

News from the Field



Volume 3, Issue 6– June 2014

Fairfield Hospital

Message From The GM



What a hectic few weeks we have had – extremely busy seeing patients and under difficult circumstances with the closing of 15 beds whilst the new Nurse call system is being installed. I must congratulate all staff for their patience, but more importantly for the way they have worked with the company installing the system.

The Manager has told me that this is one of the best places they have worked in and thanked me on behalf of his staff for the incredible flexible working relationship that his men had with all our staff. He told me that whilst it was sometimes difficult to manoeuvre around patients and bed needs, our staff were just

unbelievably helpful – great work to all

You may have noticed recently our call for staff interested in leading and establishing our Social Club - I raised this with the Service Managers and they believe it is a good idea to have staff intermingle socially and for many years in other positions I have been involved with staff social clubs and it really brings staff even closer together and besides – who doesn't like to go out and let your hair down!

Joseph Pineda our HR Manager is coordinating this for me so if you would like to become a committee member or indeed have some ideas to put forward,

I'm sure Joseph would like to hear from you.

Speaking of things happening at our Hospital – besides the new Nurse Call system, work has commenced on the new boom gates and payment terminals with initial scoping having been completed and it is expected that the grounds works will commence next week.

Our Children's Ward has received 6 new cots that were very much needed and as many of you will be aware, the District has provided us with some 210 new computers that will replace many of the very old out-dated ones that run on the now not supported Microsoft X P

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Refugee Week 2014

Fairfield Hospital recognised Refugee Week on Thursday 19 June 2014.

This year the event at the Hospital was special because a "restoring hope" story was presented by our very own staff member, Catherine Niec – Midwifery Unit Manager and Special Care Nursery.

The event was attended by Hospital staff and refugee students together with their School Captains from Prarieewood High school, thanks to the help of their English/Refugee teacher Ms Hiba Rizk.

Catherine gave an inspirational recount of her journey as a young girl from Laos to Australia. She spoke about the challenges she went through but then told of her success through her hard work and dedication.

"I think it was good because it made me see that I could be what I want even if I was a refugee and I will get better with my work if I try my best." said one of the girls who attended.

Refugee Week is an important event to acknowledge as Australia has had refugees since Federation. Currently the top five countries of origin for Refugees are Afghanistan, Somalia,

Iraq, Syria and Sudan.



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New Nurse Call System

A new nurse call system was installed in Wards 1A, 1B, 2A, HDU and Operating Suite throughout the month of June 2014.

Barbara Chapman – Director of Nursing and Midwifery Services appreciates the patience and help from staff and patients while the system is rolled out in the wards.

Further updates will be given as the installation progresses. Please direct any concerns to Toby Tyrrell (Engineering Department) or Barbara Chapman.

Community Participation

During the month of June General Manager Arnold Tammekand and Community Participation Manager Robyn El-Khair in partnership with the Extended Care Paramedic team presented at numerous schools including Carramar Public School, Canley Vale Public School and Cabramatta High School to both parents and students. The presentations have received positive feedback and they will continue to happen around all the local schools within the Fairfield district. From the presentations, two residents showed interest in joining the Community and Consumer Network.

New Portal

The Agency for Clinical Innovation (ACI) and Clinical Excellence Commission (CEC) have joined forces to launch a new website making it easier to stay updated on healthcare improvement initiatives across NSW.

The Excellence and Innovation in Healthcare portal was developed in response to feedback from clinicians and managers in the NSW health system.

Headline information on CEC campaigns such as In Safe Hands, Between the Flags and AMBER Care and range of ACI initiatives including new minimum standards for Management of Hip Fracture are included.

Professor Cliff Hughes CEC Chief Executive explained that the portal provides at a glance details with links to the ACI and CEC websites for further information and initiatives.

“We are keen not to duplicate what is already online, and offer clinicians, managers and consumers a better way to access and search for the information they need- when they need it,” said Professor Hughes.

Visitors to the website can access:

- * Information through their mobiles, smart phones or tablet devices.
- * Summary updates which outline the aim of the initiatives and benefits for patients.
- * Background information and key dates and milestones
- * Locations of Healthcare facilities across NSW that have piloted or are implementing initiatives.
- * Details of evaluations planned to access the difference to patient care
- * Contact details in case of questions.

To search for an ACI or CEC initiative, visit the Excellence and Innovation in Healthcare portal at: www.eih.health.nsw.gov.au



WoH project

Whole of Hospital (WoH) project will be launched within Fairfield Hospital. The (WoH) Project is aimed at identifying treatment and process delays and developing strategies to assist clinical and non clinical areas, resulting in high quality and timely patient care, and also improve and/or maintain National Emergency Access Targets. (NEAT)

Throughout the month of July Clinical areas will be involved with in-services and active participation within their clinical areas.

A presentation about this project was given at the Service Managers meeting on June 30 which officially commenced the rollout.

Thank you and welcome to the Whole of Hospital project.

For further information, please contact Belinda Lloyd – (WoH) Co-ordinator on 9 616 8037 or email: Belinda.lloyd@sswahs.nsw.gov.au



The National Health Service Directory (NHSD) App is a new national health information resource supported by all Australian Governments. It provides information such as location and opening hours for GPs, Pharmacies, Emergency

Departments and Hospitals straight to your mobile whenever and wherever you might need it across Australia. Download it today!

Donations for Fairfield Hospital

On Thursday 5 June 2014, General Manager Arnold Tammekand and Dr Harry Doan Head of Emergency was presented with a cheque for \$2000 by Jenny Tew – President Lions Club Cabravale/ Cabramatta. The funds were raised by Year 12 student Cindy at Canley Vale High School with her friends as part of her Leo's Club Canley Vale/ Cabramatta. Fairfield will use the funds to purchase vital equipment for the Emergency Department. The Leo's Club will be invited when we unveil the equipment.



Also a group of young people living in the Cabramatta area are making a difference in the local community.

The Make a Difference Charity is the work of nine people ages 22-25 who have helped the lives of sick children at Fairfield Hospital and the Children's Hospital at Westmead by raising \$9000 for each institution.

Thy Ha of Canley Heights is the founder of the group.

"We got inspired after attending a Charity event and thought why not inspire the younger generation by doing something similar", she said.

"It was tough but we had the community behind us."

The 24 year old said her group held a fund raiser at Crystal Palace Function Centre in Canley Heights on March 21. This is where they raised most of the money.

"Our target was \$10,000 but when we found out we raised \$18,000 we were shocked." Thy said.

Funds raised will go towards buying paediatric equipment.

"Fairfield Hospital will purchase a ProPac monitor, which checks the child's heart rate, as well as three thermometers." Miss Ha said.

Ms Ha said her group plans to run another charity next year.



Grand Rounds

Grand Rounds on Wednesday 4 June 2014 was presented by Division of Nuring on the topic of "Compassionate Care of the Dying" by the project team.

Grand Rounds on Wednesday 18 June 2014 was presented by Geriatrics and Rehabilitation by Dr. S Radhakrishnan

Food and Menus at Fairfield Hospital

Following admission to Hospital every patient that is able to eat will be placed on a diet as part of his/her medical condition.

There are a large range of diets other than a Full available; these therapeutic diets can be divided into:

- * Texture Modified (*Puree, Minced, soft*)
- * Lifestyle/Religious needs (*Halal, Kosher, Vegetarian*)
- * Nutrient Modified (*Diabetic, low saturated fats, high protein, high fibre, low sodium*), etc.

Some patients may also have other special dietary requirements, for example a food allergy or need a gluten free diet, some patients may like cut up or softer foods.

Every menu has been planned to provide our patients with a range of foods that will satisfy their appetite and meet their nutritional requirements while in Hospital.

Nursing staff, Dietetics/Food Services should indicate if a patient needs assistance to:

- * Eat or Drink
- * Get ready for their meals
- * Get out of bed or sit in a chair
- * Wash their hands or open food packages or cut up their food.

Patients that are not eating well are referred by Nursing staff to the Ward Dietitian for an individual assessment and to implement an appropriate nutrition care plan.

Although food brought from home is not encouraged, sometimes friends and family bring food or drinks in for patients. It is important that they check with the Dietitian to make sure that the foods they bring in do not affect any medicine or a therapeutic diet.

The Ward Speech Pathologist will determine if a patient has swallowing problems to make sure they receive food/drinks safe to swallow.

For more information, please call the Dietetics and Nutrition Department on 9616 8354.



Staff Notices



Heart Disease is the biggest single killer of Australian women.
Women are 3 times more likely to die from heart disease than breast cancer.



Appointment

Rajbir Kaur was appointed as the Clinical Information Manager at Fairfield Hospital effective from Monday 9 June 2014.

Management Changes

As of Monday 19 May, Ms. Jayne Stevenson returned to her substantive role as the Nursing Unit Manager of HDU/CCU.

Ms Myra Drummond was appointed as the Nursing Unit Manager for Ward 1A and commenced duty on Monday 2 June 2014.

Many thanks to Belinda Lloyd and Kelwin Green for their contribution as acting Nursing Unit Managers in HDU/CCU and Ward 1A respectively.

Farewell

Fairfield Hospital farewelled Richard Farmilo – Occupational Therapy Manager who took up a Management Role within a residential aged care facility. The Occupational Therapy Manager position is currently being advertised and a permanent replacement should commence by the end of August. In the meantime, Christine Colusso will be acting in the role.

Christine can be contacted on 0439 309 002 or email: Christine.colusso@sswahs.nsw.gov.au

Staff Recognition Award 2014

Nominations for 2014 are now open for the following Staff Recognition Categories:

- * Most Outstanding Team of the Year Award
- * Most Outstanding Individual of the Year Award
- * Outstanding Customer Service of the Year Award
- * Divisional Awards
- * Most Outstanding Manager of the Year Award
- * Most Outstanding Executive of the Year Award

Nominations will close Wednesday 8 October 2014. Winners will be announced on Friday 14 November 2014 during an international lunch.

Staff members are all encouraged to consider nominating individuals and teams for the various categories.

Completed forms are to be forwarded to HR.

You will either know a woman, or you are one! Take a moment to read to following statements, check your knowledge and improve the health of a woman you are about.

Are these statements TRUE or FALSE

1. Heart Disease only happens to middle ages and older men.
2. I have no signs of heart disease, so that means I am not at risk.
3. I am in the 'prime' of my life and its too early to be worried about heart disease.
4. More woman die of breast cancer than of heart disease.
5. I'd know if I had high blood pressure – I'd feel unwell
6. I'm overweight and my diet is good, so I know I don't have to worry about high Cholesterol.
7. I should take hormone replacement therapy as it helps prevent heart disease in women.
8. Oral contraceptives contribute to heart disease.

HOW DID YOU GO?

1. Heart Disease kills as many women as men. The single killer of women in Australia, approximately 25 women die per day.
2. Your first sign of heart disease may be a heart attack. There is not one single factor that causes heart disease. But a group of risk factors which include overweight, smoking, diabetes, high blood pressure, high cholesterol, family history of heart disease.
3. Once a women reaches menopause the risk of heart disease increases. If your are 45 & over it is beneficial for you to understand your risk factors and what to do if you experience chest pain.
4. No. Australian women are more than 3 times more likely to die of heart disease than breast cancer.
5. High blood pressure is when your blood is pumping at a higher pressure that what is normal through your blood vessels. You may not experience any symptoms at all. As high blood pressure can lead to disease such as heart disease and strokes, it is important to get it checked by a health professional.
6. Cholesterol is made by the body and is essential for health, but high levels can contribute to disease. You may not have any symptoms of high cholesterol – being overweight or having an unhealthy diet doesn't mean you have high cholesterol. Check your levels with a simple blood test from a health professional.
7. The Heart Foundation does not recommend Hormone Replacement Therapy (HRT) in the treatment or prevention of heart disease. Before commencing HRT, such as for the short-term treatment of menopausal symptoms, the Heart Foundation strongly recommend discussing risks and benefits of HRT with your doctor.
8. Oral contraceptive (the pill) are usually safe for healthy young women. However, women who smoke while taking it greatly increase their risk of heart, stroke and blood vessel disease. Always speak to your doctor about your choice of contraception and ask them about associated risks.

Heart Disease is largely preventable and you can reduce your risks of heart disease by living a healthier lifestyle. For more information see you GP, or the cardiac rehabilitation service at Fairfield Hospital All enquiries are confidential- ext 68153, 68344. Or, go to: <http://www.heartfoundation.org.au/yourheart/woem-heart.disease/pages/default.aspx>.