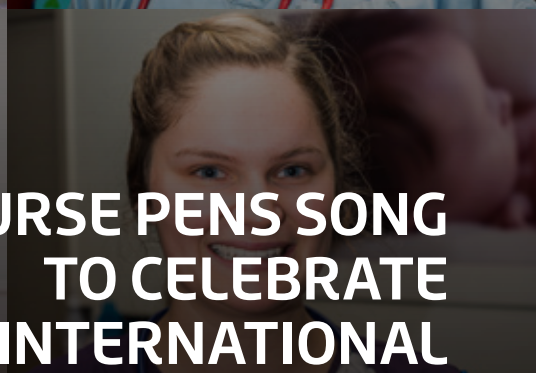
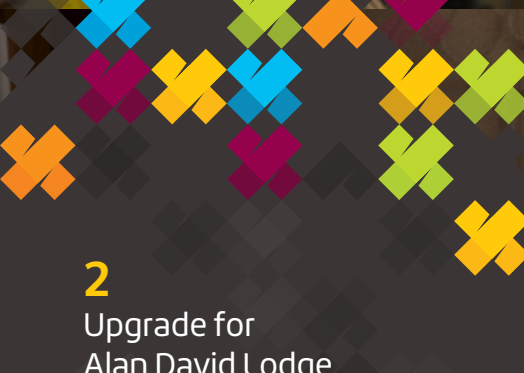
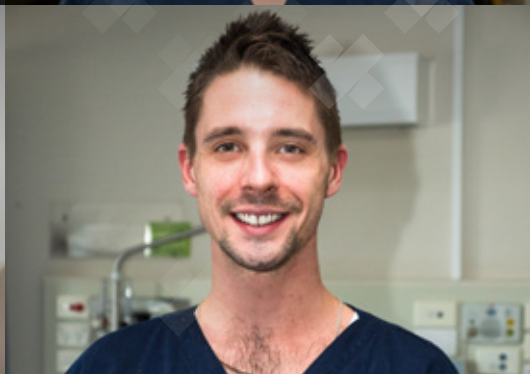


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QUARTERLY PUBLICATION OF BARWON HEALTH | EDITION 2 2017

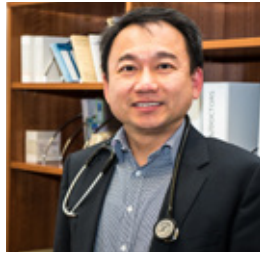


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TO CELEBRATE  
INTERNATIONAL  
NURSES DAY**

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Upgrade for  
Alan David Lodge

**6**  
Reconciliation Week

**16**  
Andrew Love Cancer  
Centre turns 25



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## Fun facts

EVERY MONTH, THE HOSPITAL'S CENTRAL STERILISING UNIT:

Sterilises **6000** surgical kits

Uses **450** litres of detergent

Sterilises **4000** single instruments

Sterilising machines operate at **134°C**

Staff ages range from **20 - 68**

The unit is open **24/7**



[www.facebook.com/barwonhealth](http://www.facebook.com/barwonhealth)



[www.twitter.com/barwonhealth](http://www.twitter.com/barwonhealth)



[www.instagram.com/barwon\\_health](http://www.instagram.com/barwon_health)



[www.linkedin.com/company/barwon-health](http://www.linkedin.com/company/barwon-health)



## Message from the CEO

Since arriving at Barwon Health I have been impressed by the unwavering commitment of staff at all levels to meeting the needs of the community.

I recognise that this is a challenging time and want to assure you that I am here to provide the organisation with stability and continuity whilst a search is undertaken for a new Chief Executive.

We are well into the flu season now and it is important to protect our at-risk patients from the complications of influenza. Thank you to all staff members who had flu shots as part of Barwon Health's free vaccination program.

Barwon Health has committed to being a totally smoke-free organisation and as of 31 March, the Swanston Centre Acute Unit is a non-smoking environment. This fantastic team effort demonstrated exactly how well Barwon Health teams can work together to provide a healthier environment for consumers, visitors and staff. The former 'Smoking courtyard' has had a facelift transformation into a refreshed outdoor space, which will include replacement ground cover, coloured walls and new greenery.

I'd like to commend the 31 per cent of staff members who participated in our People Matters Survey. This survey from the Victorian Public Sector Commission helps

us ensure we are on track with regards to work culture. The time you've taken to respond and express your views is much appreciated. Please rest assured that every line of feedback will be read and will make a difference in making Barwon Health an even better place to work.

In June we celebrated the 25th birthday of the Andrew Love Cancer Centre and it's fantastic to see we still have some staff there who were part of the original team in 1992.

For Reconciliation Week, we celebrated two milestones in Australia's reconciliation journey – 50 years since the 1967 referendum and 25 years since the historic Mabo decision.

This year's theme was 'Let's take the next steps' and it is pleasing to see Barwon Health doing so much to improve quality of life for Aboriginal and Torres Strait Islander peoples, addressing priorities in our Reconciliation Action Plan, the redevelopment of our Aboriginal Employment Plan, and increased outreach services to Wathaurong Aboriginal Cooperative.

**Associate Professor Alex Cockram**  
Interim CEO



## RECYCLING PARTNERSHIP PROJECT

**Thanks to our partnership with GDP Industries in North Geelong, we are now able to recycle more waste than ever before!**

Did you know all these items can be diverted from landfill?

- Obsolete electronic equipment (TVs, photocopiers, computers and computer parts) and office furniture
- Non-returnable pine pallets and polystyrene
- Paper and cardboard

Don't forget we also have dedicated recycling bins or collection points for:

- Medical equipment
- Batteries
- Fluoro tubes and globes
- Kimguard and shrink wrap
- Printer toners and cartridges
- Mobile phones

To find out more, contact the Waste Management team by emailing [BRONWYN.AYLMER@barwonhealth.org.au](mailto:BRONWYN.AYLMER@barwonhealth.org.au).



## Upgrade for Alan David Lodge

**A significant refurbishment project is underway at the Alan David Lodge residential aged care facility in Grovedale.**

Funding from the Department Health and Human Services (DHHS) will upgrade the internal and external living environment to improve comfort and amenities for residents.

The project will also implement a men's shed, extra security and CCTV monitoring systems, new automated doors, a chook enclosure, an improved rehabilitation space with overhead hoist in the Lonsdale Sunroom, and improvements to dining areas and dining experience for residents.

Residents have given feedback on improvements they felt were important to enhance their enjoyment and quality of life at Alan David Lodge, including leather work, woodwork, computer activities and chooks.

Aged Care Project Coordinator Maree Townsend said Barwon Health would undertake all necessary requirements to minimise disruption during the refurbishment works, which are expected to last until August.

"We will continue to meet with residents on a regular basis and provide a forum to listen and communicate all updates regarding the scheduled works throughout the duration of the project," she said.

"This will definitely enhance choice and quality of life to residents.

"Residents are excited to have the men's shed set-up for activities like woodwork, leather work and computer activities," she said.

"They're looking forward to having the freedom to go out into the garden at their own leisure, as well as the addition of some new activities to add to the variety on offer at Alan David Lodge."

Residents gave feedback saying they were "excited to be able to make some changes to our dining area in particular working with an interior designer" and "we can't wait to be able to venture out into the Community Garden with our family to utilise the space and make our own foot prints on the veggie patch." ♦

*Pictured: Alan David Lodge refurbishments are underway, including a Men's Shed, extra security and a chook enclosure.*

**"Residents are excited to have the men's shed set-up for activities like woodwork, leather work and computer activities,"**

**– Maree Townsend**



## Student nurses and midwives recognised for excellence

Barwon Health joined Deakin University in honouring outstanding achievements of students at this year's School of Nursing and Midwifery Student Awards.

The Deakin University event on 8 May included several prizes presented by Barwon Health Chief of Nursing and Midwifery, Dr Lucy Cuddihy.

Barwon Health nurse and midwife Felicity Donaghy was recognised with the Barwon Health Midwifery Award, as a graduate with outstanding academic achievement and demonstration of excellence and commitment to the clinical program.

Tess Carr-Howard received the Barwon Health Acute Care Clinical Award, Katie Rogers received the Barwon Health Community Care Clinical Award, Brenna Justin received the Barwon Health Mental Health Award, Laura Mojsiej received the Barwon Health Rehabilitation and Aged Care Award, and Nicole Pirrotta received the Barwon Health Award of Excellence.

Nicole thanked Deakin University staff for inspiring her to take opportunities in nursing.

"I would love to say a huge 'thank you' to all the wonderful staff who supported me throughout my time at Deakin," she said.

"I am honoured to have been awarded the Barwon Health Award for Excellence, named in honour of the late Marjory Taylor, whose courage and commitment in providing excellent nursing care to her community and her country is truly inspiring."

*Pictured: Barwon Health Chief Nursing and Midwifery Officer Dr Lucy Cuddihy (centre) with Barwon Health Awards winners Breanna Justin, Tess Carr-Howard, Felicity-Donaghy and Katie Rogers. ♥*

**"I am honoured to have been awarded the Barwon Health Award for Excellence, named in honour of the late Marjory Taylor, whose courage and commitment in providing excellent nursing care to her community and her country is truly inspiring."**

– Nicole Pirrotta

## ENGAGING VOLUNTEERS IN EDUCATION ACTIVITIES

More than 630 clinicians have worked on developing skills to recognise and respond to patient deterioration, as part of a 14-month project.

The pilot program, delivered through Clinical Education and Training, was delivered through electronic learning (eLearning) and face-to-face simulations.

The eLearning model used a clinical scenario, allowing participants to establish pre-requisite knowledge and familiarise with the Airway, Breathing, Circulation, Disability, and Exposure (ABCDE) structured primary survey approach. The ISBAR (Identify, Situation, Background, Assessment and Recommendation) mnemonic was used in the face-to-face simulation, which took place in 30 to 45 minute sessions held in a clinical environment with an age-appropriate simulated patient.

The program aimed to develop clinicians' skills in abilities, including patient assessment, early interventions, and understanding abnormal physiological parameters and other abnormal observations.

Volunteer simulated patients received a script prior to each scenario, acting out a variety of ailments, such as pneumonia, sepsis, post-operative blood loss, stroke, hypoglycaemia, pulmonary oedema, angina, GI bleed, and asthma. During the simulation debriefing, the patient was invited to share their comments and feedback to provide an insight into the consumer experience.

Clinical Education and Training will aim to incorporate the use of simulated patients into more educational activities. ♥

*Pictured: Emergency Department nurses monitor a volunteer simulated patient acting out an ailment in a clinical scenario.*



## MATERNITY SERVICES LAUNCHES MICROSITE

In collaboration with patients and staff, Barwon Health's Maternity Service launched a new microsite in early April.

The microsite, which is part of the main Barwon Health website, is a resource for families to use on their pregnancy, birth and postnatal journeys. It offers valuable information and insight into the care and services provided by Barwon Health and allows staff to access resources and educate families using mobile devices.

Former patients, families and maternity staff were involved in the project, which began more than 18 months ago.

Co-Director of Women's and Children's Services Claire Geldard said there was previously limited information available for patients and staff.

"We felt our site was lacking and we could improve it for tech-savvy consumers on an online platform," she said.

"Now it covers all information, from early pregnancy to taking the baby home and the first weeks of the baby's life.

"We can update information in a timely way and we can respond to feedback from staff and consumers.

"We find it's now much easier to engage with consumers in all settings and it's good for people with non-English speaking backgrounds

"It's the result of a lot of hard work from staff balancing their existing workload to build this website."

View the microsite here: [www.barwonhealth.org.au/maternity-services](http://www.barwonhealth.org.au/maternity-services)

*Pictured: Midwife Gemma Rossiter with a newborn baby at University Hospital Geelong.*



## Nurse pens song to celebrate colleagues

**Nurses have a reputation for going the extra mile and Barwon Health's Jo Brumley took the same approach to celebrating International Nurses Day on Friday, 12 May.**

The orthopaedic nurse wrote and recorded a song for the annual event, as well as International Day of the Midwife on 5 May, after seeing an opportunity to recognise nurses and midwives for their incredible work.

"Not everyone can be a nurse or midwife – it takes special people," she said.

"We have very warped senses of humour, open minds, caring natures and are down to earth, loving, smart and courageous people.

"Each verse of the song acknowledges how nurses and midwives are there for patients in so many different ways."

Mrs Brumley said it was important to celebrate the hard work of nurses and midwives who made such a positive impact on their communities.

"You work around the clock and you never know what each day is going to be like, so you have to be ready for the unexpected," she said.

"We are the people that are there for your most special, memorable and

amazing moments, like the birth of your child, but we can also be there for those moments when it may be really tough, sad and hard when you need help to walk again, or even when you are saying goodbye to a loved one.

"The role and expectations of a nurse are so vast too that I wanted to highlight how a nurse is the one that will sit and spend time with the patient, will be the one to help you get out of bed, will hold your hand, will give you a hug, will walk with you, will make sure you are comfortable and will be by your side if you are alone and need a friend, guidance or support."

A music video for the song We'll Be There received more than 9000 views in 24 hours after it was posted on [www.facebook.com/barwonhealth](http://www.facebook.com/barwonhealth).

Barwon Health celebrated International Nurses Day and International Day of the Midwife with several afternoon teas, a breakfast event and a ceremony for the Marjory Taylor Memorial Lecture & Nursing Excellence Awards. ♥

*Pictured: Nurse Jo Brumley wrote and recorded a song to celebrate International Nurses Day and International Day of the Midwife.*

# Clinicians inspiring through excellence

An interactive two-day course is on offer to introduce concepts that educate, challenge and inspire clinical participants.

The Advancing Interdisciplinary Clinical Excellence (AdvICE) Framework is Barwon Health's commitment to raising the quality of healthcare delivered across all areas.

The initiative provides a structured interprofessional education and learning program aimed at advancing interdisciplinary clinical excellence.

AdvICE directs attention to organisational readiness for interprofessional education, describes capabilities for clinical excellence and identifies a series of practical tools and strategies that can be applied in the workplace to harness team collaboration opportunities to provide efficient, quality patient centred care.

Two AdvICE courses were run in 2016 and further developed into a two-day course,

which allows the program to run more frequently and meet the flexible needs of participants.

Results from course evaluations to date demonstrate participants' deeper understanding of the role and contributions other disciplines make in quality patient care, the variety of services involved in the patient care journey at Barwon Health, and the need for interdisciplinary collaboration to benefit quality health care for consumers.

The AdvICE program has courses available for staff to attend in September and November, with applications available on GROW.

One of the participants said they found great value learning with, from and about other professions to find different points of view.

"Everyone is looking at the patient with different eyes and therefore we can learn so much more about the situation," they said.



"It is really valuable to discuss things as you are learning with the team. This helps you to reflect on your own knowledge but also hear strategies from others." ♦

*Pictured: Staff improve their interprofessional knowledge in a series of workshop tasks.*

## NEW HEART SURGERY OFFERS QUICKER RECOVERY

An innovative and minimally-invasive heart surgery has cut recovery time for people in Geelong and western Victoria.

Barwon Health is Victoria's only regional health service to offer the TAVI (transcatheter aortic valve implantation) procedure.

Patients requiring aortic valve surgery can have the TAVI operation without stopping the heart from pumping.

The surgery is performed under general anaesthetic and allows patients to recover without intensive care, going home after an average of three days, as opposed to eight days with a two-week rehabilitation period after an open heart bypass surgery.

Cardiology Director Chin Hiew said Barwon Health introduced the procedure in April 2015 and is now doing two of the surgeries each month.

"Patients who require aortic valve surgery previously needed an open heart bypass

surgery but TAVI can be done through the groin or chest through a small insertion," he said.

"For the community of Geelong and south-west Victoria, this is exciting news because such a procedure was only available in Melbourne.

"We have introduced a multi-disciplinary team to assess patients referred with systematic severe aortic stenosis, looking at how they will recover, to make the best recommendation for the patient."

The TAVI surgery is provided free of charge to public or privately-insured patients and is suitable for people aged over 80, clinically frail or with other health issues that can cause complications after heart surgery. ♦

*Pictured: Cardiology Director Chin Hiew is pleased to offer consumers with heart problems a faster recovery time through a less invasive surgical procedure.*





## Reconciliation Week a time for both reflection and looking ahead

**Reconciliation Week is a time for all Australians to commit to changes and actions that help create a more inclusive community.**

This year marks the 50th anniversary of the Referendum and the 25th anniversary of the historic Mabo decision. To mark the occasion, Barwon Health's Aboriginal Health team held a special event in the HERB Lecture Theatre on 2 June.

Aunty Eleanor Bourke, Aboriginal Elder and Academic Professor, was the keynote speaker at the event, which also featured live music from the Deadly Duo.

Eleanor shared her perspective of the 1967 Referendum, which was "a long time coming."

"We see an opportunity to protect and grow our culture and share our stories," Eleanor said, when reflecting on managing cultural heritage and drew on a recent article by Jeff Kennett encouraging national leaders to be "inspired, aspirational and excited about the good we can all do together."

As well as reflecting on the changes yet to come, the event highlighted

several positive moves at Barwon Health, including culturally appropriate paediatric resources in audiology, refurbished Percy Baxter Lodges with Aboriginal artwork and a large Aboriginal mural in the courtyard, increased cultural safety through online cultural awareness training and face-to-face sessions, and a 'fast-track' eye surgery appointment list for Aboriginal patients to address the identified gap and issues in ophthalmological surgery wait times.

Barwon Health Interim CEO Alex Cockram said that since launching the Reconciliation Action Plan a year ago, there had been significant efforts to support and engage the Aboriginal community in a better way.

"This year's theme for Reconciliation Week is 'Let's Take the Next Steps' and Barwon Health is proud to say we are actively working towards those next steps," she said.

"Our Aboriginal Health Team has been strengthened by the appointment of an Aboriginal Programs Manager with Renee Owen joining us with a background of 18 years at Wathaurong Aboriginal Cooperative.

"We are now working towards an identified Aboriginal Health Unit, with a dedicated family meeting space, and we have significantly strengthened our Aboriginal team, bringing the team together into a discrete unit.

"Clinical support to Wathaurong Health Service has been strengthened as a result of increasing the obstetric and paediatric clinics, and by increasing data capability between the two health services.

"We understand that we have a long way to go, but we are committed to working alongside our Aboriginal community in partnership with Wathaurong.

"Aboriginal health is everyone's business and we all need to join in closing the gap."



*Pictured: Special guests, speakers and Aboriginal Health team members in attendance at Barwon Health's National Reconciliation Week event in June.*



# Commitment to cut out bullying

Barwon Health has made a new commitment to stamping out discrimination, bullying, and sexual harassment in collaboration with the Royal Australasian College of Surgeons (RACS).

The two parties signed a Memorandum of Understanding on 2 May, outlining a shared commitment to effective collaboration and sharing information to facilitate quality specialist medical training in a safe environment.

The MOU provides the framework for a shared understanding of the relationship between Barwon Health and RACS, while responding to the need for a clear and mutual understanding of the roles and responsibilities of each party.

Surgical registrar Yit Leang said he found Barwon Health an easy-going workplace where people were very helpful.

"I think my supervisors do a good job making sure we're not bullied or bullying somebody, and communication is happening in a respectful manner," he said.

"The MOU is an understanding between the hospital and staff in fostering the culture of getting everybody to work together with respectful and open communication."

Since starting her internship in 2009, surgical registrar Gausihi Sivarajah has worked at Barwon Health through multiple stages, and has returned each time due to positive experiences.

"Because I have such a good relationship with the team at Barwon Health, I've been able to come back again to finish my training here," Dr Sivarajah said.

"This MOU means having a pathway to go down if you felt you are being made uncomfortable or harassed or bullied.

"Having a process means people can come forward anonymously and feel more comfortable about talking up and knowing something will be done about it.

"In the past, it would be very easy to tell someone it's happening, but there was no official way of following up."

RACS and Barwon Health have agreed to work co-operatively together on discrimination and bullying issues, and to take appropriate action where possible. ♦

*Pictured: Surgical registrars Gausihi Sivarajah and Yit Leang are pleased with the MOU's commitment to co-operation and fairness.*



## COLLABORATIVE INITIATIVE FOR REFUGEE AND ASYLUM SEEKER ORAL HEALTH

A new Barwon Health pilot program is helping staff place refugees and asylum seekers on oral health waiting lists that match their risk levels.

Barwon Health Oral Health Services Corio has collaborated with the Victorian Refugee Health Network, Dental Health Services Victoria and CoHealth Kensington Dental Clinic to determine if patients should be placed on the general oral health screening waiting list or a recall waiting list.

Refugee and asylum seekers attending oral health services found to be at the lower end of the risk scale may be placed on the general list, while patients with a higher risk will be recalled for follow-up appointments to further assess risk factors.

The screening tool's first stage was completed in March and April at the Corio dental clinic – lead by Corio Dental Clinical Team Leader Sonya Howard. A holistic approach sees consideration also given to risk factors including oral health service literacy, other chronic health conditions, patients with a disability, risk of becoming homeless and patient distress levels.

Combined findings from refugees and asylum seekers attending Barwon Health Corio Dental clinic and CoHealth Kensington dental clinic have found 74 per cent at high clinical risk and 39 per cent with low service literacy.

Appropriate referral pathways within the Barwon Health Community Health service are undergoing development to support patients with high risks. ♦

*Pictured: The Corio Community Health Centre is home to the Corio dental clinic, which is utilising a new screening tool to place refugees and asylum seekers on waiting lists.*



# Nurses recognised with annual awards

Nurses and midwives celebrated International Nurses Day and International Day of the Midwife with the Leslie Oliver Downer awards on 12 May.

The awards' namesake was a former Barwon Health patient, who made a bequest to the hospital for an annual nursing award, acknowledging the excellent care he received.

Jennifer Bell received this year's award for her work as a Personalised Health Care Clinician, as well as her Respiratory Liaison role in Heath Wing 7. Jennifer was nominated for showing an exceptional depth of knowledge for respiratory conditions and her ability to provide support to patients and colleagues; working across acute and community settings with patients with complex care needs.

She was recognised as a mentor who has been pivotal in the success of the pilot Personalised Health Care program, supporting patient's health literacy and self-management in the community setting with education and support for the patient.

Other nominees for the award were Community Palliative Care Nurse



Practitioner Meg Harrison, Mental Health, Drugs and Alcohol Services Clinical Nurse Consultant Rebecca Corbett, and Midwife Leah Sampson.

A team award was also presented to Trish Oddi and Sarah Wynne for their role in the Home-based Cancer Care program Hospital in the Home.

In May 2015, the program began a pilot program to provide an integrated cancer care service to patients in their homes, in partnership with Barwon Health's Andrew Love Cancer Centre.

Trish and Sarah undertook the training to deliver specialist care and have remained integral to the program

success, demonstrating a high level of clinical knowledge, skills and leadership, dedication to ensuring a positive patient experience, and effective relationships with Andrew Love Cancer Centre staff, cancer care co-ordinators and administrative teams.

Heath Wing 3 Nurse Unit Manager Sandra Van Roon and the Paediatric Nursing Team were also recognised with a nomination in the team award. ♦

*Pictured: Leslie Oliver Downer award-winner Jennifer Bell (centre) with nominees Meg Harrison and Leah Sampson.*

## June celebrates 40 years

Rehabilitation nurse June Donald celebrated 40 years with Barwon Health in early May, with a team lunch to mark her milestone.

Described by colleagues as caring, motherly, hardworking, loyal, kind, compassionate and above all, a "Barwon Health treasure", June is a much-valued member of the Belmont Community Rehabilitation Centre.

Since she was four, June knew she wanted to be a nurse and that dream came true when she turned 17. She took time out to get married and start her family, but when the youngest of her four children turned four, June resumed her career doing night shifts at Ward 5 of the McKellar Centre.

The majority of June's career has been spent in community health, starting out at

the Belmont Day Centre in the 1970s, when it was surrounded by paddocks.

"The biggest change was when they introduced computers to the world of hospitals in 1998 and we were the forerunners of technology at Belmont Day Hospital," she said.

"It was my biggest challenge and biggest 'can I do this?' moment. I didn't even know how to turn it on!

"However, I found it a wonderful addition to my working life.

"It's hard to embrace change all the time but I have done.

# Vale Stephen Hartle

Barwon Health was saddened to learn of the sudden passing of former Veterans' Liaison Officer Stephen Hartle on 28 May 2017.

Stephen joined the organisation as a Diversional Therapist in 2001 before becoming Barwon Health's Veterans' Liaison Officer. He left Barwon Health in 2011 before re-joining the organisation on a consulting basis in 2014. In 2016 Stephen commenced work as Epworth Geelong's new Veterans' Liaison Officer.

Stephen is remembered across the Geelong community as a kind and compassionate person who was a great advocate for Veterans and their families. He was dedicated to his position and would often go above and beyond his normal role to help people.

In 2010, Stephen was acknowledged for his exceptional service to the Veteran community with the presentation of a Meritorious Certificate by the Victorian Department of Veteran Affairs. This same year, Barwon Health launched its 2010-15 Strategic Plan of which Stephen was the face of the value 'Respect'

Our condolences are with Stephen's family, friends and colleagues. We leave you with the affirmation Stephen wrote in 2010 about what respect meant to him:



"Respect is recognition of who we are as individuals and how we respond to all around us in our daily life. It can never be purchased as it has to be earned. When we truly demonstrate respect without bias, we acknowledge our freedom to do so. A freedom that has been defended successfully by all our valued Veterans." ♥

*Pictured: Stephen Hartle.*

"My journey has been rewarding. I enjoy seeing clients walk away feeling better than they were because of our team.

"Even our terminally ill clients leave us with a richness to their life that they didn't have before.

"I work with a wonderful team who offer a lot of support and guidance; and as long as I contribute, I can still grow in my journey and my clients' journey." ♦

*Pictured: Rehabilitation nurse June Donald celebrated a remarkable 40 years with Barwon Health in May.*



# Paediatric Short Stay Unit creates child-friendly space

The Paediatric Short Stay Unit is an area run within the Emergency Department for children aged between three months and 18 years who require a short stay for assessment, investigation and treatment.

The unit is located within the former Clinical Decision Making Unit, separate from the Emergency Department, and is staffed by medical and nursing staff specifically allocated to care for paediatric patients.

No adult patients are seen within this area, providing a child-friendly and non-threatening environment to treat young people.

In the first month since the unit opened, 225 children were admitted – an average



of about eight children each day, with more than half aged under five years.

The majority were managed and discharged from the SSU, while 16 were admitted to the children's ward and one patient was transferred to the Royal Children's Hospital. ♦

*Pictured: Two-year-old Ella Giuliano (pictured with brother Luca) was one of the first patients to make use of the Paediatric Short Stay Unit, which opened in April. There was plenty of jelly, colouring books, and trauma teddies to take her mind off her stitches.*

## Staff acknowledgements

Professor David Ashley, Director Cancer Programme and Chair of Medicine left Barwon Health in May to take up the prestigious appointment as Professor and Director of Paediatric Brain Tumours at the Preston Robert Tish Brain Tumour Centre, Duke University Medical Centre in the USA. Joining Barwon Health in 2009, David played a pivotal role in cementing the relationship with Deakin University and in growing Cancer Services at Barwon Health.

Professor Richard Harvey, Clinical Director Mental Health, Drugs and Alcohol Services, announced his retirement in April, after 14 years with Barwon Health. Richard was instrumental in implementing many changes to provide an improved environment for clients and staff in terms of building infrastructure and clinical practice.

Ann Ritchie, who retired from her position as Barwon Health Director, Library and Literacy in late May, was awarded the Distinction of Fellow by the Australian Library and Information Association "with special consideration for her work in the field of health librarianship". This is the highest award that the Association can confer on a member. After joining Barwon Health in 2013, Ann has led a transformation of the Library from a traditional physical environment to a contemporary service that is integrated with Barwon Health's strategic direction and ways of doing business, all completely accessible online.

Dr Robert Penfold (PhD) has been appointed Director, Library and Literacy position. Rob has a research background and almost two decades in science/clinical libraries, and 14 years managing a healthcare library service in Queensland.

Barwon Health's Professor John Agar has been awarded the American Dialysis Conference "Lifetime Achievement" award for an outstanding contribution to Nephrology Medicine. John is the third recipient in 37 years who lives outside the US. Professor Agar established the first regional dialysis unit in Victoria (before that, patients had had to travel to Melbourne for their treatments three times a week). Together with Barwon Health's dedicated nursing team, he introduced and championed overnight dialysis in the home, and is a leading figure in this field.

McKellar Centre accounts clerk Julie Cordingley has retired after an impressive 45 years with Barwon Health. Julie was a constant presence at McKellar and will be missed by staff as she enjoys her move into retirement after four and a half decades of hard work. ♦

# McKellar resident begins new chapter in publishing

Wallace Lodge resident and children's author Bette Pitman is proving it's never too late to chase your dreams and take up creative endeavours.

The tech-savvy great-grandmother has written and illustrated three short stories in her self-published book *The Adventures of Claude the Cloud*.

Mrs Pitman said she had the idea to write a story several years ago while staying in hospital.

"I was bored to tears and I looked out the window at the clouds and saw some shapes like faces, so I scribbled down the first story," she said.

"After that I was looking for someone to illustrate it, but it was hard to find someone with the right style at an affordable price.

"I've always liked writing and painting, so I decided to do the pictures myself.

"Once I got started painting it got better as I went along.

"I've always loved kids so I did it for my great-grandchildren, but everyone else has said they liked it.

"They all want me to sign it."

Having already self-published with a Melbourne-based printer, Mrs Pitman said living in a residential aged care facility would not stop her pursuit of a publishing deal.

"The book has given me something to work towards. My legs have deteriorated but I've still got my mind.

"I've got my computer; I'm on Facebook and emails, so I'm never bored by myself."

Anyone interested in purchasing the book can contact the Wallace Lodge at the McKellar Centre. ♦

*Pictured: Wallace Lodge staff members are proud of resident and self-published children's author Bette Pitman.*



## SAYING GOODBYE TO SUGAR-CARBONATED DRINKS

On 1 June, Barwon Health removed sugar-carbonated drinks from its cafeterias and vending machines.

The stand for better health is part of the Rethink Sugary Drinks campaign, supported by organisations including the Cancer Council, Diabetes Australia, Heart Foundation, Australian Dental Association and the World Health Organization Collaborating Centre for Obesity Prevention.

Chief Operating Officer Robyn Hayles said the impacts of sugary drinks, food choices, and inactive lifestyles were especially evident among Australian children.

"More than three quarters of Australian children exceed the guidelines for daily sugar intake and the research shows that obesity is a major issue in our community.

"This health service initiative is just one example of how individuals and organisations can make changes and work together to make the change they want to see in their communities.

"We've been working with our contractors for some time to achieve this and we're very pleased to make the change to take a stand for better health in the Geelong community."

A variety of juices and sugar-free soft drinks will still be sold in cafeterias and vending machines, while tea and coffee will remain available.

An adult needs to walk more than three kilometres to burn the kilojoules contained in a 600ml bottle of soft drink, which can contain up to 16 teaspoons of sugar. ♦



# Gold standard assessment for loss of smell

The Trauma Rehabilitation Team (TRT) is now able to conduct a standardised “scratch and sniff” test to assess the severity of olfactory impairment (sense of smell).

The University of Pennsylvania Smell Identification Test (UPSIT) is considered the gold standard olfactory assessment for clients with a traumatic brain injury (TBI), measuring the severity of olfactory impairment.

Research has shown that loss or reduction in sense of smell is highly prevalent in the TBI population.

Olfactory impairment can potentially have negative impacts on many areas of day-to-day life, such as difficulty identifying rotten food, gas leaks or smoke.

Barwon Health’s Speech Pathology and Occupational Therapy departments have commenced a quality project to look at streamlining the assessment and education provided to their TBI clients with olfactory changes. ♦

*Pictured: Speech Pathologist Caitlyn Roberts demonstrates the new “scratch and sniff” test that measures sense of smell.*



## Farewell to former CEO Sue de Gilio

Former Barwon Health CEO Sue De Gilio passed away from illness in April.

Sue held the CEO position for nine years, commencing in 2000, until her resignation in 2009, when she joined Gforce Employment Solutions as their CEO.

Sue’s time at Barwon Health is marked by many achievements, including the launching of the Barwon Health Foundation, the redevelopment of the McKellar Centre, the establishment of the Deakin University Clinical School and an absolute unwavering commitment to fostering research and education for the betterment of our community.

She was a founder of the Smart Geelong Network, putting research in Geelong on the radar of government and was an exceptional community leader, holding roles as the President of Geelong Rotary and the Geelong Chamber of Commerce. ♦

*Pictured: Sue De Gilio – Sue De Gilio was Barwon Health’s CEO from 2000 to 2009.*

# New StaffCare Psychologist

StaffCare is pleased to welcome psychologist Jill Morison, who returns to Barwon Health to assist us in supporting the health and wellbeing of our staff.

Jill brings over 30 years' experience to the role, which will include provision of clinical services and the opportunity to contribute at an organisational level through policy and education initiatives.

She is excited to be returning to Barwon Health, where she held the position of Chief Psychologist until 2005. On leaving Barwon Health she took on the Executive Officer role at Down Syndrome Victoria, before moving to Canberra to work as the National Education and Training Coordinator for Headspace. A move to north Queensland saw her return to private practice and take on the role of Regional Manager for Spinal Life Australia, supporting people with spinal cord injury.



"I love that I'm part of a multi-disciplinary team to support and improve the well-being of Barwon Health staff," she said. "It's a pretty great organisation that has a health service just for staff, so it's important to know we are here to help."



*Pictured: StaffCare Psychologist Jill Morison has returned to Barwon Health after 12 years.*

## WHAT IS THE EAP?

The internal Employee Assistance Program (EAP) run through StaffCare reflects Barwon Health's commitment to supporting the mental health and well-being of our staff.

This confidential service is provided by medical and psychology staff and includes emergency after-hours access to the medical team; as well as referral to relevant external services and self-management resources as appropriate.

The EAP can provide support and guidance in a range of issues, including managing stress, anxiety and depression, addictions, grief and bereavement, relationship problems at work or at home, and any other life issues.

For all appointments and enquiries please phone StaffCare on (03) 4215 3220.

For any crisis situation, 24 hour emergency access to the StaffCare medical team is available on 04 08 127 147.

# Barwon Health supports mentally healthy workplaces

Barwon Health is helping businesses and organisations across the Geelong region become healthy workplaces via the Victorian Cancer Council Achievement Program.

The program provides a framework to adopt an organisation-wide approach and meet state-wide benchmarks for health promotion around five priority areas, including healthy eating, physical activity, mental health and well-being, smoking and alcohol.

On 29 April, 75 participants from workplaces across the region attended a forum at Barwon Health to learn how to practically apply mental health and resilience concepts in a workplace setting. The forum was jointly presented by the Barwon Health, Health Promotion Unit and the Mental Health Drug and Alcohol Service.

Barwon Health was fortunate to have Dr Natasha Lazareski present at the forum, as an occupational health specialist and an

expert in psychosocial risk management. Her presentation focused on the mental health and well-being benchmark of the Achievement Program. The number of attendees and diverse range of workplaces represented, which included education, retail, legal, health and construction sectors, gave a clear indication of the importance placed on achieving a mentally healthy workplace.

Attendees heard that around one in five Australian employees are experiencing a mental health condition, making it vital for a workplace to manage risks to mental health, raise awareness and support people with mental health conditions.

Participants gave feedback showing they planned to apply many of the workshop's concepts to their workplaces. Attendees also had the opportunity to learn how to personally apply mindfulness and grounding concepts in their daily work life.

For more information about the Workplace Achievement Program, visit



[www.achievementprogram.health.vic.gov.au/workplaces](http://www.achievementprogram.health.vic.gov.au/workplaces) or contact the Health Promotion Unit via [workplacehealth@barwonhealth.org.au](mailto:workplacehealth@barwonhealth.org.au). ♦

*Pictured: Dr Natasha Lazareski was the guest speaker at Barwon Health's mental health and well-being presentation.*



## Dignity Therapy program celebrated with award

**At a ceremony in Melbourne on 23 May, the State Government awarded Barwon Health's Dignity Therapy Volunteer Team volunteer program the Minister for Health's Improving the Patient Experience Award.**

Based at the McKellar Centre, 14 volunteers run the Dignity Therapy program, using skills from a wide variety of professional backgrounds, including journalism, social work, case management, local politics and school administration to document palliative patients' life stories and preserve messages for their loved ones.

Face-to-face interviews with palliative patients provide an opportunity to

reflect on key aspects of their lives, while documenting messages for family and friends in a printed book.

The Dignity Therapy team is the world's only known volunteer group running the program, due to the amount of skill, time, and passion required to carry out the work.

Barwon Health Palliative Care Program Manager Jacqui White said volunteers went above and beyond to offer the therapeutic service.

"It's a guided interview that gives palliative patients a chance to reflect on things important in their lives, as well as an opportunity to leave messages for their loved ones," she said.

"It's not an enormous group of volunteers, but they have showed a great commitment to dignity therapy, which is a really time intensive therapeutic intervention.

"They'll come after hours and on weekends, and they provide a really high level of support."

Ms White said health services around the world had attempted but failed to sustain the program using paid workforces.

"For us as clinical teams, the volunteers are an absolutely integral part of our team. We couldn't offer the same breadth of services and individual services to our consumers without the support of the volunteers." ♦

*Pictured left: Dignity Therapy Volunteer Team member Sigrid Mould with palliative patient Tonya Court, who passed away late last year.*

*Above: Barwon Health's Tony Prisco and Russell Armstrong with Minister for Health Jill Hennessy and Parliamentary Secretary for Health Gabrielle Williams.*



## NATIONAL VOLUNTEER WEEK

On 12 May, more than 200 volunteers were recognised at the annual National Volunteer Week Awards Breakfast.

The Volunteer Services event at Rydges Geelong celebrated the vital role of volunteers across Barwon Health, with the induction of Shirley Lambart, Cathy Aisbett and Gayle Newbury as Volunteer Life Members.

More than 50 volunteers were recognised for Long Service Awards, including June Blakeborough, Valerie Duxson, Jennifer Spurr and Faye Sullivan, who have achieved 30 years of service. ♦

*Pictured: (L-R): Barwon Health Board Chair Dr John Stekelenburg, Volunteer Kay Hewitt and Interim CEO A/Prof Alex Cockram.*



# Backyard blitz-style program launches in Palliative Care Week

To celebrate National Palliative Care Week in May, Barwon Health's Volunteer Services launched a backyard blitz-style program, with four volunteers transforming the family garden of Corio teen Bryce McKiernan.

The 15-year-old has Kabuki Syndrome, a rare congenital disorder, and is a lifelong Barwon Health patient. With Bryce's family spending so much time driving to and from hospitals in Geelong and Melbourne, working in their backyard has not been a priority.

The program was piloted in 2016, when Volunteer Services received an enquiry from East Geelong Football Club about a potential service project between the football players and Barwon Health. Palliative patients and their carers have

previously expressed to nursing staff that it is stressful to be unwell and unable to attend to their own yards. In some cases they are unable to mow the lawn or tend to a vegie garden that they love. This has had an impact on the peace of mind and, subsequently, the quality of life of many patients and their carers. There is currently nowhere that the nurses are able to refer to for additional support and this gap in services has been highlighted as a concern.

With around 200 palliative patients like Bryce in the community, referrals to the program will be driven by Palliative Care nurses. There are currently enough resources for the volunteer team to complete two jobs per month. The program is financially supported by generous donations by Hospice Foundation Geelong, Geelong Central Fidelity Club, and Freemasons Foundation Victoria. ♦



*Pictured: Pictured at the launch of the backyard blitz-style program in Corio are (L-R): Clinical Nurse Consultant Jill Carter with McKiernan family dog Star, Volunteer Coordinator Jen Walsh and President of the Geelong Central Fidelity Club, John Clarke.*



## VALE OUR LONGEST SERVING VOLUNTEER

It is with great sadness that we inform you our longest serving volunteer, Betty Murphy, has passed away peacefully at the age of 94.

Betty joined Barwon Health 1966 and volunteered in our Chapel Services for 50 years, before retiring in 2016.

Betty's role was based at the McKellar Centre, where she supported the chapel services on the first, third and fifth Tuesdays of each month, ensuring that aged care residents and their families were able to attend services.

Betty tasked herself with the responsibility of setting the altar, liaising with the pastoral care team to assist service facilitation and provided support to elderly patients to transport them from their beds to the beautiful bluestone chapel within the McKellar Centre grounds.

Each week, Betty arrived hours early, often coming in the day prior to receive lists of patients attending Pastoral Care Programs. Betty enjoyed co-ordinating the efficient pickup of residents and patients to ensure minimal distress or disruption to their schedules.

We honour Betty for her 50 years of voluntary service to Barwon Health and send our thoughts to her niece Marianne. ♦

*Pictured: Long-serving volunteer Betty Murphy served her community from 1966 to 2016.*

## NATIONAL VOLUNTEER WELLNESS DAY

Barwon Health has a long history of volunteering and we are thrilled to take the lead in recognising and celebrating the profound impact of volunteers across our community.

We are proud to declare Friday 14 July as National Volunteer Wellness Day.

To mark the inaugural event, Barwon Health will host a Volunteer Wellness

Expo. Volunteers will be treated to health and wellness activities as a way to show appreciation for all that volunteers do to help improve the community's health and wellness.

Wellness activities at the expo will include aromatherapy, reflexology, seated massage, mindfulness, yoga, an Aboriginal art workshop, tai chi, dance, and a laughter workshop. ♦



# Andrew Love Cancer Centre turns 25

Barwon Health's Andrew Love Cancer Centre has celebrated its 25th birthday in July.

Premier Joan Kirner opened the Andrew Love Cancer Centre (ALCC) on 5 July 1992, as Victoria's first regional cancer centre.

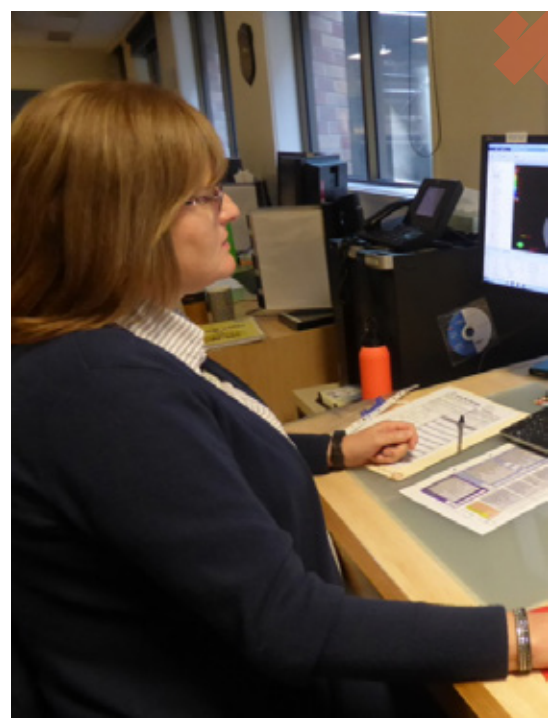
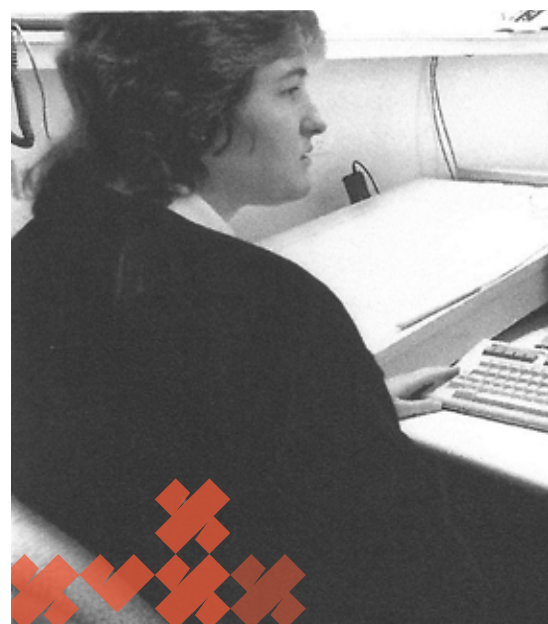
Radiation therapy services began with two treatment machines and seven radiation therapists, servicing the Barwon South West region, including Ballarat and Warrnambool. For 10 years, a bus would

arrive full of Ballarat patients, departing once they had their treatment.

The ALCC continues to provide radiation therapy services to the Barwon South West region, having expanded to three treatment machines, 21 radiation therapists and treating more than 1000 patients a year. It is now a leading site in the use of RapidArc® radiotherapy.

The Chemotherapy Day Ward sees over 10,000 patients a year walking through the doors, with all chemotherapy drugs made by Barwon Health's on-site Oncology Pharmacy.

In 2015, the Oncology Ward moved to the new Baxter 6, and now incorporates an apheresis and stem cell transplant service. Last year, the Supportive Care Centre opened to provide a holistic service for cancer patients.



## DID YOU KNOW?

Andrew Love was the first minister of the Presbyterian Church in Geelong in 1840.

In 24 years, he was estimated to perform more than 4,000 marriages.

Andrew Love left Glasgow, Scotland, to move to Melbourne on a ship that was destroyed by fire on its next Australian voyage.

He was a trustee and donor to the Geelong Infirmary and Benevolent Asylum, which later became The Geelong Hospital, and is now known as University Hospital Geelong.

The ALCC continues to provide radiation therapy services to the Barwon South West region, having expanded to **three treatment machines, 21 radiation therapists** and treating more than **1000 patients a year**.

ALCC Senior Radiation Therapist Marilyn Proctor began working in Geelong when the centre opened and has seen it evolve over the past 25 years.

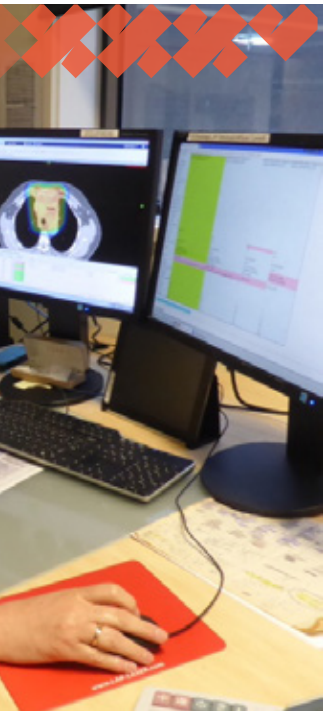
"There were only six staff members so we've grown a lot since then and moved forward," she said.

"The department has got bigger as demand grew along with the advancement in treatment modalities.

"It's an interesting field to work in because the environment is continually changing."

Barwon Health would like to thank the community for its donations to the department, which have allowed extra comfort, specialist medical equipment or support services for those who have had a cancer diagnosis.

The tireless work of the Cancer After Care Group should especially be commended for its outstanding financial support to Cancer Services. Over 25 years, the group has funded patient comfort items, such as furniture and highly specialised equipment, including radiotherapy treatment machines that provide an up-to-date and comprehensive service. ♦



*Pictured: Over 25 years, Senior Radiation Therapist Marilyn Proctor has worked at the Andrew Love Cancer Centre through many technological advancements in the industry.*

## THE POWER OF LOCAL FOOTY

Tim Russell, Brent Beer, Tracey Quinlan and Sheridan Edsall have all experienced the impact of losing a parent to cancer.

In honour of their loved ones, they came together to raise much-needed funds for Barwon Health's Andrew Love Cancer Centre by hosting the inaugural 'Let's Kick Cancer Cup'.

Grovedale Football Netball Club and Leopold Football Netball Club joined forces on Saturday, 29 April to raise awareness of the impacts of cancer across the local football and netball communities while also raising funds to support Barwon Health's Andrew Love Cancer Centre.

The event exceeded expectations, with attendees, players and supporters raising \$17,000.

The 'Let's Kick Cancer Cup' was presented to the winning senior football team Leopold by Geelong Cats star Patrick Dangerfield. A luncheon was hosted by K-Rock's Tom King, with guest speakers including cancer survivor and local football identity Tim "Bluey" McGrath, Barwon Health Oncologist Dr Adam Broad and Geelong Cats footballer Cam Guthrie. ♦

*Pictured The 'Let's Kick Cancer Cup' raised \$17,000 for the Andrew Love Cancer Centre.*



## PROJECT LOVE SET TO COME TO LIFE AFTER GENEROUS BEQUEST

Over the past 18 months, the Barwon Health Foundation team has been working to raise \$3 million for Project Love – a project to redevelop Barwon Health's Andrew Love Cancer Centre Chemotherapy Day Ward and Oncology Pharmacy.

Thanks to the generosity of many donors, supporters and event attendees, the project is close to reaching its goal, which will allow the redevelopment to begin. Most recently, the Barwon Health Foundation received a significant bequest from a Geelong family.

In 1951, Beth and Cliff Allerton opened a shoe factory, Allerton Shoes, in Geelong West. Cliff had

a wealth of footwear experience and a talent for designing and producing footwear, while Beth gave up her career in the insurance industry to dedicate her financial skills to Allerton Shoes. Their daughter Beverly also joined the business for a time.

Together they built a very respected and successful business manufacturing handcrafted leather quality shoes that offered "comfort and style for discerning women".

Beth, or Mrs Allerton as she was widely known in the trade, was always immaculately dressed and an avid follower of fashion. After Cliff's death in 1973, she continued to drive the business until the factory closed in 1995.

Mrs Allerton passed away on 29 March 2016, aged 96 years. It was her wish that her family could provide a legacy and support cancer services in the Geelong region and her wish came to life in the form of a bequest to the Barwon Health Foundation's Project Love.

In recognition of the generous bequest left by Mrs Allerton, the Oncology Pharmacy at the Andrew Love Cancer Centre will be named 'The Allerton Family Pharmacy'.

Barwon Health would like to thank the Allerton family along with the hundreds of donors, community groups and sponsors who have supported Project Love. ♦

*Pictured: Andrew Love Cancer Centre's Oncology Pharmacy will be named after the late Beth Allerton and her family.*



# Barwon Health Locations

<b>University Hospital Geelong™</b>	Bellerine Street, Geelong T 4215 0000
<b>Corio Community Health Centre</b>	Gellibrand Street, Corio T 1300 715 673
<b>Belmont Community Health Centre</b>	1-17 Reynolds Road, Belmont T 1300 715 673
<b>Torquay Community Health Centre</b>	100 Surfcoast Highway, Torquay T 1300 715 673
<b>McKellar Centre</b>	45-95 Ballarat Road, North Geelong T 4215 5200
<b>Newcomb Community Health Centre</b>	104-108 Bellarine Highway, Newcomb T 1300 715 673
<b>Belmont Community Rehabilitation Centre</b>	1-17 Reynolds Road, Belmont T 1300 715 673
<b>Anglesea Community Health Centre</b>	McMillan Street, Anglesea T 1300 715 673
<b>Mental Health, Drugs and Alcohol Services</b>	Swanston Street, Geelong T 1300 094 187

Please note: this is not a complete listing of Barwon Health sites.

[www.barwonhealth.org.au](http://www.barwonhealth.org.au)



**OUR VALUES**  
RESPECT  
COMPASSION  
COMMITMENT  
ACCOUNTABILITY  
INNOVATION