



EGHS ECHO



East Grampians
Health Service

APRIL 2019

FROM THE CHIEF EXECUTIVE'S DESK

BY ANDREW FREEMAN - CHIEF EXECUTIVE



Welcome to the April 2019 edition of the Echo.

EGHS is awaiting the outcome for the Board Ministerial Advisory Committee of new appointments to the Board from 1 July 2019. Both Heather Fleming and Don Cole's terms are expiring on 30 June 2019.

After nearly 45 years working in hospitals, in a variety of roles Dr Eric Kennelly has made the decision to retire. I would like to congratulate Eric on a long and successful career and in particular thank him for the last seven and half years as the Director of Medical Services at EGHS. I am pleased to advise that Dr Sophie Ping will be commencing as the Acting Director of Medical Services, commencing on the 2 April 2019. I am sure that everyone will make Sophie feel most welcome.

As I mentioned in the last edition of the Echo we received an unannounced visit from the Aged Care Quality and Safety Commission on the 19 February 2019 for both 70 Lowe Street and Garden View Court. I am pleased to advise that we have received our reports back and we continue to remain fully accredited in both facilities. Congratulations to all staff on this wonderful outcome.

We also recently have had an unannounced visit at Parkland House and Willaura Nursing Home. We just received these reports back and I am delighted to advise we continue to remain fully accredited in both of these facilities as well. Once again congratulations to all the staff involved. Aged Care is certainly busy at the moment.

ATTENDANCE AT STAFF BRIEFINGS

Staff Briefing are held monthly on the third Tuesday of the month at 2pm in Pyrenees House (apart from May and October which are being held on Wednesday).

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EGHS POLICIES & CPGs

BY HANNAH JENNINGS - EXECUTIVE ASSISTANT DEVELOPMENT & IMPROVEMENT

SOPP 70.19	STORAGE HANDLING & ISSUING OF STERILE STOCK
SOPP 74.03	RESEARCH ETHICS
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SOPP 70.35	NOTIFIABLE DISEASES
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CPG 10.89	ANAPHYLAXIS AND THE EPIPEN FOR COMMUNITY SERVICES
CPG 12.01	TAKING BLOOD ALCOHOL SAMPLES
CPG 23.06	MEASUREMENT OF VITAL SIGNS IN ADULT PATIENTS
CPG 64.46	IV ANTIBIOTIC ADMINISTRATION TO NEONATES
CPG 10.62	CATHETER CARE
CPG 64.28	NEWBORN SCREENING TEST

It is requested that as many staff as possible from each area attend the Briefings to ensure information is being communicated. The Briefing information should also be placed on agendas for discussion at Departmental monthly meetings.

Please email Jo Summers if there are any items you'd like to present or information you would like included – jo.summers@eghs.net.au

The Staff Briefings at Ararat and Willaura briefings are held at 2.00pm on the following dates for 2019:

Tuesday 16th April
 Wednesday 15th May
 Tuesday 18th June
 Tuesday 16th July
 Tuesday 20th August
 Tuesday 17th September
 Wednesday 16th October
 Tuesday 19th November



GRADUATE NURSES COMMENCE AT EGHS

BY JODIE HOLWELL – COMMUNITY LIAISON

Seven nurses commenced their Graduate Nurse Program at East Grampians Health Service earlier this year.

The seven registered nurses commenced work on January 31 and include five local nurses, from Ararat, Beaufort and Stawell, one from Ballarat and one from New Zealand.

EGHS will offer clinical rotations through the In-patient unit, 70 Lowe Street, Willaura Healthcare, Community Nursing, Urgent Care Centre and Peri-Operative Unit throughout the graduate year.

In addition to an EGHS Skills Day, the graduate nurses will also undertake a Care of the Older Person Program, in partnership with Ballarat Health Service, Beaufort and Skipton Health Service, Maryborough and District Health Service and Hepburn Health Service.

Throughout the year, the nurses will be supported by Clinical Support Nurse/Educators and clinical staff at EGHS.

Pictured are the participants in the 2019 EGHS Graduate Nurse Program, L-R, Brooke Williamson, Lacey Honeyman, Kirsten Finch, Meaghan Armstrong, Lucy Mills, Tiffany Barrow and Eva Zhu



Staff Exercise Classes
 by Zosha Jarecki-Warke
 Exercise Physiologist

East Grampians Health Service Exercise physiologist Zosha Jarecki-Warke invites staff members to attend her Staff Exercise classes.

The classes are held on Tuesday nights 5:15-6:00pm at the Community Health Centre and they are free!

New comers and staff with all levels of ability are very welcome and will be requested to complete a pre-exercise questionnaire at the beginning of the class.

The classes are a great opportunity to stay healthy and mix with colleagues across the organisation.

We advise we now have a Facebook page, which can be searched under "EGHS Staff Fitness". All EGHS staff are welcome to add yourselves to the group.

The page will be used to update staff on expected sessions, any changes to location, as well as a general communication tool.

Additionally, staff can request to be added to the Staff Fitness email list, so that they may receive correspondence and updates via email instead. Should you wish to be added, please request by emailing zosha.jarecki-warke@eghs.net.au.



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BEAUTIFUL QUILTS DONATED TO 70 LOWE STREET

BY JODIE HOLWELL – COMMUNITY LIAISON

The Willaura and District Quilters have donated two beautiful quilts to 70 Lowe Street.

The inspiration for the two quilts arose out of a 'show 'n tell' at the EGHS Residents' Support Group AGM in 2017 by Quilters' group member Heather Fleming.

70 Lowe Street manager Tanya Haslett asked if a quilt might be created to cover deceased residents as they make their final journey from Lowe Street.

"The group readily agreed and the beautiful blue, green and mauve quilt was produced," Heather said.

"In addition the quilters also made a 'Home Life' wall hanging quilt, to be displayed at Lowe Street. Each member created a patch, and the result is a collection of whimsical, quirky and colourful items that remind us all of our much loved homes."

The Willaura and District Quilters formed in 1990 when six women were taught the skills by their friend and expert quilter Sandie Rankin. Since then the numbers have grown and now there are around 15 women from Willaura and the surrounding district.

Over the years the group has made many quilts, some for their own members' special occasions and many to raise funds for much needed causes throughout the region and Victoria.

East Grampians Health Service has often been the beneficiary, with quilts being made for Parkland House Hostel, the Ararat 'Building for the Future' appeal, the EGHS Oncology Unit, the neonatal ward, the Ark Toy and Activity Library and the 'Look Good, Feel Better' men's health program.

The two quilts were presented to 70 Lowe Street residents, staff and Residents' Support Group members during a morning tea, and all enjoyed the opportunity to chat together about the pleasures of home, friendship and sewing.



Pictured above: 70 Lowe Street manager Tanya Haslett admires the 'Home Life' quilted wall hanging, made by Willaura Quilters, including L-R, Jan Laidlaw, Heather Fleming, Margie Kilpatrick, Ruth Gellert and Dianne Radford



Pictured above: 70 Lowe Street manager Tanya Haslett accepts the 'Farewell' quilt from Willaura and District Quilters, Jan Laidlaw, Margie Kilpatrick, Ruth Gellert, Dianne Radford and Heather Fleming



Pictured above: The 'Home Life' quilt



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THE ARK TOY AND ACTIVITY LIBRARY

The Ark Toy and Activity Library operates at East Grampians Health Service each Wednesday from 10am-12noon.

The Library provides a lending service to children and adults with special needs, their families and carers. The wide choice of toys are not only fun, but also assist members in developing skills through play.

Membership is available to children and adults with special needs, their families and carers. This includes people who have physical and development disabilities, chronic illness and other long-term injuries and illnesses that impact the person's ability to participate in everyday play and social opportunities.

Items can be borrowed from the Toy Library for up to four weeks, although in special circumstances a longer loan period may be granted. Items are expected to be returned to the Toy Library clean and in good condition.

The Toy Library also caters for mums (and dads) and bubs groups from Ararat and across the wider region. Parents with babies through to preschoolers are welcome to join these groups.

The Toy Library offers an affordable annual membership subscription of just \$10 per family.

The Ark Toy and Activity Library now operates from brand new premises in the East Grampians Health Service Community Health Centre, Girdlestone Street, Ararat.

For further information about the Toy Library and mums and bubs groups, please phone Kaye on 0418 522 283.



ANNUAL STAFF FLU VACCINATION PROGRAM

BY LEEANNE ATKINSON

INFECTION PREVENTION AND CONTROL COORDINATOR

Annual vaccination is the most important measure to prevent influenza and its complications.

Annual influenza vaccination is recommended for all persons aged six months and over (unless contraindicated) to reduce their chance of becoming ill with influenza.

Availability of 2019 seasonal influenza vaccines

In 2019, the vaccines available include:

- Four age specific quadrivalent influenza vaccines for people aged under 65 years
- A higher-immunogenicity trivalent vaccine for those aged 65 years and over.

Age restrictions apply to all vaccine brands.

Timing of vaccination

Optimal protection against influenza occurs within the first three to four months following vaccination. Timing of vaccination should aim to achieve the highest level of protection during peak influenza season. This usually occurs from June to September in most parts of Australia. Vaccinating from April provides protection before the peak season.

Staff vaccination

Flu vaccinations for all staff will commence from mid to late April.

Influenza Vaccination Clinics will be run in addition to normal vaccination clinic. Dates to be advised.

Nurse Immunisers able to vaccinate staff:

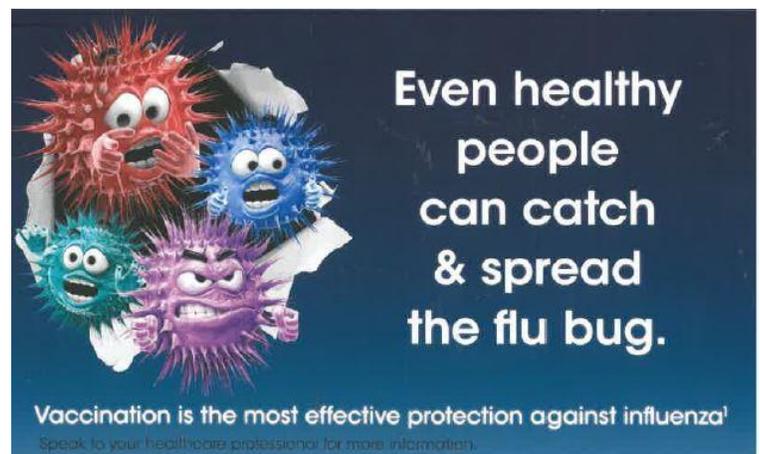
Leeanne Atkinson (Infection Prevention and Control Coordinator)

Hannah Reid (District Nursing/Centre of Community Health), Ros Thomas (Urgent Care, IPU), Marg Driscoll (IPU), Christine McArthur (Willaura), Rachael Vallance (Willaura)

This influenza season is already proving to be challenging with triple the number of influenza cases reported to the Department of Health in the Grampians Region already this year, compared to previous years.

<http://www9.health.gov.au/cda/source/cda-index.cfm>

For further information, contact Infection Control Coordinator, Leeanne Atkinson, on 5352 9332.



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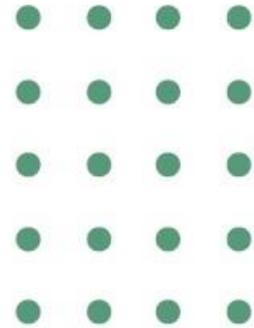


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**EAST GRAMPIANS
HEALTH SERVICE
PRESENTS :**



Sing your face off with a drink in your hand!

Come and help the EGHS Murray to Moyne cycling teams raise funds to replace the EGHS Dialysis Unit treatment chairs. The Bar Choir team will teach Queen's *We are the Champions* in three part harmony, with lots of laughs and lots of singing, all for a good cause!

WEDNESDAY APRIL 3, 7:30PM

Chalambar Golf Club Members Bar

\$15 per head at the door

Drinks at bar prices

For more info contact 5352 9387



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DIPLOMA OF NURSING STUDENTS WELCOMED

By JODIE HOLWELL – COMMUNITY LIAISON

East Grampians Health Service has welcomed its 2019 cohort of Fed Uni TAFE Diploma of Nursing students.

The 23 students commenced their studies in February with all training taking place on site at East Grampians Health Service's Nursing Education Student Training (NEST) room.

Students undertaking the program are studying as part of the Free TAFE initiative and the two-year course will be completed at the end of 2020.

EGHS educators and clinicians are teaching some units alongside Angela Etheridge, lead Fed Uni TAFE teacher at the Ararat campus.

During their training, the students will undertake placements at EGHS and in surrounding towns such as Stawell and Horsham.

"We are very excited to welcome our 2019 cohort of students to East Grampians Health Service," Chief Executive Andrew Freeman said.

"They have settled in well and are enjoying their studies."

Securing the EGHS workforce was one of the reasons behind implementing a Diploma of Nursing course in Ararat.

Twelve nurses are now working at EGHS from the previous Diploma of Nursing cohort, who graduated in June 2018.

"Having a course delivered in Ararat has given many people the opportunity to undertake studies in nursing who may not otherwise have been able to," Mr Freeman said.

"This includes young people precluded from training in metro areas due to the high cost of training and the associated living expenses, women returning to the workforce after a break raising children and having the opportunity to train in their own town, and people taking the opportunity to upskill through the Free TAFE initiative.

"Having the Diploma of Nursing course conducted onsite is in line with our philosophy of 'growing our own' workforce and will enable us to have a secure nursing workforce well into the future."



Pictured above: The 2019 cohort of Fed Uni TAFE Diploma of Nursing students at East Grampians Health Service

GET OUT AND ENJOY YOUR NEIGHBOURHOOD!

By JODIE HOLWELL – COMMUNITY LIAISON

Ararat will soon have a permanent scavenger hunt/walking trail to encourage people to engage with green spaces, thanks to a Heart Foundation grant received by East Grampians Health Service.

The Heart Foundation recently conducted a competition to encourage communities to come up with innovative ways to get their community to be active.

EGHS submitted an application, 'Active Adventure Around Ararat', with the idea of developing a permanent scavenger hunt/walking trail around the town to encourage the community to engage with green spaces and parks.

The trail will also feature a puzzle component at each stop to help spark people's interest.

"After three rounds of the application process, we won!" project facilitators Zosha Jarecki-Warke and Kelsey Weight said

"We are one in eight winners to receive the grant for \$10,000 to make this idea come to life."

Zosha and Kelsey recently travelled to Sydney for a workshop by CoDesign to learn more about Community Design and Project Management to help execute the project.

Planning and development are underway, with the expected completion and launch due in September.

"We are really looking forward to being able to create beautiful spaces for our community to engage in, and to encourage people to get out, walk between each location, and get to know their neighbourhood," Zosha and Kelsey said.



Pictured above: Zosha Jarecki-Warke and Kelsey Weight at the workshop in Sydney



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SUNDAY SCHOOL MEMORIES

BY BERNADETTE CINCOTTA
RESIDENT SUPPORT CO-ORDINATOR

After 40 years it's time for Glenn Jamieson, Leisure & Lifestyle assistant at 70 Lowe Street to repay the care he received from his Sunday School teacher all those years ago.

Glenn who has been working as a Leisure & Lifestyle assistant since November last year, now helps care for his Sunday school teacher, Noelle McKinnis, who taught him from 1971-1973. Glenn had even kept his old Sunday School books presented to him by Noelle during those years which he brought in to show Noelle recently.

The book brought back lots of memories to Noelle who remembers going to Ballarat to pick them up and take them back for the students at Sunday School in Ararat.

Noelle says she remembers Glenn and his twin brother saying "they were little devils, but they were dear little devils. I've known Glenn for so many years, he's a good friend".

Noelle remembers teaching a few of the men and women that now work as nurses for East Grampians Health Service and looks back on her years working with children with many fond memories.



Pictured above: Glenn Jamieson and Noelle McKinnis reminisce over the Sunday School books given to Glenn over 40 years ago

SUPPORT SERVICES STAFF ACKNOWLEDGED

BY JODIE HOLWELL
COMMUNITY LIAISON

To acknowledge the great work our support services staff do every day, East Grampians Health Service celebrated Hospitality Workers in Health Care Day on March 6.

Support services staff were treated to a barbecue in the Pyrenees House courtyard and the tables were turned when the Directors got behind the barbecue and flipped burgers for those who normally work in the kitchens, as well as other valued support services staff.



Pictured above: Chief executive Andrew Freeman, Director of Support Services Stuart Kerr and Director of Development and Improvement Mario Santilli cook for Chef Naveen Mettu



Pictured above: Support services staff enjoying a break on Hospitality Workers in Health Care Day, seated L-R, Robert McKinnis, Sue Burns, Naveen Mettu, Tacey O' Brien, Marg Brown, Shelby Hedges; standing, Laura Young, Dayle Smith



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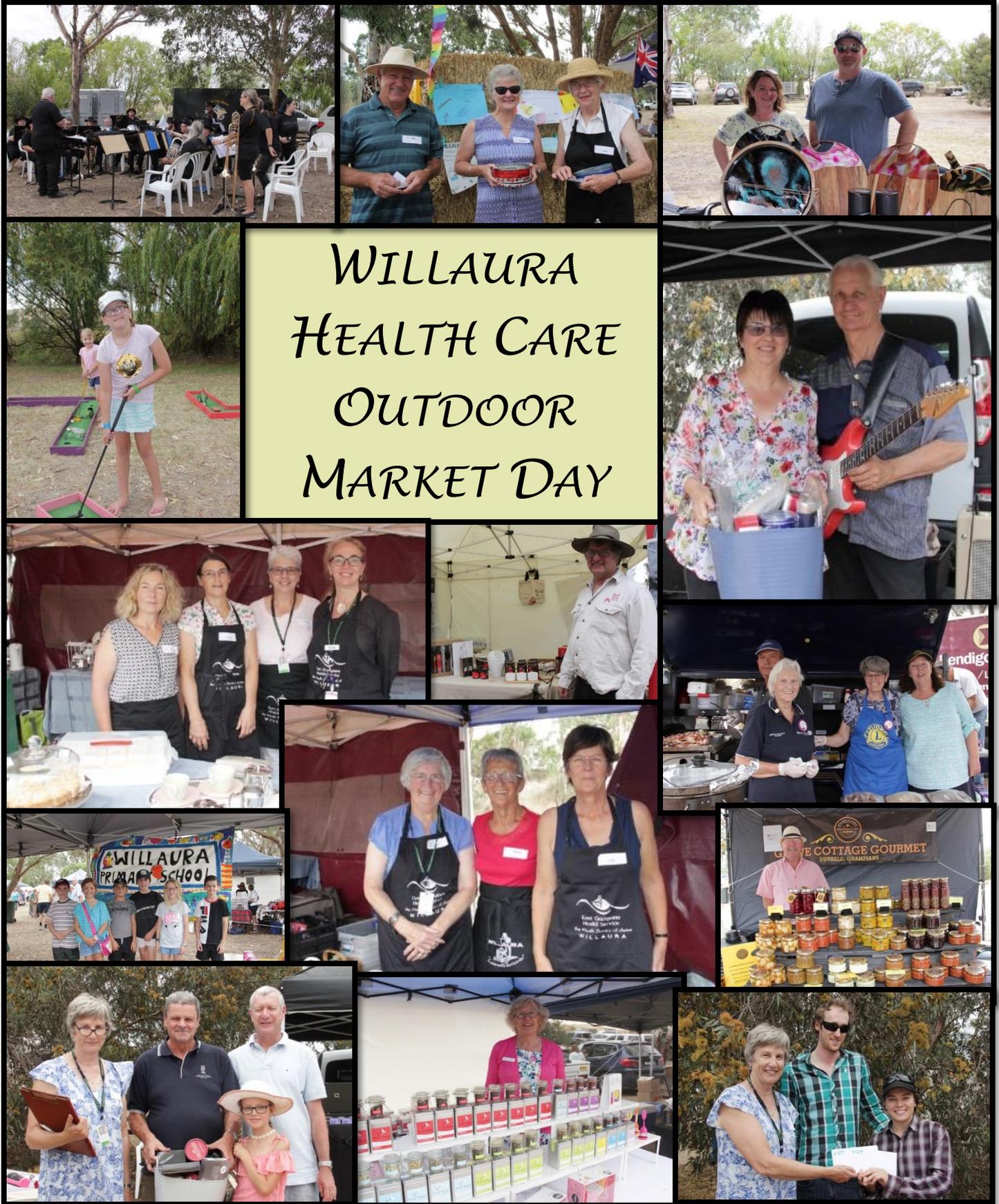
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Real Life Celebration PROGRAM 2019

**26-28
APRIL**



Join us to celebrate
three days of family fun with inspiring speakers, music and lots of activities for the kids including: FREE sausage sizzle, jumping castle, ultimate Bull Riding challenge, crafts, petting zoo, face painting and more. PLUS great prizes to be won in our lucky draws!

Be inspired with talks and services by Bill Newman addressing youth, entertained by Levi McGrath and Australian kids' entertainer Dan Warlow and the Ararat Church of Christ band (ACOC).

Venue: Ararat Town Hall

Everyone Welcome!

EGHS Immunisation Clinics

LEEANNE ATKINSON
INFECTION CONTROL COORDINATOR

Upcoming dates for Immunisation Clinics for 2019 are as follows;

- 1ST APRIL 2019
- 6TH MAY 2019
- 3RD JUNE 2019
- 1ST JULY 2019
- 5TH AUGUST 2019
- 2ND SEPTEMBER 2019
- 7TH OCTOBER 2019
- 4TH NOVEMBER 2019
- 2ND DECEMBER 2019

All sessions are held on the first floor, Dialysis End at 2.00pm.

Extra clinics will be advised during the Flu Vaccination season in March, April and May.

Willaura staff can either attend the clinic at Ararat or contact Rachael Vallance.

If you have any questions on Immunisation or Clinics, Contact Linden Marland on 29332 OR Leeanne Atkinson on 29422

PLEASE REFER TO EGHS POLICY 70.15 FOR INFORMATION ON IMMUNISATIONS AVAILABLE AND RECOMMENDED FOR STAFF.

WHERE ARE THEY NOW?

AMY LEEKE

2012 Graduate Diploma in Medical Sonography – Freemasons Bursary

1. *What department/what position were you working in prior to receiving the scholarship/bursary?*

Radiology

2. *Where did you study?*

University South Australia

3. *Where are you working now: What department/field/position?*

As a sonographer/radiographer at EGHS

4. *How has the scholarship/bursary assisted you in achieving your current position and what do you enjoy most about your current position?*

I get the most enjoyment from knowing that my local community has access to a high quality service, and that they can receive important diagnostic examinations without having to travel out of town.



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Ark Toy and Activity Library



Thursday April 18 2019

Alexandra Gardens, Ararat | 10am

(Meet at the Rotunda near the swimming pool)

\$5 per child

BYO morning tea

Raising funds to purchase new toys and equipment for the EGHS Ark Toy and Activity Library



Visit by the Easter Bunny!

Picnic blankets and toys from The Ark Toy And Activity Library supplied

RSVP by Friday April 12
Jodie Holwell
P: 03 5352 9387



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EGHS Ladies Auxiliary invites everyone to the 2nd

Vintage Roadshow Luncheon

Tuesday 7th May 2019

Guest Speaker & Valuations by Ruth & Rhys Colliton



Location :- Willaura Memorial Hall

Cost: \$35 (includes raffle ticket)

Valuations & Stalls from 11am

Lunch served at 12.30pm

Bookings necessary for catering, please RSVP before April 26th

To Leonie King Ph 5352 4550 Email - bowmont1@bigpond.com
or Kathy Tucker Email - kathy_tucker@bigpond.com.



**Pre-booking for your valuation
is essential as space is limited.**

1 item per person - cost is \$5 for a 5 min valuation

**TO BOOK FOR A VALUATION - contact Bev McRae
Ph 0458 728 008 or Ph 5352 7006**

from April 25th until 2ndMay, between 10am & 2pm.



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MURRAY TO MOYNE TRIVIA NIGHT



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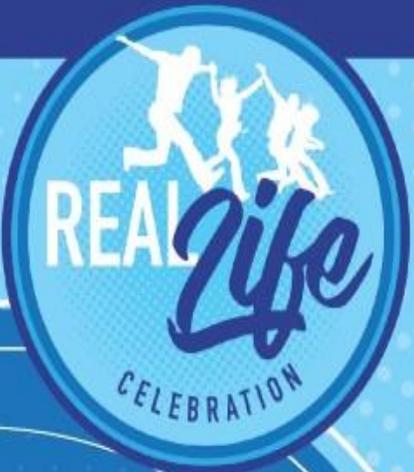
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Real Life Celebration PROGRAM 2019

**26-28
APRIL**



Join us to celebrate
three days of family fun with inspiring speakers, music and lots of activities for the kids including: FREE sausage sizzle, jumping castle, ultimate Bull Riding challenge, crafts, petting zoo, face painting and more. PLUS great prizes to be won in our lucky draws!

Be inspired with talks and services by Bill Newman addressing youth, entertained by Levi McGrath and Australian kids' entertainer Dan Warlow and the Ararat Church of Christ band (ACOC).

Venue: Ararat Town Hall

Everyone Welcome!

PARKLANDS PURSUITS

BY MICHELLE MASLEN

LEISURE & LIFESTYLE COORDINATOR

March has been a warm month, so we took charge and went to Koroit to Mickey Bourke's for a green ale and great meal. Tower Hill Lake is drying out so we didn't see the cheeky emus but lots of visitors were there. The men had a great day at Ballarat Ten Pin Bowling. Wern and Gary fought tooth and nail to be the winner. It is a great rink and once again I had the lightest bowl and it was pink of course.

Graham and Jo have visited to sing many songs to us, and we purchased the book about Graham's life. It is a great read with lots of laughs. We will be having a cooked breakfast soon, scrambled eggs and tomatoes.

Onto April... The boys have a competition in Horsham to play Ten-pin Bowling; we have our local shopping outing at Ararat; an outing to Beaufort to see their town and views; Anzac Day theme; and footy tipping will be in full swing, plus a BBQ just before Anzac Day. Let's not forget Easter which means Fish & Chips on Good Friday, and Easter eggs. The Easter daisy should be out for us to see also.

Pictured right: Joyce Dunster



Pictured below: Gary Moloney



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Broad Bean and Ricotta Tart

INGREDIENTS:

- 2 cups (300g) frozen broad beans
- 1 cup (120g) frozen peas
- 2 cups (480g) ricotta
- 4 eggs, lightly whisked
- 1/4 cup coarsely chopped dill
- 1/2 cup finely chopped flat-leaf parsley
- 1/2 cup finely chopped mint
- 1/2 cup (40g) finely grated parmesan
- 16 sheets filo pastry
- 250g packet cherry tomatoes, halved

METHOD:

1. Preheat oven to 200°C. Lightly grease a 3.5cm-deep, 25cm x 35cm slice pan and line with baking paper.
2. Cook broad beans in a saucepan of boiling water for 2 mins. Add the peas and cook for 1 min or until tender. Drain well. Peel the broad beans and place in a large bowl with the peas. Add the ricotta, egg, dill, parsley, mint and parmesan and stir to combine. Season.
3. Spray 1 filo sheet with olive oil spray. Top with another sheet. Spray with olive oil spray. Repeat to make a stack of 8 filo sheets. Cover with a damp tea towel. Repeat with the remaining filo to make another stack. Cut each stack into four 15cm squares.
4. Divide ricotta mixture evenly among the filo squares, leaving a 1cm border. Arrange filo squares in 2 rows of 4 in the prepared pan, lifting edges of the filo to fit. Top with tomato. Season.
5. Bake for 25-30 mins or until pastry is golden brown and filling is set. Serve warm or at room temperature.



AIM (100s) CLUB

CORPORATE SERVICES RECEPTION

The following are the latest 100s Club draw results, winners can collect their prizes from reception;

DRAW 1 MARCH 2019

1 ST PRIZE	CAROLYN SMITH
2 ND PRIZE	C M BAKER
3 RD PRIZE	A D JENKINS
4 TH PRIZE	SHANE BRIGGS

DRAW 20 MARCH 2019

1 ST PRIZE	GARY MOORFOOT
2 ND PRIZE	MARK FRAWLEY
3 RD PRIZE	JUDI DEBNEY
4 TH PRIZE	NARELLE HOUSE

EGHS ECHO

East Grampians Health Service
Girdlestone Street, Ararat VIC 3377
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Fax. 5352 9333

The Echo is published on the 4th Friday of the month. The deadline for submissions of articles is the Tuesday prior. The *ECHO* Editor is Lisa Nolen. Information can be sent through, preferably by email, to lisa.nolen@eghs.net.au. Printed copies of the *ECHO* are distributed to IPU, Theatre, 70 Lowe Street, GVC, Day Centre and the Cafeteria. The *ECHO* is sent via email to all staff, Board of Management, Ararat Medical Centre, Ararat Psych Services as well as the staff at the Ararat Ambulance Station.



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