Message from the Chief Executive

Welcome to the Far West in Focus for July 2019.

This month we hosted the Minister for Health and Medical Research The Hon. Brad Hazzard MP while he visited Wentworth and Broken Hill Health Services.

This informal visit was a chance for the Minister to see some of our local facilities and meet with our staff. Minister Hazzard appreciated the opportunity to talk with staff and to meet with Aunty Maureen (the Chairperson of the Maari Ma Board) and the staff of Maari Ma Health.

During July the health district celebrated NAIDOC Week with a variety of functions being held at different sites. The 2019 theme being – Voice. Treaty. Truth. Let’s work together for a shared future – recognising that non-Aboriginal Australians have a responsibility to acknowledge past events so that we can all build the future that we deserve.

My view is that our health district needs to play an active role in progressing the themes of this year’s NAIDOC Week. One way we are able to achieve this is to be fully engaged in our partnerships with Maari Ma Health Aboriginal Corporation and Coomealla Health Aboriginal Corporation and I ask that our staff make this a priority.

All of us need to ensure that the discrimination that Aboriginal people in our own communities have suffered does not continue. I ask that you reflect on how you can be a bigger part of the solution in the life that you lead and specifically within your role at the Far West Local Health District.

I also felt very honoured to be invited to represent the Far West Local Health District at the celebration held by the Broken Hill Local Aboriginal Land Council for Aunty Maureen.

It was an important event recognising the key leadership role that Aunty Maureen has had not only in Aboriginal Communities but across the spectrum of the Broken Hill community over many decades.

As the Chief Executive I was extremely saddened to hear of the passing of Ms Paula Williams who had worked as a Registered Nurse at the Broken Hill Health Service for close to forty years. While I did not know Paula myself, I could see the love and respect that everyone I encountered had for Paula and the depth of their despair at this sudden and tragic event. Valé Paula.

— Steve Rodwell, Chief Executive
A busy and engaging time for Aboriginal Health

By Donna K Cruickshank, Director Aboriginal Health and Planning

The month of July was very eventful with NAIDOC Week and being out and about in the district, as well as to Sydney for the NSW Health Stepping Up Forum. Early in the month the LHD hosted the Australian Indigenous Leadership Centre with a workshop they ran in Broken Hill for the Aboriginal community. This was a great engagement activity to provide a space for this workshop and have the community attend.

We held the first education day sessions for the SBAT program which allowed them to click off mandatory training requirements as well as have time with myself and Tim O’Neill to discuss the program and how we can continue working to ensure the success of Trainees.

I was also involved in the Minister of Health Brad Hazzard visit and attended Wentworth Health Service, Broken Hill Health Service and Maari Ma Health. NAIDOC Week with the 2019 theme Voice Treaty Truth is a significant time in our community calendar and I started the week attending the Sunday event held by Warra Warra Legal Service at the Cinema.

I also attended the official opening held by the Broken Hill City Council with the flag raising and smoking ceremony. In Dareton I was privileged to attend and help with the Elders Luncheon held by the Coomealla Health Aboriginal Corporation. This was a great afternoon with traditional dancers performing and Aunty Geraldine

Continued next page
King making “Gerry Cakes” to go with the kangaroo stew.

I was in Sydney for the remainder of the week attending the NSW Health Stepping Up Forum with two staff members – Bernadette Pappin (Balranald) and Samuel Bryant (Daretan).

The forum focussed on NSW Health growing the Aboriginal workforce and becoming more culturally safe and responsive.

It was lovely to see our staff across the district holding, attending and participating in NAIDOC events during the week. Especially heartwarming was the celebration for Aunty Maureen in Broken Hill.

Sadly I was unable to attend the day though I was able to see Aunty Maureen earlier in the week and give her my well wishes.

She has been a great support and a big part of my life and career since I started as a trainee at the Broken Hill Local Aboriginal Land Council.

I hope everyone has enjoyed NAIDOC Week.
Aboriginal Mental Health Drug and Alcohol Workforce
NAIDOC Week 2019

The Aboriginal Mental Health Drug and Alcohol Workforce have ventured out in the week of NAIDOC supporting and participating in events that were held in Broken Hill and Dareton, events that included:

- Broken Hill Flag Raising Ceremony
- Broken Hill Health Service NAIDOC BBQ
- Recognition Ceremony for Maureen O’Donnell

The week was full of respect, acknowledgement and connections with community and partnering services.

Throughout the week strong networks were made with other service providers and bridging the gap with the community on the delivery of services to help break down stigma within our communities.

NAIDOC Week flag raising ceremony
Broken Hill 8 July 2019

The Far West LHD was represented at the Broken Hill City Council NAIDOC Week flag raising ceremony by Cory Paulson FWLHD Aboriginal Mental Health Drug and Alcohol Trainee — playing the Didgeridoo and Donna K Cruickshank, FWLHD Director Aboriginal Health and Planning — Smoking Ceremony.
**Broken Hill NAIDOC BBQ**

The NAIDOC BBQ at the Broken Hill Health Service on 9 July 2019 was organised by Haley King and Peter Crombie with support from the Broken Hill Aboriginal Health and Mental Health Drug and Alcohol Workforce Corina Kemp (Aboriginal MHDA Clinical Leader), Michael Spencer (Chronic Care), Cory Paulson (Aboriginal Mental Health Drug and Alcohol Trainee), Karen Grose (Nurse) and Zulfiqar Ahmadi (MHDA Nursing Student).

The Welcome to Country for the NAIDOC Celebrations within the Broken Hill Health Service was opened by Wilyakali Aboriginal Community Member Taunoa Bugmy on behalf of her Grandmother Barbara Clark and the Wilyakali Tribe.

A speech from the FWLHD Chief Executive Stephen Rodwell acknowledged the 2019 NAIDOC Theme ‘Voice Treaty Truth’. Stephen spoke of the importance of Aboriginal and non-Aboriginal staff within the FWLHD to ensure we provide collaborative care for our communities in the Far West of NSW.

The partnership the FWLHD currently have and continue to grow are important to Stephen and the FWLHD.

Karen Grose inspired the Broken Hill FWLHD Staff and community with her amazing talents with providing the NAIDOC Cake 2019 acknowledging the Aboriginal and Torres Strait Islander Flags throughout the design of the cake with the theme ‘Voice Treaty Truth’, with many thanks to Haley King, Corina Kemp and Cory Paulson for their contributions with the cake design.

The NAIDOC cake was cut by Stephen Rodwell, Wilyakali Aboriginal Elder Barbara Clarke and Taunoa Bugmy.

Thank you to all Broken Hill Health Staff that supported the NAIDOC celebrations.
Broken Hill Health Service NAIDOC
Broken Hill Health Service NAIDOC
Broken Hill Health Service NAIDOC
Dareton NAIDOC Day Celebrations

The Dareton Primary Health Service AMIHS & BSF Teams along with Trainee Aboriginal Health Workers, provided a Health Promotion stall at our NAIDOC Day celebrations held at the Dareton Public school on Wednesday 10 July.

The day was full of fun for the community, including Aboriginal families and their children.

A Welcome/Acknowledgement to Country was held along with cultural song and dances performed by Aboriginal Cultural Dancers.

As well as the cultural dancers, other activities enjoyed was face painting, traditional games, Johnny cake making and a lovely bush barbecue.

The event was organised by a joint committee lead by Coomealla Health Aboriginal Corporation, Dareton Primary Health Staff with other local services such as CFA, NSW Police, Mission Australia and Dareton Library were in attendance.

Coomealla Health Aboriginal Corporation also held a NAIDOC event at the Health Service that was well supported by the Dareton Community.
Ivanhoe also celebrated NAIDOC Day on Tuesday 9 July 2019 at the Ivanhoe Health Service. A special thanks to the Ivanhoe Community Working Party who provided funding for the food and Ivanhoe committee members Fay Johnstone chairperson, Brenda Brennan (Aboriginal Health Education Officer, Ivanhoe Health Service) and Joan Slade (Ivanhoe Elder). Thanks also to Ben Walsh (Ivanhoe HS Gardner), Stuart Clark (RN Ivanhoe HS) and Liz Lawson (Ivanhoe community member).

Johnny cakes are a GO!
The Aboriginal Mental Health Trainee program promotes development of skills and clinical knowledge through education, community engagement, health promotion and clinical skills development.

The Aboriginal Mental Health Drug and Alcohol Workforce has 3 Aboriginal MHDA Trainees in Broken Hill and an AMHT based in Dareton. AMHTs provide cultural knowledge, supports, advocacy and engagement to our non-indigenous clinicians and consumers of the service through shared knowledge, education, and engagement with Aboriginal people and their families.

The Aboriginal Mental Health Drug and Alcohol Workforce continues to grow stronger with five Aboriginal Mental Health Traineeships, having four positions currently filled in 2019 with the Community Mental Health Teams.

Cory Paulson (Worimi Tribe / South Sea Islander), Zacariah Henderson (Dieri Tribe) and Paul Sloane (Paakintji Tribe) joined the Aboriginal Mental Health Drug and Alcohol Workforce in 2019. Cory, Zacariah and Paul are based with the Community Mental Health Drug and Alcohol Teams who are well supported by mentors and MHDA Clinicians within the Mental Health Drug and Alcohol Services as they start their venture to complete a 3 year Trainee Program.

FWLHD Aboriginal Mental Health Drug and Alcohol Workforce would like to acknowledge and commend our 3rd Year AMHT Amanda Fox in her final year of the Traineeship, Amanda has had the opportunity to undertake Clinical placements through the Djirruwang Program at D&A Rehabilitation Centre in Wagga, Broken Hill CAMHS Service and have undertaken a 12 month rotational placement within the FWLHD.

Aboriginal Violence Abuse Neglect Services

The FWLHD is committed to providing evidence based trauma informed services which are culturally sensitive, inclusive and respectful.

The FWLHD has developed a four year violence, abuse and neglect (VAN) trainee position which is a first in New South Wales. The educational pathway will provide the trainee with a unique experience in gaining a Cert IV in Aboriginal Family Health (Family Violence, Sexual Health & Child Protection), an Advance Diploma of Aboriginal Specialist Trauma Counselling and a Graduate Certificate in Trauma.

Kyeesha Jones, a Paakintji woman living in the Far West NSW Broken Hill, is a vibrant young woman who has taken on the role of the first VAN Trainee in NSW. Kyeesha demonstrates passion and respect for her community and surrounding areas.

Kyeesha is dedicated to promoting cultural safety and making the violence, abuse and neglect services more accessible to Aboriginal communities.

Kyeesha has been a great asset to the VAN Service since her commencement in Feb 2019, she is driven to learn and develop her skills working within the VAN Services. Welcome to the VAN / MHDA Teams Kyeesha!
Recognition Ceremony for Wilyakali Elder Maureen O’Donnell

The Aboriginal MHDA Workforce attended the recognition ceremony that was held at the Aboriginal Land Council for Wilyakali Elder Maureen O’Donnell. Cory Paulson AMHT participated in the unveiling of the plaque playing the didgeridoo. The ceremony was in recognition of Aunty Maureen’s contributions on behalf of all Aboriginal people living in the far west.

Burlu Kirra Kirra/Na – Better Cardiac Care for Aboriginal People

Michael Spencer, Aboriginal Health Worker/Diabetes Educator in the Integrated Care for People with Chronic Conditions (ICPCC) team is leading an initiative to deliver a specialised cardiac rehabilitation group for Aboriginal people – Burlu Kirra Kirra/Na (meaning “Heart of Country”).

The goal for Burlu Kirra Kirra/Na is to provide access to a culturally specific cardiac rehabilitation program for Aboriginal people in the Broken Hill area recently diagnosed with a cardiac condition by the end of 2019. The main objectives include:

- Aboriginal patients to be referred to the ICPCC service with post cardiac diagnosis.
- 50% engagement of total referrals in culturally responsive cardiac education and exercise program.

The implementation of Burlu Kirra Kirra/Na is important as Aboriginal people are at higher risk of heart disease and repeat cardiac events; they have specific cultural needs; participation rates in cardiac rehab is much lower than for non-Aboriginal patients; and health services need to support participation in cardiac rehab for Aboriginal people.

The Far West LHD has partnered with Maari Ma Health to run Burlu Kirra Kirra/Na. Maari Ma Health have provided a culturally responsive environment and RN Claire Drewery to assist in delivering the program. In coming weeks, a dietitian from Maari Ma will also be attending the program to provide healthy cooking education to the group.

The Burlu Kirra Kirra/Na officially commenced on 24 June 2019 with a family BBQ day for participants to be introduced to the program and facilitators. Michael has continued delivering the program every Monday in collaboration with Claire and Kate Vandenheuvel (LHD Physiotherapist). During the session participants have a health check, complete 45 minutes of exercise (combination of cardiovascular and strengthening) and informal education is provided through yarning. The program has now grown to four participants during the first month. Participants have been enjoying the program and are already starting to see positive health changes such as lowered blood pressure and improved O2 saturation.

The Burlu Kirra Kirra/Na will be evaluated at the end of 8 weeks and feedback will be provided to the Leading Better Value Care Steering Committee and the ACI. The Burlu Kirra Kirra/Na implementation would not have been successful without the work and dedication of Michael Spencer; Claire Williams; Kate Vandenheuvel; Georgina Drewery; Melissa Welsh; Denise McCallum; and Kathryn Wallace.

For information about referral to the program, contact Michael Spencer on: Michael.spencer@health.nsw.gov.au.
Australian Indigenous Leadership Centre workshop

The LHD was host to the Canberra based Australian Indigenous Leadership Centre at the Wilyakali Palli-mala Kirra when they ran a two day leadership workshop for Aboriginal community members in Broken Hill.

The two days were facilitated by Timmy Duggan who came from Darwin to run the workshop. A number of community members and staff of organisations attended and enjoyed the two days – they were impressed with the new health service facility especially the deck space.

School Based Apprenticeship/Traineeships Education Days

During the last school holidays the school based Trainees came together for education days to do mandatory training sessions and share as a group.

It was a great two days for the trainees and they enjoyed the opportunity for being together. The group also visited the CUC where Danielle Keenan gave a great overview of future opportunities for ongoing study as well as self-care and study planning for their current commitments for their SBAT placement; TAFE assessments and school exams. The Trainees have requested that the education days continue over the course of their training.

Thanks to the LHD staff Timothy O'Neill; Pam Stuchbery; Sharon Gardner; Ray Slater; Deb Curyer; Karen Winter; Kate Williams; the UDRH staff Mariah Goldsworthy; and Denise Hampton; and the CUC Danielle Keenan for helping to get the first SBAT education days started.

The SBATs receiving information from Tim O'Neill and right with Director Aboriginal Health and Planning.
NSW Health Minister the Hon Brad Hazzard MP met with a variety of staff during a visit to the Broken Hill Health Service on 24 July.

A tour of the hospital including meeting with the Palliative Care Team and a visit to the Emergency Department and Maternity Unit.

The Minister enjoyed the opportunity to stop and chat with staff throughout the hospital and made the most of his limited time to find out as much as he could about the District from the people who work here.

Health Minister enjoyed meeting the Palliative Care Team (above) and visiting the ED (right) as well as Maternity Unit (below). He wasn’t adverse to popping into any department and saying hello, including with patients and our volunteers!

SBATs Grace and Natalie met the Minister and explained how great the program is for pathways to a career.

The Minister was very impressed with the Aboriginal Community Room

Chatting with Wayne Ralph of Hotel Services
Health Minister drops into Wentworth Health Service

The Minister visited Wentworth Health Service during his time in the LHD and enjoyed meeting with staff including Health Council members whilst touring the facility. The Minister is pictured (clockwise, from top left): HSM Patricia Algate and Two Rivers Health Council Chair Sandy Connor; New Grad RN Samuel Bryant; RN Rachel Barbetta and General Manager District Health Services Denise McCallum; Student Nurse Ali Yazdchi and CNS Joe Kervin Palliative Care; and inspecting the District’s Mobile Oral Health Unit with Director Aboriginal Health and Planning Donna Cruickshank and Denise McCallum.

Vale

The Far West LHD wishes to acknowledge the recent passing of a colleague and staff member:

Paula Williams — Passed away suddenly 12 July 2019

Paula worked at the Broken Hill Hospital for close to 40 years. She completed her training in 1986 to become a nurse and worked in paediatrics. For the past decade she was a nurse educator. Paula was very well known in the health service and will be remembered for always putting her patients first. As a nurse educator, she coached nurses on the wards and was a mentor to them.

The Far West Local Health District expresses sincere sympathy to Paula’s family, her friends and colleagues.

Fire evacuation drill at CHC

A fire evacuation drill was held at the BH Community Health Centre this month. It was an unannounced fire drill and a smoke machine was activated within the building as part of the exercise. “The fire evacuation drill was to see what the responses of staff are, and also importantly to check that all the fire systems are compliant and operational within the building,” said Ray Slater, Fire Safety Manager, Far West Local Health District.

Staff responded accordingly and as per the evacuation instructions and there will be follow up evacuation drills for the BH Community Health Centre. He added the outcomes of the drill will be assessed and any actions required will be addressed immediately.

NSW Fire and Rescue assisted and played an active role in the drill and we thank them for their participation.
July 2019 heralded the 30th Anniversary of Palliative Care in Broken Hill and Far West and a number of events were held to acknowledge the history and growth of the service over the past 30 years.

Melissa Cumming, Director Cancer and Palliative Care Services said: “(We also wanted) to pay tribute to the palliative care team (past and present) and to thank the community for their ongoing support of palliative care”.

A free education day for 50 staff was held on Friday 26 July, with guest speakers Rob Wilkins ACI, Linda Hansen Palliative Care NSW and Joan Ryan CNC RPA, along with local speakers Dr Sarah Wenham, Renee Cooper CNC and Melissa Cumming. Deb Everett Psycho-Oncology Counselor, demonstrated some mindfulness techniques between sessions. The day focused on advance care planning, communication and end of life conversations.

On Saturday evening 27 July, a dinner dance was held for over 140 people who came together to raise funds for palliative care and celebrate the anniversary of the service. Melissa Cumming spoke about the history of the service she set up in July 1989 when very few people had heard of palliative care. There were no computers, so an A4 exercise book was used to register patients to the service. There was no data, no mobile phones, no work car, but 24/7 services was the model that was commenced, and that still continues to this day. Melissa paid tribute to past and present team members for the amazing work that they do “with heart”.

Dr Sarah Wenham spoke about her transformation since coming to Broken Hill from the UK in 2012, and of the service, acknowledging the commitment of the team members, the broader MDT and the community. Sarah surprised Melissa with a beautiful painting that she did herself of 30 golden butterflies, symbolic of transformation.

It was a wonderful night filled with reunion of people who had travelled long distances to attend, tears, laughter, fundraising and lots of dancing.
Staying well over winter

It’s seasonal influenza time and it’s important we are all aware of signs and symptoms of flu, so we can safeguard our patients and staff through the winter season.

Management of Influenza:
Flu like presentations require a mask in ED despite not having a definitive diagnosis.
If admitted (treat as flu until confirmed) place patient in Droplet Precautions for a duration of 5 days since symptom onset or 72 hours on Tamiflu. Use a surgical mask for all staff in patients’ room and a mask when patients leave their room for tests etc.
Consider Tamiflu in all positive influenza cases to reduce symptoms and for earlier removal of Precautions at 3 days instead of 5 days.

Please Remember:
Be aware of your own personal habits and avoid self-contamination by touching face, rubbing eyes, putting pen in mouth and always wash your hands regularly
Always remember:
Flu can spread quickly in hospitals and health care centres and can have disastrous effects for our most vulnerable patient groups.

About Influenza:
- Typical incubation 2 days
- Infectious 1 to 2 days before the onset of symptoms
- Infectious 5-7 days after the first symptoms
- peak viral shedding - first 3 days of illness
- 10+ days in children
- Infectivity reduced to 72 hours after start of Tamiflu

Signs and symptoms:
- fever >38°C
- cough – dry or productive
- headache
- extreme fatigue
- muscle and joint pain
- stuffy or runny nose

FREE Community Exercise Training
25 and 26 September 2019

Health Promotion will be holding FREE Community Exercise training in Broken Hill and are encouraging interested Far West LHD staff and volunteers to attend.
Community Exercise is a gentle exercise and strength training program, and looks much like a low to moderate impact aerobics. It is suitable for all levels of fitness, and can be modified for bodies that are less mobile while still being fun.
The two day training will provide you with the skills, resources and support to run Community Exercise classes in your community. For more information about this training please contact Rebecca Crawford (Health Promotion Officer) on 08 8080 1217 or rebecca.crawford@health.nsw.gov.au

Pathology West at BH Hospital has recently acquired a new staining machine for their blood films.
Blood films are made on a microscope slide by spreading a small drop of blood very thinly over the glass slide. The slide is then stained, and it can then be examined under the microscope. This enables the viewing of individual blood cells, and identify any abnormalities in the red cells, white cells or platelets.
All NSW Health Pathology labs in the Western, Rural and Region area of the state have received one of these new machines. The staining machine is an Aerospray HaematologyPro, and the local lab can stain up to 12 slides at one time. The staining process takes about 5 minutes.
Vincent Wells, Hospital Scientist, is pictured with the new straining machine.

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Vincent Wells, Hospital Scientist, is pictured with the new straining machine.
Familiar Face – New Role: Clinical Document Specialist

Eureka Van Der Merwe (pictured) has recently changed her position from Essentials of Care (EOC) Coordinator to a new position here in Far West LHD called **Clinical Document Specialist**.

This role acts as a liaison between clinicians and the clinical coding department to ensure that all clinical documentation fully reflects complexity of the patient episode of care.

This position falls under the Clinical Governance Unit. Eureka’s office is located in the Medical Records department at the Broken Hill Health Service. The best way to contact her is by phone on 80801668 or email Eureka.VanDerMerwe@health.nsw.gov.au

National Heart Week – Heart Health Checks Awareness Day – Know Your Numbers

Kathryn Wallace (CNC Integrated Care for People with Chronic Conditions) and Jane Cain (CNS Aged Care Services) decided to join forces as part of National Heart Week to raise awareness about Heart Health checks.

A stall was held in the BH Hospital foyer on Wednesday 26 June and members of the community and hospital staff were invited to stop and check their blood pressure. Approximately 50 people stopped, had their blood pressure checked, where more than one third of the participants had borderline high blood pressure, information was provided and participants were strongly advised to ask their local GP for a Heart Health assessment.

High blood pressure rarely has any noticeable symptoms. So often people don’t realise they have high blood pressure. You should ask your doctor to check your blood pressure regularly. If you haven’t had your blood pressure checked lately, make an appointment to get it checked.

If you are 45 years or older (30 years or older for Aboriginal and Torres Strait Islander peoples) and have not had a heart attack or stroke, it is recommended that you have a heart health check by your local GP.

A Heart Health Check is a regular check-up performed by your doctor. A Heart Health Check helps you to understand your risk factors for heart disease and estimate how likely you are to have an heart attack or stroke in the next five years.

The most important part of this check-up is working with your doctor to manage your risk factors to improve your health.

Why is a heart health check important?

- Every 12 minutes an Australian dies form heart, stroke or blood vessel disease. Most heart attacks and strokes are preventable.
- Seven in ten adult Australians have at least one risk factor for heart, stroke or blood vessel disease.

Heart Foundation states high blood pressure, remains the leading risk factor for heart disease. In 2012–13, 6 million Australians (34%) aged 18 years and over were hypertensive, as defined by blood pressure ≥140/90 mmHg, or were taking antihypertensive medication. According to the Heart Foundation’s statistics for the Far West and Orana 21% of the population have high blood pressure. One fifth of Australians aged 45-74 years are at high risk of having a heart attack or stroke in the next five years.
The BH Health Service has introduced a new visual guide for staff to increase patient safety — orange coloured pillow cases! Patients that have a falls risk assessment of 9 and above will have one orange pillow case on their bed. This is to alert all staff to carry out an environmental scan of the room when they see an orange pillowcase. Patient’s safety is everybody’s business and the easily noticeable pillow cases will help identify high risk falls patients.

**WHS audit on the way**

Broken Hill Health Service and Broken Hill Community Health Centre will be subject to a WHS Audit on 13-15 August 2019.

Two Independent Auditors from other NSW Health Districts will be asking staff WHS related questions, and observing and reviewing evidence that has been gathered throughout both facilities.

From the WHS Audit, a report and action plan will be developed and then adopted by both Broken Hill WHS Committee and the Broken Hill Community Health Centre WHS Committee for action.

The FWLHD should take this opportunity to demonstrate improvements from last WHS Audit and promote any unique workplace applied solutions.

**Broken Hill – WH&S Audit Last Minute Check List**

- Flip Charts – Under each phone.
- N Drive for WH&S Information Policy – Promote information on Intranet awareness to staff.
- ID Badges available and worn – Check.
- Waste Signage – In place.
- AFM Online - Aware of process to report equipment issues and job requisitions.
- General housekeeping. - Clean and tidy.
- Chemalert - Staff aware, MSDS up to date and staff aware of location of MSDS. **No unmarked Bottles.**
- Location of WH&S Notice Boards – Remind staff of Group notice board locations (In corridors) and check if up to date.
- Staff Understand Employee Assistance Program (EAP).

**ROB Tip! Convenor Data Validation**

To ensure employment checks for your recommended candidate are processed promptly:

- Complete the Convenor Data Validation in the ROB Onboarding Transitions Centre and pay due diligence to the data the candidate entered and correct any errors.
- Upload any requested documents to the Candidates Attachment Tab.
We celebrated Wound Awareness Week on 15-21 July 2019. Wounds Australia run Wound Awareness Week annually to help raise awareness of the rising issue of wounds across Australia. This year’s theme was ‘Let’s Talk about Wounds’.

We worked to raise this awareness with several activities throughout the week. These included a wound aware stall in the BHHS foyer which provided engagement with our community, patients and their families as well as clinicians across all multidisciplinary areas.

Clinicians were also involved in decorating their wards and facilities, participating in a team activity, ‘Where’s Wounded Wally?’ and face to face ‘Hints and tips’ on Sentry Wound products.

The winners of the best decorated ward was SARU and the winners of the Where’s Wounded Wally activity were the Allied Health team and the ICU team.

Well done and thank you to all the staff for their hard work and involvement!
The Human Resource (HR) Department is now located in the Broken Hill Community Health Centre. The HR department provides services such as recruitment, rostering, staff matters and salary packaging. Please note key contact details below.

A/Human Resources Manager — Umer Qureshi — 08 8080 1527
HealthRoster / Payroll / StaffLink
FWLHD-Humanresources@health.nsw.gov.au

Human Resources
FWLHD-Humanresources@health.nsw.gov.au
Lianne McManus — 08 8080 1483
Recruitment
FWLHD-Recruit@health.nsw.gov.au
Karen Winter — 08 8080 1498
Racheal Nagas — 08 8080 1353

Salary Packaging
Karen.Winter1@health.nsw.gov.au
Karen Winter — 08 8080 1498

HR team now at BH CHC

What is Salary Packaging
Want to increase your take home pay, why not take time to go through the benefits of Salary Packaging.
Salary packaging is an Australian Taxation Office approved way of paying for some everyday items and living expenses with your pre-tax salary.
Salary packaging lowers your taxable income and increases your take-home pay, giving you more money in your pocket to spend on the things you want.
NSW Health employees are eligible to package $9009 per year, or if you are living in a remote area you may be eligible to package up to $18018 per year.
Salary Packaging money is deducted from your salary (pre-tax), you are then taxed on the remaining portion of your salary, thus you are not paying tax on the salary packaging portion of your salary.

What if I don’t have anything to package?
If you have no expenses at all? Ask the Salary Packaging unit about the Employee Benefits Card - your tax-free $$$ are deposited onto a debit card for you to spend on purchases.

Broken Hill Primary and Allied Health Intranet – NOW LIVE

The Primary and Allied Health Intranet page is now live on the Far West LHD intranet site. The Allied Health departments have been working eagerly together to develop a useful platform for the collection of all things Primary and Allied Health.
It is wonderful to see a space where important documents, processes and information can be gathered for use by not only the Primary and Allied Health Teams but also staff across the Far West.
People may notice that some information is still in the construction phase as they are broader projects with the Allied Health Departments but as this information is finalised it will be loaded onto the site.
It is a wonderful achievement to have this construction phase finished and exciting to have this page live for staff use.

For all our clinicians... doctors, nurses, allied health
Please check out the Write it right App!
It is free to download on your mobile phone. The aim is to ensure documentation is complete, specific and accurate.
Ivanhoe Health Service staff accommodation

New studios apartments (Mulga and Banksia) after much anticipation have finally been commissioned and are now ready for occupancy.

Both units are modern, fully furnished and equipped. District Properties team travelled to Ivanhoe to complete the final setup in July.

The 2 bedroom unit (Eucalyptus) has undergone minor works with new commercial vinyl flooring throughout the unit. This has made a dramatic improvement to the standard of facilities provided.

The District Properties team is working in consultation with BHHS Maintenance, DHS General Manager and local stakeholders to further enhance staff accommodation facilities across the LHD – So watch this space!

Workplace Culture Coach

Louise Heffernan (pictured) has joined the LHD as the new Workplace Culture Coach in the Clinical Governance Unit.

Louise was born and raised in Broken Hill and left in her early 20’s to explore career opportunities in VIC and NSW. She returned 12 years ago to be close to family. Louise has 21 years’ experience working in the social services sector across the Non-Government Community Services sector and Child Protection Departments for NSW and VIC. For the past 10 ½ years Louise was working for CatholicCare Wilcannia-Forbes as a Counsellor and Program Manager. Louise is also an accredited Life Coach and Clinical Hypnotherapist. She values opportunities to work with individuals and teams with the focus on supporting them to reach their personal and professional goals.

In her role as Workplace Culture Coach, Louise will promote programs and strategies to address staff engagement, patient centred care, focus on alignment and develop activities to enhance organisational culture, further improve accountability processes and assist in the rollout of tools and tactics under the District’s Culture framework - Yamirri Nharatji.

‘I am excited to have the opportunity to be working with staff across the FWLHD,’ said Louise. ‘I am hopeful that I will add value and strength by offering support, guidance and care for people to continue enjoying their workplace environment. My intention is to do the best work I can do to support the FWLHD as being the employer of choice for our region.

‘I encourage an open dialogue and welcome people to share their thoughts, feedback and wisdom with me to enable us to work together in an open and collaborative way.’

Louise is based at the Community Health Centre can be contacted by email louise.heffernan1@health.nsw.gov.au phone (08) 6080 1500 or mobile 0428 756 959. 
A healthy liver day, held on July 24 in Wanaaring, was a great opportunity to gain insight into the fantastic services offered by the RFDS to remote communities.

To facilitate this, RFDS and Clinic 9 Broken Hill Sexual Health Clinic/Viral Hepatitis joined forces to promote Hepatitis Week in the community of Wanaaring. After an early morning start and a quick introduction between staff within the partnership, the clinicians were whisked away in a 10 seater plane for an exhilarating kick off to Hepatitis Week outreach 2019.

It was a multi-disciplinary flight with a mix of health professionals from various disciplines being dropped off to various locations for clinics included Mental Health RNs, Doctors, Sexual Health staff, Dentists, assistants and of course Michael the pilot, who kept us all aloft.

Flying at over 10,000 feet the early start gave us the opportunity to view the sunrise from the air, spectacular scenery, and a growing expanse of red sprinkled with green as the outback came awake. It was truly amazing. First stop of the journey was Wilcannia, before White Cliffs and on to Wanaaring to commence our Health Promotion Day ‘Love Your Liver’ in support of Hepatitis Week.

Supported by Western Wanaaring Clinic RFDS staff Drs Joshua Crase, Primary Health Aboriginal Clinician David Doyle, Anthony Hayward Community Liaison Officer RFDS, Alcohol and Drug clinician and Peer Educator for Hepatitis NSW Andrew House, and Jo Lenton CNC Sexual Health/Hepatitis C, this was a very successful partnership with great buy-in from the community. Clients participated in a Liver Quiz, healthy discussions with staff on liver health, alcohol, hepatitis B, C, Fibroscans with a comprehensive review by a Dr. Of course, a sausage sizzle and giveaways also helped to get people interested and chatting about their livers too!

After a mammoth effort conducting 20 Fibroscans amongst all the other associated screening and education, the day was declared a huge success. It was then a quick pack up and back onto the plane to pick up the other clinicians, review the day’s events and get back home to Broken Hill.

A special thanks to Pat Canty, the HSM in Bourke, and Pat the nurse at Wanaaring Clinic for allowing FWLHD staff to be involved in the Health Promotion day. A big thank you also goes to the RFDS for their commitment to working in partnership.

Collaborations like these enable remote communities to access essential healthcare close to home, increasing opportunities to address emerging health issues early, improve health and wellbeing and avoid serious and costly health complications down the track. Andrew House from RFDS and Clinic 9 staff are continuing to work in partnership, planning more events working towards Hepatitis C Elimination in the Far West so watch this space.

— Jo Lenton,
Health careers at Expo

The 2019 Broken Hill Student Career Expo held at the Whitehouse Convention centre on Wednesday 31 July 2019 was an event that gave students and employers a chance to meet one another, establish professional relationships, provide organisations with the perfect opportunity for educating students on career pathways and promoting opportunities, and discussing potential job and/or other employment opportunities.

The target audience was high school students in Years 10, 11 and 12 who are considering their university and career options. We were pleased to offer students the opportunity to visit the Far West LHD exhibit at the Expo where we talked to students who were taking the initiative to find their career fit.

The Expo enabled us to provide information and guidance to high school students and career advisors about the opportunities we have available in our organisation, and the steps students could take to pursue a career in the health industry.

Many staff members from Far West gave of their time to attend and offer advice and information in their chosen careers. It was great to see really interested students engaging with a huge variety of helpful exhibitors!

FWLHD Expo Coordinator, Lianne McManus, witnessed students from all schools engaging in worthwhile discussions on future careers in health. Staff shared their career journeys with students as well as promoted the huge variety of jobs available. Students were also given advice to check out local apprenticeships, traineeships and casual job vacancies they can find online. Lianne thanked staff for supporting this annual event.
The BHHS Medical Imaging Department came in for some great praise in an article recently published in Spectrum Vol 26. No 4 July 2019. Spectrum is the Australian Society Medical Imaging magazine. It is republished here with permission:

Give Broken Hill a go!

By Kirstie Lenton, medical imaging student, Charles Sturt University, NSW.

When I was younger, I remember travelling hundreds of miles with my family when my grandmother was unwell, for her to receive the imaging needed which is still unavailable in Broken Hill today. Only later on did I begin to understand the financial burden placed on rural communities who need imaging services, that are simply unavailable to them. When I decided to undertake a Bachelor of Medical Radiation Science (Medical Imaging), my nan and her struggles were always in the back of my mind.

Broken hill is a small, isolated mining town in the far west outback of New South Wales. While many know “The Silver City” due to the town being the longest lived mining city, many do not know the many inequities that the community face. This is a key reason as to why I wished to complete a rural placement in Broken Hill, not only to experience these inequalities first hand, but to gain an experience in a medical imaging department which would be so unique to other metropolitan areas.

I undertook placement in Broken Hill at the Broken Hill Base Hospital in the medical imaging department. Whilst this medical radiation department may be perceived as “disadvantaged” by some due to its location, I soon realised that I was gaining an experience that I would not be able to ensure anywhere else. The medical imaging department has one CR and one DR room, a Toshiba CT machine, a fluoroscopy room, an OPG and mobile machine, a room for mammography used by Breast Screening Australia and two rooms for ultrasound. The majority of patients examined at this hospital are inpatients, in particularly from the emergency and ICU department. Although the department can at times be under pressure to produce the same amount of work compared to large metropolitan hospitals, they work exceptionally as a team to meet working requirements.

For students, a major advantage of attending placement in this rural facility is the chance to develop their independence and radiographic skills in a range of imaging examinations and modalities. On a normal day, the workload is at a constant pace, allowing students to have the time needed to complete various examinations and be provided with one-on-one feedback by the supervising radiographer. This is an aspect that students attending larger, metropolitan sites may be unable to experience. The department also attends to various patient, from inpatients to outpatients, who differ greatly in difficulty. In addition, students are exposed to and learn how to master cultural diversity. Students can therefore learn how to manipulate their radiographic skills to gain diagnostic images in whatever situation they are given. This is an essential skill to learn, and one that I will now have for future employment opportunities. Students quickly become a key member in the Broken Hill medical radiation team, and this allows them to grow personally and also as a health professional.

Ultimately, the medical imaging department of Broken Hill is able to provide a unique experience that ultimately prepares them to be highly trained, independent radiographers. A barrier that may prevent students from undertaking this once in a lifetime experience however, may be due to the distance to travel to Broken Hill. As I do not wish any student to miss out on this experience, my tips that have helped me complete this rural placement include:

- The Broken Hill Hospital provides affordable accommodation for $25 per week. The accommodation is also walking distance to the hospital.
- Students can travel to Broken Hill by plane, bus, train and car.
- Give the locals a go. There are many fun activities to do whilst undertaking placement in Broken Hill including: visit the line of lode lookout and miners memorial, take cheese and wine to the famous living desert and sculptures and watch the sunset and get a photo on the big “red chair”.
- There is mobile coverage and internet access.
- Access support from the Broken Hill Hospital, accommodation site and your University, and last of all . . .
- Apply for the ASMIRT rural clinical placement scheme to help fund your placement!

For any students reading this, I hope you consider Broken Hill for your next placement, and remember to give Broken Hill a go!
Policy Watch — PDs available on MOH internet


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Please be aware the following FWLHD polices have been endorsed and are now available on our intranet site for your reference:

FW_PD2019_002  Booking of Travel, Accommodation, Car Hire Procedure
FW_PD2017_007  Paediatrics - Acute management of paediatric patients with high blood lead levels requiring lead chelation therapy Procedure

It is mandatory that policies, procedures and guidelines are adhered to by all Far West LHD Staff. Please ensure that staff who do not have access to email, are provided this information.

PRINT WARNING: Printed copies of current policies or part thereof should not be relied upon as a current reference document. ALWAYS refer to the electronic copy for the latest version.