

Auricle

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Cardiac patients rise up for rehab

06

*Korean visit highlights
pharmacy strengths*

08

*Women leading the
way in medical field*



12

*National honour for
Geelong midwife*

16

*Skin specialist takes
expert care to Samoa*

CONTENTS

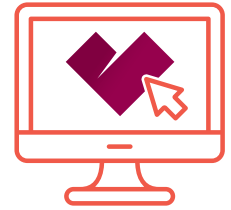
- 02 Message from the Interim CEO
- 02 Emergency Department wait time dashboard goes live
- 03 Hospital unveils second CT scanner
- 03 Upgrade gives sonographers clearer picture
- 04 Christy rides for Parkinson's
- 04 Jigsaw on the move
- 05 Interns and graduates join Barwon Health
- 06 Korean visit highlights pharmacy strengths
- 07 Cardiac patients rise up for rehab
- 08 Delirium project targeting avoidable cases
- 08 Women leading the way in medical field
- 09 Olivia's crafty donation for cancer patients
- 09 OT specialised programs and clinics placement
- 10 Green champions bring healthy approach to environment
- 11 Ending PJ paralysis
- 11 Community aiding overdose response
- 12 National honour for Geelong midwife
- 13 Who's afraid of food?
- 13 Rostering, time and attendance project
- 14 Eating disorder family therapy program
- 14 New prostate cancer online service directory
- 15 Staff survey helps organisational response to family violence
- 16 Regional and rural clinicians connect for support
- 16 Skin specialist takes expert care to Samoa
- 17 Let's get physical
- 17 Beanie donation warms hearts and heads
- 17 "What Matters" in healthcare
- 18 Hospital's nightshift voice clocking off after 31 years
- 18 Staff acknowledgements

Cover: Exercise physiologist Janelle Droomer is part of the cardiac rehab program at the Sunrise Centre (story page 7).

Fun facts

Barwon Health website in 2018

AVERAGE USERS EACH WEEKDAY: **1800 UNIQUE VISITORS**, VISITING AN AVERAGE OF TWO PAGES PER SESSION.



AVERAGE TIME PER PAGE: **1MIN 30 SECONDS**.

THE **TOP 10 VISITED PAGES** ON OUR WEBSITE IN 2018 WERE:

1. HOME PAGE
2. CAREERS
3. CONTACT US
4. BARWON HEALTH STAFF PORTAL
5. HOSPITAL SERVICES
6. CURRENT AVAILABLE ROLES
7. IMMUNISATION SERVICE
8. ABOUT US
9. SERVICES
10. MCKELLAR CENTRE.

MOST SEARCHED-FOR TERMS ON THE SITE WERE: VALUES, ONE POINT, SALARY PACKAGING, GROW, EMPLOYEE SELF SERVICE, STAFF PORTAL, PROMPT, TELEHEALTH, MATERNITY.

MOBILE: JUST OVER HALF (53 PER CENT) OF ALL VISITORS TO THE BARWON HEALTH WEBSITE **ACCESSED THE SITE FROM A DESKTOP COMPUTER**, WITH **40 PER CENT USING A MOBILE DEVICE** AND **SEVEN PER CENT A TABLET**.



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www.instagram.com/barwon_health



www.linkedin.com/company/barwon-health



Message from the Interim CEO

2019 is off to a great start with several exciting developments at Barwon Health, including progress and official openings on capital works projects, some new clinical systems in place, and plenty of new staff getting acquainted with our sites around Geelong.

As always, we send a warm welcome to those joining Barwon Health’s ever-growing workforce, especially this year’s intake of junior medical doctors and our graduate nurses and midwives who have been hard at work for several months already.

Congratulations to everyone involved in the rollout of our new Emergency Department Information System, which went live on 20 March after more than a year of planning and training. It’s a huge achievement to implement a system update without a significant impact on clinical services, and I commend those who worked tirelessly to prepare the department and ensured it was such a smooth transition from the outdated Symphony software to Cerner’s FirstNet.

There were recently a number of cultural and diversity awareness days marked during Cultural Diversity Week, including Harmony Day and Close The Gap Day on 21 March. Our Aboriginal health team does a fantastic job to bring a better health service to the local Indigenous community, as well as improving healthcare access and employment opportunities. We are proud to be an inclusive organisation that relies on the skills and knowledge of so many staff and volunteers from various ethnic backgrounds.

This May, we will bring back Barwon Health’s Length of Service Awards with the first ceremony since 2016, which means we must recognise a backlog of staff who have celebrated career milestones over the past few years. It is important to both recognise and commemorate these achievements to acknowledge that long service and

commitment to Barwon Health is incredibly appreciated.

The past months have seen the official openings of the renamed Andrew Love Cancer Centre Wellness Lounge, as well as Jigsaw’s new offices in Little Malop Street. Each building will improve the experiences of patients and visitors to each service, as they have both been aesthetically designed around artworks and natural light to create a more comfortable setting.

Manager training is underway for the Strengthening Health Service Response to Family Violence initiative, in our effort to respond to the Royal Commission in 2016 as best we can. More training will follow for staff as the project works through the results of a survey looking at how more than 500 staff feel about their knowledge and perceptions of prevention and responses to family violence.

It’s been exciting to see progress on Barwon Health North as it takes shape and nears completion. We look forward to its opening later this year, with all the benefits it will bring to the surrounding community. Plans are also underway for a new facility at Torquay, thanks to the funding announced last year, and we expect this project will allow us to find ways to improve the healthcare service we deliver to the growing Surf Coast region.

Cobus Lotheringen
Acting CEO

EMERGENCY DEPARTMENT WAIT TIME DASHBOARD GOES LIVE

A new online tool has been launched to help patients decide whether or not to attend the Emergency Department (ED) at University Hospital Geelong.

The ED wait time dashboard display was set up in the ED waiting room in September, with the online version going live in December.

A barometer shows visitors how busy the ED is in real-time, with a display of the number

of patients, average wait time, and patients currently being seen.

ED director Dr Michael Sheridan said the screen had helped manage expectations of how long patients could be waiting to see a clinician.

“Real-time information will allow people to make a more informed decision about their treatment options, which include visiting a GP, using a home doctor service, or attending a private hospital,” Dr Sheridan said.

“ED presentations continue to rise and can vary substantially from one day to the next for many reasons.

“Our team treats more than 200 people every day, with even more attending during weekends and holiday periods, so it’s important for people to find the best care for their illness or injury.”

The ED wait time dashboard can now be viewed on desktop and mobile devices at www.barwonhealth.org.au.



Hospital unveils second CT scanner

BMI supervisor Sheena Hoffman, BMI director Kevin Shaw, and BMI operations manager Jeff Umbers with the new CT scanner at University Hospital Geelong.

University Hospital Geelong's second CT scanner is now operational after medical imaging staff began training on 7 January.

The additional CT scanner has vastly improved the availability of CT services to the hospital and community, performing 646 exams in six weeks - a 17 per cent increase on the single iCT scanner compared to the same period last year.

During business hours, emergency, inpatients and outpatients are allocated across both CT scanners, with Barwon Medical Imaging (BMI) refining imaging protocols and training approximately 50 radiographers on the new Siemens SOMATOM Force.

The new machine is a premium CT system with full clinical capabilities, which also provides dual energy CT to the region, including:

- Faster scanning;
- Automated image production for faster reporting;

- Ultra-Low radiation dose CT scans (CT at X-ray dose) for extremity and lung imaging; and
- Dual Energy (Spectral) CT – providing improved tissue characterisation, especially useful when imaging cancer and infection, for more diagnostic accuracy and lower radiation to patients.

Nine senior radiographers have trained as "super users", with vendor supported applications training taking place in early March.

Use of the new scanner afterhours is now occurring intermittently, being utilised when there is a Siemens FORCE trained radiographer rostered to night shift.

After a long planning and implementation period, a purpose built 24/7 imaging hub now co-locates X-ray, ultrasound and CT adjacent to the Emergency Department. This represents a substantial quality and safety improvement, particularly benefiting after-hours patients and staff.

All staff are enjoying being co-located within the hub, with positive feedback on ease of access for ED clinicians and patients.

UPGRADE GIVES SONOGRAPHERS CLEARER PICTURE

Barwon Health sonographers are thrilled with the delivery of four new state-of-the-art Philips EPIQ ultrasound machines.

The machines are specifically built for today's healthcare environment with superb resolution and penetration on even the most technically difficult patients, giving sonographers enhanced diagnostic confidence.

The new Philips EPIQ machines offer a new level of portability and ergonomics for easier trips to ICU and Special Care Nursery, and allow for higher levels of clinical information, with specialty features such as 3D imaging of obstetrics, gynecological studies, and elastography.

BMI is now the only provider of elastography in the Geelong region.

Christy rides for Parkinson's

Barwon Health radiation therapist Christy Glenn spent the summer gearing up to ride from Melbourne to Sydney, raising money to support Parkinson's Disease research.

The ride, in support of the Shake it Up Foundation and Michael J. Fox Foundation, has raised \$11,836 and was inspired by Christy's father's Parkinson's diagnosis two years ago.

She said he joined her in a support vehicle throughout the journey in early March.

"Movement is a big part of his Parkinson's therapy, so I wanted to do something active that challenged me as well," she said.

"My father's always been incredibly fit and strong, but now he shuffles and has lost balance so he trips over things.

"As a family we knew something wasn't quite right. It was a light bulb moment to discover

what he had been dealing with, because no one had diagnosed anything until then.

"He had a loss of balance, some memory loss, he was starting to shuffle, and then he had a freeze event, so Parkinson's isn't necessarily people with a shake or tremor – he doesn't have that at all."

Christy said Barwon Health colleagues had been incredibly supportive of her campaign, donating money and offering encouragement as she prepared for the ride.

"Movement is a big part of his Parkinson's therapy, so I wanted to do something active that challenged me as well." – Christy Glenn

"There's been so much momentum and I didn't expect it to get this big.

"A lot of the research for Parkinson's is about slowing development of it and government funding for drugs.

"Ultimately you'd like to find a cure, but it would be nice for now to slow the development."



In March, Christy Glenn rode from Melbourne to Sydney to raise money for Parkinson's Disease.

JIGSAW ON THE MOVE

Jigsaw has unveiled its new purpose-built facility on Little Malop Street.



The Jigsaw team was pleased to move into their new office on Little Malop Street.

After relocating from shared premises in Yarra Street, the youth mental health, drugs and alcohol service opened for business at the new site on 29 January.

Jigsaw co-ordinator Darren Riggan said the facility was close to public transport and had access from the mall.

"People love the central CBD location, the accessibility to good coffee and café facilities, and it's easier for consumers to access," he said.

"It's been a smooth transition with a few teething problems, but everyone's enjoying how spacious and light the building is."

"This site is purpose-built so there's been more consumer input, it's got more of a consumer focus and is more suited for sensory modulation purposes." – Darren Riggan

Darren said Jigsaw had outgrown the previous facility, which was shared with headspace.

"This site is purpose-built so there's been more consumer input, it's got more of a consumer focus and is more suited for sensory modulation purposes.

"Consumers have said they think it's bigger and more modern and more inviting."



This year's new medical interns (left) and second intake of graduate nurses and midwives (right).

Interns and graduates join Barwon Health

Forty-two new medical interns, along with 68 graduate nurses, two midwives, and four combined nursing/midwifery graduates joined Barwon Health at the beginning of the year.

The graduate nurses and midwives began in two intakes in January and February, after hundreds of applicants from a range of universities vied for a place in the graduate program. The 12-month program facilitates the transition of the graduate from student to registered practitioner, with two clinical rotations in a variety of settings, including community nursing, aged care, special care, paediatrics, oncology, rehabilitation and palliative care, to name a few.

Meanwhile, the hospital's newest doctors began their orientation on 7 January, before joining Barwon Health staff for rotations in medical, surgical and emergency departments, with optional placements in specialised areas.

With last year's graduates, interns and postgraduate trainees completing their first year, Barwon Health welcomes back those who have stayed on as nurses, midwives and Hospital Medical Officers.

Meet an intern – Edith Lightfoot

Where and what did you study?

I did medical engineering in Sydney before studying medicine at the University of Tasmania.



What is your area of medical interest?

I'm quite interested in emergency medicine, so I'm starting with a term of emergency here and then one in Warrnambool. I think I will end up working in emergency or other critical care areas like anaesthetics or ICU.

Why did you apply for placement at Geelong?

I was born and raised in Geelong, then went to study interstate. My family is all still in the Geelong region and in Victoria so it's really nice to be able to come back. I'd heard good things about Barwon Health so I'm very happy to be here.

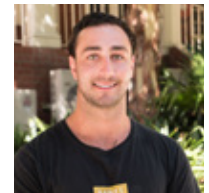
What are you aiming to get out of your internship at Barwon Health?

I'm hoping to have a positive year and develop a really solid foundation of knowledge and skills to get my career started well. It's a great privilege to talk to people, to hear their stories and be in this position.

Meet a nurse – Barclay Fitzpatrick

Where and what did you study?

I studied a Bachelor of Nursing at Deakin University.



Where are your rotations this year?

My first rotation is in theatre, so I have three months starting in recovery, then another three months in scrub scout. That was one of my top preferences, so I was really lucky to be able to come along and jump straight into that. It's really different to the general stuff you get to experience on your placements.

Why did you apply for a graduate year at Barwon Health?

I'm from Barwon Heads, and I've been there since I was in prep and I just like the idea that it's close to home, it's a bit like a rural hospital, and I'm able to care for people in my own community.

What are you aiming to get out of your grad year at Barwon Health?

I think the main thing I'm hoping for is a whole lot of development and to make a good transition from a student background into practice by myself, getting a lot more autonomy with my own practice, and getting confident with my skills.



Korean visit highlights pharmacy strengths

Professor Regina La from the Catholic University of Korea, Hanmi pharmaceutical director Soon Joo Kim, Incheon St Mary's Hospital pharmacy director Maria Lim, and Barwon Health's Hannah Uhm inspecting the robotic pharmacy assistant.

Three South Korean pharmacists visited University Hospital Geelong on 21 January to learn about the different pharmacy services offered and the systems in place.

Incheon St Mary's Hospital pharmacy director Maria Lim said the group made a detour during their holiday to visit Geelong after hearing about Barwon Health's innovative pharmacy service, including the robotic automatic dispensing software used for medications.

"We are very interested in overseas pharmacy work so I think it's a very good opportunity to look at Australian pharmacies," she said.

"We're very lucky to be here for today.

"We talked to different parts of the pharmacy about their work and had an opportunity to compare it to our work, from A to Z.

"The most basic difference is the pharmacists here work in the ward. In Korea, specialty is developing at the moment and the centre of the pharmacy is the most important thing."

Pharmacy director Greg Weeks said the visitors had shared their experience of pharmacies in Korea, where an electronic health record is utilised.

"We have a lot of respect for Greg for developing advanced pharmacy work and to have the advanced pharmacy assistant – it's the fastest robot I've seen." – Maria Lim

"There's some advanced technology there with packaging and they have some robots for oncology preparation that we don't have here," he said.

Maria said Australia's clinical work was helping them develop pharmacies in Korea.

"We have a lot of respect for Greg for developing advanced pharmacy work and to have the advanced pharmacy assistant – it's the fastest robot I've seen."

DINEEYOO

Kardinia is derived from Kardinieyoo, which is the traditional Wadjar language means sun

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Cardiac patients rise up for rehab

Clients recovering from cardiac treatment are improving their recovery with a rehabilitation program at the Sunrise Centre.

A new cardiac rehabilitation program at the Sunrise Centre is offering exercise physiotherapy to clients recovering from angina, heart attack, cardiac stenting, cardiac bypass or valve surgery.

Education sessions are designed to aid recovery and promote lifestyle changes to prevent future events, with a multidisciplinary approach that includes pharmacy, dietetics, social work, occupational therapy, exercise physiology and nursing.

The contemporary, flexible and evidence-based service is run by a core team of an exercise physiologist, a rehabilitation physician, and a cardiac rehabilitation care co-ordinator (cardiac trained registered nurse).

Since the program began in mid-2018, there have been 170 people referred and uptake of the program is more than 80 per cent, with an average age of 61.

After clients attend an initial assessment with all team members, including physical, mental,

medical and social assessments, they receive guidance, support and information regarding recovery from their heart event. The client's GP is provided with written correspondence including outcome measures and rehabilitation plans.

Since the program began in mid-2018, there have been 170 people referred and uptake of the program is more than 80 per cent.

After assessment, clients are enrolled in an eight-week rolling program as soon as possible to facilitate their recovery, including a weekly individualised, graded exercise program and an education session.



The Delirium Care Project is supported by staff from various Barwon Health departments.

DELIRIUM PROJECT TARGETING AVOIDABLE CASES

A Safer Care Victoria Delirium Point Prevalence Survey found almost half of Barwon Health patients had possible delirium – an acute confused state.

The study of 83 eligible Victorian public hospitals last year spanned 150 individual sites, with 243 Barwon Health patients surveyed and 46.8 per cent showing some signs of delirium.

It is estimated that 30 to 40 per cent of delirium cases are preventable and Barwon Health's Safety and Quality Unit's Delirium Care Project aims to reduce delirium through several ongoing initiatives.

In 2019, Barwon Health is participating in a Safer Care Victoria project focusing on the screening, prevention and management of patients at risk of developing delirium or who have a delirium.

Staff working at Baxter Wing 7, a general medical, endocrinology, infectious disease ward, have agreed to participate in the project in a trial capacity.

With backing from the Delirium Expert Advisory Group, the newly developed Delirium Management Pathway will be trialled before being implemented across Barwon Health. An updated information board in Baxter 7 will display progress and results, as well as information and in-service sessions throughout the year to keep staff informed about the new procedures and assessments being implemented for better delirium care.

Women leading the way in medical field

The once male-dominated profession of medicine has seen a strong swing over the past decade, with far more women than men hired as Barwon Health intern doctors.

Since 2006, the women employed as medical interns at Barwon Health outnumber the men by 79, with 185 compared to 106.

The theme of this year's International Women's Day on 8 March was Balance for Better and Barwon Health is proud to provide a workplace with great career opportunities for women in Geelong, with women making up about 75 per cent of overall staff.

Barwon Health's director of nephrology Associate Professor Christine Somerville supervises training for hospital medical officers and said the best candidates were always hired for the job.

"In nearly all medical schools, there are more women than male students now," she said.

"That's been the case for many years, and Geelong certainly has had significantly more over the past decade or so.

"Despite the fact that women comprise over 50 per cent of medical students and young doctors, there's still relatively few women in the more senior medical positions of the industry, but I think that will change for sure.

"There are some specialties where women are still under-represented, such as urology and orthopaedic surgery, but even there Geelong is faring well with Kathryn McLeod one of our respected urologists.

In the latter half of last year, all three of Barwon Health's new orthopaedic registrars were women.

While A/Prof Somerville has never experienced gender discrimination during her career, she said women still faced hurdles in some medical



Associate Professor Christine Somerville.

fields and could be overlooked for promotions due to the time spent raising a family.

"I think we need to put more effort into allowing women to combine family and career," she said.

"If you look at how female-dominated the nursing staff have been, there is an over-proportion of men in higher positions, which I think is because they've been able to advance their careers without taking breaks for families. Barwon Health has done well to have women in many of those higher positions.

"If we can make it easier, the natural balance is that there would be more women."

A/Prof Somerville said stereotypes had well and truly moved away from the tradition of men as doctors and women as nurses.

"Early in my career, people would assume you were the nurse, but that's all changed now.

"That's a really old-fashioned view because there are so many more women doctors and male nurses."

Olivia's crafty donation for cancer patients

Sacred Heart College student Olivia Marshall has donated about 40 bandanas to patients at Barwon Health's Andrew Love Cancer Centre in honour of her Auntie Linda, who passed away with cancer in 2016.

The school project aims to raise awareness for cancer in Geelong, while providing to support to those in need, Olivia said.

"I got together with my friends to help make the bandanas in honour of Auntie Linda," the 16-year-old said.

"When people have chemotherapy, especially women, they can lose their hair. Having a nice bandana made all the difference to Linda so I thought she would love the idea of a bandana being given to those women as a gift at their first chemotherapy appointment.

"It is a small way of saying that we care about you and hopefully make people feel a little better with these bright lovely bandanas." – Olivia Marshall

"It is a small way of saying that we care about you and hopefully make people feel a little better with these bright lovely bandanas."

Andrew Love Cancer Centre Wellness Lounge co-ordinator Deanne Linde said patients had been thrilled to receive the gifts.

"Patients have asked me to get in touch with Olivia because they wanted to personally thank her," she said.

"They were so touched by her generous and loving gift. What was so appreciated was the thought and care Olivia demonstrated for strangers going through cancer.

"The bandanas were beautifully gift wrapped with the story of her aunt attached and so it really was like receiving a gift, but for no reason other than someone wanted them to know that someone cared and wanted to make things a little easier."

Olivia was also invited as a guest to the launch of the Andrew Love Cancer Centre Wellness Lounge in March.



Olivia Marshall has donated about 40 bandanas for cancer patients at Barwon Health.

OT SPECIALISED PROGRAMS AND CLINICS PLACEMENT

A specialised program has been developed to overcome challenges facing occupational therapy (OT) students on clinical placement.



OT students learn about CAMHS (Child and Adolescent Mental Health Service) as part of their orientation day.

Student co-ordinators created the program after seeing a need to support first year OT students and improve their awareness about the diversity of the discipline, while engaging experienced staff in student supervision and teaching opportunities.

The OT Specialised Clinics and Programs observational placement involves 24 first-year Deakin University OT students rotating through a number of programs and sites, spending about two days in each area.

These students receive a unique opportunity for broad exposure to a range of OT roles, including both generic and specialised roles.

Student co-ordinators act as primary supervisors for the placements by collating feedback on student performance and completing assessments.

OT Student Program co-ordinator Nikki Lyons said where possible the students rotated through the program in pairs, so there was a "buddy" support system in place.

"We know that students are anxious prior to placement and that they gain a sense of security, support and confidence from one another when allocated to placement in a pair," she said.

"Pairs of students also provide opportunities for supervisors to facilitate Peer Assisted Learning (PAL) techniques, such as practicing an assessment or skill on each other and providing each other with feedback."



Green champions bring healthy approach to environment

Emergency Department green champions (back) Dr Conor Kelly, PSA Dan O'Keefe, environmental services officer Anna Long, nurse Renee Johnson, (front) medical student Monika Coha, nurses Jacqui Dunn and Fiona Macallum.

'Green champions' are taking a health conscious approach to the environment by transforming the Emergency Department's (ED) waste habits.

The ED green champions are a group of staff with varied experience, including nurses, PSAs, cleaners and doctors.

Registered nurse and green champions lead Jacqui Dunn said the team had developed a structured plan for the next 12 months, which started with implementing recycling into drug rooms and reducing clinical waste through education and communication.

"We share a common concern that our healthcare service has, like so many other organisations, a negative environmental impact," she said.

"We decided to use this as a motivator and plug into Barwon Health's extensive, already available recycling options.

"By changing small parts of our practice, we are contributing to better patient care by looking after their community and attempting to create a healthier environment."

Jacqui said the green champions ran a waste audit to look at what was being disposed and how, finding that the Emergency Department used 156,000 disposable foam cups last year alone.

"Staff asked us to remove all disposable cups from our tea room and we were also able to remove most from patient care areas," she said.

"We couldn't have done all this without the incredible positivity and suggestions from all of our staff, support from ED management, and the great resource that is Bronwyn Aylmer, Barwon Health's wonderful waste management officer.

"We would love to see a connectedness between all of Barwon Health's green champions so that we can share, implement and support each other, and help to make Barwon Health a leader in sustainability, becoming a great part of the solution for our organisation's carbon footprint."



Registered nurse Annie Sproules, RAPU nurse unit manager Sonya Whitehand, physiotherapist Thomas Langman, occupational therapist Cassandra Demetrious, physiotherapist and project lead Lauren Phillips at the #EndPJParalysis launch.

Ending PJ paralysis

In February, the Rapid Assessment and Planning Unit (RAPU) launched a four-month project to “End PJ Paralysis”.

The #endPJparalysis campaign is part of a statewide collaboration with Safer Care Victoria to encourage patients to get up, get dressed and become active in their healthcare journey and recovery.

The project is based on similar campaigns in the UK, which have shown to decrease patient falls, pressure ulcers and length of stay.

Physiotherapist and project lead Lauren Phillips said getting patients out of pyjamas into day clothes aimed to see them spend more time sitting out of bed and moving around.

“Our overall aim is that not only will we see less falls and pressure injuries on our ward, but that we will see less people decondition in our care and reduce the need for prolonged hospital stays, rehab, respite or long term care,” she said.

“The wider message that we want to spread is for patients, families, ambulance officers and care facilities to pack day clothes, not pyjamas when coming to hospital.

“We are hoping that this one small change will change patients perception about how they spend their time in hospital.” – Lauren Phillips

“We are hoping that this one small change will change patients perception about how they spend their time in hospital, and that being dressed and active during their stay means they can get back to their homes, families and hobbies quicker.”

COMMUNITY AIDING OVERDOSE RESPONSE

A new drug education program is improving community responses to overdose incidents.

In November 2017, the Victorian Department of Health and Human Services funded six Victorian agencies to address the growing rates of fatal overdose.

Barwon Health was successfully awarded funding for two years and formed the Proactive Overdose Response Project, aiming to identify opportunities to strengthen the community’s response to overdose incidents.

Proactive Overdose Response project worker Isabella Natale has worked tirelessly since May last year to develop pathways into overdose education programs from a diverse range of key stakeholders.

In this time, there have been 434 individuals trained and provided with life-saving medication Naloxone and 102 reversals reported (that is, people who used Naloxone on a friend or family member to reverse a potentially fatal opioid overdose).

With a further injection of funding, a drastic increase in uptake has been noted, seeing a 308 per cent increase in Naloxone provision through effecting planning of Naloxone Subsidy Initiatives funding.

The project has also focused its attention on capacity, building the workforce that provides services to people who use opioids.

A variety of approaches have been employed, with education sessions delivered to 279 health professionals, including more than 60 Emergency Department nursing staff, in-services to ICU staff, and developing strong working relationships with our acute mental health partners.

A significant initiative has also provided assertive outreach training in local pharmacy, demonstrating the saturation of the Naloxone programs efforts over the years and revealing that over 34 per cent of pharmacy customers had already received training via another Barwon Health initiative.

National honour for Geelong midwife

Barwon Health's Dr Kerry Peart has received a Medal of the Order Of Australia (OAM) for her service to nursing and midwifery.

Dr Peart is a casual midwife at University Hospital Geelong and worked as Barwon Health's Midwifery Group Practice co-ordinator from 2012 to 2018.

She started as a midwife in Geelong in 1986, before spending time in Queensland as Griffith University's inaugural program director for the Bachelor of Midwifery Course, and as a co-ordinator for

the University of Ballarat's Graduate Diploma of Midwifery Program.

"I came back seven years ago co-ordinating the Midwifery Group Practice program until last year," she said.

"I think the nomination was for the work over my career, which includes developing guidelines for industry practice and being the local College of Midwives representative.

"I was pretty chuffed to find out about the award.

"I was working a night shift here in November when the nomination was sent to my work email.

"It's been a long career and I'm getting towards the end of it, so it's nice that someone thought I deserved it.

"There were about 20 awards made to nurses but I think amongst them I was the only midwife so I'm happy to get that recognition for the profession."

Dr Bernard Jenner, who has an honorary appointment at Barwon Health, also received an OAM for service to the community of the Barwon region.

Dr Jenner is the founder of Barwon Interchange, now Gateway Support Services, as well as Barwon Health's former Family and Child Terminal Supports, and the Barwon Paediatric Services, which he has chaired since 1992.

"I think the nomination was for the work over my career, which includes developing guidelines for industry practice and being the local College of Midwives representative.

"There were about 20 awards made to nurses but I think amongst them I was the only midwife so I'm happy to get that recognition for the profession." - Dr Kerry Peart



Barwon Health midwife Dr Kerry Peart has been honoured with an Order of Australia Medal.



The Feeding Therapy team: Paediatric speech pathologist Hannah Reeves, project lead and dietitian Kat Cust, and paediatric occupational therapist Emma Clark.

Who's afraid of food?

Meal times can be a challenging time for many families, but for families of children with autism, they can be highly stressful.

Many autistic children have profound fears of foods and meal times due to a complex mix of sensory, social and anxiety issues.

Parents juggling these issues in their child, alongside the needs of others in their family at meal times face their own challenges, while reporting that their experiences of accessing healthcare for their child with autism are often unnecessarily stressful.

Barwon Health has successfully applied for funding to address awareness and accessibility issues in 2019 with a three-armed project, utilising a pilot interdisciplinary feeding clinic for autistic children aged three to eight years old.

Project lead and community dietitian Kat Cust said from January to June, families were invited to a shared introductory and education session, with a small number then going on to participate in intensive feeding

therapy at Belmont Community Health Centre with a dietitian, speech pathologist and occupational therapist.

"This is an amazing opportunity to better support vulnerable children and families," she said.

"There is a real risk of undernutrition for these kids and both they, and their families face social judgment and isolation as a result of their mealtime challenges.

"We can do better as a health service to support these families, and our community health services are ready to commit to doing so."

The project will also explore the challenges families have in accessing community health services, and develop key strategies to address them.

Information sessions will be provided to community health clinicians currently working with children, with broader education opportunities also considered through partnerships with the disability sector.

The formation of a Feeding Therapy Interest Group will support communication between sectors, improving the quality of feeding therapy provision in the region.

ROSTERING, TIME AND ATTENDANCE PROJECT

In mid-2019, Barwon Health will begin implementing a new staff rostering system to provide greater roster management functionality.

The new system RosterOn will enable 24/7 remote access to rosters for staff, roster administrators and managers via portable devices such as laptop computers, tablets and smartphones.

Staff will also be able to submit leave requests online within RosterOn.

The system is the result of Barwon Health's Rostering, Time and Attendance (RTA) Project undertaken across the organisation.



The Rostering, Time and Attendance Project team (L-R) Steve Mazurkiewicz, Medha Paradkar, Kingsley Child, Karen Green, Loriana Steffinlongo and Tim Carroll.

Project transformation lead Kingsley Child explained RosterOn would deliver comprehensive roster management and administration functionality directly linked to the PayGlobal payroll system.

"The new system will support both a set roster and a self-rostering approach. In addition to remote access, the system will also enable roster print outs locally should the need arise," she said.

"RosterOn will directly update Barwon Health's PayGlobal payroll system."

For more information, contact the RTA project team via email rostering@barwonhealth.org.au or visit One Point.

Eating disorder family therapy program

The Barwon Health Eating Disorder Service has launched a Multi Family Therapy (MFT) program for young clients experiencing anorexia nervosa and their families.

MFT is an evidence-based treatment for anorexia that accelerates recovery and helps families stay connected and strong during the process.

Barwon Health is one of only three health providers selected by the Victorian Centre of Excellence in Eating Disorders (CEED) to facilitate the program and one of only four Australian health providers offering the program.

MFT involves clients and their families attending four consecutive full days of intensive therapy and meal support with up to six clinicians including clinical psychologists, dietitians and occupational therapists.

By participating in the group treatment alongside others with similar problems, young people and their families can reach a significant turning point where recovery becomes achievable.



Dietitians Leonie McNamara, Kate Noble, and clinical psychologist Dr Emily Hunt are part of the MFT team.

Acting clinical co-ordinator Sharon Nicola said two very successful programs had been run in partnership with CEED.

"The feedback from clients and families has been excellent," she said.

"The young person appreciates hearing from others in a similar situation and being given the opportunity to voice their opinions and concerns.

Some feedback from clients, families and siblings:

"Very eye opening and interesting; puts everything into perspective; good spending time with families in the same boat."

"MFT is essential for building hope and capacity within families to deal with anorexia and to equip you to compassionately support your loved one no matter where they are in their journey."

"It was just what I needed; challenging, eye opening, inspirational."

"MFT is very good for the fathers as it provides them with support from other fathers."

"It was very helpful and has changed how I think about food."

"Families learn from each other and leave with an improved understanding of the illness and improved confidence in how to support the young person to recover."

The Barwon Health Eating Disorder Service will run two MFT program in June and November 2019.

For more information please contact Sharon on 5222 6690.

NEW PROSTATE CANCER ONLINE SERVICE DIRECTORY

A new online information tool has been developed to help men diagnosed with prostate cancer, along with families, carers, and clinicians involved in prostate cancer care.

Barwon South Western Regional Integrated Cancer Service (BSWRICS) developed the online service directory as part of a state-wide project around the Prostate Cancer Optimal Care Pathway.

The online tool aims to map the different types and locations for prostate cancer services across the Barwon South West region.

The directory outlines services applicable to different stages of the Optimal Care Pathway, including diagnosis, treatment, managing side effects and support information. Descriptions of the services are provided as well as information regarding referral processes and whether out of pocket costs can be expected.

Optimal Care Pathways (OCP) have been developed to describe optimal cancer care, mapping the patient journey, while aiming to foster an understanding of the whole pathway and its distinct components to promote quality cancer care and patient experiences.

The resources identify specific steps, or critical points along the care pathway and the recommended care at each point.

BSWRICS encourages everyone to take a look and promote the availability of the directory to those who may find it useful.

Feedback can be provided via a feedback form located within the directory, which is being expanded to include other cancer types.

BSWRICS acknowledges and thanks all who provided valuable input into the service directory development.

The BSWRICS Prostate Cancer Service Directory can be found at www.bswrics.org.au.



Staff survey helps organisational response to family violence

Newly-appointed specialist family violence advisor Nicole Sydenham, MHDAS Barwon Health, SHRFV initiative manager Karen Todd, SHRFV workforce liaison officer Alex Cowie, and Healthy Communities Unit health promotion officer Jacinta Walsh.

The Strengthening Health Service Response to Family Violence (SHRFV) initiative is responding to results of a staff survey with more than 500 responses.

The organisation-wide qualitative and quantitative survey was conducted in August to ascertain a baseline understanding of Barwon Health staff's knowledge and perceptions of prevention and responses to family violence.

The survey development was a collaborative effort by the SHRFV team and the Healthy Communities Unit, with ethics approval granted in July 2018.

There were 524 staff responses to the survey, with findings including:

- 55 per cent reported low to very low knowledge of how to identify factors that put people at risk of family violence
- 94 per cent feel Barwon Health has a key role in responding to family violence
- 92 per cent feel Barwon Health has a role in preventing family violence
- 80 per cent had no previous family violence training/education
- 57 per cent had low or very low levels of confidence about documenting a patient's family violence experience; and

- 61 per cent were not aware of how to refer to appropriate support services.

Recommendations have now been made for strategic action to assist Barwon Health improving efforts in both the prevention of and response to family violence.

The survey will be repeated in two years to compare the progression after implementing improvement strategies outlined in the conclusion and recommendation sections.

The initiative has also started rolling out education on how to recognise and respond to family violence for all Barwon Health staff.

There will soon be a family violence education module on GROW, providing information on a basic first line response to patients and consumers experiencing family violence and how to respond to a colleague impacted.

Staff can visit One Point to view a full report or contact Karen Todd on 4215 0507.



HARP clinicians Cico Lobbert and Fiona Evans teleconference with the Portland HARP.

REGIONAL AND RURAL CLINICIANS CONNECT FOR SUPPORT

Hospital Admission Risk Program (HARP) clinicians from Barwon Health, Colac Area Health and Portland District Health are using telehealth video conferencing to meet each month for facilitated reflective practice.

The aim of reflective practice is to increase understanding of past experiences to better inform future clinical decisions and enhance practice.

The sessions involve:

- Peers supporting each other and learning from experience by exploring thoughts, feelings, behaviours, values and attitudes around complex or stressful situations, and how these may impact on clients
- Reflecting on experiences and analysing common themes and issues increases understanding of what happened and why it happened, and as a result, informs future clinical decisions and experiences

The group members are from a range of health professions at each site, including nurses, occupational therapists, and social workers. A facilitator and presenter is nominated each month from one of the sites.

The Barwon South West Regional HARP Reflective Practice group has been meeting monthly via video-conference for about four years.

Skin specialist takes expert care to Samoa

A Barwon Health consultant dermatologist has provided specialist care in Samoa as part of a foreign support and aid service into the developing world.

The Department of Foreign Affairs and Trade asked Associate Professor Tony Hall to provide dermatology services in Samoa last November.

The Tupua Tamasese Meaole Hospital housed Tony for five days to help meet priority needs in service delivery, capacity building and systems strengthening.

Under the Pacific Islands Program, the clinical dermatologist was able to attend to various skin cases at the hospital's outpatients clinic, with local doctors eager to learn as much from him as possible.

In 2015, Tony became the first dermatologist to visit the Solomon Islands and has provided a service there each year since.

Tony said he was recently invited to visit Fiji next year and has created a special skin atlas

for people of Islander descent to help local doctors with diagnosis.

"The severity of untreated chronic inflammatory skin disease in the Solomon Islands and other Pacific Island nations is striking," he said.

"It is much harder to diagnose a rash in 'skin of colour' patients - those with tan to dark brown or black skin.

"Many patients have suffered from chronic skin disease for many years without either a diagnosis being made or effective treatment given.

"The patient workload is great with many people suffering years of untreated psoriasis, chronic eczema, chronic skin fungal infection, scabies (as well as crusted or Norwegian scabies as well as patients with previously undiagnosed itchy, scaly skin diseases."

Tony is considered a world expert in male genital dermatology and has just completed writing the definitive textbook on the subject, which was launched in Washington at the American Academy of Dermatology in front of 20,000 delegates.



National Health Service dermatology trainee Dr Helena Va'a Fuimaono, Australian High Commission Sara Moriarty and Associate Professor Tony Hall. Image: Samoa Observer



Runners up Matt Lyon and Gemma Hutley celebrate with competition winners Isabella Meagher and Chris Clarke.

LET'S GET PHYSICAL

The Barwon Health physiotherapy department held its inaugural tennis tournament at Geelong Lawn Tennis Club at the start of February.

With 24 entries, there were 12 doubles teams formed to play a round robin followed by semi-finals and a grand final.

Physiotherapy manager Fiona Brennan said the commitment and enthusiasm from participants dressing the part made up for the lack of tennis skills on the court.

"After such success, we look forward to hosting an annual physiotherapy department tennis tournament in the years to come," she said.

"WHAT MATTERS" IN HEALTHCARE

The HUSH Foundation's play *What Matters* utilised drama and comedy to tackle big issues in healthcare culture, including bullying, communication, professional boundaries and patient safety.

Barwon Health Clinical Education and Training, with support from Safer Care Victoria and the Barwon Health Foundation, hosted the performance for colleagues and staff from partner organisations in October.

Beanie donation warms hearts and heads

A colourful assortment of beanies has been donated to Baxter Wing 6 after a cancer patient was challenged to knit some zany headwear.

When a member of the Royal Geelong Show Homecraft Committee was undergoing treatment for cancer, she was challenged to knit a whacky beanie to wear during chemo.

Rising to the challenge, she then suggested the committee introduce an inaugural Cheeky Beanie Challenge class for both juniors and adults to create, show and donate.

The 53 beanies donated each had their own unique design, including unicorns, underwater theme, Pokemon, bold florals, polar fleece, unisex designs and pom pom-adorned beanies.

Homecraft Committee assistant co-ordinator Gail Joordens is a clinical nurse educator at Barwon Health and said the beanie creators were delighted their handiwork was going to a good cause.

"We will look at dedicating this year's show entries to beanies for cancer patients again with a new challenge," she said.



Baxter Wing 6 nurse unit manager Linda Gleave and clinical nurse educator Gail Joordens show off some of the donated beanies.

"Entries will open mid-year and the theme for this year's beanies will be to knit for a male, as we know there is a need for men's beanies."

Baxter Wing 6 nurse unit manager Linda Gleave said her patients would be grateful to receive the beanies.

"We appreciate the thought and effort that has gone into creating these unique beanies and I know our patients will feel the goodwill that has been shown by the makers," Linda said.

What Matters is the third play written from award-winning playwright Alan Hopgood AM, and uses true stories to highlight issues faced by staff, families and patients.

Barwon Health used the performance as a unique learning opportunity, through the 45-minute play's short skits touching on various issues, followed by a facilitated discussion, which encouraged the audience to further explore their experiences.

The audience was eager to participate in the discussion and reported how much they enjoyed the experience.



HUSH Foundation actors Margot Knight; Marcello Russo, Brett Swain and Lee Mason.

Hospital's night shift voice clocking off after 31 years

Night shift switchboard operator Robyn Matheson celebrated 31 years at Barwon Health in February and will hang up her phone for the last time in April.

Robyn has been in the same position since she started and has enjoyed the pace of night shifts as her family has grown up.

"I've never wanted to do the day shift," she said. "I quite enjoy the night shift and it has fit in with my schedule.

"When my family was young, I could still take them to school or pick them up when need be.

"It's always just suited me and I like the pace at night. You have some busy nights, but you can have quieter nights too.

"We've had up to 13 codes to call through the night and all the alarms are connected too, so

you've got to be aware of everything going on around you. I like the contact with people.

"Some people say we're the hub of the hospital and we know everything, which we don't, but the friendly atmosphere does make you feel very welcomed to the job.

"You have to stop after some calls or codes and think that it could've been someone's life that could've been saved - it all becomes very real."

Robyn plans to finish working on 1 April before taking long service leave and retiring to travel and spend time with family, including her granddaughter.

"It will be good to get back to normal sleeping," she said.

Robyn was recently featured on Barwon Health social media as #TheHeartofBarwonHealth – if you'd like to nominate a staff member for the weekly profile, email your submission to media@barwonhealth.org.au.



Robyn Matheson is retiring after 31 years as Barwon Health's night shift switchboard operator.

STAFF ACKNOWLEDGEMENTS

Barwon Health welcomes **Dr Marg Way** as the new Director of Safety and Quality, commencing on 18 March. Marg has a strong background in clinical governance and previously worked as the Sunshine Coast Hospital and Health Services executive director of innovation, quality, research and education.

Congratulations to **Professor Peter Vuillermin** who has been appointed to the position of Deakin University – Barwon Health Chair in Medicine and Director of Research. Peter has led the Barwon Infant Study since 2010, one of the leading birth cohort studies in the world, and has long history of clinical academic appointments with the Deakin School of Medicine.

On 15 January, Acute Neurosciences Unit ward clerk **Genia Consedine** passed away in her sleep. Genia joined Barwon Health in 2017 as a PSA, a role which she embraced wholeheartedly, immensely enjoying the contact with patients. In 2018, she embraced a new challenge and joined the Acute Neurosciences Unit as a ward clerk and enthusiastically



Vale Genia Consedine.

assisted in setting up the new neurosciences ward on Heath Wing 2. Every morning, Genia greeted visitors and staff with her big warm smile and made sure everyone felt welcome. Genia was a much-loved team member, colleague and friend, always generous with

her time for staff and patients alike. Barwon Health and staff on the Acute Neurosciences Unit extend their deepest condolences to Genia's husband Gerry, her children Haley, Tessa and Patrick, her beloved dog Jimmy and all of her friends and colleagues.

Friends and former colleagues of **Gerald Hayward** were saddened at news of his passing in December. Gerald was Chief Radiographer at the Geelong Hospital from 1973 – 1989 and a Foundation President of Medimime. During his tenure as chief radiographer, Gerald was involved with many changes in the medical imaging department, including introducing the first CT scanner at the Geelong Hospital in 1989. After retiring in 1990, Gerald enjoyed life with his wife Micky and together they were involved in numerous local theatre productions and classical music broadcasts on local radio. In retirement, Gerald practiced as a civil celebrant for a number of years and was known for enjoying a glass of sherry, playing his Wurlitzer organ, and working in his local Men's Shed.

Barwon Health Locations

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

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

www.barwonhealth.org.au



OUR VALUES
RESPECT
COMPASSION
COMMITMENT
ACCOUNTABILITY
INNOVATION