

ECHO



East Grampians
Health Service

EAST GRAMPIANS HEALTH SERVICE



CE Report

It has been an anxious time for the East Grampians Health Service Board and staff, however, this week the Victorian Government ruled out the forced merger of health services in Victoria.

The Premier Jacinta Allen and Health Minister Mary-Anne Thomas announced on Thursday that it will not accept the recommendation of the Health Services Plan proposed by the Expert Advisory Committee to forcibly amalgamate Victoria's health services.

Twenty six of the 27 recommendations proposed were accepted in full or in principle. The Government also announced it would invest a further \$1.5 billion to support Victorian hospitals.

The Government said in a media statement 'We believe that locals know their community's health needs best and – together with their health service leaders – their voices must be listened to in the delivery of local health care'.

This is what the EGHS Board reiterated many times - and in a submission to the Expert Advisory Committee - with no appetite to merge with any other local health service.

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HEALTHCARE ASSOCIATION CHIEF SPEAKS AT LEADERS' LUNCH

**JODIE HOLWELL
COMMUNITY LIAISON**

Guest speaker at the June Leaders' Lunch was Victorian Healthcare Association Chief Executive, Leigh Clarke.

Leigh is an experienced association executive in the health sector, with skills in governance, strategy, health policy and member services. She was appointed as the CEO of the Victorian Healthcare Association in December 2022.

Leigh has worked in clinical, research and management roles across the public, private and not-for-profit health services. In addition, she has 12 years' experience as a CEO and Board Director of a number of national peak health associations.

In these roles Leigh has led significant organisation growth, including the enhancement of member services and development of a successful advocacy portfolio across state and federal jurisdictions.

Leigh holds a Bachelor of Prosthetics and Orthotics (Hons), a Master of Public Health and is currently completing a PhD in Health Economics.

At the lunch, Leigh spoke about her career and the future direction of the Victorian health system, answering many questions from staff who attended.

CE Report cont.

It was also stated that 'Health services will be supported to reduce non-clinical duplication and double up, while at the same time promoting stronger partnerships between our hospitals'. We are always supportive and trying to avoid waste at EGHS.

The Government will instead replace Health Service Partnerships with stronger Local Health Service Networks, with five proposed for regional Victoria: Barwon South West, Grampians, Loddon Mallee, Hume and Gippsland. Each network will have formal relationships with a major tertiary hospital, a women's and a children's hospital. This will build on the Health Service Partnership currently in place.

I would like to thank our staff, Visiting Medical Officers, volunteers and the community for their patience as the EGHS Board and executive worked their way through this difficult process.

We are thrilled that our health service will continue to deliver services to our community under the banner of East Grampians Health Service, under strong local governance and management.



Pictured are Leigh Clarke, third from left, with EGHS staff including chief executive Nick Bush, second from left

RADIOLOGY EDUCATION EVENING

**JODIE HOLWELL
COMMUNITY LIAISON**

East Grampians Health Service held a Radiology Education Evening in Pyrenees House last week.

In conjunction with this event, an open night was held in the Radiology Department to allow attendees of the evening to visualise the equipment, view the space and gain a greater understanding of workflow in the department.

The one-hour education session featured invited speakers from Siemens Healthineers discussing specifics and features of EGHS's new Siemens Go Top CT scanner and associated low dose scanning elements.

Additionally, this scanner offers multiple capabilities that EGHS is looking to set up as a service here at EGHS such as Calcium Score Imaging.

Attendees heard information regarding the upcoming Lung Cancer Screening Trial and as a site EGHS, with this CT scanner, is on the right track to participate as a screening site as we await official guidelines.

Education presented by EGHS Chief Medical Imaging Officer, Sabrina Lewicki, was based around DEXA scanning and their imaging requirements and locum sonographer Sharron Earsman on Ultrasound Referrals and Medicare processes.

"This education night will be the first of many to come as Radiology seek to offer educational opportunities each quarter for EGHS staff and students," Sabrina said.

If there is ever a topic you wish to hear more about, please contact Sabrina Lewicki.



EGHS Chief Medical Imaging Officer Sabrina Lewicki and EGHS Chief Executive Nick Bush with the new CT scanner



Victoria Police Blue Ribbon Foundation Ararat Branch member Kate Gleeson, EGHS Chief Medical Imaging Officer Sabrina Lewicki and Alana Benson and Melissa Perry from Budja Budja Medical Clinic enjoyed a tour through the Radiology Department.



Presenters from Siemens, left, Liam Tsui, CT Applications Specialist, and Luke Porra, Account Manager VIC with the new CT scanner.

REGIONAL ASSESSMENT SERVICE CEASES BUT CARE CONTINUES

JODIE HOLWELL
COMMUNITY LIAISON

East Grampians Health Service is no longer providing in-home Regional Assessment Services for people seeking Commonwealth Home Support Program services.

The changes came into effect on July 1, with the Regional Assessment Services now being conducted by government appointed contractors, as part of the national aged care reforms aimed at streamlining assessment services.

EGHS Director of Community Services Sarah Woodburn said RAS assessments support people to access Commonwealth Home Support Program Services, including most community health services aimed at people over 65 living in their own homes, such as allied health, community nursing and home support.

"I would like to reassure the public that there will be no changes to the delivery of the Commonwealth Home Support Program services by EGHS, it is only the assessment that has ceased and will be undertaken by government appointed

contractors," Ms Woodburn said.

"We are hopeful that over time we will be able to subcontract RAS to these providers."

Since 2016, the EGHS RAS Assessors have delivered the program and made a huge difference to the lives of older people across Ararat Rural City.

"I would like to take this opportunity to thank our RAS Assessors Jenny Sheehan, Hannah Reid, and Julie Lang for the work they have done in supporting our community members to receive the care that they needed. They will all continue in other roles at EGHS," Ms Woodburn said.

People seeking RAS assessments can contact My Aged Care on 1800 200 422 or at myagedcare.gov.au

Currently, there are no changes to Aged Care Assessment Services (ACAS).

HEADSPACE DISCUSSION CONTINUES

JODIE HOLWELL
COMMUNITY LIAISON

Federal Member for Wannon, Dan Tehan convened a meeting of Ararat health and community leaders to meet with Senator Anne Ruston, the Shadow Minister for Health and Aged Care to support the application for a headspace service to be located at Ararat.

In attendance was Mayor of Ararat Rural City Council Bob Sanders, Councillor Jo Armstrong, East Grampians Health Service Chief Executive Nick Bush and Director of Community Services Sarah Woodburn, as well as One Red Tree Resource Centre founders Carly McKinnis and Tammie Meehan.

Mr Tehan highlighted the need for a headspace at Ararat to support the mental health of the young people in his electorate, indicating there was a gap.

"The significant funding boost for services a headspace would bring is much needed and this would integrate and strengthen the wonderful service One Red Tree are offering," Mr Bush said.

Senator Ruston said organisations such as One Red Tree are essential to delivering fit for purpose mental health care

across the community and demonstrate the effectiveness of locally lead services.

"Equitable access to quality mental health services is key to ensure all Australians receive the support they need, regardless of their postcode," Senator Ruston said.

Mr Bush thanked Mr Tehan for organising the meeting and lobbying on behalf of Ararat.



Pictured L-R are Nick Bush, Senator Anne Ruston, Dan Tehan, Cr Jo Armstrong, Sarah Woodburn, Carly McKinnis, Tammie Meehan and Cr Bob Sanders

NATIONAL SAFETY & QUALITY HEALTH SERVICE STANDARDS [NSQHS STANDARDS]

MICHELLE PITMAN
LIBRARIAN, GRAMPIANS HEALTH

Did you know that health librarians in Australia have created 14 expert live literature search strings you can run on PubMed for NSQHS accreditation topics?

By using these expert searches, your team will be able to quickly source trusted and well researched evidence that can support the delivery of quality clinical excellence and safer healthcare projects to benefit patients and the community.

·Go to the Home tab on the Grampians Health Library website.

·Look for the centre bottom box titled 'NSQHS Standards – Live Literature Searches.'

·Click the link and select the topic you need to run a live literature search.



·Select full text where available from the PubMed results.

Email library@gh.org.au or use our Request an Article form in the 'Request Forms' box at the top of the library Home page if full text not readily available.

EGHS STAFF FITNESS

KELLY RYAN
EXERCISE PHYSIOLOGIST

Staff fitness runs every week on Tuesday at 5:15pm – 6:15pm. On occasion, we do modified sport during staff fitness time. These sports may include indoor games at the Ararat Fitness Centre in the cooler months and indoor/outdoor activity planned in the warmer months.

Exercise provides many benefits to our health and quality of life such as strengthening our bones and muscles, reducing our risk of chronic conditions, boosting cognitive function, and improving mood and mental health.

Staff fitness welcomes all staff of any fitness level to join us in a warm and inviting atmosphere. Please see the planned activities for August and mid-September and stay up to date by joining the "EGHS staff Fitness" Facebook group for updates and last-minute changes.

Ararat Fitness Centre : 61-73 High Street, Ararat

Please click the link to join: <https://www.facebook.com/groups/272393883425954>. I look forward to seeing you there!



Date	Activity	Location
August 6 th	Pilates & Stretching	Community health centre (CHC) gym
August 13 th	Full body strength	CHC gym
August 20 th	Spin (indoor cycling)	Ararat Fitness Centre
August 27 th	Boxing (bring a work buddy)	CHC gym
September 3 rd	Cardiovascular exercises	CHC gym
September 10 th	Bodyweight-based exercises	CHC gym
September 17 th	Futsal (indoor soccer)	Ararat Fitness Centre
September 24 th	Zumba / Step Aerobics	CHC gym

WELCOME NEW EGHS STAFF

ROS BLOOMFIELD, HUMAN RESOURCES MANAGER

BIANCA CROUCH
LEISURE & LIFESTYLE ASSISTANT
ALL ABOUT ME...

Favourite AFL Team | **Essendon**
Favourite Food | **Vegetarian**
Favourite Music | **Country**
Interests | **Cooking, Craft & Travel**
One thing I'm Good at | **Cooking**



SYDNEY FINDLAY
ORAL HEALTH THERAPIST
ALL ABOUT ME...

Favourite AFL Team | **Richmond Tigers**
Favourite Food | **Fruit Salad**
Favourite Music | **Indie Bands**
Interests | **Sport & Travelling**
One thing I'm Good at | **Netball**
One thing I want to do in this lifetime | **Travel Overseas**



SONJA PETERSON
LEISURE & LIFESTYLE ASSISTANT
ALL ABOUT ME...

Favourite AFL Team | **St Kilda**
Favourite Food | **Cheese**
Favourite Music | **70s Hits & Classical**
Interests | **Home Renovation**
One thing I'm Good at | **Scrabble & Craft**
One thing I want to do in this lifetime | **Travel around America**



JAN TOBIN
HCW AND LEISURE & LIFESTYLE ASSISTANT
ALL ABOUT ME...

Favourite AFL Team | **Collingwood**
Favourite Food | **Fish & Salad**
Favourite Music | **Country & Western**
Interests | **Family, Knitting, Crocheting & Walking**
One thing I'm Good at | **Cooking**
One thing I want to do in this lifetime | **More travel**



KERRY GUEST

MIDWIFE/NURSE

ALL ABOUT ME...

Favourite Food | **Thai Food**

Favourite Music | **Fleetwood Mac & Eagles**

Interests | **Travel & Yoga**

One thing I'm Good at | **Cooking**

One thing I want to do in this lifetime | **Do more travel in Europe**



KIRTI JINKALA

CATERING ASSISTANT

ALL ABOUT ME...

Favourite AFL Team | **Collingwood**

Favourite Food | **Chicken Biryani**

Favourite Music | **Indian Classical**

Interests | **Listening to music, Cooking, Reading**

One thing I'm Good at | **Cooking Food**

One thing I want to do in this lifetime | **Travel**



ANH "ANN" DINH

TRAINEE RN AT 70 LOWE STREET

ALL ABOUT ME...

Favourite Food | **Any cuisine because I love food**

Favourite Music | **Anything from rock, metal, blues, pop...you name it!**

Interests | **I love making music, performing solo or with bands, and playing my instruments**

One thing I'm Good at | **Definitely music, being funny and I sleep a lot**

One thing I want to do in this lifetime | **To be an influential person who leaves behind positive impacts - whether in my care or in my art!**



EGHS AGED CARE STAFF WELLBEING PROGRAM

ANCARA THOMAS
RESEARCH ASSISTANT

We are delighted to announce the launch of the EGHS Aged Care Staff Wellbeing Program in July 2024 across all our aged care facilities. Designed together with staff and consumers, the EGHS Aged Care Staff Wellbeing Program is another way that our aged care staff are supported to provide exceptional care to the residents and themselves.

This program consists of two streams: Peer Support and wellbeing debriefing sessions, named 'Compassionate Conversations'. Peer support is when staff who have similar experiences or challenges support each other through mutual understanding and empathy.

Peer Support is recognised by aged care staff as an important aspect of their roles, as it fosters a caring team culture. Peer Support will be provided by trained Peer Supporters from each aged care facility when requested by their peers. 'Compassionate Conversations' originated through the expressed desire of aged care staff to have the opportunity to come together as a whole facility, to recognise and acknowledge the ups and downs of working in aged care.

Wellbeing debriefing sessions will be facilitated by an external psychologist (or similar) and made available to all aged care staff when needed.

Thank you to the directors, managers and the aged care staff who have provided their time and support for the program so far.

The program is funded by Western Alliance and the Melbourne Ageing Research Collaboration (MARC).

For further information, please contact Ancara Thomas (Research Assistant) via ancara.thomas@eghs.net.au, on behalf of the EGHS research team: Dr Jaclyn Bishop, Dr Ella Ottrey, Ancara Thomas and Maree Fraser, and Dr Danielle Hitch (Deakin University).



Join us for the East Grampians Health Service Research Showcase

Date:
3rd September 2024

Time:
1:30-3:00 PM

Location:
Mt William Room, Pyrenees House, East Grampians Health Service or via Microsoft Teams

To register your attendance, scan the QR code:



We are thrilled to invite all staff, researchers and community members to our Research Showcase featuring the exceptional work of EGHS staff. This event is a fantastic opportunity to hear about EGHS research projects that are enhancing consumer, staff and community health outcomes.

Topics include:

- The launch of the inaugural EGHS Research Plan
- Supporting the wellbeing of rural residential aged care staff
- A community-based modified sport program: A pilot study
- The impact of Montessori approach in rural aged care
- *The Just Cos initiative*: Bridging the gap between best evidence and practice
- Characterising General Practitioner Obstetricians in Australia
- And more

How to attend:

- **In person:** Join us in the Mt William Room, Pyrenees House, EGHS.
- **Virtually:** via Microsoft Teams.

We look forward to seeing you there and sharing the innovative research being conducted at EGHS.

WORLD BREASTFEEDING WEEK

**JODIE HOLWELL
COMMUNITY LIAISON**

This week is World Breastfeeding Week and here at East Grampians Health Service we have two International Board Certified Lactation Consultants, Sarah Power and Kristy McEvoy.

The Lactation Clinic is open every Friday for appointments and women are welcome to attend the clinic no matter what stage of breastfeeding they are at.

The Lactation Consultants also offer home visits.

Their aim is to educate women on how to breastfeed their babies and help them to initiate and establish breastfeeding so they can confidently breastfeed their babies on discharge to home.

The Lactation Consultants also review women who are admitted to the Inpatient Unit on clinic days and also during their normal rostered shifts in the Inpatient Unit.

To book an appointment at the Lactation Clinic, please phone the Inpatient Unit on 5352 9321.

An afternoon tea was held in the Inpatient Unit to celebrate World Breastfeeding Week.



Afternoon tea to celebrate World Breastfeeding Week



Pictured are EGHS Lactation Consultants Sarah Power and Kristy McEvoy with new mums and their bubs

PHARMACEUTICAL BLISTER PACK RECYCLING

DAYLE SMITH
COMPLIANCE COORDINATOR

Through innovation, collaboration, and continued focus on sustainability, the pharmaceutical packaging industry are making strides toward blister pack recycling. These efforts not only contribute to environmental sustainability, but also align with the growing demand for eco-friendly packaging solutions.

To continue EGHS efforts in reducing the amount of waste that ends up in landfill the Environmental Sustainability Committee have introduced Pharmacycle blister pack recycling.

The following area's will receive a recycle box for you to place your empty packaging in. Could you please work out a suitable location and communicate to staff at your meetings.

- Main area of the hospital for Public to use
- 70 Lowe st
- IPU
- Willaura

When the box is full please notify Support Services on 29401 for a replacement.

Thank you. Happy recycling



Recycle your empty blister packs here

✓ You can put any brand of tablet or capsule strips into the box
Make sure they're empty.

✗ DO NOT put in bags, boxes, leaflets, bottles/tubes, inhalers, syringes or actual medication



PARKLAND PURSUITS

Michelle Maslen
Leisure & Lifestyle Coordinator

We have had a busy month. We had Indigenous Day where we cooked damper and played Indigenous Picture Bingo, learning about different Bush Tucker plants and berries.

We celebrated French Bastille Day eating French croissants and learning French words. We played a new French picture game. We had Christmas in July and the residents opted for a decorated table and lunch with some Christmas Carols.

We celebrated the opening of the Olympic games by having team events in the morning and staff events in the afternoon finishing with a hearty afternoon tea.

In August, a Botanical Artist will visit to hold a workshop with the residents. The Uniting Church is celebrating Daffodil Day with us and bringing their keyboard player for some songs. We will have Country music with Michael, Keith and Carol plus the next week we will be entertained by "In the Mood", a duo from Melbourne playing a Rock and Roll theme. A very musical month. Cheers from us.



Staff all dressed up ready to start a game of netball



Margaret and Priscilla Friend enjoying Christmas Lunch



Garry Moloney and Elsie Duver ready for the relay

THANKFUL THURSDAY

I am thankful for all the nursing staff (in fact all staff) who offer to work extra shifts and change shifts to help us cover sick leave. Without their flexibility and assistance, it would be hard to run our health service. This is not just commitment to our patients, it's also consideration to the other staff who would be otherwise working short staffed. It is great to be a part of this team.

TRACEY WALTERS
 MANAGER - MIDWIFERY & UCC

PARKLANDS HOUSE OLYMPICS DAY

Michelle Maslen
Leisure & Lifestyle Coordinator



COLD AND FROSTY WINTER

We've had some cold and frosty mornings this winter.

Consumer Partner Ruth Kaliszewski rugged up in beanie and scarf and even resorted to a hot water bottle to keep warm early one particularly cold morning!



Pomonal

Australian Plant Society
Grampians Group

Native Flower Show

40th Anniversary

SPECIAL FEATURE

Edible Australian Native Plants

SPECIAL GUEST

Clarence Slockee
(ABC's Gardening Australia)

SEPTEMBER 2024

SAT 21st & SUN 22nd

9am-4pm



\$5 ENTRY

(Children Free)

POMONAL HALL

3360 Ararat-Halls Gap Rd, Pomonal Vic 3381

Market | Refreshments | Plant Sales | Book Sales
Expert Speakers | Information & Advice



Pomonal
Native Flower Show



Ararat Rural City

#let's talk about gums

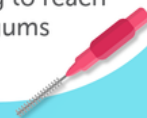


#let's talk about gums



Top ways Aussies care for their gums

- Using floss, interdental brushes or water flosser
- Brushing to reach the gums



Source: ADA Consumer survey 2023

NEW ARRIVALS AT EGHS

Jodie Holwell Community Liaison

Jess and Corey Taylor have welcomed their second child, a daughter, Mimi Taylor.

Baby Mimi was born at East Grampians Health Service on July 10 weighing 3288 grams, and is a little sister for two-year-old Jonty.

"Thank you so much to all staff at EGHS, in particular midwives Maggie, Shae and Bonnie and to Doctor Megan for all your support and care!" Jess and Corey Taylor.



Brittany Millington and Ross Karauria have welcomed their second child, a daughter, Zenaya Lara Karauria.

Baby Zenaya was born at East Grampians Health Service on July 26, weighing 3200 grams and has a big brother, Elijah, aged two.

"Thank you to the amazing midwives, doctors and workers, it's always a beautiful experience with you all," Brittany Millington and Ross Karauria.



EGHS FOOTY TIPPING

Jo Summers Executive Assistant to Chief Executive

Here are the footy tipping results after Round 21

- 127 | Brooke Williamson
- 124 | Les Pyke
- 123 | Jane Miller
- 123 | Luke Briggs
- 122 | Sue Burns
- 122 | Brody Griffin

Amelia Rundle picked all the winners in Round 21 and received a \$10 Café Pyrenees voucher plus a bonus point.



STAFF FEATURE IN JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT

Jodie Holwell
Community Liaison

Ararat Regional Theatre Society has wrapped up a successful season of its inaugural 2024 production of Joseph and the Amazing Technicolor Dreamcoat, with five staff treading the boards in this year's show.

Russell Purdie wowed the crowd with his interpretation of the Elvis inspired Pharaoh, and managed to find several staff members in the audience to sing to, much to their embarrassment!

Lionel Holt and Jodie Holwell played the baker and butler respectively, and along with Russell and Nakara Dickson, were also on stage for the majority of the show as Joseph's brothers.

Rounding out the staff participation in the show was Maree Fraser who appeared in the ensemble in a number of different roles.

More than 1000 people attended Joseph over the six performances at the Ararat Town Hall, with all shows heavily booked and a sell out for the final show.

Director Leanne McCready said she was very proud of the cast and crew and thrilled with the feedback from audiences.

"Our audiences enjoyed the bright and colourful staging of Joseph. They were blown away by the wonderful singing and dancing along with the incredible sets, props and costumes," Mrs McCready said.

"The cast was directed that if you enjoy yourself and have a good time, the audience will have a good time, and this was definitely the case. Our audiences went home with a smile on their face, a spring in their step as well as humming a tune or two.

"I am extremely grateful to everyone involved both on stage and behind the scenes for more than six months to make the show a success, it was a wonderful team effort."

ARTS has now moved on to its end of year theatre restaurant production of 'Cruise Club', an hilarious mystery set aboard the Italian cruise ship the Costa Lotta. Cruise Club will be staged at the Ararat Town Hall on November 22 and 23, with other performances planned in local small towns.

The ARTS' committee will also soon begin deliberations on its 2025 musical theatre production, with an announcement on next year's show soon.



Staff involved in Joseph and the Amazing Technicolor Dreamcoat, L-R, Jodie Holwell, Nakara Dickson, Russell Purdie, Maree Fraser and Lionel Holt

AGED CARE EMPLOYEE DAY

