

# News from the Field



Volume 3, Issue 10– Oct 2014

## Fairfield Hospital

### Message From The GM



Inside this issue:

Well here we are – another Melbourne Cup has come and gone – where did the year go? Thank you to all that assisted in our Melbourne Cup Day afternoon tea and in particular those that added a bit of glamour and wore bits and pieces to make the watching of the Cup more attractive.

The Master Planning for Fairfield is now really starting to gain momentum with Clinical User Groups developing and submitting their first draft Models of Care and the Planning Group meeting to review and prepare Models for submission. The architects visited the Hospital last week and reviewed all site specific issues and once we get down to the planning stage

The CE has requested that any design development has to revolve around our Model of Care to meet the needs of our community.

All staff are reminded of our Staff Recognition Day on Wednesday 12 November (12-2pm) in the Cafeteria. Besides the presentation of all awards and service certificates, we will be celebrating with 6-7 different multicultural foods from around the world – menu's look yummy, so don't forget to come and join in the fun, food and celebration of your work colleagues success.

Robyn El-Khair and I continue to go around to the local

Schools and talk to students, teachers and various P&C groups of parents. These talks are proving to be very informative as we get numerous questions from not only students, but parents as well. It's quite rewarding to see the responses we are getting from the students who are being made aware of the health job opportunities within their local area and that Hospitals aren't just a place for Doctors and Nurses, whilst both are vital components in health. Parents and teachers alike seem interested to find out that you can use private health insurance in a public hospital and of Community Networks

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### Belly Cast Promotes Health Partnerships

A belly cast decorated with Aboriginal artwork is being unveiled at Fairfield Hospital as part of a special event to highlight the health of Aboriginal mothers, babies and new families.

The plaster "belly casting" was donated by a mother in the Cannalgaleon (New Directions) Program and was decorated by Aboriginal Health Worker Tanya Lee Castle.

South Western Sydney Local Health District Child and Family Health Nurse Manager, Trish Clark said this painted belly cast was a beautiful way

to symbolise the partnership between the Hospital, Community Health and Local support services. "From when a pregnant woman books in for her first Hospital antenatal appointment at around 20 weeks, to after she has delivered, there are a number of great local support services available including our Sustained Health Home Visiting Program located at Hoxton Park Community Health Centre," Ms Clark said. The program provides a home visiting program

which undertakes health monitoring and education support to families until the child reaches two years of age. "During these visits staff undertake developmental checks, work with parents to help babies meet developmental milestones, refer clients to services that provide more intensive family support, transition into play groups and provide health education through a structured parenting program delivered in the community," she said. Fairfield Hospital General Manager, Arnold Tammekand said Hospital staff were

Committed to working with their colleagues in Community Health to ensure pregnant women felt comfortable coming to the Hospital, identifying as Aboriginal or Torres Strait Islander and accessing the amazing support services available. "Our aim is to provide women and their babies with a high quality care while they're with us and ensure they get the best start as a family with support from fantastic services like the Cannalgaleon Program," he said. The cast will be displayed in the Hospital's Antenatal Clinic.

## New Ambulances

NSW Health Minister Julian Skinner visited Fairfield Hospital in October to launch seven Ambulances capable of carrying patients up to 300kg.

Fairfield Hospital already has one ambulance capable of carrying patients who weigh up to 500kg.

The seven new ambulance will be deployed around the State. Paramedic training for the vehicles took place in Fairfield last week.

## Occupational Therapy Week

Occupational Therapy Week October 19 – 25.

Occupational Therapists (OTs) work with people of all abilities and all ages to assist them to participate in their activities of daily living through the use of therapeutic activities, equipment, education and home modifications.

Occupational Therapy week is a chance for OT's in all settings to celebrate their profession and have a bit of fun whilst showing people some of the skills we utilise and challenges we face on a daily basis working with our patients. This year's theme was **"Reach your pOTential"**

The Occupational Therapy department at Fairfield Hospital celebrated OT week this year with some fun games and activities created to challenge participants skills in fine motor control, gross motor movement, visual perception, coordination, balance and even one handed dressing!

The lucky winners of the OT week prizes were as follows:

**Crossword:** Min Wu (Dietetics), Danijela Boskovic (Social Work) & Michele Robertson (Admin)

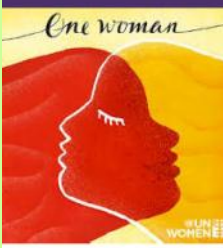
**OT Slam Dunk:** Farmey (Doctor HDU)

**One Handed Dressing:** Kristen Ireland (Director Corporate Services and Finance).

The OT's of Fairfield would like to thank everyone who participated in the activities and who completed the OT knowledge crossword. See you all there again next year!



Organised by Immigrant & Refugee Women's Network



# Women & Girls @ Risk

## JOIN OUR SYMPOSIUM

**On Friday**  
**28th November 14**  
**Time: 11.00 am - 2.30 pm**

**Where: Stars Palace**  
**Reception Hall**  
**15a Railway Pde**  
**Fairfield**

Refreshments Provided  
RSVP IWHS on 9726 4044  
by 15th November 2014

Morning session speech by  
The Hon. Pru Goward,  
Minister for Women &  
Minister for Planning.

Afternoon session speech  
by Senator The Hon.  
Michaelia Cash, Minister  
Assisting the Prime  
Minister for Women,  
Assistant Minister for  
Immigration & Border  
Protection

Also the program will include a presentation from a colleague who will give a witness on the circumstances women in Iraq face and endure.



The Fairfield Community Participation network attended the seventh annual SWSLHD Consumer & Community conference at the Campbelltown Catholic Club.

The theme was *Consumer Participation, Creating Better Partnerships for the Community.*

The General Manager Arnold Tammekand also attended for most of the day as part of his commitment and support to the network and overall community involvement.

This month two members have joined the network with more showing expression of interest to join the over the coming months. Next month the network plans to visit the Hand Centre at Fairfield Hospital to meet the staff and learn more about the service.

For more information about joining this amazing and dynamic network call Robyn El-Khair on 9616 8830

# Paediatrics Department Update

A gas machine is the newest acquisition that will sit next to the Vision for life camera in the Special Care Nursery at Fairfield Hospital. The presence of the gas analyser will provide readily available electrolytes, FBC, blood gas, glucose and SBR will undoubtedly improve the quality and safety of the babies we care for at Fairfield. Staff are currently undergoing training and will be provided with an encrypted code that will allow them to print results in addition to having them incorporated automatically into power chart.

The Paediatric Department at Fairfield in an initiative to reach out to the local community, participated in the first Fairfield area **Children's Carnivale** earlier this year which was held at the grounds of Fairfield High School. The Carnivale provided a number of free activities, rides, games, entertainment, performances, workshops and information for Fairfield area families. The Children's Carnivale provided an opportunity for children and families to participate in experiences and activities that have previously been unavailable to them due to levels of vulnerability and disadvantage. The Carnivale was conceived to help boost awareness and improve access to

a range of family support services, general programs and community supports available, as well as partner facilitated projects. The Carnivale provided opportunities for community service providers of programs to promote and advertise, and to strengthen networks and linkages between Governments at all levels, and Non-Government organisations within the Fairfield area, thus promoting collaboration.

Key members of the Paediatric Department attended and provided information on asthma awareness and management, health diet, risk of cigarette smoke passive and including other health promotion opportunities. Each child was offered a weight and height check against standard percentiles, respiratory and cardiac examination and provided advice for parents enquiring about common health issues. Almost all permanent nursing staff from Paediatric 1C was in attendance along with nurses from the Special Care Nursery (SCN). The day was a huge success and we hope to repeat our participation again next year.



## Grand Rounds

**Grand Rounds** on Wednesday 15 October 2014 was presented by: Allied Health – Catholic Care and Silver Chain Services on the topic "ComPacks".

**Grand Rounds** on Wednesday 22 October 2014 was presented by Fairfield Drug Health Services on the topic of "Opioid Dependency" by Lejla Abdulovic, Drug Health CNC

# General Practice (GP) Clinic Update

**What is Hypertension & Blood Pressure ?** Hypertension is the most common condition managed in general Practice and is very important – it is one of the leading causes of heart attacks and strokes in Australia. Many patients with high blood pressure are seen at the General Practice Unit located within Fairfield Hospital.

For more information on blood pressure see page 4 of this edition and Doctors Michael Tam Patrick & Khoury published a short article in *The Conversation* explaining "Blood Pressure" and what the numbers mean: <http://tiny.cc/gpunit1>

**Fostering integration of general practice with cancer services through improved communication pathways:**

Dr Andrew Knight presented the work he has been involved in with the cancer care service in the Local Health District at the recent Innovation in Cancer Treatment and Care 2014 conference. Together the team has made some fantastic improvements in the efficiency of getting letters from the cancer service to GPs: <http://tiny.cc/gpunit2>

### Medical Student completes his research year at the GP Unit.

Mr Louis Leong, a fourth year medical student at UNSW, has completed his "independent learning project" at the GP Unit. He was supervised by Dr Michael Tam, and his project involved interviewing people about their views of having alcohol discussions with their

GPs. We wish him well with his ongoing studies.



## Name Badges

All Fairfield staff, volunteers and contractors are reminded to wear their identification (ID Photo) and name badges at all time whilst at work. This will facilitate easy identification of all those legitimately engaged by Fairfield Hospital. Students are reminded to wear their school or university identification badges – Supervising staff or facilitators must ensure compliance. A new system to produce Identification (ID photo) and name badges was recently purchased, installed and setup in the Human Resource Department. All new employees who recently joined and were not issued these badges, you may start claiming them from the Human Resource Department. Everyone is reminded the Identification (ID photo) and name badges must be returned with the Property Checklist clearance when terminating employment. Replacement of lost badges will cost \$20 for each badge. This must be paid to the Hospital Cashier. The invoice presented to the Human Resources Department as proof of payment before they issue a replacement or before signing off the Property Checklist clearance. Should you have any question regarding this matter, please contact Mr Joseph Pineda, Human Resource Manager on 9616 8120 or via e-mail.



Sponsored Carers Week held in Ward 1A on 15/10/2014. A wealth of information was presented on the day together with an afternoon tea.

The program included guest speakers from Carer Support Program, an Occupational Therapist, a Social Worker, and the Author of "The Carers Hand book" who gave a personal encounter about the challenges of caring for his partner after suffering a stroke.

Australia values and supports the contribution that carers make both to the people they care for and the community as a whole and so does Fairfield Hospital.

For more information : <http://www.swslhd.nsw.gov.au/carers/>

## Blood Pressure. Do you know yours?

**What is blood pressure (BP)?** Blood is pumped from your heart, to your body through the arteries. The pressure of the blood against the inner walls of your arteries in your *blood pressure*. The two numbers represent the rise and fall of the pressure as your heart pumps blood forward (systole) and when your heart relaxes to fill with blood again (diastole). The top number is the peak of the pressure the systolic number, and the bottom number is when the pressure falls– the diastolic number. Blood pressure varies throughout the day to meet your body's needs and although blood pressure is individual, a healthy guide is 120/80.

**Where to get your BP checked.** High blood pressure (hypertension) can cause some serious health problems such as a heart attack, stroke, kidney disease or heart failure. Having high blood pressure identified early may be a step in reducing your risk of these conditions developing.

**I'll know if my BP is high!** There are often no signs no symptoms of having high blood pressure-you may feel completely well. It is important to have your blood pressure checked regularly even if you are healthy and more-so if you smoke, have high cholesterol, are overweight or have diabetes. The combination of high blood pressure and any of these, can lead to the above mentioned health problems related to your brain, heart pr kidneys.

**Any statistics for Australians?** In 2010 the Heart Foundation completed a survey which found one out of three Australians between the ages of 30 & 65 had been diagnosed as having high blood pressure by their doctor. This is 3.5 million Australians.



## How will high blood pressure be managed?

This depends on what your health specialist finds when they do their assessment.

They may want to ensure the reading is accurate on more than one occasion and ask you to come in at another time for further BP check. They may provide you with some information about making some lifestyle changes that will assist in reducing your blood pressure without the use of medicines including:

1. Reducing your dietary salt (sodium) intake
2. Undertaking regular physical activity
3. Maintaining a healthy diet and a healthy stable weight
4. Reviewing your alcohol intake and advice that if you drink, you have no more than two standards drinks a day (for men) and one standard drink a day (for women).

Or, if they opt to treat your blood pressure they may prescribe these lifestyle modifications along with some regular medications to reduce your blood pressure. They will ask you to make subsequent appointments to ensure your blood pressure is responding to treatment.

## Where can I get more information?

Your family doctor. The Heart Foundation website at: <http://www.heartfoundation.org.au/your-heart/cardiovascular-conditions/pages/blood-pressure.aspx> If you would like a copy of the Heart Foundation information, call Cardiac Rehabilitation Service on 9616 8153

