

HEALTH IN FOCUS

NEWS FROM YOUR LOCAL HEALTH SERVICE

AUTUMN 2016

MEET OUR
VOLUNTEER
OF THE YEAR

WHOOPING COUGH:
THE FACTS

Jewel in the Crown
Illawarra Elective
Surgical Services Centre
NOW OPEN

**TIPS FOR A
Healthy Lunch Box**



Health
Illawarra Shoalhaven
Local Health District

ACKNOWLEDGEMENT OF COUNTRY

Illawarra Shoalhaven Local Health District acknowledges the people of the many traditional countries and language groups of our District. It acknowledges the wisdom of Elders both past and present and pays respect to Aboriginal communities of today.



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COVER IMAGE



Gary Sole (Wardsperson) and Kayla Anderson (Registered Nurse) walk through the new waiting and respite area outside the Illawarra Elective Surgical Services (IESS) Centre [Helen Brownlee (Registered Nurse) in background] at Wollongong Hospital.

Read more about the IESS Centre official opening on page 5.

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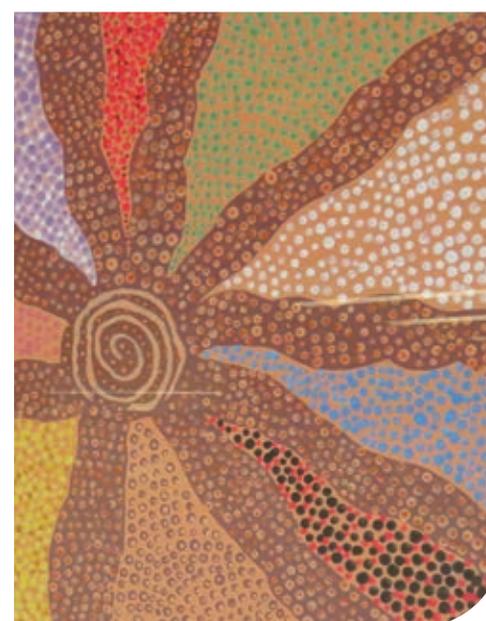
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A word from our CHIEF EXECUTIVE

We've certainly hit the ground running in 2016 and there's a lot happening throughout the District. I am pleased to provide the community with our latest Health in Focus publication, giving you an update on some of our activities and services.

In this edition, we celebrate the finalisation of the Illawarra Elective Surgical Services (IESS) Centre, which culminated in its official opening by the NSW Minister for Health, Jillian Skinner. We also welcomed new interns and graduates throughout the District – across medical, nursing and midwifery professions and I hope you enjoy reading more about one of the interns in our interview with Registered Nurse, Harvey.

We have an article on whooping cough on page 10 that outlines information on the infection, what this means for you and your family and the importance of vaccination. There's been a number of whooping cough related stories in the news lately and we wanted to provide the community with the facts directly from our Public Health Unit.

As in every edition, we also highlight some of the keen generosity we have in our local community - Our Volunteer of the Year, June Spurr; a very special annual donation we receive from a North Nowra family; and an inspiring artwork gifted to the Shoalhaven Cancer Care Centre.

I hope you enjoy reading the Autumn 2016 edition of Health in Focus and learning more about your health service in the Illawarra and Shoalhaven.

Margot Mains
Chief Executive
Illawarra Shoalhaven Local Health District





SURGICAL SERVICES SURGE AHEAD



The NSW Health Minister, Jillian Skinner recently visited Wollongong Hospital to officially open the Illawarra Elective Surgical Services (IESS) Centre, the jewel in the crown of the \$106 million redevelopment and expansion of the campus.

The IESS Centre will greatly enhance the efficiency and delivery of surgical services in our District.

The purpose-built centre is the most significant capital works project undertaken at Wollongong Hospital for more than a decade and includes:

- Seven new operating theatres
- A new high volume short stay service
- Two 25-bed surgical wards
- 10 Close Observation Bed (COB) ward
- A new 24-bed Intensive Care / High Dependency Unit
- An associated surgery service outpatient department for pre and post-operative care

- A new Central Sterilising Services Department (CSSD)

The new centre will allow Wollongong Hospital to deliver advanced surgical services, particularly in the areas of urology and vascular surgery. This will benefit the community, both within the Illawarra and wider District, as it means our surgeons are equipped to perform more complex cases locally, which previously may have needed referral to Sydney.

One of the most innovative features of the IESS Centre is two new hybrid operating suites, which combine surgery with high quality medical imaging capability – all happening in the one space. The state-of-the-art equipment allows for a greater number of minimally invasive surgeries to be performed, which for patients means faster recovery periods.

Parliamentary Secretary for the Illawarra and South Coast, Gareth Ward joined the Minister at the official function, together with Wollongong Hospital and District Executive and staff, members of the Capital Works Project team, Health Infrastructure and representatives of the construction companies involved in the build.



Parliamentary Secretary for the Illawarra and South Coast, Gareth Ward joins Health Minister Jillian Skinner at the official opening of the IESS Centre.

Q&A

WITH NURSING GRADUATE, HARVEY



In 2016, we've welcomed 90 new nurses and midwives who will start work in our Hospitals. These 90 staff join more than 2000 graduate nurses and midwives entering the service across NSW this year. We wish all our new recruits the very best as they enter the workforce and look forward to seeing their contribution to our service and delivery of quality care to our community.

One of our new starters is 22 year old Harvey, a University of Wollongong graduate from Dapto. We asked Harvey some questions about why he chose nursing as a profession and how he's enjoying his first few weeks on the job.

1. Why did you want to be a nurse?

I went into nursing straight out of high school and I was initially attracted to it by my own self-interests including health sciences coupled with nursing's flexibility and employment opportunities. However, during my four years at university and my time spent at clinical placements, I learned that although these things were important, it was my time and interactions with the patients and their families/carers, acting as a source of knowledge and support, and the feeling of having made an impact into someone's life (however small it may have been), as well as working with extraordinary nurses and other staff, that had really driven me in wanting to become a nurse.

2. Is there a particular field you're interested in?

Definitely mental health. I really got into it when I was fortunate enough to be a part of the Mental Health recovery camp, which was an innovative program where people with a lived experience of mental illness were invited to the bush as a form of therapy. The experience quickly dispelled any negative views and judgements that I had regarding mental illness. I also became particularly interested in the concept of recovery as part of mental health nursing which led me to do a Minor in mental health before graduating. Subsequent mental health clinicals ultimately led me to realise that these were the people I wanted to work with and hopefully facilitate their journey towards recovery.

3. What are you looking forward to in your first year as a nurse?

For now, I'm just looking forward to being able to integrate myself into the ward routines and gaining confidence in my nursing skills and practices. But later on, I'm really considering

wanting to do some more extra work available in the hospital.

4. How have you found your first few weeks?

The first few weeks have mostly involved training and preparation for our role in the hospital. It was a little overwhelming at first, with the plethora of policies and guidelines, all the documentations, eMR and legal matters (especially within Mental Health). There were also moments during my first few days in the ward where it felt daunting at times as I still saw myself as a student, not exactly knowing what to do. But I do think that given time, my confidence will only continue to grow and I think that a huge part of that has been how supportive the staff and my fellow colleagues have been.

5. Is working in a Hospital what you expected?

I think that my time during clinical placements as a nursing student has given me some insight into working in the hospital setting. Although I'm currently an intern, I can see that working in the hospital won't be easy with a full patient load and having to meet the complex needs of our patients in addition to having to navigate through the hospital's complex system. But I really feel that I am going to enjoy it here for the next six months.

6. How do you find working within the Illawarra Shoalhaven area?

Well, I'm glad that I was able to acquire a job within my home area. I think that there's this sense of serving my own community and sharing what I've learned from Uni to help others that I feel is really rewarding for me. One of the nursing educators has also emphasised that the team doesn't just

encompass the immediate team within the unit/ward but includes all of the health services and consumers across the Illawarra Shoalhaven area.

7. What is the best health advice you ever received?

Again, I think that nurses will often have those stressful and exhausting days. I think one of the best pieces of health advice that I've heard from multiple nurses is to find that support person, activity or hobby and make time for themselves to relieve some of that stress. I think that we have to care for ourselves as well before we can effectively help others.

8. What advice would you give to others considering a career in nursing?

I think that nursing is a career that, for me personally, is life changing. It's a career that encourages us to actively reflect on ourselves, that challenges, reinforces and shapes our values and beliefs. Of course, the hardest part is getting through university first. The Bachelor of Nursing is, no joke, a pretty tough course where you'll spend plenty of Saturday night's writing countless essays. Again, it's about finding that support person, making friends at Uni, and subsequently complaining about the upcoming assessments due! Another piece of advice is not to be discouraged by certain clinical placements (I personally disliked my first placement), as nursing provides a diverse variety of specialties. Ultimately here I am, starting my career as a Registered Nurse and I just have to say that it was all worth it!

For more information on a career in nursing and midwifery, visit the Nursing and Midwifery page of NSW Health's website: health.nsw.gov.au/nursing/employment.



MEDICAL INTERNS

Medical interns participating in orientation at Wollongong Hospital.

We were also proud to welcome 65 new medical graduates at the start of the year. The new medical interns kicked off with a vigorous and informative orientation program at Wollongong Hospital, before starting their first placements in our Hospitals. Our interns have graduated from universities across NSW (including 18 from the University of Wollongong) as well as Tasmania, QLD, ACT, WA and Victoria.

NSW is the only state to offer two-year employment contracts to graduates commencing their internship. Over these two years, they rotate through a network including metropolitan, rural and regional hospitals. This exposes them to a range of clinical scenarios and supports them to complete their compulsory internship rotations in medicine, surgery and emergency. Having gained general registration in the first year, they continue their second year of networked training as residents.

Our interns will commence at: Wollongong Hospital (49), Shoalhaven (7), Bulli (4), Shellharbour (4) and Port Kembla (1).

We welcome those new to our area and welcome back those that have studied elsewhere and are returning home to start their medical careers!

Illawarra Shoalhaven Health Education Centre

AVAILABLE FOR HIRE

Most people know about our hospitals and community centres; however across the road from Wollongong Hospital is a building of a different kind. The Illawarra Shoalhaven Health Education Centre, also known as ISHEC, is a state-of-the-art health training facility catering to health professionals and students within our District and the wider health community.

The facility, a first of its kind for our region, opened in 2013 and provides a setting for practical, simulation and theory based training and education. The Centre's training rooms are all available for hire – with uses for students, health, education and business organisations, individuals, and community groups.

ISHEC also provides a unique location for filming opportunities – with production companies and health education facilitators able to hire the space to film in a realistic 'hospital ward setting' without needing to disrupt active clinical environments.

The Centre is a perfect venue for meetings and education and training programs, accommodating small groups of up to 30 people. The following rooms are available for hire:

- Seminar Room (20 people seated – lecture style)
- Debrief Room with video conferencing facilities (24 people seated – lecture style)
- Clinical Skills Laboratory (30 people seated – lecture style)
- 2 x Simulation Laboratories (10 - 15 people – standing)

Other services available include: breakout areas, audio-visual equipment with the capacity for closed circuit streaming, mobile touch screens and whiteboards, teleconferencing facilities, passenger lift and accessible access, kitchen and dining facilities.

There is access to limited secure car parking spaces at the facility, based on availability and hire arrangements, and the Wollongong Hospital Car Park – managed by Wilsons Parking Australia – is located adjacent to ISHEC.

For more information about hiring the facility, visit isld.health.nsw.gov.au and look for the shortcut on our home page under Get Involved.

ISHEC CONTACTS

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What is Simulation Training?

Simulation health training involves imitating or acting out a 'real-life' treatment scenario or process. Students and health professionals learn by being actively involved in the simulation or by observing how others respond to a given situation.

The Illawarra Shoalhaven Health Education Centre (ISHEC) provides access to medical equipment and advanced simulation technology. This includes simulation manikins for a range of patients, from babies to adults, which show a variety of clinical signs and symptoms. Role play scenarios are also held in ISHEC, where actors provide

experience in dealing with patients and their families and other clinicians.

Simulation education is a bridge between classroom learning and real-life clinical experience. Learners address hands-on and thinking skills, including knowledge-in-action, procedures, decision-making, and effective communication. Critical teamwork behaviors such as managing high workload, identifying errors, and coordinating under stress can be taught and practiced. Simulation-based training also provides a safe environment where learners have the freedom to make mistakes and to learn from them.¹

¹ Society for Simulation in Healthcare - www.ssih.org.

OUR VOLUNTEER OF THE YEAR



June Spurr receives her Volunteer of the Year Award from Margot Mains, Chief Executive Illawarra Shoalhaven Local Health District.

Nowra resident, June Spurr was named the Illawarra Shoalhaven Local Health District's Volunteer of the Year at the end of 2015, in recognition of her tireless dedication to the Shoalhaven Palliative Care Service. June has donated her time to the Service for the past 22 years (and counting) and has made an exceptional contribution to the local community.

Shoalhaven Palliative Care Volunteer Coordinator, Elanne Thompson said we are so fortunate to have such a dedicated and inspirational volunteer in June – who has made a difference to the lives of so many people within our community. June always approaches her volunteering work with a beautiful smile, great compassion and total selflessness.

In her role as a volunteer with the service, June has assisted in many ways, including attending to patients at the Karinya Palliative Care Unit,

visiting community Palliative Care clients in their homes and, for the past five years, weekly visits to David Berry Hospital to assist the patients in the Rehabilitation Ward.

She helps with the little things that can be so important – such as participating in games and activities, encouraging social interaction or just helping someone get outside to enjoy the fresh air, sunshine and the beautiful grounds at the Hospital. June continually goes above and beyond – even knitting beanies for the patients in her 'spare' time!

When the Volunteer Service was asked recently to assist at the Rehabilitation Ward at Shoalhaven Hospital – June was the first to put her hand up. She now attends Shoalhaven most weeks, along with other dedicated volunteers, to provide activities and social interaction for the patients.

June is affectionately known as our 'poster girl' for promoting the Palliative Care Volunteer Service. She leads by example and has been instrumental in mentoring countless new volunteers over the years.

On behalf of the community – thank you June for being such an amazing and generous volunteer.

VOLUNTEERS NEEDED



Volunteering your time to help others is an extremely generous gift; but volunteers also say that they find it personally rewarding to give back to their community. Something that may seem like a small gesture can make a huge difference to someone who is struggling or unwell.

While the Shoalhaven Palliative Care Service welcomes all new volunteers, there is a particular need for volunteers to carry out community visits in the Bay and Basin area. These volunteers provide friendly companionship and someone to talk to or they might stay with a client to give families a break or a chance to run errands without having to worry about what is happening at home.

If you live south of Nowra, in places like Vincentia, St Georges Basin, Sussex Inlet and Tomerong – or anywhere in between – the service would love to hear from you. Volunteers are a diverse group who have varied experiences and career backgrounds, but will all tell you that empathy

and a great sense of humour are compulsory when volunteering.

Volunteers receive comprehensive training and are provided with ongoing education, support and the camaraderie of a being part of a great team. The next volunteer training is planned for May/June 2016 in Berry, but if we get a good response we may also hold training in the southern Shoalhaven later in the year.

If you are interested in becoming part of the volunteer team contact Elanne Thompson, Shoalhaven Palliative Care Volunteer Coordinator via phone 4464 6985.

Palliative Care Services -caring at home



Annie Fanning (Clinical Nurse Consultant) and Teresa Gillies (Transitional Nurse Practitioner) discussing the plans of care for palliative care patients throughout the Shoalhaven region.

In addition to the nine bed palliative care inpatient unit (Karinya) at David Berry Hospital, we also have the Shoalhaven Specialist Community Palliative Care Service, a long-standing community service operated by specialist medical, nursing and allied health staff.

This community palliative care service provides home visits to people who are approaching end-of-life to help them with relief of symptoms, emotional and spiritual support, and holistic attention to carers and patient needs (eg equipment to enable safe care at home, volunteers providing non-clinical support, assessment and advice for caring for someone at home).

For more than 10 years, the wider Shoalhaven area, including Milton Ulladulla, has been serviced by a Palliative Care Specialist Doctor and Palliative Care Specialist Clinical Nurse Consultant. Their primary role is clinical assessment and care to people being cared for at home, but also to provide consultancy support to other medical teams and nursing homes, from Gerringong to North Durras.

Three years ago the specialist allied health team were added to the service, providing occupational therapy (supporting patients and carers to manage day-to-day tasks, such as showering and toileting), physiotherapy (especially movement), speech therapy (in particular swallowing), dietetics (especially suitable foods and fluid intake), and social work (emotional support, carer resources and benefits, and bereavement support).

Over recent years, palliative care services have gradually been enhanced. The four day medical service has been increased to five days; GPs receive support for inpatient care at Milton Ulladulla Hospital weekly; and generous community donations have expanded the range of equipment available for loan.

Another enhancement is the extension of the PEACH (Palliative Extended Aged Care in the Home) program to the Shoalhaven, following a successful roll-out in the Illawarra. PEACH is operated by private nursing service, Silver Chain, and works with both the Primary Health Nursing and the Specialist Palliative Care teams, to identify patients who require greater support at home during the last week of life. Additional at home support has enabled carers and patients

to have more confidence in caring for dying loved ones at home.

BOOST TO SERVICES

The most recent boost for the Community Palliative Care Service was the appointment of a second senior nurse, Teresa Gillies. Teresa is a highly experienced nurse who has been working in the Milton area for 10 years, mostly with the Primary Health Nursing team. She has had a passion for palliative care for many years, and in 2013 completed a Masters in Palliative Care. Her sensitivity, experience and advanced skills, make her a wonderful asset to the Specialist Palliative Care Service and the Shoalhaven team in particular.

As a Transitional Nurse Practitioner, Teresa is studying to complement her nursing role with some prescribing and referral responsibilities (previously only available to doctors). This will greatly enhance the capacity of the service for care of complex palliative care patients in the home. Teresa currently works in the southern Shoalhaven, servicing the Bay and Basin as well as Milton Ulladulla areas.

UPDATE ON the New Renal and Palliative Care Unit @ Milton Ulladulla Hospital

In our last Health in Focus we advised that extensive planning works had been undertaken for the construction of the \$4.6 million purpose-built Renal and Palliative Care facility at Milton Ulladulla Hospital. We have since called for tenders for the project, with the tender period closing at the end of January 2016.

We are now in the process of formally assessing the tenders and determining a recommendation to approve the awarding of the contract to the successful tenderer. We join the community in looking forward to construction starting on this important project and will keep everyone updated on our progress.



Whooping Cough

THE FACTS Identify, Prevent, Protect



IDENTIFY

WHAT IS WHOOPING COUGH?

Whooping cough (sometimes called pertussis) is a serious respiratory infection that causes a long coughing illness. In babies, the infection can sometimes lead to pneumonia and occasionally brain damage and can even be life threatening. Older children and adults can get whooping cough and spread it to others, including babies. The main focus of whooping cough control is to prevent infection in infants who are too young to be vaccinated and are most likely to suffer severe disease if infected.

WHAT ARE THE SYMPTOMS?

- Whooping cough starts like a cold with a blocked or runny nose, sneezing, a mild fever and an occasional cough.
- The cough gets worse and severe bouts of uncontrollable coughing develop. Coughing bouts can be followed by vomiting, choking or taking a big gasping breath which causes a "whooping" sound. The cough can last for many weeks and can be worse at night.
- Some newborns may not cough at all but stop breathing completely and turn blue. Other babies have difficulties feeding or they can choke and gag.
- Older children and adults may just have a mild cough that doesn't go away. In adults the cough commonly lasts 5-7 weeks, sometimes longer.

WHAT DOES A WHOOPING COUGH OUTBREAK ACTUALLY MEAN?

NSW has been experiencing an outbreak of pertussis disease (whooping cough) since mid-2014, however, the number of notified cases of whooping cough has started to decline in recent months, following a peak in November 2015. Locally, case numbers have been elevated, but thankfully still under the state average and, as with the state figures, our local numbers are also on a decline. Publicly available data is available at: www0.health.nsw.gov.au/data/diseases/pertussis.asp

Outbreaks of whooping cough tend to occur every three to four years, with the last peak in NSW cases in 2011-2012. In developed countries with comprehensive vaccination programs, outbreaks occur in a cyclical pattern as immunity (either from infection or vaccination) wears off after a few years, resulting in significant numbers of susceptible people to sustain an outbreak. Whooping cough outbreaks will continue to occur as neither infection nor vaccination provide long-lasting immunity to whooping cough.



PROTECT

HOW CAN I PROTECT MYSELF AND MY FAMILY?

Vaccination is the single best thing to prevent whooping cough infection. Because immunity wanes over time, children and adults who have not been vaccinated for several years may pass on the infection to babies who are not old enough to be vaccinated. For this reason, it is important that anyone in regular contact with babies is up-to-date with their whooping cough vaccinations.

Free vaccine is provided through government programs for babies, children and pregnant women. It is recommended that vaccination against whooping cough takes place as follows:

- Babies: at age 6-8 weeks, then at 4 months, 6 months and 18 months*
- Children: at age 4 and 12
- Pregnant women: at 28 weeks gestation
- A booster dose for adults that are in contact with young children, such as school or day care staff, if they have not had one in the past 10 years.

If you or your child have been exposed to someone with whooping cough watch out for symptoms and see your doctor if you or your child get a new cough.



PREVENT

HOW IS WHOOPING COUGH SPREAD?

A person with whooping cough can spread it to others in the first three weeks of illness.

Bacteria coughed into the air can be inhaled by babies, children or adults nearby. These people are then in danger of getting whooping cough, usually about a week later. It spreads easily through families, childcare centres and schools, so it's important to act fast.

WHAT DO I DO IF I HAVE SYMPTOMS OF WHOOPING COUGH:

Anyone with symptoms should see a doctor as soon as possible. Your GP can test for whooping cough. Early diagnosis is especially important for new parents and people who have regular contact with babies.

STAY HOME

People diagnosed with whooping cough should stay away from work, school or childcare until no longer infectious. Ask your doctor for a medical certificate and find out when it's safe to return. You don't want to pass whooping cough on. It's a good idea to stay away from others if you're coughing and especially stay away from babies and pregnant women.

Additional information about whooping cough, including vaccination advice and a list of symptoms can be found on the NSW Health website: health.nsw.gov.au/Infectious/factsheets/Pages/Pertussis.aspx

UPDATE!

* *The most recent development in protection against whooping cough is a new booster vaccination for babies at 18 months old. The booster (provided as a combination diphtheria, tetanus and acellular pertussis vaccine) has recently been added to the National Immunisation Program Schedule and will help provide longer-lasting immunity to whooping cough for those vulnerable to the infection. All children born after 1 October 2014 will be required to have the 18-month vaccination from April this year.*



DOWNLOAD APP FOR...



Immunisation protects the community against vaccine-preventable diseases. Each vaccine plays an important role, so timely vaccination is the best way to protect your child. NSW Health has developed a free smartphone app to help parents keep track of their child's vaccinations.

The 'Save the Date to Vaccinate' App calculates a personalised immunisation schedule for each of your children based on their date of birth. All you need to do is enter your child's name, date of birth and contact details for your Doctor or Nurse and the App will send you a series of reminders when it's time to schedule immunisation appointments.

The app is available for free download on iPhone and Android devices.

In addition to the mobile app, parents can visit the Save the Date to Vaccinate website immunisation.health.nsw.gov.au to create a printable vaccination schedule.

RESEARCH PROJECT: The HUNTER Trial

In Australia, thousands of babies are born early (premature) every year. Many premature babies have immature lungs which cause respiratory distress and often need respiratory support to help them to breathe.

The most common form of breathing support used for premature infants is Continuous Positive Airway Pressure (CPAP). CPAP is delivered through nasal prongs or a mask over the nose that has to be fitted firmly to the baby's face. The strapping that keeps the prongs or mask in place can be uncomfortable and the prongs can sometimes irritate the nose or skin. The equipment is bulky and it is difficult to hold or cuddle the baby when they are on CPAP.

Professor Ian Wright, University of Wollongong Professor of

Paediatrics and Child Health Research, is part of a large project with a number of other hospitals in Australia called the HUNTER trial. They are looking to see if using High Flow Nasal Cannulae (HFNC) is as good as the more commonly used CPAP for helping premature babies breathe. HFNC is a simpler method that uses smaller prongs in the baby's nose and does not require a bulky device to hold the prongs in place. Parents are more easily able to hold or cuddle their baby with HFNC. The trial hopes to show that the simpler and more comfortable method of HFNC is as good as CPAP to help support breathing in newborn babies with respiratory distress.

The HUNTER trial has recently been awarded a national grant to

run the project over the next four years. This project is currently being run locally by a team of nurses and staff specialists together with Prof Wright, providing a great opportunity for all staff to participate in a team-based research environment.

Joanne Morris, Paediatrics Staff Specialist who is the Chief Investigator at Wollongong Hospital spoke about the expected benefits of the trial: *"By having many centres, including Wollongong Hospital nursery, participating in this trial, we are engaging in research that is improving our everyday clinical practice. Further to this, it may change practice nationally and internationally in special care nurseries,"* she said.



PRESTIGIOUS RESEARCH AWARD FOR LOCAL BOARD MEMBER

Professor Kathy Eagar, ISLHD Board Member and Director of the Australian Health Services Research Institute (AHSRI) at the University of Wollongong, was recently named the recipient of the prestigious Health Services Research Association of Australia and New Zealand (HSRAANZ) Professional Award.

The HSRAANZ Professional Award is presented biennially and recognises an individual who has made a significant and lasting contribution to the field of health services research in Australia or New Zealand, through scholarship and teaching; advancement of science and methods; and leadership.

Prof Eagar has over 35 years' experience in the health and community care systems, during which she has divided her time between being a clinician, senior manager and a health academic. She has authored over 450 papers on management, quality, outcomes, information systems and funding of health and community care systems.

In nominating Prof Eagar for the Professional Award, the AHSRI Board commented that her contribution to the field of health services research is characterised by her passion for applied research that addresses complex real world problems and produces evidence based solutions that improve health service delivery.

As reported by the Primary Health Care Research and Information Service (PHCRIS), Prof Eagar is proud of AHSRI's philosophy to research topics that are important to those who work in health care as well as those who receive that care.

She said the issues she believes concern Australians are: access to timely, quality and affordable care, and the need to understand the treatment they are undergoing, as well as the choices available. With this in mind, AHSRI has conducted a number of studies into mental health services, rehabilitation, chronic pain, drug & alcohol and palliative care.

"We look at practical issues that are of interest to us, and also concern families and patients... our job is to carry out research that is needed in these areas so we can then work with others to translate results into policy and practice," Prof Eagar said.



Professor Kathy Eagar

NSW Aboriginal Knockout Health Challenge ILLAWARRA 'TITAN-UPS' ... UP TO THE TEST

The Annual NSW Aboriginal Knockout Health Challenge is a fun and exciting program that encourages and motivates Aboriginal communities throughout the state to lose weight and improve their health. Local teams set their own exercise program targets and milestones, with the aim of improving healthy eating and reducing the team's average weight.

The Challenge helps community members manage their risk factors for chronic disease; the major risk factors being an unhealthy diet, physical inactivity and tobacco use. More than 1200 people across NSW took part in the 2015 challenge.

A joint initiative of NSW Health, Agency for Clinical Innovation (ACI) and NSW Rugby League, the Challenge is locally supported by our Aboriginal Chronic Care Unit in collaboration with Grand Pacific Health's Journey to Health team – which implemented a 12-week weight loss program to help participants achieve their targets.

The Illawarra Titan-Ups represented the northern half of our District, and took part in the Julie Young Challenge. The team met three times a week; two sessions of group exercise circuits delivered by fitness instructors in a gym or outdoors, and one session facilitated by Aboriginal Health Workers, who conducted walking sessions, healthy cooking classes and healthy lifestyle education.

The team achieved an outstanding result – with a total of 4% bodyweight loss, placing them fifth overall out of the 22 teams that took part. This result also saw the Titan-Ups successfully place in the Ronny Gibbs 'above the line' challenge – rewarding teams that achieved a percentage of 3% or higher and earning them a funding grant to put back into the community to promote healthy lifestyles.

The team members enjoyed their involvement and the positive results, some of the comments include:

"It was great seeing and feeling changes in my body and muscles. Just loved the way you feel after the sessions. I enjoyed the people and being part of a team."

"Thanks for your guidance and support in helping me become a fitter and healthier person."

"I liked being part of a team, seeing results and being supported."

Congratulations also to the Nowra Dead or Deadly team from Waminda – South Coast Women's Health and Welfare Aboriginal Corporation who won the Challenge Shield as well as first place in the Julie Young Challenge.

Knockout Challenge participants receive support from the free confidential telephone health coaching – the *Get Healthy Service*, which helps

people to set goals, maintain motivation, and receive further information and advice on physical activity, healthy eating and healthy weight.

Anyone can join the Get Healthy Service by calling 1300 806 258 or visiting gethealthynsw.com.au

For more information on the Aboriginal Knockout Health Challenge and registration dates for 2016 visit: [facebook.com/nswknockoutchallenge](https://www.facebook.com/nswknockoutchallenge)



Illawarra Titan-Ups



**ABORIGINAL
CHRONIC CARE UNIT**
HEALTHY MIND, BODY AND SPIRIT

A healthy lunch box fuels growing bodies & minds

The start of the new school year is a great opportunity to remind parents of the importance of sending their child to school with a lunch box full of nutritious food.

The key for parents is to find foods that are healthy but also delicious for children to eat. We know how busy mums and dads are – so having recipes that are quick and easy to prepare is also important. Our Health Nutritionist, Julie Parkinson has some great tips for parents when packing their child's lunch box each day.

"Fresh foods are always the best option, such as sandwiches and wraps for lunch. Ideas for recess

include cheese and crackers, yoghurt, vegetable or fruit muffin or some veggie sticks and dip. Don't forget, water is also the best thing to put in your child's drink bottle," Ms Parkinson said.

"While it may be tempting to reach for pre-packaged foods, they often aren't the best options for little bodies. Pre-packaged foods can be loaded with hidden sugar, salt and fat and lack essential nutrients for development. Many pre-packaged foods are marketed to parents as being lunchbox friendly and nutritious when some of them really aren't. You can make healthier choices when choosing processed foods by buying those with a health star rating of 3 ½ or more," she said.

We also know that many children eat from the canteen every day and our Health Promotion team

works closely with our local school canteens to help them serve healthy, tasty foods that kids will enjoy. We are currently taking applications from local primary and high schools for \$500 grants to purchase equipment to help 'green up' their menus. **Contact Rosi Johnston on email: rosi.johnston@sesiahs.health.nsw.gov.au or phone: 4221 6795 for an application form (applications close 8 April).**

The recipes on page 15 are featured in our *Delicious, nutritious and convenient foods for your school canteen* cookbook, which was developed with input (and recipes) from local school canteens. For more great lunch box ideas or to download the full cookbook visit islhd.health.nsw.gov.au.



Kindergarten student, Harry Slater from Warilla Public School with his healthy lunchbox. Harry has a tuna and salad sandwich for lunch, cherry tomatoes, cheese cubes and crackers, an apple and water to drink.

Vegetable hash browns

METHOD

1. Place vegetables and eggs in a bowl. Combine until vegetables are coated in egg.
2. Season mixture to taste with pepper.
3. Spray a hot frying pan with canola oil. Place spoonfuls of mixture in pan and flatten into rectangle shapes.
4. Cook 4-5 minutes each side until golden brown.
5. Serve hot in a small paper bag.



Ingredients	Serves 5	Serves 10	Serves 25
Potato, grated	2	4	8
Carrot, grated	1	2	4
Zucchini, grated	1	2	4
Eggs, beaten	2	4	8

Mini pizzas

METHOD

1. Cut English muffin in half.
2. Combine tomato paste and mixed herbs in a small bowl.
3. Thinly spread 1 teaspoon of tomato herb mixture onto each half of muffin.
4. Sprinkle lightly with cheese.
5. Top with assorted toppings.
6. Grill in pie warmer or griller until cheese melts and bread turns crisp

Tip: Try the following combinations:

- Ham and mushroom
- Ham, baby spinach, red capsicum
- Olives, feta cheese and chicken breast
- Chicken and avocado
- Ham, mushroom, spinach and capsicum.



Christmas Lights

SHINE DOWN FROM ABOVE

For the past 15 years, the Morrison Family home at Gumnut Way, North Nowra has been a local institution for Christmas festivities. Over the years Scott and Brenda Morrison have collected donations from spectators of their impressive display of lights and decorations – raising more than \$100,000 for the Children's Ward at Shoalhaven District Memorial Hospital. Sadly in 2014, Scott Morrison tragically passed away, leaving behind a legacy as a local hero.

We pay tribute to the Morrises and thank them for their generosity over the years and exceptional contribution to the Hospital. We asked Brenda Morrison to tell us their touching story...

"The Christmas light fundraising idea was the brainchild of my late husband, Scott. He started the very first display in 2000 and when we met in 2001 we continued together. We both had a mutual love of Christmas and all that it stood for; spreading Christmas cheer, putting smiles on faces, getting people out and about, and mixing together. With so many people visiting in the first year and receiving such a positive response, we decided to give back to the community by taking donations for the Shoalhaven Hospital Children's Ward.

Basically because everyone in our community has either needed the ward, will need it in the future or knows someone who has needed it, and we wanted to help purchase much-needed equipment.

Scott spent two weeks at the end of every November putting the display together, while I did the behind the scenes organisation. We gave up our evenings from the first Friday in December, right through to Christmas night, greeting people as they came to view our display and all kids young and old were handed a lollipop

in return. Every year Santa (my husband) arrived via fire truck to the amusement of the local kids and every Christmas Eve Santa, Rudolph and Mrs Claus would hand out small toys and gifts to every child who came past. From 2009, we held concerts where local singers would donate their time to perform and we also held food stalls to raise extra money where local businesses donated bread and sausages for the BBQ.

The reactions to the displays over the years have been wonderful. To hear the squeals of delight as people enter the street and the smiles on faces are priceless and that is the main reason why we continued each year. Many parents bring their children back every night as their kids refuse to go to sleep until they've seen the 'Xmas house'. To see the joy on people's faces is heart-warming and humbling at the same time. Each year attracted more people and became bigger than the previous. It was hard work, but extremely enjoyable.

Sadly in August of 2014, Scott was killed instantly when a drug affected driver crashed head on into our vehicle. I had no intention of doing a light display that year, but it got the better of me and, in Scott's honour, I continued. With the help of wonderful friends such as Scott Edgerton who has helped every year since the very beginning in 2000, Krystle Scott- Atkinson, Glenn and Shelly Phillips and Chris Jennings, the light display and collecting donations has grown each and every year and would not have been as successful without their help and also the help and understanding of the neighbours in Gumnut Way.

Over the years more than \$100,000 has been raised by the local community and donated to the Children's Ward. Humidicribs, a diagnostic set, breast pumps, twin cots, electric ward beds, phototherapy light, EPOC blood gas analyser, ophthalmic and otoscope sets for every bed in the ward and an AccuVein machine are just some of the equipment purchased with the funds raised. None of this could have been possible without the generosity of the Shoalhaven community.

Unfortunately, 2015 was the last year we will raise money through our light display. I can no longer take donations, as with two small daughters I

am unable to spend my evenings meeting and greeting visitors outside. So, it has come to the end of an era in that respect. I will however continue with a light display of some sort as I love to see the joy it brings.

It has been an honour and a privilege to have been able to give back to the community that has given so much over the years and I'm just sorry that I can't continue on with the legacy that was left by my late husband."

Brenda Morrison

The Local Health District sincerely thanks Brenda for courageously sharing her story.

Scott and Brenda's contribution to Shoalhaven Hospital, and the local community, is immeasurable and their kindness and generosity will long be remembered. Their Christmas lights brought joy to thousands, and in turn, people donated to their chosen cause of enhancing the care given to local babies and children. The Morrison family represents the best of humanity and we've all been touched by their goodwill, gracious spirit and especially by Brenda's strength and courage. We wish her and her young daughters all the very best for the future.

HOW TO DONATE

You can make a donation to Illawarra Shoalhaven Local Health District (ISLHD) or any of our hospitals or services. You can choose the area your donation will support, whether it's a ward or unit in need of equipment or one that holds special significance to you or someone close to you. For more information you can visit our Fundraising and Donations page on our website at www.islhd.health.nsw.gov.au or contact Corporate Communications on 4221 6859.

Brenda and Scott Morrison



Concert at the Morrison's home



A day in the life of..

PHYSIOTHERAPIST, LAWRENCE VALIC

Lawrence Valic is a Physiotherapist working in rehabilitation and outpatients and currently based at Port Kembla Hospital. We asked Lawrence to talk us through what his typical working day looks like.



Physiotherapist,
Lawrence Valic



Group exercise session



Tom Hangan

EARLY MORNING

When I arrive at work, our inpatient rehab physio team has a short meeting to discuss our patients and our plans for the day.

LATE MORNING

After this, I gathered together five of my ward patients who were all of similar ability to do some group exercise together. We practiced some balance exercises, strengthening exercises, had a bit of a competition and finished with a game of trying to keep a balloon from hitting the floor, which helps prevent falls by improving dynamic standing balance and reactions to unpredictable stimuli.

AFTERNOON

In the afternoon I see outpatients in our General Outpatient Physiotherapy clinic. Here we see patients who've had acute musculoskeletal injuries or surgeries, or patients with chronic conditions, who come in from home for their treatment. For example, today I saw a gentleman who had a Total Ankle Replacement. I gave him advice and equipment for exercises he can do at home, some tips on how to move safely around the house while his mobility is difficult, and some education on signs and symptoms to be mindful of to avoid post-operative complications.

1

2

3

4

5

MID-MORNING

After our morning meeting I go to the ward to begin work. Today, I met one of my new patients who was transferred from Wollongong Hospital after having knee replacement surgery. He was having difficulty bending and straightening his knee and walking, and was suffering from post-op pain. I spent some time educating him on the rehab process and teaching him some exercises he can safely do on his own. I stood him up and trialed a frame to assist him with his mobility, and coached him on how to improve his gait.

LATE AFTERNOON

Finally I saw a gentleman who wanted help to return to playing golf after damaging a tendon in his shoulder. I advised him on some exercises he can do to prepare his shoulder muscles for range and strength required for a golf swing. I will see him again next week to watch and analyse his swing.



Kevin Cheeseman



Group balloon exercise

Antibiotic Awareness - WHAT YOU NEED TO KNOW

Antibiotics work by killing or stopping the growth of bacteria or fungi that may be causing a problem in your body. Antibiotics are important and powerful medicines that can save lives when used appropriately, however the overuse and misuse of antibiotics (especially taking them when they are not needed) increases the problem of antibiotic resistance.

Antibiotic resistance is when bacteria develop new ways to defend against the antibiotic, meaning that an antibiotic may no longer work to cure your infection. Hospitals, doctors and patients each play an important role in ensuring the proper use of medicines and helping to minimise antibiotic resistance.

FACT: Antibiotics don't work for viruses like colds and flu – antibiotics treat bacterial infections not viral infections.

FACT: It's bacteria that become resistant to antibiotics, not your body. The more antibiotics are used or not taken correctly, the more chance bacteria have to change and become resistant to them.

FACT: Antibiotic resistance is already a very real problem in Australia. 'Superbugs' are bacteria that have become resistant to many different antibiotics. Superbugs cause infections that are harder to treat and often result in a patient having the infection for longer and a higher risk of complications.

FACT: You should always complete the entire course of antibiotics prescribed to you. Never take leftover antibiotics for another illness – or take antibiotics prescribed to someone else.

One of the easiest and most effective ways to reduce infection is to practice good hygiene.

Wash your hands regularly with soap and water, especially after using the toilet, before eating, and before and after preparing food.

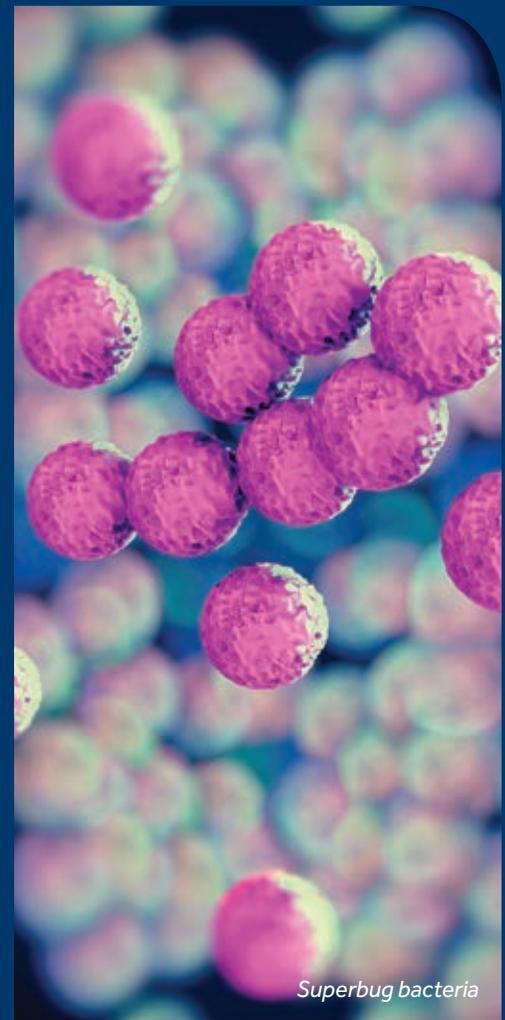
What you do as an individual can have a very real impact on antibiotic resistance - take the antibiotic pledge today!

There are five things you can **pledge** to do to reduce antibiotic resistance:

1. I will not ask for antibiotics for colds and the flu as they have no effect on viruses
2. I understand that antibiotics will not help me recover faster from a viral infection
3. I will only take antibiotics in the way they have been prescribed
4. I understand that it is possible to pass on antibiotic resistant bacteria to others
5. I will make a greater effort to prevent the spread of germs by practising good hygiene

To take the pledge to fight antibiotic resistance, go to nps.org.au/jointhefight.

Thanks to NPS MedicineWise.



Emma Glascott, Pharmacist,
and Dr Alice Thomas

ANTIMICROBIAL STEWARDSHIP: WHAT WE'RE DOING IN OUR HOSPITALS

In our Hospitals, we strive to always use antibiotics wisely. We practice something called Antimicrobial Stewardship, which is about how we improve the use and prescription of antibiotics in hospitals. It is important that the right type and dose of antibiotic is used for each patient, and that these medicines are used only when necessary.

Our doctors, nurses and pharmacists work together to improve the way we use antibiotics so that we can cure infections, reduce superbugs like 'golden staph' and reduce side effects like diarrhoea. We do this through education, and restriction of powerful antibiotics for only the most serious infections. Since 2011, we have decreased our use of antibiotics by 30%

and, at the same time, improved our treatment of infections like pneumonia.

Wise use of antibiotics goes together with good hand washing. It's important that staff, patients and visitors all practice good hand hygiene in hospital to reduce the spread of germs. Staff should always wash their hands before and after touching a patient. If you're a patient and aren't sure if your healthcare professional has washed their hands – remember, it's OK to ask.

Dr Khin Chaw and Janice Griffiths, Technical Officer, from the microbiology laboratory examine for bacteria growing on agar plates. This helps us to better use antibiotics, as we can target treatment.



Support for Carers

Our Health Service recognises the important role Carers play in supporting our community. We want to make sure Carers receive the support and value they need from our health service, as we know many Carers often neglect their own health to provide care for a loved one.

Carers should be viewed as our partners in health care. Carers can provide valuable information to health workers that assists in early diagnosis, highlight suitable treatment options, prevent medication errors, assist with treatment compliance, and generally improve efficiency in how we treat their loved one.

Carers can be described as anyone who provides unpaid support to people with a disability, chronic illness, mental illness, drug addiction, dementia, frail and aged. We believe that Carers need good information to help them to get rest and support for the Caring role. For this reason, we offer a range of education, counselling and support for Carers in our District.



CARER EDUCATION PROGRAMS

We run a three-day program for carers four times a year. The program focuses on stress management, support services, advocacy, health, wellbeing and legal planning. All programs are free and include lunch. Bookings are essential. New and experienced carers welcome. Upcoming programs:

Fairy Meadow

9, 16, 23 March, 9.30am to 2.30pm.
Contact 4253 4501 to book or
evelyn.jelercic@sesiahs.health.nsw.gov.au

Shellharbour

11, 18, 25 May, 9.30am to 2.30pm.
Contact 4253 4501 to book or
evelyn.jelercic@sesiahs.health.nsw.gov.au

CARER INFORMATION SERVICE

A one hour information session is held at Wollongong Hospital on the third Tuesday of every month, from 10am - 11am. The session is held in Block C, Level 5, Allied Health Meeting Room. All carers are welcome and no booking is required. Find out about services and support to help you as a Carer.
Contact 4253 4558 for further information.

CARER SUPPORT GROUPS

Wollongong Dementia Carer Support Group

Fourth Tuesday of each month, 10.30am – 12pm.
Sonata Room, Master Builders Club – Church Street, Wollongong
Enquiries: phone Angela at Carunya 4297 1011

Warilla Dementia Carer Support Group

First Tuesday of the month, 10am – 12pm,
The Board Room, Warilla Bowling and Recreation Club, Jason Ave, Barrack Heights
Enquiries: phone Paula at Carunya 4297 1011

Education for Carers

Carunya and the Dementia Advisory Service monthly education session
First Friday of each month, 2.30pm – 4pm.
Carunya Dementia Day Therapy Centre, 6B/10 Belfast Avenue, Warilla
To register phone 4297 1011

Nowra Adult Day Centre Carers Support Program

Fourth Wednesday of each month, 10.30am – 12.30pm
Nowra Adult Day Centre – 39 Holloway Road, Nowra
Monthly support group for people who are caring for someone who is frail aged, has memory loss or has been diagnosed with dementia
Enquiries: 4421 0975 or if you're 65 or older, contact MyAgedCare 1800 200 422

Bay and Basin Community Resources Inc Carers Support Group

Last Thursday of each month in Sanctuary Point
Enquiries: Phone Health on 4443 3434

Ulladulla Carers Support Group

Fourth Monday of each month in support with Dementia Advisory Service
Ulladulla Community Health Centre at local cafés (alternate months)
Support group for people caring for someone who is frail aged or has a memory loss
Enquiries: Phone Yvonne on 4455 5366

CARER ADVICE

Information for carers every Monday from 2pm – 4pm at Port Kembla Hospital in the Carer's Corner on the ground floor near the main entrance.

COUNSELLING

Caring can be stressful, challenging and demanding. The Carers Program offers free short term counselling, support, information and advocacy for Carers. For more information call 1300 792 755.

INFORMATION BOOKLET

A booklet with details of all the support groups and services available for Carers in the Illawarra and Shoalhaven can be sent to you free of charge. Contact Gabi Martinez on 4223 8119 or Evelyn Jelercic on 4253 4558.

GETTING THE WHOLE STORY

Introducing better health assessments for young people

Young people are one of our most important consumer groups – and we know that they have unique needs and health priorities. Some of the biggest hurdles with young people is making them aware of the services available, encouraging them to seek help when they need it, and letting them know that they can do so in a confidential and safe environment.

NSW Health Office of Kids and Families *We keep it zipped* resources provide young people with information explaining confidentiality, health rights and responsibilities, how personal information is kept private, when young people can make decisions about their own health and under what situations information will need to be shared. Young people wanting more information can ask their healthcare professional for a copy of the *We keep it zipped* fact sheet.

Our Youth Health Strategic Projects team works with local young people to better understand their needs and how we can improve access to health services. A recent trial initiative looked at ways that we can make the most out of a young

person's visit to one of our services, by providing an integrated assessment that looked at a number of different areas of health.

Youth Health Strategic Projects teamed up with our Sexual Health Services to pilot a new health assessment for at risk youth accessing the Illawarra Shoalhaven Sexual Health Service at Port Kembla Hospital.

The youth health assessment used an internationally recognised approach called 'HEADSS' which covers a number of social and health domains: Home, Education and Employment, Eating and Exercise, Activities and Peer Relationships, Drug use, Sexuality and Sex, and Suicide/Self-harm/Depression.

The pilot project showed that use of this holistic health assessment identified a number of other health issues and provided health care workers with early intervention and prevention opportunities to address a range of risks including substance abuse, unsafe sexual practices, physical inactivity, nutrition and mental wellbeing.

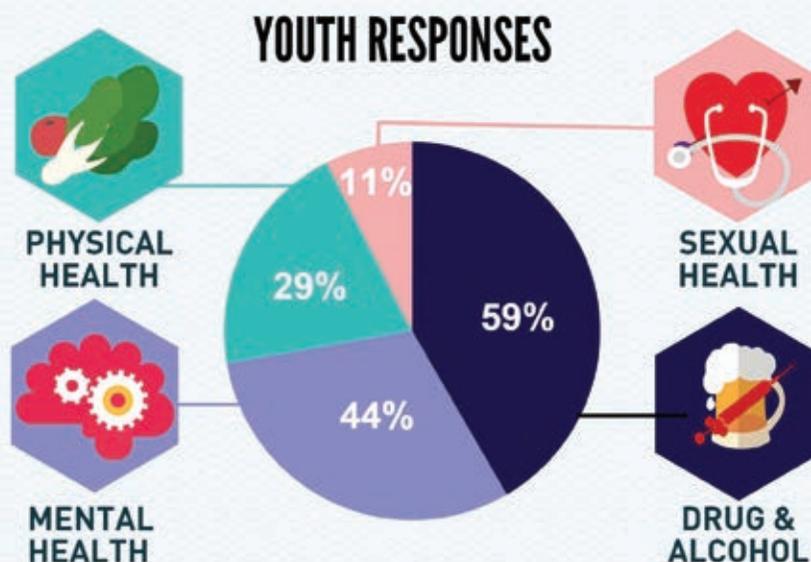
We are working to develop the HEADSS assessment model further in our services, together with staff training on how to *Get the conversation started* with young people.



OUR YOUNG PEOPLE

- There are approximately 63,000 young people (aged 12 to 24) in our LHD
- Young people account for just over 17% of our total population
- 5% of our young people identify as Indigenous
- Health issues commonly affecting young people include: mental health, obesity, inactivity, health related harms/risk taking and injury.

The main health & well being issues for young people are:



Filling our Lungs to Capacity

A team of our Ambulatory and Primary Health Care staff joined up with Wollongong Hospital Physiotherapy staff and set out to explore a new approach to rehabilitation in the community; through a project they called Filling our Lungs to Capacity. The aim was to transition respiratory patients from a hospital-based rehabilitation program into a community fitness program, specifically for people living with Chronic Obstructive Pulmonary Disease (COPD).

While there were exercise programs available in the community, none were specifically designed for patients with COPD. People with COPD often feel anxious attempting general

exercise programs due to their increased breathlessness, and often require additional support to feel confident that they can participate safely in a fitness program away from the hospital.

Lungs in Action (LIA) is a community based program endorsed by Lung Foundation Australia, and is specifically designed for people with lung disease. We partnered with Beaton Park Leisure Centre to implement the LIA program locally. Staff from the Centre completed some online training and were mentored by physiotherapy staff from Wollongong Hospital. We also facilitated the Centre's fitness leaders to meet and work with patients with lung disease.

Once the LIA program was established, patients with stable lung disease who had completed a Pulmonary Rehabilitation course were eligible to transfer to the community based classes at Beaton Park on completion of the Pulmonary Rehabilitation course at Wollongong Hospital.

The seamless flow from the hospital setting through to the community helps to normalise exercise for maintenance of the patient's lung condition, whilst empowering them to have confidence and control of their condition by exercising. The program produced overwhelmingly positive results; each patient was assessed before and after the 10-week program, with dramatic improvements in physical measures and confidence over their condition. Most importantly, the patients enthusiastically embraced the program.

Another positive outcome is that because patients with stable lung disease can now exercise at the local gym, higher risk respiratory patients have been able to access the hospital gym and physiotherapy staff more frequently. These patients have also noted a similar improvement in their condition, quality of life and fewer hospital admissions.

CASE STUDY - Graeme Stark

Graeme completed the eight-week hospital rehabilitation four years ago, and was attending the hospital gym for maintenance once a month. When the Lungs In Action (LIA) group was proposed as a long-term exercise option for people with stable lung disease, Graeme jumped at the chance.

"I thought it would be good doing an activity with other people with similar lung conditions and thought it would help encourage me to exercise and socialise with a group of likeminded people," he said.

Graeme is on oxygen to help with his breathing and lung capacity. Even needing to lug around his oxygen tank on a trolley doesn't stop him from getting to his regular exercise group. Graeme has been attending LIA twice weekly for nearly two years now, and can notice a personal improvement in his lung condition.

"I can definitely feel a difference in my health. I track my progress and noticed I can walk more consistently," Graeme said.

"It's a great group of people that help get you along, even when you don't really feel like it. The average age is about 70 and we all have a degenerative disease, but everyone is still going. This program has definitely kept people out of hospital," he said.

Graeme Stark participating in the Lungs In Action program



Essentials of Care

shared values told through art

A team of four Shoalhaven Cancer Care Centre (SCCC) staff members from different professions recently got together to begin the Essentials of Care Program – and embark on a journey to help everyone that walks through the doors of the Centre to have a positive experience.

NSW Health's Essentials of Care (EOC) Program aims to enhance the experiences of patients, families, carers and the staff involved in the delivery of care through the ongoing evaluation and development of safe, effective and compassionate clinical care workplace cultures. This approach includes ensuring that all stakeholders have opportunities to participate and are included in decisions about effective care using approaches that respect individual and collective values.

Part of achieving this aim is by collaborating with patients and their families and using their experiences and stories to inform improvements. The SCCC team comprised of Samantha Lewis (Radiation Therapist), Stephen Dowdell (Medical Physicist), Leonie James and Courtney Vaccari (Radiation Oncology Nursing staff), who came together with consumers to determine a set of shared values.

These values are now proudly displayed in the front foyer of the SCCC in the form of a beautiful artwork donated by local Aboriginal artist, Wendy Brown who was treated at the Centre for breast cancer. Wendy Brown's own breast cancer journey is also displayed through a second artwork, which she hopes will inspire other patients as they go through their own cancer journey.

OUR SHARED VALUES

Wendy describes her artwork and its depiction of the new shared values.

Welcoming environment: The leading to the centre is the warm welcoming colours; the dots on the path represent all patients accessing the cancer centre. The spiral centre represents the cancer centre - the path is the road we must journey.

Loyalty: the bright pink/red dots represent compassion and loyalty together - from staff within the cancer centre and to the patients.

Empowerment: the green dots represent empowerment - just like a strong tree standing tall, swaying in the wind, it has strong roots through the earth. The tree is grounded.

Respect: the white dots represent purity. Respect should never be any shade of colour - respect between all staff and all patients must be pure.

Open communication: are the blue dots because to me it represents the calming ocean - some days you can see the bottom because it's so clear and calming, so open. Some days are calm, some days are rough - communication has to be open and transparent.

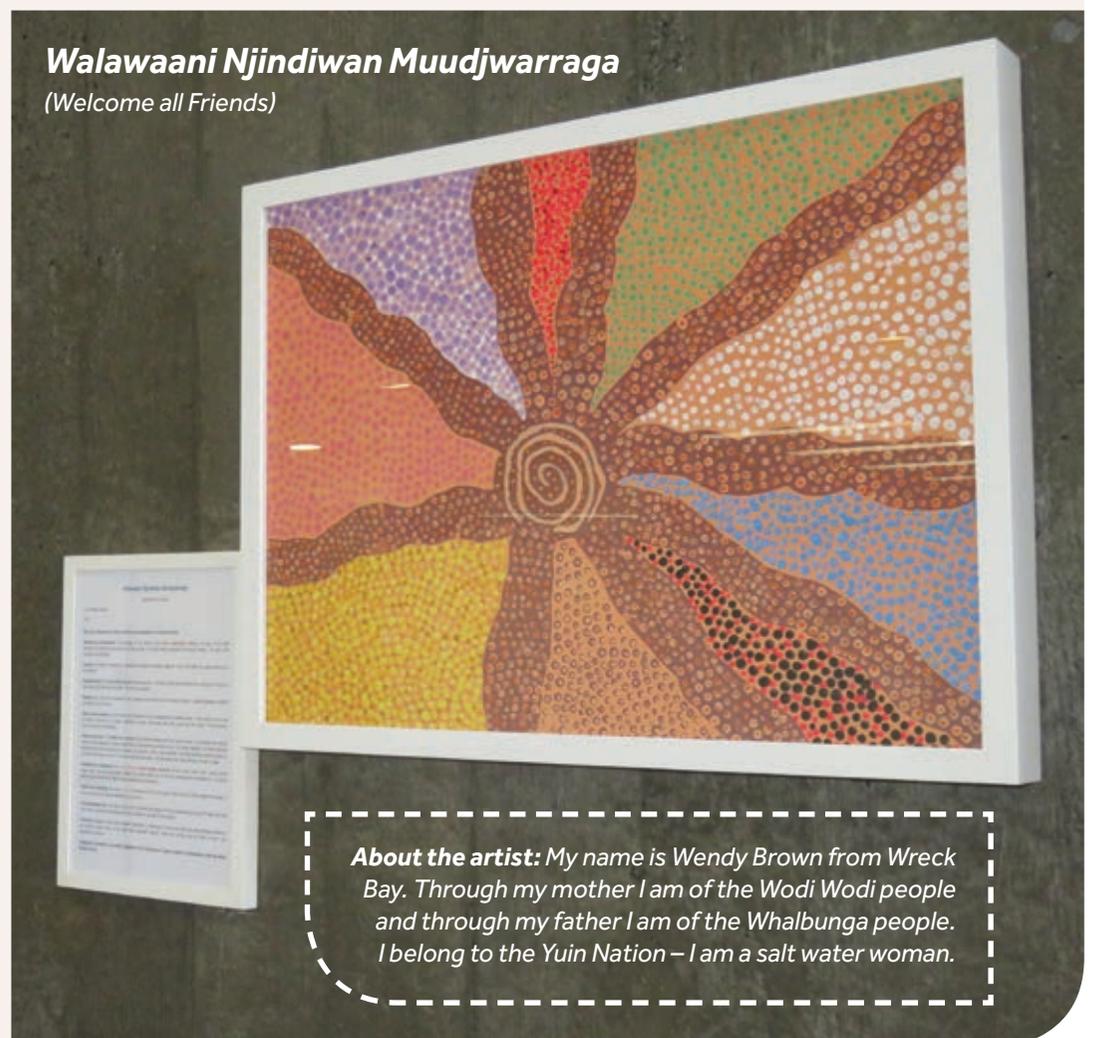
Patient advocacy: The black dots represent the patients dealing with their cancer illness - the physical, the mental, financial and the spiritual. At times it feels like an overwhelming position to be in for cancer patients. The bright red dots represent those who advocate for patients; the doctors, nurses, social workers, volunteer workers, spiritual guiders and all staff of the cancer centre. The reason the dots are bright - the advocate must shine the light at times of need.

Professional competence: the light orange & dark orange represents all the cancer centre staff - we are all the same colour, we are all the same. Inside the cancer centre you all are the professionals we depend on - in all the staff we must have trust and faith in their professional competence.

Health and wellbeing: the colour yellow represents the sun the giver of life and the gold dots represent richness; if you have physical and spiritual wellbeing, you are rich.

Compassionate care: the dots of pale pinks sprinkled with glitter on the top representing the gift of magic that staff must carry to provide the compassion that is needed by all staff for all patients.

Teamwork: purple and white dots represent teamwork - purple worn by those who deal with chemotherapy treatment; the national cancer colour and the white dots represent respect. These two colours must go hand in hand - this represents teamwork.



RECORD NSW ORGAN DONOR RATE IN 2015

In 2015, NSW recorded its highest ever number of deceased organ donors, with NSW Organ and Tissue Donation Service figures showing there were 127 deceased organ donors in NSW - surpassing the previous record of 102 donors in 2013.

The 127 donors enabled 379 organs to be transplanted. There was also a boost in tissue donations in NSW in 2015, including 669 corneal transplants to restore sight, as well as heart valve transplants to correct malformations and bone and tendon donations for spinal fusions and treatments after cancer, trauma and sports injuries.

Locally, we also had an increase in organ and tissue donation. Last year saw our highest number of deceased donors, with six organ donors, 12 eye donors, and two musculoskeletal donors (bone and tendons). We also had living bone donations of 56 femoral heads from people receiving an elective total hip replacement.

In 2012, the *Increasing Organ Donation in NSW* plan was released to boost the transplantation rate. Initiatives included the closure of the NSW Roads and Maritime Services (formerly RTA) organ donor register - moving to the single national Australian Organ Donor Register, administered by Medicare - and targeted placement of trained donation specialists in hospitals to manage the difficult conversation with grieving families.

Over 1,600 Australians are on the organ transplant list at any time but organ donation is a very rare event - only about one per cent of deaths occur in circumstances which allow organ donation to take place.

Next of kin can override the wish of the deceased, so everyone should make sure they let their loved ones know about their organ donation wishes - and to register that decision on the Australian Organ Donor Register through humanservices.gov.au. One conversation today could save many lives in the future.

For more information visit donatelife.gov.au

Read me online



You can read or download the current edition of Health in Focus online at isld.health.nsw.gov.au. You can also read past editions of Health in Focus online.



TWITTER

Did you know you can follow us on Twitter? @IllaShoalHealth

We use our Twitter feed to let the community know about things such as:

- Upcoming events and workshops
- Local and state-wide health initiatives
- Public health notifications
- Our innovations and achievements





TO HELP YOUR KIDS GROW UP JUST FINE
GIVE EACH ONE THEIR SHOTS ON TIME



Download the handy SAVE THE DATE Phone App or print a Personalised Schedule at immunisation.health.nsw.gov.au

DOWNLOAD APP FOR...



Health