Every bunny loves Easter

Plumpton Rural Fire Brigade and the Easter Bunny visited Mount Druitt Hospital emergency department to wish staff a happy Easter and present them with yummy Easter eggs.

WSLHD staffer and champion rower Kate Murdoch competes in Italy: P4

Welcome to the new nurses and midwives at BMDH and Auburn: P6

Westmead Vacation Care Centre scores top results in National Standards: P10
Inspiring women with terrific tales

Western Sydney women recently celebrated International Women's Day by hearing from a panel of inspiring women who delivered powerful messages about their lives.

The forum, held in partnership with the Community Migrant Resource Centre, had the theme Pledge for Parity: Celebrating Women of Diverse Cultures, which focused on the health needs and issues of women from diverse cultural backgrounds.

Westmead Hospital obstetrician, gynaecologist and head of maternal fetal medicine Dr Indika Alahakoon spoke at the forum, sharing her tales of growing up in Sri Lanka, migrating to Australia and qualifying in maternal fetal medicine.

She also shared her experiences in managing complicated pregnancies and helping women reach the goal of motherhood, while juggling her own four children.

Westmead Hospital maternity liaison officer Nelma Galas said the event, now in its second year, had celebrated and empowered women of all cultures.

“The feedback I received from women and my colleagues who attended the event is encouraging; some of these women now feel comfortable talking to their GP or health professionals about sensitive or taboo issues, they are now accessing health services that they were previously unaware of,” she said.

Contributions appreciated

Auburn Hospital's director of medical services Dr Sharon Miskell and director of pharmacy Wai-Jen have been acknowledged for their contribution to the development of the multilingual consumer medicine resources.

The resources, which were translated into eight languages, were launched recently by the WSLHD Translation Service at Auburn Hospital.

The fact sheets have been translated into English, Arabic, Chinese (traditional), Chinese (simplified), Turkish, Korean Vietnamese and Persian.

The information sheets are available on the Multicultural Health Communication Service webpage. To download, visit: http://www.mhcs.health.nsw.gov.au/publicationsandresources/upload-your-resources/publishing-resources

Spread the LHD news

The Pulse is a great way to share your project, celebration, initiative or event.

Our 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, 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.

March edition

Graphic design and editorial co-ordinator: Jenny Harrison
Information does matter

Access to the right information, at the right time and place, is essential to quality healthcare.

Building our information management and ICT capability is a journey and requires significant investment over many years.

Our WSLHD eHealth Strategy and Investment Roadmap outlines the foundational initiatives over the next few years. These initiatives will give us patient centric electronic records - user friendly technology that works anywhere, any time - and reliable ICT infrastructure.

Current projects underway include upgrading WiFi across the Westmead campus, implementing PaperLite to Auburn, Mount Druitt and Westmead hospitals, implementing medication management in Blacktown (eMEDS), implementing a new ICU system in Blacktown (eRIC), implementing a community-based electronic record (CHOC) across Drug & Alcohol, Mental Health and Community Health sites, and developing solutions to support integrated care, e.g. eReferral.

Business cases are being prepared for information systems to support surgery, cardiology and medical imaging services.

The redevelopment of Westmead and Blacktown hospitals provides us with an opportunity to be leaders in digital health, leveraging technology to empower consumers, promoting collaboration and integration across settings and providers, better integrating research, education and clinical care and using real-time analytics to customise treatments.

Achieving our digital vision and getting the benefits of our investment depends on a strong partnership between our ICT professionals and our clinical and business leaders and staff.

Technology is not an end in itself - it is a tool to improve the way we deliver care and do business. We have much to do and a long way to go so I urge everyone to engage with relevant projects and help us lead the way.

Danny O’Connor
Chief Executive

Imagining the patient’s experience

This is the motto of the Professor for the Theory and Practice of Medicine at Stanford University Medical School, who is also senior associate chair of the Department of Internal Medicine.

His name is Abraham Verghese (the man with the percussion hammer in the photo) and he was born in Ethiopia to parents from Kerala in India.

Verghese graduated in medicine from the Madras (now Chennai) Medical College in 1979 and did his residency in Tennessee. His multicultural background and wide experience have given him a rare sense of empathy. He has written several books. If you would like to see him, watch his TED lecture at www.ted.com/talks/abraham_verghese_a_doctor_s_touch?language=en

His central argument is that, because of the pressure of work and technology, listening to a patient and then conducting a thorough physical examination have been displaced.

We readily respond to the lab tests and scans, but miss the human element. It is difficult to imagine the patient’s experience.

She was happy with her treatment. But she said: “It would have been good if someone had talked to me. I wanted to know when my tiredness would begin to go, when my hair would regrow.” No-one in the team was standing in her shoes. No-one was imagining her experience.

Empathy is a fashionable concept - so it should be. There is more to this than just empathy though.

Verghese conducts teaching ward rounds each week, where he talks with and examines patients in front of students and ward staff without knowing why they are in hospital. He demonstrates how much can be learned by listening alone. Most importantly, he demonstrates how things vital to the welfare of the patient can only be learned this way.

It might not always be appropriate for us to touch a patient, but we can all do more listening, whoever we are and wherever we are in the organisation. This is everyone’s business, surely.

Stephen Leeder
Board Chair
Aussie Aussie Aussie: Oi, Oi, Oi

With the 2016 Rio Paralympics drawing close, our very own champion rower Kate Murdoch, who is blind, has yet again been selected to represent Australia at the final Paralympic Qualification Regatta in Gavirate in Italy.

Rowing was introduced for the first time at the Beijing 2008 Paralympic Games. The sport is open to male and female athletes and is divided into four boat classes, racing more than 1000 metres.

With the help of her guide dog Trixie, Kate knows too well the importance of being able to get around safely and independently.

Kate and Trixie commute from Penrith to Cumberland Hospital, where Kate works as a Disability Employment co-ordinator.

Each day, Kate and Trixie encounter trains stairs, bridges, driveways and navigate the walk to the hospital.

Kate hasn’t let her vision loss dictate her active lifestyle.

She is one of Australia’s elite rowers, having won a silver medal in the mixed double scull World Championships in 2014 in Amsterdam.

Over the past five years, she has also been awarded eight Australian championship titles and seven NSW State championship titles for both single scull and crew performances.

Let’s all get behind Kate and cheer her on.

Final warning for faux pas chief

Western Sydney Local Health District chief executive Danny O’Connor has been given a tongue in cheek final warning for his tropical choice of clothing on numerous occasions.

These offences occurred during a six-month period, where he was photographed wearing the “offending” Hawaiian shirt.

Blacktown and Mount Druitt hospitals general manager Sue-Anne Redmond kicked-off the code of conduct warnings, receiving support from our legal counsel.

The matter recently escalated when a number of people “liked” the shirt via social media, resulting in reputational damage to Mr O’Connor and the LHD.

In his defence, the accused was adament the attire was “cool and trendy”, explaining most people own a colourful shirt and they never go out of fashion.

An investigation into the matter has begun and will involve routine and regular clothing inspections, which will be overseen by the Office of the Chief Executive.

The recommendations handed down to Mr O’Connor include mandatory attendance at a HETI course, aimed at the prevention and management of “Crimes of Fashion” and front row seats at the David Jones International Designer Collection at the City store.

May all staff be warned of the seriousness of this and any “offences against fashion” and the potential damage it causes to others.
Westmead services get tick of approval

Westmead Hospital hosted 11 Australian Council on Healthcare Standards (ACHS) surveyors during March.

The surveyors reviewed our services against the 10 National Safety and Quality in Health Service Standards. The surveyors gave great feedback, which will assist in continuing to improve our health services. They noted the large number of outstanding initiatives and service improvement projects being undertaken throughout Westmead.

All hospitals in WSLHD have now completed this milestone event in the accreditation cycle.

Beyond 2020 healthcare planning

More than 100 people attended a workshop earlier this year to explore how we can continue to improve our services, while meeting an increasing demand for health care.

Topics included pursuing networking opportunities covering the full range of services from prevention to hospital care and collaborative paediatric service planning.

Participants explored these themes in work groups, which included staff from Women’s and Newborns Health, Child Youth and Family, Critical Care, Surgery and Chronic Disease and Medicine.

Over the next few months, staff will develop options for networking across WSLHD and with other healthcare providers such as The Children’s Hospital at Westmead, general practitioners, private sector care providers and non-government organisations.

A second workshop is scheduled for early May to build on the recommendations from work groups.

A Health Services Plan for WSLHD with a horizon for 2026/27 will also be developed, incorporating recommendations from these workshops and broader consultation across the district.
Welcome to Auburn Hospital’s new nurses and midwives who were met by Auburn Hospital’s director of nursing Kate Murphy.

Eager to provide comfort and care

Member for Riverstone Kevin Conolly and Blacktown Mount Druitt hospital’s director of nursing David Simmonds welcomed new nursing and midwifery staff at Blacktown Hospital earlier this month.

Welcome to Auburn Hospital’s new nurses and midwives who were met by Auburn Hospital’s director of nursing Kate Murphy.
Blacktown opens doors to public

Nearly 600 people flocked to Blacktown Hospital on Saturday, March 19 for a free community open day.

Patrons got the chance to explore the new clinical services building, cancer centre, hospital wards and view the mosaic seat, designed by people from the community.

Other highlights included origami, offered by Yoshimi Lawler, which is part of the hospital’s arts program, along with entertainment from Clown Doctors Dotty and Smarty Pantz, the Sydney Sonata Singers and Salamak.

A visit from several Star Wars characters also proved to be a hit.

Several visitors commented on the look of the hospital, noting they felt inspired by its colours and freshness.

Check out some of the photos from the day.

For more information about the Blacktown and Mount Druitt hospitals redevelopment, visit: http://www.bmdhproject.health.nsw.gov.au/
WSLHD executive staff recently attended the official launch of the My Health Record in greater western Sydney.

My Health Record offers patients the chance to have their health history available to any healthcare provider they choose, using a safe and secure national system.

Through trials, it is expected that most consumers will choose to allow their My Health Record to be automatically created for them.

When they visit their GP, it will be possible to have a shared health summary, containing their health problems, medications, allergies and immunisation records uploaded to form the basis of their My Health Record.

Other health documents such as discharge summaries, pathology and radiology results and advance care plans will be able to be accessed by other healthcare providers.

My Health Record requires participation by consumers and healthcare providers, including GPs.

The more consumers and providers use My Health Record, the greater the potential to better manage an individual’s healthcare needs, improving safety, reducing errors and reducing costs.

For further information, visit: https://myhealthrecord.gov.au/internet/mhr/publishing.nsf/content/home

Western Sydney Integrated Care Program clinical lead Dr Michael Crampton at the My Health Record launch.
The WSLHD disaster management team provide disaster management training and advice for all hospital staff.

The team consists of WSLHD disaster manager Caren Friend and disaster co-ordinator Erin Walker, who report to Health Services Functional Area co-ordinator Joanne Edwards.

To ensure our staff are skilled and confident in the event of a disaster, our emergency management teams train regularly in real-life situations.

Exercise Red Rattler was a multi-agency exercise, involving all emergency services personnel, conducted to evaluate a night response to a significant incident at Sydney Olympic Park at Homebush.

Western Sydney Local Health District and South Western Sydney Local Health District supplied the medical teams, who were able to practice, test and use their knowledge and processes for the scenario.

The invaluable exercise included the use of triage tags to interact with other emergency services and to observe multi-agency emergency management.

Meet the district’s disaster manager, Caren Friend, who joined us in January.

Having worked as a disaster co-ordinator for eight years at other LHDs and as an emergency department nurse manager and occupational therapist, Caren is well-suited for this vital role.

“My role is to ensure our facilities and services are prepared to deal with internal and external emergencies that may impact on our service delivery,” she said.

“Examples of internal incidents include the disruption of water, phone or electricity supply or the effects of severe storms on our facilities; it’s any instance where we would activate our Business Continuity Plan.”

External incidents include pandemics or mass casualty events, where large numbers of patients may present to our hospitals.

“My ambition is to ensure our disaster plans are in place and that our people are aware of their roles and responsibilities in an emergency situation,” Caren said.

Caren is no stranger to national and international disasters, having been deployed as a clinician to assist with the Bali bombings and a tsunami in Samoa.

“I was actively involved in the Queensland, Central Coast and Newcastle floods, many bushfires and in planned events such as the City to Surf, APEC summit and the 2008 World Youth Day,” she said.

“Working in this field, I have had the opportunity to travel the world; I’ve seen events most people only see on TV and have been in real life situations which are unimaginable.

“When I’m not travelling the world, I’m here reviewing our emergency disaster plans, liaising with emergency services to identify any risks and educating the staff”.

The WSLHD counter disaster unit consists of disaster response co-ordinator Caren and Erin Walker.

They both provide support and education for WSLHD executives, clinicians and hospital staff.

For further information or to enquire about training, visit: http://wslhdintranet.wsahs.nsw.gov.au/Emergency-Management-Services/

Emergency Services staff, including WSLHD medical staff, participate regularly in real-life disaster preparedness training across western Sydney.
Top results for vacation care service

Westmead Vacation Care has been acknowledged for exceeding Australian Children’s Education and Care Quality Authorities’ National Quality Standards ratings in two out of seven key areas.

The centre provides WSLHD employees and community members a school holiday program for children aged five to 12 years, which includes excursions and in-house events and activities.

WSLHD Vacation Care program co-ordinator Katrina Pearson said she was delighted with the results, noting they were testimony to the dedication and hard work of the staff.

“This recognition is not only great for our staff but it will also help parents know we provide a high-quality care and education program,” she said.

“These ratings allow us to gauge how we are performing on a state-wide average and enable us to plan for future goals and activities.

“We encourage our educators to seek feedback from children and family members to help us best cater for their child’s needs.

“We want to make sure the kids feel relaxed and not in a school environment.

“It’s important for us to create lots of fun for the kids in their down-time from school.”

During the January program, children aged between 10 and 12 planned their own excursions and outings using the service’s new I-pads.

Westmead Vacation Care provides Child Care Benefit entitlements for eligible families.

For further information and school holiday timetables, visit: http://wslhdintranet.wsahs.nsw.gov.au/Corporate-Governance/Major-Portfolios/Child-Care/Vacation-Care/Vacation-Care

Alternatively, staff can contact WSLHD Vacation Care program co-ordinator Katrina Pearson on 9881 1908 or WSLHD-Vacationcare@health.nsw.gov.au

To register your child for the Westmead Vacation Care program, email: westmeadvac.hubworks.com.au

Partners for better health from research across greater Sydney

- Professor Emeritus Stephen Leeder, WSLHD Research and Education Network director

In February, we held the first annual forum for Sydney Health Partners or SHP.

SHP is a consortium of three Sydney local health districts, the Westmead Children’s Hospital and the University of Sydney.

The goal is to unite research efforts from all of our partners and apply these to improve patient outcomes and health policy.

We have always had good co-operation around themes such as cancer care and the management of renal disease.

But there is much more that can be done. There are bureaucratic and historical barriers to working beyond our own patches.

SHP aims to tackle these barriers, help establish common linkages through IT, and promote easy movement of clinicians from one hospital to another. Clinical trials should operate seamlessly across the SHP.

There is much to do but the enthusiasm at the forum and the goodwill of people working within SHP is truly inspiring. Great things will happen.

WSLHD is launching its very own You Tube channel on March 31.

The success of our Facebook and Twitter pages has inspired us to look beyond the horizon and expand our social media channels.

With more than 3200 followers on Facebook and almost 1000 followers on Twitter, we are confident now is the time to grow our social media footprint.

The YouTube channel will feature videos developed by our talented multimedia team. Carlos and Jara have been busy shooting a variety of videos over the past three years, including patient stories, educational segments and promotional tools.

Our YouTube channel will house all the WSLHD videos and is accessible to staff and the general public.

You can access the WSLHD YouTube channel at www.youtube.com and search Western Sydney Health.

Check out our recent results

Westmead Hospital’s emergency department head Dr Matthew Vukasovic recently appeared in a Easter holidays safe driving message which helped increase our weekly Facebook reach to 36,700 people and increased our Facebook page likes from 3100 to 3450.

WSLHD: Realising the Dream video focuses on the expansion and redevelopment projects that are currently occurring at three of our major hospitals.

Blacktown Hospital celebrate 50 years reflects on the commemorations of the hospital and its community health services turning 50.

The hospital serves the community as one of Western Sydney’s largest teaching hospitals with links to Western Sydney University, Blacktown Mount Druitt Clinical School and the University of Sydney’s Western Clinical School.

Westmead Redevelopment captures Minister for Health Jillian Skinner discussing the NSW Government’s commitment to hospital car parking.
Privacy is your concern

WSLHD staff are reminded that you can only access patient records for the purpose of your work.

In 2016, some WSLHD staff have had their employment terminated or suspended for breaching patient privacy.

This is a timely reminder to all staff that:

• To only use WSLHD equipment to take photos of patients where it is essential for patient care
• You must store the photos in the health care record
• You must delete the photos from the device
• You must NEVER show photos of patients to any person not involved in the patient’s care
• You must not take photos of patients on your personal device unless it is a medical emergency. You must then store it in the health care record and delete it immediately


All staff must complete the privacy training program in HETI.

If you have questions or require training, contact Dhana Profilio, WSLHD Privacy and Information Compliance manager, on 88602550 or Dhana.Profilio@health.nsw.gov.au

Plans for more vollies

Meet Blacktown Hospital’s new volunteer co-ordinator Janice Low.

The new recruit has kick-started her career by actively recruiting volunteers and looking for opportunities and options for the teams.

“There are lots of long-term volunteers at Blacktown and their enthusiasm and commitment is contagious and admirable,” Janice said.

“I’m looking forward to meeting all the volunteers and getting to know them.

“I plan to develop and initiate ways where volunteers can working alongside staff by increasing volunteer numbers in wards and clinical settings.

“I’m asking Blacktown Hospital staff to think about important non-clinical roles where the volunteers can assist you.

“Those staff or departments who already utilise the volunteers services, can you please provide me with your opinion on their work or service.”

Janice works Mondays, Wednesdays and Thursdays and is located at Blacktown Hospital on Level 4, Clinical Services Building (new building).

Meet the team

Corporate Communications

Multimedia specialist Jara Pinherio

Hi, I joined the team as a multimedia specialist in July 2015 and have been working at all WSLHD facilities and stakeholders.

My experience is mainly from the film industry and I have come to the conclusion that working for WSLHD is just as busy and exciting as being on a film set.

There are a lot of inspiring stories within the district and this motivates.

My role involves capturing images by photography or videography from a variety of subjects and talented people. Those images are processed and distributed to the clients.

I am always visiting the facilities carrying equipment to capture stories or images.

If you see me around, feel free to say hello.

Sweet Tweets

With Sia Anthopoulos

It’s been a great couple of weeks on social media for WSLHD.

Read on to see what our lovely followers have been tweeting about us:

Michelle Rowland @ MRowlandMP attended Blacktown Hospital’s Open Day - Open day at the state-of-the-art Blacktown Hospital redevelopment. The hospital where I was born has come a long way! pic.twitter.com/rgYxCKeqvM

Emma Clarke @ EmmaCla20098024 What a beautiful facility, have a look if you’re close by #BtownOpenDay
Master of Nursing program available

Staff from Westmead Hospital, the Children’s Hospital at Westmead and the University of Sydney got a chance to view the new purpose-built simulation lab at the Master of Nursing launch last month.

Graduates now have the opportunity to study nursing at the Westmead health precinct, with the launch of the Westmead-based University of Sydney’s Master of Nursing (Graduate Entry) program.

The course hosted its first intake of students earlier this month at the western Sydney campus, which is located within the growing Westmead health precinct.

The Master of Nursing is open to university graduates from any discipline. The degree is offered on a two-year full-time or four-year part time basis, with graduates eligible to apply for registration as a nurse with the Nursing and Midwifery Board of Australia.

The University of Sydney has offered the Master of Nursing (Graduate Entry) program at its Camperdown campus since 2006 but offered it for the first time at Westmead this year.

Nursing now joins the Faculties of Medicine and Dentistry in offering programs at Westmead to meet the rising industry demand for graduates.

The cohort were the first to try out their skills in the new Westmead Clinical Simulation Laboratory, which is a purpose-built accredited clinical simulation facility. The laboratory took nearly 15 months to build and is part of the expansion of Westmead Hospital and the precinct.

WSLHD executive director of Nursing and Midwifery Joanne Edwards said the Master of Nursing program was a great opportunity for students to work and study in the west.

“The health sector in western Sydney is growing rapidly. Offering this program means residents can largely complete their course requirements at Westmead and, ideally, be able to gain employment in their home suburb,” she said.

“We want to be the workplace of choice for western Sydney graduates looking to start their career.”

Students will have access to a range of clinical placement experiences across western Sydney, including at Westmead Hospital and the Children’s Hospital at Westmead.

Partnership opportunities between the University of Sydney and the Westmead precinct are well-established, with both Westmead Hospital and the Children’s Hospital Westmead involved in the student application and selection process.

WSLHD board chair Professor Stephen Leeder said the partnerships were critical to the future success of the precinct.

“We have a strong relationship with the University of Sydney and we thank them for their commitment to Westmead and their $55 million investment in the precinct,” he said.

“I want to thank the Westmead Redevelopment project team, who delivered the project on behalf of the university, and builders FDC who helped to deliver the project on time and on budget.”

Time for change?

Blacktown and Mount Druitt Oral Health specialists recommend replacing your toothbrush every three months.

Studies show that after three months of normal brushing, old toothbrushes are less effective at removing plaque from teeth and gums than new ones.

Blacktown and Mount Druitt Centre’s for Oral Health head of department Dr Andrea Lenard said changing your toothbrush regularly was vital, especially for children and infants.

“You should brush your teeth and gums for at least one to two minutes; you can measure this timeframe by singing your favourite song in your head,” she said.

“Children and infants should use small brushes with soft bristles and brush regularly to ensure they clean all those tricky corners around the teeth.”

Dr Lenard said most parents were not aware that children should also change their toothbrush after an illness.

“ Toothbrushes can be breeding grounds for germs, bacteria and fungus, which can lead to prolonged sickness,” she said.

Blacktown and Mount Druitt Oral Health clinics provide free dental treatment for eligible children between two and 17 years.

The Child Dental Benefits Schedule (CDBS) allows eligible children access to up to $1000 of basic dental services (over a two-year period).

To find out more about accessing dental care at Blacktown or Mount Druitt’s Centres for Oral Health, call 9881 1715.

Sparkling smile: Ashwariya Datt, age 6, replaces his toothbrush regularly.
Auburn Hospital breast cancer surgeon Dr Lynne Mann is determined to find a cancer cure by supporting the Tour de Cure Australia. Dr Mann's father passed away from cancer and she has shared the pain that too many suffer so she was keen to make a difference. To support Dr Mann, visit: http://goo.gl/iOyv6e

Dr Mann riding for cancer fundraiser Tour De Cure

Breast cancer surgeon Dr Lynne Mann raised $900 to help cure cancer. Auburn Hospital breast cancer surgeon Dr Lynne Mann is determined to find a cancer cure by supporting the Tour de Cure Australia.

Dr Mann’s father passed away from cancer and she has shared the pain that too many suffer so she was keen to make a difference. To support Dr Mann, visit: http://goo.gl/iOyv6e

BMDH new nurse educator Jennifer

Say hello to Jennifer Lohan – she is the new nurse educator for Blacktown and Mount Druitt hospitals. She joined the district in January, providing leadership to the BMDH nursing education team and ensuring education opportunities meet high-quality, evidence-based contemporary practice.

Jennifer has been working on the Stage 1 redevelopment project, coordinating site tours of the new Clinical Services Building. She is looking forward to the challenges ahead and to highlighting the wonderful innovations being achieved across the hospitals.

Trauma service resuc funds for equipment

Westmead Hospital’s trauma service secretary Sandra Wilde with Westmead Association executive officer Georgette Hanna. The Westmead Association recently held a fundraising stall and raised more than $2300 for Westmead Hospital’s trauma service.

Westmead Hospital’s trauma service secretary Sandra Wilde said the money would be used to purchase a hand-held ultrasound device that will allow faster diagnosis of injuries.
WSLHD has appointed its first Palliative Care nurse practitioner to support people living in residential aged care facilities and the community.

New ‘super nurse’ Deborah Maclaren has been appointed to the role and has had plenty of experience in this field, having worked in community health for nearly 20 years, specialising in palliative care nursing.

The district has nurse practitioners working within its emergency departments and hospitals but this is the first time we have employed a specialist palliative care nurse who can prescribe medications and implement effective pain management strategies.

“My role as a nurse practitioner involves visiting patients in their homes or aged care facility and providing them with care to minimise their pain and symptoms as a result of life-limiting illnesses,” Deb said.

“Many patients deteriorate over a short period of time so by establishing partnerships with GPs, families and staff, it enables me to give the patients quality palliative care and peace of mind.”

“Most people prefer to be treated in the comfort of their own home, however at times, this is not achievable due to the complexity of their pain and symptoms.

“I strive to have these patients directly admitted to our palliative care units across the district to avoid emergency department presentations.”

To make a referral to this free service, call 1800 600 681.

WSLHD Palliative Care nurse practitioner Deborah Maclaren can visit homes or aged care facilities during business hours from Monday to Friday.

Staff are encouraged to join the My Westmead team for the Coleman Greig challenge and help raise funds for newborn care at Westmead Hospital.

My Westmead joined St Gabriel’s School in Castle Hill and the Royal Institute for Deaf and Blind Children as the beneficiaries of money made from the fitness challenge.

Coleman Greig Lawyers is hoping to raise $150,000 from the event – money which will be partially donated to Westmead Hospital’s birthing unit for much-needed equipment.

Women’s and Newborn Health operations director Donna Garland said funds could go towards a Panda Resuscitaire – a machine that provides full life-support for premmies.

“The Panda is used at every single birth, which is more than 15 times a day,” she said.

“The Panda provides warmth from the overhead radiant heater but for our sick and premature bubs, the Panda provides full life-support.”

The Coleman Greig challenge, now in its third year, is an opportunity for businesses to give back to the community by forming a team to walk, run or cycle around Parramatta Park.

To join the My Westmead team, visit: https://colemangreigchallenge2016.gofundraise.com.au/cms/registration

Women’s & Newborn Health operations director Donna Garland with baby Ghazal.
Coolamon kids get arty for Blacktown Hospital

Children from Blacktown Hospital’s Coolamon Cottage Childcare Centre got an exclusive look at their artistic contributions to the new-look Blacktown Hospital last month.

The kids were part of a 500-strong team involved in the design of a new 60-metre mosaic seat, located in the hospital’s main entry, taking inspiration from Van Gogh to create “starry night” works.

The seat’s star motifs were designed by people from the local Chinese, Indian, African, Bahá’í and Arabic communities, along with Blacktown Hospital staff and women’s groups. The designs were then rendered into mosaic tile by artist Malcolm Cooke.

BMDH project transition manager Peter Rophail said the artwork reflected the community’s desire to see a bright, vibrant hospital.

“In the early stages of the project, our team consulted with hundreds of patients, carers, community and staff members, who all said they wanted the hospital to be a vibrant and welcoming environment, not sterile and white,” he said.

The hospital will be home to a host of interesting artworks, including a distinctive floor design by indigenous artist Robyn Caughlan.

The terrazzo design, located near the hospital’s main entry, has been created to mark one of the new “gathering places”, offering circular seating for patients and visitors.

The Call of Home, a unique sculpture created by Aboriginal artist Leanne Tobin, Water Cube architect Chris Bosse and glass artist Ben Edols, takes pride of place in the foyer of the clinical services building.

The sculpture features more than 80 suspended hand-blown glass eels and represents a moment in the life cycle of the eels that live in the local rivers.

National coverage for WISE award-winning team

Congratulations to WSLHD Mental Health vocational consultant Catherine Skate and senior occupational therapist Dhiraj Kishnani, who recently featured in a Western Australian mental health publication.

This national acknowledgement was in recognition of their first place awards at the 2015 WSLHD Quality Awards in the Integrated Health Care and Chief Executive categories.

The team won both awards for increasing quality of life by helping people gain paid employment.

Their results have been outstanding, with individuals finding both purpose and independence, working in a diverse range of employment.

Unfortunately, Dihraj has since resigned for an appointment with Head2Work.

Along with Catherine, he was instrumental in the success of the WISE program and we wish him well in his new role.

Award winners: Catherine Skate and former WSLHD senior occupational therapist Dhiraj Kishnani.

VALE ANNEMARIE

Nepean Therapy Dogs founder Annemarie.

It is with extreme sadness that we inform you of the death of Nepean Therapy Dogs founder Annemarie Schuster, after battling cancer for the past year.

Annemarie had a vision 25 years ago to establish the Nepean Therapy Dogs and visit public hospitals, bringing smiles and happiness to patients, families and staff.

With a brood of 20 volunteers and 26 “fur babies”, the legacy of Annemarie’s amazing work has been handed over to her colleague Nicole Celeban to manage. RIP Annemarie, we will miss you xx

Award winners: Catherine Skate and former WSLHD senior occupational therapist Dhiraj Kishnani.
Help us to reach 1000 supporters to Close the Gap

WSLHD Aboriginal Health encouraged staff to sign up and support 2016 Close the Gap campaign.

Western Sydney Local Health District’s Reconciliation Committee encouraged staff and community members to get behind the 2016 Close The Gap campaign by pledging their commitment and support to this national health initiative.

Our goal is to have 1000 WSLHD staff support this pledge.

Aboriginal and Torres Strait islander people still experience much lower life expectancy rates, acute levels of sickness and poorer access to appropriate medical care than most Australians.

All governments have committed to Closing the Health Equity Gap by adopting two targets:

1. Closing the gap in life expectancy within a generation (by 2030)

2. Halving the gap in mortality rates for Aboriginal and Torres Strait Islander children under five within a decade (by 2018).

To show your support in recognition of the National Close The Gap day, visit: https://www.surveymonkey.com/r/CTGPLEDGE_

Clinic open for bowel business

A new Faecal Occult Blood Test clinic is available every Friday between 2pm and 4.30pm in Clinic G of the University Clinic at Westmead Hospital.

The clinic provides reviews and endoscopy access for patients who have returned a positive test for FOBT as part of the National Bowel Cancer Screening Program.

One in 20 people will get bowel cancer during their lifetime and most have no risk factors. Screening is important as early diagnosis offers a good chance of complete cure.

The nurse-led clinic is managed by clinical nurse consultant Betty Lo and consultant gastroenterologist Dr Nicholas Burgess. They accept GP referrals and provide patient consultation, education and endoscopy access.

Referrals can be sent to WSLHD-Westmead-FOBT@health.nsw.gov.au or via fax to 9845 6213.

Disabling low back pain with video games

Do you experience low back pain?

If so, we need YOU for a research study using video game exercises.

Nearly everyone experiences lower back pain in their lifetime, but for some, symptoms can become persistent and disabling.

Despite numerous treatments that promise a quick fix - be it pills, magnets, or orthotics - the pain often persists.

Over the past two decades, researchers and clinicians worldwide have been trying to discover a cure for low back pain.

Falling shy of a cure, it appears the research all points in the same direction - exercise.

Exercise is the most widely recommended treatment for low back pain, reducing the risk of pain reoccurring by up to 40 per cent.

But there is one problem.

Although most people know exercise is beneficial, motivation to exercise remains a barrier to treatment.

Video game technology provides a unique solution to this problem, by increasing the interaction between the patient and their exercise.

Visual feedback, tailored instructions, and virtual challenges are all features of video game technology, which might facilitate motivation to exercise in people suffering from low back pain.

Westmead Hospital’s physiotherapy department, in collaboration with the University of Sydney, are investigating video game exercises for the treatment of low back pain.

If you would like to participate in the trial, contact Joshua Zadro on 0449 906 121 or jzad3326@uni.sydney.edu.au.
Thanks to Sargent’s Pies

Westmead Hospital’s Brain Injury unit director Joe Gurka thanks Sargant’s Pies representative Brian Andrews for the company’s generous donation.

Westmead Hospital got the chance to thank one of its biggest donors, Sargent’s Pies Charitable Foundation, recently for their generous donation in 2015, which has helped to fund several pieces of vital equipment.

Sargent’s Pies Charitable Foundation representative Brian Andrews, along with the Westmead Medical Research Foundation (WMRF) team, visited various wards and facilities across the hospital, speaking with staff and seeing the equipment in action.

Sargent’s donated more than $550,000 last year alone, which was used to purchase equipment for NICU, BIRU, palliative care and Redbank House.

WMRF chief operating officer Belinda Szafraniec said this amazing western Sydney business had supported WMRF and Westmead Hospital for five years and donated more than $1.5 million during that time.

“We are thrilled to be able to show them what their money is going towards and all the patients this life-saving equipment helps,” she said.

Go green for St Pat’s Day

Westmead Women’s Health nurses Pamela Nunan, Melissa Barkho, Kate Farrell, Collette Compton and Catherine Thrift celebrate St Patrick’s Day.

Farewell Lyn Gilbert

Infectious diseases expert Lyn Gilbert has retired from her work at Westmead Hospital to focus on research, teaching and family duties.

Professor Gilbert’s 25-year career was celebrated recently with a research symposium, focused on communicable diseases.

Professor Gilbert has worked at the Centre for Infectious Diseases, Westmead Hospital, WSLHD and the University of Sydney with major roles in most of the communicable diseases and microbiology advisory committees at local, state and national levels.

While Lyn is stepping away from her working life, she will continue with active research projects, postgraduate teaching and consultancy roles, along with undertaking a PhD in Bioethics.

She is also looking forward to spending more time with her grandchildren and beloved “labradoodles”.

We wish Lyn well in her retirement and thank her for her leadership over the years.

For more information on abstracts from the symposium, visit www.wslhd.health.nsw.gov.au/CIDM-PH
$2 A TICKET or 3 FOR $5

1st
Elizabeth Arden Ultimate Pamper Hamper
valued at $715
generously donated by Elizabeth Arden

2nd
Ipad Mini 2 wifi 32GB Silver
valued at $429

3rd
High Tea for Two at Hydro Majestic & 12 issue
Subscription to Australian Womens Weekly
valued at $230 generously donated by
Escarpmnt Group & Bauer Media Group

4th
Roses & Modibodi Vouchers valued at $100 each
generously donated by Nati Roses & Modibodi

5th
Pamper Style Hamper valued at $100
generously donated by Pamper Hamper

6th
Maggie Beer Hamper valued at $70
generously donated by Maggie Beer

Mother’s Day

RAFFLE

Buy tickets here or visit our kiosk near the food court

All funds raised go towards healthcare & research at Westmead. An initiative of Westmead Medical Research Foundation (ABN 89 050 329 925 CFN 16180)
The raffle will be drawn at the WMRF office on Tuesday 3rd May 2016 at noon
The winner will be notified via telephone
Thanks a bunch

Women’s Health fantastic service

I know your hospital gets a lot of bad publicity but I have just had a couple of days in your Women’s Health ward, Westmead Hospital and would like to commend all your staff from the doctors to the cleaning staff and especially your nurses for the excellent treatment they provided.

Over the past three years, I have had three operations at Westmead Hospital and every time, I could not ask for better treatment.

Keep up the great work.

Thanks again,

Donna Davy

Do you know how to report a incident?

Have you ever seen something you think is dangerous at work? Have you been exposed to something dangerous and wish you had been warned earlier?

Anyone can report incidents (or near misses) online via the WSLHD intranet using the Incident Information Management System (IIMS).

By notifying hazards and incidents you will:

• prevent major incidents or injuries
• allow the Work Health and Safety Unit to identify hazards and incident trends and work with departments to implement strategies to minimise injuries to staff, patients and visitors.

What can you do to help to make your department safer?

Report all incidents and near misses, for example, a box almost falling on you, tripping over but not hurting yourself or when a patient or visitor is known to be aggressive.

Report these incidents as early as possible using the staff, visitor, contractor form on IIMS. Don’t wait until an incident becomes “serious” to report it or there might be a quick and simple solution. We would rather you identify an issue before someone gets seriously injured.

You can submit an IIMS form by clicking on the Applications button on the WSLHD home page and selecting the IIMS Application. For more information on how to notify an incident at WSLHD visit: http://wslhintranet.wsahs.nsw.gov.au/Risk-Management/Work-Health---Safety.

Jobs NSW website renamed

The former Jobs NSW website (the online job search site for most public sector positions) has been renamed ‘I work for NSW’.

To support the new ‘I work for NSW’ website, a new ‘I work for NSW’ LinkedIn page has also been created.

The ‘I work for NSW’ statement sends a powerful message to current and potential employees, making it attractive to be part of the NSW public sector workforce.

To launch this site, NSW employees were interviewed, providing information about their roles from their perspective.

These stories will be published on the new site and on the LinkedIn page in the coming months – stay tuned!

The ‘I work for NSW’ website will serve as a central search site for anyone looking for a job in the NSW public sector, while the ‘I work for NSW’ LinkedIn page will keep followers up-to-date with current job opportunities and contribute to the employee stories by engaging in conversation.

To view these sites visit: ‘I work for NSW’ www.iworkfor.nsw.gov.au
‘I work for NSW’ LinkedIn: https://www.linkedin.com/company/nsw-government/

College of Surgeons presents Controversies in civil and military trauma “A blast from the past” conference
Brisbane Convention and Exhibition Centre
Saturday, May 7 from 7.30am - 4pm
Download the program: www.surgeons.org/member-services/college-resources/conferences/
For more information call +61 3 9249 1260 or TRAUMALINK@surgeons.org.

Join us and meet the WSLHD board members

Schedule your diaries for the following dates and locations:
** Tuesday July 12, 3.30 - 4.30pm
Westmead Hospital, E2 Westmead Executive Office
** Tuesday September 13, 3.30 - 4.30pm
Blacktown Hospital
** Tuesday November 8, 3.30 - 4.30pm
Mount Druitt Hospital, Staff Cafeteria

NSW Organ and Tissue Donation Service

Australian Transplant Games
Saturday, September 24, 2016 to Saturday October 1 - Western Sydney
As part of the opening celebrations of the games on Sunday, September 25, staff are invited to participate in the Dragon Boat Hospital Challenge or the DonateLife Fun Run, to be held at the Penrith Regatta Centre.

For further information or entry details, contact Transplant Australia on 1800 827 757 or visit www.australiantransplantgames.com

Essentials of Care showcase

Schedule your diaries for:
Friday April 29 at 9am, PARC Building, Cumberland Campus

Spotlight on Dementia
Thursday 26 May 9am - 4pm
Waterview, Bicentennial Park, Bicentennial Drive, Sydney Olympic Park. Cost $80 Purchase tickets at www.eventbrite.com.au search for Spotlight on Dementia. Further details contact Anne Tunks 9767 5953