

DISTRICT NEWS

November 2017

SOUTH WESTERN SYDNEY LOCAL HEALTH DISTRICT

Leading care, healthier communities

Happy 40th birthday Campbelltown



Campbelltown Hospital has celebrated 40 years since the original building was opened in 1977.

After four decades of growth, Camden and Campbelltown Hospitals have grown from 30 beds to 550 beds, with a massive redevelopment on the way.

Campbelltown Hospital General Manager, Alison Derrett, said last month's anniversary was an exciting time for the hospital and its staff.

"Not only are we celebrating 40 years of operation on this site, but we are also eagerly looking forward to the \$632 million redevelopment, which is progressing well through the planning phase," she said.

The biggest extension of the hospital yet will see more space for outpatient and ambulatory services, allowing for more specialist clinics, as well as enhanced paediatric services and a boosted emergency department.

Further enhancements to Campbelltown Hospital will include improvements to mental health, acute and paediatric services.

Campbelltown Hospital celebrated the milestone with a staff awards night on 27 October.

Workplace Giving Program celebrations

We are proud to announce the District is a finalist in the 2017 Workplace Giving Excellence Awards, Best Public Sector Program category. Run by *One Million Donors*, the awards recognise the most outstanding Workplace Giving programs and performers in Australia across a range of different categories.

Across the District staff marked Workplace Giving Day celebrations with various events and activities at their facilities. Almost a quarter of the District's staff make a regular \$1 per week donation towards funding sustainable projects to improve health outcomes for women and children in Ethiopia through the Barbara May Foundation. Workplace Giving Steering Committee Chairperson, Tonina Harvey, said she was proud to see the District named as a finalist for the award. "It's terrific to have so many District staff signed up to the Program and to see their generosity rewarded in this way," she said. "Our registration figures of almost 25 per cent are even more impressive when you consider that less than five per cent of Australians choose to participate in workplace giving programs in the corporate sector."



Our Workplace Giving Program ambassadors helped the District celebrate Workplace Giving Day in October.



Health
South Western Sydney
Local Health District



To submit a story contact the
Media Unit on 8738 6848 or
swsmedia@sswahs.nsw.gov.au

Message from the Chair



Prof Phil Harris, Board Chairman

This month the Board is holding its 2017 Annual Public Meeting in Bowral. I am looking forward to meeting staff and community members and to showcase the District's achievements during the past

year. Keep a look out for all the Annual Public Meeting highlights in the next District News edition.

I would like to congratulate Liverpool Hospital Senior Physiotherapist Bernadette Brady for receiving a coveted NSW Health Award for her ground-breaking culturally responsible pain management approach.

The chronic pain management program was the first of its kind which tailors treatment to incorporate the cultural and linguistic backgrounds of patients and their cultural understanding of pain into their care plan. Read more about this innovative program on the back page.

This is an example of the innovation that is ongoing throughout the District and I

am very proud of the achievements of our staff as they continually strive to provide the best possible care for our patients. The District also had three other finalists in the Awards which saw more than 160 entries from across the state, so congratulations to you all.

I would also like to thank all those involved in the District's Workplace Giving Program. Almost 25 per cent of staff donate \$1 a week through the Program and I am extremely proud of the generosity and dedication staff have shown to build this program from the ground up. It is fantastic to hear the program is being recognised as a finalist in the 2017 Workplace Giving Excellence Awards and I wish you all the best of luck.

Refugee Nurses meet



Refugee nurses from around Australia met for the first time in SWSLHD at the Refugee Nurses of Australia (RNA) National Forum last month.

NSW Refugee Health Service Nurse Manager Sandy Eagar said the first forum was recognition of the specialised care refugee nurses provided.

"Refugee nurses help new arrivals navigate the Australian health care system, perform holistic health assessments, give catch-up immunisations, link people to appropriate services, and help them to reclaim their futures," she said.

"Nurses working in this sphere also care for people seeking asylum, some of whom are the most vulnerable groups in the community."

"Refugee nurses work in a very holistic way covering a wide range of physical and mental health problems," she said.



Smart City awards

South Western Sydney Local Health District recently had the opportunity to submit four projects to the prestigious Smart City Awards. The awards celebrate projects and partnerships that address the challenges facing governments, cities and communities and that promote efficient design, planning and delivery of urban environment and services through the use of information and communication technology.

The District put forward four entries in the Best NSW Government Initiative category including Five ways to wellbeing – a localised approach, The Dilly Wander, Wollondilly telehealth monitoring and Liverpool Health, Education, Research & Innovation Precinct. Congratulations to all the participants who got to showcase the amazing projects happening around the District to a wide range of industries and experts - well done!

Mental Health month

For those struggling with their mental health, talking to others can be an important part of their recovery, and is a key message this Mental Health Month. District Senior Peer Support Worker Ashley Reynolds suffered from intense anxiety and depression from a young age and now uses her personal experience to help people struggling with their own mental health.



"It is important to talk to other people about what you are going through as it helps you to make sense of what you are going through, helps to release built up tension and helps you feel as though you are not alone," she said.

Ms Reynolds said she helped her clients to start doing things that were important to them and provided understanding, empathy and hope for the future.

"Peer workers focus on the individual as a whole, not just a diagnosis and difficulties," she said.

"I role model that recovery, showing that living a satisfying life of your own choosing - despite having a mental health condition - is possible. This contributes to the consumer's hopefulness for the future, their own self-image, confidence to connect with others, and reduced self-stigma."



Mental Health Month kicked off for SWSLHD with a refugee journeys symposium at Liverpool Hospital. Over 200 people attended the South Western Sydney Wellbeing Collaboration symposium, *From Surviving to Thriving*. Keynote speaker and leading orthopaedic surgeon Dr Munjed Al Muderis told the story of his journey, from leaving Iraq, seeking asylum in Australia, his experiences in immigration detention to his successful Australian medical career. Over 30 presenters shared stories of the strength and resilience of the local refugee community.



Campbelltown Hospital staff wore their loudest shirts for Loud Shirt Day. Supported by beyondblue, the day raises awareness of the need for doctors, nurses, allied health and health administration staff to look out for each other.

Community Corner



Fairfield Hospital marked Infection Prevention Week, promoting hand hygiene, IV management and cleaning promotion stations. Activities also included a Personal Protective Equipment fashion show and a hand hygiene audit.

Liverpool Hospital showed their appreciation to carers by creating a cosy sitting area for those visiting Liverpool Hospital's Aged Care ward. The Carers Corner was created to give carers visiting their loved ones in hospital somewhere comfortable to take time out and relax.



Staff from Fairfield Hospital got on their bike to launch the inaugural On Your Bike4Kids fundraising event.

Staff from the paediatrics and finance departments cycled 35km from Parramatta River to Sydney Olympic Park to raise funds to buy state-of-the-art phototherapy units for the Hospital

Boost to heart health

An outpatient cardiac clinic at Budyari Aboriginal Community Health Centre in Miller has opened to encourage Aboriginal and Torres Strait Islander patients to attend their essential cardiac follow up appointments.

Cardiovascular staff worked with the Budyari staff to create a culturally appropriate environment for patients and employed Aboriginal staff. Cardiovascular Stream Clinical Director Associate Professor Rohan Rajaratnam said the atmosphere of the community centre-based clinic helped staff to better relate to their Aboriginal patients.

"We made sure we had the same staff working every week to help the patients build a rapport and build trust in their doctors.

"We also make sure the resources and materials we hand out are culturally appropriate."

The attendance rate for the clinic has risen from 20 per cent to 92 per cent for Aboriginal patients in the year after suffering a cardiac event.

"The clinic is going so well we have added another cardiologist to the staff," he said.

Cancer Services AGM

You are invited to the SWSLHD Cancer Services 2016-2017 Annual General Meeting on Friday 24 November 2017 at 2pm at Club Menangle. The AGM is an opportunity to acknowledge and celebrate the achievements of our staff, thank our wonderful volunteers and generous donors, and to share our vision for the future of Cancer Services.

For further information or to RSVP call 8738 9815.

NSW Health award win



Congratulations to staff at Liverpool and Fairfield Hospitals, who have won a NSW Health Award for their work on a chronic pain treatment program for people of cultural and linguistically diverse (CALD) backgrounds.

The program was a collaboration between the hospitals and Western Sydney University.

Liverpool Hospital Senior Physiotherapist Bernadette Brady said they found chronic pain patients from CALD communities had limited success with treatment approaches that had been designed for western cultures.

"It comes down to the fact that how you

interpret pain is very much a learned experience, it depends on your experiences with pain, such as what you have observed growing up and your cultural and religious views," she said.

The trial program focused on patients from three different communities: Vietnamese, Assyrian and Mandaean.

Over the nine-month trial, it found a significant improvement in the number of patients completing treatment. Tools that practitioners can use to help explore a patient's cultural influences on their pain are now being developed.



The inaugural SPHERE symposium will unite thought leaders and innovators from across the globe committed to improving health and wellbeing. The Sydney Partnership for Health, Education, Research and Enterprise (SPHERE) - Maridulu Budyari Gumal is an academic health science partnership bringing together universities, local health districts, health networks, and medical research institutes.

Date: 22 and 23 November 2017

Venue: City Recital Hall, Angel Place Sydney

Information: bit.ly/2hY46I9

Pay query?

It's now easier to submit questions about your pay thanks to a new pay query portal available via the HealthShare NSW website.

The portal is accessible outside the NSW Health IT network, giving NSW Health employees the flexibility to submit pay questions from any location, using any computer or mobile device.

Visit www.healthshare.nsw.gov.au/payquestion to access the portal.

HS awareness

Hidradenitis Suppurativa (HS) is a chronic and debilitating skin disorder characterised by recurrent boil-like lumps (abscesses) under the skin that are painful and often break open. Early diagnosis and treatment is important, with up to 700,000 Australians left undiagnosed. A HS information session will be held at Ingham Institute on Tuesday 21 November at 12pm. For more information contact Dr Dunja Ana Vekic on 8738 9196.

