

# BRHS Newsletter

PO Box 474, Bairnsdale 3875

www.brhs.com.au

February 2009

## Message from the Board

The Members of the BRHS Board of Management welcome 2009 with confidence that BRHS will maintain its capacity to deliver quality health services to the East Gippsland community. CEO, Wayne Sullivan has focused on improvements in operations, communications and efficiencies in delivery of services with a greater emphasis on consultation and input from the community. The recent appointment of the community advisory committee will provide another avenue for the Board and Management to seek community input on a variety of issues, e.g. publications and terminology, quality programs, strategic planning, communications etc. Annual strategic planning is essential to our continued service expansion and success, and

positions us to meet growing and changing demands for health services in the years ahead. Managers have been encouraged to generate new and innovative approaches to workforce and program design with a view to improving capacity, productivity and consumer access to care. Continued strengthening of our partnerships with Central Gippsland Health Service, Sale and Gippsland Lakes Community Health will enhance our capacity to maintain an extensive range of quality services and access to specialist expertise. The Board acknowledges the outstanding contribution of the Pelicans who have successfully attracted such generous support from their wide-reaching network of philanthropic trusts, volunteers,

community, businesses, service organizations and individuals to achieve the target for the construction of the new oncology and dialysis unit. We also congratulate Mr Mick Campbell and Mr Vin Martin of the 'Practical Men of the Village' for their outstanding leadership and enterprise in recruiting the full support of the local building industry for the construction and fit out of the Toonalook Waters home to be auctioned in the coming months. Their generosity of spirit is an inspiration to us all. The BRHS Board of Management is committed to commencement of the Oncology and Dialysis building project this year and is in discussion with the Department of Human Services to seek additional government contributions. The completion of

a new BRHS Master Plan this month will enable those discussions to move forward within the context of future infrastructure and capital requirements. The board congratulates the new nursing graduates and post graduates who have successfully completed their respective courses and made such a valuable contribution to patient care. The value of the ongoing contribution and commitment of our staff, visiting medical officers, volunteers and generous donors to the continued improvement of patient care and service can never be overstated.

**Philippa De Voil**  
President BRHS Board of Management

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**HAPPY BIRTHDAY  
ETHEL**

Ethel Tynan celebrated her 102nd birthday on 26th August 2008.



**HAPPY BIRTHDAY  
NOEL**

Noel Postil celebrated her 100th Birthday with family and friends on Christmas Day.

## Community Fundraising for BRHS



Toonalook Waters home for Auction late May 2009.

### Toonalook Waters Home for Auction

Coordinators of the Toonalook Waters project, Mick Campbell and builder, Vin Martin, report that "84 'traders and tradesmen' have donated their time and skills to date" and the brickwork, the ducted air-conditioning and vacuuming are currently being installed as part of the quality detail features. Mick and Vin, members of The Practical Men of the Village, estimate that there will be an auction by May 2009. All proceeds will go to the

Pelican Appeal for the new BRHS Oncology and Dialysis Wing.

### Paynesville Community Craft Centre

Assistant Treasurer, Sandra Martin, presented Acting CEO Vicki Farthing with a cheque for \$5000 for the Pelican Appeal. This is the third donation made by this prodigious community organization for the new Oncology and Dialysis unit. **BRHS is also delighted to acknowledge the donation of \$50,000 from The Collier Fund towards the Pelican Appeal.**



**Paynesville Pelicans** will hold a charity luncheon at **Black Duck Swamp**, 35 Ridgeway Lane Newlands Arm 12.30 pm on Friday 13th March. \$25 per head. Hosts for the day Arls Cook, Jayne Weight and Jenny Lindstedt. Contact: Arlene Cook, Ph 51 56 7818 Email arlscook@hotmail.com

### Bowerbirds

The Annual Mystery Bus Tour will set off on Saturday March 14th. Price per head is \$30 which includes entry fee to the special interest destination, morning tea and lunch. All welcome. Bookings & Details

Contact:  
Lillian Edwards, Ph 51 53 1151  
Renata Rosenhahn Ph 51 52 4946

*Acting CEO Vicki Farthing receives a \$5000 cheque for Pelicans Appeal from Sandra Martin at Paynesville Community Craft Centre*

## Community Advisory Committee

BRHS welcomes the following community representatives to its advisory committee: Lisa Rasmussen (Bairnsdale), Kate McKinnon (Raymond Island), Judith Reid (Bairnsdale) (Ellaswood), Clint Eastwood (Bairnsdale), Alex Phillips (Bairnsdale) and Bev Campbell (Bairnsdale).

### Kiosk Auxiliary

The Kiosk Auxiliary acknowledges the generous donation of hand-crafted toys by skilled craft workers such as Brian Beecher who donates a selection of beautiful hand-made wooden toys (also made to order), Mrs Joyce Euman, in her 90s, who donates the fluffy teddy bears and Gill Meddings, who makes the

old fashioned knitted teddy bears.

**Contact:** Secretary Gill Meddings Ph: 5156 0641

### Hospital Kiosk Hours:

*Mornings* 10 am - 12 noon Monday to Friday  
*Afternoons* 2 pm - 4 pm 7 days per week  
*Evenings* 7 pm - 8 pm 7 days per week



## BRHS NURSING GRADS AND POST GRADS 2009

The following BRHS Nursing staff have completed post-graduate and graduate studies during 2009. BRHS continues its commitments to further education of its workforce

### Post Graduates 2009

RN (Div 1) Joanne Woodward BN  
RN (Div 1) Toni Booth BN  
RN (Div 1) Jessica Bulmer BN  
RN (Div 1) Peter Hang BN  
RN (Div 1) Tamara Hodge BN  
RN (Div 1) Kristen Murphy BN  
RN (Div 1) Rose Pittard BN  
RN (Div 1) Megan Stott BN  
RN (Div 1) Carrie Thirlwall  
RN (Div 1) Allison Wolf  
RN (Div 1) Alison Kelly

**Graduate Certificate, Acute Care Med/Surg**  
RN (Div 1) Kate McIlroy BN

**Graduate Certificate, Acute Care Med/Surg**  
RN (Div 1) Jess Edmonds

**Graduate Certificate, Acute Care Emergency**  
RN (Div 1) Jess Davis, BN

**Graduate Certificate, Acute Care Med/Surg**  
RN (Div 1) Sue Twining BN

**Graduate Certificate, Acute Care Paediatrics**  
RN (Div 1) Jo Kilty BN

**Graduate Certificate, Acute Care Perioperative**  
RN (Div 1) Jenny Coverdale BN

**Graduate Certificate, Nephrology**  
RN (Div 1) Sarah Hollow BN

**Graduate Certificate, Nephrology**  
RN (Div 1) Rebecca Sandy BN

**Graduate Diploma, Midwifery**  
RN (Div 1) Narelle Woods BN

**Graduate Diploma, Midwifery**  
RN (Div 1) Marta Parer BN

**Masters in Midwifery**  
RN (Div 1) Angela Kellock BN

## Are you aware of Community Health Programs?

### BRHS COMMUNITY HEALTH VENUES

**BAIRNSDALE COMMUNITY HEALTH CENTRE**  
Ross St, Bairnsdale  
Office hours: 8am - 4.30pm Mon-Fri  
Phone: (03) 5152 0222  
Fax: (03) 5152 1500

**PAYNESVILLE COMMUNITY HEALTH SERVICE**  
Shop 19, The Esplanade, Paynesville  
Phone: (03) 5156 0631

### OUTREACH DAY CENTRES

**METUNG DAY CENTRE (open Tuesday)**  
St Johns Anglican Church  
Stirling Road, Metung 3904  
Ph: 5156 2270 Mobile: 0409 957 308

**LINDENOW DAY CENTRE (open Tuesday)**  
Mechanics Hall  
Main Road, Lindenow 3865  
Ph: 5157 1655

**BRUTHEN DAY CENTRE (open Tuesday)**  
Mechanics Hall  
Main Street, Bruthen 3885  
Ph: 5157 5483

**BUCHAN DAY CENTRE (open Thursday)**  
Buchan Hall  
Main Road, Buchan 3885  
PH: 5155 9443 Mobile: 0409 957 308

**PAYNESVILLE DAY CENTRE (open Wednesday)**  
Paynesville Football Club Rooms  
Main Road, Paynesville 3880  
Ph: 0409 957 308

### Adult Day Centre Activities Program

Bairnsdale Adult Day Centre located at Ross Street offers a daily activity program in a social, interactive environment for people who are aged, frail or disabled and provides a two-course midday meal and morning and afternoon teas for all participants. The activities program includes indoor bowls, guest speakers, overnight trips, bus outings, Karaoke, gardening, fishing, health/lifestyle education sessions, gentle exercise, woodwork and leatherwork, interactive gaming, billiards/Air Hockey and regular

general health checks are provided by a BRHS District Nurse.

Venue **Bairnsdale Community Health Centre** Ross Street  
Time Monday - Friday 9am - 3pm  
Phone (03) 5152 0276  
or (03) 5152 0277



### Respite For Carers / Dementia Specific Group Program

Staff provide activities for people with dementia structured around the specific needs of the clients and provide much needed respite for the carers of people who have dementia.

Venue **Bairnsdale Community Health Centre** Ross Street  
Time Wednesday's 9am - 3pm  
Phone (03) 5152 0276

### Pulmonary Rehabilitation Program

The program aims to relieve symptoms, improve functional ability and enhance quality of life for people with lung disease, which is causing breathlessness. Your Doctor, nurse or physiotherapist can make referrals to Pulmonary Rehabilitation or you can refer yourself.

The first session commenced on Monday 2nd February. Please contact Alana Booth, Pulmonary Rehabilitation Co-ordinator.

Venue: **BRHS Community Health Centre**, Ross St, Bairnsdale  
Times: Monday & Thursday 1pm-3.30pm (4 x 6 week sessions in the year)  
Phone: (03) 5152 0222

## Protecting Your Privacy

BRHS strives to ensure that all staff, from clerical and record-keeping personnel to those employed in providing direct care and services, understand all legislation, policy and standards relating to confidentiality and privacy. Personnel are fully inducted into privacy and confidentiality standards to ensure that they comply with the Health Records Act 2001(HRA) and other relevant privacy legislation. Staff are also bound to comply with the provisions of the act in the

terms of their employment contracts. There are strict policies that provide staff with guidelines for collection, use and release of personal information. This includes strict controls on password allocation for staff accessing computer systems. We encourage the community to register their concerns and to ask for support from staff at any time when they feel that their privacy needs are not being met. For further information or feedback on this issue we ask you to contact our Quality Manager on 5150 3394.

## Inducting Interns at BRHS

Interns now have formal orientation when they start each rotation at BRHS which includes meeting many key staff, a tour, instructions about their role and their responsibilities, advice about the intern education offered by BRHS, a 3 hour emergency medicine skills training session with Monash University Regional Clinical School, and a comprehensive BRHS Intern Orientation Manual.



# Are you aware of Community Health Programs?

## Quit Smoking Program

Individual counselling on issues relating to quitting smoking with a nurse trained in smoking cessation education.

Contact Alana Booth  
Venue **BRHS Community Health Centre**  
Phone (03) 5152 0222.

## Cardiac Rehabilitation Program

An eight-week education and exercise program for people who are at risk or who have had a cardiac event. Please contact Jane Bennett.

Venue: **BRHS Community Health Centre**, Ross St, Bairnsdale  
Times: Wednesday 1pm sharp and finish at 3.30pm  
Phone: (03) 5152 0222

## Adolescent Health Program

Individual counselling on issues related to young people, school sexuality programs, contraception, pap smears, sexually transmitted infections, pregnancy testing, counselling and special programs for people with disabilities.

Contact Community Health Nurses  
Time available Monday-Friday 8.30am - 5pm  
Phone: (03) 5152 0222



## Continence Advisory Services

Qualified Continence Nurses can assist people of all ages coping with bladder or bowel control problems, catheter care and management, children with bed-wetting and incontinence relating to stroke, MS, Parkinson's disease, dementia, diabetes, spinal injury, brain injury and other health conditions. Referrals are not required.

Services include assessment, management and care options, referrals, continence aids and funding (where eligible), education and carer advice.

### Clinics

**Bairnsdale BRHS Community Health Centre**, Ross St Ph 5152 0222

### Mallacoota Outreach Clinic

3rd Thursday of the month Ph 5158 0243

### Orbost Outreach Medical Centre

1st Thursday of the month. Ph. 5154 6777

### Paynesville BRHS Community Health Centre

The Esplanade, Fridays, Ph. 5156 0631

## Diabetes Education Services

These services aim to assist a person or their carers to manage their chronic diabetes condition (Type 1 and/or Type 2) and to prevent or delay diabetes complications. The multidisciplinary team provides assistance in good blood glucose control, blood pressure control and normal blood fats through a balanced nutritional intake, exercise and/or medication. Working with your GP, the Diabetes Educator can refer patients to a range of specialist services including a Dietician, Podiatrist, Psychologist, Social Worker, Koori Liaison Officer, Optometrist, Ophthalmologist, Physician, Endocrinologist or Physiotherapist. For assessment with Diabetes Educators, Jo

Hall or Vel Radford, the following services are available at various venues for your convenience:

**Venue:** **BRHS Hospital Campus**  
Consulting Rooms  
**Times:** Monday - Thursday  
8.am - 4.30 pm.  
**Appts:** Phone: 5150 3410  
**Venue:** **MacLeod St Medical Clinic**, Bairnsdale  
**Times:** 2nd Tuesday of the month  
**Appts:** Phone: 5152 5145  
(Practice Nurse)  
**Venue:** **Paynesville Community Health Centre**, Shop 13, The Esplanade, Paynesville  
**Time:** Thursdays (weekly)  
**Appts:** Phone 5156 0631

## Diabetes Lifestyle Modification Program

**Venue:** **BRHS Community Health Centre**, Day St, Bairnsdale  
**Time:** 9.30am - 12 noon.  
**Appts:** 5150 3410  
(Consulting Rooms Admin)

### 2009

February	12th	19th	26th
March	14th	21st	28th
August	13th	20th	27th
November	12th	19th	26th

## Type 2 Diabetes or Impaired Glucose Tolerance

### (IGT) Survival Program (new program)

**Venue:** **BRHS Community Health Centre**, Day St, Bairnsdale  
**Time:** 10.30 am - 12.30pm, 2nd Wed. of the month  
(commencing Wed, Feb.11th  
**Bookings:** Ph. 5150 3410

## BRHS partners with GEGAC to deliver physiotherapy services

BRHS Physiotherapy Services are available every Thursday afternoon from 1.30pm to 4.00pm for Koori clients who prefer to be treated at GEGAC. These clients can self-refer or be referred by a GP. BRHS Physiotherapy can liaise with GEGAC to arrange appointments. Contact: BRHS Physiotherapist Libby McCormack. Phone: 5150 3366. Bonnie O'Shanassy (BRHS Koori Liaison

Officer) and Vel Radford (BRHS Hospital Admission Risk Program Manager) attended the Gippsland Walk Against Violence in 2008. Bonnie and Vel work together as members of the BRHS Koori Health Engagement Committee that meets regularly to promote communication and healthy lifestyle practice in the Koori Community.



## Smarter Medical Communications

BRHS has introduced electronic discharge letters to ensure that information that is recorded as patients are discharged from the emergency department or wards is now forwarded directly to treating GPs in Bairnsdale, Paynesville, Lakes Entrance and Orbost. The new and efficient information transferral system was piloted by Director Medical Services Dr Jane Greacen in

collaboration with the BRHS ICT Manager, Anne Mwagiru, and with the assistance of Dr Mike Dawkins and Dr Mark Pritchard. The new system speeds up the transfer of information between BRHS and the treating GPs.

The BRHS medical and ICT teams are also poised to trial a new electronic prescribing system for the interns and visiting doctors. It

will give the interns access to MIMs online as well as advice about options, and warnings about contra-indications, drug interactions and allergies. This will be an important educational tool for doctors, helping to reduce medication errors and improve legibility for the nursing staff when they issue the medications.

## Staff Profile: Helen Euman

Helen has worked as a part-time Administration Officer in the BRHS Payroll Office since 2002. She also has over 30 years experience in commercial boat charter businesses. Helen has formal marine qualifications and gained certificates of competency as a Master and Marine Engine Driver. She was the first female operator of the Raymond Island Ferry and she was recently recruited to skipper the new Curlip II paddle steamer on the Snowy River at Orbost. According to Helen "the new paddle steamer has quite different handling characteristics to a conventional shaft and propeller driven vessel". Helen's broad capabilities are also highly valued by the efficient Payroll team at BRHS who look after some 700 employees. To enjoy a cruise on the Paddle Steamer "Curlip", phone the Curlip Centre on 03 5154 1699.



## Improving care for over 65ers

BRHS has been working with other hospitals to review how it manages the health care of older patients, such as, ensuring that elderly patients wear their hearing-aids and glasses, encouraging patients to get out of bed for meals (if they feel up to it), walking and

exercising regularly (when advised) and getting assistance to open packaging on meal trays. For further information or to add your input contact: Vicki Jesty, Project Worker Phone: 5150 3852 Tues & Thurs.

## BRHS Donor Program

**How you can help us** BRHS needs ongoing community support to meet increasing demands and to maintain standards of health care delivery in a rapidly changing environment. All financial contributions, large and small, are appreciated. Incentives include:

- Tax deductibility
- Ability to spread donations over 3 years
- Acknowledgement certificate for gifts over \$250
- employee contribution schemes
- option to provide gifts in-kind

**How we can help you** If you would like more information or advice about your donation or assistance in preparation of fundraising activities for BRHS, please contact: BRHS Donor Program Manager, Fundraising and Community Engagement, PO Box 474, Bairnsdale 3875 **Phone:** 51 50 3605 **Mobile:** 041 374 1426 **Email:** jo.moulton@brhs.com.au

**Yes, I would like to make a donation to BRHS. I would like my donation to support the:**

- Pelican Appeal for Oncology & Dialysis wing
- Purchase of vital equipment
- Designated equipment arranged with BRHS

**Please accept my contribution of**  \$1000  \$500  \$250

\$\_\_\_\_\_ your choice

**Is this the initial contribution of a 3 year gift?**  Yes  No

Name .....

Name/Organisation .....

Postal address .....

Postcode .....

Email Address .....

**Method of Payment: Cheque attached** (made out to Bairnsdale Regional Health Service) **Bankcard/ Master card/ Visa**

Card Number .....

Name on Card .....

Signature .....

Expiry date .....

Date .....

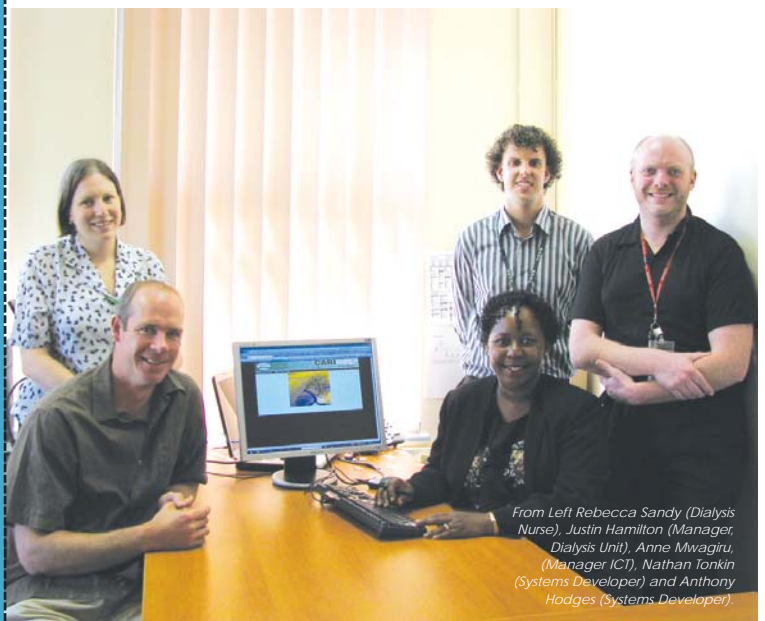
**All Donations over \$2 are tax deductible Bairnsdale Regional Health Service, PO Box 474 Bairnsdale 3875**

## Innovation in Dialysis

Staff of the BRHS Dialysis Unit, headed by Justin Hamilton, and the Information and Communication Technology (ICT) team, led by Anne Mwangiru, have developed a system to map a Dialysis patient's pathology results. The Dialysis Trends System has a number of applications. It maps the patient's pathology results and demonstrates the impact of changing medications and dietary intake, providing a fundamental educational tool for both patients and staff to modify treatment.

As the system is web-based all the multidisciplinary team members can access it off-site. Nephrologists can review results and speed up the

alteration of medications and patient management. The system improves patient outcomes, time management and the use of medications. "It has been a case of working together with the ICT team to explore current technology trends and to provide solutions that create Best Practice", according to Dialysis Unit Manager, Justin Hamilton. Justin will present the Dialysis Trends Information System at the Renal Society of Australasia National Conference, New Zealand in March 2009. BRHS is proud of the creative multi-disciplinary team effort including Systems Developers, Dieticians, Nurses, Nephrologists and patients.



*From Left Rebecca Sandy (Dialysis Nurse), Justin Hamilton (Manager, Dialysis Unit), Anne Mwangiru, (Manager ICT), Nathan Tonkin (Systems Developer) and Anthony Hodges (Systems Developer).*