An innovative program aimed at improving mental health in Aboriginal children is being pioneered in South Western Sydney Local Health District.

Minister for Mental Health Tanya Davies launched the Aboriginal Got It! program at Minto’s Waranwarin Early Learning Centre.

District Director of Aboriginal Health, Nathan Jones, said the program would be delivered in pre-schools and schools across south western Sydney with Aboriginal children and their families to promote positive social and emotional well-being and prevent mental health issues later in life.

“The program aims to build on the strengths of Aboriginal culture, family and their identity and connection to the community to promote positive social and emotional wellbeing,” Mr Jones said.

“The program is a partnership between NSW Health, the Department of Education and Tharawal Aboriginal Medical Service.”

The NSW Government has committed more than $600,000 over the next four years for a trial of the program in South Western Sydney Local Health District before it will be rolled out across the state.

Mrs Davies said the District was well placed to deliver the program thanks to the strong partnership and long-standing collaboration with Tharawal Aboriginal Medical Service.

Close the Gap Day

Closing the Gap on health outcomes and life expectancy for Aboriginal communities is one of the District’s key priorities. The District is home to one of the largest Aboriginal populations in metropolitan Sydney and marked Close the Gap day with a number of events across the facilities.

Director of Aboriginal Health, Nathan Jones, said the District worked hand-in-hand with local communities and Aboriginal organisations to ensure that services were accessible and responsive to the needs of the community. “Closing the Gap is about adapting the way we deliver health services to meet the specific needs of Aboriginal communities and engaging the community in that adaptation process,” he said. Mr Jones also said the District employed Aboriginal Health Workers and other health professionals across the region and in a range of program areas. “We run a lot of fantastic programs that include early childhood development, chronic disease management, healthy lifestyle programs, mental health, youth health and aged care services,” he said.
Message from the Chair

I would like to welcome more than 270 graduate nurses and midwives who recently started their careers at our hospitals and services.

The District provides a world-class training ground and I look forward to seeing the positive contributions each new graduate makes to the lives of their patients as they focus on delivering safe and quality healthcare.

Last month, the results of the Bureau of Health Information’s quarterly report saw positive results for the District with some significant improvements across a range of areas.

Overall our emergency departments have done exceptionally well, most seeing an increase in presentations while continuing to treat patients within the four hour recommended timeframe.

I am particularly proud of Campbelltown Hospital, which saw one of the biggest increases in presentations in the state and staff still maintained good performance.

I would like to acknowledge the significant work undertaken by Liverpool Hospital for their performance in their recent ACHS accreditation. Liverpool Hospital was highly commended for clinical care and clinical engagement, and I congratulate the staff on these excellent results.

The District is continuing to focus on implementing the Aboriginal Health Plan and recently hosted the NSW Minister for Mental Health Tanya Davies at the launch of the pioneering Aboriginal Got It! Program.

The important pilot program, which will be delivered in preschools and schools across south western Sydney, will help Aboriginal children and their families achieve social and emotional well-being and prevent mental health issues.

Finally I would like to thank our many staff members who worked during the Easter public holidays, your efforts are much appreciated. I also hope those who took time off during the break had a restful and enjoyable holiday.

Oral Health Day

World Oral Health Day activities at Liverpool and Campbelltown Hospitals promoted the international Say Ahh: Think Mouth, Think Health theme.

Patients and consumers visited information stalls on the day on March 20 to learn more about free public dental services and dental hygiene.

Dr Ravi Srinivas, Oral Health Services Director, South Western Sydney Local Health District, said World Oral Health Day had an important message.

“Your mouth is a mirror to your body and reflects your general health and well-being,” he said.

“Avoid risk factors, adopt good oral hygiene habits and have regular dental check-ups to help protect your mouth and body. It’s never too early or too late to start looking after your mouth. Your body will thank you.”

The stalls increased awareness of free public dental services to children under 18 years of age and adults with a valid Centrelink concession card.

Campbelltown and Camden Hospitals Emergency Departments have made a successful transition to electronic medical records. Almost all staff were trained in eMR2 in the lead up to the transition, which ensured the transfer was successful.

“The online observations and improved sign out processes provide immediate safety benefits to our patients,” Campbelltown Emergency Department Director Dr Richard Cracknell said.

“In a busy unit like the ED change is always a high-risk endeavour - our patients keep arriving regardless.

“I commend the eMR2 team and the ED staff for making such a seamless and safe transition to the new software.”

Campbelltown’s Hospital Operational Nurse Manager Scott Metcalfe praised the project team’s systematic approach and the commitment from staff.

“The phase in of eMR2 across two hospital campuses is no small feat, but as a team we were able to identify challenges early and implement processes to address them, ensuring an almost flawless rollout,” he said.

Dental assistant Anna Luu and dental therapist Leanne Bray
More than 270 new nurses and midwives began their nursing and midwifery careers at the District.

District Director of Nursing and Midwifery Sonia Marshall said the new graduates had come to one of the most progressive and innovative areas in the state.

“Our new nurses and midwives have so many opportunities to excel and progress their careers here in south western Sydney. Not only will they be exposed to a wide variety of services and experiences, they will also have the opportunity to get involved in some of the District’s cutting-edge treatments and research as they continue their careers,” she said.

Campbelltown Hospital’s cardiac catheterisation unit has treated 1000 patients in just 18 months, demonstrating the importance of the unit to the local community.

General Manager Alison Derrett said she was proud of the service and of the staff who have been managing and running the unit.

“That’s 1000 patients who have received care closer to home in Macarthur and haven’t had to travel out of the area,” Ms Derrett said.

The 1000th patient Stephen Prigg, who underwent a scan to see if there were any blockages or any narrowing in his arteries.

“It’s very easy, I was awake for the procedure,” Mr Prigg said.

“The staff were great and the actual procedure was really good, there were no problems.”

Campbelltown Hospital Auxiliary has now opened the Parkside Baby Boutique. It features handmade baby clothes, bedding, toys and gifts in a new permanent location in the foyer of Building D. Since Campbelltown Hospital was opened in 1977, the Auxiliary has raised $1,204,880. Evidence of the Auxiliary’s generosity and hard work can be seen all around the hospital and their continuous support is greatly appreciated – thank you!

Community Corner

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Baker’s Delight in Bowral and Mittagong organised a Bundraiser which saw $1 from every six pack of hot cross buns purchased on March 17 donated to Bowral & District Hospital. Staff from Baker’s Delight also paid a visit to the hospital to hand out hot cross buns and balloons to patients, their families and staff. The Bundraiser raised $1515. Thank you so much Bakers Delight!
Register Now

Researchers and clinicians will need your support during two exciting new events at the 2018 Health Beyond Research & Innovation Showcase.

**Innovation Tank**
Do you have an innovative idea that will benefit the health of people living and working in south western Sydney?
Pitch your idea at the Innovation Tank for a chance to secure funding to develop the concept.
There is a total prize pool of $60,000 which could be won by an individual or shared.
Ideas could include the development of an app, a rapid diagnostic test, a new rehabilitation concept or an education program.
Finalists will present their ideas in a 5-minute pitch to the judging panel at the showcase, with the panel deciding how the money will be allocated.

**Battle of the Mentors**
Are you an early career researcher looking for a research mentor?
If so, this competition is for you.
The Battle of the Mentors competition will follow a similar format to television’s The Voice.
Participants must submit an abstract by 13 April, with a selection of research projects invited to pitch their idea in a 5-minute blind audition.
Experienced mentors (all established researchers in their field) will listen to the presentation, in chairs facing away from the stage. If a mentor likes what they hear, they will turn their chair.
Winners will receive three one-hour mentorship sessions, links to other mentors and research organisations for 12 months and $500 for the best research project (audience vote).

Entries for both competitions and abstract submissions close on 13 April.
Enter at www.healthbeyondshowcase.org.au.