

# News from the Field



Volume 5, Issue 05– May 2016

## Fairfield Hospital

### Message From The GM



Just a quick update on the Hospital's ED/ESSU/MAU redevelopment – the GP Unit has now relocated to the Community Health Centre at the front of the Hospital and whilst the areas are smaller than they previously had, the same high quality service is being offered.

The plans to commence building works sometime in June have now been pushed back till September/October as a number of processes have changed including getting sign off's, the appointment of a Project Manager and the final tender selections – all

work will go ahead as per plans, just a little later than hoped and given that we have winter it may prove to be a blessing in disguise

A reminder also for staff to support Grill'd and Guzman & Gomez this month as funds raised will be for Fairfield Hospital and for those that were lucky enough to taste their food on International Nurses Day – it was great!!

National Recognition Week was celebrated at the Hospital on Tuesday 31 May and the stalls proved to be very informative and well attended (see below story)

Thank you to those staff that participated in the People Matters Survey that concluded recently – we once again had a very good response and this will allow us to review and plan how we manage the hospital and how we can support and develop our wonderful staff

Finally we are getting close to have our new generator installed and whilst the main benefit is that if we have power failure we will now have the capacity to adequately keep the Hospital going. The other benefits of course are that we will be able to install our new PABX and have WiFi installed

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### Lets Talk Reconciliation

Staff, patients and visitors were invited to come and have a yarn with Aboriginal Health Staff to discuss views about reconciliation.

National Reconciliation Week was recognised at Fairfield Hospital on Tuesday 31 May in the staff cafeteria.

The District Aboriginal staff had information stalls set up to create conversation around local Aboriginal history, cultural protocols and traditions, with the aim of strengthening relationships and helping close the gap.



# Kidney Health Week

During Kidney Health Week 22 May -28 May 2016, Social Work Dept. and the Renal Dialysis Staff at Fairfield Hospital hosted an awareness event to inform the general public about their risk of developing kidney disease. An information display stall was organised which included helpful information on all aspects of kidney health and living with kidney disease provided by Kidney Health Australia, blood pressure checks, a visit from Billy the Kidney and other fun interactive activities.

An afternoon tea was also held for the staff, renal patients and their families/ carers in the Renal Dialysis Unit. Fairfield Hospital has 70 renal patients in total attending haemodialysis throughout the week. The Renal Dialysis Unit was officially opened in 2008, which only had approximately 35 patients.

This year's theme (I kidney Check) focused on encouraging Australians to care about their own health. We aimed to highlight that you can lose up to 90% of kidney function without warning signs. We got involved in this campaign to let everyone know that it is important to understand and learn about the risk factors and warning signs before it's too late and they need to go onto dialysis, or get a kidney transplant. One Australian

dies with kidney related disease every 25 minutes- that's 16 times the road toll. Approximately 1.7 million Australians have indicators of Chronic Kidney Disease (CKD), yet less than 10% realise they have the condition. If you have kidney disease, you are more likely to die from a heart attack, and that kidney disease can cause high blood pressure and high blood pressure damages kidneys. Early detection and effective management can halt chronic kidney disease or slow progression by as much as 50%.

Understanding the role of your kidneys and the risk factors of kidney disease can save lives!



## Community Participation & Engagement

Miss Galaxy Australia – Shikye Smith returned to Fairfield Hospital spreading the joy to the Kids Ward and Dental Clinic by handing out colouring sheets in celebration for Mothers day.

Her commitment to the community and Fairfield Hospital is inspiring as a local herself. We wish her all the best for Miss Galaxy International later this year.



within our hospital, donating their time and support to patients, visitors and staff.



Fairfield Hospital also showed its appreciation to its volunteers and consumer representatives with a morning tea on 17 May 2016. Each person was presented with an appreciation certificate and were thanked for their dedication to the hospital. Volunteers and consumer representatives play an integral role





# International Midwives Day

The theme for this year was “ I am a midwife this is what I do” and “Women and newborns the heart of midwifery” . International Midwives Day was celebrated at Fairfield Hospital on 5 May with an afternoon tea with staff and Executive team, All babies born on the day also received their own complimentary jumpsuit with a purple heart and “Born on International Midwifery Day” slogan printed across the front. When you say you are a midwife everyone always thinks it just involves the birth of a baby but midwifery covers all stage of the pregnancy from the antenatal period, through to birth of the baby and the postnatal period. Our main job is to educate the woman and her family through their pregnancy journey and provide a service where the mother and baby are well

throughout all stages. As midwives we are very privileged to be part of such a life changing time for the woman and her family. The midwives of Fairfield Hospital work very hard, they average 1700 births per year. The women who birth at Fairfield are low risk and as such Fairfield Maternity’s normal vaginal birth rate is about 70% which is one of the highest in the State. You can train to be a midwife either by a 3 year bachelor or midwifery course or you can do a Graduate Diploma course of one year after completing a Bachelor of Nursing course. At present we have three student midwives who are doing the graduate Diploma course and 8 Bachelor of Midwifery students.



# International Nurses Day

International Nurses Day also falls in May. Fairfield Hospital celebrated International Nurses Day on May 11 with a special lunch treat by Guzman Y Gomez Mexican Taqueria Wetherill Park. Staff enjoyed burritos for lunch as well as awards and prizes. Nurses make an outstanding contribution to patient care, congratulations to all the day and night time staff who won recognition awards on the day.





# Bounce back program



To ensure Fairfield Hospital Staff are in tip top shape to look after their patients and their own well being, the hospital launched its Bounce Back Program promoting positive physical and mental well-being through healthy eating, physical activity and health tests.

The program was supported and sponsored by many local businesses offering their time through a staff on the day or a free gifts to our staff as prize winner. All that supported and sponsored the program will be receiving appreciation certificates from the General Manager.



Ms Pippa Richards was recently employed by Fairfield Hospital in a new position as the Palliative Care & End of Life Care Co-Ordinator, working 3 days a week. Pippa comes with more than 15 years of experience working in Palliative Care. Her role includes facilitating quality care to patients admitted with a life limiting disease, who may be deteriorating and who may be close to dying, Pippa has very close links with other Palliative Care Doctors, Nurses and Allied Health in our area facilities and in community health. She can be paged through Fairfield Hospital switchboard. Palliative Care Week was 22-28 May 2016. This year the theme was "Living Well with Chronic Illness". A display was held in the foyer for 3 days, some wonderful palliative care volunteers assisted by being available to talk to and assist the public. Posters and pamphlets relating to Palliative Care were displayed. The idea of having a discussion with the family was promoted in regards to thinking about decision making when faced with a life limiting disease and how to consider Advanced Care Planning.



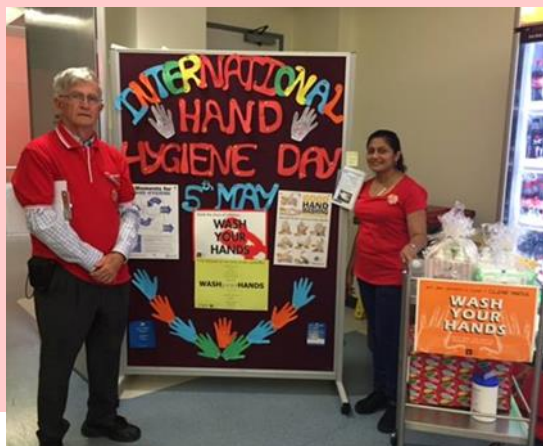
# Hand Hygiene Day

On International Hand Hygiene Day at Fairfield Hospital on 5 May, Hospital staff and consumer representative Charles Gream who also sits on the Hospital Infection Control Committee helped spread the message that clean hands saves lives.

Some of the activities for the day included a quiz competition on hand Hygiene – two winners – Lidani Chiriya 1A and Gloria Gaspi 2B. They each won a pack of skin care products. There was also a Department Poster Competition on "Promoting Hand Hygiene" which was won by Operating Theatre.

A survey was also conducted by Charles on Hand Hygiene Compliance.

All visitors are encouraged to use the antibacterial hand gels located around the hospital to help reduce the spread of germs.



# Congratulations to staff members

Kellie Carrier and Sandra Szczygiel for completing the Certificate IV in front line management over the past 12 months.



Welcome to our Graduate Health Management Trainee Molly Sinclair who will be working at Fairfield Hospital for the next three months. Molly will be working closely with the General Manager Arnold Tammekand and his team to gain valuable experience and knowledge.

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