A framework to live, work well

Over 250 staff showed their support for the District’s new Wellbeing Framework 2019-2021 and learnt more about how they can improve their health and wellbeing.

Chief Executive Amanda Larkin launched the framework to a full crowd, highlighting the six focus areas to support staff to achieve professional, physical, cultural and social, organisational, mental health and financial wellbeing.

“As providers of health care, we are the interface between our colleagues, patients and the community so it is extremely important that we remember to look after our own wellbeing and live, work well together,” Ms Larkin said.

Programs and services on offer for staff include fitness boot camps, lunchtime mindfulness sessions and expo events.

Visit the District’s intranet to find out how to ‘Live, Work Well’ today.

WHAT’S ON

» 5 - 6 June
Health Beyond Research & Innovation Showcase

» 10 June
Queen’s Birthday long weekend

» 11 June
Sorry Day Symposium

» 16 - 22 June
Refugee Week

» 18 June
NSW State Budget announcement

» 28 June
  · People Matter Employee Survey closes
  · NSW Health Excellence in Nursing and Midwifery Awards nominations close
  · Multicultural Health Awards applications close.
Chief Executive Message

This month’s edition of District News shows what an exciting and busy month we have experienced.

Thank you to those who came along and got involved at the launch of our new Wellbeing Framework, celebrated our fantastic nurses and midwives, and joined in activities to support World No Tobacco Day.

Thank you to our staff who submitted an entry for the Quality Awards 2019. I look forward to learning more about your work.

Kenneth Barnett joins us as the new General Manager at Bowral & District Hospital. Mr Barnett was previously General Manager at Broken Hill Health Service and brings valuable experience to the District.

Along with our partner, the Ingham Institute, I look forward to seeing you at the Health Beyond Research and Innovation Showcase on 5 and 6 June.

The showcase puts the spotlight on your outstanding research and innovation in health care and medicine, which may one day change the future of health.

You can read more about our ground-breaking research and innovation in the latest edition of Thrive magazine – out this month!

Pick up a copy at your facility or read it on the District’s website.

60 seconds with...

Mathew Pietersen, Psychologist, Drug Health Services and People Matter Employee Survey lead champion.

Why did you want to be a survey lead champion?
As a survey champion last year, I enjoyed the opportunity to get out and encourage staff to have a say! We had a great response rate last year in Drug Health, which resulted in positive actions so I look forward to getting out there again.

Why is it important to complete the survey?
The survey is an opportunity to be heard! It’s quick and easy to complete. It’s also anonymous, which means staff who want to speak up but may be hesitant can still be heard.

How do you spend your spare time?
I have a massive interest in golf and rugby league. I back Newcastle Knights so am used to a bit of disappointment!

Premier visit

Liverpool Hospital welcomed a notable visitor on Mother’s Day who personally handed out a baby bundle to first time mum Rose Raketic and her beautiful baby girl, Isidora.

Staff greeted NSW Premier Gladys Berejiklian in the maternity ward, followed by the Premier hosting a media conference in the courtyard.

NSW Premier Gladys Berejiklian addresses the media and meets baby Isidora.
A new ED on way

Bankstown-Lidcombe Hospital’s $25 million emergency department redevelopment has reached the detailed design stage, with project user groups now considering the location of furniture, fixtures and fittings.

Director of Emergency Medicine Dr Matthew Smith said staff had worked closely with the architects, Health Infrastructure and the redevelopment team to get the best possible outcome for staff and the community.

“We’re delighted with how the design is coming together and looking forward to seeing construction get underway later this year,” he said.

“The build will grow our capacity with more treatment spaces, allowing us to better meet the needs of the local community and help reduce hospital stays as there will also be additional short stay capacity.”

eMeds live

A new paperless medication management system called ‘eMeds’ has simplified how Bankstown-Lidcombe Hospital staff administer medication.

With more than 92 per cent of staff now trained in the new system, eMeds Project Manager Sally Walker said staff can look forward to improved visibility and accuracy of medication information, which will improve communication with patients.

“It gives staff legible medication charts 24-hours a day. Staff can prescribe, review and administer medications to patients which frees up time for clinicians to spend with patients,” Ms Walker said.

EMeds will roll out across the whole of NSW Health, with a further 102 hospitals planned to ‘go live’ by June 2020.

Reaching out

A huge acknowledgment to Liverpool Hospital radiographer Mohamed Khan who travelled to Christchurch following the tragic attacks on two mosques earlier this year.

Mohamed hand-delivered a signed condolence letter from Liverpool Hospital’s General Manager, Karen McMenamin, showing our support for all affected communities.

Falls cut by half

Well done to Campbelltown Hospital’s Surgical B team who have significantly reduced the number of patient falls in their ward from 23 in 2017 to only 12 last year, through proactive patient rounding and risk/safety huddle strategies.

“We identify patients with a high risk of falling and coordinate a pre-falls safety huddle at the patient’s bedside with a multi-disciplinary team, where we discuss falls strategies,” Nurse Unit Manager Tracy Heath said.

“We then put strategies in place to mitigate the risk of falls and follow up with proactive patient rounding to regularly check on the patient.”

Sorry Day Symposium

“Effects of transgenerational trauma”
Tuesday 11 June, at Liverpool Hospital

The event will feature keynote speakers, sand and smoking ceremonies, a panel discussion and a musical performance.
Champions of patient care

The District has more than 6940 nurses and midwives who go above and beyond in their frontline roles each and every day. Their dedication was celebrated at many International Nurses Day and International Day of the Midwife events at our facilities and services.

“I would like to personally thank all the nurses and midwives across the District, for your ongoing commitment in providing the best possible care to patients, families and carers,” Executive Director, Nursing, Midwifery and Performance, Sonia Marshall said.

“I hope you have been able to make time to celebrate the real difference you make each and every day in the care that you provide.”

Contact us

To submit a story, event or provide images contact us on 8738 6848 or email SWSLHD-Communications@health.nsw.gov.au. Don’t forget to follow us and share our posts on social media @ South Western Sydney Local Health District.

Plan ahead

National Palliative Care Week encouraged staff, patients and visitors to think about ‘what matters most’ and plan ahead for their end-of-life care.

Liverpool Hospital staff raised awareness with a pancake morning, while community members of the Giac Hue Temple made fruit and plant donations. Camden and Campbelltown Hospitals held a sausage sizzle.

Appetite for learning

Health Promotion Service staff educated children about the importance of eating a nutritious breakfast when they visited Chester Hill Public School last month.

Staff and parent volunteers served a smorgasbord of breakfast delights including pancakes, fruit and toast to the school children, helping them to reduce hunger and remain attentive in class during the day.

Great support

On Volunteer Appreciation Day we celebrated those who give their time to make our hospitals and clinics better for everyone.

Camden and Campbelltown Hospitals celebrated Auxiliary legend Dulcie Deal who at 90 years old still volunteers with the group. Thank you for your work Dulcie!

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Did you know that NSW Health staff can receive four free weeks of nicotine replacement therapy to quit smoking? Visit your hospital pharmacy to find out more.
For additional support, call Quitline on 137 848.