



EGHS ECHO



East Grampians
Health Service

SEPTEMBER
2019

IN THIS ISSUE...

FROM THE CHIEF EXECUTIVE'S DESK

BY ANDREW FREEMAN - CHIEF EXECUTIVE



Welcome to the September 2019 edition of the Echo.

I would like to thank all staff across the organisation for their professionalism and assistance during the recent National Standards accreditation. The surveyors provided terrific feedback, which covered all areas of the eight national standards. We will not receive the outcome until the surveyors submit their final report to the ACHS Board for approval. We hope to receive this notification in the next two to three weeks.

The surveyors were extremely complimentary of everyone across the organisation and the team approach to the care you provide. What was particularly pleasing was they highlighted the

care, compassion and empathy of all staff. The feedback provided is a reflection on all staff at EGHS and the work that you do on a daily basis. Thank you for your ongoing commitment to EGHS and well done on a fantastic team effort.

In recent weeks, I have been fortunate to attend Annual General Meetings of a number of auxiliaries that support EGHS. It highlights to me how fortunate we are to have such committed volunteers across the whole of the organisation and the important role they play.

EGHS continues to be extremely busy and I am sure we are all looking forward to the weather warming up.

ATTENDANCE AT STAFF BRIEFINGS

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

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.

CEO Report cont. page 3

- 🔗 From the Chief Executive's Desk
- 🔗 Toy Library Awards Life Memberships
- 🔗 EGHS Policies & CPGs
- 🔗 Staff Exercise Classes
- 🔗 Welcome new EGHS Staff
- 🔗 Busy year of Fundraising for Residents' Support Group
- 🔗 Dental Health Week
- 🔗 Year of Change for Toy Library
- 🔗 Movie Night – Ride like a Girl
- 🔗 EGHS Immunisation Clinics
- 🔗 Hinchey Highlights
- 🔗 Virtual Reality Technology help staff understand Dementia
- 🔗 Snacking Maximises Shift worker Productivity
- 🔗 EGHS Footy Tipping
- 🔗 Parkland House Willaura Visit
- 🔗 The Ark Toy & Activity Library
- 🔗 Women Wisdom & Wellbeing Dinner
- 🔗 Weighing up the damage of diets
- 🔗 Recipe of the Month



Integrity



Excellence



Community
Focus



Working
Together



Learning
Culture

TOY LIBRARY AWARDS LIFE MEMBERSHIPS

BY JODIE HOLWELL
COMMUNITY LIAISON

The EGHS Ark Toy and Activity Library awarded Life Membership to two long serving volunteers.

Margaret Stephens and Grace Rachinger both received Life Memberships at the Toy Library's AGM.

Margaret has been a Toy Library Auxiliary member and volunteer for 19 years, having joined in 2000.

During her time Margaret has seen many location changes, from a tiny room the size of a storeroom to the old large laundry, then another room at the end of the old laundry and now the brand new Toy Library space in the Community Health Centre.

Margaret has worked tirelessly as an Auxiliary volunteer and during her time she was president for six years.

Margaret and her late husband Brian became a respite family for a young boy and experienced first-hand the real value and support that the Toy Library offered to families.

Grace joined the Toy Library one year after Margaret in 2001 and has always been a dedicated, committed Auxiliary member.

Always willing to assist in any way possible, Grace has volunteered at the Toy Library and at fundraising events through the years.

It was through Grace that the Toy Library became involved in the catering roster system at the Ararat Town Hall free lunchtime concerts, with money raised at these events helping with the purchase of resources to be used by members of the Toy Library.

Grace has always been a supportive and valued member, who



Pictured are new EGHS Ark Toy and Activity Library Life Members Margaret Stephens (left) and Grace Rachinger with EGHS chief executive Andrew Freeman

in her gentle way has an awareness of the needs of others.

EGHS chief executive Andrew Freeman presented Margaret and Grace with Life Membership certificates and all who attended the AGM congratulated them on their outstanding service over many years.

EGHS POLICIES & CPGs

BY HANNAH JENNINGS
EXECUTIVE ASSISTANT DEVELOPMENT & IMPROVEMENT

UPDATED POLICIES		CPG 58.45	PRESSURE INJURY – PREVENTION & MANAGEMENT – ACUTE
SOPP 72.45	LOCKDOWN	CPG 58.43	PRESSURE INJURY – PREVENTION & MANAGEMENT – OCCUPATIONAL THERAPY
SOPP 35.06	REDUNDANCY	NEW CPGs	
SOPP 70.42	CLEANING/CHANGING OF CURTAINS	CPG 80.07	REFEEDING SYNDROME IN ADULTS PATIENTS
SOPP 20.04	CASH HANDLING		
UPDATED CPGs			
CPG 10.70	SURGICAL HAND ANTISEPSIS, GOWNING & GLOVING		



Integrity



Excellence



Community Focus



Working Together



Learning Culture

Invitation to attend EGHS Annual Open Access Board Meeting



East Grampians Health Service's Annual Open Access Board Meeting will be held in the Mt William Room, Pyrenees House Girdlestone Street, Ararat on Tuesday 24th September 2019 commencing at 6.00 pm



To assist in gaining a greater understanding of the Health Service and provide feedback, members of the community are invited to attend East Grampians Health Service's 'Open Access Board Meeting'. Refreshments will be served at the conclusion of the meeting.

Members of the public are invited to attend.

Nancy Panter
Board Chair

For catering purposes please RSVP by Wednesday 18th September 2019 to Jo Summers
Telephone 5352 9303
or email jo.summers@eghs.net.au



CEO Report cont.

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

STAFF BRIEFINGS

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

- Tuesday 17th September
- Wednesday 16th October
- Tuesday 19th November



Staff Exercise Classes by Joanne Page - Physiotherapist

East Grampians Health Service Physiotherapist Joanne Page 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 joanne.page@eghs.net.au.



VINTAGE FASHION PARADE

Join us for a walk down memory lane reflecting on the fashions and fabrics of yesteryear.

Included is a display of the **Lady Grimwade Collection** • followed by afternoon tea.

Date: 9 October 2019 at 2pm Location: Ararat Town Hall

Bookings: [trybookings](#) or contact Anne 0431 133 863 Cost: \$20



• From the Permanent Collection of Ararat Gallery THA



Integrity



Excellence



Community Focus



Working Together



Learning Culture

WELCOME NEW EGHS STAFF

BY ROS BLOOMFIELD, MANAGER – HUMAN RESOURCES

Carolyn Akesson

MY POSITION AT EGHS	<i>AHC ACUTE</i>
FAVOURITE AFL TEAM	<i>CARLTON</i>
FAVOURITE FOOD	<i>ITALIAN</i>
INTERESTS	<i>TRAVEL, READING</i>
ONE THING I'M GOOD AT...	<i>REMEMBERING PHONE NUMBERS</i>
ONE THING I WANT TO DO IN MY LIFETIME IS...	<i>SEE AURORA BOREALIS</i>



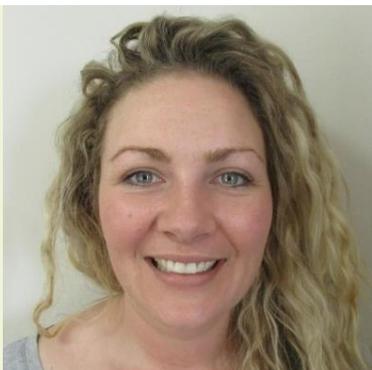
Jenni Boyle

MY POSITION AT EGHS	<i>LOCUM SONOGRAPHER</i>
FAVOURITE AFL TEAM	<i>RICHMOND TIGERS</i>
FAVOURITE FOOD	<i>ALL FOOD!</i>
FAVOURITE MUSIC	<i>BLUES</i>
INTERESTS	<i>PHOTOGRAPHY, WRITING & PARANORMAL</i>
ONE THING I'M GOOD AT...	<i>ENJOYING LIFE</i>
ONE THING I WANT TO DO IN THIS LIFETIME IS...	<i>CONTINUING TO ENJOY LIFE</i>



Bree Leonard

MY POSITION AT EGHS	<i>ENROLLED NURSE</i>
FAVOURITE AFL TEAM	<i>GEE LONG</i>
FAVOURITE FOOD	<i>CRAB CHOWDER, SOUP</i>
FAVOURITE MUSIC	<i>FLEETWOOD MAC</i>
INTERESTS	<i>WALKING</i>
ONE THING I'M GOOD AT...	<i>PEOPLE</i>



Karen McPherson

MY POSITION AT EGHS	<i>ENROLLED NURSE</i>
FAVOURITE AFL TEAM	<i>COLLINGWOOD</i>
FAVOURITE FOOD	<i>INDIAN</i>
FAVOURITE MUSIC	<i>COUNTRY ROCK</i>
INTERESTS	<i>ROCK CLIMBING, MOTOR BIKE RIDING</i>
ONE THING I'M GOOD AT...	<i>HAVING FUN</i>
ONE THING I WANT TO DO IN THIS LIFETIME IS...	<i>EVERYTHING POSSIBLE</i>



Integrity



Excellence



Community Focus



Working Together



Learning Culture

BUSY YEAR OF FUNDRAISING FOR RESIDENTS' SUPPORT GROUP

BY JODIE HOLWELL
COMMUNITY LIAISON

The EGHS Residents' Support Group AGM guests enjoyed a fashion parade from Caring Clothing, a company which provides specialist clothing for the elderly, residents in residential aged care and the disabled.

RSG group members modelled the clothing and created interest among those who attended.

Marlene Goudie was returned as president of the group and will be supported by Secretary Jackie Grimmer, Treasurer Margaret Spong and assistant treasurer Lynne Wilson.

In her report Marlene said the Residents' Support Group is a very committed group of people who work towards improving the lives of residents of 70 Lowe Street and Garden View Court.

"The regular activities and seasonal events have continued throughout the year and been well attended. These have included manicures, Memories, Whistling Kettle, Tea and Talk, music, footy tipping, bingo and sewing assistance for residents," Mrs Goudie said.

"Our members have often said that they feel very privileged to visit with the residents and we feel that we enjoy this as much as the residents do!"

Other activities conducted throughout the year include the 70 Lowe Street Carols, which has become a tradition for residents, families and friends, Easter Egg delivery, with Marg Young carrying out this tradition for 45 years, along with her grandson Callum for the past 10 years, and Mother's Day afternoon tea and entertainment.

Mrs Goudie said it had been a busy year for fundraising, which included catering at the Rotary Club Regional Assembly, assisting in catering at the Ararat Town Hall free lunchtime concerts, assisting catering for the 50th anniversary Beefsteak and Burgundy Dinner at J Ward, and catering for 260 people at the Dan Tehan volunteer awards ceremonies at Alexandra Oval Community Centre.

Major fundraisers have included a successful movie night featuring 'Ladies in Black' at the Astor Cinema, with 215 people attending and the Shopping Spree Night, which was reintroduced after a hiatus of a number of years and proved very successful.

The group was also fortunate that one of the entrants in the Golden Gateway Festival Queen competition identified the Residents' Support Group as her chosen charity.

Some of the proceeds of this fundraising have gone towards the purchase of: Three iPads for 70 Lowe Street \$1557; Christmas Gift Vouchers for Garden View Court and 70 Lowe Street \$150 x 2; Outdoor Plants for 70 Lowe Street and Indoor Plants for Garden View Court \$300 x 2; 30 Tablecloths ordered \$750.

"A focus this year has been on working towards attracting new members to ensure the sustainability of the group in the coming years. This has been very successful, with seven new members joining the group," Mrs Goudie said.

"It has been wonderful to see the new members being enthusiastically welcomed at meetings and included in events.

"We will also continue to encourage more male members, which will mean that we are able to support additional activities and outings for the men of Lowe Street and Garden View Court."



Pictured above: Resident Support Group executive Jackie Grimmer, Marg Spong and Marlene Goudie with Dorothy Konig, 70 Lowe Street resident and former member of the Aged Care Auxiliary



Pictured above: EGHS Residents' Support Group executive, Lynne Wilson, Marg Spong, Jackie Grimmer and Marlene Goudie



Pictured above: Lynne Wilson modelling clothing from Caring Clothing at the AGM



Integrity



Excellence



Community Focus



Working Together



Learning Culture

GET YOUR



ON TRACK

East Grampians Health Service Dental

Clinic is located inside the East Grampians Community Health Centre, along with other allied health disciplines. EGHS CHC Dental Clinic is a 4 Chair facility providing emergency and general/denture care to the Ararat and wider community.

The fields of dentistry that we provide, include:

- Conservative Dentistry
- Endodontics (plus visiting specialist)
- Prosthetics (plus visiting specialist)
- Paediatrics
- Periodontics
- Emergency Care
- Limited Surgical Procedures
- Special Needs (plus visiting specialist and referrals to Royal Melbourne Dental Hospital)

Cooperative arrangements also exist with local Private Providers in the form of a voucher system to assist in the provision of emergency care to the community.

We also provide Outreach services to:

- Local and Regional Schools
- Hopkins & Langi Kal Kal Correctional Facilities

East Grampians Health Service
Dental Clinic
Treated 2,280 people,
Over 6,424 visits,
Between July 2018 – June 2019

Dental Health Week August 5th – 11th 2019

Did you know?

- 4 billion people on earth use a mobile phone
- 3.5 billion of them use a toothbrush

The average Australian is spending 2.5 hours per day on their mobile phone, yet only half the population spend four minutes to brush twice daily.

HAVE WE GOT YOUR ATTENTION?



Pictured left:

*Dr Nora Kharoofa
Clinical Educator,
5th Year Dental
Student Sheryl
George, Senior Dental
Assistant Amy Mantell*

OUR COMMUNITY DENTAL TEAM

Director of Community Health Centre: Sally Philip

Executive Assistant: Ruth Guy

Dental Clinic Coordinator: Kaylene Jackson

Clinical Educator: Dr Nora Kharoofa

Dental Specialists Visitors: Professor Zimet, Dr Schneider

Dentist: Dr Hannah Young

Latrobe Final Year Dental Students:

Rachel Reid, Motaz Ismail, Sharayu Narkhede, Sheryl George

Oral Health Therapist: Lauren Milloy

Dental Therapist: Kaylene Jackson

Senior Dental Assistant: Amy Mantell

Dental Assistants: Claire Homburg, Larissa Johnson, Tysharna Kay-

Darts, Kylie Simmonds, Bianca Williams

Dental Prosthetist: Bek Seeary

Dental Technician: Sigi Strauja

Trainee Dental Technician: Hayley Lugg

Reception Team: Candice O'Brien, Kelly Tillig, Janelle Carver, Ellen

Ferrier, Allycia Kelly, Sue Perera

Today more than ever Australians feel there is not enough time in the day to get everything done. This means that essential oral hygiene and preventive habits such as brushing, flossing and visiting the dentist can all too easily fall by the wayside – a point highlighted by a recent survey which uncovered only half of the population brush their teeth twice per day and the majority rarely or never floss between their teeth.

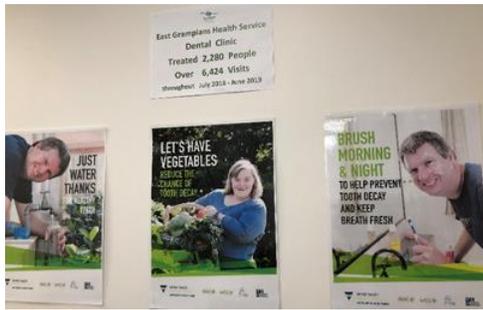


Integrity



Excellence

Community
FocusWorking
TogetherLearning
Culture



Facts about Oral Health in Australia:

- Tooth decay is the most common chronic disease in Australia.
- Oral diseases such as tooth decay, gum disease and oral cancer contribute to illness disability and death in Australia.
- Poor oral health in childhood is the strongest predictor of further dental disease in adulthood.

Links between oral health and general health the case for action (Dental Health Services Victoria)

Dental decay is the second most costly diet-related disease in Australia, with an economic impact comparable with heart disease and diabetes. Evidence clearly demonstrates that these diseases are not just limited to the mouth, but importantly are linked to general health outcomes.

Robust studies have shown that cardiovascular diseases, diabetes and complications of diabetes, respiratory infections, stroke, kidney diseases, peripheral vascular disease, dementia, aspiration pneumonia, stomach ulcers, oral cancers, obesity and adverse pregnancy outcomes are significantly associated with tooth loss and periodontal disease.

Poor oral health causes disability

Oral disease creates social impacts. The Healthy Mouths, Healthy Lives report states:

“The impact of oral disease on people’s everyday lives is subtle and pervasive; influencing eating, sleep, rest and social roles. Collectively, oral diseases and disorders create substantial pain and suffering, disability and, in certain cases, death”

Oral health issues and major diseases share common risk factors.

Oral health itself is determined by a multitude of factors, including diet, hygiene, smoking, alcohol use, stress and trauma common to a number of chronic diseases.

The EGHS Community Health Centre Dental Department offers the following services for all children and eligible young people and adults:

- ✓ Dental check-ups
- ✓ Dental treatment including extractions, fillings and cleaning
- ✓ Emergency treatment for people in pain
- ✓ New dentures
- ✓ Repairs, additions, relines and adjustments of existing dentures
- ✓ Oral health advice

Services are offered to:

- Children 0-12 (free)
- Young people aged 13 – 17 with a Health Care Card or Pension / Concession Card (free)
- A co-payment and waiting list applies to adults aged 18 years and over who have a Pension / Concession Card

Hours: 8:30 am – 5pm Monday to Friday

How is your oral health tracking?

Are you brushing twice a day, flossing once a day, eating a nutritious, low sugar diet and remembering to visit your dentist regularly?



Integrity



Excellence



Community Focus



Working Together



Learning Culture

YEAR OF CHANGE FOR TOY LIBRARY

BY JODIE HOLWELL – COMMUNITY LIAISON

At the 37th annual meeting of the EGHS Ark Toy and Activity Library, members celebrated moving into their new toy library space at the Community Health Centre.

Returning president Kaye Chamings said many changes had taken place throughout the existence of the Toy Library, be it a change of premises due to circumstances or direction taken to expand the service of the Toy Library to better meet the needs of the community, and the move to the new Toy Library space was yet another change to celebrate.

"It is fitting that the Toy Library has been relocated within the EGHS Community Health Centre," Mrs Chamings said.

"As a resource service to the community within the Ararat Rural City, the Toy Library Auxiliary volunteers give their time to be supportive to special needs children and their families, parents and baby groups, adults in residential care, friends of the Patricia Hinchey Centre and all people with various needs."

To complement the new Toy Library, the Auxiliary was successful in receiving two grants, a \$1000 community grant from the Ararat RSL and a \$5000 grant from the Ararat Wind Farm, for the purchase and construction of a shade sail over the new Toy Library outdoor area.

The new outdoor play space will soon be installed to complete the Toy Library project.

Pictured below: The new EGHS Ark Toy and Activity Library executive, L-R, Jan Ayer, Kaye Chamings and Dianne Pickering



Mrs Chamings said in her report that new groups from the community are now using the Toy Library, including the Friends of the Day Centre using the area twice monthly, EGHS Residents' Support Group member Jane Richardson using materials with Garden View Court residents and ante-natal classes will soon be held in the space.

The Toy Library will continue to work closely with the Maternal and Child Health Service which is now located at the CHC and new parent and baby groups are joining on a regular basis.

The Toy Library held a number of successful fundraising events throughout the year.

Funds raised included \$2000 from a cake stall at the EGHS garage sale, \$1623.20 from the annual movie day, featuring 'Swimming with Men' and \$472 from an Easter Egg Hunt in Alexandra Gardens, attended by 80 children.

Funds raised from these event will go towards new wooden toys for the baby and toddler area and equipment for the outdoor play area.

The end of year music day led by Grant Thomas was once again a success with 31 children enjoying songs, puppets and games.

"Thank you to our friends and supporters for your support when we hold a function, we value your friendship and interest," Mrs Chamings said.

Joining Kaye on the committee include Secretary Dianne Pickering, Treasurer Jan Ayer and assistant treasurer Mary Stapleton.



Picture above and left: Guests at the Toy Library AGM touring the new Toy Library space



Integrity



Excellence



Community Focus



Working Together



Learning Culture

MOVIE NIGHT – RIDE LIKE A GIRL

BY JODIE HOLWELL – COMMUNITY LIAISON

The next fundraising event for the EGHS Residents' Support Group is a Movie Night at the Astor Cinema, featuring the movie 'Ride like a Girl', the story of Melbourne cup winning jockey Michelle Payne.

The movie follows the life of the first ever female to win the Melbourne Cup.

The youngest of ten children, Michelle left school at fifteen to become a jockey but a family tragedy, followed by her own near-fatal horse fall, all but ended the dream. However, with the love of her dad and her brother Stevie, Michelle didn't give up and eventually met Prince of Penzance. Together they overcame impossible odds for a shot at the dream: a ride in the 2015 Melbourne Cup. The rest is history.

The movie night will be held at the Astor Cinema on Thursday September 19, with wine and savouries at 6.30pm, followed by the movie at 7.30pm.

Tickets are \$25 and include wine and savouries. Tickets are available from 2Taggs, Barkly Street Ararat, or Residents' Support Group members.

For an added bit of fun – frock up for the races, fascinators optional!

Enquiries to Jackie 0409 395 378 or Libby on 0438 970 351.

EGHS Immunisation Clinics

LEEANNE ATKINSON

INFECTION CONTROL COORDINATOR

Upcoming dates for Immunisation Clinics for 2019 are as follows;

- 7TH OCTOBER 2019
- 4TH NOVEMBER 2019
- 2ND DECEMBER 2019

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

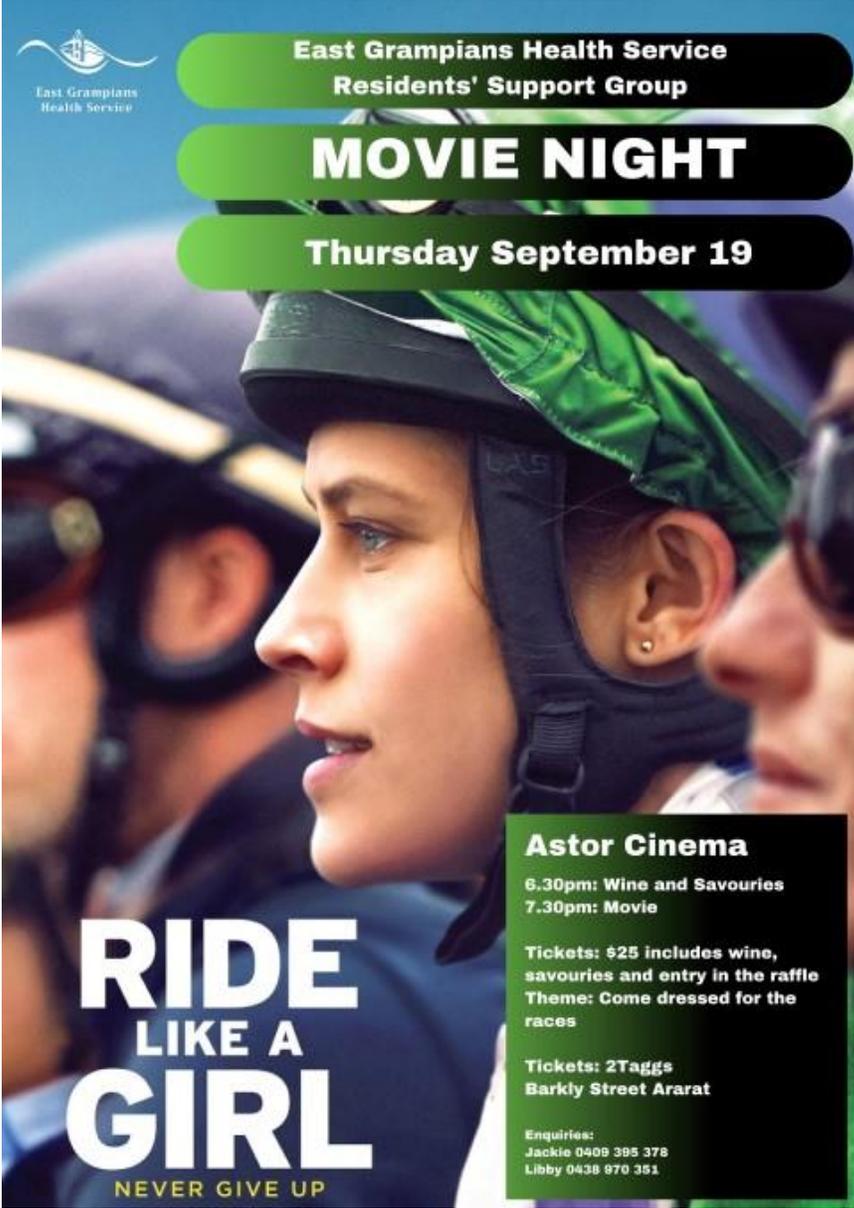
Willaura staff can either attend the clinic at Ararat or

contact Rachael Vallance.

If you have any questions on Immunisation or Clinics,

Contact Leeanne Atkinson on 29332

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



East Grampians Health Service
Residents' Support Group

MOVIE NIGHT

Thursday September 19

Astor Cinema
6.30pm: Wine and Savouries
7.30pm: Movie

Tickets: \$25 includes wine, savouries and entry in the raffle
Theme: Come dressed for the races

Tickets: 2Taggs
Barkly Street Ararat

Enquiries:
Jackie 0409 395 378
Libby 0438 970 351

RIDE LIKE A GIRL
NEVER GIVE UP



Integrity



Excellence



Community Focus



Working Together



Learning Culture

HINCHEY HIGHLIGHTS

BY JACINTA HARMAN
PATRICIA HINCHEY CENTRE

Once again, we have been very busy at The Patricia Hinchey Centre this month. Our theme of the month is "Country Life", as part of this month's theme Tracey bought in some lambs for the clients to feed, there was a lot of excitement about being able to feed and pat the lambs.

The town of the month is Beaufort, some clients went for the drive and picnic, and others stayed at PHC to enjoy the armchair travel of Beaufort. The activity of indoor bowls is an activity that is entertaining and enjoyed by all clients, this time Rodney was the winner.

We had the first "Battle of the sexes" discussion, "driving a car", obviously a lot of different opinions; however, it was all fun and lots of laughter.

Clients also participated in cooking veggie soup, the fragrance of the vegetables was a lovely smell throughout PHC and the soup was gratifying to all. We enjoy talking about the news of the day; it has been 60 years since the landing on the moon, clients enjoyed a quiz about all things regarding the moon landing and the memories our clients remembered from that significant event.

A daily activity everyone enjoys is the crossword and quiz from the paper; our clients are very clever with their knowledge and always finish the quiz.

Regards from the Staff, Volunteers and Clients.



VIRTUAL REALITY TECHNOLOGY HELP STAFF UNDERSTAND DEMENTIA

BY JODIE HOLWELL
COMMUNITY LIAISON

Staff from 70 Lowe Street attended two unique training sessions in July.

The two training sessions were Understanding Dementia and Enabling EDIE, which uses virtual reality technology to enhance carers' knowledge of the impact of dementia and to develop a support plan that enables Edie and his wife to live more confidently with dementia.

The aim of this workshop is to better understand dementia from the perspective of the consumer (resident) through an Educational Dementia Immersive Experience (Enabling EDIE).

The workshop introduces a 're-ablement' approach, focusing positively on what people can do, given appropriate support, and on the possibilities for living well with dementia.

"Staff feedback from these sessions was overwhelmingly positive, with staff stating that they had greater understanding of a resident's perspective of dementia; identifying support needs of the residents; and how to develop a relevant plan that focuses on enabling a person living with dementia," Training and Development Manager Claire Sladdin said.

Pictured are staff at the training using the virtual reality technology



Integrity



Excellence



Community Focus



Working Together



Learning Culture

SNACKING MAXIMISES SHIFT WORKER PRODUCTIVITY

With large sections of the healthcare industry requiring employees to work around the clock, researchers have investigated the effect of food intake on staff alertness and productivity.

A [University of South Australia](#) study published in the journal *Nutrients* investigated whether altering food intake during the nightshift could optimise how shift workers felt during the night and reduce their sleepiness.

Testing the impact of either a snack, a meal, or no food at all, the study found that a simple snack was the best choice for maximising alertness and productivity.

Lead researcher and University of South Australia PhD candidate Charlotte Gupta said the finding had the potential to help thousands of shift workers who worked during the night.

"In today's 24/7 economy, working the nightshift is increasingly common, with many industries — healthcare, aviation, transport and mining — requiring employees to work around the clock," Gupta said.

"As a nightshift worker, finding ways to manage your alertness when your body is naturally primed for sleep can be really challenging.

"We know that many nightshift workers eat on-shift to help them stay awake, but until now, no research has shown whether this is good or bad for their health and performance.

"This is the first study to investigate how workers feel and perform after eating different amounts of food.

"The findings will inform the most strategic eating patterns on-shift and can hopefully contribute to more alert and better performing workers."

The researchers cited [Australian Bureau of Statistics](#) figures showing that of the nation's 1.4 million shift workers, 15% (or more than 200,000) regularly worked a night or evening shift.

Working at night-time conflicted with a person's internal circadian clock, making it harder to stay focused and awake. Managing fatigue was therefore critical for workplace health and safety, they said.

Over a seven-day simulated shiftwork protocol, the study assessed the impact of three eating conditions: a meal comprising 30% of energy intake over a 24-hour period (for example, a sandwich, muesli bar and apple); a snack comprising 10% of energy intake (for example, just the muesli bar and apple); and no food intake at all. Each were consumed at 12.30 am. The 44 participants were randomly split into the three test conditions and were asked to report on their levels of hunger, gut reaction and sleepiness.

The results showed that while all participants reported increased sleepiness and fatigue, and decreased vigour across the nightshift, consuming a snack reduced the impact of these feelings more so than a meal or no food at all. The snack group also reported having no uncomfortable feelings of fullness as noted by the meal group.

Gupta said the next step was to investigate different types of snacks and how they affected shift workers differently.

"Now that we know that consuming a snack on nightshift will optimise your alertness and performance without any adverse effects, we're keen to delve more into the types of snacks shift workers are eating," she said.

"Lots of shift workers snack multiple times over a nightshift, and understanding the different macronutrient balances is important, especially as many report consuming foods high in fat, such as chips, chocolate and fast foods.

"We're keen to assess how people feel and perform after a healthy snack versus a less healthy, but potentially more satisfying snack like chocolate or lollies.

"Ultimately, the goal is to help Australian shift workers on the nightshift to stay alert, be safe and feel healthy."

Read more: <http://hospitalhealth.com.au/content/nursing/article/snacking-maximises-shiftworker-productivity-1488033507#ixzz5x95YkR3G>



EGHS FOOTY TIPPING COMPETITION

The winners have been decided for the 2019 EGHS Footy Tipping Competition, congratulations to the following people;

1st Place	\$500.00	136 points	Jane Smith
2nd Place	\$250.00	133 points (margin 612)	Maddy Kelly
3rd Place	\$125.00	133 points (margin 705)	Owen Summers



Integrity



Excellence

Community
FocusWorking
TogetherLearning
Culture

PARKLAND HOUSE WILLAURA VISIT

Pictured here are the Willaura Primary School students who visited Parkland House Hostel and read stories to residents - both young and old enjoyed the experience!



SEND US YOUR CAPS 
 envision.org.au

SUPPORT US ON GO FUND ME
 www.gofundme.com/envision-hands



EVERY ONE MILLION CAPS = 100 HANDS

EGHS MANAGERS AND STAFF:

Please collect your bottle tops from: EGHS kitchens, Pyrenees Café, all tea rooms and homes!
Place your clean bottle tops in the box at EGHS front reception



Integrity



Excellence



Community Focus



Working Together



Learning Culture

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.



Are you interested
in finding out more
about Autism?

VMCH

SOCIAL TENNIS

RACHAEL COOPER
DIETITIAN

Where: Ararat Lawn Tennis club
Time: From 6.30pm Tuesdays
Everyone's Welcome
No registration – just turn up
when you can
\$5.00 per night

Join us at this exciting Forum

Decoding Autism Forum is especially for parents, carers, therapists and educators interested in learning more about ASD, Asperger's, PDA, PDDNOS, Sensory and Auditory processing issues in children and adults

Presenter Bobbi Cook will share practical strategies to develop your skills in decoding and understanding the behaviours and challenges of supporting children and adults on the 'spectrum'.

What: 'Decoding Autism for parents, carers, therapist and educators' forum

When: Wednesday 11 September 2019

Where: Alexandra Oval Community Centre, Alexandra Oval, Precinct, Ararat

Time: 10.15am for a 10.30am start to 2.30pm

Cost: \$40.00 per person (cost includes lunch and refreshments)

RSVP: By Tuesday 4 September via Trybooking
<https://www.trybooking.com/BEMHL> or <https://www.trybooking.com/535585>



Call (03) 5352 2317 for more information

About Bobbi Cook Bobbi is a behaviour therapist and family counsellor with 30 years' experience in working with children and families in a variety of sectors including community development projects, women's refuges, schools, holiday programs and childcare centres.



Integrity



Excellence



Community
Focus



Working
Together



Learning
Culture

EGHS WOMEN WISDOM & WELLBEING DINNER



Integrity



Excellence



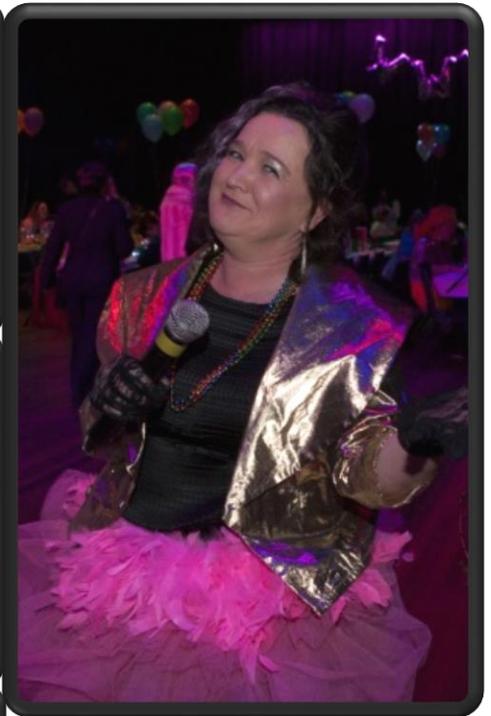
Community Focus



Working Together



Learning Culture



Integrity



Excellence



Community Focus



Working Together



Learning Culture

WEIGHING UP THE DAMAGE OF DIETS

BY ROSE NGUYEN, STUDENT DIETITIAN (DEAKIN UNIVERSITY)

For centuries, weight-loss diets have focused on restricting energy intake. Although these diets can be effective in the short-term, evidence shows that they are not sustainable, with one to two-thirds of weight being regained within one year, and almost all of it being regained in 5 years.

In addition, repeated attempts at weight loss is associated with enhanced weight gain, metabolic disruption, high blood pressure, and unfavourable changes in blood sugar and lipid levels.

Restrictive dieting also causes significant psychological stress on the individual, the effects of which can include binge eating, body dissatisfaction, eating disorders and low self-esteem.

So why do we still equate weight loss with health?

This is why the dietitians at East Grampians Health Service have adopted an evidence-based approach to practice, emphasising long-term health rather than intentional weight loss.

This means they focus on developing sustainable health behaviours and encouraging patients to honour their natural hunger and fullness signals. This approach is associated with clinically significant improvements in physiological and psychological outcomes.

There is overwhelming evidence suggesting that a paradigm shift is needed if effective patient-centred care is to be delivered at EGHS.

If you feel one of your patients would benefit from this model of care, encourage them to make an appointment with one of the dietitians today (no referral needed). Alternatively, if you're curious about how this can help to improve your own health, make an appointment for yourself!



EASY BLT PIZZA

INGREDIENTS:

- 2 large pizza bases
- 1/3 cup (90g) tomato pizza sauce
- 1 cup (100g) shredded pizza cheese
- 6 bacon rashers, excess fat trimmed
- 200g vine-ripened cherry tomatoes
- 1/2 cup (130g) pesto
- 1/2 cup (40g) shaved parmesan
- 60g pkt Coles Australian Baby Rocket

METHOD:

1. Preheat oven to 220C. Line 2 baking trays with baking paper. Place pizza bases on the lined trays. Spread evenly with pizza sauce. Sprinkle with cheese.
2. Cook bacon in a frying pan over medium-high heat for 2 mins each side or until golden. Transfer to a clean work surface. Cut into thirds. Arrange over each base. Top with tomatoes and half the pesto. Bake for 10-12 mins or until bases are golden brown and crisp.
3. Sprinkle with parmesan and rocket. Top with remaining pesto.



EGHS ECHO

East Grampians Health Service
Girdlestone Street, Ararat VIC 3377
Phone. 5352 9300
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.



Integrity



Excellence



Community
Focus



Working
Together



Learning
Culture