

# News from the Field

Volume 2, Issue 4 - Apr 2013

## Fairfield Hospital



## Message From The GM

I can't believe it – 2 months have passed by already since I commenced in the position as GM of Fairfield Hospital. I have been made just so very welcome and I feel like I have been here for a long time, the staff are just wonderful and do an incredible job in sometimes very trying situations.

Work is well under way for hand surgery to move over from Liverpool to Fairfield and the proposed hands clinic demountable has been relocated to its site next to the Whitlam Centre.

Whilst we have been extremely busy with activity, we are still meeting both our NEAT and NEST Targets and indeed lead the District – great job by all staff.

The Minister for Health visited on Friday 3 May 2013 and announced that we are to receive 104 new electric beds and a second new X-Ray

machine replacing the current old machine.

The Minister was very impressed by her short walk around and visit to areas of the Hospital and enjoyed a brief, but very pleasant light luncheon and meeting with staff and other groups within the Hospital.



With these enhancements, we now have almost all beds at Fairfield electric and this includes 4 beds for HDU that can be operated to the sitting position – a great benefit to patients that need to be sitting up, but not necessarily out of bed.

We all know that winter is fast approaching (though given some of the days we are experiencing – you wouldn't think so) and this leads to the dreaded flu season, so I encourage all staff to avail themselves of the flu vaccination (as I have done). It also means we may be extremely busy with presentations to the Emergency Department and admissions to beds.

Sometimes staff have to do a lot of juggling with beds, but what I have witnessed to date whilst being on-call – is staff do an amazing job of fitting patients in to beds or discharging them.

### Inside this issue:

Falls Week	2
DonateLife Forum	2
Food & Nutrition in hospitals resources	3
Free Breast Screen Van @ Fairfield	3
Employee Assistance Program	4
Heart Week	5-6
Nutrition Quiz Answers	7

## Congratulations to Fairfield Staff 🌟

Fairfield Hospital and its staff received a personal congratulations from The Hon. Jillian Skinner MP, Minister of Health and Minister for Medical Research for the high level of dedication and quality of care they provided for a patient and their family during their stay at Fairfield Hospital.

An email was sent to the Minister by a husband who expressed his appreciation for the care and attention his wife received from the surgeon, theatre staff, doctors, nurses, cleaners and the food delivery staff who cared for her at Fairfield Hospital.

In the email, the husband said "The Hospital and its staff are truly amazing, the level of care, compassion, skill and dedication at all levels of care was of a standard that out of ten I would rate eleven."

A job well done to Fairfield Hospital and its staff.

### Did you know!

*Fairfield Hospital had the lowest rate of epidurals of all Hospitals in the state, with just 15 per cent of mothers opting for the pain-relief procedure.*



## Community

The Consumer and Community Participation network held their April meeting on Friday 26 April 2013.

Members of the network were also invited to meet with The Minister of Health Jillian Skinner on Friday 3 May 2013 when she came to Fairfield for a visit.

Next month, Katina Varelis – Director Interpreter Services will be guest speaker at the network meeting to discuss Interpreter Services in relation for Fairfield and the District.

For more information about the Consumer and Community Participation Network at Fairfield., please contact Robyn ElKhair Community Participation Manager on 9616 8830 or via email: [robyn.el-khair@ssswahs.nsw.gov.au](mailto:robyn.el-khair@ssswahs.nsw.gov.au)

## Falls Week @ Fairfield Hospital

April Falls week through the theme of “Active and Healthy” supports Falls awareness and prevention.

Fairfield Hospital had many activities planned through out the month including an April Falls in-services that was conducted by the Physiotherapy department every Tuesday on topics such as

\* Introductory Tai Chi, \* ASET and Balance Box, \* Inpatient Fall IIMS review, \* and case studies on falls.

A Falls challenge was also held from 2-5 April across the Hospital promoting falls prevention and awareness strategies. The winner of the challenge Ashleigh Minchew (Occupational Therapy) was announced at a Falls Afternoon Tea held in the Cafeteria and they were the proud new owners of a 54cm HD Led TV.

Staff were encouraged to participate in “GREEN SHIRT DAY” on Friday 5 April 2013 and were invited to a Hospital BBQ.

The front foyer for the whole month also displayed useful information on Falls prevention and strategies including the Able and Stable program.

A special thank you to Mrs Carmen Lazer , a member on the Fairfield Consumer and Community Participation Network as well as the Fairfield Falls Committee for taking the time to assist the Executive team with the BBQ and afternoon tea.



## DonateLife Forum

South Western Sydney Local Health District

### Organ and Tissue Donation

Community Information Forum will be held at

Fairfield RSL

From 10am to 12pm

On Tuesday 14 May 2013

RSVP: (02) 9828 6848 or email

[swsmedia@ssswahs.nsw.gov.au](mailto:swsmedia@ssswahs.nsw.gov.au)

For more information visit: [donatelife.gov.au](http://donatelife.gov.au)

## Strategic Forum

All of Fairfield Community are invited to attend the Strategic Health Planning Forum that will be held on:

Monday 27 May 2013

Fairfield RSL

From 9 – 1 pm

This is a great opportunity for the community to have their say about what they would like to see in the Strategic Health plan over the next 10 years.



# Food and Nutrition in Hospitals Resources

The NSW agency for Clinical Innovation (ACI) has recently released two new information resources for patients and carers about food and nutrition in hospitals.

1. The ACI **Food and Nutrition in NSW Hospitals** resource explains the importance of good nutrition in hospital, what patients can expect during their stay, how are they

supported with special diets and assistance to eat, and who to speak to if they have any questions or concerns.

2. The HealthShare NSW **Guidelines for bringing occasional food to patients** resource is designed to help family members or carers who wish to bring food for patients, providing information on preparing and transporting food safely so it is free from harmful bacteria.

The link for these resources is: <http://www.aci.health.nsw.gov.au/resources/consumer-resources#nutrition>

For more information on Nutrition, you may contact the Dietetics Department at Fairfield Hospital on 9616 8355.



## Free Breast Screen Van @ Fairfield

The BreastScreen NSW mobile screening unit has returned to Fairfield, offering FREE breast screens for the early detection of breast cancer.

Women living or working in the Local Health District staff are able to attend for this important life saving service. Women aged 50-69 are especially invited to attend BreastScreen NSW as this group

benefits most from screening. All women over 40 years of age are eligible to attend. Early detection is vital, for women aged 50-69, it should be done every two years. It's 20 minutes that could save your life. Appointments are available from Monday to Wednesday from 8.30am to 4.00pm (closed for lunch 12.00pm - 1pm).

The van is located at Epoch Plaza,

corner of Station and Nelson Streets, Fairfield, near Fairfield Forum until 17 May 2013. **Book now on 13 20 50** or 13 14 50 for interpreter assistance.



*"Early Detection is Vital... 20 Minutes that could save your life"*

## Education / Research

### Grand Rounds

Grand rounds on Wednesday 3 April 2013 was presented by the Physiotherapy Department on the topic "FOHKS- Fairfield Orthopedics Hip and Knee Service" by Danella Hackett.

Grand rounds on Wednesday 17 April 2013 was presented by Department of Surgery on the topic of "Acute Ischaemic Colitis" by Dr Kevin Ooi and Dr Shenarz Salindera.

### EQuIP National Education Sessions

#### Senior Nursing Staff

Boardroom Tues 7/5/13 @ 11.30am- 12.30pm  
HDU Room Thurs 9/5/13 @ 1.00pm -2.00pm

#### Allied Health Staff

HDU Room Wed 8/5/13 @ 10.00am -11.00am

If for some reason you are unable to attend, please send a representative. Please inform any staff member who you think may benefit from this education.

For enquiries, please contact Maria Pron on extension 68118 or via email.

### Reading Food Labels



Fairfield Staff are invited to come along and find out how to read food labels to make healthy choices.

Just bring a paper and pen on Wednesday 8/5/2013 in the Boardroom from 2.40pm - 3.15pm. For more information contact Raji Jayadev, Dietitian on 9616 8354



## Employee Assistance Program

The aim of the Local Health District Employee Assistance Program (EAP) is to assist all staff with any personal and workplace problems.

The EAP is staffed by a team of staff counsellors who provide counseling and support services on-site at all of the hospitals across the South Western Sydney Local Health District.

The service is provided free of charge to you and your family.

EAP Staff Counsellors include both qualified Social Workers and registered Psychologists, with broad counselling experience in the management of both personal and work related problems.

There is also a 24/7 on call service for work related trauma. An interpreter can also be arranged upon request.

If you access this service be assured that the strictest confidentiality is maintained.

Contact Details:

- 1) Primary EAP Staff Counsellor on site at Fairfield **Patricia McNamara 98284605**
- 2) 24/7 for work related traumatic incidents, via **Liverpool Switch Board 8738 3000** (ask for "Staff Counsellor on Call")
- 3) Via the intranet – [Area Wide Services/A-L/Employee Assistance Program](#)

## WH&S

The Numerical Profile Audit took place at Fairfield Hospital on Wednesday 11 April and Thursday 12 April 2013. To conclude the audit, Auditors have requested an additional day to review criteria and evidence/documents. The audit report will be provided in 4-6 weeks following the completion of the audit. Once the report is obtained it will be circulated to service managers and uploaded onto the shared drive.



## New Food Services Site Manager

Ms Kerry Garufi has commenced in the role of A/Site Manager, Food Service, Fairfield Hospital from Monday 22 April 2013. Ms Garufi can be contacted on (02) 9616 8152

## StaffLink

With the introduction of Stafflink, the Employee Self Service (ESS) function provides staff to access their own record in this new Human Resources Information System (HRIS). In the next few weeks staff will receive information regarding Stafflink usernames and passwords to access the Stafflink ESS function through the payslips.

For employees without work e-mails or intranet access, the following arrangements have being made.

- During normal business hours (Monday to Friday), staff can use the library workstations.

-After hours, staff can use the available work stations located in the various wards.

For more information, please contact Joseph Pineda – Human Resource Manager on 9616 8120 or via email: [joseph.pineda@sswahs.nsw.gov.au](mailto:joseph.pineda@sswahs.nsw.gov.au)

## International Nurses Day Trivia Night

**Fairfield Hospital celebrated International Nurses Day with a Trivia Night on Friday, April 5, 2013 at Club Marconi Electra Lounge**

**The night was a huge success with a large number of nursing and non nursing staff attending.**



The answers to the Nutrition Quiz that was in last month's edition can be viewed on page 7

# Heart Week 2013: Sunday 5 May—Saturday 11 May

**Did you know that each year, almost 10,000 Australians die of a heart attack?**

**That's one Australian life claimed every 53 minutes.**

**Take time to read the following information and learn the warning signs of a heart attack and why calling Triple Zero (000) is a heart muscle saving measure. You never know when you might need it for yourself or a loved one.**



## Will You Recognise A Heart Attack?

During Heart Week 2013, the Heart Foundation and the Cardiac Rehabilitation and Chronic Care Service at Fairfield Hospital are encouraging the community to recognise what occurs if someone is experiencing a heart attack.

**Will you recognise your heart attack? Will you know what to do if your loved one is having a heart attack?**

Every minute counts. Too many people lose their lives because they take too long to call Triple Zero (000).

By calling 000, medical treatment can start as soon as the ambulance arrives. Getting to hospital quickly can reduce the damage to your heart muscle which increases your chance of survival. In hospital, staff will give you treatments that help to reduce this damage.

**Research shows 50% of all patients who die from heart attack never make it to hospital.** Know the warning signs of a heart attack today, and you or your loved ones may survive tomorrow.

### What Is A Heart Attack?

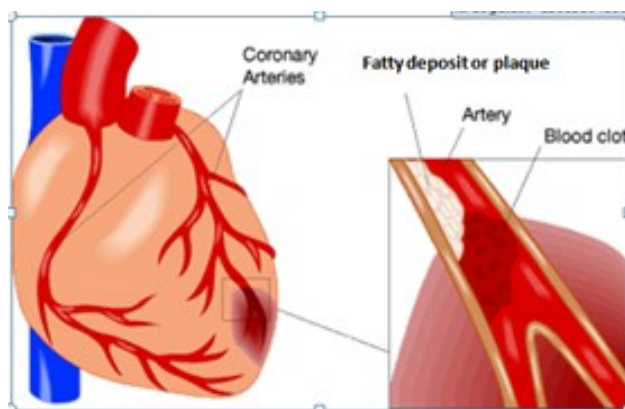
Disease in the coronary (heart) arteries builds up over time. These arteries are the pipes in which blood carrying oxygen moves through to 'feed' the heart.

The disease, also known as plaque, is fatty deposits which narrow the space in which blood has to travel through the artery to the heart muscle.

A heart attack (myocardial infarction or 'MI'), occurs when a plaque cracks. At the area of the crack a clot forms which completely blocks the artery, stopping blood getting through to the heart muscle.

The longer the clot prevents blood getting to the heart, the less oxygen the heart gets and the more heart muscle that becomes damaged.

**A delay in getting to hospital may mean that damage becomes permanent.**



# Heart Week 2013: Sunday 5 May—Saturday 11 May

## Warning Signs of a Heart Attack

Heart attack warning signs are individual, meaning they can be varied and may not be sudden or severe. You may experience one symptom or a combination. They may start suddenly or come on over several minutes. Symptoms usually last for at least 10 minutes.

### Warning signs could include chest discomfort

Most people experience discomfort or pain in the centre of the chest, which may be described as any of the following:

- Heaviness
- Tightness
- Pressure
- An Ache

Some people do not get chest pain at all and some may only have discomfort in other parts of their upper body. Some also describe feeling generally unwell or “not quite



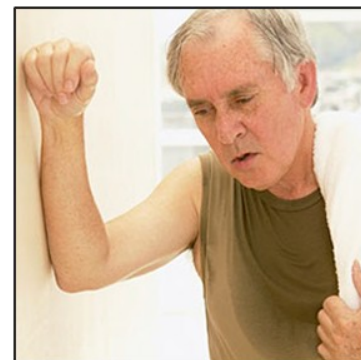
### The chest discomfort or pain may spread to other parts of the upper body, such as any of the following:

- Arm(s)
- Shoulder(s)
- Neck
- Jaw
- Back



### You may also experience other signs and symptoms:

- Shortness of breath
- Nausea
- Cold sweat
- Light-headedness
- Dizziness



**Heart attacks aren't what you think.** Learn the warning signs today. **Get your Action Plan** in your preferred language **online now** at <http://www.heartattackfacts.org.au/action-plan/> or call 1300 36 27.

For further information please visit the [www.heartfoundation.com.au](http://www.heartfoundation.com.au), speak to your GP or the Cardiac Rehabilitation Service at Fairfield Hospital (9616 8153).

**Please come and visit us in the hospital main foyer during  
HEART WEEK Sunday 5<sup>th</sup> May - Saturday 11<sup>th</sup> May.**

*All material referenced from [www.heartfoundation.com.au](http://www.heartfoundation.com.au)*

## How health savvy are you? Answers to last month's quiz

1. Drinking cola drinks regularly can cause osteoporosis.

**True.** Cola based drinks contain caffeine and phosphoric acid which have been shown to adversely affect bone mineral density.

2. A food product labelled as "Light" or "Lite" is always low in fat.

**False.** This claim does not always mean the product is low in fat or calories. It may also refer to the product's colour, texture, weight, salt content or use of artificial sweeteners.

3. Eggs should be avoided if you have high cholesterol levels.

**False.** Eggs are nutritious. One can include up to 6 eggs per week as part of a healthy diet without increasing one's risk of heart disease. Even though eggs contain cholesterol, **cholesterol in food** does not influence **blood cholesterol**. Eating large amount of food containing saturated fat increases the blood cholesterol.

4. A diet rich in omega 3 fatty acids may reduce your risk of developing Alzheimer's disease.

**True.** Research suggests that omega 3 fatty acids may play an important role in the prevention of late onset Alzheimer's disease.

5. Low Glycemic Index (GI) white bread is just as healthy as wholemeal bread.

**False.** Wholemeal bread contains bran and wheat germ which make the bread more nutrient rich than refined white bread. Bread with whole grains is healthier as they contain vitamins, minerals, phytochemicals, and many other nutrients.

6. Nuts are high in fat. Therefore they should be avoided by people who want to lose weight.

**False.** Eating 25g-30g of nuts as part of a balanced diet can assist with weight control and reduce heart disease risk. Nuts are high in protein, fibre and contain unsaturated fats (good fats). Unsaturated fats help lower cholesterol levels. Eat raw or unsalted, dry roasted nuts as a mid-meal snack instead of cakes, biscuits etc.

7. Frozen vegetables are as nutritious as fresh vegetables.

**True.** Vegetables are frozen within couple of hours of harvesting, thus locking in all the nutrients. Fresh vegetables if stored for a longer time lose many nutrients.

8. You can always tell what foods are high in salt because they taste salty.

**False.** A piece of fruitcake contains as much salt as a packet of potato crisps. Always use the nutrition information panel on a food label to see how much sodium is in a food – aim for less than 400mg sodium per 100g of the food item.

9. Foods high in fibre lower cholesterol levels

**True.** Fibre particularly soluble fibre in food assists in lowering blood cholesterol. Soluble fibre is found in legumes, fruits and vegetables.

10. A diet that promises quick weight loss and cuts out a whole food group is a fad diet.

**True.** Almost any diet which severely restricts calories will help you lose weight in the short term, but long term success is much more elusive. Most of the weight lost will be water and muscle but not fat. Long term adherence to these diets is impossible as these diets differ very much from what we would normally eat. So when people stop the dietary regimen chosen they regain their lost weight plus a few more kilos.

Studies of people who have achieved long term weight loss show that they have adopted healthy eating habits combined with regular physical activity.