



EGHS ECHO



East Grampians
Health Service

JUNE
2023

FROM THE CHIEF EXECUTIVE'S DESK

BY NICK BUSH
CHIEF EXECUTIVE



Welcome to the May edition of the Echo.

It has been a positive start to 2023. We have seen a significant number of new joiners to the health service. Dr Kaushik Banerjee has commenced as the Director of Medical Services and we welcome Kaushik to the health service.

Many new joiners have relocated to Ararat to live, which is pleasing. Many have said to me the Grampians is particularly appealing. This has seen several people locate from other rural areas to Ararat and District. Many also relocate due to the easy access to Melbourne via road or train. There has also been an increase in Ballarat residents commuting to EGHS for work.

I do hope many chose EGHS because it is a

great place to work with supportive colleagues. I encourage you to be inclusive of the new joiners who are now residing in a new community to link them with community groups that have common interests. Being in a new community dislocated from family and friends is not easy and any support you provide will be appreciated.

Following the construction of the second operating theatre, it is now operational and treating a significant increase in patients from the local and surrounding areas. I thank the Visiting Medical Staff, EGHS staff and patients for making the transition seamless and very well received by the community who are very pleased to be receiving high-quality care close to home.

In the coming months, we will work on ensuring that any expansion to theatre services being offered will prioritise local people who are waiting for surgery. Areas of clinical specialty that appear to require more services offered locally are orthopaedics and urology.

National Standards accreditation will occur at the health service on June 27, 28 and 29. Two assessors will spend three days with us reviewing the care provided to residents, our systems and processes.

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CE Report cont.

Much preparation has been put in place over the previous three years to be in readiness for the audit. The changes and developments include a focus on targeted education and competencies for all staff. Strengthened review processes and learnings from adverse and near-miss events.

This is a great opportunity for staff to showcase your great work. It also gives a forum to learn from the assessors, as they audit health services across Australia and witness high performers. We can learn from them.

I encourage staff to ensure their competencies are current and that managers who meet with staff complete outstanding professional development plans.

The Rural Training Stream being offered by Deakin University medical school closed its applications on May 31. Deakin University has

appointed Rachael Cooper as the coordinator to work in Ararat to support the recruitment of eligible people in the Grampians/Wimmera. Rachael will be well known to you as a long-standing EGHS employee as a Dietitian who deputised for the Director of Community Services for leave. If you know anyone who would like to be a doctor and is a health professional from the local area please ensure they check the Rural Training Scheme link and contact Rachael via email at rachael.cooper@deakin.edu.au <https://www.deakin.edu.au/medicine/study-opportunities/rural-training-stream>

It is very pleasing to see two of the lead roles for the local production of Chitty Chitty Bang Bang are EGHS staff members, Maree Fraser-Croft and Lionel Holt. The director of the musical is also an EGHS staff member, Jodie Holwell. It is great to see the leadership shown by our staff. I look forward to seeing the show on the weekends commencing June 16 and June 23 and encourage you to do the same.

Have a good month.

BRUCE FAREWELLED

Staff recently gathered to farewell Dr Bruce Sanderson and thank him for his contribution to EGHS during his interim period as Director of Medical Services.

A morning tea was held at Café Pyrenees.



Pictured above: Dr Bruce Sanderson (centre) with staff at his farewell morning tea



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East Grampians Health Service Ark Toy and Activity Library



MOVIE AFTERNOON

Thursday June 15
1.30pm



Astor Cinema

Tickets: \$20
Includes afternoon
tea following the
movie

Tickets:
CAS Couture,
Barkly Street
Ararat (cash only)

Enquiries: Robyn
0428 581 705



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NEW RESEARCH PUBLICATION BY EGHS RESEARCHERS HIGHLIGHTS LOCAL COVID-19 RESEARCH

BY JACLYN BISHOP

MANAGER DEVELOPMENT & IMPROVEMENT

East Grampians Health Service staff members Jake Romein (Exercise Physiologist) and Jaclyn Bishop (Manager, Development and Improvement) have published an article in the Australian Journal of Primary Health that explored one of the impacts of the COVID-19 pandemic social distancing requirements: cancellation of structured exercise groups.

East Grampians Health Service provides structured group exercise as a component of the Chronic Conditions Model of Care program for people living with chronic and complex conditions. The group exercise classes are formed by chronic condition-based grouping (e.g. cancer, lung), as well as location (e.g. satellite sites with mixed chronic conditions). The service is provided to approximately 70 clients at any one time.

Reassuringly, the study suggested that large changes in physical functioning were not observed when clients were unable to attend structured exercise groups for three months due to COVID-19 imposed isolation. The study also found that despite the COVID-19 lockdown, clients still rated their life satisfaction and wellbeing highly. The authors suggested that protective factors (such as living outside of a metropolitan centre), low case numbers of COVID-19 in the community at the time and good resilience helped wellbeing and life satisfaction in the local Ararat community.

Prolonged periods of mandated isolation due to infectious diseases or natural disasters (e.g. bushfires, floods) may occur again in the future, disrupting the way that healthcare is delivered. Rurally-based research such as this study is therefore important so that the rural experience is captured and informs any future response.

The full article can be accessed from www.publish.csiro.au/py/PY22229

Citation: Romein Jake, Bishop Jaclyn (2023) An Australian exploratory study of individual physical functioning and wellbeing of rural clients with chronic diseases whose structured exercise groups were cancelled due to social distancing requirements of the COVID-19 pandemic. Australian Journal of Primary Health. <https://doi.org/10.1071/PY22229>

AGED CARE STAFF WELLBEING PROJECT

BY ANCARA THOMAS

RESEARCH ASSISTANT

We are delighted to announce that East Grampians Health Service was successful in obtaining funding from Western Alliance and the Melbourne Ageing Research Collaboration (MARC) for the project 'Supporting the wellbeing of staff caring for residents with challenging behaviours in Residential Aged Care (Swell-RAC)'.

The application was submitted by an EGHS team consisting of Dr Jaclyn Bishop, Dr Ella Ottrey, Maree Fraser and Deb Bennett, supported by Dr Ruth Teh (Geriatrician) and Dr Danielle Hitch (Deakin University). Ancara has recently joined the EGHS team as a Research Assistant.

The research will explore:

- How caring for residents with challenging behaviours (such as frequent absconding, verbal insults, self-harm attempts) in rural aged care facilities impacts staff wellbeing; and
- What strategies could support staff wellbeing when caring for residents with challenging behaviours.

This will be investigated through interviews with EGHS aged care and management staff, a literature review and small group sessions with EGHS staff and consumers. Together, the information will help to identify and develop new strategies to support staff wellbeing that are feasible and most likely to have a positive impact on staff wellbeing. From there, we hope to secure funding for the next stage of this project which will implement and evaluate the strategies to support staff wellbeing identified.

This is an exciting opportunity to undertake a project that is relevant to our rural context, and to increase our staff capacity and interest in research as a mechanism to solve real-world problems.

For further information, please contact Ancara Thomas (Swell-RAC Research Assistant) on ancara.thomas@eghs.net.au.

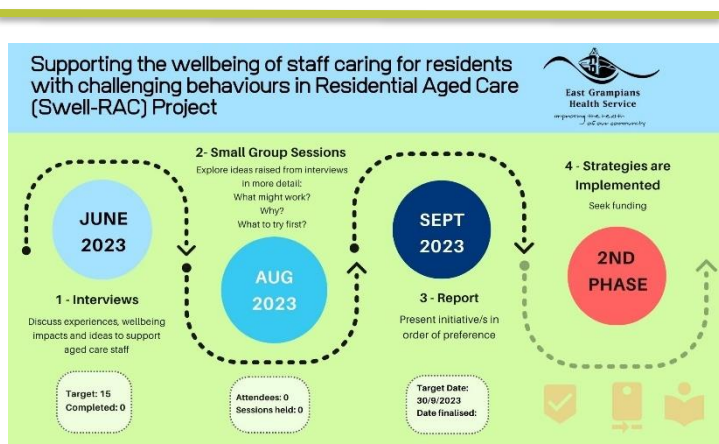


Australian Journal of
Primary Health

RESEARCH PAPER
<https://doi.org/10.1071/PY22229>

An Australian exploratory study of individual physical functioning and wellbeing of rural clients with chronic diseases whose structured exercise groups were cancelled due to social distancing requirements of the COVID-19 pandemic

Jake Romein^A and Jaclyn Bishop^{A*}



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AGED CARE STAR RATINGS

BY MAREE FRASER

CLINICAL GOVERNANCE COORDINATOR

East Grampians Health Service has recently received excellent Star Ratings for all of its aged care facilities.

The star rating system for aged care services has been developed by the Commonwealth Department of Health and Aged Care in response to the Aged Care Royal Commission, to assist older members of our community and their families to compare the quality and performance of different aged care services.

The star rating system will ensure transparency about the quality of care provided in all aged care facilities, and aged care providers will continuously work to improve the quality of care for each of our residents.

Objectives of the Star ratings for residential aged care:

- Helping people to make informed decisions about where they would like their loved ones to live, knowing they will be receiving top quality outstanding care
- Ensuring aged care providers will strive to continually improve the service provided to consumers
- Ensuring information on the quality of care provided at each facility is transparent and open

Star ratings are measured on a scale of 1 – 5 stars. More stars means an aged care service is delivering higher quality care across the four key areas of performance of compliance, quality measures, resident experience, and staffing.

Compliance – reflects the facility's current compliance status with the Aged Care Quality Standards

Quality Measures – describes the quality of care provided to aged care residents across indicators reported as part of the National Aged Care Mandatory Quality Indicator Program, including pressure injury, physical restraint, unplanned weight loss, falls and major injury.

Resident Experience – residents answer a short series of questions from an external vendor describing their experience in the facility

Staffing – measures the care minutes each resident receives from all staff at the facility, and compared with minimum targets set by the Australian Government.

Two of our four aged care facilities, Willaura Nursing Home and Parkland House have achieved uplifted ratings from the previous 4 star rating to 5 stars, which gives an overall rating of Excellent to both of these homes. Less than 2% of aged care facilities achieve a 5 star rating nationally.

70 Lowe Street has also achieved an uplift in ratings, from 3 stars to 4 stars, and Garden View Court Hostel, is holding steady at 3 stars.

These star ratings are all outstanding achievements. Each of our aged care facilities prides itself on providing top quality personalised care to each person living in the home. Every staff member works with incredible passion and are fully committed to continue to provide outstanding care for each individual person. EGHS thanks every staff member personally for being able to provide that individualised touch.

EGHS will continue to provide exemplary care for our community members, and guarantee star ratings will continue to improve in the coming months.

The star ratings can be found on the My Aged Care website: <https://www.myagedcare.gov.au/>



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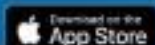


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- 2 Search and select our name when prompted to nominate a club, school or charity

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*CONDITIONS APPLY. Go to ritchies.com.au/loyalty for further information.



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PARKLANDS PURSUITS

BY MICHELLE MASLEN
LEISURE AND LIFESTYLE

Well its nearly half way through the year and winter as well - we have been cooking lots of soup and hot scones.

We have a great musical band called 'In the Mood' coming to play and Michael and Keith came to play country music. Michael plays guitar and sings with a deep baritone voice and Keith strums his guitar to accompany Michael. He plays Slim Dusty, Johnny Cash, Elvis and many more.

One of our residents used to go to the Tamworth Music Festival and she loves it.

Other activities will be scrapbooking, card making, and mosaic art and cooking.

Our residents like the foot and nail care where they can have a manicure, nails painted and a hand massage.

We always look forward to the hot soup at night and the hot scones for morning tea.



Pictured above: Nancy Winfield's Birthday



Pictured above: Jo and Mary Skubnik and Priscilla Friend listening to Michael and Keith's music



Pictured above: Michael playing his guitar

CHITTY CHITTY BANG BANG OPENS IN JUNE

BY JODIE HOLWELL
COMMUNITY LIAISON

Ararat Musical Comedy Society's 2023 production of Chitty Chitty Bang Bang opens in June at the Ararat Town Hall.

The production features EGHS staff members Lionel Holt and Maree Fraser-Croft in the lead roles of Caractacus Potts and Truly Scrumptious, with Jodie Holwell directing the show.

Chitty Chitty Bang Bang is the beloved children's tale immortalised in the 1968 movie of the same name, however, with the writer of the show Ian Fleming also being the writer of James Bond, it's not just a show for children, with plenty of great adult humour as well!

With a cast of almost 40 local performers, including nine children, plus a huge production and backstage crew, Chitty Chitty Bang Bang has been a mammoth task for Ararat Musical Comedy Society.

Hundreds of hours of work has gone into the sets, props, costumes, design, music, and many more tasks, and none more so than the building of Chitty.

AMCS can't wait for audiences to see the spectacular Chitty and what

she can do when she is revealed on stage!

Chitty Chitty Bang Bang will be staged at the Ararat Town Hall over two weekends in June - 16-18 and 23-25, with matinees on Sunday June 18 and 25.

Book through the town hall at:

<https://www.arattownhall.com.au/community-events/>



Pictured above: EGHS staff members Lionel Holt and Maree Fraser-Croft as Caractacus Potts and Truly Scrumptious in a scene from Chitty Chitty Bang Bang, with Shania Atkins as Jeremy and Imogen Parsons and Jemima



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FRIENDS GATHER TO ENJOY HOT DOGS AND JAM DONUTS!

BY JODIE HOLWELL
COMMUNITY LIAISON

The onset of cooler weather means yummy hot food to warm us all up!

Patricia Hinchey Centre consumers recently invited residents from 70 Lowe Street and Garden View Court for a hot dog and hot jam donut lunch.

The lunch provided the opportunity for friends to catch up while enjoying treats for lunch.



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ARARAT

TOWN HALL

Jade Hurley

Australia's King Of Country Rock



Wednesday 21st June 2023
12.00pm

Info & Bookings
Free Concert
ararattownhall.com.au
Phone: 1800 657 158



Ararat Rural City



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WELCOME NEW EGHS STAFF

By ROS BLOOMFIELD, MANAGER – HUMAN RESOURCES

Almaco B Galoso

MY POSITION AT EGHS	HOME CARE WORKER
FAVOURITE AFL TEAM	GEE LONG CATS
FAVOURITE FOOD	STEAK, NOODLES, CURRY
FAVOURITE MUSIC	COUNTRY MUSIC
INTERESTS	FISHING, TRAVELLING
ONE THING I'M GOOD AT IS	MY PASSION ON LOOKING AFTER OLD PEOPLE
ONE THING I WANT TO DO IN MY LIFETIME IS...	TRAVEL AROUND AUSTRALIA



Melanie Hawken

MY POSITION AT EGHS	ALLIED HEALTH ASSISTANT
FAVOURITE FOOD	VIETNAMESE
FAVOURITE AFL TEAM	GEE LONG
FAVOURITE MUSIC	INDIE, FOLK
INTERESTS	TRAVEL, HIKING, CAMPING
ONE THING I'M GOOD AT IS	LISTENING
ONE THING I WANT TO DO IN MY LIFETIME IS...	RUN A MARATHON



Shirleen Hermosa

MY POSITION AT EGHS	REGISTERED NURSE
FAVOURITE AFL TEAM	
FAVOURITE FOOD	SEAFOOD
FAVOURITE MUSIC	CHILL, ALTERNATIVE
INTERESTS	TRAVELLING, FOOD, ADVENTURE
ONE THING I'M GOOD AT IS	SLEEPING
ONE THING I WANT TO DO IN THIS LIFETIME IS...	SKYDIVING



Irene Hermosilla

MY POSITION AT EGHS	INSTRUMENT TECHNICIAN - GRADE 1
FAVOURITE FOOD	CHIPS
FAVOURITE MUSIC	INSTRUMENT MUSIC
INTERESTS	WORKING
ONE THING I'M GOOD AT IS	COOKING
ONE THING I WANT TO DO IN THIS LIFETIME IS...	TRAVEL IN MALDIVES



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Victoria Robins

MY POSITION AT EGHS	LEISURE & LIFESTYLE
FAVOURITE AFL TEAM	BULLDOGS
FAVOURITE FOOD	CHINESE
FAVOURITE MUSIC	ALTERNATIVE ROCK
INTERESTS	COOKING, READING, CONCERTS, ROAD TRIPS
ONE THING I'M GOOD AT IS	TRYING NEW THINGS
ONE THING I WANT TO DO IN MY LIFETIME IS...	EXPLORE



Lyn Russell

MY POSITION AT EGHS	VOLUNTEER & CONSUMER PARTICIPATION COORDINATOR
FAVOURITE FOOD	SALMON & CHICKEN
FAVOURITE AFL TEAM	GEE LONG CATS
FAVOURITE MUSIC	POP, ROCK, COUNTRY, JAZZ
INTERESTS	SWIMMING, CRAFT, WALKING MY DOG, LONG DRIVES, VOLUNTEERING WITH THE RSL
ONE THING I'M GOOD AT IS	ORGANISING, FOLLOWING THROUGH WITH TASKS
ONE THING I WANT TO DO IN MY LIFETIME IS...	STAY HEALTHY & GO ON A CRUISE - JUST TO SAY I'VE BEEN ON ONE!



Abbie Bligh

MY POSITION AT EGHS	WARD CLERK - ACUTE SERVICE
FAVOURITE AFL TEAM	COLLINGWOOD
FAVOURITE FOOD	SATAY CHICKEN PASTA
FAVOURITE MUSIC	COUNTRY
INTERESTS	AFL, SPENDING TIME WITH FRIENDS AND FAMILY
ONE THING I'M GOOD AT IS	HELPING PEOPLE
ONE THING I WANT TO DO IN THIS LIFETIME IS...	TRAVEL AUSTRALIA



Ancara Thomas

MY POSITION AT EGHS	RESEARCH ASSISTANT
FAVOURITE AFL TEAM	BRISBANE LIONS
FAVOURITE FOOD	PAVLOVA
FAVOURITE MUSIC	ALL TYPES OF MUSIC, DEPENDS ON MY MOOD
INTERESTS	READING, BUSHWALKING, MY DOG
ONE THING I'M GOOD AT IS	SLEEPING
ONE THING I WANT TO DO IN THIS LIFETIME IS...	LIVE ABROAD FOR A YEAR



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BIG CROWD AT MOVIE NIGHT

By JODIE HOLWELL – COMMUNITY LIAISON

The first movie night fundraiser held by East Grampians Health Service in a number of years was a great success, with the EGHS Residents' Support Group hosting the event at the Astor Cinema.

More than 180 people attended the screening of the Book Club – The next Chapter, enjoying the movie, wine and supper in the great surrounds of Ararat's historic cinema.

The event raised \$2,836, which will go towards improving the lives of residents at 70 Lowe Street and Garden View Court.



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ARARAT

TOWN HALL






Nat Bartsch

Hope and Lullabies

Friday 9th June 2023
8.00 - 9.40pm

Info & Bookings via
Ararat Town Hall
www.ararattownhall.com.au
Phone: 1800 657 158



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VOLUNTEERS CELEBRATED DURING NATIONAL VOLUNTEER WEEK

BY LYN RUSSELL

VOLUNTEER AND CONSUMER PARTICIPATION COORDINATOR

A very successful morning tea was held on Monday May 15 at the Alexandra Oval Community Centre, where about 55 people attended as part of National Volunteer Week.

It was great to see so many of our volunteers and community members come along to learn more about the volunteering opportunities available at EGHS and to hear from some invited speakers – Bec Peters (Deputy Director of Clinical Services), Wendy Dumesny (70 Lowe Street), Grace Rethus (Patricia Hinchey Centre), Janelle Smith (Meals on Wheels) and Christine Doak (Residents' Support Group).

The theme for this year is the **Change Makers** and every volunteer at EGHS is a valued member of our team; without their vital support plus those who are considering volunteering, many organisations would not be able to provide the services they do.

Volunteers come from all walks of life and have that extensive life experience, knowledge and skills that can contribute greatly to the quality of life of our clients, residents and consumers. Volunteers can also learn new skills including time management, delegation, leadership, problem-solving and interpersonal communication and listening skills.

EGHS has over 160 volunteers, but not all are currently active, so we do need more. As the hospital grows and looks to provide much needed services, volunteers become an essential part of our team.

We are inclusive of all cultural groups, to ensure diversity in our volunteers, who can then support our growing diverse consumer base.

Please note that all volunteers do need to complete Police and Working with Children check applications along with providing evidence of their COVID vaccinations, however we can help you complete all the necessary paperwork.

Benefits of volunteering at EGHS include:

1. Working in a healthy and safe environment and an environment free from discrimination.
2. Covered by insurance.
3. Orientation program and training provided.
4. Name badge provided.
5. Rosters can be organised to suit you and your availability.

If you know of anyone who may be interested in volunteering, but doesn't know where to start, please do contact the volunteer coordinator on volunteercoordinator@eghs.net.au or leave a message on (03) 5352 9481 to find out more information.



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Ararat Musical
Comedy Society

Come fly with us this June 16 - 25!



IAN FLEMING'S

CHITTY CHITTY BANG BANG

Music and Lyrics by Richard M. Sherman and Robert B. Sherman

Music by Special Arrangement with Sony/ATV Publishing

Adapted for the Stage by Jeremy Sams

Based on the MGM Motion Picture

Licensed Script Adapted by Ray Roderick

Tickets through Ararat Town Hall

www.ararattownhall.com.au

or Ararat Visitor Information Centre

or 1800 657 158

ACE RADIO

AME
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All performance materials supplied by Hal Leonard Australia.



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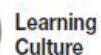
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STAFF FITNESS AND MODIFIED SPORT

BY RHYS LUXTON
PHYSIOTHERAPIST

Staff fitness runs every week on Tuesday at 5:15pm – 6:15pm. 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!



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WEET-BIX PROTEIN SLICE



INGREDIENTS

- 2 tablespoons no added salt, crunchy peanut butter
- 1 tablespoon honey
- 1 cup sultanas
- 2 tablespoons desiccated coconut
- 4 Weet-Bix
- 3 tablespoon cacao
- 2 tablespoon water

METHOD

1. Lightly spray a 6cm-deep x 20cm x 20cm square baking dish with baking paper. Set aside.
2. Place peanut butter and honey in a small saucepan and heat until melted. Set aside to cool.
3. Place sultanas, coconut, Weet-Bix, cacao, water and cooled peanut butter and honey in a food processor and blend until mixture is well combined and smooth.
4. Press the mixture into the baking tin and refrigerate for 2 hours.
5. Slice into 8 pieces.
6. If freezing, once sliced into portions place in individual freezer bags or large container.



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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