

# Auricle

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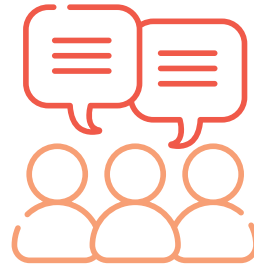
Life skills helping youth  
navigate health system

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## Fun facts

### Interpreter Services



IN 2017/18, PATIENTS ACCESSED INTERPRETER SERVICES **8763 TIMES**, COMMUNICATING **11,528 HOURS** WITH PATIENTS AND DOCTORS.

THE TOP 5 LANGUAGE REQUESTS WERE:

**KAREN - 1116**

**ARABIC - 930**

**CROATIAN - 774**

**DARI - 692**

**MANDARIN - 627**



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## Message from the Acting CEO

*At this time of year, it's worthwhile to reflect on what has been achieved over the past 12 months and gain some perspective about what truly matters, as we pause to spend time with our loved ones over the holidays.*

As always, there are staff who will be working hard through the Christmas and New Year period, and we thank them for their professional dedication to the community they serve. We were excited to see the return of the Flying Woks for staff appreciation lunches this month, honouring our workers and volunteers at each of our Geelong sites.

Congratulations to past and present staff at Alan David Lodge, which has just celebrated its 10-year anniversary with the completion of an exciting redevelopment. We have also recently launched a new perinatal program to provide better support to pregnant women in Geelong. It is important that we constantly find ways to improve our equipment and services, so we were thrilled to secure a deal to bring robotic surgery to Barwon Health, after first introducing public patients to the state-of-the-art technology through a partnership with the former Geelong Private Hospital. This is a great achievement and one that will benefit our community.

In November we celebrated the 102nd Gala Parade, Run for Geelong's Kids, and the opening of the University Hospital Geelong gift shop Barwon Gifts – each wonderful projects designed to raise much-needed funds to improve our services and equipment, and each dependent on the generosity of our community and volunteers involved.

Since the last Auricle edition, our Annual Report has been tabled and the figures help demonstrate some of the amazing work coming out of Barwon Health, including 73,373 Emergency Department presentations, 2533 babies born, 148,819

outpatients, and more than 7000 staff. Our combined Annual Meeting and Open Access Board Meeting in November presented an opportunity to look further beyond these fantastic numbers and I thank those who attended for showing a keen interest in the progress and direction of Barwon Health.

Our staff have also been hard at work producing the Research Report and Quality Account, while organising Research Week and the Quality Awards and Workforce Safety Awards to complement each publication and highlight the fantastic outcomes in research and healthcare over the past year.

There is much to look forward to in 2019, including the long-awaited opening of the redeveloped Andrew Love Cancer Centre Chemotherapy Dayward and Pharmacy, Swanston Centre refurbishment, and the completion of Barwon Health North. We also look forward to DHHS services master planning for Barwon Health. This has been made possible by utilising government funding, provided for scoping the former Geelong Private Hospital.

Thank you to everybody throughout Barwon Health – your teamwork, passion and work ethic are essential cogs in the machine of our organisation that delivers life-changing healthcare throughout the region.

**Cobus Lothringen**  
Acting CEO

## PHARMACY GOES GREEN

*The McKellar Centre Pharmacy has gone green, removing all plastic bags for medication distribution.*

McKellar Pharmacy manager Sarah Durran said staff had replaced plastic bags for discharge medications with paper bags, which can also be reused by patients at home.

"We are a small department but we are trying to promote environmentally friendly practice," she said.

"I think if more small departments jump on, overall the organisation as a whole can be more environmentally friendly.

"We have a 'war on waste' segment in our monthly meeting where staff are encouraged to bring ideas to reduce waste within our day to day operations.

"There have been other initiatives as well, and while this is probably the biggest, nothing is too small to make a difference."



Pharmacy technician Noeleen Rawson, pharmacist Omer Kebire and pharmacy manager Sarah Durran show off the new environmentally-friendly paper bags at the McKellar Centre.

# Research Week showcases region's brightest innovators

Robotics in medicine, women in STEM, zoonosis, diabetes in 3D and controversy about sports injuries and health were all topics of discussion during the annual Barwon Health and Deakin University annual Research Week in mid-November.



The Affirmative team of the annual Research Week Ethics Debate consisted of Paul Talman, Sharon Hakkennes and Stephen Gil tackling the debate that 'sport is bad for your health'. Despite their props, the audience voted in favour of the negative team.

Now in its fourth year as a joint Barwon-Deakin event, Research Week showcased a diverse array of activities, including a poster competition with 116 entrants vying for prize money, guest lectures by prominent Geelong researchers, presentations and free education sessions.

Presentations included interactive workshops for academics, a fascinating and engaging opening session by Prof Saeid Navahandi, Director of Deakin's Institute for Intelligent Systems Research and Innovation (IISRI), on haptically enabled tele-operated robotics in medicine and the GCEID One Health Day, with presentations and interactive displays on the multidisciplinary approach to managing infectious diseases in people, animals and the environment.

The annual Barwon Health and Deakin University ethics debate tackled the topic that sport is bad for your health in a lively and light-hearted discussion (which saw the audience vote for the negative team), while Trisha Dunning presented her 11th consecutive Annual World Diabetes Day lecture on Disability, Death – Diabetes in 3D, which was well attended by nursing, medical and allied health professionals as well as nursing students.

Rounding out the week was the Barry Jones medal acknowledging the exceptional work

of individuals who have contributed to the research community. Fittingly, Prof Saeid Navahandi took out the award, for his efforts in promoting Geelong as a place of world-leading research and innovation. The 2018 Harrison Lecture for Innovation was presented by Prof Kon Mouzakis, co-Director of Deakin's Applied Artificial Intelligence Institute, who discussed the issues surrounding the use of AI in healthcare, its benefits and the potential to enhance and improve care.

## Award winners Poster Competition

### Basic Science

Dr Fiona Collier - *Relative abundance of *Prevotella copri* by real time PCR exhibits a bimodal distribution in Australian pregnant women*

### Clinical Research

Keshav Faye-Chauhan - *Innate immune cytokine responses and allergic disease in preschool-aged children*

### Health Outcomes/Clinical Practice

Tania Elderkin - *Prevalence and characteristics of patients in Intensive Care with a life-limiting illness*

### Population Health

Monica Tembo - *Prevalence of frailty in the female cohort of the Geelong Osteoporosis Study*

### Service Delivery/Health Systems

Professor Trisha Dunning - *Having conversations with older people with diabetes and their families about palliative and end of life care*

### Early Career Researcher

Dr Anthony Chamings - *Human parechovirus type 3: a recurring epidemic in young children in Australia*

### Special Mention

Dr Patrick Preece - *The history of Urological service provision to South-West Victoria*

### Scientist's Prize

James Polmear - *Partnered Pharmacist Medication Charting: A medication safety, health economic and qualitative evaluation*

### Audience Choice

Oliver Cronin - *The clinical and financial impacts of introducing a dedicated EMR service for treatment of patients with large colonic polyps into a regional tertiary hospital - a 9 year prospective study.*

## NEW MACHINE SHORTENS CANCER TREATMENT TIME

Barwon Health's Andrew Love Cancer Centre (ALCC) radiotherapy department has received a new Linear Accelerator to speed up treatment for cancer patients undergoing radiation therapy.

The new Linear Accelerator is replacing LA3, which was installed in late 2006, providing 1365 hours of treatment over 11 years. At the time, LA3 was considered a top-of-the-line machine with enhanced shielding and imaging capabilities previously unavailable for patients receiving radiation therapy treatment in Geelong.

ALCC Acting Senior Education and Development Alison Williamson said the new Linear Accelerator, Barwon Health's second TrueBeam machine, offered faster treatments for patients, cutting some sessions by half.

"New technology called 'gated radiotherapy' monitors a patient's breathing cycle and will only turn the radiation beam on when the tumour is inside the targeted area, resulting in fewer side effects for patients as less healthy tissue is irradiated," she said.

"This offers another energy to treat with, giving staff more options when planning a patient's radiotherapy treatment."



The new Linear Accelerator will speed up treatment time for patients at Barwon Health's Andrew Love Cancer Centre.



Students and occupational therapists attended an annual forum during Occupational Therapy Week.

## Celebrating Occupational Therapy Week

*More than 80 delegates learnt about the past, present and future of occupational therapy (OT) at a forum on 25 October.*

Barwon Health hosted the Annual OT Forum at the Deakin Cats Community Centre, with attendance from Deakin University students and Barwon Health OTs working across programs at University Hospital Geelong, McKellar Inpatient Rehabilitation Centre, North Geelong and Belmont Community Rehabilitation Centres, Home Based Rehabilitation, Community Health Centres at Newcomb, Belmont and Corio, Community Palliative Care Services, Transitional Care Program, Specialist Clinics, and Education and Training.

Keynote speaker Donna Markham, Chief Allied Health Officer for Safer Care Victoria and SWEP, described the tension between personal and

professional life, reassuring people that "you can have it all, but just not all at once."

Consumer speaker Marion Melrose spoke of resilience and the consumer experience, providing delegates a message about allowing consumers to have their voice heard and the importance of engaging respectfully and personally to understand the other side of care.

**"You can have it all, but just not all at once." – Donna Markham**

Other presentations were made by Barwon Health staff including Robert Periera, Bernice Mills, Laura Isherwood and Ewan Hanmer, while student presentations were provided by fourth year Deakin University OT students. The forum was organised by Barwon Health OTs including Mel Mew, Nikki Lyons, Jen Cogan, Rachel Harris and Stephanie Cunningham, with sponsorship from Whitecross, GMS and Aidacare.





Susan Parker from the Healthy Communities team and Karen Todd, Project Manager of the Strengthening Health Service Response initiative, worked together on the birdhouse display campaign.

## Birdhouse gets people chirping about family violence issues

A two-metre high birdhouse display at Barwon Health sites raised awareness and engaged conversations about family violence last month.

As a joint project between Barwon Health's Strengthening Health Services Response to Family Violence (SHRFV) and Healthy Communities team, the birdhouse provided an opportunity for staff and the community to build their understanding of family violence, and acts as a catalyst for further conversations within observer's homes and friendship groups.

Karen Todd, who manages the SHRFV initiative, said the birdhouse image was chosen as the central branding associated with SHRFV, with displays at University Hospital Geelong, McKellar Centre, and community health centres.

"The birdhouse explains the different forms of violence (financial, sexual, emotional, and physical), providing information on services to help those experiencing or perpetrating

any form of violence, and making clear strong statements that address the drivers of "violence, such as inequality," stereotyped roles, and acceptance of violence," she said.

The birdhouse project was part of the Barwon Month of Action in October/November, a unique collaboration to share resources between community members and organisations, including Deakin University, City of Greater Geelong, Department of Health and Human Services, Women's Health and Wellbeing Barwon South West and Barwon Health.

### The campaign aims to raise awareness about, and promote community actions that prevent, violence against women and children

The campaign aims to raise awareness about, and promote community actions that prevent, violence against women and children, including respectful relationships, promoting women's voices in decision making, challenging gender stereotypes and violence-supportive behaviours.

## CLINICIANS CHALLENGE POOR PRACTICES AND INSPIRE OTHERS

*The Advancing Interdisciplinary Clinical Excellence (AdvICE) Framework is Barwon Health's commitment to raising the quality of healthcare delivered across all areas.*

This program provides a number of structured interprofessional education and learning programs aimed at advancing interdisciplinary clinical excellence. Each session introduces concepts to educate, challenge and inspire participants, identifying a series of practical tools and strategies that can be applied in the workplace to harness clinical team collaboration opportunities to provide efficient, quality patient centred care.

Three study days were introduced this year focusing on three of the AdvICE capabilities: harnessing influence in healthcare, balancing professionalism and ethics, and the value of teamwork.

Results of course evaluations demonstrated a greater perspective and a deeper understanding of the different systems clinicians work with and how they can be navigated to provide safe, good quality care to patients, as well as an increased understanding of ethical principles and dilemmas that exist in the workplace.

The AdvICE core courses and study days will be available again in 2019 and can be applied for via GROW.



Barwon Health staff from multiple disciplines learn about harnessing influence in the health care system.

# Emergency Department Information System (EDIS) project underway

*The EDIS Project is a clinical transformation project implementing a new information system into the University Hospital Geelong Emergency Department (ED).*



*The EDIS Project team has been working behind the scenes to prepare the Emergency Department staff for the new FirstNet software rolling out next year.*

In partnership with Cerner, the new ED information system FirstNet is scheduled to go live on 20 March 2019. FirstNet will replace the current Symphony system, which will no longer be supported in Australia.

The change of information systems involves a significant project team, including four ED clinicians, who work in various clinical lead and engagement roles.

Since the project kick-off at the start of 2018, the EDIS team has been engaging Barwon Health clinicians and staff from all areas who will be impacted by the change. These sessions have been focused on understanding the current state and designing a future state that will enhance their clinical and non-clinical workflows.

EDIS team member Bill Reynolds said clinicians and other staff were excited about the benefits of the FirstNet system.

“The EDIS Project team has been hard at work localising the system with ED clinicians and other staff,” he said.

“The system is functioning well and testing of the new system using case studies and clinicians has commenced.

“Some of the exciting improvements to patient care that will come with the new system include improved identification of deteriorating patients, improvement in allergy and alert visibility, ability to start treatment before full registration, increased concurrent access to increase time at the bedside, linking

of observation machines and monitors to the system using Wi-Fi and seamless flow of clinical information from ED to SSU.”

Bill said ED staff would also be prepared for the change via classroom training, web-based training, access to practice labs, videos and quick reference guides.

To improve patient care after the launch, staff on the floor will be supported by FirstNet trainers, additional clinical and non-clinical staff super-users, EDIS Project team and increased IT support.

## THANK YOUR CLEANER DAY

*On 17 October, Barwon Health celebrated International ‘Thank Your Cleaner Day’ to honour the staff who help keep facilities clean and healthy.*

Barwon Health employs more than 400 staff whose primary role is to undertake cleaning.

Across 13 sites, 24 hours a day, 365 days a year, someone is cleaning for Barwon Health, often unseen and unheard.

On an average day, more than 1000 toilets are cleaned, 2000 waste bins are emptied, and an area four times the size of the MCG is vacuumed and mopped.

Director of Support Services Scott Randall thanked all cleaning staff for their efforts year round.

“You are all vital to allow the hospital, aged care and community healthcare activities to continue to provide the much needed health services for our region,” he said.



*Newcomb Community Health Centre Domestic Services staff Ann Saddington and Kerri Tascas.*

## Headsox goodwill a head turner

A Torquay business has turned student artwork into headwear accessories for cancer patients and donated 1000 to Barwon Health's Andrew Love Cancer Centre, ensuring each new patient has one.



Headsox co-owner Phil Stammers and artist Vicky Shukuroglou show off the design used for Andrew Love Cancer Centre patient headwear.

Headsox, a multifunctional head and neckwear accessory, used artwork created by students at Silvertown Primary School to customise a unique design for the headwear.

Headsox co-owner Phil Stammers was recently diagnosed with cancer and was treated at Barwon Health. Through his experience, he learnt the importance of support during these times and has seen firsthand that some patients are really doing it tough.

While the donation serves as a gesture of emotional support to cancer patients, the goodwill also extends online, where all sale proceeds of the new design will be donated to Barwon Health for patient support.

"When we first started Headsox 10 years ago, we never intended it to be used for cancer

patients," Phil said, "It was a comfort item for the outdoors."

The artwork used in the design was made as part of a Creative Learning program at the Noble Park school and donated to Barwon Health's Supportive Care Centre late last year to help support patients and staff in Cancer Services. The school originally connected with Barwon Health when Spiritual Care Facilitator Jessica Connor Kennedy was invited to talk about spiritual health as part of the student learning program. Students created the vibrant canvas in response, then saw an opportunity to support staff and patients by surrounding them with art that helps people feel good. The artwork depicts diversity and aims to remind us that we are all connected.

**"This project shows how we can all build a strong and vibrant community, connected through care and creativity,"** – Vicky Shukuroglou

Artist Vicky Shukuroglou said her students were thrilled to learn their creation was being made into headwear.

"This project shows how we can all build a strong and vibrant community, connected through care and creativity," Vicky said.

"The use of the students' work for this special Headsox piece is an affirmation for the young people. They know they can generate positive impacts near and far, and their work lives on, beyond the timeframe and space in which it was made."

## NATIONAL COMING OUT DAY

Staff across Barwon Health's major sites raised awareness and showed support for the GLBTIQ+ community by displaying rainbow flags and resources at entry points for National Coming Out Day.

The event is celebrated every year on 11 October across the world and honours those who have come out as GLBTIQ+ or as a straight ally for equality.

Coming out - whether it is as lesbian, gay, bisexual, transgender, queer or allied - still matters. For many people coming out is not

something that happens once - coming out can happen on a daily basis.

To help educate the community about coming out, a short film was made by Barwon Health for National Coming Out Day with GLBTIQ+ consumers.

Barwon Health is committed to providing safe and inclusive health care for the GLBTIQ+ community and we encourage you to join us on our journey towards Rainbow Tick Accreditation.



Staff at University Hospital Geelong showed their support for National Coming Out Day.





# Robotic surgery deal for Barwon Health

University Hospital Geelong Director of Urological Surgery Richard Grills (right) shows the Da Vinci robot's features to former patient Lindsay Fuller and Member for Bellarine Lisa Neville.

*Barwon Health has reached an agreement that ensures equity and continuity of access to robotic surgery for public patients in Geelong.*

An agreement to use the state-of-the-art \$4 million Da Vinci robot at Geelong Private Hospital was previously in place, but since its closure in May, there was a temporary arrangement to continue urological surgeries at University Hospital Geelong with loaned equipment.

Member for Bellarine Lisa Neville announced a new agreement guaranteed Barwon Health would have its own Da Vinci Xi robot to perform a wide range of minimally-invasive operations, making Geelong home to Australia's only regional public hospital-based robotic service.

The agreement came after months of advocacy and work with University Hospital Geelong Director of Urological Surgery Richard Grills.

Mr Grills said the Da Vinci Xi robot showed much improved outcomes over the two years it had been used in Geelong, with a significantly greater degree of precision available to surgeons compared to the human hand.

"To be able to provide the same care, with the same state-of-the-art technology in the public sector as what we can provide in private hospitals has been really important to urological surgeons in Geelong," he said.

"As a surgeon, you want all of your patients to recover as quickly as possible, have a good outcome, get home to their family and back

to regular activities, whether that's work or playing bowls.

"Our complication rate is proven to be very low and our length of stay has reduced from four or five days with open prostate surgery to one day with robotic surgery, while for kidney surgery it has gone from seven days to two days."

The robotic surgical device's four arms each control different instruments and enable more precise surgery, which means more comfort, quicker recovery and a less complications for the patient compared to a traditional open surgery.

**"It's fantastic that this surgery is available to public patients and the care is just as good here as anywhere,"**

**– Lindsay Fuller**

Geelong resident Lindsay Fuller had his prostate removed with the Da Vinci robot about four months ago, and said he was pleased other public patients could continue to use the service.

"It's fantastic that this surgery is available to public patients and the care is just as good here as anywhere," he said.

"It surprised me – I left hospital the next day, was walking around within a few days and doing normal things."

# Best foot forward in community nursing



Community nurse Alex Stobaus watches podiatrist Teresa Mellberg working with a patient as part of the Belmont community nursing-podiatry interface.

*Podiatrists and community nurses have worked together at Belmont Community Health Centre to make real differences to clients with lower leg wounds.*

Since last year, podiatrist Teresa Mellberg has provided direct support to community nurses in a service pilot to increase understanding of each other's roles and improve client outcomes.

Teresa said she had enjoyed the experience and the opportunity for shared learning across podiatry and community nursing.

"It was great to be able to work directly with the nurses, and to be able to share our knowledge and skills," she said.

"The pilot has also given nurses a better understanding of podiatry, and they've been impressed by the breadth and quality of care provided in community health."

Clients now have better access to responsive and coordinated care for wound management, while improvements in clinical

outcomes were demonstrated within weeks of the pilot commencing.

A client with a non-healing wound for more than six months attained full recovery through the collaborative approach of Teresa, community nurses and the Barwon@Home occupational therapist, Carol Pond.

This collaborative approach has continued and impacted on longer term outcomes - nurses have noted that there are less "frequent fliers", as clients' wounds improve and they are empowered to self-manage their health.

**"It was great to be able to work directly with the nurses, and to be able to share our knowledge and skills,"** – Teresa Mellberg

After its success at Belmont, the pilot is now being considered at the Newcomb Community Health Centre.

Primary Care and Community Nursing at Belmont are also looking at how the pilot's achievements can translate to an ongoing arrangement.

## ROSEMARY CLOSES THE BOOK ON CHAPLAIN ROLE

*Barwon Health spiritual care co-ordinator Rosemary Maries retired in October, after 13 years and many changes in healthcare perspectives on spirituality.*

Formerly a Gisborne Anglican Parish priest, Rosemary worked as an Anglican Church chaplain at University Hospital Geelong, with one day a week as a Barwon Health spiritual care co-ordinator.

She said it was her role to be there for anyone and everyone who needed spiritual support.

"Spiritual care started with church chaplains but now, more and more, spirituality is viewed as part of every person and spiritual health is part of the total health care," she said.

"For some people, it's through nature or

relationships, so I've certainly had a lot of conversations with people about different expressions of spirituality."

Rosemary said her team had the spare time to just sit with people, when nurses and others often faced more time pressure.

"It's about meeting people to help them to identify where they find their source of spiritual strength, the hope and courage to get through whatever diagnosis has brought them here.

"There's a sense of humble privilege of being with people at the toughest times in their lives and being able to accompany them through that, to help them find their way and to find what's going to be a comfort in that hard time and when they go back to life, which may be quite different from how life was before they came in.



"It's been great seeing people recover and gain that spiritual as well as physical strength, and be able to go on. After 13 years, the time is right and I'm retiring to spend time with my family and friends.

"I'm going to miss my team, but it is time."

## STAFF ACKNOWLEDGEMENTS

**Florentina Whitworth (Teena)** is retiring after 34 years with Barwon Health, most recently as the Domestic Services Co-ordinator at University Hospital Geelong.

Teena began with Barwon Health as a housekeeper at Kitchener House in 1984, later working as a supervisor before taking up the co-ordinator role in 2005.

She will be missed by the friends she has made at Barwon Health, who respected her excellent management of budgets, safety and quality. Teena looks forward to spending time with family and volunteering to support a community fellowship program.

**Sue Tatnell** is retiring after more than 40 years associated with Barwon Health, first training at the then Geelong Hospital in 1975. As a nurse and midwife at Torquay Community Health from 1980 and more recently at Belmont as a community nurse, Sue has seen many changes, including the introduction of IT systems, mobile phones and personal duress alarms.

She has valued the challenges of the community nursing role especially wound care and her colleagues have recognised her as someone with enormous respect and empathy for her clients, as well as a skilled and knowledgeable nurse with a sense of fun amongst her team.

Our staff wish Sue the best in her retirement, which she will spend with her family, including her grandchildren and Golden Retriever, whilst travelling the world.

**Jill Moodie's** time with Barwon Health Foundation has come to an end, with the director leaving to take up a community engagement position with the Surf Coast Shire Council. Some major projects have been undertaken during her time with the Foundation, including the Special Care Nursery, maternity unit redevelopment, the surgery hub, and the launch of the Kids Appeal. We thank Jill for her commitment to helping improve healthcare services in the Geelong region, which will no doubt continue in her now role.

## Vale Peter Foyster

*On 14 September, Mental Health, Drugs and Alcohol Services staff member Peter Foyster died as the result of a motor vehicle accident.*

Peter trained as a Registered Psychiatric Nurse between 1971 and 1973 at Lakeside Hospital Ballarat and then moved onto Forensic Mental Health before doing a Post Grad in General Nursing at Ballarat Base Hospital.

Between 1990 and 1996, Peter worked in the offshore oil & gas industry in Asia as a commercial diver and paramedic, also training as a hyperbaric medical technician at Adelaide University Hospital.

During this time, he spent his leave onshore in various roles in ED, ICU and ICU stepdown, mainly at the Royal Melbourne Hospital.

Living full time back in Australia, Peter worked extensively across many areas with both Mental Health Youth in the Intensive Youth Outreach Team and Adult Mental Health teams, Swanston Centre NUM, Mental Health triage and acting program manager in the Mental Health Executive team. Peter was a trained family therapist and he moved into Reducing Restrictive Intervention Nursing role at Swanston Centre. Over the past four years, Peter also worked at the Geelong Clinic.



*Peter Foyster was a true gentleman and a generous friend to all.*

A/Prof Steve Moylan, Clinical Director for Mental Health, Drug and Alcohol Services, described his tragic and sudden passing as a great shock.

"Peter was a friend, mentor and father-figure to many of his colleagues and clients in mental health," he said.

The General Manager/ Director of Nursing at the Geelong Clinic described Peter as a valued member of the nursing team, known for his calm and friendly approach, a great sense of humour, and love of life, including his family and dogs.

Barwon Health extends its deepest condolences to Peter's family, friends and colleagues.

## VITAL STEP NEVER FORGET CAMPAIGN

Barwon Health on average transfuses 500 units of red blood cells every month to about 190 patients. This relies on many interactions and processes by staff, including the administration checks at the bedside. Transfusion nurses, Lisa Stevenson and Anissa Yttrup implemented a simple campaign to focus on the final check of the patient identification to the blood product, an area of known serious risk. The objectives were to ensure the guidance was easy to follow and reduce the risk of incorrect transfusions.

The campaign *Vital Step Never Forget* visually highlights that the patient

identification wrist band details must match the patient identification tag details attached to the blood product before transfusing. It also enforces that patients should verbally confirm their full name and date of birth when possible.

Transfusion specialists in the United Kingdom developed and shared the concept to highlight transfusion safety worldwide. Barwon Health transfusion nurses are now assisting staff to utilise blood products safely and appropriately using the campaign through posters displayed in relevant clinical areas.



## DIALYSIS RESEARCH RECOGNISED AT INTERNATIONAL CONFERENCE

*Vicki Smith is a quiet achiever within Barwon Health, but her work on dialysis training is making noise around the world.*

Vicki is a specialist vascular health nurse with the Barwon Health renal unit, contributing directly to the safety and comfort of each hemodialysis patient's lifeline – their vascular access.

Her research and clinical work into the exploration of the benefits of plastic cannulation for dialysis patients, versus the use of metal needles, has broken new ground, and an openness to explore evidence-based practice has led her to develop nursing protocols that lead the way for a safer, more comfortable dialysis experience.

In August this year, Vicki was invited to Genoa in Italy, to present at the European Dialysis and Transplant Nurses Association/European Renal Care Association (EDTNA/ERCA) conference.

The EDTNA/ERCA is the only association of its kind in the world and offers a multi-disciplinary collaboration and exchange on an international level.

Vicki's participation at this international conference shows how a focus on person-centred care, critical thinking, and an openness to innovation, has the potential to not only impact the experience of Barwon Health patients and clinicians, but countless others around the globe.



*Vicki Smith presents her talk at the European Dialysis and Transplant Nurses Association/European Renal Care Association (EDTNA/ERCA) conference in Italy.*



*BMI administration assistant Christopher Morton, artist Shelley McKenzie, chief radiographer Philip Brough and BMI administration assistant Andrew Ward with the commissioned artwork on Level 3 of University Hospital Geelong.*

## *Drama and art bring colour to BMI*

*A new commissioned artwork is bringing a great splash of colour and hope to the walls of Barwon Health's new BMI space at University Hospital Geelong.*

Local artist Shelley McKenzie was commissioned to create several pieces, following a generous donation of \$2500.

BOOM Gallery directors Ren Inei and Kate Jacoby organised the artwork with Shelley and had it framed as the centrepiece of the BMI space where it is catching a lot of eyes, according to Chief Radiographer Philip Brough.

"We've had really fantastic feedback from the staff and patients who have come past and only had positive things to say," he said.

"Without that artwork on the wall, the new building is very white and grey, so it adds vibrancy, colour and warmth to humanise the space."

Shelley has been involved in previous art programs at prisons and hospitals, holding the belief that art is valuable as a therapeutic tool.

"I know about the healing power of art and how it puts people in good places," she said.

"I think it takes people out of the worrying environment of the hospital into something more humanised.

"The main piece shows our living area at Anakie in the bush. It's very personal for me, with little references to my personal life."

Funds for the artwork were raised in 2015 through performances of Zing Productions' BRILL! - The Songs of The Brill Building, featuring BMI administration attendants Christopher Morton and Andrew Ward.

Christopher said the cast was happy to see proceeds from the show supporting patients and staff at University Hospital Geelong.

"Andrew and I saw lots of empty walls and we wanted to do something to change that," he said.

"The profits from the show were donated to BMI for purchasing artworks for the building and we've held off until we had the right wall for the art."

# Koorie Birth Suite helping Close the Gap

*Barwon Health has transformed a University Hospital Geelong birth suite into a welcoming, culturally-inclusive space for Indigenous families.*

The new Koorie Birth Suite is named Darrabarruk Pupup, meaning new baby, and is an initiative aiming to improve Barwon Health's maternity experience for the Aboriginal and Torres Strait Islander community in Geelong.

There were 53 Indigenous babies born at Barwon Health last financial year, and even higher numbers expected in the future, according to Chief Operating Officer Amanda Cameron.

"The Aboriginal community's input and decision making has assured the development of the most appropriate physical and safe environment for our maternity patients and their families," she said.

"Getting maternity care right for Aboriginal women is critical to Closing the Gap and our goal at Barwon Health is to ensure our care is culturally safe and high-quality.



*Koorie midwife Aunty Athalie Madden (front) and artist Ammie Howell (in blue) with Aboriginal healthcare staff.*

"Our new Koorie Birth Suite adds a further dimension to this service, providing a symbolically spiritual connection to Wadawurrung land and Aboriginal culture, paying our respects to the traditional custodians of the land where Barwon Health operates today."

Wathaurong Aboriginal Co-Op matched Barwon Health's funding to support the project and Koorie midwife Aunty Athalie Madden said their Maternity Service Team was pleased to be part of the joint project.

"We have moved away from crisis care to woman-focused culturally sensitive midwifery care," she said.

"It's important for Aboriginal women to feel safe and comfortable at a hospital because of past experiences with the Stolen Generation when women did not want to go to hospitals."

A key feature of the birth suite is the glass artwork Ngardang (Mother), made by Arrernte woman Ammie Howell to represent significant areas of the region.

## INTERPROFESSIONAL PLACEMENT OPENS STUDENT OPPORTUNITIES

*Clinical placements are essential in preparing students for their future role in providing safe and quality care.*



*Interprofessional clinical facilitators Jen D'Arcy and Sarah Brooks with medical students Ryoko Kinukawa and Evangeline McCoy, looking after patient Sally Chirnside.*

Barwon Health's birth suite has introduced a collaborative clinical placement model for students to ensure a contemporary high quality patient model is offered, whilst meeting the needs of our learners and future workforce.

Introduced in July last year, this innovative program had midwifery students and medical students supported by a team of three interprofessional placement clinical facilitators.

Clinical support midwives facilitating the placement provided support to students in birth suite from orientation through to teaching, debriefing, liaising with staff, assessing student progress and providing regular feedback.

Students say the training supports learning experiences and allows them to achieve their

assessment requirements in a supportive environment ahead of schedule.

Their comments have included the following:

*"There were so many learning opportunities, whether there was a birth or not."*

*"Staff always try to give you experiences and encourage you to do more each shift to add to learning."*

*"I found that both the staff and consumers were very supportive of my learning in birth suite."*

*"The staff at birth suite involve students in every aspect of care, the practical side, the paper and computer documentation and the emotional care of women. They explain the rationale to students for their actions therefore it is the optimal learning workplace."*

# Heart restart saving lives

*An artificial heart-lung machine is saving lives of people dying from cardiac arrest at University Hospital Geelong's Intensive Care Unit (ICU).*

Treatment for the most severe adult cardiac and respiratory failure utilises a process called extracorporeal membranous oxygenation (ECMO), with evidence, clinical experience and advances in extra-corporeal technology improving survival rates.

Barwon Health's ECMO team has spent the past year developing, implementing and training for ECMO-CPR, an extension of its ECMO program, which began in 2011.

The ECMO program has been incredibly effective, with Barwon Health now the second busiest adult ECMO centre in Victoria after the Alfred Hospital, according to ICU director Associate Professor Neil Orford.



*ICU nurse Nigel Bellears checks on a patient being treated using the ECMO machine.*

“University Hospital Geelong is Victoria’s first non-heart transplant hospital to provide an extended, nurse-credentialed, ECMO service and our outcomes are comparable with

international high-volume centres,” A/Prof Orford said.

“We have a governance and training program recognised internationally, and our team has done an incredible job getting Barwon Health stakeholders to extend our traditional ECMO service to include ECMO-CPR.

“We have been quietly doing more of this over the past few months, and through collaboration with Ambulance Victoria, our Emergency Department and cardiac services, are now providing this complex, technical intervention within an hour of cardiac arrest for selected patients.

“Less than one in 10 people survive cardiac arrest. Our hope is the use of ECMO-CPR will add to care we know improves the chance of good survival, such as early bystander CPR, expert care by our ambulance services, and advanced in-hospital care.

“The goal is to improve survival and quality of life by restoring blood flow to vital organs, such as the brain.”

## TRIVIA NIGHT RAISES THOUSANDS FOR BIPOLAR RESEARCH

*More than 120 trivia fans joined together to shine a light on mental health and raise almost \$3000 for bipolar disorder research during Mental Health Week.*



*The community joined together in the name of mental health research, awareness, and a love for trivia.*

Deakin University's IMPACT Strategic Research Centre hosted its third Trivia Night fundraiser event, on 12 October at the Thomson Cricket Club, with funds supporting the Ian Parker Bipolar Research Fund and Australian Rotary Health, which offers scholarships to PhD students investigating bipolar disorder.

The founder of the Ian Parker Bipolar Research Fund, Carol Smit, opened the event by sharing her personal experience and tribute in loving memory of her brother Ian.

All funds and prizes were generously donated by more than 20 local businesses and organisations, including Barwon Health.

## DISPOSABLE LINEN TRIAL SUCCESS AT BELMONT COMMUNITY HEALTH CENTRE

*A disposable linen trial has been started by the Cardiology Echocardiogram department at Belmont Community Health Centre as an Occupational Health and Safety initiative.*

This trial was launched in response to staff concerns of unpacking heavy loads of linen, opting for linen that is lighter weight, environmentally sustainable and can be compactly stored.

The disposable products were trialed for six months with nine staff using them across two rooms five days a week. Feedback from a staff survey resulted in a unanimous preference for the disposable linen.

This program has also had the added benefit of providing significant cost savings.



## P-TECH PATHWAY TO STEM CAREERS PROJECT

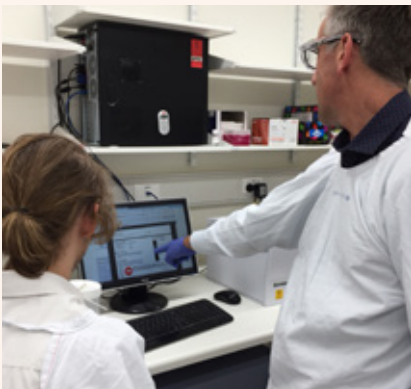
*An innovative model of education-industry collaboration is providing students with an industry supported pathway to a science, technology, engineering and mathematics (STEM) related qualification.*

P-TECH stands for "Pathways in Technology" and is a brand new initiative directed at Year 9 students, which enables them to gain a nationally accredited qualification alongside their regular in-school education and workplace experience guided by a mentor.

At Barwon Health, Senior Scientist and GCEID Laboratory Manager Jason Hodge has hosted P-TECH students from Newcomb Secondary College for the past two years, and said he had committed to another two-year cycle with this innovative program.

"The nature of work and the types of jobs that will be available in the future is changing and STEM skills will play a major role in the future labour market," he said.

"The main aim of this program was to provide some access to real world work places and to forge relationships with mentors that would hopefully help the students remain engaged with their studies and see the benefit of continuing with their education."



*Senior Scientist and GCEID Laboratory Manager Jason Hodge hosts a Newcomb Secondary College student in the P-TECH program.*



*Students engaged in interactive workshops that explored respectful behavior and healthy relationships in a variety of scenarios.*

## *Barwon Respect Netball Cup promotes healthy relationships*

*Ten Barwon region secondary schools and 150 students participated in the Barwon Respect Netball Cup on 26 October, competing while engaging in educational activities.*

The Cup provides an opportunity for Year 9 students to take a leadership role in promoting healthy relationships, gender equity and respect.

The day involved interactive workshops that explored elements of healthy relationships, gender equity and respect, and provided information to students on how they can help, and where to get further help if they, or a friend, are experiencing controlling, threatening or violent behaviour. The event concluded with a round robin mixed netball competition in the afternoon.

Following the event, students returned to their schools with tasks they assigned themselves to engage others in conversations about respectful gender relationships.

The event originated in 2013 and continues to grow each year, with plans to engage primary schools in the future.

The Cup is a collaborative effort across a broad range of agencies including Barwon Health, Barwon Community Legal Service, Department of Education, Netball Victoria, Barwon Child Youth and Family, Geelong Cats and Women's Health and Wellbeing Barwon South West.

The 2018 winners were:

**Overall Barwon Respect Netball Cup:**

North Geelong Secondary College

**Netball component:** Geelong High School

**Workshop component:** Western Heights College

**Respectful behaviors across the day:**

North Geelong Secondary College.



*North Geelong Secondary College won the Barwon Respect Netball Cup.*

## Vale John Robb AM

John Robb AM, who died aged 88 in late September 2018, will be remembered in the Geelong community for his volunteer spirit and dedication to aged care services.

Mr Robb joined the Grace McKellar House board in 1976, now known as the McKellar Centre, and later served as a president and vice president for several years before leaving in 1996 as a Life Governor.

Mr Robb represented the end of an era, with his 16 years on the board overseeing the transition from Grace McKellar House to the Grace McKellar Centre.

He was very proud of the McKellar board, especially the way it worked with management to support each other for the good of the health service.

Mr Robb's gracious manner and gentle sense of humour were a great influence on the ethos of community, care and co-operation among staff, board and management.

His extraordinary commitment to community service also showed in long term involvement in Geelong organisations and institutions, including Rotary Club of Geelong West where he volunteered for more than 50 years.



*John Robb AM was a president and vice president of the Grace McKellar House board.*

Mr Robb even became a McKellar volunteer during industrial action, cancelling a holiday to Noosa to serve meals to residents for several weeks.

What started as an "old folks' home", he saw evolve into a world leader in aged care, with a visit from Queen Elizabeth in 1988, and now a vibrant community asset offering rehabilitation and aged care.

His legacy continues with Barwon Health through the John Robb Clinical Library at St Mary's Library and Research Centre.

## FOUNDATION LAUNCHES MALLOY SOCIETY

*In September, the Barwon Health Foundation officially launched the Malloy Society, named in honour of Tim Malloy, who made the very first bequest to the Geelong Hospital in 1849.*

The members of this special group have chosen to support Barwon Health with a future gift in their will. The Society is a

way for the Barwon Health Foundation to thank and recognise them now for their foresight and special future contribution.

Bequests can be left to Barwon Health Foundation to direct where it is most needed, or to a specific area in medicine and care that the donor nominates in capital development, clinical research, medical equipment or patient support and comfort.

## FRESH LOOK FOR OUTDOOR SPACE

*University Hospital Geelong's refurbished podium was officially opened in September with a free staff barbecue to make the most of the new amenities.*

The upgrade was made possible by a generous bequest from the estate of Raymond and Barbara Broughton, and included new flooring, seating, artwork, games and barbecues, all designed to restore the space to a social, relaxed meeting point for staff, volunteers, patients and visitors.

**“Our staff are now enjoying a more appealing outdoor seating area for staff, patients and visitors to take a break or share a meal.” – Prof Ruth Salom**

Barwon Health CEO Professor Ruth Salom thanked local artists Nathan Patterson and Katie van Nooten for creating the artworks displayed on the podium.

“We are constantly looking at ways to improve patient and visitor experiences at Barwon Health and this includes evolving the hospital's general aesthetic,” she said.

“Our staff are now enjoying a more appealing outdoor seating area for staff, patients and visitors to take a break or share a meal.”



*Staff were invited to a free barbecue to celebrate the opening of the refurbished University Hospital Geelong podium.*

# Life skills help youth navigate health system

*The Young Adults Transition Service (YATS) has designed a Life Skills Program aimed at increasing the health literacy of young people with chronic and/or complex health and neurological disorders.*

The program builds knowledge and advocacy skills to empower young people to confidently navigate the health system as independent adults.

Social Worker Rheann Kennedy said research showed that without the right skills, many young people transitioning from paediatric health to adult health often slipped through the cracks of the healthcare system with the increased responsibilities of adulthood.

Suddenly, the supportive and familiar world of paediatric healthcare is replaced by new doctors, new processes, and greater accountability of the young person to understand their disability or health issues.



*St Joseph's College students undertaking the Life Skills Group with facilitators Clare Hellawell and Ewan Hanmer.*

YATS speech pathologist Clare Hellawell and occupational therapist Ewan Hanmer have run the Life Skills Program at St Joseph's College during fourth term this year for a group of senior students. A part of the program included a visit to University Hospital Geelong to show the different areas they may encounter should they require hospital admission.

Rheann said the tour was a great success, with many hospital staff taking the time to inform the students about the different wards, and how to ensure their voice is heard as a consumer of the healthcare system.

"We aim to teach participants the skills required to take control of their health so they continue to access healthcare and ensure their ongoing health needs are met," she said.

## GEELONG LEADS RESEARCH INTO YOGA AS TREATMENT FOR DEPRESSION AND ANXIETY

*Barwon Health and Deakin University researchers are examining how yoga might boost traditional psychological treatment to help people with depression and anxiety.*

A pilot trial will be conducted at a primary mental health service in Geelong, which is jointly led by Barwon Health and Deakin University and supported by the Western Victoria Primary Health Network.

Professor Michael Berk, of Deakin University and Barwon Health, said there was a proliferation of research into alternative and complementary medical approaches in mental health over the past decade, with yoga emerging as particularly promising.

"We need to better understand the mechanisms for these benefits and how yoga can work with other forms of treatment, such as psychological treatment to maximise people's recovery from common and debilitating conditions," he said.

"We are thrilled that this work is being led right here in Geelong."



*Barwon Health is working with Deakin University and the Western Victoria Primary Health Network to measure the link between yoga and mental health.*

He said Cognitive Behaviour Therapy (CBT) supported people to become aware of thoughts and behaviours that could drive anxiety and depression, to learn strategies that challenge negative thoughts and patterns, and to learn new skills and techniques that improve their mental health.

The trial will compare adults with anxiety and depression who complete an eight-week course of group-based CBT alone, with a

different group who complete the group CBT program with the addition of group yoga and an individually-tailored yoga program for home practice.

The weekly group yoga class is designed specifically for those with anxiety and depression whilst the individualised home practice will aim to assist the participant's journey during the study.



## Gala Parade delights community



*More than 15,000 people lined Geelong's inner-city streets for the historic Gala Parade on 10 November.*

As the Geelong Connected Communities Gala Parade celebrated its 102nd year, the city was aglow with the parade continuing in its twilight timeslot.

The community turned out to watch the much-loved parade kick off at Eastern Park and make its way through the lantern-lit streets of Geelong's CBD along Malop Street.

There were more than 50 corporate and community groups creating floats for the street parade, which included marching bands, Indonesian dance and Shopkins characters.

A special thank you goes to all the Barwon Health staff who volunteered their time on the big day.

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## GROUP OF "HAS BEENS" STILL HAS PLENTY TO ACHIEVE

*A group of mates joined together to raise \$30,000 supporting the Barwon Health Foundation – enough to cover the annual stipend for a PhD scholarship in medical research at University Hospital Geelong.*

WAWSO (We All Were Something Once) is a group of eight retired and semi-retired businessmen who meet at Man Bo Chinese Restaurant in Moorabool Street on Tuesday afternoons, most with experience of health issues of some sort.

After learning of the impressive medical research projects undertaken at Barwon Health, the group decided to run a charity function, which resulted in a dinner with guest speaker Associate Professor Philip Campbell, Barwon Health's Director of Cancer Services.

WAWSO spokesperson, Bob Eadie said the group, which also includes Jack Ayerbe, Mike Fairweather, Nick Norgard, Tim Fletcher, Richard Murphy, Bruce Auld and Richard Bunn, hoped to inspire others to contact the Barwon Health Foundation to make a donation towards research or perhaps consider running their own fundraiser.

"Not many realise that the research being undertaken at University Hospital Geelong is world class in so many areas and we all have a social responsibility to support it and be proud of what is going on right on our doorstep," he said.

**"Not many realise that the research being undertaken at University Hospital Geelong is world class."**



## Catwalk for Cancer showcases fashion for a cause



Westfield Geelong's Catwalk for Cancer showcased Geelong's best fashion for the Barwon Health Foundation on 7 October.

Fashion shows from Westfield Geelong, Huntress, Pearls and Roses, Chez Ma Belle, Atout Studios, The Ark and Ena Pelly gave guests a sneak peek of the top trends for spring.

The day of entertainment, fun and fashion raised more than \$44,000 for Barwon Health's Andrew Love Cancer Centre.

Thanks to Westfield Geelong, Cancer After Care Group Geelong, Gartland Property, Charles Rose, Igby Productions and Blush Bar.

**The day raised more than \$44,000 for Barwon Health's Andrew Love Cancer Centre.**

# Barwon Health Locations

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

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

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



**OUR VALUES**  
RESPECT  
COMPASSION  
COMMITMENT  
ACCOUNTABILITY  
INNOVATION