

Message from the Chief Executive

Welcome to the May edition of the Far West In Focus.

It was an absolute pleasure to present the Nursing and Midwifery Excellence Awards for 2018 as we celebrated International Nurses Day (12 May). My congratulations to all the award recipients and nominees. Hearing about each award winner and what they do on a day to day basis in their respective roles was inspirational. Our annual Nursing and Midwifery Excellence Awards – as well as recognising the commitment and dedication of our nurses – gives us opportunity to pause and reflect on what we do as nurses and midwives; what we contribute to the health and wellbeing of our communities across the Far West; and how we can all lead by positive example for our colleagues and those new nurses and midwives entering the profession. Well done to everyone for a great celebration of our nursing and midwifery professions. It was also great to see the other facilities hold their own IND celebrations!

Asking anyone 'what matters most' when talking about life-limiting illnesses and indeed end of life, can be daunting, confronting and for some, something to avoid. Our interactive National Palliative Care Week communal canvas activity brought these conversations to the fore and helped people to talk and share their personal experiences. The canvas bearing witness to this activity will be displayed to acknowledge the importance of palliative care and the conversations that we should all be having with our loved ones. Congratulations to everyone involved in a very successful activity and to everyone who took part.

The Far West LHD booth at Agfair was simply amazing and received a very positive response from the public. It was professionally presented and the staff involved are to be commended for their enthusiasm in promoting health and wellbeing on a variety of subjects over the two days.

To raise \$20,500 for the BH Palliative Care Service by running from Broken Hill to Copi – some 100 kilometres – is an incredible feat by Danika Rowlands. The Palliative Care Service provide help and support to patients and their families and our words of congratulations and heartfelt appreciation to Danika and her supporters simply can't express enough our admiration nor how much her achievement will mean for the service. It is without a doubt truly inspiring.

Anyone visiting Kincumber House lately would have noticed the activity of packing up and preparing for the move to the new Community Health Centre in Crystal Street has ramped up. As well as the services preparing to move into their new facility, LHD staff (including myself) are packing boxes and disposing of unwanted furniture and accumulated bric-a-brac for the big move. I ask everyone to note the actual move dates leading up to the new centre opening for business on 2nd July and be appreciative that staff may be busy during the move. Work will then start on the Ambulatory wing reconfiguration in the Broken Hill Hospital and again, your patience and understanding during the construction period is appreciated.

Meeting our volunteers and celebrating their contribution to the health service for National Volunteer Week never fails to impress on me the enormous role they play in our health service. Acknowledging their value to the LHD is a pleasure and the presentation of Certificates of Appreciation one of my most favourite tasks as CE. The Far West LHD – Pamela Lord Volunteer of the Year Award was presented to a most worthy group of volunteers. Congratulations to everyone and my sincere appreciation and thanks for your continuing work and presence in our organisation.

Mothers will I am sure appreciate being able to hold and breastfeed their babies whilst the child is being treated for jaundice in the Broken Hill Maternity Ward, thanks to a donation of a phototherapy system by the Humpty Dumpty Foundation and John Holland. Generous donations such as this are gratefully appreciated.

It's not too late to get your flu shot. The public turned out in numbers to take advantage of the free flu shot clinic and get information on how to protect against the flu including information on hand hygiene. I urge all staff to follow their example and help protect yourself, your family and our patients and clients as we head into winter and the flu season proper.



Mr Stephen Rodwell

— **Steve Rodwell, Chief Executive**

Nursing and Midwifery Excellence Awards for 2018



The 2018 Award recipients (from left) are Ruth Baillie, Kelly Dart, Riley Condon, Boe Calvert, Deborah Smith, Lhyriel Smith, Katja Jackman, Frank Oates, Belinda Latham, Jane Cain and Rachel Spangler.

The excellent work nurses and midwives do and their commitment to caring for others was praised when the Far West LHD celebrated International Nurses Day with the presentation of the annual Excellence in Nursing Awards.

Nine awards were presented at a ceremony on Friday, 11 May 2018 at Broken Hill Health Service (*photos next page*) – the day before International Nurses Day, the anniversary of Florence Nightingale's birth. LWS facilities also held their own Nurses Day celebrations.

The awards were presented by the Chief Executive, Stephen Rodwell and Executive Director of Nursing and Midwifery, Ms Dale Sutton.

All award winners will be nominated for the NSW Excellence in Nursing & Midwifery Awards 2018. Midwives across Far West LHD celebrated International Midwives Day on the 4 May 2018.

Congratulations to all the award recipients and nominees!

2018 FWLHD Excellence in Nursing and Midwifery

- Excellence in Aboriginal and Torres Strait Islander Health Care**
 - Frank Oates (BHHS Medical Ward).
- Excellence in Nursing/Midwifery - AIN/AIM**
 - Deborah Smith (Wentworth Health Service).
- Excellence in Nursing - Enrolled Nurse**
 - Katja Jackman (BHHS Casual Pool).
- Excellence in Nursing/Midwifery - Graduate RN or Graduate RM**
 - Riley Condon (BHHS Medical Ward).
- Excellence in Nursing - Registered Nurse**
 - Racheal Spangler (BHHS Surgical Ward) and Jane Cain (Aged Care services in Emergency Team (ASET)).
- Excellence in Midwifery - Registered Midwife**
 - Boe Calvert and Ruth Ballie (BHHS Maternity Unit).
- Excellence in Innovation in Education Award**
 - Lhyriel Smith (Clinical Nurse Education Department).
- Excellence in Clinical Leadership Award**
 - Kelly Dart (Health Service Manager, Wentworth Health Service).
- Consumer Appreciation Award**
 - Belinda Latham (White Cliffs Health Service).

Nursing and Midwifery Excellence Awards for 2018



‘What Matters Most’ to the people of Broken Hill?

To acknowledge National Palliative Care Week, an interactive display was set up in the foyer of Broken Hill Hospital where patients, visitors, and staff were invited to contribute to a large communal canvas highlighting “what matters most” if they were faced with a life-limiting illness.

Over 70 people contributed over the five day period, where for four hours a day, our art therapist, volunteers and palliative care staff availed themselves to have these important conversations with people about ‘what matters most’. Literature on Palliative Care and advance care planning were also available, as well as the opportunity to talk with staff about Palliative Care, their values and wishes.

Melissa Cumming, Director Cancer and Palliative Care said: “The canvas was always going to be the by-product of this interaction; the important work was thinking about and having conversations about what matters most. Interestingly, as people sat to either write, draw or decorate a collage to contribute to the canvas, not only did they talk about their values, but they shared their personal stories with our staff. After advertising on radio and the local paper, people came to the hospital foyer with the sole purpose of contributing to the canvas, highlighting how important the topic is of ‘what really matters’. We just have to ask the question”.

One lady who cared for husband at home and was supported by palliative care, contributed to the canvas with “Support and Visitors” being what mattered most. An eight year boy said if he was really sick, he wanted “to be safe”. An 80 year old said she just “wanted to be listened to”.

The canvas (kindly donated by Amanda Johnson from Willy Nilly Art) will be varnished, and displayed to acknowledge the value of everyone’s contribution to this important topic. Melissa thanks Amanda, Mia, Marion, Renee, Priya, Janet and all the Palliative Care team who helped out on the display.



Photo courtesy of Barrier Daily Truth

Menindee IND celebration



Menindee HSM Barbara Turner and Stuart McIntosh pictured cutting the cake for IND celebration at Menindee. Staff enjoyed a lovely morning tea (in between emergencies!)



Mia Vaux (Art Therapist) and Melissa Cumming with the final artwork.

Agfair a big hit!

The Far West LHD joined the crowds at Agfair 2018 this month with a very professionally-presented stall.

The LHD's presence at the biennial event including having information and advice on numerous health topics and services available and quality giveaways.

LHD staff were on hand to give presentations on a number of topics — or simply to talk to the public about their field of expertise.

The fact our staff wore matching LHD-branded tops was a big hit with the Agfair attendees, many commenting we stood out amongst the crowd.

Congratulations to everyone involved in putting it together — well done!



Our colourful stall was a big hit and especially the Kid's Story Time sessions!



\$20,500 donation to Palliative Care following epic BH to Copi run

On April 17 this year after more than four months of training, Danika Rowlands ran 100kms from Broken Hill to Copi to raise funds for the Broken Hill Palliative Care Service.

This run was dedicated in memory of Danika's friend and workmate, Rod Hurst, who died at home in December last year, surrounded by his family, as was his wish. Rod and the family were supported by the Broken Hill Palliative Care Service.

Danika was supported by Rod's wife Tracy, daughters Lucy and Emma and a support crew of people who looked after her in the months leading up to the run, and during the run itself. Danika started at 3am on the Saturday morning, completing her mammoth trek at 6.30pm that night, exhausted, sore and blistered, but having succeeded in achieving her goal.

At a special morning tea at the Broken Hill Hospital, Danika and the Hurst family announced the final fundraising amount and presented an incredible \$20,500 to the Broken Hill Palliative Care Service. This amount exceeded all expectations, and everyone was overwhelmed at the news of this final amount.

Melissa Cumming Director Cancer & Palliative Care Services, on behalf of Broken Hill Palliative Care Service, acknowledged and thanked Danika, the Hurst family, and her support crew for this mammoth fundraising effort, and the businesses and individuals who contributed to this worthwhile cause.

"There are really no words to express our gratitude for such an amazing fundraising effort that gives back to the palliative care service in a way that will help us to support other patients in the community. Thanks you so very much, said Melissa.



A heartfelt achievement and tremendous donation to Palliative Care Services: (from left) Dr Sarah Wenham, Melissa Cumming, Danika Rowlands, Lucy and Emma Hurst, Bek Zanette, Bec Dalwood, Carole Vlatko and Jill Lord.



High praise for RAMHP from attendees at CWA conference

Marie Kelly Rural Adversity Mental Health Program (RAMHP) Coordinator presented to 486 voting delegates, plus office bearers and 50-60 observers at the CWA State-wide Conference this month.

The attendees were extremely engaged and many spoke highly of the work RAMHP has already done with the CWA and many booked future sessions back within their communities.

Congratulations Marie on a fabulous job of co-representing the RAMHP program and the FWLHD.

'River Down' premiere at Wilcannia

A very enthusiastic crowd attended the public premiere of the 'River Down' rap song at Wilcannia on 29 May.

The rap video/song was created and performed by Wilcannia locals to help raise awareness about smoking amongst Aboriginal women during pregnancy. The Far West LHD Health Promotion Unit worked with members of the Wilcannia community to produce culturally appropriate media encouraging women who are pregnant with Aboriginal babies and their families to become smoke free.

A great crowd turned out for the public premiere and everyone applauded the finished product, with numerous encores for the night. The video will be used for the 'Quit for New Life' (QFNL) smoking cessation program in the FWLHD.



Above: Health Promotion officers Julie Smith (left) and Rebecca Crawford with Maureen King (centre), one of the stars of 'River Down'.



Right: Some of the stars who also appeared in the production, and family members, at the Wilcannia premier of 'River Down'.

HealthRoster updates for May

HealthRoster: Improving patient care through transparent, accurate and consistent rostering practices, enabling excellence in rural and remote health.

Our Local Roster Administrators (formerly the Payroll team) have put in a mammoth effort to ensure that our test group has passed and ready for implementation.

Test Group (IAT)

Our test period has finished and with the help of our champion test group, we have passed the test for Far West. We have had a number of configuration updates to make sure that our Awards are created in the system, which will help our managers to ensure their rosters remain compliant with Award conditions.

Feedback from our test group has been positive, with some managers loving the new system – even creating rosters six months in advance because they like to use the system!

Demo Sessions — In May we ran demonstration sessions for the new system across all of our LHD sites to give staff a view of different rostering scenarios and capabilities of the system. Many of our roster creators and managers attended to check out the new processes.

Keep in mind...

- HealthRoster will go live in Far West LHD on 9 July 2018.
- Time in Lieu of Overtime must be entered and maintained in the rostering system
- Employee Online will be available for staff to view their upcoming rosters. Casual staff can also enter their shift availability.
- HealthRoster increases transparency of rostering data and has increased options to track audit trails.

Upcoming Events in June — Information on the new business processes will be distributed in June, to support the new system and our Rostering Best Practice framework. You may find some of your rostering practices alter slightly.

Face to face training will be held in Wentworth and Broken Hill from 25 June – 29 June. If you have been identified as a roster creator or manager, you will be sent notification of training dates and sessions.

For more information about HealthRoster, please see the HealthRoster pages on the Intranet.



BH Allied Health Assistants – successful in HETI training grant

During the 2017 HETI Allied Health Workplace Learning Grant Program the Broken Hill Allied Health Assistants were successful in obtaining a \$5,000 training grant. The Allied Health Workplace Learning Grant Program provides financial support to teams of Allied Health professionals and/or Allied Health Assistants seeking to further develop their knowledge and skill through workplace opportunities.



As part of this process the Allied Health Assistant team were able to complete a training and development Needs Analysis and determine learning goals for the future. The team identified the need to diversify their skill set and requested to use the monies for completion of the Social Work assistant module as an addendum to the Allied Health Assistant Certificate IV.

In collaboration with Western TAFE campus and support of the program development by Donna Shadwell (Practicing Social Worker), nine Allied Health Assistants completed the training in two half day sessions at the local TAFE site on the 30th April and 1st May. This is a wonderful investment into the scope of practice and the training and development needs of the AHA staff group as a whole.

Allied Health training (from left) Back: Clancy Seager, Stephanie Harman, Leanne McCully, Kristen Flynn. Front: Tracey Gaiter, Kathy King, Paula Harvey, Stacey Evers and Donna Shadwell. Absent: Christy Smith

The excitement is building for our new Community Health Centre with construction to be completed this month! Packing is well underway for those offices and services moving into their new work spaces and staff are getting ready for their move. The services operating from the new centre will commence on 2 July. A community 'Open Day' for the centre will be held on 21 June from 10am to 1pm which will feature guided tours of the whole building during the afternoon.



BROKEN HILL

Health Service Redevelopment

Key dates are detailed below:

Monday 18 June	Thursday 21 June	Friday 22 — Friday 29 June	Monday 2 July
Community Health Centre building handed over to the LHD.	Community Open House 10-1pm. All welcome.	Staff start moving into the new building on 22 June.	Centre opens for business.
Orientation and training commences for staff moving into the new building.	Guided tours in the afternoon — details pending.	All staff and services will be in the new building by 29 June.	

Friday 22 June	Monday 25 June	Tuesday 26 June	Wednesday 27 June	Thursday 28 and Friday 29 June
Finance Team move Telehealth Manager Community Nurses	Kincumber House based teams move	HR team moves Sexual Health Service	Dental Sexual Health services	Dental Child and Family Health Centre IVPRS team

It may be difficult to contact some staff and services while they are moving. Arrangements will be put in place by each team to try to capture any urgent calls during the move. Please be patient with us during the move period.

Move dates for each team and service are outlined below:

27 June

Hutchinson Builders will set up their site office on BHHS grounds; Temporary reception and waiting area set up for Primary and Allied Health; Palliative Care team temporarily relocate to Elleoura.

2 July

Primary and Allied Health reception and waiting areas close and these areas start being converted into offices. Reconfiguration works commence for the new Oncology Unit; Kincumber House demolition commences (altered access to staff accommodation and UDRH).

Primary Health Meeting Room closed for bookings while being used as a temporary waiting area.

Early August

Offices (in primary and allied health areas) should be completed.

Mid-Late August

Reconfiguration works for the new Oncology Unit should be completed; Courtyard renovation commences; New reception desk construction commences; Pathology reconfiguration commences.

Mid September

Kincumber House demolition should be completed. Usual access to staff accommodation and UDRH resumes.

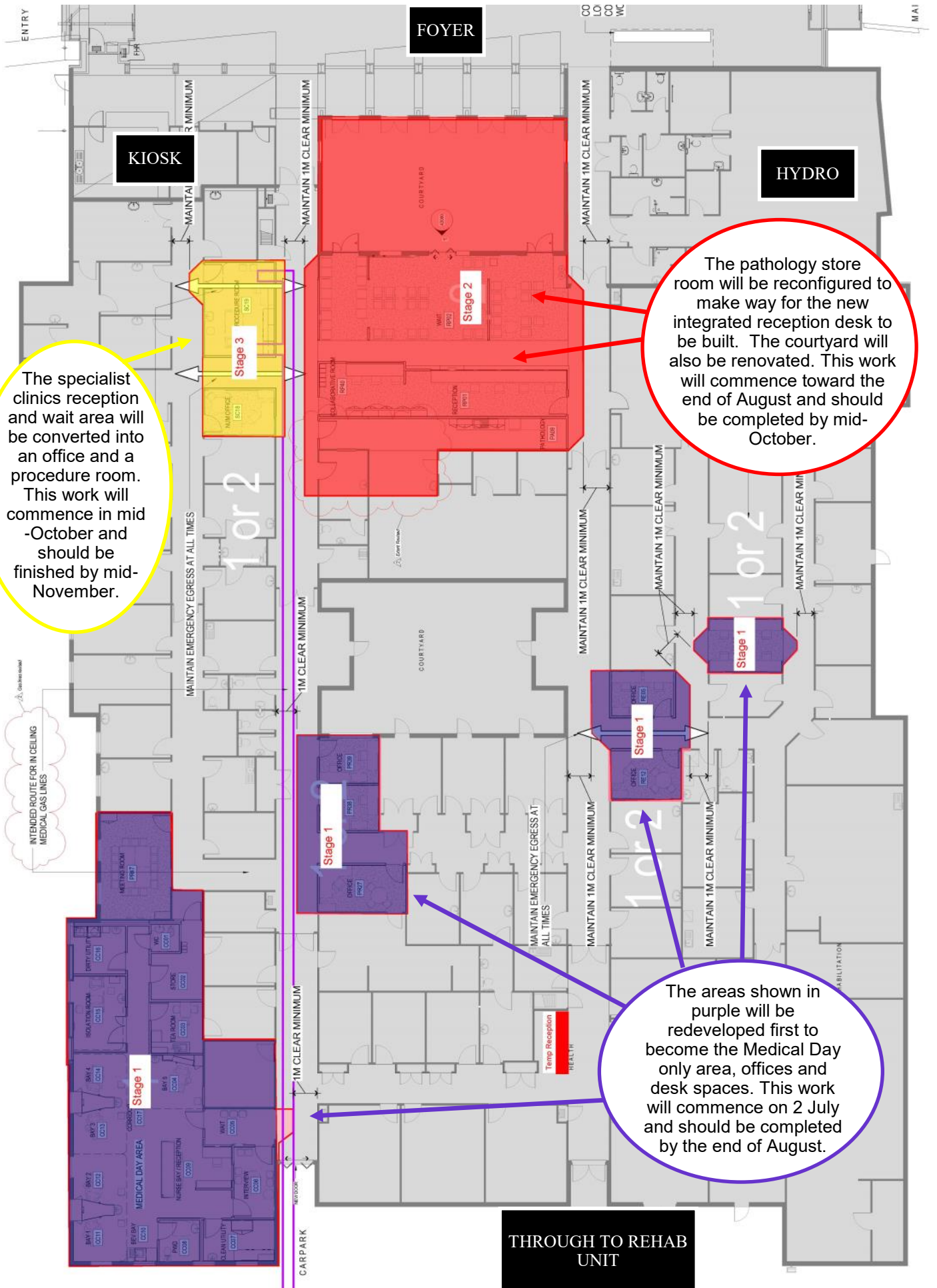
Mid October

New reception should be completed and all reception staff (Primary, Allied Health and Specialist Clinics) move to the new desk; Reconfiguration of specialist clinics reception and wait areas commences.

Mid November

All works should be completed in ambulatory wing

Ambulatory Wing Reconfiguration



The specialist clinics reception and wait area will be converted into an office and a procedure room. This work will commence in mid-October and should be finished by mid-November.

The pathology store room will be reconfigured to make way for the new integrated reception desk to be built. The courtyard will also be renovated. This work will commence toward the end of August and should be completed by mid-October.

The areas shown in purple will be redeveloped first to become the Medical Day only area, offices and desk spaces. This work will commence on 2 July and should be completed by the end of August.

Far West LHD celebrates National Volunteer Week

The Broken Hill celebration of National Volunteer Week was held Saturday 26 May 2018 and started with the Chief Executive, Stephen Rodwell, welcoming everyone and thanking staff who had given up their Saturday to present the mandatory training presentation and to make the morning special for the volunteers.

The CE thanked the volunteers for their contribution to the organisation, saying that you could usually measure the health of an organisation by the number of its volunteers; and he was pleased to see so many of the volunteers in attendance. Mr Rodwell then presented certificates of appreciation to the collocated organisations who contribute to our organisation. He then asked Mrs Pam Lord to assist him in the presentation of the Far West LHD – Pamela Lord Volunteer of the Year Award. The award was presented to the Patient Family Support Team and the other finalist was the Dementia/Delirium and Palliative Care Team. Mr Rodwell congratulated both teams for their excellent work and ongoing commitments to their respective program. He also took the opportunity to remind everyone of the significance of 27 May, being National Sorry Day and the commencement of Reconciliation Week.

The day included presentations by Diana Ferry, Executive Officer who presented on Privacy and Code of Conduct. Lianne McManus, HR Coordinator and Chair of the Work Health & Safety Committee; presented the WH&S training. Karen Kemp, Infection Control, presented on Infection Control and Hand Hygiene and Donna-Lynne Gers, gave a comprehensive presentation on Health Assessment and the importance of immunisations. Annette Walker also spoke about her role in the

Chronic Care Team, with many volunteers asking questions and seeking further information from Annette. The final presenter of the morning was Caitlin Earls, Physiotherapist, who covered manual handling and back care.

The day included a delicious morning tea and celebration cake. Cheryl Meuret called for attention and gave a vote of thanks to Mary Leehane, Volunteer Manager, for her hard work and congratulated her on her invitation to Government House earlier in the week and told her that the volunteers loved her – the room erupted in applaud. At the conclusion of the morning the volunteers said that they had enjoyed the morning and the training sessions.

Mary Leehane thanked the Chief Executive, the presenters, Melissa Cumming, Director Cancer Services & Palliative Care and Sharyn Cowie, Telehealth Manager, for their work in making the event such a success. Also to Thyme Function Centre for donating the use of the function rooms for the event, Carrie Oakley from Café Kona and John Leehane for donation of items in the volunteer goody bags; Jason Mathwin from GOJO for donation of hand sanitizers and staff

members, Helen Hayes, Lianne McManus for donating a few of the door prizes.

Everyone is also reminded that nominations for the 2018 NSW Volunteer of the Year Awards are now open at

www.volunteering.com.au .

The Far West Regional Award ceremony will be held in early September at Broken Hill, with award recipients invited to the State 2018 Volunteer of the Year Award ceremony on November 30. Last year, more than 2,000 nominations were received for the Far West Regional Award category with 18 dedicated volunteers chosen to represent the area at the NSW Volunteer of the Year Award State Finals.



The Patient Family Support Team was awarded the Far West LHD — Pamela Lord Volunteer of the Year Award: Annette Walker, Karen Kemp, Tim O'Neill, Lianne McMannus and Jane Cain (absent Hayley King, Vanessa Smith, Janet Daley and Briana Bartley).



Volunteers cut the celebration cake — Gail Turner, Tai Chi Volunteer Leader, Karen Kemp, PFS volunteer and Elaine Johns, Kiosk Volunteer, did the honours.



Quality Board Communication

Hypertension, Transient Ischaemic Attack (TIA) and Stroke.

High blood pressure, or **hypertension**, 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 $\geq 140/90$ mmHg, or were taking antihypertensive medication. Of these, more than 4.1 million (68%) had

uncontrolled or untreated hypertension.

Hypertension

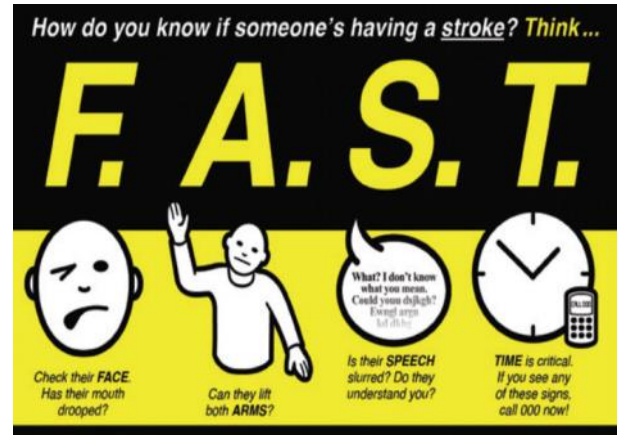
usually does not produce any symptoms, because the organs of the body can resist high blood pressure for a long time. That's why it's important to have regular medical examinations to make sure your blood pressure isn't creeping up as you grow older.

In most people high blood pressure can be controlled through diet, exercise, medication or a combination of all three.

Uncontrolled high blood pressure can lead to a heart attack, **stroke** or kidney disease.

A stroke is not a heart attack. A stroke happens when the supply of blood to the brain is suddenly interrupted. The signs of stroke may occur alone or in combination and they can last a few seconds or up to 24 hours and then disappear. When symptoms disappear within 24 hours, this episode is a mini stroke or transient ischaemic attack (**TIA**). If you or someone else experiences the signs of stroke, no matter how long they last, **call 000 immediately**.

For more information and resources, please contact Kathryn Wallace, CNC Integrated Care for People with Chronic Conditions, 08 8080 1596.



eMR update

Single Encounter—coming in May

In preparation for eMEDS, the ED and inpatient encounter will be changing to a single encounter when the patient is admitted. With ED being an emergency encounter, the electronic med chart needs to be able to continue through to the inpatient journey. These orders need to continue from ED to the ward — just the way they do on paper. This will also include BTF Altered Calling Criteria and admission assessments completed in ED.

FirstNet Reminders

- Pre-Reg patients quickly onto the tracking list to allow the PFU team to contemporaneously document.

- Attach Pre-arrival notes to patient records — it is part of their medical record.
- If a computer shows multiple facilities on the tracking list — log a SWSD for this to be fixed.
- Corrections of notes is required when: an encounter has been moved from a wrong patient; unknown patient identified or correction to patient name or DOB in iPM. Follow the Documentation — Correct/Modify Reference Guide (found under PowerChart). This ensures both documentation accuracy, as well as the Discharge Summary gets sent correctly and available in HealthNet.

More information is available in the May 2018 edition of 'eMR Newsletter'

Scholarship to help boost CNC aged care role for the LHD

Elizabeth Perrie, CNC Aged Care, has been granted a NSW Health Nursing & Midwifery, 2018 Postgraduate Scholarship of \$6,000 through Health Education and Training Institute (HETI). These scholarships are provided to assist with educational expenses directly associated with postgraduate study. Scholarships are awarded through a competitive selection process.

Liz is currently studying for her Graduate Diploma of Nursing (Aged Care) to assist in her current role with the LHD.

“The course is pertinent to my role as CNC as it is a new position to the Far West and still under-development,” said Liz.

The benefits of the course to myself and the Far West LHD include:

- Increase in knowledge in specific areas related to aged care issues and the impact on the health and wellbeing of older people and their families in the health services and in the community.
- Knowledge that will empower me to develop education packages for health staff and consumers, as well as further developing my own leadership skills and knowledge to support the health staff I work alongside to advance their personal knowledge and skills in the assessment and management of aged care issues.
- Facilitate my own personal growth and development in the participation of formal processes in strategic and operational planning with regards to aged care services within the Local Health District at a local, regional and state level.

“The course will enhance my own research skills and knowledge, and facilitate the identification of issues affecting older people in our region which in turn will assist in the development of programs and policies to improve care and support of older people and their families,” said Liz.

“Overall the course will aid to improve services, care and support provided to older people in the region both in the health services and community settings as well as at a state level.”

The scholarship funds will be used to pay course tuition fees and buy resources to assist in study and the development of education resources for the District.



Elizabeth Perrie, CNC Aged Care

Recruiting help available

Attention Convenors/Hiring Managers/Delegating authorising officers and panel members.

Our days for recruitment are on the increase above the 40 days KPI set by the Ministry.

Let's work together to decrease this!

If you are still having issues navigating the ROB system, for a one on one training session please contact:

Karen Chrisakis on 80801484 or Karen.Chrisakis@health.nsw.gov.au

Recruiting Centre



Salary Packaging

Want to increase your take home pay? why not take time to go through the benefits of Salary Packaging. It will only take 5 minutes to discuss the benefits available to you and enjoy the great savings by paying less tax.

What is Salary Packaging

Salary Packaging is an Australian Tax Office approved entitlement to employees. Far West LHD employees are eligible to package \$9,009 per year or if you are living in a remote area you can package up to \$18,018. Salary Packaging money is deducted from your salary – pre tax and you are then taxed on the remainder of your salary, thus you are not paying tax on the salary packaging portion of your salary.

Karen is available by calling 08 8080 1498 or email Karen.Winter1@health.nsw.gov.au

Bilisoft LED Phototherapy system donation to Maternity



Generous donation: (From left) Donna Kennedy, Allen Rodwell and (far right) Andrew Robertson from the John Holland team with Maternity Unit Manager Alison Issacs, Clinical Midwife Consultant Chelsea Anderson and registered midwife Ruth Baillie.

(Photo: Emily Roberts – Barrier Daily Truth).

The Humpty Dumpty Foundation and John Holland will be helping babies with jaundice with the donation of a Bilisoft LED Phototherapy System valued at \$9,680 to the Maternity Ward at BH Hospital.

The Bilisoft LED Phototherapy System is used to treat jaundice, with the baby wrapped in the therapy blanket and kept at the mother's bedside.

Alison Isaacs, Maternity Unit Manager, thanked the Humpty Dumpty Foundation and John Holland for the generous donation.

“The Bilisoft will be a valuable asset for the Maternity Unit in the care and treatment of babies with jaundice. I’m sure that our women and families will be just as grateful for the Bilisoft which will enable them to continue breastfeeding and holding their baby during treatment,” she said.

On world hand hygiene day (5 May) the focus for everyone was on prevention of sepsis in health care.

Health care-associated infections, infections acquired during health care delivery, are common and are a risk factor for developing sepsis but we can prevent this. Effective hand hygiene plays a key role.



Welcoming new team members

Three new staff members have joined the FWLHD Cancer and Palliative Care Team.

Liz Tysoe (right) recently joined the Broken Hill Palliative Care Team following receipt of special funding from the NSW Ministry of Health.

Liz joins us from Concord where she worked as a community RN in charge of a palliative care caseload.

Welcome to Broken Hill and to the team Liz.



elizabeth.tysoe@health.nsw.gov.au



Tingting “Shelley” Xiao (left) recently commenced as an Oncology RN in Broken Hill. Shelley replaces Rose Martin who is now working as the Oncology CNC.

Shelley has been working in Sydney most recently, but has over 12 years experience as a nurse working in cancer wards in China.

Welcome to

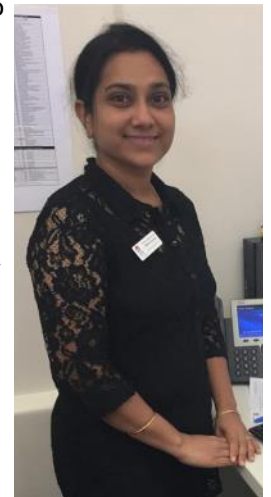
Broken Hill and to the team Shelley.

Tingting.xiao@health.nsw.gov.au

Pyira Ponmudi (right) has been appointed to Executive Assistant to Melissa Cumming, Director Cancer and Palliative Care.

Many of you would know Priya for her work as relieving EA across many Directorates.

Priya can be contacted on Ext 215 and is now based in Elleoura. Welcome to the team Priya.



LakshmiPriya.Ponmudi@health.nsw.gov.au

Do you want to know more about the interpersonal and societal effects of hepatitis C?

The **Stigma Indicators Monitoring Project**, when finalised, should help answer these questions. It will certainly help us all develop better services and programs.

Complete the survey at: https://unsw.au1.qualtrics.com/jfe/form/SV_9RGka29BMF6qjBz



Volunteer Manager honoured by NSW Governor

Our Volunteer Manager, Mary Leehane (pictured) joined a celebrated group from across the state to be honoured at a special event at Government House in Sydney, hosted by His Excellency General The Honourable David Hurley AC DSC (Ret'd) Governor of NSW.

The special event was to honour the state's top volunteer award winners from the past decade, hailed by the Centre for Volunteering as our very own 'Volunteering Hall of Fame'.

Mary does fantastic work for the LHD's volunteers and this was acknowledged last year, when she won the 2017 NSW Volunteer of the Year Award for Excellence in Volunteer Management.

About 40 of the past NSW Volunteer of the Year Award winners attended the event

The Centre for Volunteering CEO Gemma Rygate said the past award winners had come from all walks of life and spanned the generations, but they had a common conviction to give their time to help others. "This cohort of volunteers have taken this dedication to helping others to amazing heights. They have given so much across healthcare, employment, disability services, victim support, homelessness and youth services. They are the closest thing we have to our own Volunteering Hall of Fame."

Positive change starts with yourself

Change is hard. Really hard. Most people know this because they have had one or more bad habits that they have tried to change. i.e. smoking, overeating, saying negative things to themselves or others, exceeding their budget, etc, etc, etc.

Research shows that people, in general, experience extreme difficulty changing a single habit.

Cultivating positivity can help us manage the emotions that come along with change. Change is inevitable, but suffering with the change is self-induced. By cultivating a positive mindset, we can train our minds to see the change as something we can cope with, adapt to, and make the best of — even if that means simply learning from it.



Here are four tips to help you on your way to positivity:



1. Remember that life offers opportunities to learn and become adaptable. Being adaptable does not mean you lack principles or values. Having a sense of what is important to you and what you will and won't do is critical to creating a solid foundation of ethical and moral behaviour. Not getting what you want teaches patience, while getting what you want teaches you to hold on lightly to the desired role, job, team, or life knowing that everything changes.

2. The mind tends to follow our intentions. Develop a clear intention. For example, you might develop a clear intention to become adaptable or flexible. In my case; punctual!

3. Consider the importance of well-being. Compassion can be healthy not just for the other person but for the giver as well.

Practice this: Every day, wish others well and remind yourself that others are just like you. They have ups and downs. They experience stress and have hopes and dreams just like you.

4. Learn to laugh in the face of trouble. A sense of humour about the tough times we experience can be uplifting and remind us that nothing is so bad that a little perspective couldn't help. Don't be a spectator to happiness; be engaged with fun, playful people and activities.

Positivity Is Contagious: It's important to remember that anyone on a team or as an individual can promote a positive mood. Sometimes the best way to manage change in an organisation or in life is to start with **you**.

Adapted from Elad Levinson's article on the LinkedIn Pulse Blog 2015.

The Annual Far West LHD Innovation and Staff Recognition Awards



Get Started

Awards ceremony is on the 10th August

29 June 2018

Keep submitting your service improvement projects and staff recognition nomination forms — you have until the end of June to get these

[FWLHD Innovation Awards 2018](#)

“It’s really easy to nominate a project, the form’s not that hard” — comment from a staff member submitting a project form.

If you want to nominate an improvement project into the 2018 Awards, but you want some help, please contact the Clinical Governance Unit: Phone 8080 1549 or Email melissa.welsh@health.nsw.gov.au

Condoms, lube, bananas, oranges, and lots of sex positivity could be found at the Broken Hill University Department of Rural Health hosting Sticky Stuff training at Broken Hill Health Service on 15 May 2018.

As the sun rose over the balcony, 20 participants from local services attended the fun, interactive one day training. Presented in partnership between Yfoundations and the Far West Broken Hill Sexual Health Clinic, participants were treated to a host of topics and practical ideas on topics such as: education about sexually transmitted infections, prevention, treatment, management, contraception, working with young people, games, group work activities, local referral pathways, and exploring barriers to engagement.



This training creates a safe and friendly environment to engage and explore topics that are often difficult and uncomfortable for people to discuss. Delivered by Ben Corio from YFoundations and Jo Lenton, CNC Sexual Health, participants at these workshops can be confident they left the workshop with new knowledge skills to work more comfortably in providing sexual health support to young people.

The educators would like to thank all participants for their participation and commitment to the day’s program and wish them all the best using their new skills in their work settings. — Jo Lenton CNC Sexual Health



LHD helps deliver Love Bites program

This year the Integrated Violence Prevention Response Service (IVPRS) assisted in the delivery of the Youth Services Schools Interagency (YSSI) annual Love Bites program. Love Bites is a nationally accredited domestic and family violence (DFV) and sexual assault (SA) educational program.

This program was run at both Broken Hill High School and Willyama High School. Students from Year 10 participated in a one day workshop jointly facilitated by the YSSI members including IVPRS, Warra Warra Legal Service, Far West Community Legal Service, Mission Australia, Maari Ma and NSW Police. Both high schools have a long history of supporting the program delivery to the students.

The program is run annually in an effort to increase awareness within our local community about the important topics of DFV and SA. Year 10 students, who are aged between 15 and 17, are identified as at a key age group to learn about healthy and unhealthy relationships and the importance of sexual safety and



From left: Angela Harvey, Regan Chesterfield, Hannah Dean and Fiona Mitchell.

consent. Statistics tell us that one in three girls and one in five to eight boys will have an unwanted sexual experience before the age of 18. Also, one in three young people will experience violence in their relationships.

During the workshop, students were able to use key learnings from the sessions to develop art works reflecting the messages they had learnt throughout the day. The

facilitators were impressed with the standard of the artworks. This year, 6 artworks from each school will be used to make a 2018 calendar. All of the art works will be then be on permanent display at Headspace.

The IVPRS found assisting with the coordination and the delivery of the program extremely rewarding and look forward to the delivery of the Year 8 Love Bites program for the first time later this year.



Biggest Morning Tea

The Cancer Support Service hosted a Biggest Morning Tea in the foyer of the BH Hospital on 15 May. The event was a great success with over \$450 being raised for the NSW Cancer Council.

Garry Halliday, Cancer Support Service Team member, said the success of the event was because of the wonderful support from the community, and hospital staff and volunteers in donating goodies to the event. Garry thanked the many patients, staff and community members who made donations on the day.

The Biggest Morning Tea is one of the signature fund raising events for the Cancer Councils throughout Australia. In 2017 it raised over \$13m.



Dareton staff celebrate IND



Staff from Primary Health and Mental Health Drug and Alcohol got together to celebrate International Nurses Day with lunch at Coomealla Club, followed by a joint forum for the two teams.

The forum provided an opportunity for all staff to meet new additions to the teams, as well as the provision of some education sessions. Education was provided on the Mental Health Act and the cross border issues that impact on it, a session on the impacts of domestic violence and an update on the NDIS.

Terms of Reference for ongoing forums were circulated for comment and approval and staff given the opportunity to raise any issues.

Free flu shots clinic

The Far West LHD's free flu jab clinic held on 9 May was a success, with up to 300 people attending to get their free flu vaccination.

Held at the Aged Persons Centre in Broken Hill, the clinic was part of the LHD's public campaign to encourage the community to get vaccinated this winter.



Two-day Palliative Care Masterclasses held in Broken Hill

With NSW Ministry of Health funding, the Far West LHD hosted a two day Palliative Care Masterclass in Broken Hill on 17 and 18 of May. Presented by University Technology Sydney (UTS) the classes were on Bereavement and Complex Communication. Prof Jane Phillips, Prof David Currow, Prof Liz Lobb and Robyn Attwood from UTS delivered these topics in an interactive and meaningful way, where translation to practice will be a sought after outcome of the masterclasses.

Over 30 staff members attended each day from Specialist Palliative Care (Broken Hill and Dareton), Chronic Care, Broken Hill Hospital nurses, Cancer Services, Allied Health, Wentworth Hospital, Menindee Primary Health Care, and Southern Cross RACF.

Melissa Cumming, Director Cancer & Palliative Care Services and Dr Sarah Wenham, Palliative Care Consultant had worked with UTS for several months to ensure the topics presented addressed local needs and gaps.



Professor Liz Lobb presenting on Bereavement

Continuing training for the DDPC Team — art session on self-care

Art Therapy Facilitator, Mia Vaux, conducted an Art Session with the DDPC Team as part of their ongoing training.

The session on self-care was thought provoking and meaningful to the Team. Mia said: "When art is used to explore the hidden realms something extraordinary happens. It can bring you directly into the moment as well as into awareness of connection with a higher consciousness. It can bring greater awareness of symbols and the significance of the deeper meaning of things. It can bring forth healing and transformation

and facilitate exploration of true potential by feeling the self to be really and truly expressed. Whether you are an artist or not is irrelevant to the fact that art can help to transform your life, to awaken your consciousness".

Some of the comments from the participants after the session included: "accomplished"; "less stressed"; "meaningful" "reflective" and challenging. One Team member said: "I found myself thinking about my life since joining the team over two years ago; after the art session - I am in a happy place now and not stressed at all. Once I couldn't have expressed my feelings like that, it just shows I am not such a private person after all; it has been such a relief to express those thoughts as it was so difficult all those years with my husband being ill for 10 years before he died". Another Team member said: "It was a good morning, but I can honestly say that that type of art isn't for me; but it was great anyway".

It was evident that each participant not only enjoyed the session, and produced some thought provoking artwork. The Team thanked Mia for sharing her knowledge and talents.



MHDA staffers address Rotary

John Nicholls and Kathy Prime gave a presentation to the Rotary Club South District (Broken Hill) this month.

They were approached whilst manning our Agfair booth and requested to give the service club a talk.

John and Kathy discussed their backgrounds and what led them to working in MHDA.

“We described our service, the area it covered, outreach clinics and the different practitioners that were involved,” said Kathy.

“We discussed the rewards of working in mental health and drug and alcohol and supporting NGO’s to our service and the alternatives available through GP’s etc.”

The pair also talked about how to access the service during and out of business hours and provided reading material/cards around this.

“We talked about people’s perceptions of consumers with mental illness and drug and alcohol issues and discussed about breaking down barriers,” said Kathy.

Their presentation included a question and answer time and specifically people wanted to know about how someone is detained. They talked about the Mental Health Act and protecting consumers rights.

It is always great when LHD staff engage with the community by participating in their events and raising our profile about our services and the role our staff play in the community — well done Kathy and John!



John Nicholls and Kathy Prime pictured with Bob Rolton of Rotary Club South District at their presentation.

Corporate induction

The LHD Corporate Induction for new employees for May 2018 was held with a small group this month. Everyone was enthusiastic and engaged with the presenters on the variety of topics discussed.

The group (from left) were: Back — Laura Mallon (Travel), Sorna Nachiappan (Human Resources Manager), Tingting “Shelley” Xiao (Oncology), Luke Webster (Hospital Assistant at Ivanhoe). Front — Janet Masters (Safety and Culture Coordinator) and Rachel Boon (Primary Health RN—schools based).

The June Corporate Induction has been cancelled due to the move to the new Community Health Centre in Crystal Street.



WANTED

Staff stories

We would like to invite you to share your story about your health service experience. We are interested in hearing about your experience.

Why does your story matter? It matters because your story is about you. It helps us to understand how you feel about being a staff member of Far West Local Health District. It gives you a voice and gives meaning and purpose.

Your story can offer great insight about what is working well and help us identify things we can do better and ways to improve it.

If you would like to share your story, please contact Eureka van der Merwe, Essentials of Care Coordinator by phoning 0437 673 667, or by email on

Eureka.VanDerMerwe@health.nsw.gov.au

Free Sexual Health Vaccination

Are you aged between 20-34 years and a gay man or man who has sex with other men (MSM)?

For a limited time NSW Health is making the human papilloma virus (HPV) vaccine Gardasil available to all men whom have sex with men aged between 20-34 years through sexual health clinics and some GPs. The 3 dose vaccination course must start before the end of 2018.

HPV is a common virus affecting both men and women. HPV is spread through genital contact during sex with someone whom has the virus. The virus passes through tiny breaks in the skin. It is not spread through blood or other body fluids. Condoms offer limited protection, as they do not cover all of the genitals. HPV vaccination is recommended for men whom have sex with men who have not previously been vaccinated with 3 doses of HPV vaccine as 90% of anal cancer is caused by HPV.

The vaccine is called Gardasil and has been developed to protect against the two high-risk HPV types (types 16 and 18), which cause most HPV-related cancers. It also protects against two low-risk HPV types (types 6 and 11), which are the most common cause of genital warts.

Available now at the Broken Hill Sexual Health Clinic located at Primary Health. Call 08 80801554 to book an confidential appointment or visit the clinic at Primary Health Broken Hill Health Service between 9-5pm Monday to Friday to talk with one of the sexual health nurses.

Hand Hygiene Week was conducted at the Balranald MPS with the theme being "Save Lives, Clean Your Hands 2018". An information display stand, located in the foyer of the Health Service, was organised and co-ordinated by 3rd Year Nursing Student Josie Brooks.



National Volunteers Week was celebrated at Balranald MPS with a morning tea which was held on Monday 21 May. This was to acknowledge the generous contribution of Balranald's volunteers (pictured below) and how this has a profound impact on the local community.



StaffLink iExpenses

StaffLink iExpenses responsibility allows employees and contractors with a StaffLink number* to submit expense and allowance reimbursements online via a computer or mobile device.

In iExpenses, an expense reimbursement is known as an 'Expense Report'.

Training resources, including a comprehensive User Guide, Quick Reference Guides and Frequently Asked Questions for mobile application and instructional videos, have been developed to assist you and are available below.

Please use the below link — it contains all the up-to date information and training you may require and for staff education going forward. <http://intranet.hss.health.nsw.gov.au/finance/lexpenses>

Corporate and Executive Security

We could fall into the trap of thinking we are the centre of the universe and our individual security issues are the only issues, however, care welfare safety and security extends to all, it should be intrinsic to have no bias in wanting all to experience the peace of a safe and secure environment world over.

For example, Human Resource departments can be the unsung heroes in organisations dealing with a very complex array of issues that may result in personal security problems, confronted with all types of complaints inside and outside of an organisation, potentially requiring exceptional de-escalation and mediation skills. There are a lot of good people doing a lot of good work, trying to keep the integrity of systems/processes in place and functioning, it requires an appreciation and insight to know the long hours spent at computers and in meeting rooms, challenged by people's perceptions, sometimes based on very little evidential information or metric data, meaning sleepless nights for those trying to find solutions to ambiguous problems.

Being in this type of climate could present a unique set of security challenges, individuals could find themselves bearing the brunt of another's dissatisfaction at a particular outcome. At the personal level, there might be concerns of persuasive tactics, stalking, kidnapping or threats made to an executive's family. The individual making the threat could be known to the executive or acting on another's behalf as part of a politically motivated group. These issues can require specific and strategic legal interventions/treatments.

The good cooperate citizen will likely have a collective concept of responsibility to risks associated with the overall business/organisational picture and its successful continuance in times of disaster. The value of corporate security in protecting people and property can't be underestimated and is particularly pertinent in organisations considered to be a vital or critical asset in society. By taking control of both physical and virtual security it ensures that buildings, materials, and valuable assets are protected. With this in mind, here are some other generalised corporate security issues that organisations may consider.

Internal security threats

Internal security problems often cost organisations far more per year than external security threats do. This could be because of disgruntled employees who are out to cause unsuspecting damage or alternatively employees who have failed to avail themselves of any basic training in security awareness. By monitoring and restricting access to files for those on a 'need-to-know-only' basis, and making everyone accountable for reporting breaches in security, organisations can immediately begin to take

YOUR SECURITY



By Ben Harris
Security/Ward Services Officer, BHHS

better control of their internal security.

Accidental or not, if an individual knows that internal security is tight, then they might think twice before breaching it.

External security threats

In this day and age physical security has had to go way beyond simply locking the doors when the last person knocks off at night. Nowadays implementation of a systematic security strategy is necessary. By carrying out a risk analysis of possible security threats and having clear and concise avenues of security reporting, coupled with ongoing training, it's possible to reduce the threat of external breaches of security. Other considerations might be to update CCTV monitoring, make sure secluded areas of the premises are well lit and well-secured, or to employ security guards with a fully operational plan including a mobile team who can periodically check on the premises, hopefully deterring any wrong doer's intent on theft, vandalism or personal harm.

Virtual security threats

Many organisations realise that cybersecurity is potentially a huge problem. Hackers are becoming more and more advanced in their approach. Common issues include obvious access passwords that are never changed or are too basic, unsecured sensitive documentation and a distinct lack of training in the importance of virtual security – all of which play a part in opening an organisation up to virtual theft. Even what at first might seem innocuous information may be like gold dust to an experienced cyber-criminal. For instance, a simple record of an organisations employees may lead a virtual criminal to other personal information including bank account details. For these reasons continual ongoing education, vigilance and security of IT systems and processes are vital.

Everybody can play a role in assisting organisations to fortify the security mechanisms that facilitate care, welfare, safety, security, and peace of mind to all.

This article does not constitute legal advice, for further guidance please consult with local authorities, Security Staff, and specific Policies, Procedures & Guidelines.

Recommended my health learning:

WHS908- Security

144617873- Cyber S.A.F.E - Phishing Awareness

39990453-Violence Prevention and Management for Managers

144147947-De-escalate Aggressive Behaviours

Policy Watch — PDs available on MOH internet

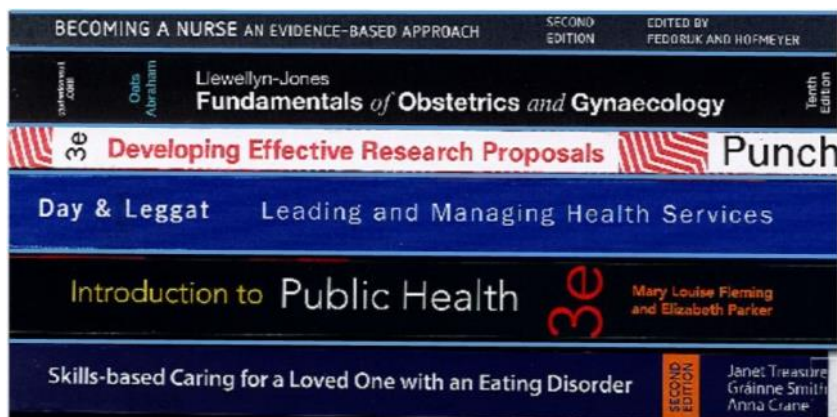
The following documents have been published on the NSW Ministry of Health internet site <http://www.health.nsw.gov.au/policies>. These documents are official NSW Health policy. Compliance with Policy Directives is **mandatory**.

Title	Document Number	Date Issued
Notification of Obsolete Guideline - Disaster Risk Management Guidelines	IB2018_013	03/05/2018
Work Health and Safety: Better Practice Procedures	PD2018_013	14/05/2018
RN Supply and Administration of STI Therapies in Publicly Funded Sexual Health Services	PD2018_014	16/05/2018
National Health and Medical Research Council Research Staff Salary Rates 1 January 2018	IB2018_014	10/05/2018
Living Away from Home Allowance	IB2018_015	10/05/2018
Domestic and Family Violence Migration Regulations: Relevance for Health Workers	IB2018_017	24/05/2018
Prevention and Management of Workplace Bullying in NSW Health	PD2018_016	24/05/2018
Revision to the ComPacks Program Guidelines (GL2016_023)	IB2018_016	22/05/2018
Statewide Eyesight Preschooler Screening (StEPS) Program	PD2018_015	22/05/2018

Far West Health Library

Monday to Friday 8:30am - 5:00pm. Call 08 8080 1210

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UpToDate provides in-depth, evidence-based clinical content and analysis in over 22 clinical specialties, delivered in easy-to-search and easy-to-read formats



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