

News from the Field

Volume 2, Issue 3 - Mar 2013

Fairfield Hospital

Message From The GM

Since my commencement in the General Manager role at Fairfield Hospital, I have been overwhelmed with the support and warm reception that I have received from the executive team and staff.

I would like to extend my thanks to Karen Becker who provided me with a comprehensive hand over that made me feel like I have been at Fairfield for a long time.

My first impression of Fairfield is that the place feels great and always achieves great results.

I am looking forward to working with staff and the community to grow with this great hospital.

I would also like to congratulate all the staff for their dedication and hard work to meet our NEAT access targets and especially given the large volume of patients that have been coming through the Emergency Department.

It isn't always easy to try and have a patient seen and then discharged or transferred within a four hour timeframe, however this occurs on a regular basis.

I have also now spoken to many Managers and staff about the re-institution of a staff recognition day/ morning or afternoon tea sometime at the end of the year and would love to hear

back from any staff member that has ideas about the best way to go about celebrating staff years of service or special efforts at work whether individually or as a Team.



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Federal Health Minister Visits Fairfield

The Federal Health Minister Tanya Plibersek MP and Member for McMahon Chris Bowen MP visited Fairfield Hospital on Thursday 7 March 2013.

The official party had a tour of the Emergency Department where the National Emergency Access Targets (NEAT) achievements were highlighted. The group also visited Ward 2B and the Whitlam Joint Replacement Centre where they had the opportunity to speak with patients. The visit was

concluded with a hospital demographic presentation. The Chair of the Auxiliary were also invited to this session.



Entertainment Book

HELP US RAISE FUNDS FOR Fairfield Hospital

Pre-order an Entertainment

Book from us today to receive over \$180 in additional offers.

-While stocks last-

Books become available for pick up in mid/late April from: Cashier's Office
Fairfield Hospital
8.15am -4.00pm, Monday to Friday (excl public holidays)
phone: 9616 1111

Community

The Consumer and Community Participation Network group held their March meeting on Friday 22 March 2013.

The new General Manager had a meet and greet session with the network and discussion took place on how the network together with the hospital would like to achieve better health literacy for the Fairfield Community in 2013.

A representative from the network will also be assisting with the Falls Week activities that will take place at the hospital on Friday 5 April 2013.

Derek Corney – the Chair of the network also wanted to extend his regards to Karen Becker for the great work she did and for her valued contribution whilst she was Acting General Manager at Fairfield Hospital.

For more information on this network, contact Robyn El-Khair (02) 96168830

Seniors Expo

Fairfield Hospital participated in the 2013 **SENIORS DAY OUT EXPO** on Thursday 21 March 2013 from 10am-3pm at Club Marconi.

A large number of Fairfield Community Seniors, their carers and families attended this event.

Fairfield Hospital held an information stall along with over thirty other senior services that exist within the Fairfield community. This was a great opportunity for the hospital to be involved with the community and other services to help achieve better health for our seniors.

The red **"My Health Record Book"** was very popular with the seniors that attended and as a result, more were ordered to take to future events.

Thank you to Braeside Hospital. Physiotherapy, Occupational Therapy, Social Work, Diabetes and the Patient Liaison Officer for assisting on the day.



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@sswahs.nsw.gov.au

For more information visit: donatelife.gov.au

Day Care @ Fairfield

Fairfield Hospital Child Care Centre provides care for up to 25 children between the ages of 6 weeks to 6 years. Placements at the centre are available for both staff and the local community.

The centre operates from 7.00am to 6.00pm, Monday to Friday (except for public holidays)

The current fee is \$55 per day subject to Child Care Benefit Approval (CCB).

Currently there are vacancies in the 3-5 year old age group.

Day	Number of Vacancies
Monday	6
Tuesday	7
Wednesday	10
Thursday	3
Friday	6

For further information please contact Ana Mravunac, Director of Child Care on 9616 8168, Monday to Friday 9.00am to 3.00pm or via email:

ana.mravunac@sswahs.nsw.gov.au

Your Say Survey



NSW Health organised for a Workplace Survey called **"Your Say"**. This gives all employees an opportunity to provide feedback on what is it like to work in the health service. The survey will be conducted by an independent research company (ORC International). All responses and participation will be treated with the utmost strictest confidentiality. The survey will run between 26 Mar – 26 Apr 2013. The survey can be completed on line or via hard copy. Completed hard copies could

be sealed and dropped in the designated confidential box in the Human Resource Department. Completing the survey will require about 10 minutes. Everyone is encouraged to participate in this survey. Getting more feedback will yield more opportunities for improvement. Employees will be able to use the workstations in the computer room (near the IT department) on the following dates:

Wednesday - 27 March 2013
(10:00 am – 12:00 pm)
Wednesday - 03 April 2013
(10:00 am – 12:00 pm)
Wednesday - 10 April 2013
(10:00 am – 12:00 pm)
Wednesday - 17 April 2013
(10:00 am – 12:00 pm)
Wednesday - 24 April 2013
(10:00 am – 12:00 pm)

New Food Heating System for Fairfield

Fairfield Hospital now has a new food heating system equal to any in the State. The new delivery system uses single tray, dual compartment technology, which simultaneously chills cold food and heats hot food within the trolley. South Western Sydney Food Services Sector Manager Glenn Patman said: Fairfield's new system would help ensure that all meals are served at the correct temperature on new attractive meal trays and trolleys increase the

consistency of meal service times. "The commissioning and implementation went like clockwork thanks to the dedicated Food Services staff and their supervisors, who ensured all staff were trained and ready to go from the very first meal service." Glenn said. The new system has received positive feedback from Fairfield patients with regards to improved consistency of meal temperature and presentation. The introduction of the new carts is part of

a significant investment by HealthShare NSW in food rethermalisation carts and the improvement of ages kitchens across NSW public hospitals.



"Improved consistency of meal temperature and presentation"

Education / Research

Grand Rounds

Grand rounds on Wednesday 6 March 2013 was presented by Ambulatory Care on the topic of *"Pain management in Older Patients"* by Dr Tai-Tak Wan, Medical Director Ambulatory Care.

Grand rounds on Wednesday 20 March 2013 was presented by Department of Paediatrics on the topic of *"Neurological Manifestations of Non accidental Injury"* by Dr Lizza Tan

Policy and Procedure Website Update

The Policy and Procedure website was recently updated. A new policy – **"Safe Administration of Liquid Medicines by Routes other than Injection"** (FRF_PD2013_DRUG001) was also uploaded to the website.

All staff are encouraged to familiarise themselves with Policy and Procedure Website. Any enquiries regarding the uploaded policies, please contact either Sajma Khan/Maria Pron on 68358/68118 or the Policy Author/Custodian.

Close the Gap was held on Friday 22/3 where an information table was set up and a CD that explored Indigenous health issues was played all day on the front foyer television.



Staff Notices

Fairfield Hospital would like to wish Denise Woodward – After Hours Nurse Manager every success with her new role at Auburn Hospital. Denise has worked at Fairfield from June 2004 until March 2013. We thank her for her experience and commitment she provided Fairfield.

Ms Colleen Thomas commenced in the position of Acting Patient Liaison officer from Wednesday 6 March 2013 for a period of two months. She can be contacted on (02) 9616 8124 (ext 68124) and pager number 47766.

During this same period, Ms Louise Noreika will be Acting Patient Flow Manage and is contactable on (02) 9616 8127 (ext 68127) and pager number 47797.

Tina Badri passed away on 19 March 2013. Tina worked at Fairfield Hospital for over 10 years. The Pharmacy Department along with Fairfield Hospital would like to wish her family heartfelt sympathies. We were all fortunate to have our lives touched by this fantastic woman. Rest in peace Tina.

WH&S

The Numerical Profile Audit will take place at Fairfield Hospital on Wednesday 11 April and Thursday 12 April 2013.

All Staff managers are encouraged to review the daily countdown flyers for their department to ensure they are compliant.

For additional information please contact – Cveta Andary (WHS Manager) or your WHS representative.



SWSLHD Uniform Information Sessions

NSW Health will conduct sessions to provide staff with important information regarding the new State-wide uniform ordering process on 15 April 2013 in the Whitlam Joint Replacement Centre Auditorium. All staff required to wear a uniform are encouraged to attend.

Sessions will run for 30mins at 9am, 10am, 11am & 2pm.

Additional information may be obtained through the NSW HealthShare Website: http://intranet.hss.health.nsw.gov.au/hss_uniforms.

Flu Vaccinations

Winter Season is fast approaching, so all staff are encouraged to consider flu vaccination which is free of charge. Working in a hospital doesn't make you immune and it is important to be vaccinated annually as the flu virus is changing all the time. The influenza vaccine cannot give you the flu but it will help prevent flu infection.

To get immunised, staff can present themselves to the General Practice unit every Tuesday from 0800-1200hrs and every Thursday afternoon from 1400-1600hrs (commencing 28 March 2013.) For further information contact Cora Izon on ext 68290 or page 47521.



International Nurses Day Trivia Night

Come out and have some fun for International Nurses Day.

Trivia Night is being held on

Friday, April 5, 2013 from 7pm til 11.30pm

Club Marconi Electra Lounge

Tables of 10 – \$15 per head paid to Nursing Admin Ext 68112. Bring your own nibbly – Bar will be open – plenty of parking! For more information, please contact Belinda Pellizzon A/PSM (Ext 68046) or Leeanne Gray NUM 2B (Ext 68393).



April's Falls Week

April Falls Week at Fairfield Hospital will run from Tuesday 2 April 2013 – Friday 5 April 2013.

Many activities are planned for the week including a Falls Challenge and a staff BBQ



to support April Falls Awareness Day.

Nutrition & Dietetics Department @ Fairfield

The Nutrition and Dietetics department at Fairfield Hospital has three full time dietitians, three part time dietitians and eight diet technicians.

The dietitians work from 8.30am to 5pm Monday to Friday.

The department provides inpatients and outpatients services:

Outpatients' services:

Individual consultations are provided in: diabetes clinic, gestational diabetes clinic, general nutrition clinic for people with high cholesterol levels, heart disease, gastrointestinal disorders and for people who are malnourished or at risk of malnourishment.

Group educations: Two sessions per month for people who are newly diagnosed with type 2 diabetes. 2 sessions a month for participants in cardiac rehabilitation program.

Other group education programs are also coordinated with multicultural health workers and are directed towards various community groups.

You may contact the Nutrition and Dietetics department on 96168510 for more information and/or to get an appointment to see a dietitian. If you have made an appointment to see a dietitian, you will need to bring a referral letter from your GP. Interpreters can be arranged upon request.

As part of nutrition initiative program for the staff to prevent or manage chronic diseases e.g. diabetes, heart disease, our department will be writing articles on nutrition matters. If you have questions on any controversial issues e.g. krill oil vs fish oil capsules, you can contact Raji Jayadev on 9616 8354 or email: raji.jayadev@sswhas.nsw.gov.au

The Nutrition and Dietetics department also hosted a Supermarket Tour for the staff at Fairfield Hospital on Tuesday 2 April to raise awareness on how to read food labels and make healthy choices.

Have a go at the quiz over the page.
Answers will be provided in next months edition.



How Healthy Are You? Nutrition Quiz

Do you know what is best for your body? Try this quiz to get a really close look at the food you are eating and see how health savvy you are.

1. Drinking cola drinks regularly can increase the risk of osteoporosis.

True false

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

True false

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

True false



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

True false

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

True false

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

True false

7. Frozen vegetables are as nutritious as fresh vegetables.

True false

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

True false

9. Foods high in fibre lower cholesterol levels

True false

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

True false