre) in September. In the first month since pilot implementation, more than 60 patients were initiated on the Sepsis Pathway. The team provided more than 30 education sessions and reviewed over 60 patients enrolled on the pathway.

Intensive Care Clinical Nurse Specialist Jemma Trickey, the Project Lead, said the response was encouraging.

"Blood culture collection (two sets instead of one), lactate collection (for all patients) and time to antibiotic administration have all improved since implementation," she said.

"We have had positive feedback from Emergency Department (ED) consultants as well as ED and ward nursing staff that the pathway improves communication and empowers nursing staff to escalate care urgently."

A paediatric sepsis pathway is in development and will be utilised at Barwon Health in the near future.

The project also included staff members Alicia Neels (Antimicrobial Stewardship pharmacist), Dr Alex Tai (Infectious Diseases Physician) and Professor Eugene Athan (Director of Infectious Diseases).



Occupational Therapy (OT) Student Program co-ordinators Nikki Lyons and Nicole Shaw.

## Video welcomes students

*Barwon Health has received a wayfinding video to send students in a welcome pack prior to beginning their first day of placement.*

Barwon Health Occupational Therapy (OT) Student Program co-ordinators submitted a project brief for the development of the video to reduce pre-placement anxiety for OT students attending clinical placement at Barwon Health.

There were three Deakin undergraduates leading the project with support from

their unit chair Dani Hitch, with close collaboration from the Barwon Health OT Student Program co-ordinators Nicole Shaw and Nikki Lyons.

The Students Project report also formed the basis for an article recently published in the journal *The Clinical Teacher*.

This is a fine example of a university/health sector collaborative partnership resulting in tangible outcomes, whilst providing students with the necessary skills required to transition effectively to practice.

## RESULTS: INTERPROFESSIONAL TWILIGHT CHALLENGE

On 23 July the Barwon Health Deakin University Interprofessional Twilight Challenge brought 12 teams together at the Geelong Clinical School to compete for the title of 'the most collaborative healthcare team'.

The Interprofessional Twilight Challenge is a fun and engaging opportunity for participants to practice interprofessional team-based problem-solving activities focused on improving client care.

It was a tight competition, resulting in a draw with the AdvICE Team and Deakin Black, closely followed by Club



Belmont second and third prize went to Deakin Red.

A special mention to the HARPers team who were 'best dressed' at the event.

## NEW-LOOK ABORIGINAL HEALTH UNIT OPENS

*A gathering was held on 2 August to officially open the refurbished Aboriginal Health Unit at University Hospital Geelong.*

The dedicated space includes a family meeting room and has been fitted out with Aboriginal artwork, specially designed chairs and striking Wathaurong Glass art.

The refurbished unit was opened by Barwon Health CEO, Ruth Salom, Board Chair, Brian Cook and Member for Geelong, Christine Couzens. Guests were greeted with a traditional Welcome to Country ceremony, performed by Corrina Eccles and Norm Stanley.

In her welcoming speech, Aboriginal Health Program Manager Renee Owen described the honour of opening Barwon Health's first Aboriginal Health Unit.

"Barwon Health has been extremely committed to Aboriginal Health for over 35 years.

"We were one of the first hospitals in Victoria to employ an Aboriginal Hospital Liaison Officer, who was employed here for more than 30 years.

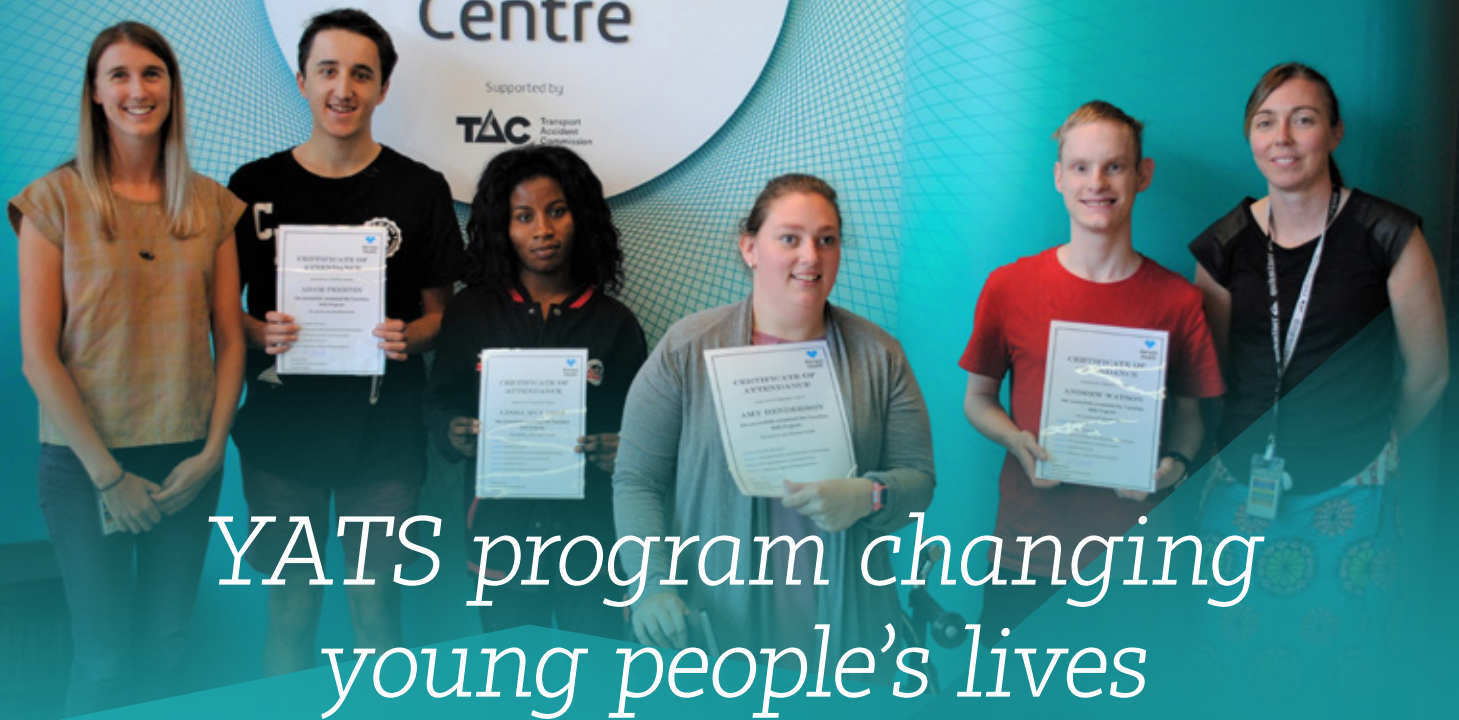
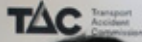
"The concept of a dedicated Aboriginal Health space and Family Room was identified as an aim in Barwon Health's first Reconciliation Action Plan – Reflect," Renee said.



Barwon Health's Aboriginal Health team at the launch on 2 August.

# Sunrise Centre

Supported by



## YATS program changing young people's lives

*The YATS program teaches social and life skills to young people.*

*The Young Adults Transition Service (YATS) supports people aged 16-25 with complex medical conditions and/or disability, to negotiate the move from their familiar paediatric health settings into the unfamiliar world of adult health.*

YATS runs two groups to teach life skills and social skills, but includes multidisciplinary assessments and referrals from the team, which includes a co-ordinator, rehabilitation consultant, physiotherapist, occupational therapist, speech pathologist, social worker and clinical neuropsychology.

YATS participant Dale, 19, was referred to the program after completing a pulmonary rehabilitation at the Community Rehabilitation Centre. Along with general transition goals from paediatric to adult health, his goals included access to transport, learning budgeting skills, and to increase his confidence to make friends and be independent.

"I'm very appreciative," he said.

"It's made a huge difference for me in my work and for my patients.

"I've no doubt it's made a huge difference.

"It's been something long needed and it's just wonderful that the health service took this on."



**"It's been something long needed and it's just wonderful that the health service took this on."**

Dale took part in the Life Skills program, which taught him how to speak up for himself in different environments through participating in simulated activities in communication, planning and describing his health concerns and needs to different professionals.

Dale is now travelling independently via taxi, and attending social groups in the local community.

# New Renal Unit opens its doors

*In August, Barwon Health's Renal Services officially relocated to its new building in Swanston Street.*

The purpose-built Dialysis Services building received \$6.4 million funding from the State Government in 2016 and features a larger, more accessible renal outpatient clinic, a larger, more modernised home therapies unit as well as renal education and administration services on site.

For both staff and patients, the move has signalled the end of an era. After providing initial renal consulting from his rooms in Myers St in 1989, Professor John Agar enabled the support of the Geelong Rotary clubs (and others) to turn the old 'St Margaret's annex' into a major regional renal service, providing outpatient consultations and dialysis care for patients residing in the Barwon South West region of Victoria.

Relocating the service has also meant disposing of a lot of history and leaving behind many memories of the last 30 years at Rotary House. For some staff, they have



*The new Renal Services building opened in mid-August.*

spent most of their working lives in this old house and many patients have been coming back and forth for years, if not decades.

"As we say farewell to Rotary House, we start a new chapter in a brand new unit in Swanston Street, with better access and space for patients and improved resources for staff now and into the future," Renal Services Operations Manager Richard Knight said.

**"...we start a new chapter in a brand new unit in Swanston Street, with better access and space for patients and improved resources for staff now and into the future."**

"Recognition and thanks must go to Jacob Beard and the Capital Works team for their huge efforts over the last few years in managing the requests and expectations of clinicians, architects and builders. They have constantly tried to meet our expectations and overall have succeeded."

"Thanks also to all renal staff who not only packed up the old unit, but have also spent time in providing their thoughts and input into the design and workflow of this building. We are settling in quickly and comfortably and look forward to continuing to provide a world-class renal service for our patients," he said.

## NEW FOCUS ON RESPONSE TO FAMILY VIOLENCE

*Barwon Health's Strengthening Health Service Response to Family Violence (SHRFV) initiative was launched at a public event in August.*



*The SHRFV team, with guest speaker and family violence survivor Christine (orange scarf), after the project's official launch in August at St Mary's Library and Research Centre.*

The project consists of two main phases, first responding to and supporting staff and volunteers who may be experiencing family violence, and secondly identifying and responding to patients who may be experiencing family violence.

The program is well underway with a project team consisting of Karen Todd (project manager), Peter Kelly (regional project officer) and Alex Cowie (workforce liaison).

A training session in October is planned to provide line managers with the knowledge, skills and procedural understanding of how to support staff and volunteers experiencing family violence.

These sessions will cover topics including the impacts of family violence, drivers of violence, risk indicators, sensitivity and appropriate responses, manager roles and

obligations, workplace safety and privacy, and referral information.

In launching the program, Director of Community Health, Rehabilitation and Palliative Care David Meade said people experiencing family violence commonly first disclose to health professionals and that their first response is pivotal.

"Doctors, nurses, allied health professionals and others working in a health setting are therefore uniquely placed to help people affected by family violence seek the safety and support they require," David said.

"The success of this initiative is imperative for us to be able to better respond and care for both our staff and the many consumers we look after every day."



## NEW SOLAR PROJECT SHINES LIGHT ON COST SAVINGS

*A solar panel installation at Alan David Lodge will provide annual savings of close to \$20,000.*

The sustainability project came about due to ageing solar hot water infrastructure at Alan David Lodge that required significant maintenance works to continue operating.

The cost of this maintenance activity was quite large, prompting Building Services to investigate alternate options. With help from an engineering consultant, a report was written and costs estimated that installing Solar PE cells would be similar to the required maintenance expense of the existing system.

With a payback time of less than five years, this option was approved and could pave the way for a similar program at the McKellar Centre, according to maintenance manager Aaron Grigg.

“This is a great initiative with a short payback time and annual savings of close to \$20,000, based on current electricity costs,” he said.

“With electricity costs continually rising, this annual saving will most likely increase over time.”



*Solar panels have been installed at Alan David Lodge.*

## N-ICE Clinical Trial

*You may have seen Barwon Health researcher Dr Olivia Dean in the media recently, with a lot of attention around an exciting new research study conducted in Geelong.*

Dr Dean and Dr Alyna Turner, from Deakin University’s IMPACT Strategic Research Centre, are running the N-ICE Trial study, involving a clinical trial to investigate the effect of a drug called N-Acetyl-Cysteine (NAC), as a new treatment for methamphetamine dependence.

NAC is an Australian approved medication, commonly been used to treat paracetamol overdoses and conditions such as respiratory diseases.

Dr Dean, who has experience conducting clinical trials with NAC in mental health and other substance use disorders, said there was no pharmacotherapy for methamphetamine dependence.

“We’re hoping that NAC might help people reduce their methamphetamine dependence,” she said.

“Given there are limited options and the need to increase resources in other facilities, a pharmacological option would be really helpful.

“We have received a lot of interest about the trial and we hope that NAC might be useful.

“There are parallel lines of research in other addictions that would suggest that NAC might be helpful for people with methamphetamine dependence.

“Given that NAC is available to participants following the clinical trial, the roll out of the intervention could be immediate, if it’s found to be beneficial.”



*Dr Olivia Dean has experience with studies involving the NAC medication.*

The 12-week clinical trial will involve randomised participants in either the NAC or placebo groups. The project aims to recruit about 180 participants in Geelong and Melbourne, Victoria and Wollongong, New South Wales.

**“We’re hoping that NAC might help people reduce their methamphetamine dependence.”**

The study involves several universities (Deakin University, Curtin University, Monash University, University of Wollongong, the Burnett Institute, LaTrobe University, and the University of Newcastle) together with local health service providers (Barwon Health, Wollongong Hospital, and Turning Point) throughout Australia and is funded by the National Health and Medical Research Council.



*The Health Communities Unit is focusing on healthy eating and active living, as well as preventing violence against women.*

## Introducing the Healthy Communities Unit

*Meet the team at Barwon Health who are working to prevent poor health before it occurs and improve the wellbeing of our community.*

Barwon Health recognises that health covers a full spectrum from response and early intervention through to prevention. The Health Communities Unit (previously known as Health Promotion or Population Health) recognises that health is not just an outcome of individual behaviour choices. They work with our communities in the G21 region in the places where they live, learn, work and play. The team develops, implements and evaluates health initiatives using a range of strategies including health policy, advocacy, social marketing and structural and environmental strategies.

The team is working collectively with 14 other organisations in prevention to achieve larger scale change, aligning efforts to achieve a greater impact in improving the health of our community.

The multi-disciplinary team includes:

- Unit Manager
- Communications and Administration Officer
- Dietician
- Evaluation Officer

- Six Health Promotion Officers
- Mental Health Promotion Officer

The Healthy Communities priority areas for 2017-2021 are:

- Healthy Eating & Active Living
- Prevention of Violence against Women

A snapshot of some of the unit's work includes:

- Supporting 20 Community Kitchens with volunteer facilitators and over 160 participants.
- Delivering the Workplace Achievement Program with 108 workplaces that collectively have over 30,000 employees.
- Working in partnership to co-ordinate the Barwon Respect Netball Cup with 9 local secondary schools and over 120 students to promote gender equity and respectful relationships.
- In partnership developed two action plans with mutual priorities to improve the health and wellbeing of the community.

Internally, the unit supports the implementation of the Healthy Choices guidelines for our cafeteria, cafes and vending machines, the implementation of the Health Literacy Strategy and the Strengthening Health Services Response to Family Violence project.

## BARWON HEALTH FOUNDATION FUNDRAISING

### Giving Weekend

Over 210 volunteers braved the wind and the rain to shake a tin and sell Barwon Health merchandise in June for the annual Giving Weekend.

Thanks to all the volunteers who donated their time to raise more than \$47,000 was raised for the Kids Appeal.

### Let's Kick Cancer Cup supports Cancer Centre

Celebrating its second year, the Let's Kick Cancer Cup raised close to \$10,000 for Barwon Health's Andrew Love Cancer Centre in August.

In just two years, the event has contributed more than \$25,000 to the Andrew Love Cancer Centre and will be held again next year when the two sides face off at Leopold's home ground.

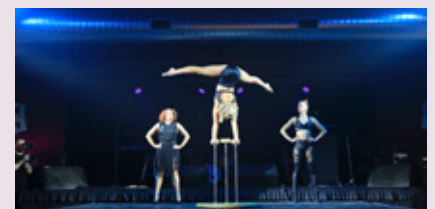
### Roll up, roll up

It was a circus extravaganza at the Federal Mills in August, with hundreds of people coming together for the inaugural Under the Big Top Gala Ball.

Proudly sponsored by Southern Star Group, the Barwon Health Foundation brought the biggest show to town, as circus performers hung from the ceiling, a champagne dress greeted guests on arrival, and all were treated to a night filled with spectacular food and entertainment.

Hosted by Rebecca Maddern, guests danced the night away to the famous Dan Hamill Band while every donation was doubled by the Cotton On Group.

More than \$200,000 was raised for the Kids Appeal and planning is now underway to repeat the effort in 2019.



# Staff acknowledgements

Matthew Hercus has commenced in the new role of Executive Director Strategy, Planning and Partnerships. Matthew has worked for the Department of Health & Human Services since 2008, most recently been in the role of Director, Rural and Regional Health, Health and Wellbeing Division. Previously, he was the Assistant Director, Programs and Performance in the Mental Health Branch and prior to joining the department, he worked across diverse roles in acute health services across Australia.

The Barwon Health Board has welcomed a new director in the appointment of Professor Edward Janus. Professor Janus is currently the Head of Unit – General Medicines at the University of Melbourne and has replaced Professor George Braitberg. Virginia Todd and Robyn Davis have been reappointed for a second term, providing stability to the board.

Barwon Health sends condolences to the family and friends of Hilary Blakiston, who died on 10 August. Hilary was a much loved and influential figure in Geelong healthcare, serving on the then-Grace McKellar Centre board from 1973 to 1998, including three years as president. The McKellar Centre's Blakiston Lodge was named after Hilary, acknowledging her passion and hard work to

help patients stay in their own homes and to strengthen the site's reputation as more than a palliative care facility.

Amanda Cameron has joined Barwon Health as Chief Operating Officer, commencing in July, after holding Chief Operating Officer and Chief Nurse positions at Latrobe Regional Hospital. Amanda has extensive experience in hospital management and in addition to her clinical responsibilities has been responsible for the management of Financial Services at Latrobe.

Special thanks to Chief Nurse Lucy Cuddihy who acted in the role as Chief Operating Officer since the departure of Robyn Hayles earlier this year, and the new initiatives she supervised to improve our performance.

Geelong Cardiology Research Unit Manager Karen Fogarty has been appointed to the role of National Study co-ordinator for Australia and will sit on a global study co-ordinator steering committee for a new research study. In the National Study co-ordinator role, amongst an extensive list of other responsibilities, she will collaborate with the sponsor, site study co-ordinators, and other country representatives to ensure the success of the study.

## NEW 1300 PHONE SET UP

The Mental Health, Drugs and Alcohol Services ACCESS Team has implemented a new phone system - complete with snazzy headsets.

The ACCESS Team (formerly Triage) is a 24-hour service for people who may have a complex or serious mental illness and are in crisis.

Once a client has selected the option that takes them to ACCESS, they then enter a new phone system with visibility of all calls waiting on hold, allowing faster response in busy times, the option for callers to leave a number for a call-back, and a capture of good data on who is calling, with triage outcomes to inform service provisions.

In addition to the 1300 094 187 number, clinicians within Barwon Health, Victoria Police and Ambulance Victoria can use an alternative number for client concerns (e.g. presentations to ED, referrals, advice) to bypass the initial phone tree and go straight through to Access. This number is not to be given out to any other person or group.

The Access Team Shift Leader will also carry a dedicated mobile phone - 0403 903 642 - for general enquiries or notifications only.

## VALE SIMONE VOLKMAN (17 DECEMBER 1971 - 8 AUGUST 2018)

*After a long battle with cystic fibrosis, including two lung transplants, Barwon Health lost beloved staff member Simone Volkman, who passed away peacefully at home on 8 August. Our thoughts are with her son Lachlan who will dearly miss his mum.*

Simone joined Barwon Health in November 1992 as a pharmacy intern and spent the next 25 years as dispensary pharmacist, outpatient pharmacy manager and clinical trials pharmacist. She was a great mentor to the many students and interns who passed

through the dispensary during their training. Her work ethic was described as second to none, and even as an inpatient of the hospital, she would come down to Pharmacy and help out, wearing her face mask and dressing gown with an oxygen tank trailing behind her. Simone could clear a row of patient prescriptions faster than any other pharmacist, ensuring target times were well within range. She instilled a positive work ethic and was a perfectionist in her work.

Her stoicism and strength of character were deeply admired - she never discussed her illness or how difficult some days must have been. This friend and colleague will be sorely missed.





**RUN** FOR GEELONG'S **KIDS**

**SUNDAY  
18<sup>TH</sup> NOV  
2018**

SIGN UP TO SUPPORT OUR KIDS  
[RUNFORGEELONG.COM.AU](http://RUNFORGEELONG.COM.AU)