

DISTRICT NEWS

Leading care, healthier communities

Junior Medical Officers Amelia Gonsalvez, Samantha Graham, Clive Banks, Alyssa Llorando and William Li at work in the new simulation centre.



Career beginnings

WHAT'S ON

- » **1-28 February**
 - Febfast
 - Heart Research Month
- » **4 February**
World Cancer Day
- » **8-14 February**
Wear Red Week
- » **11 February**
International Day of Women and Girls in Science
- » **14 February**
Valentine's Day

The new Liverpool Education and Research Centre has welcomed its first intake of Junior Medical Officers.

Located on Liverpool Hospital's Eastern Campus, the newly constructed facility will serve as a training and research centre for students and staff for the next six years, while main works on the Liverpool Health and Academic Precinct are underway.

Liverpool and Fairfield JMOs were among the first to experience the new learning space and dedicated simulation centre, where they can experience situations they will likely face in their work.

Director of Prevocational Education and Training at Liverpool Hospital Dr Yasmin Ashraff said there was a great sense of excitement among the new doctors.



"During the first couple of weeks they ease into life in the hospital, starting with a week in the Liverpool Education and Research Centre," she said.

The hospital's Thomas and Rachel Moore building, which previously housed the education and research function, will soon be demolished as part of the redevelopment project.

A total of 108 JMOs started their careers across the district in January. A warm welcome to all of them!



Health
South Western Sydney
Local Health District

Chairman's Message



Mr Sam Haddad, Chairman,
South Western Sydney
Local Health District

On behalf of the Board, I would like to extend a warm welcome to our new cohort of Junior Medical Officers starting their careers with us this year.

The 108 new recruits are busy familiarising themselves with our hospitals and meeting their new teams.

In the coming weeks, we will also welcome graduate nurses to our ranks.

These wonderful staff members will spend their working lives dedicated to the provision of safe, high-quality care.

These jobs are far more than a career – they are a vocation. I am so proud to be part of an organisation built around this honourable commitment.

The start of the year marked our on-going challenge to protect the community from the spread of COVID-19. Our frontline staff and those involved in testing, tracing and support deserve our sincere wholehearted appreciation.

I particularly call on each one of you to help spread the message in the community of the crucial importance of early testing and observing the public health advice.

Your Board will meet in February for its annual strategic planning to chart priorities for the year, I look forward to reporting the outcome.

I want to thank you for your strength, courage and commitment to caring for our community.

Health snapshot

A fascinating insight into the people of south western Sydney and their health will guide our District in the provision of high-quality care.

Produced by Population Health, the South Western Sydney Health Snapshot 2020 provides data on the health of people across all ages and demographics.

Population Health intelligence Manager Bin Jalaludin led the project. "It tells us where we are right now as a population and helps us identify where our population is in good health, as well as the areas we need to focus on," he said.

To find the snapshots, visit the [Population Health Epidemiology page](#).

60 seconds with...



Nadah Badawy

What is your role?

I am a Staff Counsellor with the Staff Wellbeing and Support Service between Fairfield and Liverpool Hospitals.

How did you end up working in this particular field?

I had an interest in nature vs nurture as a teenager in high school and wanted to know why people act in the way they do. I have found that nurture plays a huge role and I wanted to be part of nurturing people's worlds so that they live the best version of themselves.

What do you love about your role?

I love listening to how people are able to overcome the hardships of human life. I love seeing people grow and be proud of themselves. I love that I learn so much from every single human being I work with and they always open my eyes to another part of the world we live in.

What is one thing you wish people knew about your role?

I wish people knew that we don't judge where you are at but want to walk alongside you to support empowering you to live lives that are fulfilling, conscious and purposeful.

Remote ECG



A ground-breaking clinical trial of the ultra-light Samsung S-Patch device was able to detect six patients with an abnormal heart rate out of the trial group of 51.

The District's Director of Strategy and Partnerships and the study's Principal Investigator, Professor

Josephine Chow, said the S-Patch provided medical staff with quick and easy access to ECG data at any time.

"The research is showing there is real potential to change the way we provide care in the future. With the device, patients may be able to recover at home with the confidence their conditions are being closely monitored by their clinicians," Prof Chow said.

Building our future care



The new clinical services building at Campbelltown Hospital has transformed from a roadway and open space into a structure dominating the skyline.

The new 12-storey building will take shape this year, with an impressive façade and extensive internal works.

Refurbishment works continue at

Bankstown-Lidcombe Hospital to provide additional paediatric treatment spaces, including a dedicated waiting area, enhanced mental health care, more resuscitation beds and increased short stay unit capacity.

Planning has begun for the \$55 million stage two redevelopment

works at Bowral & District Hospital, and main works on the much-anticipated \$740 million Liverpool Health and Academic Precinct are set to start in autumn.

Stay up-to-date on the latest redevelopment news via the blue 'Redevelopment Projects' tab on the intranet homepage.

Patient's praise

The team at Campbelltown Hospital's surgical ward C received a beautiful message of thanks from Caroline for the personalised, individual care she received over the festive season:



"Not being able to celebrate Christmas at home, one would think would be one of the worst experiences, but all the beautiful staff of the ward, from the nurses to the servers and cleaners and anyone else that I got in contact with during my stay, made me feel that I was with family.

"I would like to give a special mention to the night shift nurses who worked and served us all so effortlessly."

Well done team!

Friendly robot

Pepper the robot, who welcomed patients and visitors to Fairfield Hospital last year, won the Innovation in Software award at the International Conference on Social Robotics.

The Pepper humanoid was part of a collaborative research project between South Western Sydney Local Health District's Clinical Innovation and Business Unit and the University of Technology Sydney.



Clinical Innovation Business Unit Project Manager David Kelly said it was wonderful to see the collaboration recognised. "The robot was able to greet people in English, Mandarin, Arabic, Vietnamese and Italian," he said.

Fairfield Hospital General Manager Paul Crowe said people were amazed to see a robot in their foyer. "It was a real success - the robot was happy and friendly and everyone loved it," he said.

Running for change

Rhett Burraston put his courage, resilience and physical endurance to the test when he took part in the Indigenous Marathon Project.

An Aboriginal Health Worker for Traxside Youth in Campbelltown, Rhett ran more than 550km as part of this year's program, culminating in an overnight marathon in Alice Springs.

"Finishing gives you such a sense of euphoria," he said.

"You find out how strong you are. I joined this program to improve myself. If I'm good, then my community will profit."

Run by Australian running champion Robert de Castella, the program includes leadership courses, as well as intense running training.

"It's a holistic model of capacity building. If I'm in a good place, my community will profit," Rhett said.



Robert de Castella and Rhett Burraston

"I think generally, they advise taking 12 to 18 months to train for a marathon, but if you really push your body to the limits, you can do it in five to six months."

Pink support

Liverpool Hospital McGrath Foundation Breast Care Nurse Pharmila Sapkota is thrilled to have played a part in the hugely successful virtual Pink Seats fund-raising campaign for the Pink Test.

Pharmila joined the McGrath Foundation Ambassador and Director Tracy Bevan, Chief Executive Officer Holly Masters and other guests at the Sydney Cricket Ground at the campaign launch.

"I am so pleased more than 150,000 virtual seats were sold which raised more than \$3 million for the vital work of the foundation," Pharmila said.

"This amazing support means the foundation will



be able to fund 22 McGrath Breast Care Nurses for a year, who will support 2200 families going through breast cancer."

Focus on physio

The dedicated physiotherapy team at Bankstown-Lidcombe Hospital has adapted to the COVID-19 pandemic by offering telehealth to suitable outpatients, upskilling staff in the Intensive Care Unit and respiratory settings, providing modified gym programs and improving education given



to patients to help their self-management. Great Work!

Contact us

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

