



EGHS ECHO



East Grampians
Health Service

FEBRUARY
2020

IN THIS ISSUE...

FROM THE CHIEF EXECUTIVE'S DESK

BY ANDREW FREEMAN - CHIEF EXECUTIVE



Welcome to the first edition of the Echo for 2020. I would like to wish everyone a happy New Year and I hope that you had the opportunity to catch up with friends and family. To all the staff who worked across Christmas and the New Year I would like to sincerely thank you for your efforts.

We have a large number of new staff members who have started and I would like to welcome them. I am sure everybody will make them feel at home, as they commence their careers at EGHS. As per the annual Board appointment process, advertisements have been run for Board members to join the East Grampians Health Service Board. Board appointments are made by the Victorian Minister for Health with new appointments to commence on 1st July 2020. Here is to another exciting year in 2020.

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

The Staff Briefings at Ararat and Willaura will be held at 2.00pm on the following dates for 2020:

Tuesday 18th February
Tuesday 17th March
Tuesday 21 April
Wednesday 20th May
Tuesday 16th June
Tuesday 21st July
Tuesday 18th August
Tuesday 15th September
Wednesday 21st October
Tuesday 17th November

- 🔗 From the Chief Executive's Desk
- 🔗 EGHS Policies & CPGs
- 🔗 Dr Dan Wilson's Passion To Share Regional Health Earns Nationwide Attention
- 🔗 EGHS Immunisation Clinics
- 🔗 Parkland Pursuits
- 🔗 Christmas Spirit Takes over EGHS
- 🔗 Welcome New EGHS Staff
- 🔗 Smart Eating Week
- 🔗 Underpass gets a Facelift
- 🔗 Chinese New Year
- 🔗 Staff Exercise Classes
- 🔗 Amazing race comes to EGHS
- 🔗 Lauren Milloy a Community Oral Health Champion
- 🔗 Toy Library Music Day
- 🔗 Lions Club Donation
- 🔗 Interns experience working in rural Victoria
- 🔗 The Ark Toy & Activity Library
- 🔗 Motorcyclists ride to Remember
- 🔗 EGHS 12 Days of Christmas
- 🔗 Musicians join Choir for 2019
- 🔗 Recipe of the Month



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EGHS POLICIES & CPGs

BY SARAH HARWOOD - EXECUTIVE ASSISTANT DEVELOPMENT & IMPROVEMENT

UPDATED POLICIES	
SOPP 20.26	INVESTMENT – BUILDING FOR THE FUTURE FOUNDATION FUNDS
SOPP 52.04	ELECTIVE PRE-ADMISSION
SOPP 58.22	MANDATORY REPORTING OF REPORTABLE ASSAULT
SOPP 15.01	INCIDENT REPORTING INVESTIGATION & MANAGEMENT
SOPP 72.03	SMOKE FREE
SOPP 72.44	CRIME SCENE PRESERVATION
NEW SOPP	
SOPP 20.28	COLLECTIVE PROCUREMENT POLICY
SOPP 20.29	HEALTH PURCHASING COMPLIANCE POLICY
NEW CPGs	
CPG 58.50	INCONTINENCE ASSOCIATED DERMATITIS – PREVENTION & MANAGEMENT
UPDATED MR	
MR303.13	PHYSIOTHERAPY ASSESSMENT
MR265.1	GP CLINIC RECORD – URGENT CARE PRESENTATION
MR080.3	COGNITIVE FUNCTION ABBREVIATED MENTAL TEST SCORE
MR080.31	COGNITIVE FUNCTION – CONFUSION ASSESSMENT METHOD
MR302.16	CANADIAN OCCUPATIONAL PERFORMANCE MEASURE
MR092.50	DENTAL CONSENT FOR TREATMENT OF PRIMARY SCHOOL STUDENTS
MR092.53	DENTAL MEDICAL HISTORY – DENTAL OUTREACH PROGRAM
MR092.10	DENTAL CONSENT FOR ORAL TREATMENT FOR KINDERGARTEN CHILDREN
MR092.09	DENTAL CONSENT SCREENING – SUPPORTED RESIDENTIAL SERVICES
MR054.2	NURSING CARE PLAN – CHILD 0-12 YEARS
MR010	PATIENT DISCHARGE AT OWN RISK
MR192	FLUID BALANCE SUMMARY
MR194	FLUID BALANCE WORKSHEET
MR054.1	INFANT NURSING CARE CHART
MR076.9	VAGINAL REPAIR/HYSTERECTOMY CLINICAL PATHWAY
MR302.1	OT – PERIOPERATIVE JOINT REPLACEMENT QUESTIONNAIRE
MR302.15	OT – SHOWER & DRESS ASSESSMENT
NEW BROCHURE	
BRPHY19	INFORMATION FOR PATIENTS UNDERGOING TOTAL HIP REPLACEMENT
BRPHY20	INFORMATION FOR PATIENTS UNDERGOING TOTAL KNEE REPLACEMENT
UPDATED FORMS	
38.01.24	ORIENTATION CHECKLIST DISTRICT NURSING
38.01.28	ORIENTATION CHECKLIST PHYSIOTHERAPY
38.02.01	LEAVE APPLICATION
26.01.09	PRIVACY STATEMENT
26.01.06	GUIDELINES FOR THE RELEASE OF HEALTH INFORMATION – TELEPHONE REQUESTS
26.01.23	REQUEST TO CORRECT INFORMATION
59.00.32	APPOINTMENT BILLING SHEET
71.02.15	THREE MONTHLY MONITORING SHEET – COLONOSCOPE
70.09.35	PRE-EMPLOYMENT IMMUNISATION CONSENT FORM
58.09.35	PARKLAND HOUSE – HANDOVER SHEET TEMPLATE
38.01.18	ORIENTATION CHECKLIST MIDWIFERY
10.00.00	REQUEST TO PURCHASE



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DR DAN WILSON'S PASSION TO SHARE REGIONAL HEALTH EARNS NATIONWIDE ATTENTION

STORY COURTESY OF THE BALLARAT COURIER

HONOURS: Ballarat Health Services' junior doctor Dan Wilson has a passion for helping others, including medical students.

DOCTOR Dan Wilson did the Melbourne thing, studying and starting work in a large city. But his time with Ballarat Health Services as a junior doctor confirmed Dr Wilson's passion for rural and regional medicine.

Set to join East Grampians Health Service this year, Dr Wilson will become the Ararat hospital's first full-time doctor as the Post-graduate Medical Council of Victoria's junior doctor of the year. He will team up with [supervisor Michael Connellan](#), who was last year named Rural Doctors Association of Australia doctor of the year.

"I just like doing a bit of everything," Dr Wilson said.

"Ballarat's certainly been a great platform to start a career. There's lots of opportunity involved. Having three medical schools here - University of Melbourne, Deakin University and Notre Dame from Sydney - creates a real cooking pot of medical culture...the schools work well in sharing resources and knowledge."

Dr Wilson hails from Ararat-sized town Kempsey, near Port Macquarie on the New South Wales mid-north coast. He always had keenness to return to regional health. Finding a mentor in Ballarat general practitioner Anna Yates, Dr Wilson made the move from Melbourne initially as an intern last year.

What Dr Wilson found was a supportive medical community allowing him to pursue and extend his skills in rural generalism with a particular interest in women's health, sexual health, medical education and leadership - none of which he might have been able to pursue as much in a metropolitan hospital.

While working and completing his post-graduate studies with University of Melbourne, Dr Wilson helped launch a near-peer medical program. More than 400 students attended lessons led by volunteer junior doctors and interns.

The near-program has been starting to generate interest from other hospitals across the state. The PMCV honours also put Dr Wilson's work on the national stage as a finalist for the Australian junior doctor of the year.

"Junior doctors we recruited to be part of the program, a selling point was to up-skill their teaching skills based on the method you learn more by teaching," Dr Wilson said.

"I learned a lot from medical students and junior doctors in the program and it's been great to see junior doctors gain confidence in teaching others."

Passionate about learning, Dr Wilson will commence his masters in clinical education through Flinders University next year.

Teaching is where he believes his career will evolve towards but Dr Wilson said there was always plenty to learn along the way.



EGHS Immunisation Clinics

LEEANNE ATKINSON

INFECTION CONTROL COORDINATOR

Upcoming dates for Immunisation Clinics for 2020 are as follows;

- 2ND MARCH 2020
- 6TH APRIL 2020
- 4TH MAY 2020
- 1ST JUNE 2020
- 6TH JULY 2020
- 3RD AUGUST 2020
- 7TH SEPTEMBER 2020
- 5TH OCTOBER 2020
- 2ND NOVEMBER 2020
- 7TH DECEMBER 2020

All sessions are held on the first floor, Oncology Wing from 2pm to 3pm

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

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

If you have any questions on Immunisation or clinics contact, Leeanne Atkinson on 29332 or Hannah Reid on 29328.

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



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PARKLAND PURSUITS

BY MICHELLE MASLEN
LIFESTYLE COORDINATOR

Happy New year!

What an interesting January we have had. We have had an outing to Lake Bolac where we drove around the outskirts to see how large it was. We stopped at the Lions Park and ate our fish and chips along with the magpies and seagulls.

Following this, we went into the Rural Transaction Centre where the Bendigo Bank is, a library and some great gifts were observed.

We have had fun playing carpet bowls and the residents are getting used to the bias on the bowls. Some of them are bowling off the grid and others are nipping the Jack.

Because of the heat we have played skittles and quoits as an afternoon activity. Some call Quoits "Hoopla". We have exercises Monday, Wednesday and Friday. We had a BBQ for Australia day and music.

For February we will have a Mystery Outing, Valentine's day activities, Carpet Bowls, Craft-Shibori Dyeing, and Outing to Dunkeld and some Cooked Breakfasts.

Cheers for the New Year!



Pictured left: Doug Benson and Wern Koch having a laugh

Pictured below: Sheila Handscome and Margaret McInnis singing



CHRISTMAS SPIRIT TAKES OVER EGHS

BY JODIE HOLWELL
COMMUNITY LIAISON

The 12 Days of Christmas came to East Grampians Health Service in December.

All departments were invited to decorate their areas in a festive way and on December 20 EGHS Auxiliary president Viv Burridge, Ark Toy and Activity Library president Kaye Chamings and Residents' Support Group president Marlene Goudie judged the entries.

There were Christmas decorations of all kinds, singing elves, dance numbers and even a nativity with a real live donkey (miniature horse)!

First prize went to the Inpatient Unit, second to Education and third to the Community Health Centre.

However, with the lift in staff morale and enthusiasm of all departments, everyone was a winner.

Viv, Kaye and Marlene thanked all staff for welcoming them into their departments and especially for all the 'bribes'!

PICTURED BELOW – FIRST PRIZE WINNING INPATIENT UNIT STAFF

PLEASE SEE PAGE 19 FOR MORE PHOTOS



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WELCOME NEW EGHS STAFF

BY ROS BLOOMFIELD, MANAGER – HUMAN RESOURCES

Kirsty Peacock

MY POSITION AT EGHS *TRAINEE REGISTERED NURSE*

FAVOURITE AFL TEAM *RICHMOND*

FAVOURITE FOOD *PASTA*

FAVOURITE MUSIC *POP*

INTERESTS *HORSES, KIDS ACTIVITIES*

ONE THING I'M GOOD AT *ORGANISING MY KIDS*

ONE THING I WANT TO DO
IN MY LIFETIME IS... *TRAVEL TO ROME*



Basirah Ali

MY POSITION AT EGHS *GRADUATE DENTIST*

FAVOURITE FOOD *PASTA*

FAVOURITE MUSIC *POP*

INTERESTS *READING*

ONE THING I'M GOOD AT... *CONNECTING WITH PATIENTS*

ONE THING I WANT TO DO IN
THIS LIFETIME IS... *TRAVEL*



Xavier-Jarrah Gibbins

MY POSITION AT EGHS *GRADUATE NURSE*

FAVOURITE AFL TEAM *BRISBANE LIONS*

FAVOURITE FOOD *GNOCCHI*

FAVOURITE MUSIC *80s ROCK/COUNTRY*

INTERESTS *DIYS, WOODWORK, GYM,
CAMPING*

ONE THING I'M GOOD AT... *COOKING*

ONE THING I WANT TO DO IN
THIS LIFETIME IS... *INVEST IN PROPERTY*



Chloe Gornalle

MY POSITION AT EGHS *GRADUATE NURSE*

FAVOURITE AFL TEAM *BULLDOGS*

FAVOURITE FOOD *BRUSCHETTA*

FAVOURITE MUSIC *BEETHOVEN TO POST MALONE*

INTERESTS *BOOKS, MY DOG AND CAT*

ONE THING I'M GOOD AT... *PROCRASTINATING*

ONE THING I WANT TO DO
IN THIS LIFETIME IS... *GO SKYDIVING*



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Christine Hocking

MY POSITION AT EGHS *ADMIN OFFICER - GRAMPIANS REGION PALLIATIVE CARE CONSORTIUM*

FAVOURITE AFL TEAM *CARLTON*

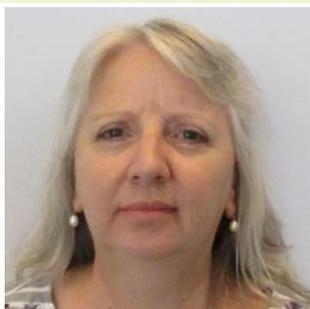
FAVOURITE FOOD *CHINESE*

FAVOURITE MUSIC *ROCK/POP*

INTERESTS *TENNIS, GARDENING, BUSHWALKING*

ONE THING I'M GOOD AT *COMMUNICATING, NETWORKING*

ONE THING I WANT TO DO IN MY LIFETIME IS... *TRAVEL TO AFRICA*



Laura Ladhams

MY POSITION AT EGHS *GRADUATE REGISTERED NURSE*

FAVOURITE AFL TEAM *CARLTON*

FAVOURITE FOOD *CHICKEN SCHNITZEL*

FAVOURITE MUSIC *POP*

INTERESTS *FAMILY, FRIENDS, WORK*

ONE THING I'M GOOD AT IS *TALKING*

ONE THING I WANT TO DO IN THIS LIFETIME IS... *COMPLETE GRADUATE DIPLOMA - POST-GRAD IN MIDWIFERY*



Hayley Lennon

MY POSITION AT EGHS *STUDENT SONOGRAPHER*

FAVOURITE AFL TEAM *WESTERN BULLDOGS*

FAVOURITE FOOD *ICE-CREAM*

FAVOURITE MUSIC *WHATEVER IS ON THE RADIO*

INTERESTS *COOKING AND SEWING*

ONE THING I'M GOOD AT... *ORGANISING MY FAMILY*

ONE THING I WANT TO DO IN THIS LIFETIME IS... *TRAVEL AS MANY PLACES IN THE WORLD AS I CAN*



Ankush Madan

MY POSITION AT EGHS *PODIATRIST*

FAVOURITE AFL TEAM *COLLINGWOOD*

FAVOURITE MUSIC *LATIN*

INTERESTS *BOXING, JOGGING, TENNIS, DANCING, LONG DRIVES.*

ONE THING I'M GOOD AT... *SOLVING PROBLEMS*

ONE THING I WANT TO DO IN THIS LIFETIME IS... *TO DO PLENTY OF VOLUNTEERING WORK AS I GET OLDER*



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Free Staff Fitness Classes

Get Healthy and Stay in Shape!

In 2019 we provided many different styles and themes of workouts, including:

- Circuits
- Boxercise
- Zumba
- Yoga
- Agility
- Core focus
- Survivor
- The Bachelor
- Amazing Race



Some of these were special requests, with positive feedback from most. The Bachelor probably won't make another appearance as my mask was deemed "terrifying". EGHS Amazing Race was a huge success, with 19 contestants taking part and having fun!!!

We have a dedicated group of regular attendees, with other staff that drop in from time to time as their schedules allow.

So join us in 2020 and let us help you achieve your well-being goals!

Classes are every Tuesday 5:15-6pm, follow the EGHS Staff Fitness Facebook page, we post on Mondays what type of workout will be on the following day.

All levels of fitness are welcome, please contact Joanne Page at joanne.page@eghs.net.au to discuss your individual needs.



Photos from EGHS staff fitness Amazing Race: 1st place Maddy Kelly and Nikki Berg!!!



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Smart Eating Week- Feb 10-16th – A Dietetics Association of Australia initiative

This Smart Eating Week EGHS Dietitian Kelsey Weight shares her thoughts and knowledge on the benefits of eating everyone's favourite macronutrient, CARBOHYDRATES!

Carbs, fads and nutri-bollocks would have you believe these glorious foods are the root of all evil. But did you know this nutrient is the most important source of fuel for our brain and muscles? Wholegrains, legumes, fruit, dairy and starchy vegetables are all great sources of high quality carbohydrates and variety is always key.

As well as being a great fuel source, some carbohydrates also provide many other health benefits thanks to their fibre and micronutrient content. Choosing prebiotic rich carbohydrates, such as dried fruit, oats and rye bread, will provide fuel for your beneficial gut bacteria. Having a healthy balance of gut bacteria aids in digestion, absorption of minerals, and our immune health! There is also evidence that shows improvements in mood and cognition too!

Who doesn't want to feel more focused, energized, and regular in the gut department?!

On a more serious note, we know those who consume adequate fibre through eating high quality carbohydrates reduce their risk of cardiovascular disease, type 2 diabetes and colorectal cancer.

So are you keen to include more high quality carbohydrates in your diet but not keen on adding quinoa, kidney beans and persimmon to your work lunch repertoire? My advice is to keep it simple! A multigrain salad sandwich or four bean salad will do the trick for lunch and maybe some fruit and yogurt or a granola and nut bar as a snack.

If you're looking for ways to eat smarter, make some time to chat with your friendly nutrition experts!

High prebiotic diet recipe: Four bean salad

This recipe makes 2 serves (~280g per serve)

Ingredients:

- 1 can (400g) 4 bean mix drained and rinsed
- ½ (90g*) large Spanish red onion diced
- 1 (100g*) medium tomato diced
- 1/3 (65g*) bunch parsley chopped including some stems
- 1/3 (18g*) bunch mint chopped
- 1 pinch (1g) salt (please adjust salt quantity, as salt content will vary depending on the brand)
- ½ tsp (2g) cracked black pepper to taste
- 1 1/2 tsp (45g) olive oil
- 1 (35ml) lemon juiced
- 1 clove (17g*) garlic finely chopped
- 2 whole lettuce leaves to use as a wrap

* This is a prepared weight: Weight after peeling and chopping.

Method:

- Mix all ingredients in a large bowl

Presentation:

- Serve with whole lettuce leaves to use as a wrap



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UNDERPASS GETS A FACELIFT AS PART OF ACTIVE ADVENTURE AROUND ARARAT

BY JODIE HOLWELL
COMMUNITY LIAISON

The underpass near KFC has been given a spectacular facelift as part of the Active Adventure Around Ararat project.

The Active Adventure Around Ararat walking trail was launched last year and is designed to get your mind and body active. It features a walking trail complete with checkpoints at which you are provided a clue and if you complete the trail you solve the puzzle.

The normally 'underwhelming' underpass has now had murals painted on its walls and a lighting upgrade.

A number of individuals and organisations assisted with the revamp, including graffiti artist Ashley Goudie from KIL productions, who spent 30 hours across three days working on over 200 linear metres of wall to create the mural, which depicts Ararat's active and health conscious community.

Ashley used 87 cans of paint to complete the mural, which takes in the underpass and surrounding walls on each side of the railway line.

The Australian Rail Track Corporation updated some of the lighting in the underpass to LED lighting and the Department of Justice organised the cleaning and preparation of the walls with participants spending six days on the job and using 60 litres of basecoat paint.

EGHS health promotion officer Kelsey Weight is excited about this new addition to the Active Adventure Around Ararat trail.

"The underpass links Ararat north to the CBD and checkpoints two and three of the Active Adventure Around Ararat trail," Kelsey said.

"The trail takes in Alexandra Gardens, Kokoda Park, the Library, Centenary Park and Emu Park, with each checkpoint featuring a different puzzle to solve, and most of the trail is suitable for all ages and abilities.

"You can complete the trail in one hit, or in sections, and once you have collected all the clues you will solve the puzzle."

The puzzle is changed every month, so that the trail is always fresh and offering a new puzzle to solve.

Walking trail maps can be collected from the front reception of the EGHS Community Health Centre.



Above: Before photos of the dark and gloomy underpass, and Below: After, with graffiti artist Ashley Goudie and EGHS's Kelsey Weight



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CHINESE NEW YEAR CELEBRATIONS AT COMMUNITY HEALTH CENTRE

By JOANNE PAGE – PHYSIOTHERAPIST

We celebrated Chinese New Year (also known as Lunar New Year) at the Community Health Centre with a staff morning tea. It is one of the most important holidays to the Chinese community, and this year it is the Year of the Rat. The holiday is a two-week festival filled with reunions among family and friends, an abundance of delicious food, and wishes for a new year filled with prosperity, joy, and good fortune.

We feasted on spring rolls, dim sims, rice paper rolls and coleslaw. Snacks included mandarins, sunflower seeds, hot kid ball cakes, fortune cookies, spiced broad beans, popcorn, chocolate coins and much more.

A custom we observed was some older, married staff handed out red envelope packets to younger, unmarried staff (with coffee vouchers instead of money) which was received with thanks and blessings in return.

Decorations were kindly donated for the event from Chris and Amy, with additional decorations hand made by Joanne. The character "Fu", meaning good fortune or happiness, is used to express people's good wish and yearning for the future, and was hung on most of the CHC doors, with a spring festival couplet on the tea room door.

Grace regaled us with her family's traditions and the importance of this holiday in Malaysia and everyone was disappointed that we would not be setting off fireworks inside or having a dragon dance through our hallways.

Maybe next year.



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.



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AMAZING RACE COMES TO EGHS

BY JODIE HOLWELL – COMMUNITY LIAISON

The Amazing Race came to EGHS late last year, with 19 staff members racing across the Ararat site, solving clues and completing challenges.

Organised by EGHS physiotherapist Joanne Page, the Amazing Race was based on the popular television program of the same name.

At most checkpoints competitors had the option of choosing two clues/puzzles to solve.

For example, when they reached pathology, they could either complete a jigsaw puzzle, or run up and down the stairs to second floor five times – not an easy feat.

Competitors then headed to the CHC children’s waiting area, Lowe Street, the Day Centre courtyard, helipad and finally making it to the CHC front door, where they ‘jumped on the mat’ and were met by CEO Andrew Freeman and Joanne.

“Thanks to everyone who participated in the Amazing Race, it was great to see everyone having a great time while keeping active,” Joanne said.

Joanne is planning another Amazing Race later in the year and is hoping more staff will get involved.



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LAUREN MILLOY A COMMUNITY ORAL HEALTH CHAMPION

BY JODIE HOLWELL
COMMUNITY LIAISON

Congratulations to EGHS Oral Health Therapist Lauren Milloy, who was awarded Community Oral Health Champion in the Dental Health Services Victoria 2019 Public Oral Health Awards.

Lauren has been instrumental in developing outreach programs and delivering oral health and dietary advice sessions.

Her skills and training as a teacher mean she can communicate preventative dental health advice to a range of audiences from schools, kindergartens, and early learning centres.

As a result, patient participation rates are increasing, and families are now completing their full treatment plans. Lauren's tools are being used to guide families to self-manage their oral health.



Pictured above: Lauren Milloy accepting her award at the Dental Health Services Victoria 2019 Public Oral Health Awards.



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WILLAURA HEALTHCARE OUTDOOR MARKET

Sunday March 1 2020, 10am-2pm

Grounds adjacent to Willaura Healthcare, Delacombe Way



The Willaura Market is a charity event run by the Willaura Healthcare Auxiliary, with funds raised going towards improving the lives of residents and patients at Willaura Healthcare, East Grampians Health Service.

This boutique country market offers goods from local and regional artisans and is set in Willaura, surrounded by fertile farmland, which lies 34 kilometres south of Ararat on the south-eastern edge of the Grampians in Victoria's Western District.

Local producers and local artisans:

- Homewares
- Cards
- Jewellery
- Giftware
- Condiments
- Art and craft
- Soaps and skincare
- Olive oil
- Clothing
- Plants
- Handmade chocolates
- Candles
- Metal art

Variety of food vendors including:

- Gourmet food vendors
- Willaura Auxiliary Tea House
- Lions barbecue
- Coffee
- Icecream

+ Musical entertainment and children's activities including jumping castle, mini golf and trackless train.

For more information: willauramarket.com



Visit: facebook.com/willauraoutdoormarket

We thank the following sponsors of the market:



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TOY LIBRARY'S ANNUAL MUSIC DAY, FEATURING ENTERTAINMENT BY GRANT THOMAS AND KYLEE WHITING



LIONS CLUB OF ARARAT DONATES TO RADIOLOGY PROJECT

BY JODIE HOLWELL – COMMUNITY LIAISON

The Lions Club of Ararat has made a significant donation to East Grampians Health Service.

To assist with the capital works project, which encompasses radiology, pathology and theatre, the Lions Club has donated \$10,000 towards the radiology project.

EGHS has acknowledged the generous donation on one of its Patricia Hinchey Centre buses, which shows the valued connection between EGHS and the Lions Club.

"On behalf to the EGHS Board and staff I would like to thank the Lions Club of Ararat for its generous donation towards the upgrade of our radiology department," EGHS CEO Andrew Freeman said.

"The support of groups such as Lions ensures the Ararat and wider community has access to the best facilities and equipment available."

Pictured below: CEO Andrew Freeman, Lions member Terry McInnes, president Bob Sanders and secretary Rosi Sanders



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East Grampians Murray to Moyne
Cycle team presents



ORANGE WHIP @ J WARD

WITH SPECIAL GUEST: **CHARLOTTE HARWOOD**



FRIDAY FEBRUARY 14 | GATES OPEN AT 6 PM
J WARD GAOL GIRDLESTONE ST, ARARAT

TICKETS \$30

AVAILABLE AT EGHS FRONT RECEPTION (CASH ONLY)
OR \$35 AT THE DOOR (CHILDREN 12 & UNDER FREE)

BYO Drinks and Nibbles
Delicious Dumplings available for purchase

All proceeds from this event will go towards the purchase of a new bladder scanner
and ECG for 70 Lowe St and Garden View Court



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INTERNS EXPERIENCE WORKING IN RURAL VICTORIA

BY JODIE HOLWELL
COMMUNITY LIAISON

Several of the junior doctors who have joined the Grampians Medical Training Program, have local connections, having lived or trained in the region as part of their medical training.

Based in Ararat, the program is now in its sixth year.

East Grampians Health Service has welcomed the eight interns through a partnership with St John of God Ballarat, Maryborough District Health Service, and three GP clinics including the Ararat Medical Centre, Nightingale Medical Centre and Clarendon Medical Centre, both in Maryborough.

The eight interns completed their training in various universities, including Monash University, Melbourne University, Notre Dame University, and Deakin University.

All are now working in their first year as doctors after medical school.

At East Grampians Health Service, the interns will work on a rotation through the operating theatre and at the Ararat Medical Centre GP clinic.

Manager of Development and Improvement, and Junior Medical Officer Manager, Sarah Woodburn, said the program is all about the GP rotation and enabling the interns to do everything a rural GP does, including working as a GP obstetrician, anaesthetist and in the hospital.

"The idea is by training doctors in rural areas they are more likely to want to stay and practice in rural areas," Ms Woodburn said.

"It's all about increasing our medical workforce for the future."

East Grampians Health Service chief executive Andrew Freeman said the feedback the health service has been getting about the program is that it gives the interns hands on opportunities, which they rarely get in a metro area.

Pictured below (L-R): New interns Daniel Ong, Yugi Guo, Cradle Liao, Natina Monteleone, Priscilla Peters, Molly Robinson, Angus McCormack and Haseeb Rayhan



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.



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*Residents' Support Group
Christmas Lunch*



*Sixteen EGHS staff members have had
babies over the last 12 months*



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MOTORCYCLISTS RIDE TO REMEMBER

BY JODIE HOLWELL
COMMUNITY LIAISON

The roar of motor bikes echoed around the Pyrenees and Grampians region when the 12th Grampians Ride to Remember came to Ararat.

Run by the Victoria Police Blue Ribbon Foundation Ararat Branch, 320 motorcyclists and pillion riders took part this year, raising funds for medical equipment at East Grampians Health Service while at the same time commemorating police officers who have lost their lives in the line of duty.

This year's ride left the Ararat RSL in convoy and then took in around 200 kilometres of picturesque scenery as the two and three-wheel motorcycles enjoyed a 'green corridor' ride through Buangor, Elmhurst, Stawell, Pomonal and Moyston before returning to Alexandra Gardens.

Grampians Ride to Remember sub-committee chairman Dean Pinniger said the ride was once again a great success.

"Despite the terrible weather prior to the ride and the ongoing threat of bushfires across the state, we were very pleased with the number of riders who turned out for this year's event and very grateful for their support.

"Some of our riders have been attending since the very first ride and always comment on the spectacular ride route and the camaraderie of the event.

"Thank you to all our valued sponsors, our many volunteers and of course our participants, we are very grateful for your support each year."

This year the Blue Ribbon Foundation is looking at a fundraising target of \$10,000 from the Ride to Remember, with proceeds going towards its \$235,000 General X Ray Project in the John McNally Medical Imaging Department at EGHS.



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EGHS 12 DAYS OF CHRISTMAS



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MUSICIANS JOIN CHOIR FOR CHRISTMAS 2019

Seventeen staff and community members joined the EGHS Christmas Choir in 2019 and helped spread Christmas cheer around the health service.

Staff members included Maree Fraser, Rachael Cooper, Kim Hartwich, Kristine Hughes, Beck McKay, Mary Howard, Lionel Holt, Grace Wong, Kelsey Weight, Joey Collins and Jodie Holwell, with community members including Lynne Wilson, Ian Walmsley, Libby Johnston, Deb Slorach, Sue Horvath and Jas Chalmers.

A highlight this year was the addition of instrumental accompaniment provided by Grace Wong (violin) and Lionel Holt (ukulele), which really added to the performances.

The choir entertained residents at Garden View Court during their Christmas morning tea and Patricia Hinchey Centre clients at their Christmas party at the Ararat RSL, as well as performing in the EGHS front reception, the Inpatient Unit, Community Health Centre and Dialysis Unit as well as for colleagues at the staff lunch.

"Thank you to all staff and community members who participated in the choir, the health service really appreciates you volunteering your time to entertain others at Christmas," Jodie Holwell said.

All choir members indicated how much they enjoyed the experience and are keen to join the choir again for Christmas 2020.

BASIC SCONES

INGREDIENTS:

- Plain flour, for dusting
- 3 cups self-raising flour
- 80g butter, chilled and cubed
- 1-1 1/4 cups milk
- Jam, to serve
- Whipped cream, to serve

METHOD:

1. Preheat oven to 200°C. Sift self-raising flour into a large bowl.
2. Using your fingertips, rub butter into flour until mixture resembles breadcrumbs.
3. Make a well in the centre. Add 1 cup of milk. Mix with a flat-bladed knife until mixture forms a soft dough, adding more milk if required. Turn onto a lightly floured surface. Knead gently until smooth (don't knead dough too much or scones will be tough).
4. Lightly dust a flat baking tray with plain flour.
5. Pat dough into a 2cm-thick round. Using a 5cm (diameter) round cutter, cut out 12 rounds. Press dough together and cut out remaining 4 rounds. Place scones onto prepared baking tray, 1cm apart. Sprinkle tops with a little plain flour. Bake for 20 to 25 minutes or until golden and well risen. Transfer to a wire rack. Serve warm with jam and cream.



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.



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