Cash boosts our future
The NSW budget will see more than $100 million flowing into our hospitals.

Page 3

Cooking up tasty new menu
Delicious options available for our patients.

Page 7

Go booze-free in July
Challenge yourself and support our hospitals.

Page 7

Celebrating our nurses and midwives
Special awards event recognises our stars.

Page 8

2015 WSLHD Quality Awards
For more information and to nominate, visit:
It goes without saying healthcare is an ever changing landscape. We are reminded of this each day with the advancement of new systems, science and technology.

Now we only have to look out the window at some of our facilities to witness the changes to our landscape, literally!

Stage 1 of our major redevelopment at Westmead Hospital will commence, as will Stage 2 at Blacktown and Mount Druitt hospitals.

The first part of the redevelopment of Mount Druitt Hospital is now complete, and the new clinical services building at Blacktown Hospital is on track to open in 2016. This facility will include comprehensive care centres for cancer, cardiac and respiratory medicine and aged care, expanded antenatal clinics and support areas.

Stage 2 planning for emergency, operating theatres, intensive care, women’s and newborn health is now underway with $30 million recently committed by the NSW Government.

At Mount Druitt Hospital Stage 2 planning is considering additional surgical capacity, a new MRI machine, an expanded drug health centre and a new community renal dialysis centre.

The consultative planning phase will consider the future expansion of services to best meet the needs of our community.

At Westmead we welcome the NSW Government’s 2015-16 budget commitment of $72.1 million for the planning and early works towards Stage 1 of the redevelopment.

It will include car parking, an acute services building with operating theatres, extra inpatient beds and comprehensive care centres that will co-locate complex and critical care services such as trauma and surgery.

Western Sydney is at the forefront with career opportunities, growth, investment and advancements in research. Why would you want to be anywhere else?

Consultation is key to ensuring we are planning to provide the very best healthcare for the future needs of our community and staff.

I welcome your contribution on our redevelopment projects. If you have any questions or feedback I encourage you to contact:

- Westmead: WSLHD-WestmeadProject@health.nsw.gov.au
- Blacktown and Mount Druitt: WSLHD-BMDHProject@health.nsw.gov.au

You can also visit http://www.bmdhproject.health.nsw.gov.au/

Danny O’Connor
Chief Executive

Emeritus Professor Stephen Leeder
Board Chair

Natural disasters like the Nepal earthquake remind us security is always relative and what we think is firm and solid can be fractured and destroyed by natural forces.

Of course the natural events that shake us do not need to be cosmic.

A friend recently diagnosed with cancer told me how shocked he was to find out.

“One day, I’m as healthy as the next bloke and then, bingo, I’m a cancer patient!”

His world had capsized.

As we plan new buildings and develop new models of integrated care and go about our business, we can easily lose sight of their impermanence. I know I do.

All buildings will eventually fall, all models of care change, all accounting rules and computerised research vaporise.

This has led philosophers interested in making sense of life to emphasise the value in thinking about what our ultimate concern may be.

This is more than a vision or a mission statement. It is what we value most, what we would die for, what we live for.

In healthcare the evidence is strong that health services work best when all who work in them have the patient as their professional ultimate concern, the patient who takes precedence over everything else. Easy to say but hard to do!

Please consider.
Premier confirms $100 million for our hospitals

NSW Premier Mike Baird, Treasurer Gladys Berejiklian and Health Minister Jillian Skinner announced more than $100 million in funds to flow into Blacktown, Mount Druitt and Westmead hospitals.

Mr Baird said that in the 2015-16 financial year Westmead Hospital would receive $72 million towards planning for its redevelopment and $30 million for Stage 2 expansion of Blacktown and Mount Druitt hospitals.

Mrs Skinner said: “Nowhere is our commitment to building the hospitals of the future more evident than at Blacktown and Mount Druitt where we will start the $400 million Stage 2 redevelopment while finalising Stage 1, which is valued at more than $300 million.”

During the announcement at Blacktown Hospital, the Premier, Treasurer, Health Minister, Member for Mulgoa Tanya Davies and Member for Seven Hills Mark Taylor were given a sneak-peek of what the state-of-the-art wards would look like.

The group toured the prototype rooms in the seven-storey Clinical Services Building scheduled to open its doors to patients next year.

The centrepiece of Stage 1 will include comprehensive centres for cancer, cardiac and aged care and respiratory medicine.

Stage 2 includes a new emergency department, intensive care unit, operating theatres, increased inpatient beds, ambulatory care and a boost to women’s and newborn health.

• For further information visit: http://www.bmdhproject.health.nsw.gov.au
• Email: WSLHD-WestmeadProject@health.nsw.gov.au
Paper-Lite upgrade

The Paper-Lite electronic records initiative reached another milestone with the release of new and updated functionality for Care Compass and the Critical Results Notification. Tools including skin assessment, mental health, delirium risk and confusion assessment will allow for better integration of information for adult patients.

Building the future

Splash of colour!

Construction company Laing O’Rourke showed their heartfelt support for the community by painting nine birthing unit rooms at Blacktown Hospital. The materials were donated by subcontractors working on the project. They volunteered more than 100 work hours and used 85 litres of paint!

Blacktown Hospital general manager Sue-Anne Redmond said the new paintwork brightened everyone’s day.

“Our parents and staff are delighted with the fresh new feel in the birthing rooms and we’re grateful for the generous support from Laing O’Rourke,” Sue-Anne said.

Blacktown Mount Druitt

Transition manager Peter Rophail captured the installation of the distinctive coloured glass fins for our world-class clinical services building to open next year. It will provide facilities for cancer, cardiac, aged and respiratory care plus antenatal clinics.
Designing for dementia

The principles and philosophy of dementia-friendly design have not been forgotten as Westmead Hospital plans for a new future.

NSW-ACT Dementia Training Study Centre director Professor Richard Fleming met with staff to share the latest research in planning for Westmead’s Older Persons Review and Assessment ward, and the Health Care for Older People Earlier unit.

Staff conducted audits to consider how they can make their current areas and planned expansion zones comfortable and calming for those with dementia.

Thank you to Westmead’s Aged Care clinical nurse consultant Claire Drew and Geriatrics staff specialist Ming Loh for coordinating the audits!

Food for thought

The former Westmead Hospital cafeteria will soon be transformed into an innovative and engaging space for education, networking and recreation.

The refurbishment is part of an exciting partnership between The University of Sydney and Western Sydney Local Health District with funding provided by the university.

The area will support multidisciplinary teams, staff and students to host education sessions, formal and informal meetings, and provide a quiet environment for study and zones for staff breaks and meals.

In the meantime, our Westmead Hospital Redevelopment team made use of the existing cafeteria space to create sample patient rooms.

Look at us now!

The Pulse has undergone a massive makeover.

And we’re excited to be delivering easy-to-read news in a fresh, contemporary design to our staff and stakeholders.

You’ll notice our eye-catching look, and voice with must-reads on every page.

Our new style highlights the diverse range of incredible projects, initiatives and achievements across Western Sydney Local Health District.

Watch out for our survey in a few weeks.

We’ll be seeking your feedback on content, style and format.

In the meantime, happy reading!

Susan Connelly, Corporate Communications
The first meeting has been held of more than 100 research workers and clinicians involved in the Advanced Health Research and Translation Centre (AHRTC) all supporting research which effectively improves the health of patients. AHRTC spans three Local Health Districts, the Sydney Children’s Hospital Network and The University of Sydney. The consensus was to overcome barriers created by different institutions having different record systems. It should be easy, not difficult, to move among them. Next steps are to settle on several projects conducted across all sites and obtain wins. Person to person communication is critical to achieve these ends. These high hopes fit well with research development plans in western Sydney.

**Knocking down barriers**

Emeritus Professor Stephen Leeder
Director, WSLHD Research & Education Network

**Ditch calorie counting, get active!**

Concentrate on exercise rather than reducing calorie intake if you want to prevent diabetes, heart problems and liver disease.

Joint research by Westmead Hospital and The University of Sydney has found liver and stomach fat can be reduced by working out and without weight loss.

Westmead Hospital’s Gastroenterology and Hepatology director Professor Jacob George said a lot of people find waistline reduction difficult to achieve and hard to sustain.

“People who are active halve the risk of developing many forms of cancer,” he said.

“Try to find time in your day to exercise for about 45 minutes.

“This can consist of brisk walking, swimming, playing sport and maintaining a healthy diet,” Jacob said.

“It’s better to do something rather than do nothing at all.”

**Game-changing cancer study**

Westmead Hospital’s lung cancer trial has caused much excitement in the medical community.

The international study tested the drug pembrolizumab which mobilises the body’s immune system to fight cancer.

The Crown Princess Mary Cancer Centre’s Associate Professor Rita Hui said Westmead Hospital was the only Australian site involved in the study.

“About 500 patients were involved in the trial, and a quarter responded to the treatment,” she said.

“This is a new class of drug that works in a truly remarkable way.

“I never thought immune therapy would work with lung cancer,” Rita said.

“Not everyone will respond to this treatment but for those who do it will be long-lasting.”

- Patients wanting more information are encouraged to speak with their medical oncologist.
Our hospitals are dishing up innovative food options as part of a Statewide initiative to improve and enhance meals for patients. Health Minister Jillian Skinner sampled the food at Westmead Hospital, the first facility in NSW to taste-test the new menu.

Hot dishes such as oriental chicken, lamb curry and desserts including chocolate lava pudding and lemon drizzle cake are now available. Almost 10,000 meals, including morning and afternoon tea, are served each day throughout our WSLHD hospitals.

Carmen Rechbauer, the director of HealthShare NSW Food and Patient Support Services, said the new menu was a collaborative process with each Local Health District. “We consulted with clinicians to take into account the specific needs of patients,” she said. “At the same time, updated software will enhance the Food Services department and support dietitians with their management of dietary orders and requirements and patient meal preferences,” Carmen said. “We are confident patients will enjoy the new menu.”

Sharing excellence

WSLHD Nursing and Midwifery teams presented their latest innovative work at the annual Essentials of Care (EOC) showcase. Diverse presentations included clinical handover improvements, enriching patients’ nutritional intake, and empowering consumers to take ownership and manage their care.

Congratulations to the six clinical teams who successfully presented at the Statewide EOC showcase in Sydney.

• For further information visit http://wslhdintranet.wsahs.nsw.gov.au/Executive-Nursing---Midwifery---Disaster-Response/Essentials-of-Care

Raise a different glass for cancer!

It’s time to give the booze a break, sign up to Dry July and support our cancer centres.

By registering for the challenge, you can help Westmead Hospital’s Crown Princess Mary Cancer Centre (CPMCC), and for the first time Blacktown Hospital’s Cancer and Haematology Unit.

The initiative encourages people to go alcohol-free for a month to help improve the wellbeing of adult cancer patients by raising money to create better services and environments for patients and their families.

Last year the CPMCC’s involvement was a huge success, bringing in more than $100,000 to enhance the care of our patients. Money raised on behalf of Blacktown Hospital will go towards the Cancer and Haematology Unit in the new Clinical Services Building set to open next year.

Sign up now at www.dryjuly.com and support or donate to:

Crown Princess Mary Cancer Centre, Westmead: https://au.dryjuly.com/team/westmeadhospitalcrownprincessmarycancercentrestaff

Blacktown Hospital’s Cancer and Haematology Unit: https://au.dryjuly.com/team/blacktowncancerconquerors

Get on board the Dry July wagon and support our hospitals

Westmead Hospital food services staff tempt Member for Seven Hills Mark Taylor (back left), HealthShare NSW Nutrition project manager Lilian Forrest (right), NSW Health Minister Jillian Skinner (centre left) and Member for Parramatta Geoff Lee
Celebrating our excellent nurses and midwives

Dedication, compassion and kindness symbolise the highly-skilled nursing and midwifery staff at WSLHD. To celebrate International Nurses and Midwives Day 2015, we recognised our stars in the specialty at events across our facilities, including an awards ceremony at Cumberland Hospital with family and friends.

WSLHD executive director of Nursing and Midwifery Richard Chrystal congratulated staff who provided care, comfort and support to patients, often under difficult circumstances.

“Our special event at Cumberland Hospital gave our workforce the opportunity to reflect on their achievements and feel proud to contribute to such a highly-valued profession,” Richard said.

“Nurses are at the forefront of patient care in hospital and the community. They are the heartbeat of compassionate treatment.”

WSLHD nurses and midwives celebrate their successes and achievements

Disaster diverted!

WSLHD is ready and able to manage a major emergency after successfully responding to a ground-shattering earthquake as part of a Statewide multi-agency emergency management exercise.

In the scenario, a 7.1 magnitude shaker hit Kurrajong and the Blue Mountains, affecting the Sydney CBD and metropolitan areas.

Participants rolled up their sleeves and responded to casualties from structural damage and fires including a collapse at Westmead Hospital!

Widespread damage entailed critical infrastructure such as power, water and transport lost.

The WSLHD Emergency Operations Centre was activated, involving liaison with hospital disaster controllers at each facility.

Lessons learnt from the exercise will be incorporated into future disaster management planning.

Sunflower clinic expands

Women can now have their mammogram, and if required, assessment and diagnostic imaging such as an ultrasound and biopsy at the expanded Breast Cancer Institute clinic at Mount Druitt Hospital.

Breast Cancer Institute service director Associate Professor Nirmala Pathmanathan said the service was enhanced in response to the significant population increase in greater western Sydney.

Local Aboriginal artist and graphic designer Nikita Ridgeway donated her mural titled Dubay Dreaming to mark the development.

It represents the Aboriginal journey of women.

Breast Cancer Institute service director
A/Prof Nirmala Pathmanathan (left), Aboriginal elder Aunty Rita Wright, WSLHD Aboriginal Health education officer Vickie Mason and Aboriginal artist and graphic designer Nikita Ridgeway
WSLHD is a magnet for talent and inspiration claiming two recipients in this year’s Queen’s Birthday honours. Emeritus Professor Ross Holland, of Kurrajong, was made a Member (AM) in the General Division for significant service to medicine in the discipline of anaesthesia, as a clinician, to healthcare standards, and to professional medical bodies.

A founding clinician of Westmead Hospital, Prof Holland served from its opening in 1978 to 2001. He established the Anesthetics Department and was highly committed to quality improvement.

Prof Holland developed the anaesthetic morbidity and mortality system for the State – the Special Committee Investigating Deaths Under Anaesthesia (SCIDUA).

WSLHD board member Bruce Turner, of Penrith, was made a Member (AM) in the General Division for his significant service to public administration through contributions to governance and risk management practices, and to the profession of internal auditing.

WSLHD chief executive Danny O’Connor was thrilled with the announcement, commending the deserving men for their devotion and contribution to their professions.

“I’m extremely proud to be associated with such dedicated people,” he said.

Ditch the filter and go au naturel

Every phone camera is loaded with fancy effects to jazz up your snaps, but the most common misconception is you need them to enhance photos.

Avoid relying on that hipster finish and use these tips instead:

- Exposure: Make sure you’re in a well-lit area. Always have windows and harsh light sources behind you.
- Framing: Don’t clutter your shots and keep your backgrounds as clear and clean as possible.
- Zooming: Don’t zoom with your phone digitally; zoom with your feet instead by getting closer to your subject.

Now you can capture a winning pic without filtered images that look unrealistic and manipulated!

Happy snapping!

* Carlos Furtado is our Senior Corporate Communications Specialist – Audio Visual

Spread the news

The WSLHD Quality Awards recognise the success and achievements of staff and services through innovative programs benefitting patients, their carers and families, staff and the community.

Entries close on Monday July 6 2015.

A selection of poster presentations will be held in August.

Winners will be announced on Tuesday October 13 at this year’s WSLHD Annual Public Meeting in the Auditorium, Level 3, University of Western Sydney Clinical School, Blacktown Hospital.

To enter your submission into the Quality Awards, visit http://wslhdintranet.wsahs.nsw.gov.au/2015-Quality-Awards

May - June Edition

Editorial coordinator: Jenny Harrison
Mind-bending career change for Rod

Rod Gilroy has joined The University of Sydney’s Brain and Mind Research Institute.

Working in western Sydney from 2004 in a variety of roles, he became the director of Operations, Westmead Hospital and Auburn Hospital.

“I’m sure I will look back on my time in WSLHD with great fondness and pride in what we have achieved together,” he said.

Rod’s friendly, approachable presence has had a positive influence on the organisation, and he will be missed by his friends, colleagues and staff at Auburn Hospital and WSLHD.

He did it his way!

Twenty years as a psychologist didn’t prepare Matthew Noone for managing Corporate Services, but it did help.

We wish Matthew all the best on his next career phase as Ryde Hospital’s site operations manager.

During his four years at Westmead Hospital the Corporate Services director dealt with issues from complaints to coping with no water or too much due to floods.

At his farewell he made a poetic tribute to his Corporate Services team with a rendition of the Frank Sinatra classic I Did it My Way.

Time for an oil change?

WSLHD with Parramatta City Council surveyed 100 independent Parramatta eateries revealing 69 per cent were using healthy cooking oils.

WSLHD Population Health deputy director Christine Newman said high levels of fat and poor nutrition could raise cholesterol levels contributing to life-threatening cardiovascular disease.

“We plan to continue working with businesses to encourage the use of healthier frying oils so we can improve the quality of our food supply,” she said.

The National Health Foundation recommends oils with polyunsaturated and monounsaturated fats – canola, olive, grapeseed, corn, soybean, peanut oil and high oleic such as sunflower.

• To view findings from the WSLHD and Parramatta City Council survey, visit: http://www.wslhd.health.nsw.gov.au/Population-Health-Services/Population-Health/Publications
Australia’s first lady Margie Abbott was the special guest at an event raising more than $17,000 for the Crown Princess Mary Cancer Centre.

My Westmead was proud to be part of Arab Bank Australia and George Khouzame Group’s Brunch at the Hamptons fundraiser attended by the wife of Prime Minister Tony Abbott.

The life-saving and invaluable work of the centre was highlighted with presentations from clinical nursing unit manager Noeline Rozanc and Westmead Medical Research Foundation (WMRF) acting chief executive officer Belinda Szafraniec.

Thanks go to Maureen Risk, wife of Arab Bank Australia managing director and chief executive officer Joe Rizk, who hosted the sold-out event.

Westmead general manager Andrew Newton (left) with the Clinical Coding team

Westmead legends commended

Stalwarts who go above and beyond their daily duties were recognised at the annual Administrative Services Recognition Day and Achievement Awards.

Westmead Hospital’s general manager Andrew Newton presented staff with certificates of appreciation while chief medical advisor Dr Roslyn Crampton thanked everyone for their contributions.

In a twist, Katherine Maka and Katrina Rose from the physiotherapy team got everyone up from their seats into a move and groove session.

The event provided an opportunity for feedback on the planning, concept and design of workstations for the hospital’s redevelopment.

Congratulations to our award winners, particularly psychiatry liaison officer Alison Griffiths who took out the 2015 Individual Award, and Clinical Coding who won the Team Award!

Special thanks to Westmead Hospital Florist for the beautiful floral arrangements.

Caring for your kids

Vacancies are available for children aged six weeks to five years at Mount Druitt Hospital’s Child Care Centre. It offers early education and care programs to support the needs of WSLHD staff and the community.

The centre operates from 6.30am – 6pm Monday to Friday (except public holidays).

Children enjoy a quality program based on the Early Years Learning Framework, a curriculum that caters to all areas of learning and development and includes a transition to school.

- To find out more about the centre, enrol your child or secure a future placement phone 9881 1929 or 9881 1927 or email WSLHD-Childcare@health.nsw.gov.au
415 years of service!

The dedicated men and women who freely give their time and energy at our hospitals were honoured with a presentation acknowledging their commitment and dedication to our patients, visitors and staff.

Volunteers from Auburn, Blacktown and Mount Druitt hospitals received certificates for their continuous years of service.

With 23 people recognised on the day, their total contribution was 415 years!

Blacktown, Mount Druitt and Auburn hospitals’ volunteer services manager Yvonne Dickeson said more than 50 volunteers joined our facilities last year.

“They are a selfless bunch of extraordinary people who help make our patients’ stay more comfortable and gain an enormous sense of satisfaction from helping others,” she said.

“I would like to particularly acknowledge Marcia Wiggins who has dedicated 45 years of her life volunteering at Blacktown Hospital.

Captivated by disaster

Guests from WSLHD and across NSW heard first-hand experiences from those involved in global incidents at the inaugural Emergency Management Symposium held at Westmead Hospital.

Some of the major events covered included the Bali bombings, Boxing Day tsunami, Christchurch earthquake and typhoon Haiyan in the Philippines.

NSW Police, Fire and Rescue NSW, and Queensland Health were among the presenters.

The seminar was designed to enhance our healthcare workers’ ability to prepare, respond and recover from a major incident or disaster.
Congratulations to Westmead Hospital’s Dr Nim Geevasinga who received the prestigious James Lance Young Investigator Award. He was recognised for his presentation at an international conference in New Zealand about a tool that brings forward the diagnosis of Motor Neuron Disease (MND).

“The current criteria we use can delay diagnosis by up to 14 months,” Dr Geevasinga said.

“Utilising a new neurophysiological tool called threshold tracking Transcranial Magnetic Stimulation (TMS), we can fast-track MND confirmation in patients by about eight months.

“This means we can start multidisciplinary treatment earlier and consider clinical trials,” he said.

“Looking ahead, we hope to utilise TMS as a biomarker for disease progression.”

Well done doctor, we are very proud!

Muffin support for tiny tots

Flooding rain didn’t dampen the appetite of Westmead patient Hedley Hall, one of the many patients, visitors and staff who snapped up a delicious muffin from Westmead Association’s Georgette Hanna. More than $2,500 was raised for Westmead Hospital’s Birthing Unit at the two-day muffin stall.

The Westmead Association supports a different unit or department each month.
Top care

After arriving in Sydney to work (I live in regional NSW), I suddenly came down with appendicitis. I went to Westmead and was very impressed with the medical treatment!

All the staff were great and I really felt safe and medically cared for. I have stayed in different hospitals and feel the care I received at Westmead is the best I have ever received.

Well done, and keep up the good work!

Thank you very, very much.

S. Corneille Albury

Cumberland’s call to fame

On behalf of the cast, crew and producers, I’d like to express a huge thank you for your help with the permission to film the Channel 7 series A Place to Call Home at Cumberland Hospital.

Many crew members remarked on what a great location it was. Please thank the administration and ground staff at the hospital, Security Department and the Corporate Communications team.

We would like to extend a sincere thank you to members of the nursing and medical workforce who showed so much interest in our activities and readily gave up their regular parking spaces.

Carl Wood
Location Manager, Seven Productions, A Place to Call Home

Best patient experience in the world

It would be remiss of me if I missed the opportunity of reporting to your organisation that my experience was arguably the best patient experience I have received anywhere in the world.

Unfortunately I do have considerable experience in this area as a patient. Of special note was the attending Dr Catherine McManus who I have to say restored a lot of confidence in the medical profession for me.

I have left Westmead Hospital with a care plan and correspondence addressed to my treating specialists and for the first time feel as though I have had medical care as opposed to medical treatment.

Congratulations on being able to provide such care in this day and age where so much is demanded of practitioners and institutions in difficult financial circumstances.

Josef Frank Gipsy Point, Victoria

Farewell dear friends

Staff at Westmead paid tribute to two of the hospitals clinicians who sadly passed away.

Eric Broadfoot and Rod MacDonald were long-serving doctors respected and cherished by their peers.

Dr Broadfoot was Westmead Hospital’s inaugural director of Radiology.

The Radiology Department’s CT, MRI mammography, and interventional radiology services are significant legacies of his vision and energy.

In 1998 he published A History of Westmead Hospital Radiology Department 1978 to 1991 and Beyond.

Dr MacDonald worked at Westmead Hospital for many years as a well-respected and loved obstetrician and gynaecologist.

Considered a delightful man by all those with whom he worked, he suffered poor health during much of his retirement.

A celebration of his life was held on May 30 this year.