

Blacktown and Mount Drutt Grey's Anatomy newcomers



Move over *Grey's Anatomy* welcome to our new Blacktown and Mount Drutt hospital doctors Swati Dharmaraj, Bashar Alani, Dennis Goudie, Karan Singh, Jaffar Hosain, Alvina Ng and Shaun Khanna. FULL STORY Page 2.



Tiny neonates benefit from local IGA donation to Blacktown Hospital: P3



Seeking companions or volunteers for palliative care patients: P4.



Western Sydney Wanderers kick off bigHEARTED month: P7.

First-year doctors arrive at BMDH

A record 52 medical graduates kicked off their careers at BMDH in January, undertaking a year-long internship at Blacktown and Mount Druitt hospitals.

The interns, including 11 from interstate and one from overseas, will rotate through the hospitals in 2017 and will also complete a stint at Bathurst Hospital.

The cohort started their internship with a two-week orientation program, before tackling compulsory terms in medicine, surgery and emergency.

The group are part of the 141 medical graduates who started their internship across WSLHD.



Member for Riverstone Kevin Conolly and Blacktown hospital general manager Sue-Anne Redmond welcomed the medical interns, who kicked off their careers at the hospital last week.

Westmead postal services embrace Marija

Westmead Hospital's postal service has embraced WSLHD's new Disability Workforce Plan 2015 – 2020 with the aid of the Jobsupport disability employment team.

Marija Banovic has been a mailroom assistant at Westmead Hospital's postal services department since July 2015 and has been obtaining work experience to gain the necessary skills for a full-time job.

Judith Frazer, Postal Services Manager, said there were many benefits to gain from partnering with the disability employment service.

"Working with Marija has shown us there are avenues of such potential where people with a disability can assist and do great work for our hospital," she said.

Marija has loved working at Westmead and is hoping to obtain a job with the hospital.

"I like working here at Westmead Hospital, it's a good place because you get to meet people," she said.

"My favourite place is the PET suite because Delle, who is a receptionist there, has become my friend.

"Thank you to Tanya, Jobsupport vocational trainer, and Jude for giving me a chance to work here."

Tanya Stafa from Jobsupport, said clients had successfully transitioned from their work experience to gain employment outside the hospital.

"When the program first commenced in 2009, four clients succeeded in gaining employment at the hospital and three of them are still employed," she said.



Westmead postal services manager Judith Frazer with Marija Baonivic and Jobsupport's Tanya Stafa.

"We're always looking for potential sites each year that could join our program.

"Departments need to have routine and repetitive tasks that we can train our clients in."

For more information contact Kate Murdoch, WSLHD Disability Employment coordinator 8838 6389 or Tanya Stafa from Jobsupport on 9831 4377.

Blacktown receives patient monitor

The Humpty Dumpty Foundation and IGA have made a significant difference to Blacktown Hospital's special care nursery, donating an MX550 patient monitor.

IGA raised the funds for the monitor, which is valued at nearly \$27,000, and were on-hand, along with the Humpty Dumpty Foundation, to hand over the machine to Blacktown Hospital staff.

MX550 patient monitors are used to measure a child's blood pressure, temperature, heart rate and respiratory rate, to determine how well they are recovering from surgery.

If any of these indicators deteriorate, the monitor will sound an alarm for medical staff to immediately attend.

Blacktown Hospital special care nursery manager Terri Freeman thanked IGA for its generous donation.

"This piece of equipment will be well-used by nurses in our special care nursery, who are devoted to caring for the hospital's littlest patients," she said.

"This vital equipment will ensure we can continue to give the best-quality care."

SUPA IGA Werrington owner Richard Rizk said the equipment was one of 11 donations IGA



Blacktown Hospital Dr Angali Dhawan, IGA's Richard Rizk, Humpty Dumpty's Julie Abbott, IGA's Glenn Forbes and Nick Caboche, special care nursery NUM Terri Freeman holds baby Lincoln Carter.

retailers across NSW and ACT had made.

"IGA retailers and their teams have been involved with schools, sporting and community organisations in Blacktown for many years and we are proud to make this contribution to Blacktown Hospital," he said.

"It is great to have access to this state-of-the-art MX 550 patient monitor locally and we hope that it can assist many children and their families if, and when, they need it."

What is a consumer rep?

Just over two years ago, the framework guiding how we partner with consumers was launched.

Since then, the role of a consumer representative has become clearly defined.

Listening to the experiences of our own consumer rep's has helped us understand that a consumer representative is someone who often wants to "give back" to the public health system.

Being involved with staff members in committees and think-tanks helps staff members focus on why a public health system exists: to serve our community.

Consumer representatives are trained to understand the way health systems work and how to work with staff members.

To be a consumer rep, you ensure that personal agendas are not at the forefront. Rather, a consumer rep works with staff members to co-design new ways of delivering healthcare.

To recruit consumer representatives we undertake National Criminal Record checks, referee checks, 100 points of ID checks and require them to sign off on NSW Health Code



Consumer representatives are pumped after attending a Consumer Council meeting.

of Conduct as well as a special "Role, Rights and Responsibilities" document.

If you would like to work with consumer reps in your team, contact Tara or Coralie on 0437 874 244 or visit <http://wslhdintranet.wsahs.nsw.gov.au/Community--Consumer-Engagement/Community-and-Consumer-Engagement>

Spread the LHD news

The Pulse is published fortnightly!

It's a tool to promote or share your project, celebration, initiative, success or event.

This publication is distributed to more than 10,000 staff in Western Sydney Local Health District and our many stakeholders.

To submit your story for consideration, we require high-resolution photos with captions and at least 150 words describing the story.

For further enquiries, phone 8890 4564 or email wslhd-corporatecomms@health.nsw.gov.au

Publication is at the discretion of the editor and chief executive.

Items may be edited for length, style and quality.

February 2017 first edition

Graphic design and editorial co-ordinator: Jenny Harrison, WSLHD Corporate Communications specialist.

Sub-editor: Emma Smith, WSLHD Senior Corporate Communications specialist.



Palliative care volunteer manager Kylie Clark and supportive and palliative care director Dr Philip Lee .

Seeking companions for pall care patients

Are you a compassionate, friendly person who likes to care for others? Then, you may be just who we NEED!

Blacktown, Westmead and Mount Druitt hospitals are looking for volunteers to be community companions for palliative care patients at home.

The community companions – a new volunteer role created by WSLHD - will be required to provide companionship, emotional and practical support and dedicate up to three hours a week to support a palliative care patient and their family.

WSLHD director of supportive and palliative medicine Dr Philip Lee said the volunteers would provide vital, in-home support to patients with a life-limiting illness.

“Many patients prefer to remain at home during their illness, but some can feel isolated,” he said.

“The community companions will visit patients for a chat, hold their hand or just be a good listener – these small gestures can make a huge difference to a person’s health and wellbeing.

“We are looking for people who are warm, empathetic, compassionate and friendly, with a strong commitment to upholding patient’s needs and wishes.”

All volunteers will receive support from the LHD’s clinical palliative care team, including specialist doctors, nurses and allied health professionals.

Volunteers need to be over age 18 - no formal qualifications are required.

For further information or to apply, contact WSLHD’s palliative care volunteer manager Kylie Clark on 0427 730 596 or email kylie.clark@health.nsw.gov.au



Westmead Hospital’s Women’s & Newborn Health’s Kim Tantra with Stella Nwosou.

Celebrating women: Be bold for change

Western Sydney women are invited to celebrate International Women’s Day 2017, in partnership with the Community Migrant Resource Centre and My Westmead, at Westmead Hospital on Wednesday, March 8.

Westmead Hospital maternal fetal medicine staff specialist Dr Roshini Nayyar will share her tale of growing up in India, migrating to Australia and qualifying in maternal fetal medicine.

She will also talk about her experiences in managing complicated pregnancies, helping women reach the goal of motherhood and how education can benefit women.

Westmead Hospital maternity liaison officer Nelma Galas said the event, now in its third year, aimed to celebrate and empower women of all cultures.

“Across our district, 42.7 per cent of our population speak a language other than English, she said.

“We have found that many women who have attended the event now feel comfortable talking to their GP or health professionals about sensitive or taboo issues, and they are accessing health services that they were previously unaware of.

“I encourage everyone to join us to celebrate the enormous contribution of women and wear traditional national costumes for the occasion.”

RSVP is essential. To RSVP, visit: <https://events.wmrf.org.au/IWDFUN>

For further information, contact Nelma on 9845 6153 or nelma.galas@health.nsw.gov.au or Norma Boules on 9687 9901 or norma.boules@cmrc.com.au

IMPORTANT: Changes to car parking and fee payments at Westmead Hospital

Equipment upgrade: car park 1 & car park 3

Secure Parking are upgrading car park equipment (boom gates, intercoms and pay machines) in car park 1 (main entrance) and car park 3 (near the ED).

From Monday, February 6, 2017, access to the car parks and fee payment will be handled manually by Secure Parking. Staff will be at car park entry and exit points to assist.

Visitors will be given a ticket with a time stamp on arrival.

Visitors must go to the Secure Parking office (see map—located behind Information Hub near main entry) to pay for parking and validate their ticket BEFORE returning to their car.

Secure Parking staff will collect validated tickets as cars leave the car park.

Thank you for your patience while we upgrade car parking facilities

Questions or feedback? Contact Secure Parking on 0456 580 738.

Local coaches trained up for Paper-Lite

Paper-Lite training has started at Westmead Hospital – and there's a good chance it's one of the biggest training exercises ever undertaken in NSW.

More than 5000 people will be trained in the use of electronic medical records (EMR) over 14 weeks.

That means 500 individual training sessions, 100 laptops, 6 trainers ... and an almighty pile of cables, cords, projectors and switches.

Paper-Lite will launch at Westmead Hospital on May 1.

It will provide real-time access to patient records anywhere, anytime, on laptops, mobile devices and computers.

The current training will create a network of 'local coaches' who'll help support colleagues as Paperlite is rolled out across the hospital.

Speech pathologist Sarah Drake started working at Westmead recently after two years at Blacktown Hospital, where Paper-Lite has already been introduced.

"EMR is the thing I miss most!" she said.

"It was very difficult coming back to paper documentation, after having become used to the efficiency and accessibility of EMR.

"There is no waiting around for other professionals to finish using the files, and you are able to continue your work if the patient or paper file is not at their bedside."

Fellow speech pathologist Kristen Hillier said she could see "little light bulbs coming on" as people in her training group realised how



Westmead Hospital registered nurse Zealeasha Ball and speech pathologists Sarah Drake and Kristen Hillier at PaperLite local coach training at Cumberland Hospital.

much electronic medical records would help their areas of practice.

"Although I am an allied health member, the training was excellent in giving me the knowledge and skills to better support all staff in my area from other disciplines as a local coach.

"I felt that at the end of the day the group felt confident in being able to support our colleagues with these new changes, and felt excited about the way EMR will change our practice in the hospital."

Local coach training will be followed by hands-on training for staff. It will be role-based, designed to meet the needs of specific professions. Training activities will continue after implementation to make sure everyone feels up to speed.

More information about Paper-Lite will be available in coming weeks from unit managers and Paper-Lite project staff.

In the meantime, questions can be sent to WSLHD-Westmead-Paperlite@health.nsw.gov.au

Strengthening Aboriginal Health

Wellington Aboriginal Corporation Health Service (WACHS) is the new provider of Aboriginal health services in western Sydney and Nepean Blue Mountains. WACHS has been successful in its bid to tender for the provision of culturally appropriate Aboriginal and Torres Strait Islander health services to western Sydney and the Nepean Blue Mountains, through a joint tender process led by the Commonwealth in partnership with the NSW Ministry of Health.

Under this arrangement, WACHS will formally take on these services from 1 April, 2017.

WSLHD CE Danny O'Connor confirmed a commitment to working closely with WACHS and the PHN to strengthen Aboriginal health services in the city's west."

WSLHD has already developed a relationship with WACHS and is looking forward to the opportunities this new arrangement will bring to Aboriginal and Torres Strait Islander people of western Sydney," he said.



WACHS CEO Darren Ah See, Uncle Greg Simms, Blacktown and Mount Druitt hospital's general manager Sue-Anne Redmond and WentWest Primary Health Network CEO Walter Kmet.

Young entrepreneur recycles cans at Auburn Hospital



Auburn Hospital's PSA's Helen Sala, John Holder, Barbara Chapman and Ros Jindra.

Auburn Hospital nurse manager Kristina Roberts' son Alex, along with the hospital's patient service assistants, were recently named Cumberland Council's Community Event of the Year for their project Cans for Kids.

Young entrepreneur recycles cans at Auburn

Alex started Cans for Kids when he was just six, after he saved an elderly man's life.

The man was so grateful that he began saving aluminium cans for Alex for pocket money.

After a few years, Alex lost his old mate and decided to do something meaningful in his memory.

He got his school and community involved in recycling cans, with the money raised going to an orphanage in Vietnam.

Auburn Hospital's patient service assistants were touched by Alex's commitment to the environment and to children in poverty so they also started collecting cans.

For the past 11 years, the hospital has been supporting Alex with the project, recycling nearly 100 per cent of the cans that are disposed of at the hospital.

The money raised goes to the Save the Children fund - an international organisation that promotes children's rights and provides relief and support for children in developing countries.

If anyone is interested in supporting Alex and his cause, contact Kristina Roberts at Kristina.roberts@health.nsw.gov.au

Thank you and best wishes Minister Skinner



Former Health Minister Jillian Skinner visits Blacktown Hospital staff during Stage 1 opening.

WSLHD has acknowledged the hard work of health minister Jillian Skinner, who announced her retirement from politics on February 27.

Ms Skinner, who has been NSW health minister for six years, said she was sad to be leaving a portfolio she loved but was looking forward to challenges outside politics.

Health minister Jillian Skinner who announced her retirement from politics on February 27 2017

She announced significant investment in infrastructure for the LHD, including \$900 million for work on the Westmead Redevelopment and \$712 million for the Blacktown Mount Druitt Hospital expansion project.

She was on-hand, with former Premier Mike Baird, to officially open Stage 1 of Blacktown Hospital in May last year, which included the new clinical services building, cancer centre and renal dialysis and sub-acute mental health.

She regularly visited WSLHD hospitals to meet new medical interns or student midwives and was also an advocate for *bstreetsmart*, which was launched by two Westmead Hospital trauma nurses.

WSLHD chief executive Danny O'Connor, former board chair Stephen Leeder and new board chair Richard Alcock acknowledged Ms Skinner's years of service and thanked her for her tireless contribution to the healthcare of people in western Sydney.

Know your breasts: free awareness talks



BreastScreen health promotion officer Melissa Mackay.

Westmead Hospital's Breast Cancer Institute, is leading the cause to get women more involved with their breast health in 2017, offering free BreastScreen awareness presentations for local organisations.

The institute is keen to visit groups of women over 40 living in western Sydney, including sporting teams, book clubs, businesses and community bodies, who want to learn more about breast cancer awareness and the BreastScreen program.

The presentations cover topics like risk factors for breast cancer and symptoms, eligibility for having a mammogram with BreastScreen and where women can go to have a mammogram.

In 2016, there were nearly 50,000 women aged 50 to 74 across WSLHD who had not been screened for breast cancer.

BreastScreen health promotion officer Melissa Mackay said awareness of breast cancer and the need for regular mammograms was critical.

"One in eight women will develop breast cancer in their lifetime," she said.

"Having regular mammograms is the most effective way of detecting breast cancer early – when more treatment options are available and the chances of survival from the disease are the greatest."

BreastScreen offers free mammograms for women age 50 – 74. It is also taking booking enquiries for groups of women over 40 who are keen to be screened.

For more information or to register your interest, contact the marketing team at BreastScreen Sydney West on 9845 9481. ratalutions.com.au Westmead Hospital clinical



Westmead Hospital nurses Brandee Muscat and Josh Boland with Western Sydney Wanderers players Brendon Santalab and Steven Lustica.

Western Sydney Wanderers kick off My Westmead's bigHEARTED month

Western Sydney Wanderers players Brendon Santalab and Steven Lustica have joined forces with My Westmead to officially launch this month's bigHEARTED fundraising campaign.

For the second consecutive year, My Westmead – the community fundraising arm of the Westmead Medical Research Foundation – is running the bigHEARTED campaign, giving the community a chance to get involved and help put common diseases like cancer and diabetes to the history books - where they belong.

The campaign is simple – instead of exchanging roses, cards and chocolates for Valentine's Day, My Westmead is inviting the community to make a donation to medical research and care at Westmead.

The Western Sydney Wanderers have pledged their support for the campaign, along with organisations like Coleman Greig Lawyers, Arab Bank Australia, William Buck, Sparks and Partners and Kemp Strang Lawyers. Wanderers' striker Brendon Santalab said the bigHEARTED initiative was a great idea.

"I think the notion of encouraging people to swap Valentine's Day gifts for a donation to the bigHEARTED month is great," he said.

"All men and women should join this campaign – it's a good cause and every cent counts."

My Westmead partnerships manager Susie Saba said the organisation was excited to increase community awareness and support for medical research and healthcare at Westmead, particularly as it transforms into an innovative health hub.

"We know there are enough bigHEARTED businesses and individuals who will join us to do something really special this February," she said.

"We thank our supporters for their generosity and encourage them to share and spread the word via email and social media channels.

"The idea is to generate a friendly rivalry or challenge environment."

All donations from the bigHEARTED campaign will go towards medical research and clinical care at Westmead Hospital and the Westmead Institute for Medical Research.

To donate, visit <https://fundraise.wmrf.org.au/profile/bigheartedmonth> For more information, email wmrf@wmrf.org.au or call 1800 639 037

World Cancer Day: WSLHD takes action to reduce cancer incidence

Every day in 2016, about 11 people in western Sydney were newly diagnosed with cancer.

According to projected figures released last week by the Cancer Institute NSW, about 4310 people in western Sydney were diagnosed with cancer in 2016.

Cancer Institute NSW projections show that over the next 10 years, there will be a four per cent rise in cancer diagnosis in western Sydney.

On World Cancer Day (February 4), WSLHD and Westmead's Crown Princess Mary Cancer Centre encourages people to make a pledge to help change the future of cancer in western Sydney.

The Crown Princess Mary Cancer Centre, which is one of just three cancer facilities in Sydney's west, provides more than 400 occasions of service every day to people with cancer, ranging from consultations and treatments to counselling and support services.

Sydney West Cancer Network director Professor Paul Harnett said it offered a chance for people to reflect on how they could lessen the impact of cancer in their life.

"One third of cancers in Australia can be attributed to lifestyle factors including smoking, UV exposure, alcohol intake, diet and physical activity," he said.

"By taking action to quit smoking, protecting your skin, reducing alcohol intake and eating well and exercising, a person can reduce their risk of developing cancer.

As individuals, this is a chance for people to say: 'I can take responsibility for my health' and encourage their loved ones to do the same."

For more information on treatment and care, visit cancerinstitute.org.au



Sydney West Cancer Network director Professor Paul Harnett.

Switch suppliers, save dollars

The supply team are currently implementing new paper towel and toilet paper into every patient, staff and public toilet across the district.

The project is standardising the paper across each facility and creating savings around \$1.5M over the duration of the new contract with Tork.

The advantages are not only tied to the improved purchasing power, with the new dispensing technology controlling the overuse of paper, but streamlining General Services staff workflow for ongoing replacement.

The Supply Team are also busy in other areas of operating expenses, delivering new contracts in operating theatres, waste, office supplies, linen, leasing and soon managed print services!



Thanks a bunch

Grateful for the kindness & care received

I would love to nominate Geoffrey for some kind of nursing award for his amazing care & kindness during my daughter's recovery on Ward D4A.

He was always so helpful and worked so hard and long hours - nothing was too much trouble for him and the Team Leader, who also helped me get emergency accommodation after my 10 hour drive from Melbourne sensational.

The nursing staff were awesome. I am forever thankful to the surgical team in Orthopaedic Trauma for the sensational repair they did on Adele's arm so thank you to the amazing staff of Westmead & fabulous ladies in ED.

L Lodder

Aircraft Noise Ombudsman

WSLHD congratulates board member Narelle Bell who has been appointed to the Airservices Aircraft Noise Ombudsman.

Narelle has replaced Ron Brent, who stepped down after years in the role.

Narelle has also worked at the Social Security Appeals Tribunal and NSW Administration Decisions Tribunal, as well as a lawyer in a private practice, community legal centres and the public sector, including as assistant director of the Legislation and Policy Division of the NSW Attorney General's Department and Corporate Counsel for the State Rail Authority.

Bell is also a member of the Western Sydney Local Health District Human Research Ethics Committee and until recently was the Lawyer Member of the Medical Council of NSW. She has degrees in Arts and Law from Macquarie University.

The Aircraft Noise Ombudsman was set up in 2010 to handle and investigate complaints regarding aircraft noise.

Education Grand Rounds

TOPIC:

Getting Started in Educational Research: Tips for Clinicians and Educators

SPEAKER:

Professor Wendy Hu

MBBS (Hons) MHA, PhD, FRACGP

Associate Dean, Learning and Innovation, Professor of Medical Education, Western Sydney University. Honorary Medical Officer, Sydney Children's Hospital Network (Westmead)

DATE: Monday 6th March 2017

TIME: 12:00pm to 1:00pm

ROOM: LT4, WECC, Westmead Hospital

How do you turn a good idea into a research project – or publication?
And what might be a good idea in the first place?

Research in health professions education can seem like another world to clinical teachers and educators. This presentation will cover practical tips and strategies for those new to educational research, with examples to help you work up your own project.

WESTMEAD
PRECINCT
EDUCATION
HUB

REN
WSLHD
RESEARCH & EDUCATION NETWORK

RSVP:
Cecilia Keung

WSLHD-
Research&EducationExecu
tive@health.nsw.gov.au



Save the date

Westmead Women's and Newborn Health Conference

Friday 5 May and Saturday, 6 May, 2017

Westmead Hospital Education and Conference Centre

For further information or to submit your abstract, visit: WSLHD-Women@Newbornhealth@health.nsw.gov.au

Blacktown and Mount Druitt hospitals' Nursing and Midwifery Research Symposium

Blacktown and Mount Druitt hospital Nursing and Midwifery Research Symposium planned for the 12th April 2017 has been postponed to November 2017. Date to be advised.

Westmead Women's and Newborn Health and Community Migrant Resource Centre - Celebrate International Women's Day

Wednesday 8 March, 2017

9am - 1pm free event

Registration opens at 8am.

Join us to celebrate innovation, the portrayal of women in the media and the importance of education and career opportunities.

RSVP essential.

To register visit:

<https://events.wmrf.org.au/IWDFUN>

For further information, call Nelma Galas 9845 6153 or nelma.galas@health.nsw.gov.au or Norma Boules on 9687 9901 or norma.boules@cmrc.com.au

Australian Healthcare Week Expo 2017 Symposium

International Convention Centre, Darling Harbour Sydney

8-9 March 2017

Entry is free

Seats are limited - to reserve your seat, visit <http://expo.austhealthweek.com.au/ahw-expo-form---gov>



RETHINK YOUR DRINK: WSLHD is taking a stand against sugar!

- Westmead Hospital's vending machines and food outlets are cutting down on sugary drinks.
- From Wednesday, March 1, sugar-sweetened beverages will NOT be available for purchase.
- This is a three-month trial.
- Think of the health benefits – less sugar = weight loss, better heart health and less chance of developing type 2 diabetes and some types of cancer.
- There will be plenty of other drink choices available.

Questions or feedback? Email
WSLHD-CentreforPopulationHealth@health.nsw.gov.au



**A home loan with
VJ Financial Services
will support My Westmead**

**\$500 from every mortgage
loan settled will be donated
to My Westmead –
raising funds for health
care and research at
Westmead**



**For more information Contact:
Vijay Agarwal, Mortgage Finance Consultant
vijay@vjfinancialservices.com.au
M 0433882222
www.vjfinancialservices.com.au
Reference: *mywestmead***

Visit mywestmead.org.au or call 1800 639 037

Westmead Medical Research Foundation
ABN 89 050 329 925 CFN 16180