

News from the Field



Volume 4, Issue 7- July 2015

Fairfield Hospital

Message From The GM



Inside this issue:

Well, they said it was going to be a brut of a winter and it sure has lived up to that so far!! The last 2-3 weeks have been the worst for people attending our ED and then requiring admission, indeed a couple of Mondays ago we had all 18 of our Surge Beds (beds we can open above our bed base) and still had another 12 people waiting for beds in ED – no beds to be had anywhere!!

The worst part of this story is that it is predicted to get worse over the next 6-8 weeks so hold onto your hats

The incredible thing is that our wonderful staff just keep keeping on and on and on and manage to look after the incredible volume of patients, ensure their safety and provide as timely as possible care in the most rushed times.

There is some light at the end of the tunnel for us and in particular our very inadequate Emergency Department (physical layout) - last week I met with the District Capital Works, Capital Insight (consultants on our Master

Plan and the architects who looked at what needed to be done to fix our ED. I then met with the CE and Director of OP's and the above to discuss options to greatly improve the patient experience and indeed the staff's working conditions in ED and fingers crossed we may get some news prior to the Master Plan coming to fruition

As the next article states, it was time to let our hair down and have fun and we sure did!! - as they say 'a picture says a thousand words'!!!

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Christmas in July

Because Fairfield has great staff and have worked so hard this year.... The GM Arnold ordered a compulsory fun night! ... A Christmas in July dinner held at Smithfield RSL club on Friday 31 July 2015. The Club did a great job decorating the room for us and providing a DJ for the night complimented with a delicious dinner and drinks. It was a "snowwonderful" night and congratulations to all the winners of the night!



Vietnamese Community Forum

A Health Forum for the Vietnamese Community was held to learn about Services at Fairfield Hospital; Hepatitis B & Liver Cancer; Drug Health Services; Falls Prevention and Community Participation. The event was held at Cabravale Leisure Centre on Thursday 16 July 2015 and was organised and supported by:

- * Multicultural Health /Health Promotion Service ;
 - *NSW Multicultural Health Communication Service ;
 - *SWS Uniting Care/Mental Health & Catholic Care Liverpool;
 - *Vietnamese Drug & Alcohol Professionals Association.
- From Fairfield Hospital Dr. Harry Doan, Acting Director Medical Services presented about the Emergency Department and Fairfield Hospital Services. Ms Minh Pham , Senior Physiotherapist presented a Falls Prevention Exercise module. Robyn El-Khair, Community Participation Manager presented on the benefits of joining the Consumer & Community Participation network. Thank you to Hien Li from Multicultural Health for the opportunity to present.

Ms Hien Li said: “Very good feedback received about the event and speakers and they request to organise more often”.

The General Manager Arnold Tammekand has committed to having more of these Health Forums for our CALD communities in the future at the hospital with lunch and a tour included to better improve community relationships and health.



Community Participation

Fairfield Hospital prides itself for its ongoing commitment to the Fairfield Community.

On Monday 6 July, the Community Participation Manager organised for a presentation at Fairfield Council to the Ageing and Disability group. Emma Dart the Carers Program Officer and Minh Pham a Senior Physiotherapist at Fairfield Hospital presented to the group. The presentation was well received with opportunities to work together in future on Carer Refugee programs and organising specific group Falls Prevention Sessions.

This month also saw two network members and a carer take part in “Kings Fund Environment Audit” with Social Workers, Occupational Therapists, Clinicians and the Community Participation Manager in Ward 1A High Observation Room. The results will be presented at the next Falls Committee with short and long term

recommendations for improvement.



The Fairfield Consumer & Community Participation Network had their July meeting on Friday 31 July 2015. This months guest was Rozina Shekhar – Aged Health Community Dementia/

Delirium Clinical Nurse Consultant. Rozina presented Barbara’s Story to the network (see page 3) and then asked them to reflect on the story and what their thoughts/feelings/feedback was. This information will be included as part of the whole Hospital feedback mechanism.

Fairfield Hospital also promoted DoanteLife week with a stall on Tuesday 4 August giving away pens, hats, water bottles and information to promote and encourage Organ donations.



Diabetes Week

As part of National Diabetes Week the Fairfield Community was invited to join health professionals from Fairfield Hospital for expert advice and management of Diabetes on Wednesday 15 July at Cabramatta Library.

A special thank you to Terry Kim Sing from Abbott Diabetes Care for providing refreshments and Manjit Uppal from Cabramatta Library for the venue.

The event was extremely well attended by the community and even made it into the local papers. From Fairfield Hospital, the Director of Nursing Barbara Chapman opened the event. The presenters included Dietitians, Physiotherapist, Diabetes Educator, Podiatrist and Professor Vincent Wong who spoke about Diabetes Medication for Type 2 Diabetes.

The event was very relevant as



Diabetes is the epidemic of the 21st Century and the biggest challenge confronting Australia's Health system.

Some interesting facts about Diabetes:

- * 280 Australians develop diabetes everyday. That's one person every five minutes;
- * Around 1.7 million Australians have diabetes ;
- * More than 100,000 Australians have developed diabetes in the past year ;



* Many Australians particular those over 40, are at risk if developing type 2 diabetes through lifestyle factors such as nutrition and physical activity. Family history and genetics also play a role in type 2 Diabetes.

Fairfield Hospital has a Diabetes Clinic on site which provides an extensive service for the management of diabetes. All you need is a referral from your local doctor to make an appointment

For further information on how to attend the clinic, please contact the clinic on 96168510.

Barbara's Story

Barbara's story is an awareness program on the needs of Dementia/ Delirium patients when they are in Hospital. The program has been a hugely successful in turning around the attitudes and understanding shown by all staff to our most vulnerable patients . It is using patient stories to educate staff.

Thanks to the Burdett Trust & Guys and Thomas Charity in London who have included a training pack.

Here at Fairfield Hospital as part of the CHOPS Project (Care of Confused Hospitalised Older Persons), Barbara's story is being used to explain to staff why Dementia/Delirium is important for everyone. These sessions are relevant to everyone even if they are not working within departments with older patients.

Principals such as caring, compassion, good communication, competence and commitment apply to all patients and this is portrayed in an

excellent manner in Barbara's Story. According to Project Leader Rozina Shekhar "So far it has been very successful."

Sessions are run being at the movies with popcorn and lollies provided to attendees. The sessions are for every single employee of the Hospital including Clinical, Non Clinical, Administration, Management, Executive, Food Services and General Services as they all have patient contact through the patient journey in the Hospital.

Rozina thanked Senior Management, the Nursing Unit Managers, Heads of Departments, the Project Team and all staff for their support.

Dementia/Delirium is not everyone's chosen speciality and we must accept the importance of understanding the care we provide within our Hospital.



Barbara does have the potential to influence change even to those seemingly resistant in the beginning ...



Margaret Mary Lavocah was born in Ireland on 18 April 1950. She went to England in 1968, She qualified as registered nurse at St George Hospital London. Margaret migrated to Sydney in August 1987. She started work within two weeks

upon arrival at Campbelltown Hospital then went as a community nurse in Campbelltown Community Health.

She first joined Fairfield Hospital on 9 July 2001 as a student midwife and has been a staff midwife in Fairfield Postnatal ward mainly working night shifts. She officially retired on 6 July 2015.

Margaret spent 14 years of hard work and dedication at Fairfield Hospital Maternity

Staff gave her a farewell breakfast on her last day combined with a farewell dinner at St John's Park Bowling Club.

Margaret has a strong passion for breast feeding promotion. 2D Postnatal Ward night shift will never be the same. Her laughter, great knowledge, experience and hard work will be missed together with her strong advocacy for justice and humanitarian rights. .

Staff will miss the many different colours of her hair, her food and her travel adventures!

Fairfield Hospital wish her a well deserved retirement, a happy and healthy life and more time for her family and grandchildren.



Dr. Bedros Beliozian was born in Allepro , Syria in 1956. He completed his medical degree in Allepro Syria. He went to France for 10 years and there he completed his specialty in paediatrics. Bedros first migrated to Sydney, Australia in 1991. He worked in Broken Hills and Westmead Hospital. He first joined Fairfield Hospital, Paediatrics and

Neonatology in 2008. He completed his fellowship in 2012 and became Outpatient Trained Physician in Paediatrics. He left Fairfield on 25 July 2015. A well attended farewell dinner and dancing was held in Summerville restaurant in Bankstown.

His hobbies are fishing and bushwalking. His priority is "Family First" as he likes to spend his free time with his brother sister nieces and nephews.

Staff in Fairfield Hospital Special Care Nursery, 2D Postnatal Ward, Delivery Suite and Paediatric Ward wish to thank him for his hard work, support and dedication. We will miss his smiling face, laughter and wisdom. We will miss him not only as a colleague but also a true friend. He has considered Fairfield staff as his second family.

We wish him the very best and good luck in his new join in Canberra and may he acquire his dream to be Staff Specialist in Paediatrics.

RED DOT

Red Dot Mobility System Relaunch!

On the 6th July the Red Dot Mobility System was relaunched! The Red Dot Mobility System is a simple and efficient way of assessing patient's mobility requirements for Manual Handling and Emergency Evacuation purposes.

The preparation process involved retraining of all clinical and patient contact/handling staff. The facility also participated in promotional activities where three food hampers were won! 1st Place - Theatres, 2nd Place -2A and 3rd Place - Food Services, thank you to all who made the effort to participate.