Care for cancer patients

A cancer Wellness Centre has opened at Liverpool Hospital, providing additional support services such as counselling, massage therapy, physiotherapy and nutrition to patients who are receiving cancer treatment at the Liverpool Cancer Therapy Centre.

The Wellness Centre was built in a refurbished area of the Cancer Therapy Centre with $100,000 raised during the 2012 Dry July fundraising campaign.

District Director of Cancer Services, Professor Geoff Delaney, said the centre would address physical, emotional and practical needs of cancer patients.

“As well as dealing with the immediate effects of their cancer treatment, patients can have additional health complications such as muscle and joint problems, hormone imbalances and fatigue as well as ongoing psychological and emotional challenges,” Professor Delaney said.

“While Cancer Therapy Centres can address some of these issues, a dedicated wellness centre provides a greater focus on additional support services in a more comfortable setting.

“The centre will be run by allied health staff and nursing care coordinators, offering a broad range of evidence-based therapies in a warm, supportive environment,” he said.

Once complete, the Wellness Centre will include an indoor and outdoor kitchen, beauty room, physiotherapy room, wig library and patient resource library.

Services offered will include support and education groups, information sessions, occupational therapy assessment clinics, exercise classes, psychology and social work clinics.

Dry July fundraiser Peter Durrington attended the opening with his wife Donna (both pictured above). Peter alone has raised almost $50,000 for The Liverpool Cancer Therapy Centre. He was the top individual fundraiser in the country for Dry July in 2012 and the top individual fundraiser in NSW for 2013.
Congratulations to Michael Hennessy, Work Health and Safety Manager at Camden and Campbelltown Hospitals, who was the recipient of the Patient Safety Champion Award at the recent SWSLHD Quality Awards. His commitment to this important role is inspiring and he certainly demonstrates the District’s CORE values on a daily basis.

The District is wrapping up its 2012-2013 Year in Review and I am proud to see a wide range of achievements, innovations and developments that showcase the high-quality health care and services we are providing to the south western Sydney community.

The opening of a Clinical Skills & Simulation Centre at Liverpool Hospital, a new $12.8 million sub acute Mental Health Unit at Liverpool Hospital, the establishment of a District-wide Triple I (Hub) service, a purpose-built Anophysiology Diagnostic Unit at Bankstown-Lidcombe Hospital and the commencement of the Campbelltown Hospital Stage 1 redevelopment are just a few of the many highlights across the District over the past year.

Innovative strategies implemented throughout the last 12 months have also seen the District’s National Emergency Access Target (NEAT) performance increase by 10 percent compared to last year. We look forward to improving this figure as new processes and strategies are developed.

Matron Burnside’s contribution commended

More than 30 years of dedicated service has been commemorated with a street on the Hospital’s campus named after former Liverpool Hospital Matron, Mary Burnside. In 1862 Mary Burnside was appointed Matron of the Liverpool Government Asylum for the Infirm and Destitute (now known as Liverpool Hospital), and remained in this position until her retirement in 1896. She was described in the history books as a woman of great capacity with an excellent disposition.

Matron Burnside only took one month’s holiday in her 34 years at the Asylum and was very popular with the patients and Liverpool residents.

Liverpool Hospital Director of Nursing, Anna Thornton, said nurses are the backbone of the health system, with the majority of people relying on their outstanding commitment to patient care at some point in their lives. “Naming Burnside Drive after one of Liverpool Hospital’s most famous matrons is a lovely way to pay tribute to nurses past and present who continue to provide an important service to the community,” she said.

Two of Mary’s five daughters worked as Sub-Matrons alongside their mother.

Trauma conference

Medical experts from around the world met at Liverpool Hospital to share new developments in the treatment of trauma patients at the SWAN Trauma Conference.

Trauma surgeons from countries including Sweden, South Africa, Israel and the United States attended the conference in July.

One of the featured speakers, Associate Professor Kenji Inaba works at LA County Hospital in the USA, one of the biggest and busiest Level 1 Trauma Centres in the world. Associate Professor Inaba shared his knowledge and experience on topics such as treating penetrating chest wounds, neck wounds and injuries from ‘non-lethal’ weapons.

The SWAN Trauma Conference is now in its 21st year and combines real-life case studies with interactive training and in-depths talks and debates on the latest innovations in this area of speciality.

Local and international guest speakers presented at the conference.
**Path to recovery**

For former Liverpool Hospital Brain Injury Rehabilitation Unit (BIRU) patient Danny Li, the road to recovery was a long but inspirational one. He spent four months in the Unit following a brain injury and returned last month to launch the Path of Possibilities, a project he’d helped coordinate with staff. The Path of Possibilities is a gallery featuring the real life stories of individuals who have had a brain injury. The stories describe the challenges they have faced as well as the inspiring achievements they have made during their recovery. Danny read stories of former patients on the Unit’s walls while he was practicing walking down the corridor and hoped that one day his story would also be up there. Danny said he hoped BIRU patients and their families would gain hope from the stories on the Path. “Life has its ups and downs, but we must always see the positive and be grateful to be in this world and share one’s knowledge to help others,” he said.

![Former BIRU patients and their stories which hang in the BIRU to give patients and their families hope.](image)

**Breastfeeding week**

Cakes of all shapes and sizes were baked for World Breastfeeding Week as Hospitals across the District held baking competitions to mark the occasion. This year’s theme was Breastfeeding support: close to mothers, highlighting breastfeeding peer counselling and community support. Cathy Pratt, SWSLHD Lactation Clinical Nurse Specialist said while many new mums got off to a good start breastfeeding in hospital, there was a sharp decline in breastfeeding rates at three months. “The success of breastfeeding for mothers is largely dependent on good support at home, work and in the community through encouragement and acceptance,” Ms Pratt said.

![Breastfeeding themed cakes at Bankstown Hospital.](image)

**Auxiliary turns 10**

The Camden Hospital Auxiliary celebrated their 10-year anniversary with a special lunch, marking a decade of support and dedication to the Hospital. Camden Hospital Director of Nursing Anna Chapman thanked the current Auxiliary for their invaluable contribution to health care in Camden over the years. During the lunch, long-serving Auxiliary members received certificates of service (pictured).

![The Camden Hospital Auxiliary celebrated their 10-year anniversary with a special lunch, marking a decade of support and dedication to the Hospital.](image)

**Tea for CFH nurse team**

The Narellan Child and Family Health Nurse Team recently enjoyed an afternoon tea complements of the Kids of Macarthur Foundation. The team won the afternoon tea for raising the most money (more than $2,500) by selling raffle tickets as part of the Foundation’s annual ball, which raises money to purchase equipment for local children.

![The Narellan Child and Family Health Nurse Team recently enjoyed an afternoon tea complements of the Kids of Macarthur Foundation.](image)
Help at hand with advice on demand

Karitane have launched their new My Baby and Me mobile website, which provides short instructional videos and expert advice to help parents of children aged 0 to 5 years. Karitane CEO Robert Mills said the new website, www.mybabyandme.org.au was especially designed for smartphones and tablets, allowing parents access to expert advice anytime, anywhere.

“The website contains videos which demonstrate key skills and practical advice to help parents deal with common problems such as sleeping and settling, feeding and development. Videos are supported by text, links to further information and contact details for additional support,” Mr Mills said.

Parents who use the new site and require further or more urgent assistance are directed to a helpline that is staffed by registered nurses who specialise in Child and Family Health.

Camden calls for community participation

Camden Hospital is encouraging the local community to join the Macarthur Community Representative Network (MCRN) and help support the ongoing growth and development of the Hospital. Natasha Steinbeisser has recently joined Campbelltown and Camden Hospitals in her new role as Community Participation Manager and is passionate about giving communities a voice to support positive change in local health services.

“The MCRN is an important link between what’s happening in the community and the decisions made by those in executive healthcare roles,” she said.

Ms Steinbeisser began her career as a social worker and has worked in child and family health as well as other roles in the District.

For parenting help visit the new Karitane mobile website www.mybabyandme.org.au or call 1300 CARING.