



EGHS ECHO



East Grampians
Health Service

NOVEMBER
2019

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FROM THE CHIEF EXECUTIVE'S DESK

BY ANDREW FREEMAN - CHIEF EXECUTIVE



Welcome to the November 2019 edition of the Echo.

Congratulations to all the volunteers who helped with the organisation of the recent 18th EGHS Charity Golf Day and Fun Run at Chalambar Golf Club. It was a great event and well attended. The course was in fantastic condition.

Thank you to everyone who helped with the organisation of the Annual Ball, in particular the Ball Committee who put an enormous amount of time into making it a successful night.

The EGHS 15th Annual Volunteer Recognition Awards were held on the 31 October 2019.

We are very fortunate to have such extraordinary volunteers at EGHS that continue to support us and it was an excellent opportunity to recognise their contribution to EGHS. The guest speaker was Anne Randall, Director of the Good Friday Appeal.

Just a reminder that the AGM will be held on the 26 November 2019 and all staff are invited to attend.

The Health Service continues to be very busy and I would like to thank everyone for their ongoing hard work and commitment to EGHS.

ATTENDANCE AT STAFF BRIEFINGS

Staff Briefing 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.

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



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EGHS POLICIES & CPGs

BY SARAH HARWOOD

EXECUTIVE ASSISTANT DEVELOPMENT & IMPROVEMENT

UPDATED POLICIES	
SOPP 70.31	MANAGEMENT OF INDWELLING VASCULAR DEVICES
SOPP 20.15	REVENUE
SOPP 37.03	FAMILY VIOLENCE – IDENTIFICATION AND RESPONSE
SOPP 37.02	FAMILY VIOLENCE – WORKPLACE SUPPORT
UPDATED CPGs	
CPG 10.74	FLEXIBLE ENDOSCOPE PROCESSING
CPG 10.79	ASEPTIC NON-TOUCH TECHNIQUE FOR PERIPHERAL AND CENTRAL ACCESS INTRAVENOUS THERAPY
CPG 10.99	N-ACETYLCYSTEINE
CPG 11.00	WARFARIN
CPG 11.03	DOPAMINE
CPG 11.08	IRON POLYMALTOSE - FERROSIG - INTRAVENOUS INFUSION
CPG 11.09	INSULIN HUMAN - NEUTRAL
CPG 11.10	MIDAZOLAM
CPG 11.12	ISOPRENALINE
CPG 11.14	PROTAMINE
CPG 11.15	POTASSIUM CHLORIDE
CPG 11.17	NALOXONE
CPG 11.18	NORADRENALINE
CPG 11.19	PHENYTOIN
CPG 11.20	SALBUTAMOL INTRAVENOUS (BRONCHOSPASM)
CPG 64.48	PAEDIATRIC INFANT PERINATAL EMERGENCY RETRIEVAL (PIPER)
CPG 55.11	SAFETY HUDDLE
CPG 64.37	INTERHOSPITAL TRANSFER OF MOTHER
CPG 10.60	PORTACATH
UPDATED BROCHURES	
BRACo8	EGHS RESIDENTIAL AGED CARE FEES
BROPSo2	VMO INFORMATION BOOKLET
BRPHY24	TOTAL KNEE REPLACEMENT EXERCISE SHEET
BRPHY23	TOTAL HIP REPLACEMENT EXERCISE SHEET
NEW MR	
MRo81.1	K10 (KESSLER PSYCHOLOGICAL DISTRESS SCALE)
UPDATED SCOPE OF PRACTICE	
	SCOPE OF PRACTICE FOR VISITING MEDICAL OFFICERS
NEW FORMS	
57.01.06	GASTRO OUTBREAK FINAL CLEAN
57.01.05	CLEANERS DAILY CHECKLIST
57.01.03	KITCHEN CHECKLIST – DURING AN OUTBREAK
57.01.04	KITCHEN AREAS AND SURFACES – FINAL CLEAN-UP
UPDATED FORMS	
58.09.22	MONTESSORI – STAFF ORIENTATION BOOKLET
STAFF BRIEFINGS	
The Staff Briefings at Ararat and Willaura briefings are held at 2.00pm on the following dates for 2019:	
Tuesday 19 th November	



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JANE MILLEAR THANKED FOR YEARS OF DEDICATION TO WILLAURA MARKET

BY JODIE HOLWELL
COMMUNITY LIAISON

At the annual general meeting of the Willaura Healthcare Auxiliary, members thanked outgoing Willaura Healthcare Outdoor Market coordinator Jane Millear for her many years of service.

Jane has been the coordinator of the market since its inception in 2005, and in that time brought together the Auxiliary members, community volunteers and stallholders from near and far to what has become an important event on the wider 'market calendar'.

Over the past 14 years the market has raised more than \$90,000 for Willaura Healthcare and Jane was instrumental in ensuring the market's success.

Pictured right (L-R): Jane Millear accepting a gift from Auxiliary president Ruth Gellert



FREEMASONS DONATE TO DIALYSIS PROJECT

BY JODIE HOLWELL
COMMUNITY LIAISON

The Freemasons Victoria United Ararat Lodge Social Club and Freemasons Benevolent Fund jointly donated \$5750 towards the Dialysis Unit Treatment Chair Replacement Project.

The Freemasons joined the 2019 Murray to Moyne Cycle Relay teams and the East Grampians Health Service Auxiliary in fundraising for the project to replace seven chairs.

The aim of the project was to improve the health and wellbeing of patients who undergo dialysis treatment several times a week, and who have to sit for up to four to five hours at a time.

The treatment chairs were found to be ageing and no longer suitable for either patients undergoing treatment or staff treating the patients.

The new treatment chairs are state-of-the-art and feature safety and comfort features that ensure patients are not put at risk while sitting for extended periods of time and have already significantly improved their lives.

"The donation made a significant contribution towards the replacement of seven chairs in the Dialysis Unit at East Grampians Health Service," EGHS chief executive Andrew Freeman said.

"On behalf of the board and staff at East Grampians Health Service, I would like to thank the local Ararat Freemasons as well as the Freemasons Benevolent Fund for their generous donation."

Pictured L-R, EGHS chief executive Andrew Freeman, Associate Nurse Unit Manager of the Dialysis Unit Lionel Holt and Bill Jones, from the Freemasons Victoria United Ararat Lodge, with one of the new treatment chairs



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EGHS Residents' Support Group Shopping Spree

Thursday November 14 2019 - 6pm

You are invited to our 2019 Barkly Street Shopping Spree in Ararat
Pick up some great bargains and have fun with friends
Prizes for best dressed teams!

\$20 PER PERSON

Purchase your passport at Perry's Footwear from Monday October 28

Shopping commences Thursday November 7

If you would like to be a Team Captain, or placed in a team, or for further information contact Marlene on 0419 117 279

Zest Living
Perry's Footwear
2 Taggs
Latus Jewellers
We're Knot Crazy
Foster's Mensland
Fer & Co
CAS Couture
Toyz on Barkly
Lyal Eales
Australia Post
Something Beautiful
Intersport SportzBiz
Harvey Norman
Growmaster Grampians



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.

INPATIENT UNIT NEWS

BY LISA ROCHE
PERSONAL ASSISTANT/WARD CLERK – ACUTE SERVICES

Recently in IPU staff have made their own pledges on our journey to "build a positive workplace".

We are fortunate enough to have an already supportive environment where everyone works very well together, but it's a great reminder to have our pledges in an accessible location that staff walk past numerous times a day.

The puzzle pieces were chosen to emphasize the fact that we all fit in somewhere!



NEW VISITING MEDICAL OFFICER SETTLES IN ARARAT

I am Faraz Ahmad, moved recently to Ararat with my wife Aruj and two lovely little daughters Sara and Aiza.

Both I and Aruj are from Lahore, a very vibrant city and cultural capital of modern-day Pakistan.

We decided to move to Ararat for its calm surroundings, beautiful scenery and a peaceful and friendly environment. It's been a bit of a journey before starting at Ararat Medical Centre that includes living and working in Saudi Arabia, Republic of Ireland, Central Queensland and Melbourne.

I am enjoying my work very much here and spend most of my free time in playing with Sara, Aiza and talking to family.

We are settling in well and excited to be living here for a long time.



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PARKLAND PURSUITS

BY MICHELLE MASLEN

HEALTH CARE WORKER - WILLAURA

Just to recap, this October we have been enjoying cooked breakfasts and some cooking sessions of muffins and savoury toast.

The residents have been busy with their art and have some great pictures completed. This month's theme was "Flowers of Spring". We went on a great Outing to Stawell to look at the still green pastures. We also called in at Grampians Estate Winery for a coffee break and to see what gifts we could buy.

There has been lots of talk about our new fish tank and the new fish that are called guppies - they have beautiful fan tails! We are waiting for their babies to be born.

We also enjoyed an outing to Lake Bolac, where we were surprised by the Pink colour of the lake.

November will be a busy month. We will be decorating for race day, organising sweeps, and dressing up for the big race "The Melbourne Cup". We will have a visit from Social Support Group in Hamilton and they will entertain us with their Christmas Music.

We have a few Bus outings planned and some new art therapy. The theme for November will be "The Sky and the Earth".

Have fun in the sun everyone.

Cheers from Parklands Hostel Willaura.



Pictured above: Our Guppy Fish



Pictured above: Joyce Dunstar



Pictured above: Keva Turner



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AGEING WELL IN ARARAT

A forum for older residents or people who need help caring for an older person.

Friday 15 November from 10am to 11.30am

At the NEST, East Grampians Health Services, Girdlestone Street, Ararat

Topics include:

- Services to help you live independently
 - My Aged Care - what is it?
- What happens next? An overview of the assessment process
 - The consumer journey - a case study
 - Legal advice regarding power of attorney

Cost: FREE, includes morning tea. To book or for more info: phone 5352 9327

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MATERNAL AND CHILD HEALTH SERVICE SETTLES INTO COMMUNITY HEALTH CENTRE

BY JODIE HOLWELL
COMMUNITY LIAISON

Ararat Rural City Council's Maternal and Child Health Service has now relocated to the EGHS Community Health Centre.

Nurses Therese Arnott, Brooke Jess and reliever Sally Roberts have settled in well to their new space, where they deliver maternal and child health services for families across the region.

The benefits of the new area include more modern facilities with additional space, access to the Ark Toy and Activity Library for mothers' groups, and it is close to allied health services such as speech therapy, physiotherapy, dental and dietitians.

The new space is now a one stop shop for families with dedicated carparks out the front which make it easier for parents to park their cars close to the service.

The maternal and child health nurses now also have the support of other nurses and allied health staff in the building and have a greater connection with the East Grampians Health service midwifery department.



Pictured above in the new Maternal and Child Health space at the Community Health Centre are nurses Therese Arnott and Brooke Jess

MURRAY TO MOYNE KICKS OFF FOR 2020

BY JODIE HOLWELL
COMMUNITY LIAISON

Spring has sprung and for keen cyclists, it's time to get the bike out of the shed and start training for the 2020 Murray to Moyne Cycle Relay.

The first meeting of the 2020 East Grampians Health Service Murray

to Moyne team will take place on Wednesday November 13 at Pyrenees House, 5.30pm.

Anyone interested in being part of the team, whether that be as a rider, support crew or bus driver is welcome to attend.

It would be appreciated if you are interested in being part of the team that you please attend, to gauge the interest and team numbers for next year.

If you are unable to attend, please email jodie.holwell@eghs.net.au



Pictured above: Some of the members of last year's EGHS Murray to Moyne team, Carolynne Smith, Brenda Green, Marg Driscoll, Maddy Kelly and Roxanne Moos



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OCCUPATIONAL THERAPY WEEK

BY GENEVIEVE TAYLOR

OCCUPATIONAL THERAPIST

October 21-27 was OT Week 2019. The theme this year was #ThisIsOT, and aimed to celebrate the diversity of roles that OT's can work in and how we support people of all abilities to engage in meaningful activities.

Our OT team celebrated by baking for an afternoon tea in CHC. We presented to the IPU staff during education on what the role of OT can be on the acute ward. We also gave a short presentation to CHC staff earlier in the month as to the role of OT and what we do here at EGHS.

Our OT Team here at EGHS works in the community completing home visits, on IPU; at Willaura, Garden View Court and Lowe St; as well as in Hopkins and Langi Kal Kal.

To see the full range of what OT can do be sure to check out #ThisIsOT on social media, and if you have any questions about OT at EGHS contact us on 29464.



What is Occupational Therapy?

OT Week 2019: 21-27 Oct

Occupational therapy supports people of all abilities to engage in activities (i.e their occupations) they find meaningful. Including **leisure**, **self-care** and **productivity**.

#THIS ISOT

Occupational Therapy AUSTRALIA 

Find out more: otaus.com.au/thisisot



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Willaura Primary School students recently visited Willaura Healthcare to show the residents quilts they have made. See below some of the photos taken on the day

COMMUNITY HEALTH CENTRE RECEIVES PLINTH CHAIR

**BY JODIE HOLWELL
COMMUNITY LIAISON**

The Community Health Centre's podiatry service has taken delivery of a new plinth chair.

The purchase of the plinth chair was made possible through the proceeds from the 2018 EGHS Charity Golf and Bowls Day and Fun Run.

Plinth chairs can be elevated and reclined electronically, have an adjustable headrest and are suitable for our aged, less mobile and disabled clients.

"Thank you to the Chalambar Golf and Bowls Clubs and Stawell and Ararat Cross Country Club for hosting the events last year, which raised \$3380 towards the plinth chair," Director of Community Services Sally Philip said.

"Thank you also to all the major sponsors of the event. Without the support of community organisations and businesses, events such as this would not be the success they are."

Pictured above (L-R) with the new plinth chair, Director of Community Services Sally Philip, Chalambar Golf Club members Peter Gemmola and Gail Dadswell and podiatrist Melanie Hopwood



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Recognise, Respond, Refer – Family violence is a health issue

From November 25, the International Day for the Elimination of Violence against Women, to December 10, International Human Rights Day, **East Grampians Health Service** will support the 16 Days of Activism against Gender-Based Violence to end **violence against women** in our community.

East Grampians Health Service will hold a number of events over this period and will welcome staff, patients, visitors and volunteers to take part.



Further information will be emailed to staff soon.

National Radiographer and Radiation Therapists' Week 4 – 10 November 2019

What is Medical Imaging and Radiation Therapy?

What is radiation?
Radiation is energy travelling as waves or particles. Ionising radiation has enough energy to change the chemical composition of matter. Non-ionising radiation has less energy but can still excite molecules and atoms causing them to vibrate faster.

What else emits radiation?
Fluorescent lights, lasers and Intense Pulsed Light (IPL), radioactive waste. They all have very different levels of radiation – seek advice if you're not sure about recommended levels.

What is medical imaging (radiography) and radiation therapy?
Radiography is the art and science of using radiation to provide images of the tissues, organs, bones, and vessels that comprise the human body.
Radiation therapy uses the information from diagnostic images for the treatment of abnormal tissues utilising high energy X-rays.

What is a medical radiation professional (MRP)?
Medical radiation professionals work in three main areas: diagnostic radiography, radiation therapy and nuclear medicine technology. MRP's are able to work and practice both clinically and in academic or research areas.

EGHS Immunisation Clinics

LEEANNE ATKINSON
INFECTION CONTROL COORDINATOR
Upcoming dates for Immunisation Clinics for 2019 are as follows;

- 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.

What things can medical imaging find in a patient?



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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.



Staff Fitness on Dec 10 from 5:15pm to 6pm will be an Amazing Race around the hospital grounds, beginning in the CHC gym.

Prepare to work in pairs to complete both physical and mental challenges.

The first team to finish will receive a prize and the title of Winners of the Amazing Race EGHS 2019!!!

Registration is a must, as places are limited, open to staff only.

Please email joanne.page@eghs.net.au to secure your spot.



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EGHS STAFF BALL GLITZ & GLAMOUR



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The East Grampians Health Service

Christmas Choir

Will perform around the health service during December

ALL STAFF AND COMMUNITY MEMBERS WELCOME TO JOIN

No auditions, no solo singing, just a chance to get together, sing some Christmas carols and brighten the lives of people in hospital and at our aged care facilities over the Christmas period

Rehearsals

November 18 and December 2

Time: 12.30pm

Venue: The NEST

For further information contact Jodie Holwell on 5352 9387 or jodie.holwell@eghs.net.au



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ZUCCHINI NOODLES WITH CREAMY AVOCADO PESTO

INGREDIENTS:

- 6 large zucchini, spiralized
- 1 Tbsp olive oil
- 2 ripe avocados
- 1 cup fresh basil leaves
- 3 cloves garlic
- ¼ cup pine nuts
- 2 Tbsp lemon juice
- ½ tsp. sea salt
- 3 Tbsp olive oil
- Cracked black pepper, to taste

METHOD:

1. Spiralise your zucchini and set aside on paper towels so that any excess water is soaked up.
2. In a food processor, add avocados, basil leaves, garlic, pine nuts, lemon juice and sea salt and pulse until finely chopped. Then with the motor still running, add olive oil in a slow stream until emulsified and creamy.
3. Drizzle olive oil in a large skillet over medium high heat then add zucchini noodles, cooking for about 1 to 2 minutes until tender.
4. Add zucchini noodles to a large bowl and toss with avocado pesto. Season with cracked pepper and a little Parmesan, serve and enjoy!

EGHS ECHO

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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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