

First patient admitted

The new \$88 million Byron Central Hospital (BCH) opened its doors to patients on Tuesday 7 June, with Ocean Shores resident Victor Retallick being the first patient transferred across from Mullumbimby District Hospital.

Mr Retallick was full of praise for the new hospital, stating that Mullumbimby District Hospital had "done its job".

"The hospital is just beautiful, and the staff are wonderful," Mr Retallick said.

Executive Director of the Tweed Byron Health Services Group, Bernadette Loughnane said eight patients in total were moved across from Byron District and Mullumbimby District Hospitals on move day.

Ms Loughnane said the establishment of the Move Day Command Centre by BCH staff at 7.30am enabled the staff to remain patient-focused.

"Since handover from the builders in late February the staff have diligently and conscientiously commissioned the building in preparation to receive



Byron Central Hospital Director of Nursing Keryn York welcomes the first patient Victor Retallick, under the watchful eye of Executive Director Tweed Byron Health Services Group Bernadette Loughnane, fourth left, and BCH staff.

our first patient today," Ms Loughnane said.

"Consequently, the move ran incredibly smoothly. The Emergency Department (ED)

received its first patient, a young child, at 8.38am with four patients received to ED by 9.30am."

Ms Loughnane said

the staff of Bangalow, Mullumbimby, and Byron Community Health services moved across to BCH the following day.



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NSW Governor
David Hurley
visits Casino
District Hospital
for Women's
Heart Health



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2016 Nurse
and Midwife
of the Year
Award



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Executive Update

This week we celebrate NAIDOC week; a time to celebrate Aboriginal and Torres Strait Islander history, culture and achievements and an opportunity to recognise the contributions Indigenous Australians make to our country and our society.

I personally wish all Aboriginal and Torres Strait Islanders on the North Coast a very happy NAIDOC Week and encourage all people on the North Coast to participate in the celebrations and activities that take place during NAIDOC Week.

I especially wish to give recognition and thank all our Aboriginal and Torres Strait Islander staff for the valuable work they do and the important roles they play in promoting and providing culturally appropriate services within our hospitals and community settings.

As I travel around the North Coast meeting staff and communities, the positive reputation our health services have within our local communities is continually reinforced. We understand from the outstanding results we get from Patient Surveys the high quality of care our patients receive and the appreciation they have for the staff who provide this care.

This is echoed from community groups and partner organisations across the North Coast. It is important that we remember what a great service we provide our patients and to the broader communities, and be proud of the role we as individuals and as Northern NSW Local Health District (NNSW LHD) plays in delivering high quality, efficient, and effective care across our many points of service delivery.

As we are now in the full swing of winter with temperatures dropping we are experiencing a growth in activity, especially through the Emergency Departments (EDs). This is a particularly busy period for our EDs and I wish to thank all our clinical and support staff for the dedicated hard work they deliver in supporting those sick and injured who present to our hospitals.

As the flu season starts to really take hold, I hope you have all taken advantage of the free vaccination program across NNSW LHD and don't fall foul of the various flu strains this year.

Since the last edition of Northern Exposure, I took leave to walk the Kokoda Track in Papua New Guinea. It has been very interesting watching the faces of those who ask what I did for



my holiday virtually recoil when I tell them of my trip.

I appreciate that for those who picture relaxation as resorts and pool-side bars, the thought of walking nine days in the dense mountainous jungle of PNG in over 35 degree temperatures, and a humidity level that was energy sapping, is not their idea of a relaxing holiday – to say the least!

For me it was an amazing experience that was very challenging both physically and emotionally, and one I can tick off my bucket list.

It reaffirmed my belief in the precious value and fragility of life and reminded me to enjoy the opportunities life offers and value the importance of the roles we all play in helping people in times of need.

*Wayne Jones
Chief Executive*

From the Board Chair

The Northern NSW Local Health District met with the Executive prior to its Board Meeting on 29 June to workshop ideas for 'branding' for the LHD and to be briefed on the implementation of a bespoke 360 degree program aimed at developing Clinician Engagement skills for Management and Clinicians.

The 'branding' workshop was requested by the NNSW LHD Board to review the LHD's Vision and Purpose Statements as well as develop a 'tagline'.

The workshop discussed a range of aspects including recognition of partnerships with Staff and Community in shaping our local health services.

A number of possible taglines for the LHD will be developed for consultation with Staff and the Community.

Emanating from the Board's request, and the subsequent NNSW LHD



Executives' development of Improving Clinician Engagement Paper and Plan, the NNSW LHD has engaged Mr Brian Dolan to develop and undertake a bespoke Health Service 360 degree for Clinician Engagement.

An initial 150 participants have been identified and 11 mentors have been trained to work with these participants.

As Board Chair I reiterate my commitment to improving Clinician Engagement and I am particularly enthusiastic with this initiative on

which I intend to brief the Minister of Health.

Further to my previous emphasis of the importance of accurately recording activity so that the NNSW LHD receives Budget which accurately reflects activity, I continue to be heartened by the response and work undertaken by Executive, Management and Clinicians to this request.

This continues to be a priority for all of us with a recent independent review of our coding indicating the LHD is continuing to undertake activity which is not coded and therefore not receiving funding for.

I ask for diligence for complete and accurate coding, and support the LHD Executive's investigation into how to best support coding into the future. I remind staff that coding is as much about ensuring quality of care as funding.

*Brian Pezutti
Board Chair*

What's that, Governor?



His Excellency General The Honourable David Hurley AC DSC (Ret'd), Governor of NSW is greeted by Ellen Palmer, Executive Officer/Director of Nursing at Casino District Hospital during his visit to Casino.

Casino District Hospital played host to a special visitor in late May when the Governor of NSW, His Excellency General The Honourable David Hurley AC DSC, and his wife Mrs Hurley visited.

The purpose of the May 20 event was to launch the Making the Invisible Visible campaign in the Casino region.

This national campaign is conducted annually by the Heart Foundation to raise awareness of the single biggest killer of women – heart disease.

The event focussed on the health needs of rural women and impact on heart health for local women.

The event was attended by a local dignitaries, the three tiers of government, community members and local heart health staff who provided free cholesterol and blood pressure tests.

Timely reminder to follow the Code

In recent months there have been several instances of staff members across the Northern NSW Local Health District (NNSW LHD) anonymously providing confidential information to local media.

There have also been a number of instances of NNSW LHD staff making inappropriate or unethical comments on their private social media pages.

NNSW LHD Chief Executive Wayne Jones

said while he supported debate and freedom of speech, it was important to remind all staff, contractors, volunteers, students and researchers that they're governed by the NSW Health Code of Conduct.

The NSW Health Code of Conduct defines the standards of ethical and professional conduct required of everyone working in NSW Health in any capacity. The Code determines the outcomes

NSW Health is committed to, and the behaviours which are unacceptable and will not be tolerated.

The Code of Conduct assists with building a positive workplace culture based on core NSW Health values of collaboration, openness, respect, and empowerment.

The intent of the Code of Conduct is to provide a framework to promote ethical day-to-day conduct and decision-making.

"Under the Code of Conduct, staff may only provide official comment on matters related to NSW Health if they are authorised to do so, and they must avoid conduct that could bring NSW Health or any of its staff, patients or clients into disrepute, including when using social media," Mr Jones said.

"There are appropriate channels to discuss concerns and I ask all staff to follow those steps."

Is it really in the public interest?

As a former journalist of some 20 years, I am very familiar with the term 'in the public interest'.

It is a term journos trot out regularly as justification for a story or image they have published.

Similarly, in the past decade we have all become familiar with the term 'whistleblower' — that individual in an organisation who breaches their Code of Conduct regarding confidentiality and releases confidential information to the media.

Yet there is a very real difference between a 'leaker' and a 'whistleblower'.

In simple terms, a 'whistleblower' is someone who reports the illegal activities of their employer while a 'leaker' breaches their Code of Conduct to release confidential information regarding, usually, the conduct of their employer despite

it not being illegal or even unethical. It is simply that the employee disagrees with how the employer conducts their business.

One of the main problems with leaking information is that it is often inaccurate. While it may be the perception of the employee, the employee rarely has all the facts and is most often blowing off steam that has been building for weeks, months, or even years.

Since coming into this role earlier this year, I have been quite surprised by the number of confidential Briefs and internal correspondence that is 'leaked' to the media.

While I don't doubt the good intentions of the staff doing the leaking, in six months am I yet to come across a leak that is actually accurate or in the realm of whistleblowing.

For the most part, the leaked information usually relates to factors outside of



the control of the LHD, yet it is the LHD called into question.

My dear mum used to say: you attract more bees with honey! I have also learnt that if you shout, people often turn away, yet if you whisper people lean in to see what it is you have to say.

Acting Editor, Lee McDougall

Contributions

Northern Exposure is an excellent tool for promoting and sharing your project, celebration, initiative, success or event.

This publication is distributed to more than 6600 staff in NNSW LHD and many of our stakeholders.

To submit your story for consideration, please send clear photos with captions and about 200 words describing the story to lee.mcdougall2@ncahs.health.nsw.gov.au. Photos and dot points with all the information are most welcome. For inquiries phone 6620 2141.

Publication is at the discretion of the Editor and Chief Executive. Items may be edited for length, style and quality.

Max Patton - Quiet Achievers

Name: Max Patton

Position: Wardsman Manual Handling Champion

Location/Site: The Tweed Hospital

Nominated By: Mark Freier, Work Health and Safety Coordinator

Max Patton has been in Health Care for 35 years, commencing at the Scottish Hospital as an AIN and then moving to Sydney Hospital to take up a position as a Wardie.

Max moved to St Vincent's and worked up to the 2ICs position. Fifteen years ago Max decided he needed a change of lifestyle and location and so he moved to Northern NSW and became part of The Tweed Hospital where he remains one of the most experienced, knowledgeable and well-loved Wardies.

Personality wise Max is anything but a 'Quiet Achiever', being far more flamboyant than quiet. Yet in terms of contribution, Max is the very definition of Quiet Achiever.



For the past five years at TTH Max has reliably provided more Manual Handling training than anyone.

Max started as a Manual Handling Champion for Domestic Services but his skills and popularity as a trainer were quickly recognised such that

he has provided Manual Handling training for most of TTH and accreditation services for well more than half of the wards.

Max is the perfect blend of educator and entertainer. Yet, despite his vast experience in the field, he still retains a passion for his craft, an enthusiasm to share it with others, and a keen interest in any new techniques or tools that become available.

Max is also a completely authentic example of the importance of maintaining fitness for work in a Manual Handling context. Max justifiably wears his years, experience and fitness as badges of honour.

We are transitioning to a more team-based approach to ongoing Manual Handling Training but whilst that occurs Max remains the undisputed heavyweight champion of Manual Handling at TTH.

Picture tells a thousand words

After an extensive culling process and much deliberation by the judges, the winner and finalists of the 2016 Health Promotion Photo Competition have been selected.

Then Acting Chief Executive Annette Symes and Executive Assistant Ms Jenny Cleaver selected six finalists from the 67 entries.

The winner was Jason Houghton with his 'Yoga on the Riverbank' photo while the runner up was Rosemary Renwick with her 'Paddling on Sunset' photo.

Jason won a \$100 gift voucher to his favourite



photography store.

The judges commented that there were some "absolutely fantastic photos" entered into the competition, so much so that they had three elimination stages.

All entries are available to be viewed via the Winter edition of the Health Promotion newsletter which can be accessed on the NNSW LHD Intranet site.

To subscribe to the newsletter, visit <http://eepurl.com/bQwprL> and enter your details.

Pictured above: Jason Houghton's winning entry *Yoga on the Riverbank*.

Pictured left: runner-up Rosemary Renwick's *Paddling on Sunset*.

Free alcohol reduction program

NSW Health has launched a free alcohol reduction program to help people improve their health by reducing their alcohol consumption.

Dr Jo Mitchell, Executive Director, Centre for Population Health, said NSW Health's Get Healthy Service now included an alcohol reduction program, comprising 10 coaching calls, coupled with alcohol-related education, management and goal-setting strategies.

"The Get Healthy Service is an

accessible, free program for anyone who wants to break bad habits and adopt a healthier lifestyle," Dr Mitchell said.

"Unhealthy alcohol use has significant short and long-term health implications, including injuries and chronic conditions such as high blood pressure, mental health problems, liver diseases, cancer and cardiovascular diseases."

All participants are screened for their alcohol risk at the time of

enrolment using the Alcohol Use Disorders Identification Test (AUDIT), an internationally validated screening tool. To ensure safe clinical practice, people who are drinking harmful levels of alcohol will be referred to appropriate specialist services such as the Alcohol and Drug Information Service.

For more information visit the Get Healthy Service website [www.gethealthynsw.com.au](http://gethealthynsw.com.au) or telephone 1300 806 258.

Research uses MRIs to find depression

Brain scans can reveal whether someone suffers from depression and show what kind of depression they have, according to a breakthrough new study.

The findings, published in *Psychological Medicine*, showed that MRIs can show distinct differences in the brains of people suffering different types of depression.

Researchers conducted MRI scans on people diagnosed with depression while they watched happy and sad movies.

They discovered there were very distinct neurobiological changes in different parts of their brains, depending on which type of depression they had.

Get moving to 10,000 steps

The NNSW LHD Health Promotion Unit is promoting the message of walking to work with their new 10,000 steps campaign.

The 10,000 steps physical activity program will use pedometers to count participant's steps towards better health.

By taking part of the eight-week challenge during June/July, you'll go into the draw to win a \$100 relaxation voucher.

To register visit www.10000steps.org.au. If you don't have a 'steps calculator' app on your smart phone, the team can provide a free pedometer.

Once you've commenced the challenge, wear your pedometer and log the steps online at the 10,000 Steps website.

For more information contact Freyja Smith on 6620 7519.



Past and present staff and managers of the Clarence Valley Transitional Aged Care Service gather to cut the 10th anniversary cake of the service.

10 years of transitioning

Past and present staff and managers of the Clarence Valley Transitional Aged Care Service (TACS) gathered recently to celebrate the 10-year anniversary of Transitional Aged Care Packages being allocated to the Clarence Valley.

In May 2006 15 permanent flexible care packages for older people were allocated to Community Health for the Clarence Valley, with an enhancement of an additional six packages 2011 to enable additional Nursing

and Allied Health staff to be employed.

Joanne Andrews, Nurse Unit Manager (NUM) Clarence Community Health and Aged Care, said the TACS was aimed at assisting older people regain physical and psychosocial functioning following a hospital stay.

"The Service aims to provide the older person with the opportunity to continue to improve after a hospital stay, rather than having to enter residential care," Ms Andrews said.

"Since 2006, the TACS

has maintained a high occupancy rate of 98 per cent. During this time many older people have been offered the opportunity of safe early discharge from hospital by providing short-term active management and low intensity therapy and support at home.

"This support allows them to recover and maximise their function while being able to remain at home or alternatively, given the time and assistance needed to make long-term accommodation choices."



Heart Health

Women's heart health was the focus in Casino last month with the launch of the Making the Invisible Visible campaign, a national Heart Foundation campaign.

Pictured, from left, Casino District

Hospital Director of Nursing Ellen Palmer (standing), Casino Aboriginal Liaison Officer Gwen Hickling and Cardiac Nurse Lisa Hancock checking blood pressure and cholesterol – two of the risk factors in heart disease.

Interview with Janelle Jacobson

This month we profile Janelle Jacobson, the Tweed Byron Health Social Work Manager, who has recently completed her Masters of Science looking at the carers' experience of placing their loved one into a residential aged care facility.

Rarely do people put the terms 'Social Worker' and 'Academic Researcher' in the same sentence. The first elicits thoughts of 'empathy', 'caring' and 'welfare', while the latter tends to denote 'logical', 'rational' and 'calculating'.

Yet for Tweed Byron Health Social Work Manager Janelle Jacobson a lifetime spent working as a Social Worker in both hospital and community settings and in clinician and manager roles has enabled her to develop both skill sets.

Janelle has recently graduated with a Master of Clinical Science through the Adelaide University Joanne Briggs Institute. This latest academic achievement builds on her previous qualifications of a Masters of Social Work, Monash University, a Bachelor of Social Work, Charles Sturt University, and a Bachelor of Arts, Central Queensland University, Rockhampton.

"I believe Social Workers can contribute to research and health-care outcomes for consumers," Janelle said.

"As a Social Worker, I am anecdotally aware of the traumatic experience for the carer of placing the person they have been caring for permanently into a residential facility.

"There is a lot of guilt, a loss of identity, and a lot of mixed feelings around the question of 'Am I doing the right thing?'"

Janelle's journey to becoming the Tweed Byron Health Social Work Manager reads like a game of Snakes and Ladders.

With an initial career in secretarial and administration work with the then Health Commission in Lismore, Janelle continued her



incremental learning over the years obtaining a TAFE Welfare Diploma, Bachelor of Arts, and Bachelor of Social Work Degree, ultimately commencing work as a Child & Family Social Worker (Generalist Counsellor) within the Mid North Coast of NSW 10 years after this journey commenced.

During these years Janelle and her husband relocated to Queensland for her husband's career, with him being appointed as an Assistant Commissioner for the Queensland Ambulance Service.

Janelle continued her studies and in completing her Master in Social Work undertook research in Domestic Violence and was also involved in the implementation of mandatory screening for Domestic Violence (DV) and training front-line ante-natal nursing staff to conduct DV screening

In Qld Health.

Janelle was working at Nambour Hospital at this time (a similar sized hospital to The Tweed Hospital) which saw her involved in all areas of the Hospital as well as providing an after-hours call-back social work service with her social work colleagues.

"The trauma work I experienced working at Nambour Hospital provided a very steep learning curve," Janelle said.

"Nambour Hospital is located approximately one hour north of Brisbane on the Bruce Highway and we responded to a lot of trauma."

Janelle moved several times around NSW, and back and forth between NSW and Queensland, taking on various management positions.

"In Gloucester I worked in a small rural community, similar to what we now

call multi-purpose centres, incorporating Community Health Centre, Hospital and Hostel/Nursing Home," Janelle said.

"While in Tamworth I had a dual role as the Social Work Manager as well as the Brain Injury Unit Social Worker."

Janelle also worked at the Royal Brisbane & Women's Hospital in a newly created Social Work Management role in the Women's and Special Care Unit. A further move to Wollongong saw Janelle take up the Social Work Managers' role which took in four hospital sites called the Northern Illawarra Hospital Group (NIHG) as well as then taking a secondment into the Allied Health Manager's role (NIHG).

"It was during this time that NSW Health reduced the number of area health service areas, so there was a lot of changes in health and diversity throughout my career as a Social Worker," Janelle said.

More recently Janelle has been involved in the NSW State-wide roll-out of the 'It Stops Here: Safer Pathway for the Tweed Byron Health Services Group (TBHSG'

"There have been significant changes in the past 12 months in an attempt to keep people safe who experience DV," Janelle said.

"Information sharing between interagencies is now possible under Section 13A, much like the Section 16A for children. This sharing of information has proven vital in ensuring the safety of those being subjected to DV."

"Women are being linked to services and anecdotally those who have experienced DV are much more supported and safer now as a result of these recent changes," Janelle said.

Wig Library receives funding boost

An organisation that assists Northern Rivers residents living with cancer feel better about themselves received a welcome funding boost, following the North Coast Ostomy Group's donation of \$1000 to the Wig Library program.

Co-ordinator of the North Coast Ostomy Group, Marie Taylor, said the Wig Library program helped cancer patients cope with the side-effects of cancer treatment by providing wigs and turbans.

"Women go into a Wig Library feeling very low and they leave looking and feeling amazing," Marie said.

"It is a wonderful program and our North Coast Ostomy Group tries to make donations several times a year to enable them to buy more wigs."

The North Coast Ostomy Group is a support group for bowel cancer survivors and for people living with ileostomy, colostomy, and urostomy.

The Group was formed approximately 20 years ago and provides regular bus trips up to Twin Towns for a bi-monthly Tivoli Show.



From left, stomal therapist Bill Tyrell, Marie Taylor, Wig Library co-ordinate Kay Johnson and Marion Lyn from the Ostomy Group.

"I do raffles as part of the bus trips and that's how we raise money for programs like the Wig Library," Marie said.

Anyone interested in learning more about the North Coast Ostomy Group or the bus trips can contact Marie on 6686 7248.



HealthPathways celebrate!

As an ideal example of working together as a whole of healthcare system, doctors, nurses, allied health professionals from both hospitals, community and primary care sectors have recently helped the HealthPathways team achieve the localisation of over 200 pathways!

Thank you to all contributors. The pathways cover a range of specialties such as child health, cardiology, women's health, surgical, respiratory, and diabetes.

To-date the development of the pathways has involved over 16 workgroups; consultation with over 50 per cent of clinicians across the region.

HealthPathways have been demonstrated at several education events highlighting the latest

evidence based best practice and local referral processes through the pathways. Use of the site continues to grow with a record 1023 sessions recorded last month. We also recorded a total of 215 new users accessing the site.

The new Byron Central Hospital (BCH) and BCH Ambulatory Care Unit are now open.

The HealthPathways Team will work on updating the HealthPathways services directory to reflect changes arising from the closure of Mullumbimby Hospital and Mullumbimby, Bangalow and Byron Community Health Centres and relocation of services to the new BCH and Ambulatory Care Unit.

Chronic Hepatitis C

A significant change in the management of Chronic Hepatitis C is now available across Australia with the release of a variety of ground-breaking new drugs. This medication has significantly higher cure rates (95 per cent), better tolerability and simple dosing regimes and better accessibility.

The HealthPathways Chronic Hep C pathway has been updated to guide GPs through these changes.

To view Mid and North Coast HealthPathways

localised for our region

visit Mid and North Coast HealthPathways

Website by following this link:

manc.healthpathways.org.au

Username: manhealth - Password: conn3ct3d

For further information email

kkeyte@ncphn.org.au

Glamour on show for Our Kids' Annual Winter Ball

The Lismore Turf Club recently hosted the ninth Winter Ball for Our Kids, with more than 300 people attending and over \$17,500 raised.

"The support of the Winter Ball is amazing, from guests to our sponsors, everyone goes over and beyond to ensure this event is spectacular," Rebekka Battista, Our Kids Fundraising Coordinator, said.

The Morgans Northern

Rivers office, in conjunction with the Morgans Foundation was proud to be the local Naming Partner of Our Kids for the second year running.

The money raised will help fund the purchase of paediatric equipment at Lismore Base Hospital and the surrounding hospitals.

Since conception in 2001, Our Kids has purchased over \$1.1 million worth of equipment.



Left, Executive Director Allied Health Chronic & Primary Care Vicki Rose and husband Paul Pellandine.

Right, Lismore Base Hospital VMO Dr William James and wife Bernadette.



Our Kids Board, from left, Luke Hoolihan, Tanis Kirkland, Rebekka Battista, Carman Kennedy-Beaumont, Suzette Pearce, Chris Ingall.



Get Healthy will help find a new you

Winter tends to be the time when we find comfort in hot chocolates and hearty servings of meals, yet according to the Northern NSW Local Health District (NNSW LHD) Health Promotion team, winter is also the perfect time to Get Healthy.

The Get Healthy program is a free information and coaching service available to all residents aged over 16 years keen to increase their health and manage their weight.

For LHD Research Officer Chalta Lord, pictured right, joining the Get Healthy program five years ago was a

fantastic decision.

"Five years ago I found that I was slowly but steadily putting on weight," Ms Lord said.

"My joints weren't coping with the extra weight and I didn't like how I looked. I tried to lose some weight on my own but nothing worked, so I decided to try this service."

Chalta chose the six-month coaching service, with her coach helping her to set realistic goals and providing advice on how to meet those goals.

"I was provided with information on how to eat more healthily and include regular exercise," Ms Lord said.

"The suggestions weren't over the top and took into account my personal circumstances. I have rheumatoid arthritis so sometimes I am able to do more than other times. My coach was encouraging and supportive and tailored suggestions to suit me."

Chalta lost 13 kg on the program and has maintained her weight loss, exercise routine and overall health improvements for the past five years.

For information on the Get Healthy program visit <http://www.gethealthynsw.com.au/> program or phone 1300 806 258.



Nurse and Midwife Awards 2016

The finalists and winners of the 2016 Nurse and Midwife of the Year Awards were announced at a special ceremony in Ballina in June.

The finalists in the Meryl Brown Memorial Award for Outstanding Achievement in Nursing/Midwifery Management were:

- Casey McCarron, Staff

Development Manager, TBHSG

- Murray Ware, After Hours Nurse Manager, Lismore Base Hospital
- Josie Bates, Nursing Unit Manager Surgical 1/ Orthopaedics, The Tweed Hospital

Josie Bates was announced as the 2016



Above, finalists and winners of the 2016 Nurse and Midwife of the Year Awards. Left, Wendy Howell, 2016 Overall Winner Josie Bates, Darleen Berwick and Susan Freiberg.



overall winner.

The finalists in the Jane Ackerman Memorial Award for Clinical Excellence were:

- Rosemary Smith, CNS Emergency Department, The Tweed Hospital
- Vicki Wale, CNE Multi

Purposes Services

- Sandra O'Brien, CNS1 Mental Health, Drug & Alcohol Services and Integrated Care Program

Sandra O'Brien was announced as the 2016 overall winner.

Quality Awards on again

The NNSW LHD 2016 Quality Awards will be held on Wednesday 27 July.

This year the Awards' ceremony will be held at the Angourie Rainforest Resort, Yamba.

The annual Quality Awards recognises and showcases the outstanding contributions made by LHD staff in delivering and improving the quality of health care across our facilities.

The Awards' night commences at 6pm and includes dinner and presentations from the finalists.

To attend, email che.mcdougall@ncahs.health.nsw.gov.au.

Time to talk wound care

For the past 20 years, the NNSW LHD Wound Interest Group (WIG) has successfully supported wound management learning and the development of wound management expertise.

WIG is a collaborative group of NNSW LHD staff from multiple professions with an interest in wound prevention and management who meet three times a year.

The group aims to:

- Provide a forum for the discussion of wound management practices,
- Advise on wound product changes and application, to share knowledge regarding wound management resources and education opportunities,
- Promote best practice models for wound management,
- Develop and advise on policies and procedures of NNSW LHD relating to wound care and management and
- Align NNSW LHD wound management practices to The National Safety and Quality Health Service Standards.



Wound Interest Group member Helen McGregor, left, and Chair Sharon Whalley are hoping to attract new members to the group.

WIG would like to invite new members with an interest in wound prevention and management to join the group.

The next meeting will be held on Thursday 21st July from 10am to 1pm in the Ground Floor Boardroom at Crawford House.

Please contact Sharon Whalley, Chair, on sharon.whalley@ncahs.health.nsw.gov.au if you have any queries.

Caring across different cultures

Maclean District Hospital Clinical Nurse Specialist Candace Angelo is very familiar with cross cultural differences when it comes to nursing.

Candace has just completed a Post Graduate Diploma in Indigenous Health Promotion with a High Distinction and has a passion for Aboriginal Health.

Aboriginal Health was something Candace says has been instilled in her from a very young age.

"My Uncle Ness Stewart is a well respected Aboriginal Health Education Officer in Forster and is someone who has always inspired me," Candace said.

"He is a wonderful role model and advocate for Aboriginal Health in NSW and is one of the main reasons I have pursued my interest in this field."

Candace has just returned from a month-long trip to the Philippines with Sydney University where she was selected to represent the Sydney Medical School, the

School of Public Health and Northern NSW Local Health District in a cross-cultural teaching and learning experience.

The trip entailed Candace working with several partner organisations including the United Nations, The Philippines Department of Health, Zuellig Family Foundation and the University of the Philippines Manila.

"We were fortunate enough to be invited into remote communities in the Philippines to work with Filipino Indigenous and non-Indigenous people and to observe the practices in various health stations," Candace said.

"We were also able to provide recommendations on how they can improve their practice.

"This was a once-in-a-lifetime experience and has ignited a new found interest in Public Health for me.

"As a First World health professional, the differences in the Third World health system are



Maclean District Hospital Clinical Nurse Specialist Candace Angelo at work in the Phillipines during a month-long visit.

vast and undeniable but the underpinnings of healthcare internationally are the same

at its core. We all do the absolute best we can with what we have got."

New face for Tweed Heads BreastScreen Clinic

Tweed Heads Breastscreen Clinic has a new permanent radiographer following the recent appointment of Helen Devon, *pictured*, to the position.

The Director of BreastScreen NSW North Coast Jane Walsh said she was very pleased to be able to announce the appointment of Helen to the role.

"Helen has worked in the BreastScreen NSW North Coast program for the past four years, primarily at the Coffs Harbour BreastScreen Unit," Jane said.

"She has relocated with her family to the Tweed Coast to take up her new role."

Helen is an experienced radiographer who has worked as a general radiographer for many years before commencing with BreastScreen to



specialise in mammography.

Helen is passionate about the early detection of breast cancer .

"The earlier cancers are detected,

the better the treatment options and chances of survival," Helen said.

Helen encourages women aged between 50 to 74 years living in the Tweed, Murwillumbah and the region north of Byron Bay to call 13 20 50 to make an appointment for a free screening mammogram.

Appointments take less than 20 minutes. A doctor's referral is not required.

The Tweed Heads BreastScreen clinic is located at The Tweed Hospital. Free screening mammograms are provided every two years to women aged 50 to 74 years. The facility offers Screening and Assessment services with full digital x-ray equipment, ultrasound (donated by the Tweed Hospital Auxiliary) and biopsy equipment.

The last word ...



Smiles all around

Left, Statewide Eyesight Preschooler Screening (StEPS) program screeners gathered in Lismore last month to learn how to administer the new HOTV eyesite test for preschoolers which has been introduced across the State.

Below, members of Crackin Cancer, Rotary, Lions, Country Women's Association, and Prostate Cancer Foundation gather at Lismore Base Hospital for a celebratory morning tea following their fundraising efforts to raise money for a trans-perineal probe.



Chocolate the key to LBH fundraising

Lismore Base Hospital (LBH) United Hospital Auxiliary (UHA) held a delicious fundraising event last month for their annual Death by Chocolate afternoon tea.

The LBH UHA raised \$100,000 last financial

year for the hospital to purchase a range of equipment.

Pictured: Judy Larrescy, left, and Pauline Strong pause for a chocolate moment during their shift at the UHA store, Level 4, LBH Cafe.

