

DISTRICT

NEWS

Leading care, healthier communities



Guests at the launch of the Aboriginal Workforce Plan.

WHAT'S ON

- » **1-31 October**
Mental Health Month
Breast Cancer Awareness Month
- » **1 October**
International Day of Older Persons
- » **3-9 October**
Active Ageing Week
- » **10 October**
Mental Health Day
- » **14 October**
Allied Health Professionals Day
- » **15 October**
Pregnancy and Infant Loss Day
- » **16-22 October**
National Nutrition Week
National Carers Week
- » **22-30 October**
Children's Week
- » **23-30 October**
Pastoral Care Week
- » **24 October**
Diwali
- » **26 October**
Health Beyond Research and
Innovation Showcase



Health
South Western Sydney
Local Health District

Fresh outlook

Collaboration with community and a focus on career progression were key themes as the District launched its new Aboriginal Workforce Plan in September.

Board members Professor Hugh Dickson and Kerrie Murphy joined Chief Executive Amanda Larkin, Tharawal Aboriginal Corporation Chief Executive Officer Darryl Wright AM and Gandangara Aboriginal Land Council and Souths Cares representatives to celebrate the launch.

Aboriginal Workforce Manager Jemma Milloy said the launch was a fantastic opportunity to refresh our thinking about growing our Aboriginal workforce, better recognising the unique skills our staff bring and improving the cultural responsiveness of SWSLHD.

"We're looking at formalising some of the supports we have for our Aboriginal staff and really building that into the way

we look for new people and showing how much we value the contribution of our existing staff," she said.

"It's a really exciting time and I'm really looking forward to working with our community partners, educational institutions and the people within our District to put this plan into action."

Aboriginal Health Director Nathan Jones said one of the key areas he was keen to work on was career progression for Aboriginal people within our District.

"Aboriginal people are over represented in entry level positions and we need to build better pathways into leadership and people management," he said.

Find out more and view the new plan here: https://www.swslhd.health.nsw.gov.au/services/Aboriginal_swslhd/

Acting Chairman's Message



Dr Matthew Gray,
acting Board Chair, South
Western Sydney Local
Health District

As we continue our transition to working and living with COVID-19 the Board's focus is now on re-engaging with staff, our community and strategic partners.

Relationships and community partnerships are key to our work as a District. We cannot achieve all that we do without them. The COVID experience showed us this.

The Board and I are reaching out to different groups in our community to listen to their needs and understand how we can better serve them.

We are investigating ways to foster collaboration and tap into a broad range of expertise, cultural knowledge and ideas on the future of healthcare in south western Sydney.

Deepening community relationships will help us achieve this.

The Board and I are incredibly proud of the work you have all done over the past year and the 2022 Quality Awards on Thursday 6 October celebrated and recognised the inspiring work you have all undertaken.

Thank you again for your hard work.

Welcome Professor Jill White

Professor White is a Professor Emerita of the Susan Wakil School of Nursing and Midwifery at the University of Sydney. Professor White has held the role of Dean of the Faculty and prior to that Dean of Faculty of Nursing Midwifery and Health at the University of Technology, Sydney. Retiring in 2018, she is now an independent consultant in the areas of health education, regulation and policy.



She has worked globally in nursing, with roles at the World Health Organisation and International Council of Nurses in Geneva. She was a Fellow of the University Senate of the University of Sydney, and a Fulbright Senior Scholar at the University of Pennsylvania School of Nursing.

Other board roles have included inaugural Chair of the Australian Nursing and Midwifery Accreditation Council, Nursing Now! Campaign and the Nursing Now Challenge.

60 seconds with...

Stephanie Rennie

What is your role?

I am the Go4Fun Program Manager.



How did you end up working in this particular field?

I have a passion for health and fitness for all ages which is why I jumped at the opportunity to get involved in Go4Fun, previously MEND, when I first started in south western Sydney over 10 years ago as an exercise leader. In 2013 I started as a project officer and then in 2017 as the program manager.

What do you love about your role?

I love being involved in helping families make healthy lifestyle changes and helping children learn life skills. The joy children get in achieving small changes while still enjoying being children is the most rewarding aspect of my job.

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

Go4Fun is really FUN for the whole family. We are taking enrolments for Term Four which starts on 10 October. Anyone can refer families into our program. Clinical staff can complete an online referral form or parents can enrol. Please share this link with your networks and any families you know <https://go4fun.com.au/>

Curing Hep C

The Health Promotion Service is working closely with the Gandangara Local Aboriginal Land Council to raise awareness about Hepatitis C and encourage Aboriginal and Torres Strait Islander people to come forward for testing even if they have no symptoms.



Its latest collaboration with Gandangara is a powerful video which highlights that Hepatitis C is now curable in 95 per cent of cases thanks to new and improved treatments. The video shares the story of resident Debbie Robinson, who is now cured, and dispels many myths surrounding Hepatitis C.

You can watch the video on [SWSLHD's Youtube](#).

Redevelopment progresss

Campbelltown Hospital's \$632 million redevelopment is shifting its focus to the refurbishment of newly vacated spaces after the successful commissioning of the 12-storey clinical services building.

The former ED, renal dialysis unit, clinical sterilisation services department and some areas of the Macarthur Cancer Therapy Centre will receive a range of enhancements and expansions until late 2023.

Liverpool Hospital's new car park has opened providing an additional 500 parking spaces for the campus and features the largest artwork commissioned by NSW Health.



Internationally acclaimed local Indigenous artist, Bibi Barba, created the striking artwork titled 'Flowers of Gandangara' in collaboration with community, Elders, Liverpool Girls and Liverpool Boys High Schools,

government architects and Liverpool City Council. The artwork is inspired by Bibi's personal story and connection to the rich Aboriginal history of the region and pays tribute to the rich cultural history of Liverpool.

Patient Rounding

Vascular Ward CB4B is embracing Transforming Your Experience's Safety Essentials by providing individualised, high-quality care for their patients in a safe environment where patients feel valued and heard.

Nurse Unit Manager Carolina Perez said proactive patient rounding helps her team focus on and individually address patients' needs.



"Incorporating rounding during the multiple care points where we connect with our patients during the day has made the implementation of Proactive Patient Rounding a natural and easy fit for our ward. We value knowing that our patients are receiving and experiencing even more personalised care."

CB4B took a collaborative approach, engaging all staff in planning, which encouraged staff to take ownership of the roll-out and ensured successful implementation.

Kind donation



Liverpool Hospital Cancer Wellness Centre has received 20 care packages from the Ladies Like To Lunch charity organisation.

Hospital General Manager Karen McMenamin said the packs bring comfort to women receiving cancer treatment and include moisturisers, organic soaps and chilly towels.

"The packs are lovely and will be much appreciated by the patients at our Cancer Wellness Centre," Ms McMenamin said.

"We thank Ladies Like to Lunch for their wonderful support."

Ladies Like to Lunch is a fundraising group supporting women affected by cancer in south western Sydney.

1000th baby milestone

Bowral & District Hospital is celebrating the delivery of the 1000th baby in its new birthing unit - a gorgeous baby boy Hudson Artsivourtsis.

Hudson arrived on 23 September, weighing 4250g, and his parents Gemma and Evan Artsivourtsis could not be more proud of their history-making newborn.

The hospital's Maternity Unit Manager Vicki Elder said she was privileged to help welcome Hudson into the world.

"I am very proud of our midwifery team who are so dedicated to the care of our women and babies," Ms Elder said. "The new birthing suites and maternity unit are contemporary, bright and welcoming. Our patients and their families really appreciate the lovely surroundings."

The new unit opened in March last year as part of stage one of the hospital redevelopment. The \$55 million stage two upgrades are now underway.



Well done team!

Congratulations to the South Western Sydney Local Health District midwives who presented posters at the National Australian College of Midwives Conference in Cairns. Annette Wright and Tracey Garland presented on the success of the Breastfeeding Bootcamp training for midwives and staff in south western Sydney.



Alison Canty presented a poster summarising the implementation and outcomes from the Hyperemesis Gravidarum project, commencing IV fluids in the home.

Wendy Pickup and Gaksoo Lee's poster displayed an audit of the Early Pregnancy Assessment Service (EPAS).

Research spotlight

October Showcase

Research surrounding the best start to life is the focus of the Health Beyond Research and Innovation Showcase online seminar on Wednesday 26 October from 9.30am to 12 noon.



The session will be chaired by Professor Valsamma Eapen, Director of the BestSTART-SW (System Transformation and Research Translation - South West Academic Unit), and will include insights on research initiatives surrounding child development, social and emotional wellbeing and early educational outcomes.

Skills workshop

Our Research Directorate is hosting a virtual grant application writing workshop in partnership with Maridulu Budiyari Gumal - SPHERE, on 1 November from 12 noon to 2pm.

Learn what makes a great application from successful grant recipients and grant reviewers, and strengthen your writing skills for your next application.

Email SWSLHD-ResearchDirectorate@health.nsw.gov.au with subject line "Grant Application Writing Workshop Registration" to register.

Workplace Giving Month



October is Workplace Giving Month and a time to recognise the contributions of South Western Sydney Local Health District staff who have been supporting the Barbara May Foundation over the past 14 years.

The Barbara May Foundation provides much-needed maternal care to mothers and babies in the Afar region of Ethiopia.

Through our program, we have helped build a fully-equipped,

20-bed maternity hospital which is supported by Australian nurse and midwife Valerie Browning AM.

Signing up is easy – just fill in [your details here](#).

Just \$1 a week from your pre-tax pay is all it takes to support this wonderful charity.

This year our Workplace Giving committee has organised two hampers to give away as a thank you. The first winner will be drawn from those who sign up during Workplace Giving Month, the second will be drawn from staff who already generously contribute to the program.

For more information on workplace giving, please visit the [intranet](#).

Thank you Colleen

Liverpool Hospital Nurse Unit Manager Colleen Suter is retiring after 33 years of service. Colleen has been a Workplace Giving Ambassador since 2015 and is a passionate advocate.



“Women in remote Ethiopia are often socially ostracised due to the consequences of obstetric fistula,” she said.

Workplace Giving Committee co-chair Professor Josephine Chow congratulated Colleen and thanked her for her hard work.

“Colleen has been a wonderful ambassador for Workplace Giving. We wish her all the best,” Professor Chow said.

Wiggling into heart health

The original yellow Wiggle Greg Page swapped music for discussions about saving lives from sudden cardiac arrest during his visit to Bowral & District Hospital in September.



Mr Page, who set up the Heart of the Nation charity after he survived a sudden cardiac arrest, toured the hospital's cardiac assessment and intensive care units and met staff during his visit.

Hospital General Manager Bradley Warner said staff were thrilled to meet the original Yellow Wiggle.

“It was a great visit. He thanked our staff and spoke about the role of Heart of a Nation and his own experiences of sudden cardiac arrest,” Mr Warner said.

Heart of a Nation aims to raise awareness and ability of all Australians to perform CPR and increase the availability and accessibility of automated external defibrillators to save lives.

Congratulations!



Campbelltown Hospital's Mental Health Adolescent Unit, previously known as Gna Ka Lun, has been named as a finalist in the Rainbow Inclusion Award category of the Mental Health Matters Awards.

Their entry was for their innovative QI Project: Gender Affirmative Practice, which is a project assisting gender and sexually diverse consumers through their journey in hospital and connecting them to appropriate services to meet their needs.

Team leaders Talia Burton and Darren Vongsouvanh developed screening on admissions to give consumers the opportunity to supply their preferred name and pronouns, and their sexuality. The team are then able to assist with conversations with family and other support they may need.

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 Facebook at South Western Sydney Local Health District.