



# EGHS ECHO



East Grampians  
Health Service

## AUGUST

## 2022

## FROM THE CHIEF EXECUTIVE'S DESK

BY NICK BUSH  
CHIEF EXECUTIVE



The COVID-19 pandemic continues with the current wave projected to peak in late August.

The impact has been significant on the health service staff with large numbers of staff being off work at one time. When staff are away we don't have the capacity to fully backfill and the staff who are rostered on are working short or for longer periods than they would prefer. Your efforts are acknowledged and appreciated.

We are hopeful that with an increase in immunisation levels in the community the pandemic can be managed. I do hope when we hit spring the COVID pandemic and the health of the community and staff will improve.

Our health service has been flexible and responsive to the community's needs. We have

continued to run the vaccination clinic, increased staffing for the PCR testing and we have also been overseeing the wellbeing of our community members infected with COVID who are at home.

The expectation is that the second theatre will be ready for operations to commence on October 3. Geoff Pickering from AW Nicholson's has been committed to complete the theatre complex by the due date. Geoff has worked well with our staff, it has not been easy to construct a new theatre next door to one that continues to treat patients.

The Victorian Minister for Innovation Jaala Pulford opened the Solar Car Park. In attendance was Monika Kapp who with her husband the late Joe Kapp donated \$3.2 million to the health service. The Victorian Government gave \$650,000 to the project and \$465,000 was allocated from the Kapp donation. The creation of solar energy will see the electricity bills to the health service reduce by \$76,000 in the first year.

We are working with Deakin University to increase the number of local people studying Medicine. If you have a degree in a health related discipline and would like to be a medical officer please look up Deakin University's Rural Training Scheme. Incentives are offered for people in our area. Please register your interest

CE Report cont. Page 2

## IN THIS ISSUE...

- ❖ From the Chief Executive's Desk
- ❖ Significant savings to Health Service through solar project
- ❖ Nurse Practitioner Model of Care Introduced at EGHS
- ❖ Oncology Unit Staff appreciation
- ❖ EGHS Policies & CPGs
- ❖ Flying the flag for NAIDOC Week at EGHS
- ❖ Parkland Pursuits
- ❖ Former Grease Monkey Remembered
- ❖ Little Boxes of Memories
- ❖ Father Andrew wears a stole of many colours
- ❖ Staff Fitness & Modified sport
- ❖ New Arrivals at EGHS
- ❖ EGHS Footy Tipping
- ❖ Recipe of the Month



Integrity



Excellence



Community  
Focus



Working  
Together



Learning  
Culture

with Director of Medical Services Dr Sophie Ping.

The Dean of the Deakin Medical School Professor Gary Rogers will be the key note speaker to the Visiting Medical Officers dinner to be held in September. Professor Rogers is supportive of our objectives

I was very pleased to see Addie Jamieson the daughter of long term EGHS staff members Glen and Melia Jamieson was in this year's Deakin Medicine course. Addie had previously done work experience at EGHS and expressed an interest in becoming a doctor. We wish Addie the best of luck in her studies.

At the June board meeting we farewelled retiring board directors. Don Cole served nine years, the maximum allowed by the Victorian Government. Peter Wigg and Sue Craven completed their terms. We

thank them for their commitment to the health service.

We are offering the Building for the Future, Joe Kapp memorial, Angela Laidlaw memorial and Epworth scholarships to support our staff to upskill. The development of our staff's skills has been a focus of East Grampians Health Service for many years. It is important to give our local community the opportunity to have a great career in their community and provide much needed services that are sustainable into the future. Please review the scholarships and share them with your colleagues.

If you would like to develop your career please discuss your interests with Training and Development Manager Claire Sladdin or your manager.

Have a good month.

## SIGNIFICANT SAVINGS TO HEALTH SERVICE THROUGH SOLAR PROJECT

BY JODIE HOLWELL - COMMUNITY LIAISON

Minister for Employment; Innovation, Medical Research and the Digital Economy; Small Business; and Resources Jaala Pulford officially opened the East Grampians Health Service solar carpark project, delivered in partnership with Ballarat Renewable Energy and Zero Emissions Inc (BREAZE), on Wednesday.

EGHS received funding of \$650,000 from the State Government which has enabled a 384 panel, 176.6 kW, solar system to be installed on purpose built carpark shelters in the main EGHS carpark. Of the 45 carparks in this area, 34 are now under cover.

This project is in addition to a 938 panel, 315kW, solar project installed across buildings at the Ararat and Willaura campuses.

The estate of the late Joe Kapp very generously bequeathed \$3.2M to EGHS, of which \$465,000 was used to finance the roof-top solar project.

Joe and wife Monika Kapp are long term residents of the Ararat community and strong supporters of East Grampians Health Service.

Through funds bequeathed from the estate, EGHS has also established the Joe Kapp Scholarship.

EGHS Board Chair Nancy Panter said the health service was delighted to have the support of Joe and Monika Kapp, which has allowed it to support the Victorian Government to have the project completed.

Ms Panter said to run its operations, EGHS uses a large amount of energy - electricity and gas - and as part of its commitment to environmental sustainability, it has established solar generation as a cornerstone to its direction.

"Through this solar project, EGHS is now producing a significant amount of its peak electricity requirements. Through the electricity we produce, you could say that the health service runs for half the day on solar power," Ms Panter said.

"Financially this means more than \$6,000 in savings per month compared to pre-solar usage. In the first year it is estimated we will save in excess of \$76,000 in electricity costs as well as having less reliance on traditional power sources.

"The solar carpark also provides protection from the elements for our patients and visitors, including shade in summer and shelter from rain during the winter."

Ms Panter said EGHS has also been supported by the Department of Health to install LED lights, more efficient gas boilers and air conditioning units which are further reducing its energy needs and carbon footprint.



Integrity



Excellence



Community Focus



Working Together



Learning Culture

# NURSE PRACTITIONER MODEL OF CARE INTRODUCED AT EGHS

BY REBECCA PETERS  
DEPUTY DIRECTOR OF CLINICAL  
SERVICES

EGHS Clinical Services has expanded with the introduction of a Nurse Practitioner model of care in Residential Aged Care. The role of the Nurse Practitioner (NP) is designed to improve access to healthcare and enhance health outcomes within a variety of specialty areas.

NPs have an expanded scope of practice with the experience, expertise and the authority to diagnose and treat consumers with acute and chronic health conditions within their specialty area.

The title 'Nurse Practitioner' can only be used by a person who has successfully completed additional university study at Master's degree level, and has been endorsed by the Nursing and Midwifery Board of Australia. NPs are the most senior clinical nurses in the Australian health care system.

National standards for practice ensure that NPs are capable of providing high quality, patient centred care. They are also capable in clinical education and leadership within the health system. NPs work collaboratively with General Practitioners in the medical management of consumers.

We are pleased to announce that long standing EGHS staff members Deborah Bennet and Elizabeth Lawrence have graduated with Master's degrees and gained endorsement with AHPRA as Nurse Practitioners specialising in Aged Care.

Having endorsed NPs has resulted in EGHS being selected by the Grampians Health Service Partnership to pilot an NP model of care in Residential Aged Care. The pilot project at EGHS will be evaluated and presented to the Department of Health at the end of 2022 with the view of ongoing opportunities for NPs in Aged Care across the Grampians Region.

The primary aim of the project is to reduce avoidable presentations to the Urgent Care Centre and to provide appropriate 'care in place' for our aged care consumers.

EGHS is proud to continue to engage in innovative ways to improve the health of our consumers and to strategically address rural workforce challenges.



## ONCOLOGY UNIT STAFF APPRECIATION

BY MARK KINSELLA  
ANUM ACUTE SERVICES

Over approximately the past six months the EGHS Oncology Unit has been helping the Stawell Oncology Unit by treating some of their patients, as they have been experiencing staffing issues.

The Stawell Unit is now open again. I would like to thank all the EGHS Oncology staff for their dedication, hard work and overtime they have worked during this time. This has assisted the Stawell patients in continuing to have their treatment near their homes.

Thank you All.



Integrity



Excellence



Community  
Focus



Working  
Together



Learning  
Culture

# EGHS POLICIES & CPGs

BY SARAH HARWOOD

EXECUTIVE ASSISTANT DEVELOPMENT & IMPROVEMENT

NEW/UPDATED CPGs	
CPG 35.65	COVID-19 DEEP CLEAN AND DISINFECTION
CPG 64.07	INFECTION CONTROL IN THE NURSERY
CPG 11.33	LACERAINE
CPG 10.70	SURGICAL HAND ANTISEPSIS, GOWNING AND GLOVING
CPG 86.10	HEALTHY AT HOME TELEHEALTH PROGRAM
CPG 10.90	TRACEABILITY OF REPROCESSED CRITICAL AND SEMI CRITICAL REUSABLE MEDICAL DEVICES - PERIOPERATIVE UNIT

NEW/UPDATED SOPPs	
SOPP 70.42	CLEANING/CHANGING OF CURTAINS
SOPP 72.20	VANDALISM
SOPP 72.49	ENVIRONMENTAL SUSTAINABILITY
SOPP 12.04	CONSUMER PARTICIPATION
SOPP 72.19	ASBESTOS
SOPP 15.01	INCIDENT REPORTING, INVESTIGATION AND MANAGEMENT
SOPP 57.05	ACCESS
SOPP 64.65	MATERNITY SERVICES CAPABILITY AND TRANSFER OF CARE
SOPP 9.01	DELEGATION OF AUTHORITY
SOPP 26.02	NOTIFIABLE DATA BREACH
SOPP 20.02	PURCHASING CARD
SOPP 11.06	CONSUMER INFORMATION MATERIALS
SOPP 60.23	INTERPRETER SERVICES
SOPP 2.00	GOVERNANCE POLICIES
SOPP 60.20	PERSON CENTRED CARE
SOPP 58.05	PAIN MANAGEMENT
SOPP 57.10	ACCESS AND EQUITY

NEW/UPDATED FORMS	
66.01.06	VOLUNTEER LEAVERS CHECKLIST
66.01.07	VOLUNTEER FEEDBACK FORM

NEW/UPDATED FORMS	
57.07.06	VENEPUNCTURE COMPETENCY AND ASSESSMENT PACKAGE
85.00.25	COVID-19 STUDENT SCREENING
72.02.22	DRYING CABINET DAILY CHECKLIST
38.01.24A	ORIENTATION CHECKLIST – COMMUNITY NURSING HEALTH CARE WORKERS
61.01.21	REQUEST TO CREATE MODIFY DOCUMENT
58.09.23	MONTESSORI - CHANGING LIVES ASSESSMENT
38.01.92	CONSUMER NEEDS IDENTIFICATION – HOME CARE PACKAGES
64.00.06	MIDWIFERY BABY NAME TEMPLATE

NEW/UPDATED MRS	
MR010.1	NURSING DISCHARGE SUMMARY
MR308.5	HEALTHY AT HOME AGENCY REFERRAL
MR500.18	CGPC INSTRUCTION FOR SAFE USE OF OXYGEN EQUIPMENT
MR303.8	GROUP EXERCISE PROGRESS REPORT
BRN27	TRABECULECTOMY (GLAUCOMA SURGERY)
MR093	CHARTER OF AGED CARE RIGHTS
MR002.92	CLARIFICATION OF DOCUMENTATION
MR308.1	HEALTHY AT HOME - RISK SCREENING TOOL
MR170	ADVANCED PRACTICE NURSE CONSULT RECORD

UPDATED BROCHURES	
BRN64.1	DISCHARGE INSTRUCTIONS FOLLOWING CATARACT SURGERY - DR ROYDHOUSE
BRN57	DISCHARGE INSTRUCTIONS FOLLOWING CATARACT SURGERY - DR. TOOHEY
INFO01.10	COMPLIMENTS OR CONCERNS – DAY CENTRE
BRPHY29	POST NATAL PILATES CLASSES
INFOHIS01	INSTRUCTIONS FOR ENTERING ADVANCED CARE DIRECTIVE ALERTS IN IPM
INFOHIS03	PRINTING PMI LABELS
INFOHIS02	PRINTING PATIENT REGISTER LIST INSTRUCTIONS



Integrity



Excellence



Community  
Focus



Working  
Together



Learning  
Culture

# FLYING THE FLAG FOR NAIDOC WEEK AT EGHS

BY JODIE HOLWELL  
COMMUNITY LIAISON

NAIDOC Week celebrates the history, culture and achievements of First Nation peoples.

NAIDOC Week is celebrated by all Australians and is a great opportunity to learn more about First Nation communities.

The 2022 NAIDOC Week theme is Get up! Stand up! Show Up! This theme encourages everyone to make a genuine commitment to support and secure institutional, structural, collaborative, and cooperative reforms.

East Grampians Health Service is one of the first organisations in Ararat to raise the Aboriginal and Torres Strait Islander flags, at both the Ararat and Willaura campuses, and fly them proudly in front of our organisation.

This is the first step in the journey to making a strong commitment to providing culturally safe and appropriate healthcare to our First Nations community.



Integrity



Excellence



Community  
Focus



Working  
Together



Learning  
Culture

## PARKLAND PURSUITS

BY MICHELLE MASLEN  
LEISURE & LIFESTYLE COORDINATOR

The weather is cooler now so the residents like to keep warm.

They will be making scones, doing Art Therapy, craft, dyeing calico, carpet bowls and making daffodils for Daffodil Day.

We have several outings where we take our afternoon tea and find a great picnic spot.

There are puddles everywhere and little white lambs frolicking about in the paddocks. The grass is greener than last year, and the days get dark quicker.



*Pictured above: Mavis Lovell and Dorothy Heard out and about*



*Pictured above: Dorothy Heard making biscuits*



*Pictured above: Mavis Lovell making pies*

## FORMER GREASE MONKEY REMEMBERED

BY JODIE HOLWELL  
COMMUNITY LIAISON

The Grampians Grease Monkeys Car Club recently donated funds to the EGHS Oncology Unit and Palliative Care Area.

Member Gerald Hurkens passed away in 2021 and the Grease Monkeys and Gerald's family donated \$2,000 in memory of Gerald and as a thank you for the care he received at East Grampians Health Service.

Club members created quite the spectacle when they arrived with their amazing vehicles and lined them up in front of EGHS, with members handing over the cheques to EGHS chief executive Nick Bush.

Mr Bush thanked the members for their generous donations.

"The funds will make a significant contribution towards new equipment and services in our Oncology Unit and new Palliative Care Area at the health service and be of great benefit to our patients,"

he said.

Grampians Grease Monkeys is a pre-1965 car club, established in 2013 for car enthusiasts.

Anyone interested in joining Grampians Grease Monkeys can contact Mark on 0428 532 888.



*Pictured are Grampians Grease Monkeys' members and EGHS CE Nick Bush*



Integrity



Excellence



Community Focus



Working Together



Learning Culture

# LITTLE BOXES OF MEMORIES

BY JODIE HOLWELL  
COMMUNITY LIAISON

Photos, knick-knacks, sporting memorabilia, post cards – they all trigger memories, but are particularly important for older people and even more important for those living with dementia.

Memory boxes have been installed at East Grampians Health Service's aged care facility Garden View Court, with the Ararat Woodies generously donating their time and materials to construct the boxes for each of the 24 residents.

The memory boxes are like the old fashioned 'shadow boxes' and sit adjacent to the door of each resident's room.

Residents are able to place their favourite photos, sporting posters, pictures, ornaments, and anything that is personal to them in the boxes, which also act as a way-finder for residents to make their way back to their rooms.

Former Garden View Court manager Maree Fraser began talking to members of the Ararat Woodies last year and over a period of few months the group constructed the 24 boxes and delivered them to Garden View Court late last year.

They have now been installed and residents are enjoying filling each box with their favourite items.

EGHS chief executive Nick Bush thanked members of the Ararat Woodies for their time and patience in constructing the memory boxes for Garden View Court.

"It has been wonderful to see the residents fill their memory boxes with all their favourite things – the boxes have been beautifully constructed and that is testament to the skills of the members of the Woodies.

"We are very grateful for their work and know that residents now and well into the future will enjoy these spaces for their memories to be on show."



*Pictured left: Ian Walmsley*



*Pictured left: Doreen McLoughlan*

*Pictured right: Maree King*



*Pictured right: Julian Shalders and his pet lizard Hercules*



Integrity



Excellence



Community Focus



Working Together



Learning Culture

# FATHER ANDREW WEARS A STOLE OF MANY COLOURS

BY JODIE HOLWELL  
COMMUNITY LIAISON

Local Catholic priest Father Andrew Hayes has a new and colourful stole to wear for Mass thanks to 70 Lowe Street resident Nina.

Nina spent many hours fashioning the stole, which is reminiscent of Joseph's multi coloured coat.

Father Andrew was moved by the gift and has proudly worn the stole during Mass.

"Different churches take our turn for prayers in the various aged care facilities - and when it's our turn (at 70 Lowe Street) Nina sits there knitting away during the prayers," Father Andrew said.

"She never stops and it turns out she was knitting a stole for me to wear during the prayers!"

Pictured right: Father Andrew Hayes wears his new stole knitted by 70 Lowe Street resident Nina.



## STAFF FITNESS AND MODIFIED SPORT

BY SAMUEL PADARCIC  
ALLIED HEALTH ASSISTANT

Staff fitness runs every week on Wednesday at 5:15pm – 6:00pm. Gabby (health promotion) and I have organised once monthly modified sport during staff fitness time. These sports may include but are not limited to walking basketball, touch footy, soccer and softball.

Some of our favourite reasons to move include:

- More energy
- Strong muscles and bones
- Better mental health and cognitive function
- Lower risk of chronic conditions
- Improved heart health and fitness
- Less chance of falls

Staff fitness welcomes all staff of any fitness level to join us in a warm and inviting atmosphere. Normally held in the gym

located at the Community Health Centre however, I will inform you of the location and type of exercises to be planned via the EGHS staff fitness Facebook group.

Please click the link to join:

<https://www.facebook.com/groups/272393883425954>  
I look forward to seeing some new faces!



Integrity



Excellence



Community  
Focus



Working  
Together



Learning  
Culture

# STAFF EXERCISE BIKES

Staff exercise bikes are available for use either before or after your shift and during your break times.

The bikes are located in the walkway on the side of the Community Centre building just down past The Nest.

Please clean the bikes after use with the wipes provided.



Integrity



Excellence



Community  
Focus



Working  
Together



Learning  
Culture

# NEW ARRIVALS AT EGHS

BY JODIE HOLWELL – COMMUNITY LIAISON

Lilly is pictured with her new baby sister Valerie.

Baby Valerie was born at East Grampians Health Service on July 3 2022, weighing 3600 grams.

“A big thank you to Dr Pretorius and Dr Connellan for all their care and to the amazing midwives. They are all fantastic and so helpful. Would love to take them all home.”

Zari Taylor and Aaron Jenkins have welcomed a son, Elyas Wayne Jenkins.

Baby Elyas was born at East Grampians Health Service on July 6 2022, weighing 3798 grams.

“Zari would like to thank everyone at the EGHS for their help for making this treasured moment even more memorable,” Aaron Jenkins.



## 2022 EGHS FOOTY TIPPING LEADERBOARD

SEE BELOW THE STANDINGS OF THE EGHS FOOTY TIPPING COMPETITION FOLLOWING ROUND 20.

124	ARMY_
123	ASHLEY LEGGETT
123	IAN GRIERSON
123	JAKE ROMEIN
123	JANE M31
122	ALLY G HALL
122	KIM_70



Integrity



Excellence



Community Focus



Working Together



Learning Culture

# COVID PROJECT BENEFITS RESIDENTS AT GARDEN VIEW COURT

BY JODIE HOLWELL – COMMUNITY LIAISON

What to do during COVID-19 lockdowns? Well if you're a talented quilter, you make quilts of course.

Great Western friends and quilters Lorraine Koenen and Jenny Parkin spent many months during COVID-19 lockdowns making a variety of colorful quilts and decided to donate them to East Grampians Health Service's Garden View Court.

Each of the 24 residents received a quilt.

Lorraine and Jenny visited Garden View Court recently and the residents were allowed to choose their favourite from the vast array of quilts delivered.

EGHS chief executive Nick Bush said the residents were very appreciative of the quilts that were gifted by Lorraine and Jenny.

"On behalf of the residents and staff at Garden View Court, I would like to thank Lorraine and Jenny for their kindness in donating these beautiful quilts," he said.

"The quilts brighten up the residents' rooms and enhance the home-like atmosphere of Garden View Court."



*Pictured above: John Vendy*



*Pictured above: Rhonda Allen*



*Pictured above: Ollie Hustler*



*Pictured above: Doreen McLoughlin*



*Pictured above: Hazel Murray*



*Pictured above: Quilters Jenny Parkin (left) and Lorraine Koenen (centre) with Julie Rix from Garden View Court*



*Pictured above: Quilters Lorraine Koenen and Jenny Parkin*



*Pictured above: Joyce Hellyer and Beverley O'Brien*



Excellence

Focus



Working Together



Culture

# CHRISTMAS IN JULY GARDEN VIEW COURT



Integrity



Excellence



Community Focus



Working Together



Learning Culture



# CHRISTMAS IN JULY 70 LOWE STREET



Integrity



Excellence



Community Focus



Working Together



Learning Culture

# STICKY GINGER AND CARMEL PUDDING

## INGREDIENTS

- 1 3/4 cups (260g) self-raising flour
- 1 1/2 tsp ground ginger
- 1/4 tsp bicarbonate of soda
- 100g dark muscovado sugar
- 2 tbs treacle
- 120g unsalted butter, chopped, melted, cooled
- 1 cup (250ml) buttermilk
- 3 eggs
- 150g uncrystallised ginger, finely chopped, plus extra to serve
- Thickened cream, to serve
- **GINGER SAUCE**
- 100g unsalted butter, chopped
- 1/3 cup (75g) dark muscovado sugar
- 1/3 cup (80ml) ginger beer
- 200ml thickened cream
- **GINGER CARMEL**
- 100g unsalted butter
- 1/3 cup (75g) dark muscovado sugar
- 1/3 cup (80ml) ginger beer
- 100ml thickened cream

## METHOD

1. Preheat oven to 180°C. Lightly grease a 2.3L-capacity baking dish.
2. Sift flour, ginger and bicarb into a large bowl. Add sugar, treacle, cooled melted butter, buttermilk and eggs and whisk until combined. Fold through chopped ginger until combined. Spoon mixture into the prepared baking dish. Bake for 40 minutes or until golden and slightly soft to touch.



3. Meanwhile, for the ginger sauce, place all ingredients in a small saucepan over medium heat and stir until sugar dissolves. Bring to the boil and cook, stirring, for 5 minutes or until slightly thickened. Remove from heat and allow to cool slightly, then pour sauce over the hot pudding and allow to soak in.
4. For the ginger caramel, place ingredients in a small saucepan over medium heat. Bring to a simmer and cook for 10 minutes or until thickened. Set aside and keep warm. Spoon pudding into serving bowls and drizzle with caramel and cream. Scatter with extra ginger to serve.



## EGHS ECHO

East Grampians Health Service  
Girdlestone Street, Ararat VIC 3377  
Phone. 5352 9300  
Fax. 5352 9333

The Echo is published on the 4<sup>th</sup> 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](mailto: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