

Auricle

EDITION 2 / 2020



Faces of the pandemic: Staff keeping the community safe

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Contact tracing team
leading regional effort

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Vaccine trial
participation



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Pandemic turns doctor's
move into marathon

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New research centre
to improve lives

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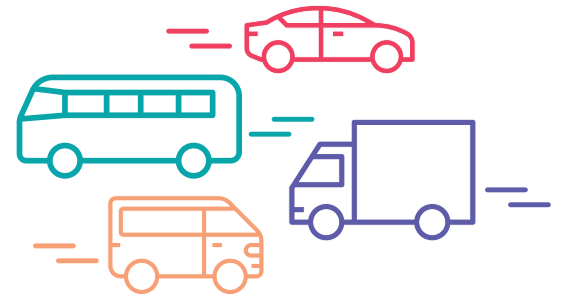
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Barwon Health Fleet Service



TOTAL VEHICLES – **248**
(INCLUDING CARS, BUSES,
VANS, TRUCKS, UTILITIES)

KILOMETRES TRAVELLED
ANNUALLY IN FLEET VEHICLES
– APPROX. **4.5 MILLION**

VEHICLE SERVICES ORGANISED
– **400**

ANNUAL VEHICLE SERVICING
EXPENSES – **\$250,000**

ANNUAL FUEL EXPENSE –
\$450,000

AVERAGE AGE OF PASSENGER
FLEET VEHICLES – **SEVEN
YEARS**

Cover: Acute Neurosciences Unit
Nurse Unit Manager Alannah Katzer.



www.facebook.com/barwonhealth



www.twitter.com/barwonhealth



www.instagram.com/barwon_health



www.linkedin.com/company/barwon-health

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Message from the Chief Executive

Firstly, I'd like to thank everyone for your hard work and dedication this year. It hasn't been easy but I believe Barwon Health has set an example as a leader in the Geelong community, as we each respond to the reality of the COVID-19 pandemic and how it impacts on both our workplace and personal lives.

Your diligence, commitment and flexibility is truly appreciated by me, and of course, also by our community.

As we adjust and rework our practices to meet the demands and changing restrictions brought on by the pandemic, it's important we also take time to focus on long-term changes that make Barwon Health a better place to work. We have responded to our most recent People Matter survey by introducing some improvements across key areas, each addressing a need identified by staff, including senior leadership visibility, feeling more safe and secure at work, recognising good work, preventing and responding to stress, and improvements to ensure a high-quality service. I'd like to thank staff who participated in the survey to make these improvements possible, as we are always looking for ways to address areas of need.

It's an exciting time for our research community, with the announcement of the Adrian Costa Clinical Trials Centre, as well as the launch of Barwon Health's research microsite, highlighting the innovative and diverse projects of our staff. This new centre will bring our many clinical trials under one roof, increasing our capacity to lead internationally-recognised studies and drive research excellence. We have also recently launched several exciting, potentially groundbreaking clinical trials with a focus on COVID-19, studying treatment options and a vaccine candidate that could be used all over the world.

Another important project is our Swanston Centre acute mental health ward redevelopment, which involves a refurbishment of the facility that will make way for a new and improved model of care for our mental health, drugs and alcohol services. You will notice there is construction

inside and around the Swanston Centre until late next year, but the final result will bring some great outcomes for our clients who rely on that facility and its services.

Our new COVID-19 contact tracing and monitoring teams have received great media coverage in recent months, continuing to go from strength to strength and playing a vital role in rapid response to confirmed cases and outbreak management in the Barwon South West region. This work has been critical to limiting the spread of COVID-19 and supporting our community, and these teams consisting of multidisciplinary staff are a great representation of the way our health service has combined its resources and efforts for the good of the community.

Finally, I want to emphasise my gratitude to everyone working so well under some potentially stressful circumstances lately. Everyone is putting in an incredible effort to provide the best care for our community, and this does not go unnoticed by the leadership team. The impact of this year's evolving work environment and conditions has made an impact on us all, so I encourage each of you to take some time to look after yourself, your families, and your colleagues. I have full confidence that in working together, we will be able to support our community and each other through the challenges ahead. We can all see by now that it is indeed a marathon, not a sprint, and we have what it takes to go the distance.

Frances Diver | Chief Executive

BARWON BEST CARE NOMINATIONS ARE OPEN

Barwon Best Care is focused on aligning the whole health service and its community on delivering the highest quality care to every patient, every day.

This year, the Barwon Best Care awards will recognise the outstanding clinical and non-clinical work undertaken to support the health service during the recent extraordinarily unprecedented times.

There will be three additional categories this year to recognise our staff who have gone above and beyond to support the entire community during these times.

We are calling out for projects that delivered beneficial outcomes in response to:

- The 2019 Code Yellow - Cyber Security Incident
- Barwon Health Accreditation
- The Regional COVID-19 response



You can nominate a colleague or your department on One Point before 26 October.



TASTY UPGRADE FOR HOSPITAL CAFETERIA

A new-look sandwich bar was completed at University Hospital Geelong in July, modernising the space into a more appealing experience for users and staff.

The hospital cafeteria has closed to the public due to COVID-19, making it the perfect opportunity to make some long-awaited improvements.

Cafeteria manager Rosa Marino said staff looked forward to welcoming patients and visitors to the new sandwich bar when restrictions were eventually eased in the future.

FINDING HELP ABOUT DIABETES AND END-OF-LIFE CARE

The revised edition of the Guidelines for Deciding Palliative and End of Life Care with People with Diabetes has been published as a resource on the Australian Disease Management Association website.

Palliative and end-of-life care are key aspects of the life and care trajectories in all care settings, but are often overlooked until the late stages of life for people with diabetes. This can lead to unnecessary treatment and affect people's quality of life and quality of death.

The guidelines were developed in collaboration with key stakeholders and aim to help health professionals and organisations incorporate evidence-based diabetes, palliative and end of life strategies into their policies, procedures and professional development programs.

They advocate for early referral to palliative care, personalising care with the individual with diabetes by commencing conversations about their values, goals and end-of-life care preferences.

In addition to the guidelines, three pieces of tailored information were developed to help people with diabetes write advance care directives: one for people with diabetes, one for family members and one for health professionals.

The resources are now available from <https://adma.org.au/tools-and-resources> or search online for the ADMA's Integrated Care Tools and Resources.

BARWON HEALTH ACHIEVES WORKCOVER PREMIUM REDUCTION

Barwon Health has recorded a \$1.6 million WorkCover premium reduction for the 2020/21 financial year.

The Barwon Health Injury Management team, which consists of John McGill, Lisa Reid, Sarah Biviano, Penny Griffin and Lauren Allison, has for the past 18 months placed a strong emphasis on early intervention strategies to manage work-related injuries.

This approach focuses on rapid support and strong communication between injured employees, managers and treatment providers, complemented by the

introduction of an in-house physiotherapy service at the StaffCare Clinic in early 2019, which has assisted with the timely management and treatment of work related musculoskeletal injuries.

The focus on early intervention, together with OHS injury prevention initiatives now sees Barwon Health performing 16 per cent better than the industry average.

Injury management senior advisor John McGill said demonstrating prompt care and support was one of the first and most important things a supervisor or manager could do if one

of their employees sustains an injury.

"This initial contact, at the earliest possible opportunity, with the support of one of the Barwon Health Injury Management/Return to Work team, will invariably result in an optimal outcome for the injured employee," he said.

The Injury Management team is looking to further strengthen the early intervention model in 2020/21, with the roll-out of leadership training intended to support managers regarding their role in the injury management process.

TRAUMA TEDDIES

Barwon Health recently received a generous donation of Trauma Teddies thanks to a hard-working army of Red Cross volunteers.

Hundreds of knitted teddies are distributed to children in the Emergency Department and Children's Ward each year to provide comfort in what is often a scary time for children.

This year marks 30 years of the Trauma Teddy initiative and Barwon Health is grateful for the support from Red Cross.



Red Cross volunteers have donated more than 100 Trauma Teddies to our Children's Ward.

BEANIES WARM THE HEAD AND HEART

Members of Soroptimist International (SI) of Geelong have been knitting beanies during lockdown periods to help patients of Barwon Health's Andrew Love Cancer Centre.

Wellness Lounge co-ordinator Kate Hope said the beanies, knitted in a range of sizes, designs and colours, would be available at the lounge for cancer patients attending the Andrew Love Cancer Centre.

"Some cancer treatments may result in hair loss, which is usually temporary, so a hand-knitted beanie will help those patients to keep warm, especially over winter," she said.

"The Wellness Lounge is grateful to all the groups and individual knitters who, through their kind donations, have supported our patients as they undergo cancer treatments."



Rita Jenkins and Kate Hope.

SI Geelong secretary Rita Jenkins said members had enjoyed making 53 beanies in quite a range of styles.

"Two of us have had husbands who have been treated at the Andrew Love Cancer Centre and we had the idea of knitting the beanies and donating them for people who have lost their hair.

"Four ladies spent all of June knitting and we were thrilled to donate them."

COMMUNITY CONVERSATION: INCREASING PHYSICAL ACTIVITY IN PEOPLE OVER 55 YEARS

Barwon Health's Healthy Communities team has used community engagement to find ways to encourage more physical activity for people aged 55 and over.

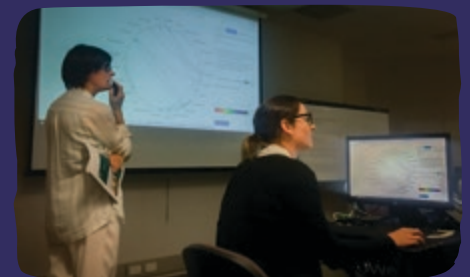
In March 2020, two consultations were held with 27 representatives from a range of community services and organisations in Geelong and Colac, identifying a number of influencing factors. These included confidence, motivation, family and partners, owning a pet, mental health, infrastructure, safety, accessibility, and service cost.

The discussions were then used to turn ideas into action, with several opportunities

to support the community and increase physical activity in people over 55 years. In partnership with other organisations, Barwon Health will aim to:

- Support people to remain active, and access opportunities for physical activity during periods of "life transitions";
- Provide information on local services that encourage and support physical activity;
- Offer mentorship to address lack of confidence or fear, or to build networks to access services; and
- Improve accessibility, whether physical, environmental, cost, or simply awareness of services.

For more information, or to receive a copy of the full report, please contact healthycommunities@barwonhealth.org.au.



Health promotion officer Susan Parker with administration and communications officer Chelsea Gunther at one of the Healthy Communities consultations.

CONTACT TRACING TEAM LEADING REGIONAL EFFORT

A new team of Barwon Health “disease detectives” is leading efforts to track and limit the spread of COVID-19 in regional Victoria.

The COVID-19 contact tracing team is led by infectious disease specialists and works in conjunction with the Department of Health and Human Services (DHHS) to identify where the virus is transmitted and who has been potentially infected.

The Barwon Health staff are responsible for interviewing all positive cases in the Barwon South West region.

The team comprises doctors and experienced allied health and nursing staff who undertake tracing of people who have been in close contact with those infected with COVID-19.

The team determines if there is any risk to these contacts and recommends isolation and testing as appropriate, utilising the same processes as DHHS.

Infectious disease specialist Associate Professor Deb Friedman said the team was working long hours to find any information that will help limit the spread of the virus in regional communities.

“When we are given a new case, within hours we’ve been in contact with that person and all their identified close contacts who could potentially become infected,” she said.

“Having a clinical background allows our staff to better understand a person’s symptoms, which is important in determining whether or not there is a risk of severe illness.

“The contact tracing team works with our COVID-19 monitoring team, which routinely checks on people who have tested positive or are in isolation due to contact with a positive case.

“This allows us to monitor their health and wellbeing every day, questioning them about their symptoms and making sure they have anything they might need, such as groceries, medications or other logistics.”

A/Prof Friedman said the role combined clinical knowledge and detective work to investigate the potential ways the virus could spread.

“When we interview people, we encourage them to review their diary, calendar, smartphones and their bank statements, which might jog their memory about where they’ve been throughout the time in question,” she said.

“These interviews are the mainstay of the work that is done, and while there might be technology that could assist, it’s very much an exercise of direct verbal communication.”



“There would have been pieces of information that we wouldn’t have known about if the contact tracing was being done in Melbourne. I think on a community level, we just understand our community and we can work with them.”

Infectious disease specialist Associate Professor Deb Friedman, infectious disease physician Dr Caroline Bartolo, co-team leader Fiona Brennan, and COVID-19 monitoring team clinical lead Associate Professor Daniel O'Brien.

A/Prof Friedman said understanding specific details about the Geelong community had given an excellent insight about how transmission had occurred in the region.

“In most cases so far in regional Victoria, we have been able to ascertain where the infection was acquired and we haven’t seen much community transmission in Geelong.

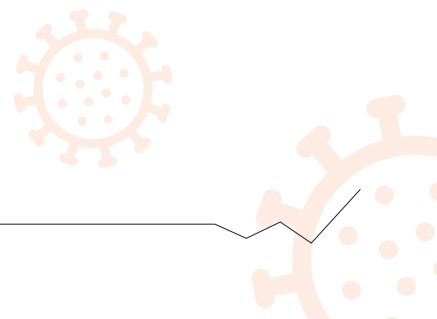
“Cases in the Geelong region have occurred through people who know each other, especially in families, as opposed to getting the virus from walking past someone in the street or from eating in a café.

“There would have been pieces of information that we wouldn’t have known about if the contact tracing was being done in Melbourne. I think on a community level, we just understand our community and we can work with them.

“The patients know we care because it’s our community and our health service has established a relationship with them.

“We really appreciate the engagement of the community, and on the whole, everybody has been extremely willing to do what’s required, which is a testament to the people in our region.

“It’s important for people to keep a clear record of where they’ve been and consider carefully who they gather with, whether it be at work or in the home. These details have made the tracing process significantly easier.”





Vaccine trial participants

Grovedale retirees Joan and Brian Goudge have volunteered for Barwon Health's COVID-19 vaccine trial.

Grovedale retirees Joan and Brian Goudge are among 100 participants to have volunteered and been accepted into a Barwon Health clinical trial for a COVID-19 vaccine.

Mr Goudge said the couple had participated in several Barwon Health research projects over the past five years, including clinical trials for shingles and bone densitometry.

"Our doctor first suggested we could be part of a bone density trial and we thought 'why not?'"

"We've done four trials at this stage and became interested in the COVID-19 one because of the problems the virus has generated.

"Anything we can do to help research and get this thing rolling would be handy.

"There's definitely more interest in this one because it's such an unknown. People are frightened and don't know what's happening, so this gives them a bit more of a future to look into and it shows we're on the right track of getting a vaccine."

Mrs Goudge said the couple believed clinical trials would make a true difference to their community.

"It hasn't been a pretty picture during the pandemic, but we're trying to do all the right things and get on with whatever we can do," she said.

"We really need an antibody for it and when we were asked to volunteer, we thought it would be worthwhile to help everybody.

"If the vaccine is passed and it's acceptable, everybody is gaining from it. We would encourage people to be part of clinical trials when they have the opportunity."

"Anything we can do to help research and get this thing rolling would be handy."

Mr Goudge said while side effects were always a possibility with clinical trials, they were yet to have any issues in their past experiences.

"We've been assured we won't get COVID-19 from the vaccine candidate, but you've got to be aware there is a risk of the unknown," he said.

"It gives us something to talk about together while we're stuck at home twiddling our thumbs."

Midwives continue to support women throughout the pandemic

Barwon Health's midwives are providing continuity of care for women throughout the uncertainty of the COVID-19 pandemic.

With strict visitor restrictions in place to protect staff and patients, midwives are playing an extra important role in providing care both in the hospital and at home.

One midwife-led model of care is the Midwifery Group Practice (MGP) which offers continuity of midwifery care to women and their families throughout pregnancy, birth, and the two weeks at home post-birth with their new baby and has been available at Barwon Health for over ten years.

MGP co-ordinator and midwife Kylie Cole said around one in five women who have their baby at Barwon Health access the program, which provides holistic care for women and their families.

"Each woman is allocated a midwife and a back-up midwife throughout their care, which means they have a familiar person to call on throughout their journey," Kylie said.

"For women who fit the criteria for inclusion in this program, we find they and their partners are more confident in the birth process and the comprehensive postnatal care provided prepares them well for their future parenting journey.

"While COVID-19 has brought some challenges, we have continued to see women in the clinic, the community and in their homes with appropriate risk mitigation strategies such as phone screening and time limiting face-to-face contact.



Amelia Boyle, baby Noah McGuire and Travis McGuire. Photo taken by the Geelong Advertiser.

"The COVID-19 restrictions have made it harder for pregnant and new mums, so having close contact with my midwives throughout my pregnancy and in the weeks following the birth of Noah has been so comforting."

"Like all women who birth at Barwon Health, families have really appreciated the home visits we provide after birth during a time where women would usually have friends and family visiting and providing support. MGP women also benefit from extended home visits," she said.

New mum Amelia Boyle recently gave birth to her first son Noah through the MGP. She said during COVID-19, midwives were more important than ever.

"I chose the MGP because continuity of care was really important to me. As a nurse myself, I know how valuable a good rapport is; it really can make the world of difference," Amelia said.

"The COVID-19 restrictions have made it harder for pregnant and new mums, so having close contact with my midwives throughout my pregnancy and in the weeks following the birth of Noah has been so comforting.

"It was comforting knowing they were only a phone call away if I had questions or concerns.

"I was also offered three or four home visits from my midwives once I was home, which helped me settle into my new role as a mother."

There are limited places in the MGP and women can ask to be considered for this model of care at their booking in appointment. Other models of care include our midwives clinic, shared care with a GP and a number of specialist clinics.



THE HEART OF THE MATTER

CONNECTION IS KEY

In March, I wrote an opinion piece for the Geelong Advertiser outlining my tips for maintaining good mental health during the COVID-19 pandemic. At that time, our society was facing an immense challenge, with the real threat that many in our community could become very ill.

ASSOCIATE PROFESSOR STEVE MOYLAN | CLINICAL DIRECTOR OF MENTAL HEALTH, DRUGS AND ALCOHOL SERVICES (MHDAS)

Since then, we have seen the best of our society. We have worked together to maintain physical distancing and other public health measures, which has undoubtedly saved many lives. We have seen acts of kindness, generosity and a shared sense of community spirit like no time in my memory.

But it hasn't been easy.

The benefit of physical distancing has come at an obvious cost to our sense of mental wellbeing and connection to others. Whether it's a result of working from home, enduring the loss of a job or a business, home-schooling children, losing access to a particular social support, or simply remaining vigilant to the potential threat of infection, life has just been harder.

Whilst people have found new ways to remain connected with others, we have lost the opportunity to be present with friends, families and colleagues. Losing our usual stress relievers – whether that be sport, a movie, or a simple walk on the beach – have added additional layers of loneliness and grief to our everyday lives.

In the past few months, our sense of community wellbeing in our region has been further rocked by the tragic deaths of young people to suicide. This has brought about significant reporting in the media, and understandable community concern both in the communities affected, and more broadly. This concern follows warnings that Australia may be at risk of a surge of mental health issues in the wake of COVID-19, due to the impacts of social disconnection and

economic downturn. An increase in suicide is unfortunately one of the predicted tragic consequences.

Suicide is immensely challenging for families and communities, and this is especially the case with the loss of a child or teenager. Several suicides close together within a given community, as has occurred recently in Geelong, can create a fear that more will occur. It is important to remember that, while every teen suicide is one too many, it is uncommon. Unfortunately, the stigma associated with mental illness, suicide and distress that leads to suicide can further compound feelings of isolation.

As a community we can significantly influence this. As a psychiatrist, my understanding of why a person may feel



Associate Professor Steve Moylan

Whilst some people struggling at the moment will benefit from professional mental health assistance, don't underestimate the power you have as a member of your community to help those around you.

suicidal has been greatly assisted by the work of psychologist Thomas Joyner, who informs that suicidal thoughts often result when a person feels disconnected from others (“thwarted belongingness”) and a burden on others and society (“perceived burdensomeness”). This understanding is powerful as it provides a guide to how, I, or anyone, can help a person feeling suicidal. If you know a person feeling disconnected – reach out proactively in person, by phone or videoconference. Organise a kick of the footy

or a walk in the park. Let them know you are there for them. If you know of someone struggling and feeling a burden to others, help them understand the contribution they make to you and your community – remind them of a time they helped you out. Share how you are feeling too.

This power of community spirit has had no better example than the recent effort by former students of St Joseph’s College Geelong, who made a YouTube video

expressing support to current students. The message was one of solidarity and an openness of support – what could work better to help students feel connected than that?

While many people in society are understandably struggling at the moment, there is tremendous power within our community to help each other through this period. Whilst some people struggling at the moment will benefit from professional mental health assistance, don't underestimate the power you have as a member of your community to help those around you. My advice to parents, teachers and friends is to trust your instincts. Remember that kindness and compassion are contagious. Work harder now than ever to remain connected, and reach out to those who you believe may be struggling. If you are ever unsure of what you should do, access the many excellent resources available online or call a mental health service for advice. Most of all, look after yourself – both physically and mentally – so you can help those around you.

For confidential support and counselling, staff can contact the Employee Assistance Program (EAP) via staffcare@barwonhealth.org.au or 4215 3220

Other useful supports include Beyond Blue (1800 512 348) and Lifeline (13 11 14) – available 24/7.

Pandemic turns doctor's move into marathon

Moving to work in a new country is never simple, but the complications of COVID-19 have made Dr Geraldine Masson's relocation from the UK to Geelong an absolute marathon of a travel experience.

Dr Masson was appointed as Barwon Health's new Director of Women's Services in December, with a starting date in May.

As she wrapped up her work at Royal Stoke University Hospital, she developed COVID-19 symptoms in March and needed to self-isolate for two weeks. This delayed finalising her immigration approval and Dr Masson realised leaving the UK for Australia would be more complicated than usual.

"Moving to Australia was going to be a herculean task even without COVID-19, but the pandemic added a layer of uncertainty over our travel plans," she said.

"I continued working in my previous role, which included a few weeks of lockdown."

On top of finalising a work visa and passing a medical test, Dr Masson had to gain permission to travel and provide a negative COVID-19 test before flying.

As May approached, her flight to Melbourne was diverted and then cancelled, leaving her with even more uncertainty.

"With the house packed up, we'd given all of our furniture away and we were sleeping on a mattress on the floor," she said.

"We eventually got an offer of a flight to Perth on 4 August.



Dr Geraldine Masson's long journey to join Barwon Health took some twists and turns through the COVID-19 pandemic.

Dr Masson will be involved in preparing Barwon Health for University Hospital Geelong's new women's and children's facility, with experience overseeing a similar project at Royal Stoke University Hospital.

"We then flew from Manchester to Perth, then following a police interview, they took us to a quarantine hotel with a police escort and we were greeted at the hotel by the army.

"It wasn't much fun, but we were very well looked after, and then two weeks later, we flew to Adelaide and drove to Geelong.

"It's so good to finally be here, starting to meet people, settling in, and doing my clinical work."

Dr Masson will be involved in preparing Barwon Health for University Hospital Geelong's new women's and children's facility, with experience overseeing a similar project at Royal Stoke University Hospital.



Barwon Health staff have embraced the guidelines and "the mask-up" message.

Staff share mask selfies in show of support

Barwon Health staff are leading the fight against COVID-19, donning a mask to protect their patients, colleagues and the community.

Barwon Health Public Affairs and Communications director Kate Bibby said staff had embraced the new guidelines, sharing selfies to support the message to mask-up.

"We've asked staff to send in a selfie in a mask to share the message with our community that wearing a mask is important to help limit the spread of COVID-19," Ms Bibby said.

"It's great to see our staff, patients, visitors and the community take the advice on board to protect the Geelong community. We are also heartened to see the GP community get on board with the message.

"We know many people don't feel symptoms of COVID-19, so it's important to wear a mask to keep those around you safe."

The best way to protect other people against COVID-19 is keeping 1.5 metres apart, wash your hands often, and follow cough etiquette. Masks add an additional protective physical barrier to protect our community when keeping 1.5 metres apart is difficult.

It's important to wash your hands before handling a mask, ensuring it is fitted to cover your nose, mouth and chin.

"We know many people don't feel symptoms of COVID-19, so it's important to wear a mask to keep those around you safe." – Kate Bibby



THE BABY & THE VILLAGE

*in the time of
COVID-19*

The birth of a child is the most intense and intimate process a mother, father and baby can experience, and yet one so common that it is almost ordinary. For most of human history, pregnancy, childbirth, and the first year of a new life have been a dangerous time, the whole village coming together to guide and protect. While obstetric technology has reduced perinatal mortality remarkably, much of the village has been replaced by professional networks that are necessarily more precarious than those of kin and community.

DR BEN GOODFELLOW | PSYCHIATRIST AND PSYCHOANALYST WHO WORKS WITH INFANTS, FAMILIES IN THE PERINATAL PERIOD, AND OTHER PATIENTS.

Two examples from the hundreds of families who have needed help across Victoria in recent months*: A professional woman suddenly develops severe psychosis only weeks after her baby is born. Another woman recently emigrated from overseas, leaves a parent-infant mental health ward and into to the care of her husband's family who she has only just met; her depressive symptoms and struggle to even hold, let alone care for her baby return with frightening intensity. In

ordinary times, our services could treat and visit frequently, harnessing the support of friends and family of such patients, however we're now in a very different world.

Historically, it's unusual for parents to be the sole carers of newborns. Becoming a parent forces a mastery of the most difficult, sensitive and essential tasks a person can face: whatever the ideals and fairytales may promise us about the joy and bliss of

motherhood, learning to understand and actively love a baby are often not innate skills. Of course, it can be a wonderful and even sublime period of adjustment, but often it is the opposite. To begin knowing and loving a baby, ideally a mother can have others in her life to guide and support her, sharing the intense practical and emotional load. In the time of COVID-19 more than ever, even more of this responsibility falls to each mother around the world.

Pregnancy is a process that proceeds irrespective of what else is taking place in a woman's life or the world around her. In Victoria, we have seen that referrals for requiring specialist intervention rise steadily. This must be managed despite a reduction in the resources to treat them, as the usual professional supports for families became severely restricted in what they normally offer. All clinical services have reduced staffing and are largely confined to tele-appointments except where strictly necessary. Valuable care takes place, but we have all felt how screens lack the intimacy of direct human presence. Inpatient parent-infant mental health units, already too scarce for the routine clinical demand, are severely restricted, and visits from family and the in-person therapeutic work that is the cornerstone of treatment are curtailed indefinitely.

Partners (usually fathers) have their own challenges at this time, including unemployment, social and professional isolation, and support and treatment for men learning to be dads, especially those who experience depressive or other mental health problems. These challenges amplify the feeling of being ill-equipped to support the mother of their child.

The baby's personal experience is also important to contemplate. Babies are shaped by the emotional world of their parents long before and at the moment of conception, and every day that follows. Stress and distress on the part of the parents doesn't cause "damage," so much as it affects all of us. Once born, a child living with parents who are under strain and isolation, who is not able to be seen, delighted over and held by family, friends and grandparents is inevitably missing out on that overflow of love, touch, smell, voices and laughter during this lockdown. There are many young children too who were receiving care by aunts or grandparents, which was ceased overnight. The explanation was a particularly frightening one: that we can't see nan and pop because they might get very sick from you and die. There is no way to sweeten such explanations without being deceitful, either.

It is difficult to write about serious struggles without being melodramatic or pessimistic, not least when babies, life and death are involved, but these perspectives should be heard. As for the families mentioned earlier



Dr Ben Goodfellow

in this piece, the mother with psychosis, her husband, and her chubby baby are finally doing well, but only after significant time in mental health wards, intensive out-patient care, and a supportive family who could provide a "hospital in the home." The second family continues to struggle greatly.

Services that are under strain at the best of times are particularly vulnerable in a crisis. This era of plague and chaos has a long way to run with the consequences of the shutdowns emerging. With the Royal Commission into mental health services handing down its recommendations next year, we may wish to consider the implications for those who are by definition the most vulnerable and voiceless in the community – unborn and newborn babies, their mothers, and the family, friends and professionals who form the village around them.

If Barwon Health's maternity staff identify a woman who requires more support post-discharge, additional extended postnatal care visits are arranged in their home. We encourage parents feeling the impact of isolation to contact our perinatal and infant mental health service on 1300 094 187, 24 hours day, seven days a week. There is also practical information available for emotional support in parenting at www.cope.org.au, and the Geelong-based Raphael Centre for pregnant or new mothers and fathers experiencing mental health issues, available on 5221 7333.

** Details altered to maintain anonymity/ confidentiality.*



Bedside menu caters to unique tastes

McKellar IRC patient Brendon Goddard makes his food selections with help from Room Service Choice meal monitor Vivianne Medic.

A new bedside menu service program is giving a personal flavour to meals at the McKellar Centre.

Room Service Choice was launched at the Inpatient Rehabilitation Centre in January this year, using mobile technology and a meal monitor to make sure patients are getting the best possible meal available.

Rather than selecting food from a paper menu, the new program has introduced a discussion into the ordering process.

Filling out paper orders can be challenging for patients, including those who are visually impaired, frail or confused, or those who speak or read little English. This means that patient may not get the foods that they can enjoy, putting them at risk of malnutrition, food wastage, and poor patient satisfaction. Every year 280,000 paper menus are printed across Barwon Health, which is equivalent to 35 trees.

Patient Brendon Goddard said there was a personal touch to Barwon Health's new menu and one-on-one service, which has been adopted at University Hospital Geelong to support those requiring special assistance.

"At a private hospital, you select your meal from a screen and even though it looks flashy, you're still guessing," he said.

"They have the technology, but they miss the human interaction.

"With this bedside menu, they tell you about the food and it's a big difference because you know exactly what you're getting."

Brendan said his food services meal monitor Vivianne Medic had worked out his many idiosyncrasies to help find meals that he liked.

Since starting the role in January, Vivianne said she enjoyed working one-on-one with patients to give them a better experience.

"We discuss the menu for the following day, they ask questions, and I put in their selections so their preferred meal can be delivered the following day," she said.

"What I enjoy about the role the most is the personal interaction, getting to know patients and their likes and dislikes, so we can work together to come up with meals they'll enjoy.

"Food is something you need, but it's something you want to enjoy. Food can be comforting and with Room Service Choice, the patient has a sense of ownership or control over their choices that they wouldn't always have in other areas of their healthcare.

"I liaise regularly with dietitians, nurses, speech pathologists, food services and pantry staff to ensure the patients' dietary needs are met.

"This is the first place Room Service Choice has been implemented and it will come across to the hospital and other areas later."

The new bedside spoken menu service is a collaboration between Nutrition & Dietetics and Food Service departments.

Smokefree approach earns global recognition



Associate Professor Andrew Hughes

A global platform has recognised Barwon Health for its stand-out approach as a smoke-free health service.

The Global Network for Tobacco Free Healthcare Services (GNTFHS) has awarded Barwon Health with GOLD Forum Membership, highlighting its commitment to achieving the highest level of tobacco-free standards.

Barwon Health is one of 10 international health services recognised this year, making it just the third Australian service to ever receive the honour.

Smoking is the leading cause of preventable death and disease in Australia, and Geelong smoking rates are roughly two per cent higher than the state average.

Barwon Health Emergency and Medicine director Associate Professor Andrew Hughes said the international praise for the organisation's smokefree efforts reflected a standard that been an area of focus for many years.

"This is acknowledgement that we've been working hard on this issue for a long time, as we've strived to improve our quality of care by addressing tobacco's impact in a healthcare setting," he said.

"Our approach has viewed every patient contact with our healthcare service as an opportunity to address tobacco as an issue that affects the health of an individual, both during treatment and in the long-term."

A/Prof Hughes said a lot of complex work was required to create the process that ensures every person coming to Barwon Health is asked about smoking and offered help.

"If we're going to address the issue and all of its risks, we have to find and help everyone who smokes," he said.

"Everything we do in this space is designed to make that happen, by communicating widely, educating staff to have confidence to talk about it, engaging with other organisations to be on the same page, to have the clinical tools and systems to do it, and to report and measure what we're doing to ensure it's making a difference.

"You can have the best policies in place, but you need the clinical leaders to address how it works within their specific environment."

"There are endless opportunities for us to address this and offer our patients and clients appropriate help, including our community Be Smokefree clinics as a fantastic free resource."

GNTFHS senior jury member Ann Tzung-Yee Feng said Barwon Health had demonstrated great work, highlighting a very personal approach to patients.

"Their current work on following up with service users who did not attend or who dropped out of the service is fantastic and will produce some really valuable information for informing future service delivery," she said.

New technique to target brain cancer

A CUTTING-edge radiation surgery technique is now available at Barwon Health's Andrew Love Cancer Centre, pinpointing tumours to submillimetre precision.

Until recently, the cranial stereotactic radiotherapy (SRT) was not available in Geelong and patients with small metastatic brain tumours had to choose between surgery or travelling to Melbourne for their radiotherapy.

Cancer Services director Associate Professor Philip Campbell estimated about 30 patients a year would benefit from the procedure.

"Because it's right here in Geelong, the difference it will make to the local community is significant," A/Prof Campbell said.

Radiation Therapy operations manager Shane Brasier said the treatment was performed using a state-of-the-art

trueBEAM linear accelerator and expert staff had been trained to target and destroy a tumour with submillimetre precision.

"This treatment can focus on multiple small brain lesions without impacting healthy brain tissue," he said.

Mr Brasier said SRT was an important alternative to invasive surgery, especially for patients who are unable to undergo surgery, and for tumours that are hard to resect, or located close to vital anatomic regions.

The introduction of cranial SRT has been led by Radiation Oncologist Dr Andrew Hui in collaboration with other radiation oncologists, radiation therapists and medical physicists at ALCC.

Suitable candidates for SRT are able to have their treatment as an outpatient and the treatment can be delivered in three treatment sessions, far fewer than previous treatment options.



Cancer Services director Associate
Professor Philip Campbell.

Enrolled nurse transition to practice



Enrolled nurses Surya Pandey, Kelli McCombe, Tom Cain, Michael Marchello, and Ebony Young.

Three cohorts of newly graduated diploma-trained aged care nurses recently completed a new nine-week enrolled nurse transition to practice program. It provides a supportive environment to help graduates work towards independent clinical practice.

The transition is based on a model of skill and professional development with support from a clinical support nurse that enables the graduate to move along a continuum toward independent practice. Graduates were provided with the opportunity for personal and professional development of interpersonal, clinical and leadership skills during the nine-week program at Wallace Lodge.

Clinical nurse educator Louise Vosen said the experience provided a unique opportunity for the graduates to develop their clinical knowledge.

"We haven't had a structured program like this to help transition enrolled nurses into the workforce," she said.

"The feedback from our graduates has been really positive and it's been good to see them perform at a high standard of clinical practice with confidence since finishing the program."

Enrolled nurse Surya Pandey said he had a very positive experience in his transition phase from student to professional nurse at Barwon Health.

"I always felt heard and encouraged throughout the program and any concerns were addressed and suggestions for improvement were acted on," he said.

"It was important to my wellbeing to be welcomed, to exchange knowledge with colleagues, and to have opportunities to debrief and discuss solutions."

The graduates moved into permanent employment in aged care or the CRU pool at Barwon Health.

Another program in the acute setting has commenced with the first cohort recently completing the program at University Hospital Geelong.



MCKELLAR COMMUNITY REHABILITATION CENTRE AMPUTEE REHABILITATION TEAM

The amputation of a limb is a life-changing and daunting experience for any patient and it requires a team of collaborating clinical staff to guide this change.

The McKellar Centre's amputee clinic works with clients leading up to the surgery to assist with decision making and preparation for an elective amputation, and helps make each person's rehabilitation journey as informed and prepared as possible. This includes their return to home, relearning recreational activities, and returning to work. While the service has been available for many years, the process has been formalised to increase awareness and utilisation.

Susan Clifford has been involved with the amputee team for more than two years, due to her Cardiofasciocutaneous syndrome (CFC), which is an extremely rare genetic disorder that affects many parts of the body including the heart, skin and joints.

Susan had severe degenerative joints in her left foot and ankle that led to multiple foot surgeries. Despite the surgeries, she continued to experience intractable pain of her left foot and her foot became non-functional and painful. Prior to making the difficult decision to undergo an amputation, she met with the amputee rehabilitation team, where all aspects regarding life as an amputee were discussed. Following this meeting, the team of prosthetists, organised a meet up with a person, of a similar age, who had recently undergone a transtibial amputation. During this meeting, Susan was able to sit through the fitting of a prosthesis,

which gave her a greater understanding of life as an amputee. This meeting, along with all the information provided at the pre-amputation consult, assisted Susan to make her decision.

Today, Susan lives a very full and independent life. She is the mother of two growing boys, she is very mobile in her home environment with her prosthesis, and she is able to attend to domestic tasks such as hanging the washing on the line and feeding her beloved rabbits. Susan's home is an amputee-friendly environment with a spacious bathroom, kitchen and designated space to store her much used and essential scooter and electric wheelchair. She attends appointments, including at the McKellar Centre, by using her electric wheelchair and catching a bus. Susan accesses the local community, including for shopping, by using her scooter, and she has great support through the NDIS.

The McKellar Community Rehabilitation Centre amputee rehabilitation team includes care co-ordinator and physiotherapist Donna Chapman, rehabilitation physician Dr Jean Yang, prosthetists and orthotists Ellie Nalder and Nick Tait, occupational therapist Jen Cogan, podiatrist Lisa Edwards, exercise physiologist Brydi Toyne, clinical psychologist Maddie Dober, and various social workers.



Susan Clifford fits her prosthetic leg in her amputee-friendly home environment.

NEW RESEARCH CENTRE TO IMPROVE LIVES

Barwon Health has announced plans to open a new clinical trials centre that will create a focal point for researchers and improve access to cutting edge treatments.

The Adrian Costa Clinical Trials Centre has been funded with a \$2.5 million donation from the Costa family for its establishment and to advance clinical trials at Barwon Health into the future.

The donation has been made in memory of the late Adrian Costa, who died tragically together with his wife Mary almost 48 years ago, honouring his legacy in the Geelong community.

The Costa family's generous support, in partnership with the Barwon Health Foundation, will bring the project to life with a goal of creating a smarter, healthier future for our community.

The centre will allow Barwon Health's clinical research community to increase its capacity for ground-breaking and internationally-recognised findings, with improved collaboration across all research disciplines.

Barwon Health research director Professor Pete Vuillermin said the site would be a place for clinical teams and researchers to drive excellence.

"For more than 25 years, Barwon Health has collaborated with the best researchers in the industry and university system to lead and conduct clinical trials into new treatments and methods, each aiming to improve health outcomes," he said.

Barwon Health chief executive Frances Diver said Barwon Health was in a unique position to lead research and clinical trials that result in better care for our community.

"Our goal is to keep people in our community healthy and well, and clinical trials have an enormous role to play in both innovative treatments and discoveries in health prevention," she said.

"Over the years, Barwon Health has grown to be a major tertiary health service, and investment in research is essential to continue that progress. This centre will allow us to take our clinical trials to the next stage and truly embrace a culture of research at Barwon Health.

Establishing the Adrian Costa Clinical Trials Centre is a key part of Barwon Health's strategy to embed research excellence into every aspect of clinical care.

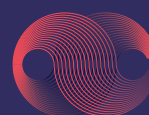
"We thank the Costa family for their leadership and insight into the importance of clinical trials and investing in the health of Greater Geelong."

A thriving clinical trials program is fundamental to the delivery of innovative and evidence based care, and attracting the best and brightest to the organisation.

The centre will improve training opportunities, research capacity and consumer access to the best available treatments.

Barwon Health is already working closely with its major academic partner, Deakin University, to identify and solve the major health challenges facing our service and community. The centre will be hub for the region; a place where doctors, nurses, allied health teams and researchers collaborate to strive for improved outcomes.

About 200 clinical trials are underway across Barwon Health's clinical trial teams, which include cardiology, intensive care, anaesthetics, psychiatry, orthopaedics, infectious diseases, pharmacy, endocrinology, neurosciences, paediatrics, palliative care, emergency care, and cancer services.



Adrian Costa
CLINICAL TRIALS CENTRE

For more information, visit
www.barwonhealth.org.au/research

Costa family donation brings clinical trials centre to life

DAN SIMMONDS |

BARWON HEALTH FOUNDATION CHAIR

We are all so privileged to live in this wonderful region of Geelong. We have a vibrant city, ever expanding urban growth, surrounded by extensive rural areas and amongst the most breath-taking coastal locations imaginable. Like the rest of the world, we have been hit by the COVID-19 pandemic and will need to adapt to what is thrown on our economic plate, but Geelong is strong and resilient, and we have a community whose strength has always been to look after its own.

We have remarkable families in our region too. From families who sell coffee from the back of a van at local sporting events, to families that volunteer for all manner of community projects, to those who donate to local causes and those who show their gratitude to a wonderful health service and give so that the level of care can be even greater.

And we have the Costa family. In this instance, they have made another extraordinary gift to our community - providing the funding for a clinical trials centre at Barwon Health that will simply save and improve lives. Keeping these brilliant minds in Geelong also has a significant impact beyond the obvious health benefits, adding to our status as a smart city.



However, it is the ground-breaking research across so many areas of medicine with collaborations across the world, bringing the very best care to our community that should excite us all. The research bridges the gap between what can be provided in regional Victoria with world leading, lifesaving and life-extending clinical trials.

There are so many examples of people who have already benefited from our clinical trials - people like Pat, a 68-year-old local grandfather who can now play with his grandchildren having received lifesaving cancer treatment as part of the clinical trials research service at Barwon Health.

The projects the research teams work on are exciting; each researcher has an enormous passion to find those breakthroughs that could well be Geelong's gift to the world! Whilst we now have a clinical trials centre, members of the community are able to contribute further towards the Clinical Trials Research Fund established by the Barwon Health Foundation.

The fund will provide PhD research scholarships investing in brilliant minds, plus equipment and resources to ensure our research teams can provide our region with the very best options for our health care.



The Costa brothers.

The Adrian Costa Clinical Trials Centre will allow Barwon Health's clinical research community to increase its capacity for ground-breaking and internationally-recognised findings.



THE HEART OF THE MATTER

EXCITING STEP FOR RESEARCH

Barwon Health has announced a new clinical trials centre will open to further our efforts to carry out ground-breaking and internationally-recognised research in Geelong.

PROFESSOR PETE VUILLERMIN | RESEARCH DIRECTOR

This facility is an exciting step forward for our talented researchers and will open pathways into a new era for innovating treatments and addressing disadvantage in the community. For quite some time, we have seen a great need for a centralised clinical trial service. The support of the Costa Foundation to bring it to life has allowed us to translate that goodwill into something real. This centre will allow us to take our clinical trials to the next stage and truly embrace a culture of research at Barwon Health. Over the years, we have grown from being a small regional hospital into a major tertiary health service, and investment in research is essential to continue that progress. There will many benefits to come from this announcement and already it has been an opportunity to highlight the importance of clinical trials in our community.

Research is a competitive field and we are thrilled to have some brilliant minds and industry leaders amongst our team, along with promising young researchers pushing the boundaries of innovation. A thriving research program is a major incentive to attract and keep young trainees with research interests at Barwon Health, as well as the best and brightest in nursing, allied health and medicine. We expect this new facility will help foster a culture of inquiry and evidence-based care, as we continually strive to do things better. By building out the range and volume of clinical trials underway, developing a world-class centre to conduct those trials, and supporting early

career research to develop skills, we believe Barwon Health can further its national and international profile in research. If we can continue to build our reputation for excellence in research, we're in a better position to attract funding and researchers to work with us here.

Clinical trials are a crucial component of providing a good healthcare service. They help us identify and develop new treatments and strategies to improve outcomes, and equally they help us identify what doesn't work and what could potentially be expensive and harmful towards our health system. Barwon Health has a long history with clinical trials, but up until now, this area has consisted of individual trial groups heroically carrying on their programs without a lot of resources to support their important work. Many of our past breakthroughs and discoveries have been adopted as best practice in the wider health community, with successes that have minimised stroke impacts, reduced paediatric hospital admissions, and reduced the potential risk of babies developing with substantial diseases. An overarching clinical trials centre will be the first time our 13 trial groups have agreed to come together and form a single group, and I am confident the sum of the parts will be much greater than what we have been able to achieve previously as individual components. Working together as a centralised service means we can combine our smaller groups to create more capacity to help each other out with training, resources,

staffing and shared knowledge. Instead of working separately, this collaboration creates a research focus that allows us to build our relationship with partners like Deakin University.

Barwon Health's partnership with Deakin University is capable of identifying important problems and bringing together the teams of experts to solve them. Major health issues in our community require a combination of social, cultural and clinical responses. This partnership has the ability to combine expertise and resources through clinical trials that can tackle the prevalence of obesity and cardiovascular disease, to break cycles of intergenerational disadvantage, and help reinvent our mental health system. To explore these problems, we need to bring together teams with a range of skills from artificial intelligence, biostatistics, marketing, health economics, and commercialisation of science. Deakin University has a lot of capacity to provide this knowledge, so we are hopeful a clinical trials centre will allow us to better identify priorities in the community and deliberately assemble teams to address them. We know a lot of health problems in our community and beyond are driven by social factors and disadvantage, and it's absolutely crucial to tackle those problems at their origins, whether that's supporting the capacity of parents with young children, tackling poor mental health and substance abuse, or improving access to really high quality healthcare across the community.

New online home for research

A new Barwon Health Research website launched in August and shares the organisation's passion for innovation and research with the wider community.



Barwon Health Research director Professor Peter Vuillermin said the website at www.barwonhealth.org.au/research would increase awareness of Barwon Health's research to grow opportunities for financial support, collaboration, industry engagement and clinical research involvement.

"It will also improve understanding among Barwon Health staff and consumers about the research we are undertaking, our people and our aspirations," he said.

"Barwon Health has a thriving culture of curiosity, innovation and evidence-based practice. We are passionate about the integration of clinical care and research, in collaboration with our community, to solve important problems."

Prof Vuillermin said the website was built in collaboration with researchers and featured up-to-date news, achievements, publications and information about each Barwon Health research group.

"It also provides help and advice for established researchers as well as those keen to try research for the first time," he said.

"We invite you to browse the site and share it with your networks. Barwon Health is extremely proud of our research program and researchers, and we look forward to telling the world about all that we are working towards and have achieved."

Barwon Health and Deakin University researchers turn crisis to opportunity

Barwon Health and Deakin University have found opportunity in a crisis, launching a virtual showcase of the collaborative research changing healthcare outcomes and making headlines across the world.

A new approach was needed after the one-day Research Symposium was postponed by the COVID-19 pandemic. Out of this crisis grew the Barwon Health Deakin University Research Symposium Webinar Series.

Co-chaired by Professor Peter Vuillermin, Director of Research, Barwon Health, and Professor Trish Livingston, Associate Dean of Research, Deakin University, the program built on the content of the one-day symposium, featuring presentations and discussions by senior and early career researchers and special guests, and the awarding of the Best Research Paper of the Year.

Prof. Vuillermin said the new format had some additional benefits for community engagement.

"A weekly webinar, which is interactive, engaging and open to everyone with an interest in research, breaks down the barriers to participation for people in all locations, of all backgrounds, and at all levels of experience," he said.

"Our webinars have brought together surgeons during a break in their operating lists, Deakin students and academics working from home across Victoria, interstate and overseas, as well as researchers and clinicians at Barwon Health, St John of God Geelong Hospital and Epworth Geelong.

"We hope to build participation of the general community. We need everyone's help to identify the most important research questions, to then answer them, and ultimately to translate our new knowledge into better outcomes."

Wider participation has important flow-on effects for both Barwon Health and Deakin University, according to Prof. Livingston.

"The webinars will stimulate new ideas and projects across Geelong, in collaboration with Barwon Health, our major partner," she said.

"Now more than ever, it is vital for health services and universities to work together to identify and address the health and social challenges facing the Australian community. The webinars will also enable us to showcase our talented staff whose areas of research align directly with Barwon Health's strategic research priorities."



To find out more about the Barwon Health and Deakin University Research Symposium Webinar Series and Virtual Poster Exhibition, visit www.bhduresearch.com.

The power of toys

A grant from the Barwon Health Foundation has allowed the Child and Adolescent Mental Health Service (CAMHS) to purchase new toys to support their work with children and young people.

‘Toys are children’s words and play is their language’ Garry Landreth, 2002.

Play therapy is an evidence-based intervention that is sometimes used as a way for young people to understand and support their emotional experiences.

Typically, a play room would contain toys from different categories including attachment play, sensory play, miniature small world play, industrious play and dress ups and role play.

CAMHS Play Therapy specialist Kate Ellery will lead the refurbishment of the play therapy space and said the therapy could assist with trauma living below the surface.

“With play therapy, children can play out and rework previous trauma, make sense of existing difficulties, or progress developmentally,” she said.

“Children who have experienced trauma have impacted brain development, which makes it difficult for them to access the executive functions of the brain that would be required for talk therapy.

“Play therapy provides children with an alternative method of communication and self-expression words to describe their thoughts, feelings and perceptions of their internal and external world.”

CAMHS is a tertiary level mental health service that provides assessment and treatment to infants, children and their families up to 16 years of age. CAMHS has a wide range of speciality programs including the Perinatal & Infant Mental Health Services, the Autism Spectrum Disorder team, and the CAMHS & Schools Early Action program.



CAMHS mental health clinician and play therapist Kate Ellery with one of the donated toys.

Have a go

A NEW palliative care program is encouraging patients to pursue unique experiences outside the box and beyond the normal clinical goals of healthcare.

Heidi’s Have a Go formally launched in 2019 in honour of a palliative care patient with a goal of learning how to make cheese. Heidi achieved her goal with the support of the palliative care staff and volunteer team, but her afternoon of cheese-making sparked a whole new program with patients taking the chance to have a crack at something new.

Hospice Foundation Geelong has come on board to financially support the program, which to date has supported over 25 patients to do things like: attend a Geelong Cats game, have a koala encounter at the zoo, host baby farm animals in their front yard, learn glass blowing, and countless other unique experiences.

Kay, a patient initially in Community Palliative Care, expressed an interest in learning how to cross-stitch. She was keen to create special keepsakes for her 13 grandchildren, who were the joy of her life, so she planned to cross-stitch each of their names onto cushions. As she became increasingly unwell, Kay was later transferred to the Palliative Care Unit and over a period of two months, our psychologist Anne-Maree McCarthy was able to team up with volunteer Lorelle Abbott to help realise Kay’s goal.

With Anne-Maree as the runner between Kay and Lorelle, they completed all choices of cushions, colours and motifs for each personalised cross-stitched cushion.

They overcame all the challenges of COVID-19 by ensuring that Anne-Maree did all the face-to-face discussions with Kay, whilst Lorelle carefully and compassionately cross-stitched all of the remaining cushions from home. With each cushion that Anne-Maree delivered from Lorelle, Kay’s face would light up with pleasure. Eventually, a corner of Kay’s room was filled with 13 beautiful, bright cushions.



Shortly afterwards, Kay gave each of her grandchildren their own special cushion over the course of one day. It was the last thing she would do for her grandchildren, giving a lasting memento of her love to each one of them that they now treasure.

Early the next morning, with her loving husband and children around her, Kay died peacefully.

Palliative care medical specialist Dr Ian Grant called it “palliative care at its comprehensive best.”

The Palliative Care Program would like to thank Hospice Foundation Geelong who renewed their commitment to Heidi’s Have a Go by fully funding the program’s second year.

Masks

Information provided by DHHS

ARE MASKS EFFECTIVE FOR PROTECTING AGAINST CORONAVIRUS (COVID-19) TRANSMISSION?

Masks have been recommended around the world for use by the community to reduce transmission of coronavirus (COVID-19). These are helpful in containing droplets when people cough, reducing the likelihood of spreading the virus. Your best protection is still to keep 1.5 metres apart from other people, to wash your hands thoroughly and regularly, and cough and sneeze into a tissue or your elbow.

IS RUNNING THE ONLY PERMITTED EXERCISE WITHOUT A MASK?

Masks are not required for any exercise or physical activity where you are out of breath or puffing, such as jogging or running. You do have to carry a mask with you so you can wear it before or after exercising, unless you have a lawful exception.

CAN IT JUST BE A SCARF OR DOES IT HAVE TO BE A CERTAIN KIND OF MASK?

Victorians are required to wear a fitted face mask, covering the nose and mouth. Bandanas, scarfs and face shields without a mask do not provide enough protection.

CAN REGULARLY RINSING YOUR NOSE WITH SALINE HELP PREVENT COVID-19?

No. There is no evidence that regularly rinsing the nose with saline has protected people from infection.

ARE THERE LAWFUL EXCEPTIONS FOR NOT WEARING A MASK?

Infants and children aged under 12 years are not required to wear a mask. Some other common exceptions include:

- During emergency situations;
- When travelling in a personal vehicle;
- When consuming food, drink or medication;
- When a mask could affect health, including relevant medical conditions, or when creating a health and safety risk during work; and
- When a mask could affect clear communication, such as talking those who are deaf or hard of hearing, and professions that require clear enunciation or mouth visibility.

DO EMPLOYERS NEED TO REQUIRE THEIR STAFF TO WEAR MASKS, EVEN WHEN THEY'RE ON THE PHONE?

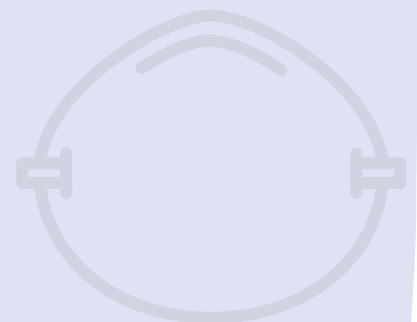
Yes, employers are required to ensure employees wear masks if they are working, unless an exception applies.

CAN I BE REFUSED ENTRY OR SERVICE IF I AM NOT WEARING A MASK?

Yes, unless you have a lawful exception for not wearing a mask. For their own and other customers' safety, a business owner or worker can ask you not to enter until you wear a face covering such as a mask.

CAN SOMEONE ASK ME TO REMOVE MY MASK TO CHECK MY ID?

Banks, police, post offices and other services can ask that you remove your mask to check your identity. When legal age must be confirmed, you may be asked to remove your mask as part of checking your ID. Victoria Police can also ask you to remove your mask to confirm your identity.



MOVAIT program gets significant update

Barwon Health's MOVAIT training program has been streamlined to better equip staff with the skills and knowledge to prevent and manage occupational violence and aggression (OVA).

Based on feedback from the 2019 People Matter Survey, the fundamental four-hour training module has been turned into two 90 minute workshops, making it far more accessible for clinical staff to attend, particularly during double-staff time.

The first of the two modules focuses on practical strategies for preventing and managing OVA, while the second module is for selected staff groups and focuses on hands-on harm minimisation and breakaway techniques.

The review was undertaken through a series of focus groups, with significant clinical input from acute staff and the Clinical Education and Training team.

OVA program lead Andrew Breach led the change with Mark Parigi, MOVAIT and emergency response co-ordinator, and said the workshop had now taken the form of a scenario-based event that gradually escalated.

"The scenario takes participants through reading the signs of OVA, de-escalation and communication, situational awareness, how to manage an event that has escalated, and also how to manage the recovery process following an incident, including the welfare of those involved," he said.



Occupational violence and aggression program lead Andrew Breach.



Torquay resident Nikki receives the FEES procedure that helps assess and manage swallowing difficulties.

Barwon Health expands the scope of swallowing assessments

Speech pathology staff and ear, nose and throat (ENT) staff have collaborated to introduce a flexible endoscopic evaluation of swallowing (FEES) service at Barwon Health.

This procedure is used to assess and manage swallowing difficulties, and is done by inserting a nasendoscope through the nose and into the throat. The scope stays in that position to allow for assessment of the structure and function of the throat (with a patient's own saliva/secretions, as well as with various foods and fluids).

The new procedure is free from radiation exposure and allows improved portability at a patient's bedside or an outpatient setting, and more detailed visible structures, which assist patient education and diagnosis.

Since its introduction last year, 34 procedures have been done, with great feedback from medical teams and patients involved.

One patient responded saying it was valuable to help them visualise the anatomy of the back of their throat.

"I was initially able to see how many secretions were sitting in my throat and how much effort I needed to use to try and clear them from my airway," they said.

"It was an easy procedure, as I didn't have to leave my bed/chair and there was no preparation required. Preserving my energy was important for me, particularly when I was in ICU.

"The clarity of the images was very clear, and made it easy to visualise what was being explained.

"Following my most recent FEES, it was useful for me to be able to see the residual food and how I could clear this by alternating mouthfuls of food and drink. It was also good to see how much my swallowing had improved over time."

The positive response to the FEES service has led to a new aim to source funding for new equipment that will increase access to the clinic, as well as the potential development of further services in collaboration with ENT, such as endoscopic voice analysis.



Grant supports healthy liver message

Jigsaw clinicians Samuel Rosson and Olivia Sciarone, peer overdose response worker Sarah Clay, Drugs and Alcohol Services manager Janette Byrnes, and Jigsaw clinician Meghan Odgers.

Barwon Health held a World Hepatitis Day event supporting consumers on 28 July, thanks to a grant from Hepatitis Victoria.

The event was part of the day's goal to highlight the urgent action needed to prevent deaths from viral Hepatitis B and C, with a campaign promoting the importance of keeping a healthy liver.

Peer overdose response worker Sarah Clay said the targeted campaign had delivered the message through packaging on sterile injecting equipment, as well as through free gift bags with liver-friendly snacks such as fresh fruit, tea and coffee bags, raw nuts and bottled water.

"Developing and delivering this event and meeting the COVID-19 restrictions gave us the opportunity to think outside the box and allow our consumers to read and engage with our messages in their own place and time, meeting people where they're at," she said.

"People living with Hepatitis B and C report negative experiences surrounding their hepatitis status from health providers, society and their own communities.

"This is where we, as healthcare workers, play a key part to help raise awareness of the conditions and help reduce the associated stigma and discrimination they experience.

"The World Health Organisation aims to eliminate Hepatitis B and C by the year 2030 and we can help do our part by ensuring a welcoming open door for treatment is available when people living with Hepatitis B and C may choose to engage with treatment."

Barwon Health has operated a mobile needle and syringe program throughout the COVID-19 pandemic to ensure access to sterile injecting equipment and harm reduction advice for people who inject drugs in the Greater Geelong region, via a contactless home delivery service.

Volunteers celebrate milestone

FOR 35 years, Friday has been the day of the week Clare O'Hara has dedicated to giving back to her community by volunteering for the local hospital.

The Leopold resident volunteers at University Hospital Geelong as part of the Hospital Support Team, answering phone call requests for volunteer services, which include folding and enveloping letters, and delivering flowers, medical records, and sometimes equipment to different wards.

Clare is one of about 800 Barwon Health volunteers, who collectively donated 106,025 hours to support the organisation in 2019, and she was honoured during National Volunteer Week for her 35-year milestone at Barwon Health, along with volunteers Phyllis Dell, Barbara Van Galen, and Wendy Hainsworth.

With COVID-19 precautions requiring volunteers to stay home, Clare has been forced to take a break, but she still keeps in touch with the friends she's made while volunteering.

"The friendship keeps us coming back. We usually go out of a meal a couple of times a year. It's a good way to get out of the house and give back to the community.

"We know what we've got to do, we all have a part to play and we enjoy doing it."

Clare, now 86-years-old, said she began volunteering in 1985 along with a group of people she knew in Leopold.



Volunteer Clare O'Hara has supported Barwon Health staff for 35 years.

"I hope we'll be able to get back again sometime soon. I've kept in touch with most of the ladies I've met there, and I'm sure they miss it too," she said.

"There were up to 24 volunteers on a Friday, which seemed like a lot at the time. Now there are so many in different places, including drivers.

"I got to know the hospital well when one of my brothers got polio in 1956 on his 18th birthday, so he stayed in what was called Bellerine House back then, and then was put on the balcony on the men's ward. It was completely different to what it is now, of course.

"When I started volunteering, our main job was to pick up the flowers at the front desk and deliver them to wherever they needed to go in the hospital. It's all about helping the staff out, and it goes back to helping the patients. It's very rewarding."

Staff Acknowledgements

Barwon Health chief information officer (CIO) Andrew Macfarlane has been appointed to oversee information and communication technology services for Barwon South West hospitals and health services.

Andrew has spent the past eight months as the interim CIO of SWARH (South West Alliance of Rural Health) and has accepted the role on an ongoing basis. He will report to Barwon Health chief executive Frances Diver, who said he would work closely with the SWARH Council of Governance to ensure each health service across the region was represented. Andrew demonstrated his ability to lead our organisation through a range of technological challenges during last year's cyber security incident, which required close collaboration with the SWARH team.



Andrew Macfarlane (CIO)

After almost 30 years at Barwon Health, Cheryl Ballagh has said goodbye to the nursing profession after retiring in July.

Cheryl undertook a nursing placement at the hospital in 1977 and joined our ICU in 1981. After working her way into leadership roles, she completed further studies to shift into management, beginning a nursing administration role in 1990. For the past 15 years, she has worked in our nursing recruitment team, bringing extensive knowledge, work ethic, attention to detail, due diligence and a team-focused approach. Cheryl will be missed as a leader at Barwon Health, and an instrumental part of growing our workforce.



AT THE **MOVIES** WITH SAM



THE WORLD ACCORDING TO JEFF GOLDBLUM – STREAMING ON DISNEY+

PG - Documentary

The stars

Jeff Goldblum



The plot

This bright, colourful and whimsical documentary series is one the whole family can enjoy. There are 12 episodes covering random topics presented in an original and hilarious way that gives everyone the opportunity to learn about everyday things, where they began, fascinating facts and new ideas. The topics are so unique, yet so entertaining that there is an episode that will appeal to grown-ups, teenagers and even the littlest ones. Jeff Goldblum presents with limited knowledge of each subject, so he too is surprised and excited by the facts he presents and brings his distinctive humour and quirky insight into every new discovery.

Best bits

Ice cream, gaming, sneakers and coffee

Favourite characters

Jeff Goldblum and the interesting people he meets along the way.

Any weak bits?

The volume of times you will have to press pause as everyone in the family questions, comment and reflects on the amazing things they are discovering and learning all while spending time together.

Hit or Miss

A hit for all the family to enjoy together.

Rating (1-5)



Sam Napier is a Barwon Health Clinical Application Specialist, Staff Activities Club treasurer, and movie buff.



Length of Service

10
years

Congratulations to the following staff who celebrated Length of Service milestones between May and August 2020!

Emma Harty
Jacqui Brdar
Michael Desmond
Kim Moore
Jane McGorman
Leanne Hallworth
Raedelle Van Drunick
Laura Hepworth
Andrew Struthers
Helen Tuddenham
Mia West
Lisa Larcombe
Leigh Davidson
Sharyn Monaghan
Richard Wood
Alma Debono
Khalid Nehal
Rochelle Gratton
Lee Klein-Butler
Margaret Somerville
Jane Bradby

Hannah Rose
Louise Cairns
Terri Edbrooke
Jenni Shannahan
Terri Powell
Karin Buckle
Wendy Walker
Michelle Browne
Kim Halliday
Jo Griffin
Christy Maffescioni
Greg O'Connell
Christopher Hair
Marian Crumpton
Danijela Luketic
Liz Regan
Narinder Pannu
Ernesto Oqueli Flores
Clare Lyon
Martina Ni Chonghaile
Tess Mitchell

Angela West
David Boddy
Adelle Henderson
Melanie Lloyd
Emma Nicholson
David Wardill
Sonia Lloyd
Matthew Thackeray
Melissa King
Kirsten Armstrong
Jacinta Miller
Eileen Mulcahy
Vivian Lai
Fiona Hope
Jodie Lee Moore
Chris West
Tara McIntosh
Kerry Cutajar
Somers Prowd
Stacey Law

Please note, names and employment commencement dates are taken from official Barwon Health records. Please contact Workforce to check or update your details - hrservices@barwonhealth.org.au.



years

George Moreno
 Robyn Boustead
 Bernadette Prestige
 Nigel Bellears
 Simone White
 Maree Drane
 Lynne White
 Rachel Baulch
 Alistair McKinnon
 Daniel O'Brien
 Kimberley Prince
 Samantha Napier
 Rita Kristof
 Wendy Dean
 Kerrie McKay
 Janet Walker
 Belinda Dearnley
 Donna Campbell
 Anne Harland
 Margaret Sykes

Donna Chapman
 Adrian Dennett
 Deanee Mohr
 Janette Tarrant
 Angela Lybyk
 Mark Ridgway
 Rebecca Corbett
 Leisha Riddington
 Helen Kennedy
 Judy Bauzon
 Bronwyn Olsen
 Christine Henneken
 Charmaine Gray
 Susan Cox
 Jennifer Adams
 Adrienne Minchinton
 Emily Bradshaw
 Olga Cvijanovic
 Melissa White
 Kathryn Bartlett



years

Josie Talarico
 Christine Mengler
 Annette Deppeler
 Heather White
 Timothy Wilson
 Lorraine Preiato
 Sally Taylor



years

Julia Larcombe
 Cheryl Power
 Marianne Reid

What a remarkable community to be a part of!



Barwon Health
Foundation

Just as our inspiring healthcare workers have risen to the challenge of COVID-19, so too has our community stood tall in support.
















Through the Barwon Health Foundation, the community has so far provided additional life saving equipment including beds, vital signs monitors, resuscitation trolleys, plus many much needed intensive care unit resources, to ensure that we are well prepared for any increase in COVID-19 presentations in our region.

We have also funded many needs for our aged care patients to keep them in touch with loved ones whilst in isolation, and have been proud to provide appreciation & support packages for our healthcare heroes upon whom we rely.

Thank you to our brave staff across all areas of Barwon Health and, of course, our community for showing their appreciation and support.

We all know there is more to do, but together we have achieved, and will continue to achieve, so much!



 Transport Ventilator	 ICU Thermometers	 2 Resuscitation Trolleys	 15 Aged Care Support iPads	 Emergency Dept Treatment Chair
 4,250 Healthcare Heroes Cups of Coffee	 50 Patient Beds	 ICU Defibrillator	 Aged Care Kindness Packs	 COVID-19 Regional Research Project
 10 Aged Care Beds	 49 Vital Signs Monitors	 2 Blood Filtration Systems	 3,250 Healthcare Heroes meals provided	 2 Aged Care Comfort Chairs