

News from the Field

Volume 1, Issue 12

Fairfield Hospital



Message From The GM

December was a very busy month for Fairfield Hospital with over 2994 presentations to Emergency Department during the month.

On Christmas day the hospital treated 97 patients, Boxing Day 124 patients and on New Years Day 118 patients were treated in the Emergency Department.

Thank you to all the staff who worked during the festive break to ensure we provided high quality care to the residents of Fairfield.

The hospital is awaiting to finalise the General Manager and Medical Superintendent positions.

Next month, the hospital will welcome new graduate nurses

as well as the new medical rotations.

As we have entered summer and we are faced with extremely high temperatures, it is vital that we take special precautions to prevent health risks associated with the heat.

Remember the four key health messages to beat the heat this summer:

- 1) Drink plenty of water
- 2) Stay Cool
- 3) Take care of others
- 4) Have a plan.

For more information about beating the heat wave, visit the NSW Health website for the full brochure.

Finally as we entered the new year, I would like to wish everyone a happy and healthy 2013!



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Staff Christmas Lunch

Fairfield Hospital Executive took the opportunity to thank and wish staff and their families a Merry Christmas and happy new year by inviting them to a Christmas Lunch held on Monday 17 December 2012 in the staff cafeteria.

A special thank you to Mashita Sushi at Wetherill Park for providing platters of Sushi for the staff Christmas Lunch.

They are located at:
Mashita Sushi
K14,, Food Court Stockland
Wetherill Park
561-583 Polding Street
WETHERILL PARK NSW



Special mention also for Mr Michael Sharpe, Store Manager – Woolworths Wetherill Park for providing the day meals for staff on Christmas Day.

Woolworths is located at:
Cnr Polding and Restwell
Streets, WETHERILL PARK



An updated Fairfield phone directory can be located at:

- [Microsoft Outlook](#)
- **Public Folders**
- **All Public Folders**
- **SWSLHD**
- **Fairfield #FRF Telephone Directory**



Community

Consumer and Community Participation Framework

Congratulations!!!!

To the Deputy Chair of the Community Participation Network for recently graduating from Charles Sturt University at Albury with a Certificate in Management Professional Practice AND a Diploma in Community Services.



If you or anyone you know is interested in joining our dynamic Consumer and Community team, please contact : Robyn El-Khair (Community Participation Manager) on: 9616 8830 or via email on: robyn.el-khair@sswahs.nsw.gov.au

For further information about the Community and Consumer Participation network, visit our website on :

<http://www.sswahs.nsw.gov.au/services/community/default.html>

Able and Stable Program

The able and Stable program is a comprehensive falls prevention program incorporating gentle exercise and education components.

The Able and Stable program aims to reduce the risks of falls in the following ways:

- * Improve balance
- * Improve muscle strength
- * Improve confidence
- * Increase level of physical activity
- * Improve knowledge of the reasons for falls and prevention strategies
- * identification and modification of home hazards.

All clients are individually assessed and prescribed a home exercise program that are reviewed weekly.

The education component involves a team of health professionals ranging from Physiotherapist, Podiatrist, Occupational Therapist, Dietician and Nursing. Topics covered also include home hazards, bone health, continence, medications and safety outdoors.

The program is held in the Physiotherapy department at Fairfield Hospital.

The session runs for 1.5 hours for 9 weeks. (30 minutes of education, 45 minutes of exercise, 15 minutes of individually prescribed home exercises).

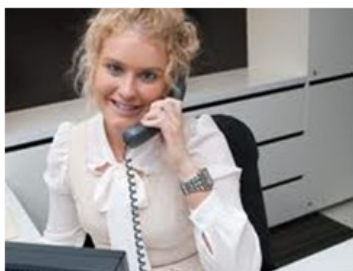
You can be referred by your local GP, your therapist in consultation with your GP or by the Falls Intervention Team (FIT).

For more information, call Fairfield Hospital on (02) 9616 8111.

Orientation Schedule 2013 (Contact Nalini Singh- Nurse Educator for more information)

Facility Tuesday

5 February
12 March
16 April
21 May
25 June
23 July
20 August
17 September
22 October
19 November



Nursing Wednesday

6 February
13 March
17 April
22 May
26 June
24 July
21 August
18 September
23 October
20 November



2012 babies born in 2012!

The maternity unit at Fairfield hospital celebrated 2012 with 2012 births!

Interestingly, 2012 was the year of the dragon and 12 years ago it was also the year of the dragon when Fairfield had over 2000 births!



Special Babies@ Fairfield

Wednesday 12/12/12 was a special day for Fairfield Hospital with five bundles of joy bouncing into the maternity ward!

Not only were these babies born on the last repetitive date for this century, but also on a day that many believe will bring good fortune and wellbeing.

Congratulations to three first time

mums: Thi anh Pham and baby Dang Thon Thien, Ngoc Huynh and baby Ayden Nguyen and Monira Map and baby Katalina Hope Rathmongkol.



“Five Babies were born at Fairfield Hospital on 12/12/12 “

Education / Research

Grand Rounds

Grand rounds on Wednesday 12 December 2012 was presented by Renal Dialysis Unit on the topic of :“Troponins and Chronic kidney disease” by Dr. Ajay Prabhu

Fairfield Library

Each month the Fairfield Hospital Library Edition of “I Didn’t Know That” includes interesting articles from Medical, Nursing, Allied Health and Management literature to keep your finger on the information pulse.

Staff are also encouraged to access the library via the intranet page: <http://intranet.sswahs.nsw.gov.au/fairfield/librray> or via the internet page: <http://www.swslhd.nsw.gov.au/fairfield/librray/>

Seniors Expo 2013

Its on again

SENIORS DAY OUT EXPO 2013

Thursday 21 March 2013

10am-3pm

\$5 Entry includes light lunch @ CLUB MARCONI

Prairie Vale Road, Bossley Park

(Fairfield Hospital will be holding an information stall on the day)

Appointments

Fairfield Hospital would like to welcome Mihajlo (Mick) Draca who commenced duty on 17/12/2012 as a permanent full time Security Officer.

Lois Pilarcik has joined the Fairfield team in the new exciting position of Clinical Development Practice Clinical Nurse Specialist. This position provides clinical support to staff after hours.

AFTER HOURS CLINICAL SUPPORT

Deteriorating Patient?
Skill Development?
Equipment Issues?
New Grad needing support?
Clinical Advice?
Unexpected Clinical Demand?

THE AFTER HOURS CLINICAL
DEVELOPMENT CNS IS AVAILABLE TO
ASSIST YOU WITH YOUR
AFTER HOURS CLINICAL NEEDS!

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Work Place Giving



Making a Difference



Our Workplace Giving Program (WGP) is a simple, low cost and tax effective way for you as a staff member to make a regular donation to charities through the payroll system. Staff are invited to donate just \$1 a week to ensure regular reliable donations are made to organisations committed to ongoing health related projects.

All donations are deducted from your fortnightly pay, this will be reflected in your group certificate, removing the need for receipts, which in turn makes reimbursement easier. To apply and join this worthy cause go to:

<http://intranet.sswahs.nsw.gov.au/SSWAHS/WGP/>

WH&S

WH&S hopes that you have had a *safe and enjoyable* season!

WH&S would like to advise that the dates for the Numerical Profile Audit have been changed. The Numerical Profile Audit will be undertaken over two days from the 10-11 April 2013. The auditors for the two days will be Cathy Tuffy (Claims Manager for SWSLHD) and Michael Hennessy (WHS Manager Camden and Campbelltown Hospital). In preparation for the Numerical Profile audit, WHS will be reviewing policies, procedures and internal practices to ensure the facility is compliant with WHS Legislation and the Numerical Profile element criteria requirement.

The Schedule for the audit will be put together in consultation with relevant participants and will be released closer to the date of the audit.

