



Health
South Western Sydney
Local Health District



SOUTH WESTERN SYDNEY LOCAL HEALTH DISTRICT

REVIEW **2012/13**



South Western Sydney Local Health District

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ISBN 978 1 74079 157 1

Further copies of this document can be downloaded
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December 2013

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Chairman's Review 2012/13

Professor Phillip Harris, AM



Over the past 12 months, South Western Sydney Local Health District (SWSLHD) has worked closely with stakeholders and the community to prepare for the future delivery of local healthcare services.

As one of the most rapidly-growing and ethnically-diverse districts in NSW, we have given considerable attention to planning and developing services and facilities to meet current and future demand. This has resulted in a Strategic & Healthcare Services Plan with a 10-year focus and a five-year Corporate Plan.

Developing these plans involved an extensive, open and transparent public consultation process which allowed us to identify local health and service issues, as well as service development directions required to improve the health of local communities. The Board actively participated in these planning sessions and consultations with clinicians and other staff, consumers, carers, local residents and external agencies throughout the year.

An important partnership between the District and the South Western Sydney Medicare Local was recognised this year, with a signed Statement of Intent between the two organisations. This partnership demonstrates the shared commitment to providing an integrated healthcare service that is patient-focused, safe, equitable and responsive to the changing needs of the local community.

Work also continued on the development of a new model of integrated primary and community care for the South West Growth Centre. This model has been developed in partnership with important stakeholders such as the Medicare Local, University of Western Sydney, UrbanGrowth NSW and private land developers. It will mean local residents can access at a one-stop shop a range of health services including general practitioners, community health and some specialist health services.

A fundamental strategic direction to improve the health of local communities is a strong focus on health research. A vibrant research community means we can attract the best clinicians and ensures we can provide the latest in clinical care. Importantly this year the District released its Research Strategy, which sets research directions and will support health researchers into the future.

Establishing these important strategic directions and strategies will help us meet the needs of our fast-growing communities. I would like to thank all those who contributed and look forward to working with you as the plans are implemented across the District.

Chief Executive's Review 2012/13

Ms Amanda Larkin



It gives me great pleasure to share a few of the many achievements that SWSLHD has accomplished over the past 12 months.

I am particularly proud that the District has continued its commitment to improving the health of Aboriginal communities, by implementing a Respecting the Difference e-learning program which has now been completed by more than 4,000 staff.

Thanks to this training, the majority of staff report a better understanding of the challenges and barriers Aboriginal people face when accessing healthcare services and the need for equity, sensitivity and accessibility of healthcare services to Aboriginal communities.

The \$139 million redevelopment of Campbelltown Hospital is well underway, with a 24-hour medical helipad and new carpark already completed. The construction of a new multi-storey clinical building, the centrepiece of the project, has commenced and will house inpatient wards and ambulatory, outpatient, allied health, pathology and clinical information services.

We were also excited to welcome the opening of the Clinical Skills and Simulation Centre at Liverpool Hospital, in conjunction with the University of NSW, University of Western Sydney and the Ingham Institute. The new medical training facility hosts modern simulation equipment including a high-fidelity robotic mannequin and two of Australia's few fully-simulated operating theatres.

Our staff continue to be recognised for their hard work in all areas of research, service delivery and patient care. District staff were awarded two NSW Health Awards from a total of six finalists, for striving to innovate and continually improve services.

The SWSLHD Human Research Ethics Committee has also achieved national certification by the NHMRC, which allows it to review multi-centre research applications.

I would like to offer a special thank you to staff involved in the implementation of the National Emergency Access Target (NEAT), which requires all patients attending the Emergency Department (ED) to be seen and streamed to an appropriate care pathway within four hours.

NEAT is an important step to ensure patients receive timely access to high-quality care. Although it has provided us with a significant challenge, it's also an opportunity for us to re-think how we can deliver the very best healthcare to our community.

I am very pleased that the District performed well in 2012/2013 and met its financial targets. A great deal of work was undertaken to prepare for the implementation of Activity-Based Funding (ABF), which was used to allocate a portion of the budget.

Thank you to all staff, volunteers, Board members and community participation representatives for the hard work and dedication that has made these achievements possible.

SOUTH WESTERN SYDNEY LOCAL HEALTH DISTRICT (SWSLHD)



SWSLHD Hospitals

- H1** Bankstown-Lidcombe Hospital
- H2** Bowral and District Hospital
- H3** Camden Hospital
- H4** Campbelltown Hospital
- H5** Fairfield Hospital
- H6** Liverpool Hospital

Affiliated Health Organisations

- 7** Braeside Hospital
- 8** Carrington Centennial Care
- 9** Karitane
- 10** Karitane @ Camden
- 11** Scarba - South Western Sydney
- 12** Service for the Treatment & Rehabilitation of Torture & Trauma Survivors (STARTTS)

Major Community Health Centres

- 13** Bankstown
- 14** Bowral
- 15** Cabramatta
- 16** Fairfield
- 17** Hoxton Park
- 18** Ingleburn
- 19** Liverpool
- 20** Miller
- 21** Narellan
- 22** Prairiewood
- 23** Rosemeadow
- 24** Tahmoor

LOCAL GOVERNMENT AREAS



About South Western Sydney Local Health District

South Western Sydney Local Health District (SWSLHD) is one of the most ethnically-diverse and populous Local Health Districts in NSW. In 2012 there was an estimated 887,873 residents, or 12.2 per cent of the NSW population, living in the District.

The District continues to be one of the fastest-growing regions in the state. In the decade 2011-2021 the population is projected to grow by 21 per cent, increasing by around 18,000 people each year to reach 1.058 million people by 2021.

SWSLHD is comprised of seven Local Government Areas (LGAs), including Bankstown, Fairfield, Liverpool, Campbelltown, Camden, Wollondilly and Wingecarribee. It covers a land area of 6,243 square kilometres.

It is a vibrant, culturally diverse region with around 49 per cent of the population speaking a language other than English at home. This is most notable in Fairfield, where more than 74 per cent of the population speak a language other than English at home.

LGAs with the highest proportions of the population identifying as Aboriginal or Torres Strait Islander are Campbelltown, Wollondilly, Camden, Wingecarribee and Liverpool.

The SWSLHD population is growing by approximately 13,000 births per year, representing more than 13 per cent of all births in NSW. SWSLHD contains

areas with some of the highest birth rates in the state, with most LGAs well above the state average of 1.91 births per woman, including Wingecarribee (2.17), Bankstown (2.15), Wollondilly (2.08), Liverpool (2.07) and Camden (2.03) (Australian Bureau of Statistics, 2011).

Across south western Sydney, there are approximately 196,000 children aged 0 to 14 years who account for 22.2 per cent of the SWSLHD population.

There are more than 67,000 people over the age of 70 years (7.6 per cent of the population) living in the District. In the decade 2011-2021, the number of people aged over 70 years is expected to increase by 50 per cent. Hospital data indicates that SWSLHD residents 70 years and over utilised 38 per cent of all acute hospital bed days in 2011-2012 (NSW Ministry of Health Flow-Info V12.0).

By 2021, 40 per cent of all acute hospital bed days for SWSLHD residents are expected to be for those aged 70 years and over, an increase of 62 per cent in bed days for this age group (NSW Ministry of Health aIM2012 V2.1).

2012/2013 SWSLHD BOARD MEMBERS:

- **Professor Phillip Harris AM**, Chair
- **Ms Carolyn Burlew**, Deputy Chair
- **Mr John Gordon**
- **Ms Christine Carriage**
- **Mr Frank Conroy**
- **Professor Brad Frankum**
- **Mr Mark Johnson**
- **Professor Neil Merrett**
- **Dr Matthew Gray**
- **Ms Nina Berry**
- **Dr David Abi-Hanna**

2012/2013 SWSLHD EXECUTIVE:

- **Ms Amanda Larkin**, Chief Executive
- **Mr Graeme Loy**, Director of Operations
- **Ms Kung Lim**, Director of Nursing
- **Mr Greg King**, Director Finance
- **Mr Mark Zacka**, Director of Clinical Governance
- **Dr Brett Oliver**, Director of Medical Services
- **Ms Sue Colley**, Director of Allied Health

Highlights

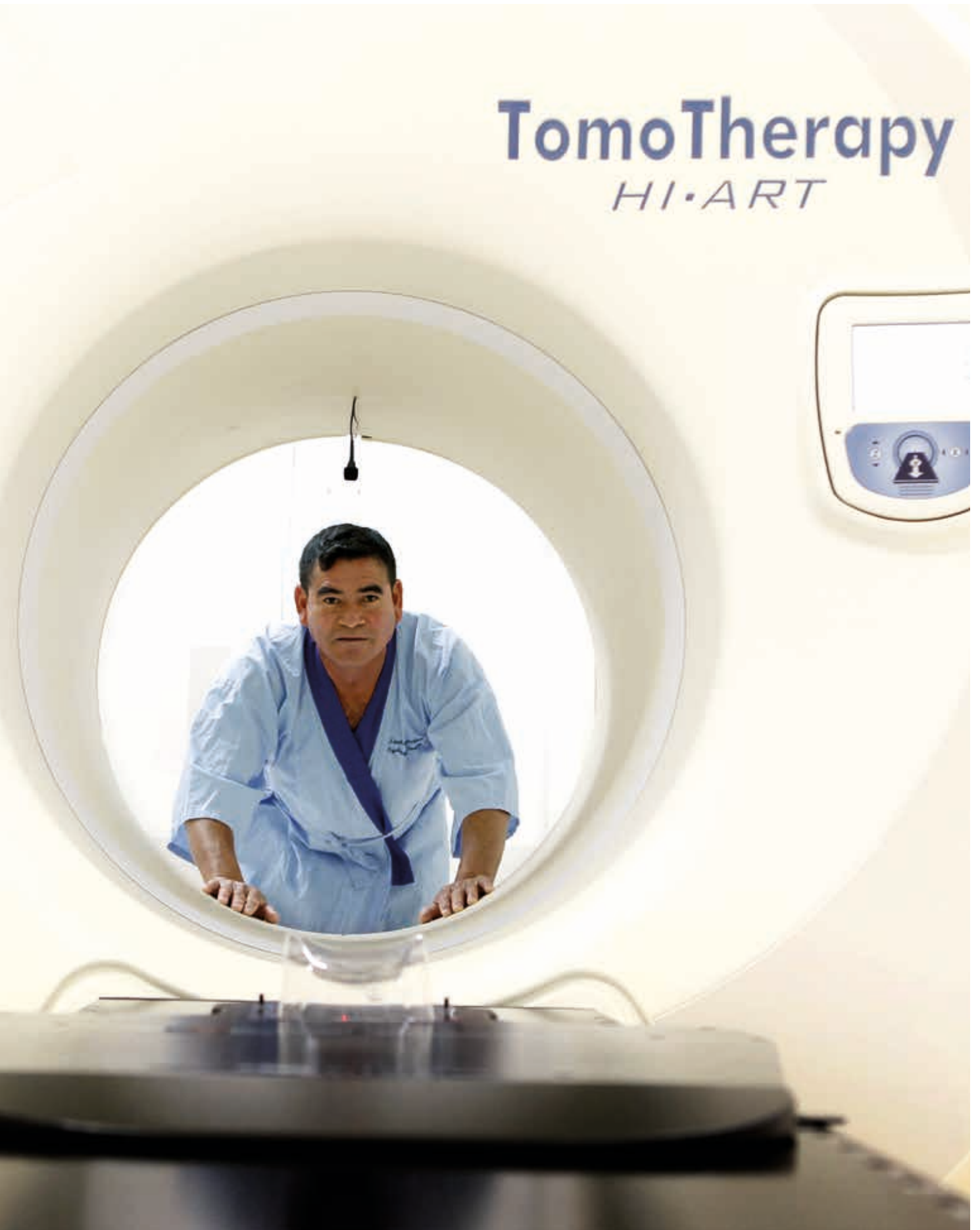
In 2012/2013 South Western Sydney Local Health District accomplished a great number of achievements including:

- Liverpool Hospital launched 200th Anniversary celebrations in 2013, opening a museum which houses historical memorabilia including medical equipment, instruments, films and uniforms. A 200th Anniversary website including photos, upcoming events and information on the Hospital's history was launched as part of the celebration.
- The Centre for Applied Nursing Research, in collaboration with SWSLHD and other oral health and antenatal services, developed a midwifery-initiated oral health dental service for pregnant women in south western Sydney. A grant was awarded by the National Health and Medical Research Council (NHMRC) to test the effectiveness of this service, which is the first of its kind in Australia.
- Liverpool Hospital began offering allogeneic stem cell transplantation to cancer patients requiring bone marrow transplants from a donor. This complex treatment is commonly used to treat blood cancers such as leukaemia and is the first service of its kind in the south western Sydney area.
- BreastScreen NSW opened a spacious new clinic in Liverpool, which was specially designed to offer free mammograms for the early detection of breast cancer for women aged 40 and over living in the Liverpool area.
- SWSLHD was awarded two NSW Health Awards for improvement in patient safety and building the health workforce. The Waterlow Wednesday project received the Improvement in Patient Safety award for preventing pressure injuries and the A Stitch in Time project received the Building Health Workforce award for professional development in neurosurgical nursing.
- Karitane launched the Camden Toddler Behaviour Clinic at Camden Hospital to guide and support families struggling with difficult behaviour in toddlers.



TomoTherapy

HI-ART



Patient Alfonso Quiroz was among the first to benefit from a new \$3.8 million tomotherapy machine installed at Liverpool Hospital.

- A \$3.8 million machine that treats cancer patients with precise radiation therapy was installed at Liverpool Hospital's Cancer Therapy Centre. The tomotherapy machine combines a CT scanner and linear accelerator to treat tumours with high energy x-rays, while imaging the treatment area to ensure the highest levels of accuracy.
- Work commenced on the \$139 million Campbelltown Hospital redevelopment. A 3D computer-generated model using gaming technology aided the design and construction of the multi-storey clinical building, which is the first stage and centrepiece of the project. As well as the new clinical building, a helipad and new carpark, the redevelopment will include the reconfiguration and expansion of the emergency department and spaces for allied health and maternity.
- Free Well Women's Clinics were established in community health centres across the District. The confidential service provides pap tests, breast checks, pregnancy tests, postnatal checks, sexual health tests and information on women's health topics including contraception, healthy living, menopause and emotional health.
- Campbelltown Hospital was accredited as a 24/7 Acute Stroke Thrombolysis Centre, with immediate access to clot-busting drugs that could save patients' lives and reduce the risk of permanent brain damage and disability.
- More than 300 health professionals from around the world attended the inaugural Sydney Diabetic Foot Conference held at Liverpool Hospital. Australia has one of the highest rates in the world for diabetes-related foot amputations and the aim of the conference was to improve education for health professionals in this area.
- More than 1,500 newly arrived refugees across Sydney have benefitted from a \$1.5million nurse-led health screening program. The Refugee Health Nurse Program provides health assessments and screening tests to newly arrived refugees across the state and links individuals and families to General Practitioners and the NSW Health system.



Clockwise from top left: The Ingham Institute Clinical Skills and Simulation Centre opened at Liverpool Hospital; A computer-generated model was used to help design a new multi-storey clinical building at Campbelltown Hospital; A spacious new Breastscreen Clinic opened at Liverpool in October 2012.



Clockwise from left: Liverpool Hospital celebrated its 200th anniversary in 2013; Staff at Fairfield Hospital took part in Aboriginal cultural awareness training; A \$1.5million nurse-led health screening program for newly arrived refugees was launched.

- Bankstown Hospital opened an Anophysiology Laboratory to investigate and assess patients with disorders of the rectum such as rectal cancer, inflammatory bowel disease and bowel treatments after complex colorectal surgery and physiotherapy. It is the first unit of its kind in SWSLHD.
- The Ingham Institute Clinical Skills & Simulation Centre, a new state-of-the-art medical training facility, was opened at Liverpool Hospital. The centre acts as an education hub for students and medical professionals and provides a simulated learning environment with high-level equipment including a high-fidelity robotic patient mannequin called SimMan and two of Australia's few fully-simulated operating theatres.
- A new Sub Acute Mental Health Unit was opened at Liverpool Hospital. The Unit has 20 beds and offers care and support for patients from a multidisciplinary team including diversional therapists, occupational therapists, social workers, psychiatrists and nursing staff.
- The Macarthur Cancer Therapy Centre (MCTC) marked its 10-year anniversary with a celebratory dinner. Staff, supporters and patients celebrated the MCTC's achievements over the past 10 years, particularly its efforts to deliver patient-centred care and develop innovations in cancer prevention, treatment and palliative care.
- Staff at Fairfield and Bowral Hospitals strengthened their commitment to significantly improving the health status of Aboriginal people by undertaking Aboriginal cultural awareness training. The Respecting the Difference training framework, developed by NSW Health, is designed to improve staff knowledge and understanding of the diverse culture, customs, heritage and protocols in Aboriginal families and communities in NSW.
- Medical specialists in the field of trauma met at Liverpool Hospital for the milestone 20th annual SWAN Trauma Conference. Trauma experts from countries such as Canada, South Africa, Ireland, New Zealand and Norway attended the two day trauma conference to share insights and expertise.
- Camden Hospital marked the end of its 110th anniversary celebrations with the burial of a new time capsule in the Heritage Auditorium. The time capsule, to be opened on the Hospital's 200th anniversary in 2102, included photos, a nurse's uniform, local newspapers, medical instruments and a document from the original time capsule.

FACILITIES

Bankstown-Lidcombe Hospital

Bankstown-Lidcombe Hospital is a principal referral hospital with tertiary links to the University of NSW, University of Sydney and University of Western Sydney. It provides a wide range of general medical, surgical and sub-specialty services to the Bankstown and Canterbury communities.

SNAPSHOT 2012/2013

Births:	2,204
ED attendances:	46,192
Admissions:	43,666
Non-admitted patient services:	332,862
Theatre operations:	9,628
Phone number:	(02) 9722 8000



The Hospital provides services such as emergency medicine, cardiology, cancer therapy, intensive care, maternity, paediatrics, mental health, drug health, imaging, rehabilitation and aged care.

Surgical sub-specialities include ear, nose and throat, colorectal, peripheral neurosurgery, ophthalmology, orthopaedics, plastics, upper gastrointestinal pancreatic and biliary, vascular, breast and urology. Medical sub-specialities include endocrinology, gastroenterology, infectious diseases, neurology, neurophysiology, renal medicine, respiratory and rheumatology.

In the 2012/2013 financial year, the Hospital established the only Ano-Rectal Diagnostic Unit in the District. Its purpose is to assess and treat patients with conditions including

cancer, inflammatory bowel disease and disorders of the bowel. The laboratory will also review women who have continence issues as a result of childbirth. The Renal Dialysis Unit expansion was also completed, bringing the number of dialysis chairs up to 17.

An Aboriginal Trainee Employment program was implemented, with five of the initial seven trainees permanently employed in roles including administrative, environmental and patient services. It is anticipated that three trainee assistants in nursing will obtain permanent positions at the completion of their two-year trainee period.

Future initiatives include the installation of Surginet and Provation technology, which will be fully functional by the end of 2013. Bankstown-Lidcombe Hospital is also working towards the implementation of a 24/7 theatre service to replace the call-back service currently in place. This service will enable patients to receive timely surgical intervention and decrease surgery cancellation due to a lack of theatre access.

Bankstown-Lidcombe Hospital will implement a Communities of Practice (COPS) model of care which has been recommended following a review of the Nursing Policy and Practice Committee. The COPS model of care is intended to inform practice, both general and specific, within related disciplines.

The Hospital is also looking to implement Home Wards in 2013/2014 which will realign Hospital beds and allow patients to be treated within specialist wards.

FACILITIES

Bowral and District Hospital

Bowral and District Hospital is a major rural hospital providing a wide range of services including general medical, obstetrics and gynaecology, paediatric, surgical, orthopaedics, ophthalmology, geriatric and emergency services.

Originally founded in 1889, Bowral and District Hospital has been serving the needs of its local population for almost 125 years.

From humble cottage origins, the Hospital has grown to a 92-bed facility offering a range of general and specialised services. Bowral and District Hospital has close links with a range of Sydney's teaching and referral hospitals including Liverpool, Fairfield, Bankstown and Campbelltown Hospitals.

In 2012/2013, the Hospital completed the refurbishment of the Old Hospital which has allowed for a more effective use of the clinic and public meeting spaces. A new outpatient clinic is currently under development in conjunction with the University of Wollongong.

Nursing staff have improved clinical practice in the areas of leadership, professionalism and patient safety – implementing best practice standards consistently across the Hospital – while additional staff joined the Hospital in the areas of obstetrics, gynaecology and rehabilitation medicine.

SNAPSHOT 2012/2013

Births:	450
ED attendances:	17,527
Admissions:	8,581
Non-admitted patient services:	89,743
Theatre operations:	2,776
Phone number:	(02) 4861 0200



Bowral and District Hospital continues to engage with the local Aboriginal community, supporting Close the Gap initiatives and working towards developing appropriate medical outreach and support clinics.

Bowral and District Hospital is planning to mark its 125th anniversary in 2014 with a number of events to celebrate this significant milestone.

FACILITIES

Camden and Campbelltown Hospitals

Camden and Campbelltown Hospitals operate under a common executive management structure with networked services for residents of the Macarthur region which includes Camden, Campbelltown and Wollondilly.

The services provided at Camden and Campbelltown Hospitals include intensive care, cardiology, maternity, gynaecology, oncology, palliative care, respiratory and stroke medicine, surgery, rehabilitation, emergency medicine and aged care services. Camden and Campbelltown Hospitals work in partnership with the Sydney Children's Hospital to provide paediatric services to the Macarthur region.



The NSW Government has committed \$139 million for the expansion of Campbelltown Hospital and early works for the Stage 1 Redevelopment have been completed. These include additional parking; a relocated medical helipad; expansion of the loading dock to ensure the continued provision of supply services; and the enhancement of essential services such as water and electricity to meet the growing requirements of the Hospital.

The next step of the Campbelltown Hospital Stage 1 Redevelopment has commenced, including construction of a new multi-storey clinical building. The new clinical building will include 90 new beds with capacity for 120 beds and an expanded outpatient and ambulatory

services floor. The interior of the existing buildings will also be refurbished to create four new birthing suites, two new interventional suites and an expanded Emergency Department with a specialty paediatric area.

Camden and Campbelltown Hospitals continue to strengthen the medical workforce and support the growth of the Hospitals. Both Hospitals are now accredited by the Health Education and Training Institute (HETI) as a '5-term' site, which allows Junior Medical Officers to work at the Hospitals for two years after graduation in a highly-supervised environment. Accreditation has also been achieved for paediatric surgery and neurology registrars by the Royal Australasian College of Surgeons and Australasian College of Emergency Medicine.

Two new specialist training program positions have been appointed for geriatrics, medical assessment units and medical outpatient clinics. A new clinical superintendent of urology will also join the Hospital moving forward.

Campbelltown and Camden Hospitals achieved an 'A' rating in its most recent Work Health and Safety (WHS) audit, significantly increasing its score from the previous audit in 2011. In the audit, the WHS Consultative Structure was highly praised. This incorporates Health and Safety Representatives (HSRs) who are elected through a facility-based nomination process which gives all Camden and Campbelltown Hospital employees the opportunity to elect representatives for their facility.

Currently there are seven active HSRs at Campbelltown Hospital and three at Camden Hospital. HSRs have developed a clear and accessible structure for staff to highlight risks and WHS matters. The Executive are strongly engaged with HSRs to ensure a collaborative approach to WHS.

SNAPSHOT 2012/2013

CAMDEN

ED attendances:	12,582
Admissions:	2,426
Non-admitted patient services:	140,130
Phone number:	(02) 4634 3000

CAMPBELLTOWN

Births:	2,884
ED attendances:	58,689
Admissions:	41,888
Non-admitted patient services:	466,309
Theatre Operations:	9,094
Phone number:	(02) 4634 3000



FACILITIES

Fairfield Hospital

Fairfield Hospital is an acute general hospital based in one of the most multicultural and diverse communities in Australia. It celebrates the language, religious and cultural diversity of the Fairfield, Smithfield and Cabramatta areas. The Hospital provides a wide range of hospital and community-based health services including acute care in medicine, surgery, obstetrics, paediatrics, geriatrics, rehabilitation and emergency medicine.

In 2012/2013, Fairfield Hospital met the national requirement of over 70 per cent of patients treated in the Emergency Department within four hours of their arrival.

The Fairfield Orthopaedic Hip and Knee Service (FOHKS) was the winner of the 'Improving access to timely quality healthcare' category at the 2012 SWSLHD Quality Awards. FOHKS is a pilot site involved with the Osteoarthritis Chronic Care Program (OACCP). The new model of care has resulted in improved access for priority patients and allows earlier identification and management of chronic diseases, resulting in fewer cancellations of surgery at pre-admission.

Arnold Tammekand commenced as General Manager of Fairfield Hospital in March 2013, bringing substantial experience in nursing and senior management to the role. He is also a surveyor for the Australian Council of Healthcare Standards.

An additional Registrar and Junior Medical Officer commenced at Fairfield Hospital, providing the resources to introduce a fourth medical team. The introduction of this additional resource has distributed workloads more evenly, allowing more time for patient care and documentation. It has also facilitated a more efficient discharge planning and



early discharge process to provide increased access to beds for admitted patients in the Emergency Department.

Patients needing imaging procedures in radiology benefited from two new x-ray machines purchased during 2012/2013. The new digital machines produce high-quality images that can be sent electronically to treating physicians within minutes, reducing delays in turnaround time. They also use less radiation compared to conventional radiography, improving safety for patients.

Funding was secured for the purchase of 104 new electric beds for patients at Fairfield Hospital. The new beds improve patient comfort and wellbeing and help staff to provide high-quality care without compromising workplace safety. Four of the beds are designed specifically for the Coronary Care Unit and allow patients to raise beds into a sitting position to assist breathing. In addition, donations from the Fairfield Hospital Auxiliary contributed to the purchase of two defibrillators, two electric beds and one vital signs monitor to benefit patients.

SNAPSHOT 2012/2013

Births:	1,958
ED attendances:	33,341
Admissions:	29,064
Non-admitted patient services:	285,348
Theatre operations:	5,781
Phone number:	(02) 9616 8111



FACILITIES

Liverpool Hospital

Liverpool Hospital has been operating continuously since the end of the eighteenth century. It was originally run as a hospital for soldiers and convicts, starting as a tent hospital in the early 1790s.

In 2013, Liverpool Hospital celebrated 200 years of continuous service to the community with the anniversary of the first brick hospital which was established on the banks of the Georges River in 1813.

NSW Health Minister Jillian Skinner officially launched the celebrations on 1 March 2013 with the opening of the Liverpool Hospital Museum, a historical exhibition along the hospital concourse and a presentation of staff long-service awards. It was the first in a year-long calendar of events to celebrate the Hospital's anniversary.

As part of these celebrations, Liverpool Hospital was awarded the Mayoral Macquarie Award by Mayor Ned Mannoun at the 2013 Australia Day Awards Ceremony, in recognition for service to the community over the past 200 years.

The Hospital is the major health service for south western Sydney, providing services to the local government area of Liverpool City Council as well as district services to residents and visitors in the area. It also provides a range of state-wide services in areas such as critical care and trauma, neonatal intensive care and brain injury rehabilitation.

The Hospital provides a wide range of diagnostic and imaging services, emergency and trauma care, maternity,

SNAPSHOT 2012/2013

Births:	3,208
ED attendances:	69,779
Admissions:	73,626
Non-admitted patient services:	988,323
Theatre operations:	14,636
Phone number:	(02) 8738 3000

paediatric, cancer care, mental health, ambulatory care, allied health and medical and surgical services from birth to aged care.

Liverpool Hospital is a principal referral and teaching Hospital of the University of NSW and the University of Western Sydney. It also welcomes students from over 20 universities and colleges.

The Hospital has continued its focus on innovation and development of best practice in patient care, winning two NSW Health Awards in the areas of improvement in patient safety and building the health workforce. The Liverpool Hospital Emergency Department was also awarded the 2012 Australasian Emergency Department of the Year by the College of Emergency Nursing Australia (CENA).

The ongoing \$390 million redevelopment has provided additional services and bed enhancements in the areas of emergency medicine, imaging, endoscopy, critical care, theatres, allied health, cardiology, vascular, diabetes, pain and haematology. Liverpool Hospital now has capacity for 875 beds, 23 operating rooms and 60 critical care beds.



KARTANE
DELA who
ing Unit Manager
KARTANE



BabyBjörn

Affiliated Health Services

South Western Sydney Local Health District is affiliated with a number of local organisations which provide important and varied health services to the residents of south western Sydney.

Braeside Hospital

Braeside Hospital is a 72-bed public hospital in Fairfield that provides inpatient, outpatient and community services to the residents of south western Sydney. Specialised services offered at Braeside include rehabilitation, palliative care and older persons' mental health.

Carrington Centennial Care

Carrington Centennial Care is a non-profit, public benevolent organisation that provides a range of services including residential care, assisted living, care in the community and respite services. Carrington is based in Camden and has been providing care to the community since 1889.

Karitane

Karitane aims to empower families by enhancing parenting knowledge, skills and confidence, both antenatally and with children up to five years of age, allowing clients to make a successful adjustment to parenthood. Karitane provides primary, secondary and tertiary level early intervention services and education programs for families and service providers.



Scarba

South West Sydney Scarba Service is an outreach child protection service based at Ingleburn. The service is staffed by a multidisciplinary team who work with families to resolve child protection issues and increase safety of children within the home.

STARTTS

The NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS) is one of Australia's leading organisations for the treatment and rehabilitation of torture and trauma survivors, helping refugees recover from their experiences and build a new life in Australia. Services include counselling, group therapy, physiotherapy, group activities and outings, camps for children and young people, and community development.

Aboriginal Health

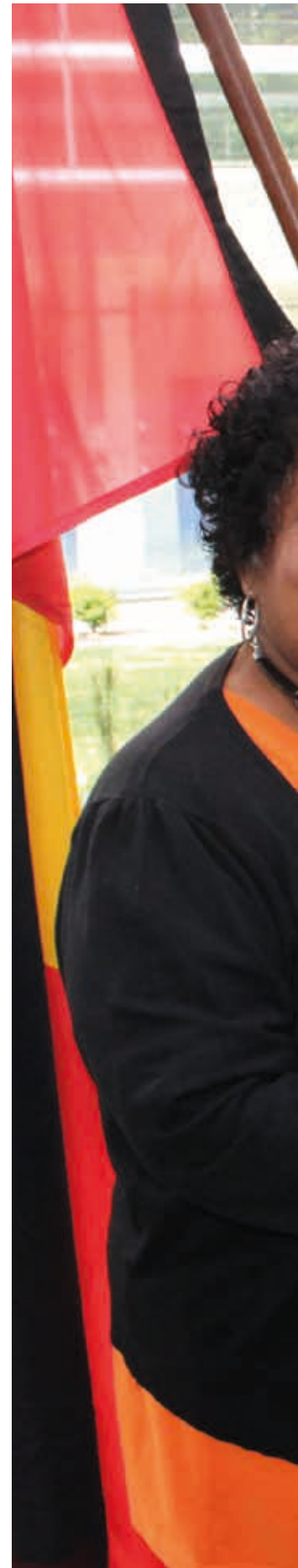
To help meet the health needs of its Aboriginal communities, the District provides a range of culturally-specific services and programs, including chronic disease, child and maternal health, drug and alcohol, sexual health, health promotion, youth health, mental health and liaison and support services.

Child and maternal health services are a critical component of the District's efforts to Close the Gap in Aboriginal communities. The District currently operates two home-visiting programs for mothers and babies: the Bulundidi Gudadga program, which operates out of Narellan Community Health Centre; and the Cannalgalleon (New Directions) and Teenage Mums programs based at Hoxton Park Community Health Centre. The Aboriginal Maternal Health Infant Strategy (AMIHS) program also provides antenatal support to new mothers. There are more than 270 families currently receiving support via these programs across the District.

Chronic disease prevention and management is also a key priority for the District. The Budyari Aboriginal Community Health Centre at Miller is home to the Aboriginal Chronic Care Team that provides a range of services targeting diabetes, cardiovascular disease, renal disease and respiratory health. The Aboriginal Chronic Care Team provides education, care coordination and support to Aboriginal patients who have or are at risk of developing a chronic disease, providing them with access to a range of specialist and allied health services. There are currently more than 170 people accessing this service.

Aboriginal Health has also invested heavily to improve the District's cultural competence and ability to respond to the health needs of its Aboriginal communities. More than 4,000 staff have completed the online Respecting the Difference cultural awareness training. The District has also established regular Aboriginal Health Forums at a number of its hospitals, which are sponsored by the facility executives. These forums have resulted in a number of positive initiatives, including a pilot project to improve Aboriginal identification rates at Liverpool Hospital, the development of an Aboriginal Lounge at Campbelltown Hospital and the creation of an Aboriginal-identified social work position at Bankstown Hospital.

Priorities for 2013/2014 will focus on ensuring there is an Aboriginal Liaison Officer at each hospital in the District and continued expansion of the Aboriginal Chronic Care program, with a particular focus on improving capacity to follow-up and support Aboriginal patients discharged from hospitals. Aboriginal Health will also roll out the next phase of Respecting the Difference training, which will involve face-to-face training for all staff.



6 The District is committed to helping close the 10-17 year life expectancy gap between Aboriginal and non-Aboriginal Australians.



Allied Health

The Allied Health Division comprises a number of disciplines including physiotherapy, psychology, nutrition and dietetics, occupational therapy, orthoptics, speech pathology, social work and podiatry. Allied Health clinicians provide services in a variety of settings from inpatient acute services to outpatient and home based therapies across hospital and community health facilities in SWSLHD. Allied Health assists individuals and families across all age groups and all services focus strongly on patient-centred care.

In 2012/2013 the Division's work in research has continued with journal papers published, staff presenting at conferences and continued development of evidence based practice.

A number of staff were recognised by professional associations or the District for their contribution to research and evidence based practice.

These include: Karl Schurr and Kate Scrivener (Physiotherapy), Ruth Vo and Robyn Barnes (Nutrition and Dietetics), Armalie Muller (Speech Pathology). The 2012 Allied Health Research Forum was well attended and provided valuable sharing and acknowledgement of the research efforts of staff.

The year included a number of excellent teaching opportunities for staff such as advanced clinical practice events, conferences, showcase days, professional development days, simulation centre training and further development of competency frameworks and tools to ensure staff achieve high levels of skill and performance.

Governance of Allied Health staff has received increased focus this year, resulting in the creation and implementation of the SWSLHD Director of Allied Health role as well as Directors of Allied Health at Campbelltown and Liverpool Hospitals. Bankstown-Lidcombe Hospital's Director of Allied Health will begin in January 2014.



A number of grants from Health Workforce Australia were awarded, supporting an increased focus on undergraduate training. This has coincided with the introduction of the Clin Connect information management system to support the booking and tracking processes for placement of students.

Going forward, the Division will continue to focus on quality and innovation with particular emphasis on models of care, improving efficiency and patient outcomes. Current projects include looking at placements in supported care and residential aged care, improving access to therapy following hand injuries, models of care for Community Health social work and psychology services, end of life care and dysphagia (swallowing) management, the implementation of tracheostomy guidelines, improvements in nutritional care in hospitals and the further implementation of after hours services.

The implementation of comprehensive data sets and electronic medical records and databases will help provide timely documentation for all clients and will improve access to clinical information across facilities and services.

Community Health

Community Health provides a range of primary care, prevention, early intervention, post-acute treatment, health maintenance and continuing care services. Services are delivered from more than 20 Community Health and 40 Early Childhood Centres as well as preschools, schools and homes.

Community Health Nursing delivers post acute care, general nursing and palliative care nursing in the home and in specialised clinics. Child and Family Services include home visiting and early childhood clinics, early detection and intervention services for children, and counselling or casework services to support vulnerable families.

Community Health also work with vulnerable target populations including multicultural health, sexual health, women's health, sexual assault, nutrition, youth health, community development initiatives and targeted chronic disease management with Aboriginal communities.

Other clinical services that provide care in community settings include oral health, drug health, mental health, aged care and rehabilitation, respiratory and cardiovascular services.

In the 2012/2013 financial year, Community Health implemented the Triple I (Hub) – a centralised intake, information and intervention service delivering a streamlined method of referrals to Community Health Nursing and Aged and Chronic Care Services. This innovative service is made up of skilled case managers who take responsibility for working with primary health care providers like General Practitioners to ensure service provision is client rather than organisationally-driven.

Community Health also established a new referral pathway, central referral point and reporting system for young people living in out-of-home care. The new system was designed in consultation with the NSW Department of Family and Community Services to ensure that at-risk young people who are no longer living with their families receive a comprehensive health assessment and the necessary follow-up care.

A rollout of the new Supporting Families Early Perinatal Psychosocial Guidelines has standardised practice across maternity

hospitals and child and family nursing teams in SWSLHD. The guidelines have allowed clinicians to review the Supporting Families Early Policy and enhance processes according to best practice.

This initiative has resulted in: increased reviews of women to ensure they are connected to services; development of post-natal multidisciplinary meetings to enhance continuity of care for identified vulnerable families and development of service level agreements with non-government partner agencies.

Future directions for Community Health include an expansion of the Triple I (Hub) to better incorporate child and family services and chronic care programs. Point of care electronic medical records for community health nursing will also be introduced.

Youth Health Services will also be restructured to ensure there is a consistent approach to clinical service delivery and health promotion for at-risk young people in south western Sydney.



Drug Health

Drug Health Services operates across Sydney and South Western Sydney Local Districts, providing a range of treatments and interventions at hospitals and community health centres to address the needs of those who are drug and alcohol dependant.



Drug Health Services aims to improve health and reduce drug-related harm for individuals, their families and the south western Sydney community. The service recognises the interactions between drug and alcohol issues and other health and social problems, providing equity of access through a comprehensive range of specialist treatment and support services.

In 2012/2013, Drug Health Services achieved a number of milestones including caring for 1,027 patients in the opioid treatment programs. These programs provide treatment for people who are dependent on prescribed or illicit opioid drugs with a focus on case management to ensure patients have access to a range of interventions as well as support to address associated health and social problems.

The Perinatal Service provides support to pregnant women who have drug and alcohol problems, with 248 women and their families supported through their pregnancy and post-natal periods across the District.

Aboriginal Health continues to be a key focus for Drug Health Services and a perinatal nurse specialist and Aboriginal trainee remain employed to enhance the Aboriginal Maternal Infant Health Service (AMIHS) in the Macarthur region. Under this program, the Aboriginal trainee has successfully completed an Advance Diploma in Aboriginal and Torres Strait Islander Primary Health and has commenced a Bachelor of Health Science in Indigenous Health Studies.

Drug Health Services has also established a partnership with Tharawal Aboriginal Medical Service in Airds to trial a specialist drug and alcohol outpatient clinic. The clinic commenced in June 2013 and aims to integrate care and services for Aboriginal people with substance dependence.

The Outpatient Drug and Alcohol Withdrawal Program at Bowral is a partnership between Drug Health Services, SWS Medicare Local and local hospitals which engages GPs. It has resulted in reduced hospital admissions and length of stay, improved engagement and treatment of patients, and improved coordination of care and follow-up. The service provides a collaborative and holistic approach to treating physical, mental and social issues that patients may face. Face-to-face sessions with patients increased from 39 to 111 and GP involvement increased from three per cent to 100 per cent in the period December 2010 to April 2013. Drug Health has implemented this model in Fairfield and plans to extend the service to Liverpool.

Drug Health Services is committed to protecting the community from the spread of blood-borne viruses such as HIV and hepatitis C, principally through the distribution of sterile injecting equipment to intravenous drug users. This program is often the first point of contact between health services and also provides health promotion and referral into drug treatment, welfare and community agencies. A pilot hepatitis B vaccination clinic at Liverpool Hospital has recently been developed, where clients are offered screening and vaccinations.

Mental Health

Mental Health operates as a comprehensive and integrated service across Sydney and South Western Sydney Local Health Districts. Community mental health services in SWSLHD are located at Bankstown, Bowral, Campbelltown, Fairfield, Liverpool and Tahmoor, with inpatient services provided at Bankstown, Liverpool, Campbelltown and Bowral Hospitals.

A \$12.8 million sub acute Mental Health Unit at Liverpool Hospital was officially opened by the NSW Minister for Mental Health, Kevin Humphries. The 20-bed unit forms an integral part of the SWSLHD mental health service and caters for patients who have previously been treated in an acute ward and are now transferring into a sub acute setting as part of their ongoing recovery. The unit also provides support to patients living in the community who require assistance, but not the intensive services of an acute unit. The unit features a number of therapeutic patient areas including a gym, quiet rooms and an activity room with arts and crafts.

Sustained and effective partnerships continue with related service providers, including government and non-government organisations, and South Western Sydney Medicare Local.

A clinical redesign project to address length of stay in mental health inpatient units was undertaken, with implementation of strategies a priority for the remainder of 2013. A review of community mental health services was also conducted and provided a platform for the ongoing improvement of services. Recommendations of the review are in the process of being implemented and will remain a focus throughout the coming year.

Mental Health improved its National Emergency Access Target (NEAT) performance from by almost 30 per cent this year. Ongoing efforts to further improve this result will be a focus in 2013/2014.

The inpatient mental health services of SWSLHD discharged 3019 people in the 2012-13 financial year. In preparation for ABF funding the mental health service has focused on redesigning business processes to capture data and engage clinicians. The recording of community contacts has increased by 24% over the 2012-13 financial year. These improvements are being driven by quality improvement initiatives, specialised eMR training, user manuals and online resources. Monthly performance reports allow managers and clinicians to monitor local performance of key service processes and particular types of clinical activity.





Oral Health

Sydney and South Western Sydney Oral Health Services (OHS) and Sydney Dental Hospital (SDH) aim to protect, promote, maintain and improve the oral health of people in SWSLHD. OHS deliver high-quality, affordable and well-managed dental services to patients.

OHS incorporates the Sydney Dental Hospital, a tertiary dental teaching and training hospital and 15 community and hospital-based community oral health clinics in Sydney and south western Sydney. OHS works collaboratively with the University of Sydney, Newcastle University and TAFE for the training of dental officers, dental specialists, oral health therapists and dental prosthetists. Services also include delivery of continuing education courses and training of dental auxiliaries.

OHS increased patient access to emergency and routine dental services along with general anaesthetic services for oral surgery at Liverpool Hospital and recruited and retained skilled dental clinicians in south western Sydney and the Southern Highlands. It has continued paediatric dentistry services under general anaesthesia at Campbelltown Hospital and collaborated with Family and Community Services and its clients.

It continues to improve access to services, including its ongoing work in the Early Childhood Oral Health Program, a community-based early intervention program integrating

6 It continues to improve access to services, including its ongoing work in the Early Childhood Oral Health Program.

dental, medical and dietary service delivery to preschool-aged children.

Future directions for OHS include continued participation in the Commonwealth Government's Volunteer Dental Graduate Year Program and the development of clinical hubs at Liverpool and Campbelltown Hospitals to further improve access to oral health services. Continuation of the National Partnership Agreement for oral health between NSW and the Commonwealth Government and participation in 'Growing up Smiling', a \$4.1 billion Commonwealth Government initiative targeting children's oral health treatments commencing in January 2014, will allow OHS to improve oral health outcomes for the eligible population in SWSLHD.

Population Health

The SWSLHD Population Health service aims to protect and promote the health of the local population. The service works with partners to deliver a comprehensive range of high-quality, evidence-based programs. Population Health strives to achieve equity of health status and health service access across the population.

Population Health comprises the Health Promotion Service; Public Health Unit; Centre for Research, Evidence Management and Surveillance; HIV and Related Programs; Multicultural HIV and Hepatitis Service; NSW Refugee Health Service; Centre for Health Equity Training, Research and Evaluation (CHETRE); and Population Health Directorate.

The NSW Refugee Health Service implemented the Refugee Health Nurse Program across metropolitan Sydney, establishing 11 clinical sites. From October 2012, over 2,820 newly-arrived refugees registered for a health assessment, including physical and psychological screening and connection to General Practitioners and other health services.

Access to the Needle Syringe Program was increased with the installation of six high-capacity automatic dispensing machines and 15 sharps disposal units.

In the final quarter of 2012, 92.6 per cent of all two-year-old children had completed all doses of scheduled immunisations. Coverage of Aboriginal children was 86 per cent. The Public Health Unit employed an Aboriginal Immunisation Liaison Officer in 2013 to improve immunisation rates of Aboriginal children.

From April to December 2012, the Public Health Unit responded to the largest measles outbreak in NSW in the past 15 years, with a total of 126 cases.

The Healthy Children's Initiative ran a series of programs to address childhood obesity, including the 'Munch & Move' and 'Live Life Well @ School' nutrition and physical activity programs. 172 primary schools (65 per cent) are registered for Live Life Well @ School, while 343 Early Childhood Education and Care Services (75 per cent) and 6 Family Day Care Schemes (75 per cent) run Munch & Move.

The NSW Multicultural HIV and Hepatitis Service distributed 25,300 copies of the multilingual resource



'Hepatitis B – It's Family Business' and conducted seven workforce development workshops and 25 education workshops with the Korean community.

The Health Promotion Service worked with Liverpool Hospital to implement the Active Travel Plan with the aim of increasing walking, cycling and public transport to, from and at work.

In 2013/2014, the Public Health Unit will provide targeted education and monitoring programs to improve compliance of smoking restrictions in outdoor spaces under the Smoke Free Environment Act. The Aboriginal Tobacco Control Project will focus on smoking in pregnant women, with the introduction of a 'Quit 4 New Life' project in clinical and community health services.

CHETRE will run learning-by-doing training on health impact assessments and working in geographically disadvantaged communities, for District staff and partner organisations.

Aged Care and Rehabilitation

Aged Care and Rehabilitation provides inpatient, community and home-based services for frail aged and disabled persons. Services include geriatric medicine, general rehabilitation, specialised brain injury and amputation rehabilitation, aged care assessment, nursing home placement, supported discharge, community therapy teams and respite care services.

Inpatient services are provided at each of the Hospitals within SWSLHD, with a specialised Brain Injury Rehabilitation Service at Liverpool Hospital and specialised Amputee Rehabilitation Services at Bankstown-Lidcombe, Liverpool, Braeside and Camden Hospitals.

Achievements include the establishment of the Triple I (Hub) intake, information and intervention service, which was undertaken in conjunction with Community Health to establish one access point for people requiring a range of services.

The co-ordination of the ComPacks Program via the Triple I (Hub) commenced in December 2012. Referrals are now screened and forwarded to providers for case management and supported discharge services on the basis of need and priority.

Centre-based day care programs have increased client numbers and participated in a number of community events during the year, including a multicultural event hosted by the Fairfield Service which was attended by the Philippine Consul General and the Mayor of Fairfield City Council.

The Disability and Carers' Committee was instrumental in facilitating a photographic exhibition for people with disabilities at Campbelltown Catholic Club in December 2012 and the Liverpool Respite Service was involved in the Community Care Common Standards Review in May 2013.



6 In the next decade the number of SWSLHD residents aged over 70 years is expected to increase by 50 per cent.





Critical Care

Critical Care incorporates a number of specialties including anaesthetics, emergency, intensive care and high dependency, pain services and organ and tissue donation services.

Services are provided across the District with anaesthetics and emergency services in every facility. Bowral and Fairfield Hospitals are supported by High Dependency Units, with Liverpool, Campbelltown and Bankstown-Lidcombe Hospitals offering Intensive Care and High Dependency Units.

Acute pain services are provided in all main facilities and a multidisciplinary chronic pain service supports the District from Liverpool Hospital.

The Organ and Tissue Donation Service has worked to increase awareness about the importance of communicating organ donation wishes to family and friends. It has also increased the number of donations to the NSW Bone Bank from patients undergoing hip replacements in SWSLHD.

Liverpool Chronic Pain Service has joined the Agency for Clinical Innovation (ACI) Chronic Pain Project, tasked with providing equitable and evidence-based pain services

that improve quality of life for people with pain and their families, and to minimise the burden of pain on individuals and the community.

Liverpool Intensive Care Unit (ICU) has commissioned an additional bed, increasing numbers to 18 intensive care and 11 high dependency beds.

Innovative strategies implemented throughout the last 12 months have seen the District's National Emergency Access Target (NEAT) performance increase by 10 per cent compared to last year. The NEAT continues to be a challenge for emergency departments and hospitals, with all facilities reviewing models of care and implementing changes to work toward the set target.

Campbelltown ED was the College of Emergency Nursing Australasia's Australian Emergency Department of the Year in 2012 and has been involved in planning the expansion of the emergency department as part of the Campbelltown Hospital redevelopment.

Cardiovascular Service

The SWSLHD Cardiovascular Service incorporates a broad range of clinical services including cardiology, cardiac diagnostics, cardiac interventions, cardiac rehabilitation, cardiac ambulatory services, cardiothoracic surgery, renal medicine, dialysis services, renal intervention, vascular surgery and vascular diagnostics.

In the 2012/2013 financial year, the Cardiovascular Service implemented reverse triaging across the District, which allows patients who suffer heart attacks to have cardiac procedures at Liverpool Hospital and then be transferred to a hospital close to home for their recovery. Inpatient cardiology services at Liverpool Hospital have increased to cater for this demand, opening 14 additional beds to enhance patient care and access to services.

More patients are having life-saving cardiothoracic surgery, with an increase in theatre access from 10 to 14 sessions per week. Additional time available in the cardiac catheterisation lab has also increased the amount of patients the service can care for when they experience life-threatening cardiac events. Plans continue for the establishment of two cardiac catheterisation suites at Campbelltown Hospital by 2014/2015.

Bankstown-Lidcombe, Campbelltown and Fairfield Hospitals have seen a significant increase in dialysis chairs that will improve access to local beds. Liverpool Hospital will open an additional six chairs in 2013 to cater to the growing demand for haemodialysis in the community.



Electronic medical records for renal patients have been introduced at all sites, allowing better access to patient information and enhanced documentation of clinical notes.

In addition to clinical services, there is a strong focus on research and education at each facility, in conjunction with the University of NSW and University of Western Sydney. A number of prestigious grants have been awarded to the Cardiology and Renal Departments at Liverpool Hospital and the Cardiovascular Service has had more than 30 articles published in peer-reviewed journals over the past year. The SWSLHD Renal Service was also awarded two out of a possible five awards from the Renal Society of Australasia.

The Cardiovascular Service will continue to improve the quality of patient care by fostering a strong research culture and utilising clinical and technological advances to better serve the community.



MOVING FORWARD, THE FOCUS REMAINS ON KEEPING PATIENTS OUT OF HOSPITAL BY EMPOWERING THEM TO SELF-MANAGE THEIR CHRONIC DISEASE AT HOME.

© Little
THIRD EDITION
RHEUMATOLOGY

Complex Care and Internal Medicine

Complex Care and Internal Medicine provides acute and chronic healthcare services to patients within hospitals and in the community.

These services and departments include: Neurology/Stroke; Neurophysiology; General Medicine; General Practice; Endocrinology including Diabetes; Infectious Diseases; Clinical Immunology and Allergy/HIV medicine; Clinical Genetics; Respiratory Medicine/Sleep Disorders; Rheumatology; Andrology; Oral Medicine and Medical Ambulatory Care Services.

In 2012/2013 a review of ambulatory care services was conducted across the District to ensure the core elements were being utilised, including hospital in the home and day hospital services. A self-review of medical assessment units was also conducted to ensure that they continue to perform well.

The Stroke Thrombolysis Centre at Campbelltown Hospital continues to operate 24-hours per day, seven days per

week. In Liverpool and Fairfield Hospitals, the Antibiotic Stewardship program has been expanded, with the appointment of a pharmacist and the rollout of computer guidance software to help reduce the use of broad-spectrum antibiotics.

A Clinical Nurse Consultant has been appointed to provide care to Aboriginal people with chronic disease in the community, enhancing the Connecting Care chronic disease management program.

Moving forward, the focus remains on keeping patients out of hospital by empowering them to self-manage their chronic disease at home. The Chronic Care Program combines disease-specific case management with intensive-care coordination in collaboration with General Practitioners and hospital specialists.



Gastroenterology and Liver

Gastroenterology and Liver incorporates a wide range of clinical services including gastroenterology, endoscopy, hepatology and liver, upper gastrointestinal surgery, colorectal surgery, hepatobiliary surgery and general surgery.



These services are provided on an inpatient and outpatient basis and underpinned by a strong culture of research and teaching. Grants totalling \$135,000 were received over the past year to support ongoing research in this area.

Bankstown-Lidcombe Hospital opened a purpose-built Anophysiology Laboratory which assesses patients with disorders of the rectum such as rectal cancer, inflammatory bowel disease and continence issues. It will greatly improve the quality of life for a wide range of patients.

The service also focused on enhancing patient care by assessing standards and guidelines to see where improvements could be made. Guidelines for the management of biliary leaks and the management of gastrointestinal bleeding were standardised and implemented across the District.

A nurse-led wound clinic was opened at Liverpool Hospital, enabling early discharge and ongoing management of colorectal patients. Information resources for patients and carers, designed to improve the treatment rates and reduce the incidence of hepatitis B and related liver cancer, were also launched at the Hospital.

The establishment of an Acute Surgical Unit at Liverpool Hospital has improved patient flow, reduced length of stay, improved access to operating theatres and improved supervision of trainees. The introduction of an Irritable Bowel Disease (IBD) nurse in the Hospital has also improved care for IBD patients across the District.

The endoscopy service at Liverpool Hospital has relocated to its purpose-built unit, and will function as the District's first stand-alone

Endoscopy Unit from August 2013. The Hospital is also looking to employ a hepatoma nurse to provide care coordination for patients suffering from liver cancer and hepatitis.

Campbelltown Hospital will dedicate a second operating theatre to endoscopy procedures to ensure timely, quality care to the community.

The service will continue developing services for the Aboriginal community, with medical and nursing hepatology outreach services commencing in Tharawal Aboriginal Medical Service from August 2013.

Medical Imaging

SWSLHD Medical Imaging provides a comprehensive range of tertiary level six diagnostic, consultative and therapeutic services through four Radiology and two Nuclear Medicine departments.

The four radiology departments provide 24-hour, on-site scan services for plain X-ray and CT, with a call-back service also available for Nuclear Medicine, MRI and interventional radiology at Liverpool Hospital.

There has been a considerable growth in the number of procedures performed during 2012/2013, highlighted by an increase of 20 per cent in emergency CT and a 15 per cent increase in interventional radiology services. The Medical Imaging department is meeting these demands with additional staffing available across the District and better after-hours cover by radiologists to meet the clinical demands of Emergency Department patients.

Liverpool Hospital's interventional radiology unit provides a comprehensive range of Level 1 services, including interventional neuroradiology, which is at the cutting-edge of medical advances and supports the rapid growth of minimally-invasive procedures.

Interventional radiology services are expected to increase over the next year at Liverpool Hospital, with planning underway for new services to be opened at Campbelltown and Bankstown-Lidcombe Hospitals in 2014/2015.

The Nuclear Medicine Department at Liverpool Hospital was the first site in the world to install the new model of GE's PET-CT in November 2012. The PET-CT has 'Time of Flight' technology that offers significantly improved diagnostic performance and a reduced patient radiation dose.

Campbelltown Hospital implemented the shared Picture Archiving and Communication System (PACS) and



Radiology Information System (RIS) in November 2012. The implementation of the PACS and RIS systems has improved efficiency, networking and benchmarking of radiology services across SWSLHD. Medical Imaging services will

look at enhancing this system further, to allow for better feedback to medical staff within the Hospital and to local General Practitioners in 2013.

Medical Imaging has also forged strong research and academic collaborations with groups including clinical streams, universities, the Ingham Institute and other professional and government bodies. Several collaborative research projects between radiology and cancer services were selected as highlight presentations at the annual Radiological Society of North America scientific meeting.



Paediatrics and Neonatology

Paediatrics and Neonatology provides care to newborn babies and children up to the age of 16 years.

Paediatric services include inpatient units, outpatient clinics, ambulatory care units, outreach clinics, home visits and specialist clinics in diabetes, allergy, neurology and cardiology in conjunction with the Sydney Children's Hospital. Neonatal services include a Neonatal Intensive Care Unit (NICU), special care nurseries, outreach services, lactation support, developmental assessments and outpatient clinics. The service is actively involved in education, training and research within the District.

The District treated an increased number of children in its five paediatric units, consistent with the growing population of south western Sydney. With a large projected growth of the child population over the next 20 years, it is important for the District to plan and develop services to meet their healthcare needs.

The service is focused on developing a model of care that provides support to parents and allows the child to be cared for in their own home. This helps avoid

hospitalisation, or where admission to hospital is necessary, aims to discharge the child as soon as medically safe.

Paediatrics and Neonatology, in conjunction with the Sydney Children's Hospital Network (SCHN), is working to provide a timely referral of acute and complex tertiary cases to specialised children's hospitals, with a transfer back to a SWSLHD hospital as soon as the child is well enough. The establishment of paediatric sub-speciality services in the District will also support the aim of treating children closer to home.

Paediatric ambulatory care services are already well-established in Campbelltown and Fairfield Hospitals, and similar services are being developed in Bankstown and Liverpool Hospitals in addition to short stay units.

Women's Health

Women's Health works in partnership with women and their families to provide healthcare during childbirth and throughout their life.

Services are offered through a network of systems including hospital, outreach and community health centres that coordinate the care of the women and their families in primary, secondary and tertiary settings.

Women's Health developed a number of successful initiatives including the expansion of outreach antenatal care services and the trial of a Community Midwifery Program at Liverpool Hospital, which provides follow-up for women and neonates in the community for 14 days post-delivery.

Women's Health is actively involved in providing advanced training to staff in the area of foetal surveillance, in conjunction with various education, training and research organisations.

It has developed and implemented a District-wide system for in utero transfer of prematurely labouring women as well as an Early Pregnancy Assessment Service at Bankstown-Lidcombe Hospital. A breastfeeding-friendly initiative has also been implemented at Bowral Hospital, while day surgery options for gynaecological procedures and access to gynaecology services at Bowral and Liverpool Hospital have been expanded.

Women's Health is actively involved in providing advanced training to staff in the area of foetal surveillance, in conjunction with various education, training and research organisations.

Future initiatives include a review of Midwifery Group Practice and General Practitioner Shared Care and a possible expansion of these services as well as the introduction of a homebirth model of care at Campbelltown Hospital.

It will also work towards standardising policy and procedures, as well as developing stronger links with South Western Sydney Medicare Local and GPs to further advance the care of women and their families.



Surgical Specialties

SWSLHD Surgical Specialties include neurosurgery, orthopaedics, ear, nose and throat, plastic and reconstructive surgery, oromaxillary facial surgery, hands, ophthalmology and trauma.



Services are provided on an inpatient and outpatient basis. Education, research and training activities support each of the specialities and connect with other clinical streams where required.

The District is implementing a new model of care for the Hands Department, which will improve patient access to emergency procedures and rehabilitation therapies at Fairfield Hospital.

The District has successfully gained ethics and governance approval for clinical and scientific review of the Hands Service transition from Liverpool to Fairfield Hospital. The aim of this study will be to determine the impact on costs, resources and patient care resulting from changed models of care for hand surgery in SWSLHD.

A collaborative review of the management of trauma patients across the District has resulted in an increased

number of patients able to be safely cared for in a hospital closer to home.

The Department of Neurosurgery has won a NSW Health Award for Clinical Practice Initiative for its new model of care related to nurses removing intracranial drains after clearance by the doctor. District Director of Surgical Specialties, Professor Ian Harris, was also the recipient of the Australian Orthopaedic Association Research Prize.

The annual SWAN Trauma Conference continues to be an international leader in trauma education and skill development through a multidisciplinary, definitive surgical trauma course.

All services remain engaged in research activities and have been successful in gaining MAA, HCF and NHMRC funding grants to support research.



ALL SERVICES REMAIN ENGAGED IN RESEARCH ACTIVITIES AND HAVE BEEN SUCCESSFUL IN GAINING MAA, HCF AND NHMRC FUNDING GRANTS TO SUPPORT RESEARCH.

Cancer Services

Cancer Services represents 31 service responsibilities, 10 departments and eight facilities. It offers a full schedule of support programs for families, carers and staff, as well as education materials for specific tumour groups.

Governance of Cancer Services is led by the SWSLHD Director of Cancer Services and the Cancer Council, which includes consumer representatives. Committees that report to the Council include Research, Education, Quality and Consumer Advisory Committees.

The past year has seen a significant increase in demand for Cancer Services, with 30,000 chemotherapy treatments and 28,000 radiotherapy treatments provided across the District. This is due to a growing and ageing population living in SWSLHD and improved local referral pathways. However, there has been a measurable increase in positive feedback from patients and carers for the service.

Planning commenced for Wellness Centres at Liverpool and Camden, which will support patients, cancer survivors and their families with information, advice, psychological

support and tailored programs following cancer diagnosis and treatment. The Wellness Centres will be funded by donations from corporate supporters and the community.

The Macarthur Cancer Therapy Centre celebrated its 10th anniversary, recognising the high-quality care provided to patients and achievements in cancer prevention, treatment and palliative care.

The SWSLHD Translational Cancer Research Unit (TCRU) was established and received its first grant from the NSW Cancer Institute, with positive feedback from its first external review. A pilot study in colorectal cancer is now underway. The TCRU has also joined forces with Illawarra Shoalhaven Local Health District to ensure a collaborative approach to grant funding opportunities.





The NSW Cancer Institute has provided grants to support a range of cancer research programs, including the use of technology to collect patient-reported outcome measures, improving the interaction between the Oncology Service and General Practitioners and projects focusing on Aboriginal cancer care.

The SWSLHD Translational Cancer Research Unit (TCRU) was established and received its first grant from the NSW Cancer Institute, with positive feedback from its first external review.

Liverpool Hospital achieved some significant goals, including the completion of the Australian Research Bunker and the establishment of the Inpatient Palliative Care Unit and Haematology Step-down Unit. The Hospital now offers Allogeneic Bone Marrow Transplantation and has received a \$3.8 million tomotherapy radiotherapy

machine that enables doctors to treat certain tumours with increased accuracy.

Both Liverpool and Macarthur Cancer Therapy Centres received new patient information screens and further developed their acute oncology nurse assessment clinics, while Bankstown Cancer Centre developed a strategic plan for 2013/2014 following a planning day in December 2012. A SWSLHD Cancer Services strategic plan is also underway for 2014-2016.

Consumer and Community Participation

The SWSLHD Consumer and Community Participation (CCP) Unit includes a District Manager, part-time facility-based Managers and approximately 120 registered members. Other participants identify as health consumers, patients, carers, advocates and community members. The District captures their voices, ideas and suggestions to ensure high-quality healthcare services are provided to the south western Sydney community.



The CCP Framework introduced in 2012 became the platform for several training sessions throughout the year, with a focus on the value of consumer participation. This was undertaken in preparation for the introduction of National EQulP standards by the Australian Commission on Safety and Quality in Health Care.

A gap analysis was conducted to assess the Districts strengths and challenges to effectively implement the 'Partnering with Consumers' element of the CCP Framework. This analysis will form a working document and key resource to assist the District, help staff better understand the new standards and improve working relationships with patients, carers and families.

The past twelve months has seen the sad passing of former Consumer Community Council Chair Mr Bill Little. Bill was one of the founding members of the Fairfield Community Participation Network and has left a lasting legacy on Consumer Participation in south western Sydney.

CCPU CONTACT DETAILS

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The Annual CCP Conference was held in September at Campbelltown, with the theme 'Hot Topics'. This day targeted CCP consumer members and staff, providing high-quality, relevant professional development. The conference was attended by 130 participants and covered health literacy, health reform, patient care and quality, social media, health funding and an introduction to the Medicare Local.

The winner of the 6th Harry Collins Award for Excellence in Consumer and Community Participation was Joan Liebmann from the Bowral Consumer and Community Participation Network. Joan was nominated by her peers for being a strong advocate for services at Bowral Hospital, Chair of the local network and committed to improving the quality and safety of patient care.

The CCP Unit and the Carers Program developed a photographic exhibition to mark the International Day of People with Disabilities. The theme was 'Don't Dis My Ability' and was judged by a local Aboriginal artist and the Director of the Regional Casula Powerhouse Arts Centre. A gallery showcasing entries was well-attended by District staff, local schools and the community.

Consumer and community members continue to be involved in partnerships with stakeholders such as the Medicare Local, Health Consumers NSW, Clinical Excellence Commission, Agency for Clinical Innovation and Ministry of Health. They actively represent the community in committees including Clinical and Quality

Council, Organ and Tissue Donation, Infection Control, Health Care Quality and Safety, Community Health Quality, Strategic Planning, Oral Health Consumer Consultative, Cancer Service Consumers, Aged Care and Rehabilitation, Disability and Carer and Advance Care Planning, and End of Life Care.

The CCP Unit continues to recruit new representatives to plan, implement and evaluate health services across the District. The Unit seeks people from diverse backgrounds and interests, and provides orientation, support and training to participants in its efforts to better engage the local community.

Volunteers and Auxiliary

South Western Sydney Local Health District would like to thank the hundreds of volunteers who generously give their time to our patients, their families and friends.

Our volunteers are involved in a wide range of activities including fundraising, welcoming and guiding patients, organising waiting rooms, operating gift stores and visiting patients throughout our hospitals and in the community.

During 2012/2013 a number of our Auxiliaries and their members celebrated milestones. The Fairfield Hospital Auxiliary celebrated their 30 year anniversary and the Campbelltown Hospital Auxiliary were recognised for an amazing 60 years of dedication to the Hospital.

Bankstown Hospital volunteer Val Ryder was thanked for 40 years of service to the Hospital and Liverpool Hospital volunteer, 90 year old Dorothy Ballard, was recognised for 30 years of service.

We are extremely grateful to members of our hospital Auxiliaries who provide an invaluable resource.



A number of members of the community, including sporting teams, local school students, choirs and gift bearers also provide ongoing support at various times throughout the year.



Pastoral Care

Chaplains and pastoral care volunteers provide spiritual and emotional comfort to patients and their families. The District thanks all those who give their time to this service.

Education and Training

The Centre for Education and Workforce Development (CEWD) provides a range of high-quality clinical and non-clinical education and training programs to employees of SWSLHD.

In 2012/2013, CEWD delivered 9316 occasions of training to SWSLHD staff. This included a combination of theory, simulation and online education. CEWD offered 29 nationally-recognised courses, with more than 350 participants receiving a nationally-recognised qualification or unit of competency. In addition, CEWD delivered 54 professional skills development courses, 171 clinical skills development courses, 94 online learning courses, 18 Health Education and Training Institute (HETI) online learning courses and 52 orientation and mandatory education training days.

Liverpool Hospital hosted a graduation ceremony for 77 Vocational Education and Training in Schools students who completed the Certificate III in Health Services Assistance. This is the largest number of graduates to date and many of these students have submitted expressions of interest to undertake the Diploma of Nursing qualification in 2014. This will improve nursing recruitment pathways for the local community.

CEWD launched the 'Leaders of the Future' program in 2012, which was developed to enhance the knowledge and skills of Registered Nurses and

Midwives who wish to become recognised leaders within their organisation. The program equips participants with an understanding of the theoretical knowledge and practical skills of leadership and add value to the management practices within SWSLHD.

Participants are also provided with the opportunity to be part of a mentoring relationship with senior managers. Since launching the program, 22 participants from the District have completed this course and a further 33 are enrolled. This innovative program is a finalist in the 2013 SWSLHD Quality Awards.

The new Education Centre on the Eastern Campus of Liverpool Hospital is due for completion at the end of 2013. This centre will improve access to education through a diverse range of delivery methods offered to employees and students in SWSLHD.



Research

Research is an important foundation for providing quality health care. During 2012/13 the Research Strategy for South Western Sydney 2012-2021 was completed. The Strategy includes initiatives such as the establishment of research committees at individual Hospitals and negotiation for Chairs in nursing with university partners, further strengthening of the Research and Governance Office.



SWSLHD and Ingham Institute Clinical Skills and Simulation Centre at Liverpool Hospital was opened by the Federal Minister for Health in June. The Centre is operated by the University of NSW and supports the translation of research into clinical practice for medical, nursing and allied health students.

Research capacity was further enhanced by the implementation of research methods courses. The Human Research Ethics Committee of the District achieved accreditation as a Lead Committee by the National Health and Medical Research Council.

The Ingham Institute acquired the first Circulating Tumour Cells (CTC) machine in NSW which enables researchers to investigate CTCs across a range of cancers including prostate, breast and colorectal cancer in order to create more personalised and targeted treatment modalities for patients.

Construction continued on the Research Bunker on the grounds of Liverpool Hospital to house the MRI-Linac which will combine an MRI Scanner with a Linac Accelerator for research into cancer treatment. This new technology will be a first for Australia and one of only three in the world.

The Centre for Health Equity Training Research and Evaluation (CHETRE) licensed its Maternal Early Childhood Sustained Home Visiting (MECSH) program this year for worldwide distribution. MECSH has been rolled out successfully in the UK and Korea. The program provides professional support to help families through the transition to parenthood, with continuing support until the child celebrates their second birthday.

The Brain Injury Rehabilitation Research group was awarded a \$1 million grant from the NSW Government's Safety, Return to Work and Support Division to develop the Vocational Intervention Program Improving Return to Work Outcomes for People with Severe Traumatic Brain Injury.



Donations

South Western Sydney Local Health District received generous material donations and sponsorship throughout the year from members of the community and local organisations. The District is incredibly grateful for their ongoing support.

The following individuals and organisations have provided support to the value of \$5,000 or more to our Hospitals:

Bankstown-Lidcombe Hospital

- Bankstown City Council
- Bankstown Trotting Club
- Shirley Yvonne Monk
- Bankstown District Sports Club
- Revesby Workers Club
- RAAF Association Canterbury/Bankstown
- Paperlinx Services

Bowral and District Hospital

- Prim Moss
- BDCU Children's Foundation
- Bowral Auxiliary
- F. Dawson
- Woolworths Limited

Camden and Campbelltown Hospitals

- Kids of Macarthur Foundation
- 24hr Fight Against Cancer
- Professor Vincent Ho
- Campbelltown Hospital Auxiliary
- Camden Hospital Auxiliary
- Staff Cancer Council NSW - Girls Night Out

Fairfield

- Fairfield Hospital Auxiliary

Liverpool

- Mr TP Nhan
- IBD Fundraising Dinner
- Indian Dinner Night
- Investa Property Group
- Mr H Pao
- Busby Auxiliary
- John Edmondson VC Memorial Club
- St Raphael's Greek Orthodox church
- John Maxwell Gala Day
- Liverpool Auxiliary
- John Richard Kuhlmann Foundation
- Dry July Foundation
- Eggtober Foundation
- Rotary Club Liverpool/Greenway

Financial Snapshot

2012/13 was a year of consolidation and change for finance at SWSLHD.



Overall, the District met its financial targets in 2012/2013 and against a budget of \$1.3 billion, received a net result of approximately \$200,000 under budget.

A significant amount of work has been done to prepare for the implementation of Activity Based Funding (ABF) budgets and this was the first year ABF was used to allocate a portion of the budget to Local Health Districts (LHDs).

Finance staff in the District office and across hospitals and services were trained in the Statewide Management Reporting Tool (SMRT). Training was also provided to cost centre managers to enable them to view expenditures against budget. Many cost centre managers also participated in the Financial Management Education Program delivered by Health Education and Training

Institute (HETI), which allows them to take additional responsibility for managing budgets appropriately.

A new Director of Finance commenced in December 2012 and all finance senior management positions were filled in 2013.

2013/2014 will see a further expansion of budgets based on ABF. SWSLHD is well-placed for this change with the LHDs price per National Weighted Activity Unit (NWAU) one of the lowest in the state. This is an indication that SWSLHD is providing services efficiently.

Health Service Locations

Public Hospitals

www.swslhd.nsw.gov.au

Bankstown-Lidcombe Hospital

68 Eldridge Road
Bankstown NSW 2200
Ph: (02) 9722 8000
Fax: (02) 9722 8570

Bowral & District Hospital

97-103 Bowral Street
Bowral NSW 2576
Ph: (02) 4861 0200
Fax: (02) 4861 4511

Camden Hospital

Menangle Road
Camden NSW 2570
Ph: (02) 4634 3000
Fax: (02) 4654 6240

Campbelltown Hospital

Therry Road
Campbelltown NSW 2560
Ph: (02) 4634 3000
Fax: (02) 4634 3850

Fairfield Hospital

Corner Polding Street and
Prairievale Road
Prairiewood NSW 2176
Ph: (02) 9616 8111
Fax: (02) 9616 8240

Liverpool Hospital

Corner Elizabeth and
Goulburn Streets
Liverpool NSW 2170
Ph: (02) 8738 3000
Fax: (02) 8738 9908

Third Schedule Facilities

NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS)

Website: www.startts.org.au

Head Office
152 – 168, The Horsley Drive
Carramar NSW 2163
Ph: (02) 9794 1900
Fax: (02) 9794 1910
Email: startts@sswahs.nsw.gov.au

3rd Floor, 157 – 161 George Street
Liverpool NSW 2170
Ph: (02) 8778 2000
Fax: (02) 8778 2020

Braeside Hospital

340 Prairie Vale Road
Prairiewood NSW 2176
Ph: (02) 9616 8600
Fax: (02) 9616 8605

Carrington Centennial Care

90 Werombi Road
Grasmere NSW 2570
Ph: (02) 4659 0590
Fax: (02) 4655 1984
Email: info@carringtoncare.com.au

Karitane (Head Office)

Cnr The Horsley Drive & Mitchell Street
Carramar NSW 2163
Ph: (02) 9794 2300
Fax: (02) 9794 2323
Web: www.karitane.com.au

South West Sydney Scarba Service – The Benevolent Society

92-94 Oxford Road
Ingleburn NSW 2565
Ph: (02) 9829 6911
Fax: (02) 9829 6711
Web: www.bensoc.org.au

Other Services

Sydney South West Pathology Service

C/- Liverpool Hospital
Ph: (02) 8738 5003
Fax: (02) 8738 5015

Community Facilities

Bankstown Community Health Centre

36-38 Raymond Street
Bankstown NSW 2200
Ph: (02) 9780 2777

Bankstown - The Corner Youth Health Service

101 Restwell Street
Bankstown NSW 2200
Ph: (02) 9796 8633

Bigge Park Centre

Cnr Elizabeth & Bigge Streets
Liverpool NSW 2170
Ph: (02) 9827 8022
Fax: (02) 9602 4352

Bowral Community Health Centre

Bendooley Street
Bowral NSW 2576
Ph: (02) 4861 8000

Campbelltown Community Mental Health Centre

6 Browne Street
Campbelltown NSW 2560
Ph: (02) 4629 5400
Fax: (02) 4628 6101

Cabramatta Community Health Centre

7 Levuka Street
Cabramatta NSW 2166
Ph: (02) 8717 4000

Campbelltown - Traxside Youth Health Service

4 Langdon Avenue
Campbelltown NSW 2560
Ph: (02) 4625 2525

Fairfield Community Health Centre

53-65 Mitchell Street
Carramar NSW 2163
Ph: (02) 9794 1700

Fairfield Liverpool Youth Health Team (FLYHT)

53-65 Mitchell Street
Carramar NSW 2163
Ph: (02) 8717 1717

Hoxton Park Community Health Centre

596 Hoxton Park Road
Hoxton Park NSW 2171
Ph: (02) 9827 2222

Ingleburn Community Health Centre

59A Cumberland Road
Ingleburn NSW 2565
Ph: (02) 8788 4200

Liverpool Community Health Centre

Health Service Building, Level 3
Corner Campbell & Goulburn Streets
Liverpool NSW 2170
Ph: (02) 9828 4844

Lurnea Aged Day Care

Corner Adrian Place & Hill Road
Lurnea NSW 2170
Ph: (02) 9608 2285

Miller Health Centre

18 Woodward Crescent
Miller NSW 2168
Ph: (02) 9607 8112

Miller - The Hub

16 Woodward Crescent
Miller NSW 2168
Ph: (02) 9608 8920

Miller Pathways - Mission Australia

88 Shropshire Street
Miller NSW 2168
Ph: (02) 9608 9078

Moorebank Community Health Centre

29 Stockton Avenue
Moorebank NSW 2170
Ph: (02) 8738 9780

Narellan Community Health Centre

14 Queen Street
Narellan NSW 2567
Ph: (02) 4640 3500

Prairiewood Community Health Centre

Fairfield Hospital Complex
Corner Polding Street & Prairie Vale Road
Prairiewood NSW 2176
Ph: (02) 9616 8169

Rosemeadow Community Health Centre

5 Thomas Rose Drive
Rosemeadow NSW 2560
Ph: (02) 4633 4100

Wollondilly Community Health Centre

15 Harper Close
Tahmoor NSW 2573
Ph: (02) 4683 6000

Oral Health Services**Bankstown Child Oral Health Clinic**

Bankstown North Public School
Cnr Hume Highway & Beresford Avenue
Bankstown NSW 2200
Ph: (02) 9293 3333

Bowral Oral Health Clinic

Wingecarribee Community Health Centre
Bendooley Place
Bowral NSW 2576
Tel: 1300 559 393 or 9293 3333

Fairfield Oral Health Clinic

Fairfield Hospital campus
Cnr Polding St & Prairie Vale Road
Prairiewood NSW 2176
Tel: (02) 9293 3333

Ingleburn Oral Health Clinic

Ingleburn Community Health Centre
57 Cumberland Road
Ingleburn NSW 2565
Tel: (02) 9293 3333

Liverpool Oral Health Clinic

1st Floor, Health Services Building
Liverpool Hospital Campus
Cnr Campbell & Goulburn Streets
Liverpool NSW 2170
Tel: (02) 9293 3333

Narellan Oral Health Clinic

Narellan Community Health Centre
14 Queen Street
Narellan NSW 2567
Tel: (02) 9293 3333

Rosemeadow Oral Health Clinic

Rosemeadow Community Health Centre
5 Thomas Rose Drive
Rosemeadow NSW 2560
Tel: (02) 9293 3333

Tahmoor Oral Health Clinic

Wollondilly Health Centre
15 Harper Close
Tahmoor NSW 2573
Tel: 1300 559 393 or 9293 3333

Yagoona Adult Oral Health Clinic

425 Hume Highway
Yagoona NSW 2199
Tel: (02) 9293 3333

Health Service Locations

Early Childhood Health Services

Services are available in the following areas:

- Bargo
- Bonnyrigg Heights
- Bowral
- Bringelly
- Cabramatta
- Camden
- Carramar
- Chester Hill
- Claymore
- Edensor Park
- Fairfield
- Fairfield Heights
- Georges Hall
- Greenacre
- Greenway
- Hilltop
- Hinchinbrook
- Holsworthy
- Hoxton Park
- Ingleburn
- Liverpool
- Macquarie Fields
- Macarthur Square
- Mawson Park
- Miller
- Minto
- Mittagong
- Moorebank
- Moss Vale
- Mt Pritchard
- Narellan
- New Berrima
- Padstow
- Panania
- Penrose
- Prairewood
- Robertson
- Robert Townsend
- Rosemeadow
- St John's Park
- The Oaks
- Thirlmere
- Wattle Grove
- Warragamba
- Yagoona

For more information call (02) 8788 4288

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.



Shirley Cox
Dietitian

Healthy eating for adults
FOR YOUR HEALTH AND WELLBEING



My name is Mrs. [Name]
I am a [Title]
at [Organization]



Australian Government
Australian Health and Medical Research Council
Department of Health and Ageing

www.eatforhealth.gov.au

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.

Grains and legumes
Vegetables and legumes/beans
Protein
Dairy
Fruit

Use small amounts

Only sometimes and in small amounts

Milk, yoghurt, cheese and/or alternatives, mostly fat-free or low-fat.



South Western Sydney Local Health District

Executive Office

Liverpool Hospital (Eastern Campus)
Corner of Lachlan and Hart Streets
Liverpool, NSW, 2170

Hours of Operation:

8:30am - 5:00pm Monday to Friday

Mailing Address

Locked Bag 7279, Liverpool BC 1871

Tel: 61 2 9828 6000

Fax: 61 2 9828 6001

Email: swslhd.esu@sswahs.nsw.gov.au

Website: www.swslhd.nsw.gov.au