



**Inside this
issue**

- Human Resources Pg 2/3
- Primary & Community Services Pg 4/6
- Quality News Pg 7
- Camperdown / Merindah Lodge Pg 8
- Infection Control Pg 9
- Greening South West Healthcare Pg 10
- Regional Mental Health Services Pg 11

**Points of
interest**

- Important Dates
- Gifts & Hospitality
- Workplace Social Functions
- Staff Immunisation Project
- Service Awards
- Library News
- White Ribbon Day



From The Desk of the Chief Executive Officer

*“The more that you read, the more things that you will know.
The more that you learn, the more places you’ll go.” Dr Seuss*

South West Regional Cancer Centre

It is very pleasing to announce that the Minister for Health, The Honourable Jill Hennessy and Member for Wannon The Right Honourable Dan Tehan officially opened the new \$30million South West Regional Cancer Centre on Friday 2 December 2016. This new centre which incorporates radiotherapy, chemotherapy, specialist consulting suites and a wellness centre is the culmination of 8 years hard work and perseverance and strong engagement with our local community. The centre has been in operation since July this year and already approximately one hundred patients have received radiotherapy services locally rather than travel to Geelong or Melbourne for treatment. The visit by the Minister for Health also provided an opportunity to once again lobby for funding for the \$112million Stage Two redevelopment project which will deliver new and expanded Operating Theatres and Emergency Department capacity. The Minister was taken on a tour of the existing facilities and indicated a high level of support that the project was worthy of government consideration and that she would be using her best endeavours to advocate for the project during the budget cycle.

Annual General Meeting

The 2016 AGM once again provided an opportunity to showcase the significant achievements of the organisation during the past 12 month period. For the first time, the meeting commenced with a Welcome to Country which was performed by Adeline McDonald who graciously presented a Message Stick which is now proudly displayed in the Boardroom. In addition, three outstanding voluntary contributors (Mervyn Hoy, Helen Goss and Dianne Papworth) were awarded Life Governorships due

to their long-term commitment to the health service. Furthermore, Regional Supply Chain Manager Terry Hoy was awarded the A.E.W. Matthews Travelling Scholarship to attend the GS1 European Healthcare Supply Chain Conference in Berlin and site visits to a number of health services in the United Kingdom. A highlight of the meeting was a presentation by Radiation Oncologist Dr Tracie Gleisner who outlined her own career journey and the positive impact that the new cancer centre is having on patients in the region.

Staff Long Service Awards

During the month of November we have celebrated the contribution of all staff but in particular those staff members who have reached milestone years of service. In total, 132 individual staff members have contributed 2,300 years of service to the organisation with the largest contribution attributed to Carole Manifold (Merindah Lodge) and Rod McMurrick (Mental Health Inpatient Unit) who have both completed an amazing 45 years of service.

Conclusion

May I conclude this newsletter by thanking all staff and volunteers for their contribution during the year and to thank you most sincerely for your dedication and commitment to what has been a year of significant achievement. May I also take this opportunity to wish you all the very best for the festive season and trust that you and your family will enjoy a happy, safe and healthy new year.

Keep up the great work!

JOHN F KRYGGER
Chief Executive Officer
December 2016

HUMAN RESOURCES

Important dates for salary packaging and payroll processing during the coming festive season

PAY PERIOD 5 December to 18 December inclusive:

- Processing is pretty much “business as usual” with all pays, salary packaging and meal entertainment/accommodation reimbursements made prior to Christmas – although as always we would appreciate all pay documents being submitted as early as practicable (and by 12.00noon on Thursday 15 December at the latest; with changes notified by 9.30am on Monday 19 December).

PAY PERIOD 19 December 2016 to 01 January 2017:

- Timesheets for pay period 19 December 2016 to 1 January 2017 inclusive will be distributed on Wednesday 14 December 2016 (NOTE: these will be printed on **blue** paper to easily identify them as they will be distributed whilst the previous period’s timesheets are still to be sent to the Pay Office).
- All **blue** timesheets for this period should be forwarded to pay office as early as possible, preferably by 5pm Friday 23 December 2016 **but no later than 10am Wednesday 28 December 2016 including all rostered shift projections from Thursday 29 December 2016 to Sunday 1 January 2017.**

Any changes to shift projections **must strictly** be at the Payroll office by 9.30am Tuesday 3 January 2017.

PLEASE NOTE! Due to the gazetted additional public holiday on Monday 2 January 2017 salary and wages will be deposited into bank accounts 1 day later than standard processing.

If you have any queries please contact pay office on either extension 34035 or 31610.

Gifts & Hospitality

It is extremely important at this time of year to remind staff of South West Healthcare’s Gifts, Benefits & Hospitality policy (MAPPs Policy 2.25) and guidelines.

Gifts are defined as free or heavily discounted items, intangible benefits or hospitality exceeding common courtesy that are offered to Board members, staff members or volunteers in association with their roles or duties. They may be enduring such as a work of art or consumables such as a box of chocolates. They range in value from nominal to significant and may be given for different reasons.

Benefits are defined as preferential treatment, privileged access, favours or other advantage offered to Board members, staff or volunteers in association with their roles or duties. They include such things as invitations to sporting, cultural or social events; access to discounts and loyalty programs; or promises of a new appointment or position. While their value may sometimes be difficult to quantify in dollars, they may be highly valued by the intended recipient and therefore used to influence their behaviour.

Conflicts of Interest occur when an employee’s private interests conflict with their public duty. Employees have a duty to always resolve a conflict in the public interest, not their own. This may mean that they decline a gift or transfer the gift to their employer’s ownership if this is identified as being in the public interest.

Reportable Gifts OR Benefits are those valued in excess of \$100 (including multiple small gifts from the same person or organisation in excess of \$100 within a 12 month period) and must be recorded on the Gift Register. (CONTACT HUMAN RESOURCES for further information regarding this Gift Register) Irrespective of dollar value, a gift that could create a reasonable perception that an employee could be influenced must be refused.

Gifts of nominal value, such as flowers, pens and chocolates (or other consumables) may be accepted by Board members, staff or volunteers.

Reportable gifts must be recorded on a Gift, Benefit and Hospitality declaration form and both the gift (where applicable) and the form must be forwarded to the Chief Executive Officer for determination and inclusion on a register.

Further information, declaration forms and details are available within the SWH policy.

HUMAN RESOURCES

STAFF SERVICE AWARDS

The Staff Service Awards were held on Monday 21 November 2016 at the Warrnambool Campus and Thursday 24 November 2016 at the Camperdown Campus.

At these functions, awards were presented to members of staff reaching milestones of service with South West Healthcare during 2016.

Staff received awards for 10 years or more of service; with 3 staff receiving awards for 35 years; 1 for 40 years and 2 staff receiving awards for an amazing 45 years of service.

Below is the full list of award recipients for 2016.

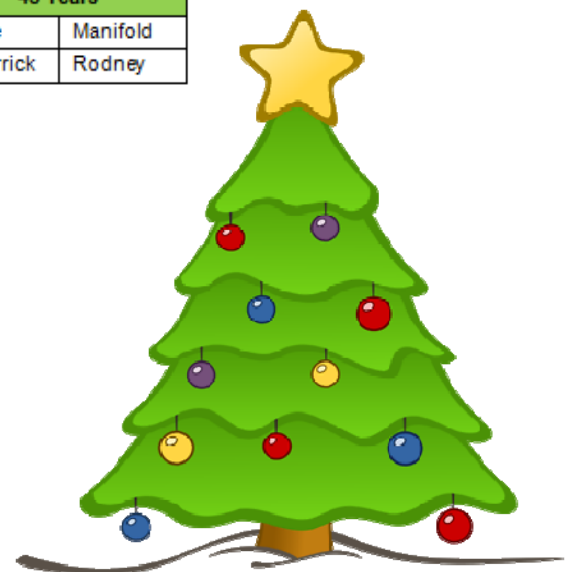
10 Years		15 Years		20 Years		30 Years	
Bagg	Susan	Absalom	Angela	Astbury	Sally	Atkinson	Michelle
Bailey	Joy	Anderson	Kerryn	Betts	Julie	Beks	Lorna
Bayley	Yve	Barling	Sheridan	Cameron	Debbie	Baudinette	Susan
Bell	Marli	Bull	Sally	Cook	Michelle	Brough	Rodger
Bishop	Jane	Cooper	Sue	Dalton	Garry	Dow	Cathy
Brennan	Julie	Crothers	Linda	Finnerty	Jennifer	Dunn	Helen
Brooks	Pauline	Delaney	Joanne	Fogarty	Jamie	Ezzy	Catherine
Byrne	Gregory	Foley	Heather	Gavin	Lisa	Farrow	Joyanne
Carter	Lynne	Glare	Barbara	Gibbons	Cynthia	Grant	Melinda
Clark	Jocelyn	Goddard	Jennifer	Hocking	Margaret	Hand	Bernice
Cole	Susan	Gordon	Fiona	Jewell	Kerrie	Hoekstra	Boreas
Conn	Laura	Graham	Lorraine	Loria	Catherine	Krepp	Douglas
Dinwoodie	Patrice	Grant	Sarah	Oconnor	Leanne	Patten	Suzanne
Dureau Finn	Janine	Grieves	Dianne	Place	Jennifer		
Edge	Peter	Haberfield	Jane	Rantall	Roslyn	35 Years	
Gervis	Cathreena	Harrison	Karen	Saunders	Christine	Barr	Mary
Gleeson	Anthony	Hutchins	Toinette	Storer	Shane	Hogan	Bill
Hawkins	Myles	Jervies	Renee	Toone	Christopher	Wines	Sue
Hennig	Marcelle	Kingsley	Katherine	Trigg	Michelle		
Holmes	Grant	Leishman	Rachel	Wolff	Annette	40 Years	
Humphrys	Margaret	McGinley	Beth	Wynd	Ingrid	Gardiner	Lynn
Kelly	Melissa	Meade	Michelle	Young	Lyn		
King	Melissa	Nadaraj	Prue			45 Years	
King	James	Noonan	Claire	25 Years		Carole	Manifold
Marris	Kasey	Obrien	Timothy	Bourke	Maureen	McMurrick	Rodney
Marsh	Kenneth	Oconnor	Margaret	Dunstan	Deb		
Martin	Fay	Ogrady	Jeannette	Edwards	Susan		
McCarthy	Rhonda	Oneill	Barbara	Hassett	Jillian		
Moodie	Judith	Pedde	Marie	Hirth	Jennifer		
Morgan	Rosemary	Relouw	Julia	King	Lauren		
Moulden	Samantha	Schlicht	Katherine	Kingston	Jane		
Nichol	Elisia	Sloan	Katherin	Mahony	Janette		
Okeeffe	Catherine	Thompson	Kerrie	Porter	Russell		
Owen	Karen	Wallace	Maureen	Rawlings	Barry		
Palmer	Kylie	Ward	Margaret	Smith	Adele		
Patten	Kelly	Warden	Lynda	Squires	Andrew		
Robertson	Rachel	Waterfall	Naomi				
Sabo	Rachel						
Shelton	Diana						
Southwell	Erin						
Steere	Warrick						
Youl	Gianna						

Workplace Social Functions, Drink Driving and Appropriate Behaviour

South West Healthcare encourages all staff to enjoy the festive season but to be safe and ensure that their fellow workmates are also able to enjoy celebrations in a safe, appropriate and comfortable environment.

Staff are reminded that work related functions or activities are covered both by laws (for example in relation to assault or sexual harassment) and South West Healthcare's relevant policies such as Code of Conduct, Bullying & Harassment, etc.

If you are intending to enjoy a few drinks, please remember to organise a "designated driver", to be collected by a responsible driver or to take a taxi in order to get home legally and safely.



The Human Resources Team wishes all Staff a Very Merry Xmas and Safe, Happy & Healthy 2017!!!

PRIMARY & COMMUNITY SERVICES DIVISION



South West Medical Centre

We continue to be a very busy practice, averaging 40 new patients a week over the last three months. After-hours and weekend appointments are highly sought after.

We are pleased to welcome Dr Monica Bhatia who will be working evenings and weekends. Monica has a fellowship of Royal Australian College of General Practitioners and is a senior lecturer at Deakin Medical School. Monica has special interests in Paediatrics, Women's Health, General Medicine, Chronic Diseases and Mental Health. She has skills in minor surgical procedures such as removal of skin lesions, abscess drainage.

We continue to support staff development with Rochelle Morrison attending workshops in GP Practice sustainability, Katrina Hoyer attending a wound and suturing course and Tracey Brady attending a General Practice conference on post treatment care with the Australian Cancer Survivorship Centre and Peter MacCallum Cancer Institute.

On a final note, as the holiday season approaches, you will see several highly experienced locums within the practice to help with the increased demand.

To the best IHBR team, where would I be without you? You have made me so much stronger in every way possible. I can never repay you for everything you have done for me, I wish you all the very best and hope this program continues for years to come. Thank you! Life goes on – IHBR client feedback.

Intensive Home-Based Rehabilitation: Helping People Recover at Home

The Intensive Home-Based Rehabilitation (IHBR) Team commenced in July 2016. The IHBR approach enables people to get high intensity rehabilitation therapy in their own home, when they might have ordinarily come into hospital. The program is short term (up to six weeks) and high intensity (up to three times per day), based on the rehabilitation needs of the client. Referrals to IHBR are made via the Subacute Pathway Access (SPA) Team, on Ext. 31595.

Depending on what the clients' particular goals are, clinicians can be accessed from:

- Occupational Therapy
- Physiotherapy
- Speech Therapy
- Social Work
- Rehabilitation Doctor.

The team also has close working relationships with other subacute ambulatory care teams such as:

- Nutrition
- Podiatry
- Nursing
- Care Coordinators

To be admitted to the IHBR program, clients should:

- Be medically stable
- Be willing to participate in an intensive home program
- Have some support at home (family/carer)
- Have a home environment that is safe for our staff
- Have rehabilitation goals
- Live within 30km of Warrnambool (this is negotiable depending on the availability of our staff).



Photo: IHBR Team: Jodi Bateman, Catherine Lemar, Jo Morgan, Shey Jones. Missing from picture Anne North, Amy Smith, Wren Bowie

PRIMARY & COMMUNITY SERVICES DIVISION

Service Redesign: A New Model of Care for Women with Gestational Diabetes

Gestational Diabetes occurs in approximately 14% of all pregnancies. Optimal control of blood glucose levels throughout the pregnancy is important to reduce the risk of adverse outcomes for the infant. Women with Gestational Diabetes have multiple Medical, Nursing and Allied Health appointments to ensure optimal control.

Early this year a multidisciplinary approach to appointments was commenced. Jane Hurley (Dietitian) and Maree Boyle (Diabetes Educator) have been working together with the Women's Health Clinic to provide joint education consults that coincided with Obstetrician appointments.

The trial has been very successful, with plans to further restructure Dietitian appointments and expand the service to two mornings per week. The average number of women seen by the Dietitian has increased from:

5 per month (2015) 
to
16 per Month (2016) 

Joint consults have also reduced the number of appointments and sites the women need to attend, reduced duplication of information, provided immediate answers to questions, increased shared professional skills and knowledge and reduced the number of cancelled Dietitian appointments.

The multidisciplinary approach and joint consults provide more cohesive patient care and is preferred by clinicians
Dietitian and Diabetes Educator

It is much easier to access the Dietitian and discuss patient progress regularly.
Clinicians in the Women's Health Clinic

It is easy and more beneficial to attend one appointment in one central location
Women with Gestational Diabetes



Maree Boyle (Diabetes Educator) and Jane Hurley (Dietitian).

NUTRITION & HEALTH PROMOTION

The South West Healthcare Nutrition and Health Promotion teams have been working with Kindergartens and Early Learning Centre's to give local children the best start in life.

The Honey Pot started working with SWH in August 2015 when they expressed an interest in making their service a healthy place for children, staff and families. In 2016 a SWH Health Promotion Officer joined a Honey Pot Health and Wellbeing team which has led to them participating in Smiles 4 Miles (an oral health promotion program that promotes healthy eating and good oral health) and the Achievement Program (a program aiming to promote health and wellbeing).

Their great work with the Smiles 4 Miles program was celebrated by making front page of the Warrnambool Standard during Oral Health Week! They are also well on their way to being awarded as a Smiles 4 Miles accredited service. In October 2016, the Honey Pot became the first Early Childhood Centre in Warrnambool and Moyne to receive recognition for their work in the Achievement Program, and have earned the healthy eating and oral health and sun protection benchmarks.

Well done to The Honey Pot!

This has been a great partnership and we are looking forward to continuing these achievements as we work together.



Photo by The Standard and photographer Rob Gunstone.

Archival Research

The Library recently answered an archival enquiry for searching historical photos of Acute Inpatient Unit (Ward 9) in Mental Health Service.

A musical production, Bill's Jacket, was created by Shirley Flynn to pay tribute to her father-in-law. The lyrics describe how as a veteran he suffered from mental illness after he returned from the war.

He was admitted to Warrnambool Base Hospital's Ward 9 throughout the 1950s, '60s and '70s. A senior health worker, the late Brian Gorman, described him as the only living man to break out of the hospital jail.

<https://youtu.be/RJwOSrCj0zc>

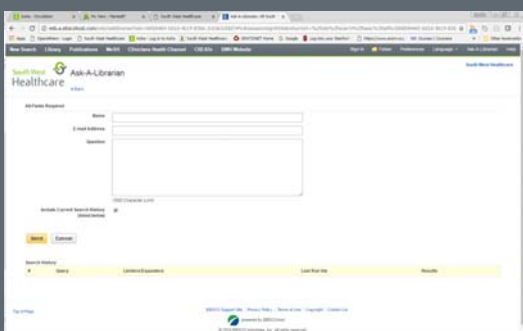
His family thanked us for our support and generosity and allowed us to share this video with the hospital staff. Here, we acknowledge the excellent patient care of the hospital and mental health service.

Research Support

We recently received increased requests for research support. We provide information, education and a literature search service to support hospital staff research activity. You are welcome to contact our Library staff regarding research support.

Ask a Librarian

Our Ebsco Discovery Service provides a feature 'Ask-A-Librarian' on the right top corner. You can send your questions to us by filling in the form. We will respond to you in a timely manner.



Community Health Victorian Healthcare Experience Survey Trial (Oct. to Dec. 2016)

South West Healthcare's (SWH) vision to provide "outstanding healthcare in partnership with our regional community" demonstrates commitment to ensuring consumer engagement in achieving our mission of providing a "comprehensive range of high quality health and wellbeing services for people in South West Victoria". To date there has been no standardised state/national community health consumer feedback survey. Hence, until now the Primary and Community Services (P&CS) Division has utilised an "in-house" developed survey: "Community Health Care Survey" to drive ongoing service quality improvement.

What is the Community Health VHES?

It is a statewide survey developed by the Department of Health and Human Services, that asks people how they felt about their experience with the community health service.

Why Are We Participating in the VHES Community Health Trial?

- Help guarantee SWH P&CS Division system is person centred (as per National Standards).
- We will be able to identify opportunities for continuous improvement.
- We will be able to benchmark and share service improvement strategies state wide.
- Clinical safety and effectiveness outcomes are correlated with client experience.
- It is designed as an objective and actionable survey, rather than satisfaction model.
- Significantly increased efficiency and validity compared to current "in house" process.
- Opportunity to contribute to long term enhancements to the state wide survey.
- Aligns with Organisational implementation of admitted VHES surveys.

Results will be available in March 2017.

If you would like to know more contact:

Jenna Hogarth
(P&CS Quality Improvement Coordinator)
jhogarth@swh.net.au
or Ext 34158.



Sharon McKean (Access and Intake Worker) handing Jenna Hogarth a survey

Redesigning Care update

Acute Patient Flow

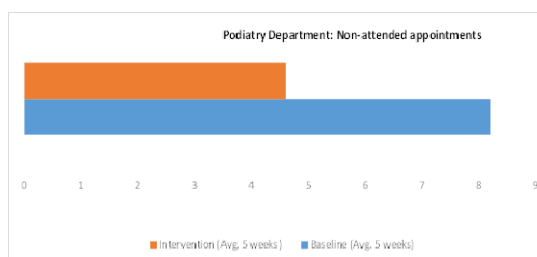
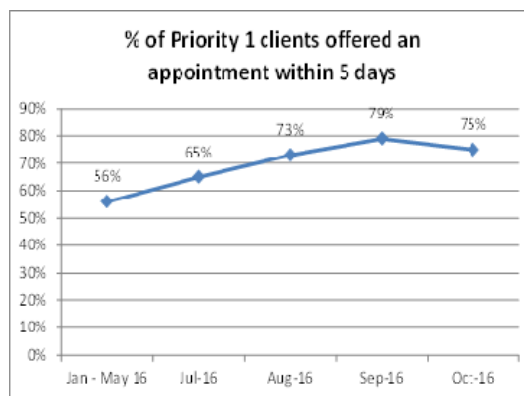
- Ingrid Wynd, Project Lead, has been busy pulling together the current picture of patient care and flow. This has involved audits, data analysis and consulting with numerous members of the disciplines involved in patient care. Some great opportunities to do it better have been identified.
- Three Work Groups are 'taking off' to plan some improvements (using an aviation theme) who wants delays and not knowing all the plans!
- Work Group 1: 'Arrivals' - patient flow through ED
- Work Group 2: 'In-Transit' - patient care and flow in the wards
- Work Group 3: 'Departures' – leaving acute care

Endoscopy Redesign

- Almost there with the interface between Trak and Provation, our electronic system for managing endoscopy patients. This will streamline booking and care documentation, reducing the double entry of information before, during and after endoscopy procedures. Progress on a recall system is slow.
- The e-referral form for GP referrals for endoscopy patients has been trialled and plans are underway for rollout throughout all the GP Clinics in the region over the next 6 months.

Allied Health Clinicians in Redesign

- Renee Clapham, Project Lead, has been facilitating some work on outpatient flow. Focus areas have included ensuring clients are offered their appointments within the designated time frames according to urgency, especially Priority 1 clients, and being able to capture this data accurately. Some great results - see Graph.
- Reducing non-attendance (Failure to Attend) rates is another priority. When clients fail to show up for their appointment = lost opportunity for someone else to be seen.
- The Podiatry Department trialled a reminder phone call over a 5 week period with some great results. Our wonderful volunteer has been instrumental in this success. See Graph. This is now ongoing.
- Renee is also assisting the staff involved in cardiac rehabilitation in their review of the current program.



National Standard 6: Clinical Handover – What is happening now?

- We now have bedside handovers across all shifts in all wards. However now with Point of Care (POC) terminals at all bedsides and all systems go with more parts of the medical record electronic, it is timely that we revisit the bedside handover process to ensure it maximises the information exchange between shifts.



We welcome the following staff to the Quality Unit: Mrs Jill Stephens, Business Support Officer for Quality and Education Units. Jill commenced midway through 2016 in this new role and is working across both units. Jill has broad experience with a librarian background.

Mr Damon Lally, Infection Control Consultant who joins the Infection Prevention and Control team. Damon has extensive experience in Infection Prevention and Control and has returned to Australia after spending the last few years overseas.

Ms Jill Warne, Consumer Engagement and Liaison Officer. Jill has taken on this new role and will be facilitating consumer engagement and feedback at South West Healthcare. Jill has recently completed a sub-regional project involving student education and clinical placement and was based in the Education Unit at South West Healthcare.

White Ribbon Day

Camperdown Campus has joined Warrnambool in acknowledging White Ribbon Day. We have a window display in our foyer and several of our male staff took the oath on Friday 25 November 2016.

White Ribbon Australia engages men to highlight the role they can play alongside women to stop violence against women, based on the understanding that most men are not violent.

Only some men use violence. Most men share the belief that violence against women is never acceptable.

White Ribbon Australia acknowledges that violence can be perpetrated and experienced by both men and women. White Ribbon focuses on one specific type of violence – that of men's violence against women.



Our male staff preparing to take the White Ribbon oath. Jamie Brennan, Eddie Shanahan, Kelvin Fitzgerald, James King, Riaz Khan, Chris McGrath and Ian McLeod.



Camperdown

Open Forum and Staff Awards

Over 65 people attended the Camperdown Community Open Forum at the Killara Centre on Thursday 24 November 2016. Chairman of the SWH Board, John Maher, welcomed guests, volunteers and staff to the evening. Mr Maher gave an overview of the previous 12 months at SWH Camperdown and Lismore. CEO John Krygger presented service awards to our Camperdown volunteers. A total of 550 years of volunteering were recognised. Volunteers received awards for 5 to 35 years of service in Meals on Wheels, David Newman Centre, Merindah Lodge, Hospital Auxiliary, Friends and Relatives of Merindah and Trolley Ladies Auxiliary. Carmel Absalom, Veronica Broderick, Janet Carr and Genevieve McMillan have all donated 35 years of service to Meals on Wheels.

Liam Jukes, Manager of the new South West Regional Cancer Centre was the evening's guest speaker. Liam shared his passion for cancer treatment in rural and regional centres. He is a strong believer of holistic care and the importance of a multidisciplinary approach to health services. Earlier in the day 19 long serving staff were recognised at our staff awards. We welcomed SWH Executive and Board members to the campus to meet and celebrate over 350 years of services. Carole Manifold has worked at SWH for an amazing 45 years.

MOW Volunteer Gabrielle Gill with Quality Coordinator Mel Sinnott



Staff member Joy Bailey with her managers Tash Swayn (acute ward) and Rebecca Van Wollingen (Manifold Place CH)

Volunteers Barbara Boyd, Veronica Broderick and Jill Urquhart



Merindah Lodge staff with their service awards – Julie Betts, Sue Cooper, Angela Absalom, Carole Manifold and Margaret Humphrys.

Staff Immunisation Project

Now is the time to dust off your Immunisation records in preparation for our next big Staff Health project 'Knowing your Immunisation Status' coming soon!

Are you protected against these childhood preventable diseases?

- Measles
- Mumps
- Rubella
- Chicken Pox
- Hepatitis B
- Whooping Cough

All **Category A** staff are required to provide **evidence** that they have been immunised against childhood preventable diseases.

Category A: Staff with physical contact with or potential exposure to blood or body substances such as Medical, Nursing, Allied Health, Cleaners, Dental, Theatre and CSSD, Plumbers, Orderlies and Linen services.

Maintaining immunity in the Healthcare Worker population helps prevent transmission of vaccine preventable diseases to and from staff, patients, contractors, students, visitors and volunteers



INFECTION PREVENTION

Antibiotic Awareness Week

The Infection Prevention team has partnered with the South West Medical Clinic to carry out a National Antimicrobial Prescribing Survey (NAPS). The establishment of an Australian-first partnership has South West Healthcare at the cutting edge of curtailing antibiotic resistance.

South West Healthcare has been monitoring the use of antibiotics in acute care for several years now, but this survey was important to gain knowledge around the prescribing habits in a GP clinic. We will also be monitoring the use of antibiotics in Dental Clinic.

By monitoring the prescription of antibiotics we will help preserve this valuable resource for when they are required for use in accordance with the Australian Therapeutic Guidelines. A follow up survey will occur in 6 month's time. For full article please see: <http://www.standard.net.au/story/4301382/clinic-leads-the-way-in-new-project/>



L-R GP Clinic Practice Manager Rochelle Morrison, Infection Prevention Consultant Damon Lally, Antimicrobial Stewardship Pharmacist Kellie Cashmore, Dr Julie Dikiciyan Gerontology Physician.

Primary & Community Health: Preventing Infections

It has been Infection Prevention education month in Primary & Community Health Division during the month of November.

A total of **140** staff (60%) in the Primary and Community Health Division have received an update on ways they can prevent infections during the care they provide. Staff have received education in hand hygiene and aseptic technique as well as thinking about other ideas to keep both staff and clients healthy. We now have 61% completing the mandatory Hand Hygiene package on GROW in Primary & Community Health.

A Total of 307 SWH staff have received education in Preventing Infections in the past 12 weeks.

New Infection Prevention Consultant:

September 2016 saw the commencement of a new Infection Prevention Consultant, Damon Lally, who has joined Jenny Lukeis in underpinning Infection Prevention across the whole of South West Healthcare. Damon has recently moved from Saudi Arabia and Qatar where he worked for Johns Hopkins Aramco Healthcare and the Qatar Orthopedic and Sports Medicine Hospital, where he was involved with Infection Prevention and Control. Prior to his Middle East experience Damon worked in NSW Health.

Damon has a passion for technology and its use in Infection Prevention. He also enjoys educating staff and patients on matter relating to Infection Prevention. He is new to the Warrnambool area and is enjoying this wonderful part of Australia.

Should you require any information or assistance on Infection Prevention, please contact **Jenny or Damon in the Infection Prevention office on 55631597 or 55631592.**



Greening South West Healthcare

Greening South West Healthcare is a new quarterly column that hopes to share some of the work and thinking driving environmental sustainability at South West Healthcare. Healthcare associated activities and infrastructure all use energy, resources and water, and the size, scope and practises of healthcare mean that their impact on the environment or 'environmental footprint' is often large.

The new role of Environmental Sustainability Project Officer aims to provide focus for the numerous activities already in place across the various campuses that fall under the banner of environmental sustainability, and to create a framework to generate further activity in these areas. Elvira Hewson has recently started in this role, moving from Community Health, where she worked on the Bowel Cancer Prevention Project. The first port of call for this role has been to bring together baseline data around energy, water and waste in an annual Sustainability Report, to guide the development of an Environmental Management Plan. The Sustainability Report will be publically available on the SWH website. The recently reformed Sustainability Committee will oversee the implementation of this Plan, and support both staff and organisation led initiatives. The Sustainability Committee consists of the following staff and has tried to achieve a balance of representation across service areas and campuses.

Ray Bennett (*Buildings & Infrastructure Manager*),
Brian McNamara (*Maintenance Services Manager*)
Elvira Hewson (*Environmental Sustainability Project Officer*)
Glen Bevan (*Environmental Services Manager*)
Ian Powlton (*Food Services Manager*)
Barbara Moll (*Manager Education, Research & Workforce Development*)
Shane Grundy (*Warehouse Logistics Manager*)
Jenny Lukeis (*Infection Prevention Coordinator*)
Rochelle Hine (*Manager Warrnambool Adult Mental Health Team*)
Eliza Bartram (*Clinical Nurse & PVC Recycling Coordinator*),
Rebecca Van Wollingen (*Manager Camperdown & Lismore Community Health*)
Les Harrison (*Manager Maintenance Services - Camperdown*)

There will be many ways to get involved with Environmental Sustainability at South West Healthcare in 2017. First up, we have created a SWH **staff volunteer position on the Sustainability Committee**. There will also be two additional positions on this committee offered to members of the wider community early next year. The Sustainability Committee have also decided to pilot a SWH **Green Ambassadors** network in 2017. This email network will allow interested staff to stay up to date with key activities and training opportunities, and will help to roll out new initiatives across different teams, departments and campuses. This network will be officially launched in the March 2017 edition of this newsletter.

In meeting people around the place, staff have already been sharing feedback and ideas. Two of these simple ideas to try: conduct your next meeting as a 'paperless' meeting, and turn off lights and monitors at the end of your workday if you work in an office based role. **Feedback** and **ideas** are highly valued by the Sustainability Committee and will be included regularly in this column. Please forward them at any time to Elvira on ehewson@swh.net.au or ext.34068.

Expressions of Interest Invited

Would YOU like to be part of the Sustainability Committee in 2017?

We are looking for someone who is passionate about environmental sustainability and keen to support initiatives at South West Healthcare.

Please get in touch with Elvira for more details and submit an EOI by 31 January 2017.



REGIONAL MENTAL HEALTH SERVICES

Corangamite Shire Mental Health Week Celebrations

The Corangamite Shire embraced Mental Health Week in early October 2016 and hosted several events to celebrate and promote positive mental health, social connectedness and peer participation within our local communities.

Collaboration between Camperdown Mental Health Service and Manifold Place Camperdown, assisted by mental health week grants, allowed Camperdown the opportunity to host three Mental Health Week activities. Interest was shown from local community members who attended the PT (personal training) session, wellness walk, and yoga session, with participants enjoying the chance to socialise, whilst working on their physical and mental wellbeing in a supportive environment.

Terang also played host to a community event designed especially for Mental Health Week, with the local Terang Opportunity Shop providing funding to make this possible. In collaboration with NetFit and with assistance from South West Healthcare, a Netfit session and Centred Life Workshop was open to the community to attend. The NetFit session was based on a low impact fitness workout for all ages and abilities, and was followed by the Centred Life Workshop which covered topics such as mindfulness and developing strategies to overcome adversity and life challenges. The event was facilitated by local netball hero, Sarah Wall, and ex-captain of the Australian Diamonds and current captain of the NSW Swifts, Kim Green, with the event attracting approximately 80 participants, and was deemed highly successful by all who attended. A special thankyou to; 1Life Fitness; FaPMI; Eleven:nevele Yoga; Terang Opportunity Shop; and NetFit, for all their support and assistance to make Mental Health Week possible.

Mental Health First Aid (MHFA)

Since March 2015 the Camperdown Mental Health Service, in conjunction with SWH Health Promotion, have facilitated MHFA across 24 South West Victorian postcodes - reaching 136 community members. 54 of the 136 community members who completed the MHFA course have then gone on to become Accredited Mental Health First Aid Workplace Officers. MHFA courses recommenced in November 2016 with 150 participants already booked in, with the courses running until July 2017. These courses have been run free of charge as Camperdown MHS has been the recipient of two Gardiner Foundation (FRRR) grants. At the end of each MHFA course participants have been asked, 'where to from here' and this information is providing SWH, service providers, and community groups the background information and guidance for future mental health promotion and support.

Anxiety Self-Help Group

Camperdown Mental Health Service is hosting six free sessions for community members on anxiety and self-help strategies. The first session commenced on 17 November 2016 and will run each Thursday with the final session being held on 22 December 2016. The Camperdown Mental Health Service anxiety self-help group will provide participants with information and education about anxiety and help them to design their own self-management plan. By attending the anxiety self-help group they will receive psychoeducation, lifestyle changes, plus tips and techniques on how to deal with anxiety and reduce their symptoms. This group will be facilitated by Camperdown MHS staff and SWHMHS Senior Psychologist and they will provide a safe and supportive environment for participants to achieve the best outcomes for themselves.



**Wishing all South West Healthcare staff and their families a happy,
safe and prosperous Christmas and New Year**

INVITATION

**THE 2016 SOUTH WEST HEALTHCARE
STAFF CHRISTMAS PARTY/BBQ
WILL BE HELD ON**

**FRIDAY 9 DECEMBER 2016
FROM 12NOON**

**AT THE ACUTE MENTAL HEALTH
INPATIENT UNIT WALKWAY.**

ALL STAFF ARE INVITED TO ATTEND.

**LOOKING FORWARD TO
SEEING YOU THERE!**



**John Krygger
Chief Executive Officer**

