

Don't procrastinate, vaccinate!

SSWAHS Area Clinical Director Oral Health Services Dr Sameer Bhole has rolled up his sleeve to be vaccinated against Pandemic (H1N1) Influenza.

The SSWAHS H1N1 vaccination rollout is part of the Federal Government's nation-wide program, the largest in Australia's history.

Dr Bhole has joined the ranks of SSWAHS staff who have already taken up the vaccination offer.

The first priority group is front line health care and community care workers who have direct contact with patients, cited as the most efficient method of minimising exposure of patients in hospitals to influenza virus.

"Vaccination is the most effective way to minimise my risk of contracting swine flu and potentially spreading the virus to my family, colleagues and vulnerable patients in our facilities," Dr Bhole said.

"Vaccination for staff is free and easy to arrange at work places. By getting vaccinated

now, people will be prepared for the upcoming flu seasons of both the northern and southern hemispheres.

"I strongly encourage other staff to take my lead and arrange for their vaccination today."

Human adult trials have indicated that the vaccine requires only one injection for adults and has a similar range of minor side effects to the seasonal influenza vaccine. The vaccine is manufactured using the same high standards as seasonal flu vaccine and can be expected to be equally safe.

You should contact your manager to find out how to receive your vaccination.

For more information about Pandemic (H1N1) Influenza and the vaccination program, visit: <http://www.emergency.health.nsw.gov.au/swineflu/index.asp#>



ONM Marianne Weston gives Sameer his vaccination.



Sameer with his post-vaccination lollipop.

Vaccinations are strongly encouraged for staff who:

- Are travelling overseas, particularly to the northern hemisphere, for holidays, conferences etc
- Are caring for children aged 0-6 months
- Have underlying medical conditions
- Have family members or other loved ones with underlying medical conditions

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From the Chief Executive

Mike Wallace

Chief Executive
Sydney South West
Area Health Service

This month Sydney South West Area Health Service recognises the important health role carers play in the community. With 2.6 million unpaid family carers in Australia they are essential partners in the care hospitals provide to patients who have a disability, mental illness, chronic condition or frail aged. A number of activities were held across the Area Health Service to raise community awareness and give thanks.

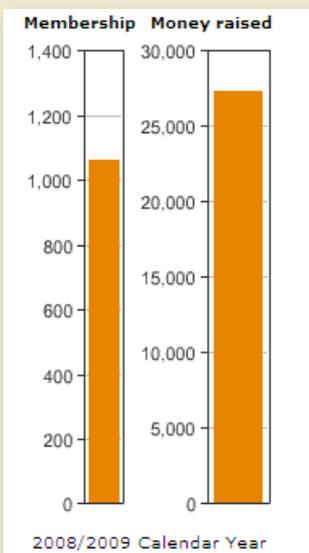
During the H1N1 pandemic SSWAHS recorded the largest number of cases admitted to hospital of any Area Health Service in NSW. I would like to thank staff for your tremendous efforts during this challenging time. I would also like to encourage staff to take advantage of the Panvax H1N1 vaccine to protect yourselves and the community from the H1N1 virus. Contact your manager to find out how you can receive your free vaccination.

NSW Health recently launched the Same Sex Hotline as part of the implementation of the Caring Together Health Action Plan. Patients who find themselves in a mixed gender ward can phone the hotline to request a same sex ward area. The Nurse in Charge remains the first point of call for patients and families. However, should the Nurse in Charge not be

able to accommodate the request, the patient, a friend or family member can call 1800 700 830.

Finally, the workplace giving program continues to gather momentum. I would like to draw your attention to the funds already raised and participant numbers shown in the graph on this page. The story on page 5 also gives one staff member's reasons for signing up. More information on the program is available from the link on the intranet homepage.

Mike Wallace
Chief Executive



Upcoming Events November

9 November	Food Safety Week www.foodsafety.asn.au
16 November	National Skin Cancer Action Week www.cancer.org.au
25 November	International Day for the Elimination of Violence Against Women www.un.org

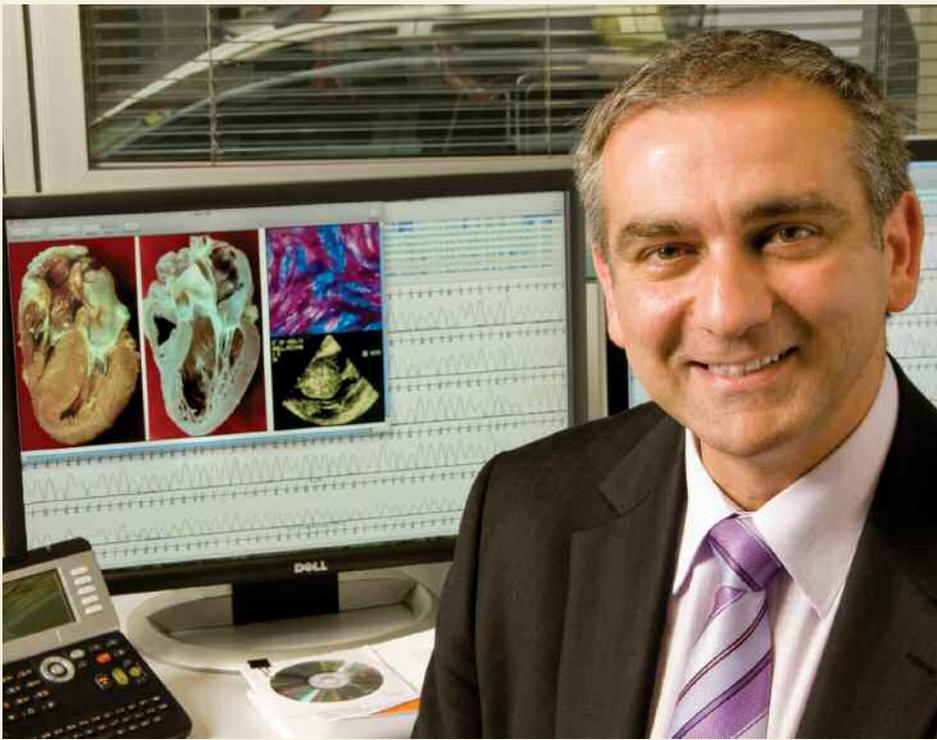
Hospital staff treated mum well

Macarthur Chronicle – 21/07/2009

As a member of the family of the late Phyllis Rutter, I would like to thank the doctors, nurses and staff of the Emergency Department and General Medical Ward at Campbelltown Hospital for the wonderful care given to our mother recently. Mum was admitted to hospital in mid-April for three weeks until she passed away on June 8. She was given the best of care and treated

with dignity and kindness. The patience and understanding show to the family during this time made her passing much less of an ordeal than it could have been. Our heartfelt thanks to all concerned with her treatment.

Wendy Dickey
Kentlyn



RPA Medal winner Prof. Chris Semsarian.

RPA Medal awarded

Cardiologist Professor Christopher Semsarian has won the 10th RPA Research Foundation Medal for his studies into the clinical and genetic basis of heart disease in the young.

Channel Nine News host Peter Overton was on hand to present Prof Semsarian with his medal and a cheque for \$50,000.

For people over the age of 35, sudden death is usually caused by coronary artery disease linked to high cholesterol, smoking or being overweight, but this is not the case in the young.

Each year at least 1,000 young Australians die due to sudden cardiac arrest, caused by a faulty gene or mutation.

The unexpected death of a loved one often leads families to Professor Semsarian's clinic for testing.

Researchers compare the DNA of family members with the DNA of healthy genes. If family members have the faulty gene, Professor Semsarian can then treat them accordingly with implanted defibrillators designed to kick start the heart if it goes into cardiac arrest.

To complement existing testing, Professor Semsarian and his team have established the world's first National Genetic Heart Disease Registry.

The registry will help researchers obtain information on the clinical and genetic aspects of heart diseases which run in families.

It will also provide an effective way for health professionals to keep in touch with families who could be at risk of genetic heart disease. +

Patron's Prize Award

RPA's Dr Georgia Frost won the 2009 Patron's Prize Award for her research in the Department of Dermatology on the immune modulating effects of photodynamic light therapy in humans. She takes home a plaque and \$500 donated by the RPA Medical Officers Association. Congratulations Georgia! +



Dr Frost and NSW Governor, Professor Marie Bashir (Patron of the RPA Medical Officers Association).

Secondment

Director Nursing and Midwifery Services at Liverpool Hospital, Kung Lim, has been seconded to Greater West for a period of 12 months, joining several other SSWAHS staff. We wish her well in her transition into her new role in Greater West. +

Wellbeing awarded

Aboriginal Social and Emotional Wellbeing Worker, Brenda Freeman, recently won an award for her contribution to the mental health of the Indigenous community of Macarthur.

The Mental Health Matters Awards are designed to recognise the achievements of individuals and organisations who have worked to improve understanding, awareness, service provision and the general improvement of the mental health of our community.

For the past two years Brenda has been teaching the Aboriginal Mental Health First Aid course to many people within her community. She has also helped develop a series of Aboriginal Social & Emotional Wellbeing Fact Sheets so the community can understand mental illness in a culturally acceptable way.

Since Brenda has been at the service she has increased access from the Indigenous community by over 300 per cent. This figure includes not only one off appointments, but ongoing visits.

Brenda has also been educating a number of staff to understand that Aboriginal Health involves the physical, social, emotional, spiritual and cultural wellbeing of not only the individual but the whole community. Wellbeing is everybody's business. +

Brenda Freeman (accompanied by Mary Brasile) receives her award from the Governor of NSW, Professor Marie Bashir.



Heather and her ten-pin bowling medals.

Heather celebrates 30 year milestone with sporting gold

After seven years on dialysis, RPA Ward Clerk Heather Edgell received a life-changing kidney transplant.

That was 30 years ago, and Heather has been living life to the fullest ever since.

Recently Heather competed in the International Transplant Games held on the Gold Coast where she won a gold and bronze medal in ten-pin bowling events. Heather is a veteran of the Transplant Games having competed in both the National and International tournaments since 1987.

"Every day I give thanks to the person who gave me a second chance and say a little prayer for them.

"My sons threw me a surprise 30 year anniversary party and invited all my friends which was lovely," she said.

Heather is also the secretary of Transplant NSW and the President of the Renal Association of NSW. +

Our People

Hospital medical staff did another good job

Time for change

For Monika Radosavljevic of Fairfield Hospital's general service department, the notion of contributing to a charitable cause has always been at the back of her mind.

But she never quite knew how to go about it – where to go or what to do.

But just last month, Ms Radosavljevic discovered SSWAHS' Workplace Giving Program.

The Area-wide program invites SSWAHS staff to have \$1 a week taken out of their pay by direct debit. All monies are collected and given to charitable organisations to fund ongoing health-related projects.

So far, more than \$27,000 has been raised.

A \$6000 donation to Doctors Without Borders is helping fund its campaign to vaccinate more than 100,000 children aged between six months and 14 years within Sudan against measles, as well as vaccinating children against polio and screening them for acute malnutrition.

Another \$6000 donation is supporting the Fred Hollows Foundation, which runs blindness prevention programs globally. In 2008 alone, the foundation helped 176, 472 people receive sight-saving eye operations and treatments.

"I feel so relieved now, knowing I am doing something to help others," Ms Radosavljevic said.

"I've always been aware how lucky I am to be living in Australia with one of the best health care systems in the world. So many people around the world have so much less.

"By supporting the Workplace Giving Program, I can go about my work and life knowing that, in my own small way, I am giving something back."

SSWAHS introduced the Workplace Giving Program in October 2008, staff like Monika can use their change to make a difference. All money raised supports health-related projects and programs of charitable organisations, determined by an internal committee of SSWAHS staff.

SSWAHS employs more than 20,000 people across 15 local government areas.

SSWAHS Chief Executive Mike Wallace said at just \$1 a week, "we, together, can make a real difference".

"The staff of Sydney South West Area Health Service are compassionate and generous with their time, money and skills," Mr Wallace said.

"Our Workplace Giving Program is an easy and convenient way to help those less fortunate than ourselves."

To join the Workplace Giving Program, simply visit the SSWAHS intranet home page, click on the icon under Quick Links on the top right hand corner and download an application form and brochure.



Monika Radosavljevic

Complete your details and submit the form to your facility HR department. Should you wish to withdraw from the program, simply submit a signed 'letter to withdraw' to your HR department at any time. +

I wish to express, through your newspaper, my sincere appreciation to each and every one of the medical staff at Bowral and District Hospital, paramedics, police, tow truck drivers, Anne Elbourne-Binns, Mr Christie and Donald Oslear and everyone else who came to my assistance after my car accident at Sutton Forest on August 12 last.

My apologies to Annette Brown. We are so fortunate to have such caring and dedicated people here in the Highlands with hearts of gold.

Di Spence
Moss Vale

Brain injury awareness week

Thanks to former patient Scott Ceissman, his guardian Elizabeth Ceissman and carer Reuben Schoneveld for donating \$1,300 to the Brain Injury Unit.

The trio raised the funds while walking the City to Surf. Scott had participated in the City to Surf prior to his brain injury and the team had three aims when they competed this year: to finish the run, to not come last and to complete it in less than four hours. "We kicked ass on all," Elizabeth said.

The funds have been used to buy the Unit a Nintendo Wii and PS2, Guitar Hero, art supplies and plants. +



The three joined in lunchtime celebrations to mark Brain Injury Awareness Week (l to r) Reuben Schoneveld, Diversional Therapist Renee Dunne, Scott and Elizabeth Ceissman.

Bankstown Hospital awarded \$200k research grant

Allied health professionals from Bankstown-Lidcombe Hospital have received their first grant from the Ingham Health Research Institute.

Worth \$200,000 over two years, the grant will investigate optimal rehabilitation strategies for patients who have had a stroke or are attending rehabilitation for other reasons.

Research will be undertaken by a multidisciplinary team, which includes physiotherapists, occupational therapists speech pathologists and nursing staff. The grant involves collaboration with researchers from the Faculty of Health Sciences at University of Sydney, and the George Institute for International Health.

The Institute is an independent medical research centre based at Liverpool Hospital. It represents a partnership between the local community, SSWAHS, the University of New South Wales and the University of Western Sydney. +

Lend Lease lends a hand

Lend Lease Group employees nominated Liverpool Hospital's family rooms for a makeover at their recent annual Community Day.

Around 20 employees from the Lend Lease Group converged on Ron Dunbier House to renovate the three family rooms making them inviting for families.

Kellie Hairis, team leader of the group, said employees chose the project because the facility provides limited accommodation for families of patients in the hospital from rural areas, in addition to short term accommodation for staff on rotation from other hospitals.

"Bovis Lend Lease has built a strong relationship with Liverpool Hospital as part of the major redevelopment that is in progress, and Community Day is another example of us working with the Hospital to improve the facilities for patients and their families," said Kellie. +



Hospital saved my life

I recently spent time in Liverpool Hospital after becoming seriously ill. I wish to publicly thank Liverpool Hospital for the excellent level of care I received. Specifically I express my deepest gratitude to all in the emergency department, to Dr Colin Arthur and all who work in the MAU.

The hospital staff and the ambulance attendants saved my life. I will never forget their dedication to their work. May God bless each and every one of them. My family and I will keep them in our prayers.

Quang Lieu
Cabramatta

Healthwise visits Tharawal

SSWAHS recently rolled out its second Aboriginal Healthwise show at the Tharawal Aboriginal Corporation, Airds.

There were hands-on activities and SSWAHS Aboriginal staff from various disciplines told their story. The Aboriginal community operates an oral culture and students could engage with the stories told by our staff. Students also gained valuable current information and insight about working in health and the vast array of career options available to students.

Other organisations present were NSW Ambulance Service, Indigenous Outreach section of University of Western Sydney and South-Western Sydney branch of Department of Education and Training State Training Services. +



Airds students learn first hand from health professionals about career opportunities.

Tenacious fundraiser refurbishes Newborn Domayne

Thanks to dedicated fundraiser Dahlia Brigham, three areas of RPA Newborn care have been refurbished. Following approval from her General Manager, Dahlia approached homewares and electrical retailer Harvey Norman / Domayne to refresh critically important areas used by families. The retailer generously donated furniture, furnishing and a large plasma screen TV, valued in excess of \$35,000, making the rooms beautiful and comforting. +

Short and Sweet

Launch of 'On Track' Café for people with dementia, their families and friends. The monthly get together at K's Kokoda Café at Concord Hospital represents an opportunity to meet with people in similar situations and chat with health professionals and service providers about local support.

Contact Anne Tunks, Inner West Dementia Advisor on 9378 1258

The Canterbury Dementia Carer Support Group held its first monthly meeting. Presentations during the meeting were on the importance of carers managing their stress and looking after their diet.

Contact Anne Tunks, Inner West Dementia Advisor on 9378 1258

Bankstown Hospital has launched a campaign aimed at strengthening and promoting the existing customer service focus throughout the Hospital. The campaign includes a monthly award for the hospital staff member who has shown exemplary customer service in their professional role.

Other initiatives include welcome packs in some wards for patients and their carers and a specialist customer service training program for staff.

Bowral Hospital's Speech Pathology Department and Bowral Public School have joined together to improve the early reading skills of local kindergarten children. By using techniques such as segmenting words into components and sounding out words, children's literacy levels have improved.

Healthy Happenings

SPRING VEGETABLES

Artichokes, Asian greens, Asparagus, Beans, Beetroot, Broccoli, Carrots, Cauliflower, Chillies, Cucumber, Garlic, Lettuce, Mushrooms, Onions, Peas, Potatoes, Silverbeet, Spinach, Sweet corn, Tomatoes and Zucchini.

Fruit and vegetables in season tend to taste better and are generally less expensive to buy.

AIM TO INCLUDE AT LEAST

1 serve of vegies every time you have a meal or snack, two serves each for dinner and lunch, and have fruit as your snack and dessert.

SOME SPRING VEGETABLE SUGGESTIONS

Add extra vegies in your next sandwich

Add grilled mushrooms and tomatoes next time you have eggs

Have a salad or vegie soup with your lunch this week

Try vegie sticks as a snack (e.g. snow peas, carrots, beans)

Top toast with cooked mushrooms, tomatoes, capsicum or sweet corn

GOOD SOURCES OF FIBRE INCLUDE

fruits and vegetables (with skin), wholegrain breads and cereals, muesli, oats, nuts, wholemeal pasta and legumes.

Do you want support in creating a healthier lifestyle?

A diabetes prevention trial launched 10 months ago is looking for more participants.

Program participants are given the opportunity to receive ongoing support from teams of nurses, dieticians, exercise physiologists and other health professionals. Through regular interactive sessions, health coaching phone calls and GP consultations, participants learn how to eat healthier, set personal physical activity goals, and overcome their personal barriers to change.

Participants need to be:

- 50 – 65 years
- living in central Sydney, Macarthur or Bowral
- considered by their GP to be at risk of developing type 2 diabetes

For more information call 1300 796 341 +

Eat better move better

The Prevent Diabetes *Live Life Well* program suggests getting back to basics, eat better and move more. By achieving the five following goals, people can reduce their risk of developing type 2 diabetes by 50 per cent.

The five goals:

- Increase physical activity including strength training
- Reduce daily fat intake
- Reduce daily saturated fat intake
- Increase daily fibre intake
- Reduce weight by 5 per cent +

Liverpool Hospital redevelopment update

Construction of the new Clinical Services Building continues with scaffolding, formwork, reinforcement and concrete work now being undertaken on level 7. This is where the new helipad will be located.

As work on the external structure of the building nears completion, workers are fitting the internal structure with electricals, hydraulics and plumbing.

Design development and decant planning for the refurbishment of the existing Clinical Services Building is also progressing.