



Above, NSW Premier Mike Baird, centre, is joined on a tour of the NSW Lismore Base Hospital Emergency Department (ED) by, from left, ED VMO Specialist Dr Chris Gavaghan, Executive Director Lynne Weir, Thomas George, MP, Kevin Hogan MP, and Minister for Health Jillian Skinner. Right, Premier Mike Baird.

LBH 3A opened

NSW Premier Mike Baird, Health Minister Jillian Skinner and Member for Lismore Thomas George joined Federal Health Minister Sussan Ley and Federal Member for Page Kevin

Hogan to officially open Stage 3A of the Lismore Base Hospital redevelopment on 18 November.

"We're committed to improving health care and Lismore Base

Hospital now offers the most contemporary health services in the region," Mr Baird said.

"Our huge hospital building boom continues. We have

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Page 5:
Rae Rafferty
honoured at State
Rural Health
Congress



Page 9:
We interview
Kate Willock,
Clinical Leader,
Stimulant
Treatment
Program

NNSWLHD is committed to safeguarding the privacy of patient and employee information, implementing measures to comply with Legislative obligations. Audits have commenced and will continue across the NNSW LHD throughout the calendar year.

As healthcare workers we all provide care in our own way to the many thousands of people who we come into contact with as we perform our many and varied jobs.

At times this caring involves supporting those who have lost a family member or friend in tragic and unexpected circumstances.

Sadly, we have recently experienced that loss ourselves as one of our valued and very cared for clinicians in the Lismore Cancer Care Unit was killed in a motor vehicle accident. Not long after this tragedy, another valued member of our team lost her partner, in a motorcycle accident.

It is times like these that the pride I have for our workforce grows as I watch work colleagues and friends wrap themselves around those who have lost someone so dear to them and support them in their absolute time of tragic sadness.

I watch managers, staff, clinicians and colleagues care for each other and ensure that support is there for all those staff/friends who need it as they grieve the loss of a workmate and friend.

As we draw towards the end of a very busy and demanding year I look back and can see that despite major changes and demands we continue to deliver quality, safe and high value care

to our communities.

Despite the business that change and activity growth brings we have seen improvements in our Emergency Department patient flow indicators with NNSW LHD meeting the Transfer of Care target of 90% of Ambulance presentations off loaded within 30 minutes of arrival; our elective surgical patients continue to have their surgery within the clinically recommended times; we continue to see major capital changes including opening of the new Byron Central Hospital; Stage 3a of LBH opening and major works on 3b continue; the Coraki HealthOne is cracking along and should be open in early 2017; work has commenced on the Bonalbo MPS, and development and planning work for the redevelopment of The Tweed Hospital is in full swing.

In addition, we have commenced in earnest our journey into the Integrated Care and NDIS worlds and I expect these programs will impact significantly on the way many of us do business over the coming years.

There is much to look back upon and be proud of, but these results and major changes require the hard work of many to be achieved and I wish to take this opportunity to thank the NNSW LHD Board for their leadership and support. I wish to acknowledge the incredible hard work the Executive



team provide in supporting the clinicians and staff to deliver the quality of care they do, and lastly I wish to thank all the staff, clinicians, volunteers and managers across all our services for your dedication, skill and hard work over the last year.

I wish you all a very Merry Christmas and a safe and healthy 2017.

*Wayne Jones
Chief Executive*

From the Board Chair

The NNSW LHD Board held its Annual Public Meeting (APM) on Tuesday 6 December 2016 with more than 60 attendees including representatives from community, health partners, Non-Government Organisations (NGOs), United Hospital Auxiliary, volunteers, staff, Board and Executive.

We were pleased that Tamara Smith, Member for Ballina, and Ballina Shire Mayor David Wright were also able to join us.

The Board decided several years ago to utilise its APM to celebrate, recognise and acknowledge some of the wonderful contribution by community volunteers and acknowledge some outstanding staff activities. Each year we receive staff nominations of amazing contributions

from both our staff and community who contribute to making our patient's journey in our hospitals and beyond as comfortable and effective as possible.

Contributions this year included: visiting patients and assisting with shopping or transport; raising funds for equipment; providing massages; community support; building staff morale; peer support; reducing stigma and providing advocacy. These activities take place all across the District and in a range of services including Renal, Oncology, Palliative Care, Mental Health, Aged Care, Women's Care and Intensive Care.

I commend this year's recipients and thank them for the exceptional value they add to our community and Health Service.

This year the Board was pleased to

offer three additional Outstanding Service Awards to Greg Bryant, Leanne Chamberlain and Mary-Anne Hyde who are recognised by their peers as having gone above and beyond to protect and support staff, patients, and visitors that were in the Lismore Base Hospital (LBH) Maternity Pod when it was damaged during a severe storm on 29 November 2015.



I would like to take the opportunity to thank all NNSW LHD staff, community partners and volunteers for their involvement this year and to wish you and your families a very Merry Christmas and prosperous New Year.

*Brian Pezutti
Board Chair*

Premier opens LBH Stage 3A

From Page 1

committed \$180 million to the next stage of the redevelopment.

Mrs Skinner said: "Lismore Base Hospital patients now have a modern Renal Unit, improved access to parking, as well as spacious treatment areas and light-filled rooms throughout."

"The new emergency department is a beacon for health care across the Northern Rivers and is more than three-times the size of the previous one."

This stage also included enabling works for new pathology, and temporary maternity, and mortuary services. Additionally, it included expanded medical imaging capacity, a new front entry and associated services. A new, \$9 million 270-space multi-storey car park has also been completed.

The redevelopment was jointly funded by the NSW Government (\$20 million) and the Commonwealth (\$60.25 million).

The NSW Government has committed \$180 million to Stage 3B, which will



From left, NSW Health Minister Jillian Skinner, NSW Premier Mike Baird, Member for Page Kevin Hogan and Federal Health Minister Sussan Ley listen to Member for Lismore Thomas George.

deliver new operating theatres, a birthing unit and nursery, medical imaging services and wards.

Mr George said: "Our community

has watched the hospital rise to great heights and the 12-storey south tower, which has a helipad, is now the tallest structure in Lismore."

Right, guests attend the official opening of the LBH Stage 3A Redevelopment.

Below, NSW Premier Mike Baird, centre, is all smiles following his tour of the new ED and Renal Unit.



- Lismore Base Hospital first opened in 1879, with eight beds. It was led by a husband and wife team who were the matron and wardsman.
- A new horse ambulance was introduced in 1912, and by 1913 the hospital staff comprised one matron, two trained nurses, six probationers, one cook, one wardsman and one gardener.
- A new maternity ward opened in 1920. Permission was also given to supply electricity to the x-ray department and operating theatres.
- A new children's ward opened in 1936. A 10-bed TB unit opened in 1956.

Merry Christmas Everyone!



The tinsel is out and Christmas trees have sprung up all over the Northern Rivers marking the start of another festive season, and the end of another year.

I, like many, will be glad to see the end of this year as it has presented some significant challenges

and loss; yet within these dark moments there have also been many bright, shining moments.

For the Health District, perhaps the shiniest moments within a period of loss and transition, was the opening of the Byron Central Hospital (BCH) and Lismore Base Hospital (LBH) new Emergency Department and Renal Unit.

Byron Shire's magnificent new facility saw the LHD enter a new era of health provision for residents, while simultaneously causing loss and grief for staff who had to farewell their 'beloved old friend' in the former Byron and Mullumbimby District Hospitals.

All change requires adjustment, even welcomed change, and as I have spoken to staff throughout the year at LBH and BCH, I have continued to be impressed with the professionalism and positivity of everyone I encounter as they have faced new challenges.

Moving house is touted as one of the most stressful life events we experience. To witness the efficiency with which our staff moved, and adopted the new electronic medical records systems at the same time, was inspirational.

I commend all those individuals behind the scenes in IT&T, the change managers, and the project leaders who ensured that our first priority – our patients – were unaware of the personal stress being experienced during the moves to ensure the seamless transition into the LHD's new facilities.

As I look towards 2017, I acknowledge that there are still many challenges to be faced for the LHD as construction and redevelopment work continues at LBH Stage 3B, Coraki Health One, Ballina District Hospital, and Bonalbo MPS, with works in the pipelines for Grafton Base Hospital and The Tweed Hospital.

I have every faith that the LHD's staff will continue to rise to each occasion with professionalism and dignity.

Merry Christmas, and Happy New Year!

Lee McDougall
Acting Editor



Lismore Base Hospital Ward C6 NUM Joe Organ is counting down the days till Christmas.

The corridors of Crawford House took on a whole new feeling during December as staff decked the halls with Christmas decorations. Each year the staff compete for the 'Best Dressed Hall', with the winter wonderland on Level 3, pictured right, being an early contender for the coveted prize.



Left, Sharon Collie from LBH Ward C6 is looking forward to celebrating Christmas.

Health and Research Congress

The 2016 NSW Rural Health and Research Congress was held this year at Tweed Heads from 9-11 November.

The Congress is held each year in a rural NSW location and provides health staff and researchers with an opportunity to bring together the latest information on rural health.

Delegates come from a range of backgrounds including nursing, ambulance, medical, allied health, researchers, academia, administration and the private health sector.

Twenty NNSW LHD staff presented, either in an oral presentation or a static poster presentation form, during the three-day congress.

NNSW LHD Chief Executive Wayne Jones provided the official welcome to the congress, which attracted almost 300 delegates from across NSW.

During the congress, NNSW LHD Nurse Manager, Workforce Development and Leadership, Rae Rafferty, was awarded the Research Translation Award.



NNSW LHD Chief Executive Wayne Jones delivering the Official Welcome.

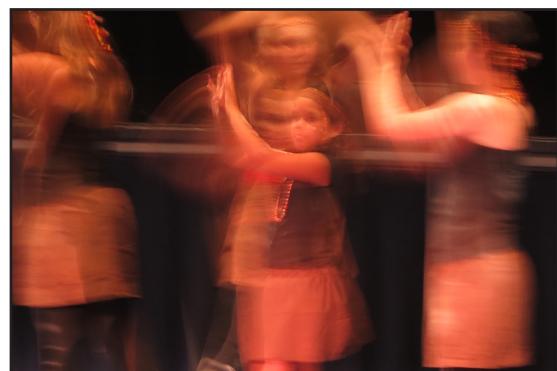


From left, The Tweed Hospital Director of Medical Services Grant Rogers, Rae Rafferty, and TTH Director, Nursing and Midwifery, Susan Freiberg

Rae was nominated by Annette Symes, Executive Director, Nursing and Midwifery, for the coaching, training and research she has been delivering for the past six years with leaders in nursing and midwifery across the LHD.

"It was an honour to receive this award, however the biggest congratulations go to all of the nursing and midwifery leaders who have put their trust in me and have taken this journey with me," Raid said.

"They have been willing to step out of their comfort zone to develop a very specific leadership coaching



Bundjalung Nation Joongurra Jarjums Aboriginal Dancers perform during the Official Welcome.

skillset which we now know is making a significant and positive difference to their communication and relationships with staff, their emotional intelligence, their ability to achieve their goals and their promotion ready status."

Health Promotion partnership

A partnership between NNSW LHD Health Promotion Unit and the Northern Rivers General Practice Network has led to local health promotion programs being promoted directly to general practice patients.

"We deliver a range of free, high quality and evidence-based health promotion programs across Northern NSW including quitting smoking, healthy eating and physical activity, risky drinking and falls prevention," Gavin Dart, Health Promotion Coordinator, said.

"Working in a more collective and

coordinated way with general practice is a priority for us because they have established trust and rapport, and see the people that could benefit most from our programs regularly.

"Our hope is that having our programs displayed prominently in medical practices will result in more people participating to improve their health, and ultimately prevent the development of chronic and complex conditions."

The scheme is being trialled at the Goonellabah Medical Centre (GMC) where images promoting the Unit's

programs are intermixed with the Centre's own health messages on the TVs in each of the waiting rooms.

"Unfortunately patients often spend longer in our waiting rooms than we would like," Dr Guest of the GMC said.

"At least we can now use that time to advise our patients of important health messages, not only from our own organisation but also from other organisations such as the Health Promotion Unit."

For information email gavin.dart@ncahs.health.nsw.gov.au.

Annual Public Meeting 2016

Year of achievement

Staff, volunteers, and community members joined the management and Board of NNSW LHD in Ballina on 6 December for the Annual Public Meeting.

Numerous staff and community volunteers were acknowledged by NNSW LHD Board Chair Dr Brian Pezzutti and Chief Executive Wayne Jones, in a special ceremony to mark their achievements.

Three special Outstanding Service Awards were presented for staff in relation to the 2015 scaffolding

falling onto the Lismore Base Hospital Maternity Pod.

Dr Pezzutti spoke of the achievements and milestones of the LHD this year including the opening of the Byron Central Hospital, the Board and Executive's pledge to be Champions of Change against Domestic Violence, Rosa Flaherty being named NSW Health Staff Member of the Year, the opening of Lismore Base Hospital Stage 3A redevelopment, and the commencement of Coraki Health One.



NNSW LHD Chief Executive Wayne Jones reflects upon Lois Cook's Welcome to Country at the LHD's Annual Public Meeting 2016.



Wayne Jones, left, and Brian Pezzutti present Eugenie McQuade with her Volunteer Community Appreciation Award for her years of dedication to the Cancer Care/Oncology Unit of LBH and Palliative Care Unit at St Vincent's Private.



Brian Pezzutti, left and Wayne Jones present Howard Clare with his Staff Appreciation Award for his leadership within the Intensive Care Unit of The Tweed Hospital.



Brian Pezzutti, left, and Wayne Jones present Jean Ruttley with her Volunteer Community Appreciation Award for her almost 50-years dedication to the Casino and District Hospital United Hospital Auxiliary.



Brian Pezzutti, left and Wayne Jones present Liesa Hoffmann with her Volunteer Community Appreciation Award for her dedication to Mental Health Services in the LHD.



Annual Public Meeting 2016



Brian Pezzutti, left, and Wayne Jones present Trish O'Brien with her Staff Appreciation Award for 20 years service to women's health within the LHD.



Brian Pezzutti, left, and Wayne Jones present Stephanye Holden with her Volunteer Community Appreciation Award for her service to the Grafton Base Hospital Oncology and Haematology Unit.



Wayne Jones, left, and Brian Pezzutti present Brian Kirk with his Volunteer Community Appreciation Award for his years assisting Department of Veteran Affairs patients at The Tweed Hospital.



Brian Pezzutti, left, and Wayne Jones present Barbara Swain with her Volunteer Community Appreciation Award for her 18 years volunteer service to the LHD's Mental Health Service.



Brian Pezzutti, left, and Wayne Jones present Meg Gordon with her Volunteer Community Appreciation Award for her years of leadership of the Volunteer Program and Ballina District Hospital.



Brian Pezzutti, left, and Wayne Jones present Lynne Weir, on behalf of Leanne Chamberlain, Greg Bryant, and Mary-Anne Hyde, with the Outstanding Service Award for their heroism and leadership during the 2015 storm that caused extensive damage to the LBH Maternity Pod.

Work commences at Bonalbo

Member for Lismore Thomas George was joined by community members and Health District officials to officially turn the 'first sod' in a ceremonial gesture to mark the start of early works on the new Bonalbo Multi-Purpose Service (MPS) last month.

The early construction works package, awarded to Decmil Australia Pty Ltd, includes demolition of the existing Community Health building plus civil and infrastructure diversions and upgrades on the current site.

Community Services have relocated to the main hospital building, making way for the old



Turning the first official sod for the Bonalbo MPS are, from left, community member John Tate, NNSW LHD Richmond Clarence Health Service Group Executive Director Lynne Weir, Member for Lismore Thomas George, MP, Former NNSW LHD Board Member Malcolm Marshall, former NNSW LHD Chief Executive Chris Crawford, and community member Alan Hoskins.

community health building to be demolished.

"A new MPS will provide flexible services to better respond to the health needs of our community," Mr George said.

Construction of new buildings will commence early 2017, with the new MPS anticipated to be completed by mid-2018."



Lismore jobs boost

The Lismore Base Hospital (LBH) Stage 3B Redevelopment will employ an average of 70 tradespeople each year, with up to 14 new apprenticeship opportunities for young people in the region. The then Minister for Regional Development, Skills and Small Business John Barilaro visited the

LBH construction site in early November and said construction companies contracted to deliver the project were required to ensure at least 20 per cent of their workforces are apprentices or trainees. "The Lismore Base Hospital Stage 3B Redevelopment will leave a legacy of skills and training in the Lismore area," Mr Barilaro said.

Pictured, from left, Member for Lismore Thomas George, John Barilaro, Executive Director Lynne Weir, John Holland Operations Manager Colin Matthews, and Site Manager Justin Ingram.

Interview with Kate Willock

This month Northern Exposure sat down with Kate Willock, consultation/liaison clinical nurse specialist of the Stimulant Treatment Program Consultation Liaison Drug and Alcohol Program, based at Riverlands Drug and Alcohol Centre.

There is an old saying that curiosity killed the cat, yet for Kate Willock, curiosity has led to a fulfilling and varied career helping some of the most disadvantaged, disenfranchised, discriminated, and disabled members of our community.

Born and raised in Bonalbo, Kate completed her nurse training as part of just the second cohort of nurses through Southern Cross University. With two fellow nurse graduates in tow, Kate set off on a “road trip around NSW” to find work.

The first stop on their list of seven hospitals advertising for nurses was Dubbo Base Hospital, with the Nurse Unit Manager at the interview posing the question: “when can you three start?”

The prospect of the three young nurses being able to work together prompted them to cease the road trip and commence working at Dubbo. Dubbo offered this country girl open arms and a nursing community that fostered hard work, compassionate care and a whirlwind social scene – all of which remain in her heart today.

“I was working in Surgical and Emergency, and I soon realised I was really curious about the stories behind how patients ended up in hospital,” Kate said.

That curiosity saw Kate return to SCU to complete a Post-Graduate Bachelor in Social Science, majoring in Counselling and Mediation before heading to the Tweed area to commence work in a Women’s Refuge working with women and children escaping domestic and family violence.

“I then landed a job as a Genetic Counsellor at Goonellabah Child and Family Services where we ran clinics for families either pregnant with, or having children with, a range of genetic disabilities including Huntington’s, Cystic Fibrosis, dystrophies, Downs Syndrome etc,” Kate said.

“I saw a lot of families lose babies, and learnt so much about the interesting path of loss and grief, including how to ‘be’ with people during this time.”

In 1997, Kate developed a Needs

Analysis for a Youth Drug and Alcohol Counsellor at Byron/Mullumbimby hospitals; a position she then went on to fill for five years prior to relocating to Lismore and taking up a Senior case manager role within the MERIT (Magistrates Early Referral into Treatment), now based at Riverlands Drug and Alcohol Rehabilitation Centre.



“I’ve been very fortunate to have three great mentors in Drug & Alcohol, Val Gilmore, Jane Dulieu, and Michelle Daly who capacity built skills and heart to work with families experiencing substance use disorders,” Kate said.

Kate’s 13 years with the MERIT program saw her continue to learn, not just about evidence-based diversion and coerced treatment interventions for clients and families experiencing substance use disorders and associated criminal behaviour, but also about her own emotional and psychological journey of acceptance for those struggling, and the broad trajectory of recovery, including harm minimisation.

“More than 20 years ago, curiosity led me down this path and I am still learning that we all have our story, and that it is fundamental for human beings to connect with one another,” Kate said.

“It is fundamental in my current role as a CL nurse to use often-limited time and poor environment (bedside) to connect with the patient. This is paramount to engage any treatment that follows and promotes compassionate and supportive care for patient and staff alike. Part

of being a good clinician is not shying away from asking questions that may be difficult, but equally as important, to initiate change.

“When a person is lying in that hospital bed, they may not be comfortable with the physical and emotional pain they are experiencing, so my role is to sit with them to enable them to do just that; to sit with their story. Often in enabling someone to tell their story I am confronted with my own grief and loss, not in a triggering way but in a way that enables engagement and understanding.”

After two years backfilling the NNSW LHD CNC for D&A role, Kate walked away from her beloved MERIT family in March this year, but only across the corridor and into the role of consultation / liaison clinical nurse specialist (a new position) of the Stimulant Treatment Program Consultation Liaison Drug and Alcohol Program, seeing hospital inpatients, with a primary focus on stimulant users.

Kates states that while she has continued her studies, and is currently completing her Masters of Addiction Behaviours through Monash University and the Turning Point Drug and Alcohol Centre, it is perhaps her role of CL that is providing another steep learning opportunity.

Being part of a new dynamic team of four clinical nurse specialists, Kate again has a new team to throw herself into.

“This is an exciting team with a strong skill set and fundamentally we are appearing to have strong aligned values,” Kate said. “Watch this space in four years’ time to see what we can achieve.”

“I’ve learnt much about my own communication style, whether it be talking with politicians, nursing students, colleagues or external partners I have never met before, I have learnt that not unlike patients we are all people and warrant the same level of attention and respect.

“I believe in change, I hope I live that... as human beings, I think we will always be learning, if we are open to it.”

And with Kate’s obvious sense of curiosity still thriving, she is guaranteed to continue learning.

Kyogle Residential Aged Care perfect for Peg

By Noelle Lynden-Way

What better compliment can you have about a family than when the mum says: "I am very proud of my children – they have all done well with their education and worked very hard at good jobs. They are "dinky di" people."

This is Peg Constable talking, former Kyogle Citizen of the Year, now 90 years old and living in the Residential Aged Care (RAC) at the Kyogle MPS. Peg was a powerhouse in the community with P & C, Red Cross, Far West Children's Home, Sunshine Club and doing the bookwork for many different organisations.

Peg was born to Ellen(Nellie) and Mick Moy, with Mick working the bullock teams, cutting wood and hauling logs around Unumgar to local sawmills. Sadly, he was killed instantly one day when a log fell off the bullock team.

Nellie and Peg's

grandfather and three uncles moved to work at the mill at Wiangaree which was where Peg grew up and went to school.

She worked from 14 years old at Junors Store where she learned how to keep books and stood in for the owner when he was away.

As a teenager Peg attended dances at local halls – Grevillia, Findon Creek, Wiangaree, The Risk and even out to Afterlee.

Peg remembers getting all dressed up, and the local musicians who would be playing at the hall when they arrived.

It was at a dance that she met George Constable who worked at the Grevillia sawmill. Their first child died at 10 months old and they eventually had five more children who grew up to be the 'dinky di adults'.

It was a different time for women then – Peg describes getting up at 4.30am to make breakfast then packing morning tea, lunch and afternoon tea



for George and one of her uncles who would set off from Wiangaree on their pushbikes for the Grevillia mill.

Peg and George moved into Kyogle a few years ago. George died two days after they had settled into their new house. It was a very difficult time for Peg and she now thinks that he knew it was going to happen and was making sure she was ok for the future.

She continued with her community work, drove her

own car for many years and her family grew to 15 grandchildren who are now having their own children.

When Peg had a fall and spent some time at the Kyogle MPS, she and the family had a chat with her doctor and she decided to move into Residential Aged Care in Kyogle when a bed became available.

Peg soon discovered she knew everyone there from either growing up together or as a member of a community organisations she had been part of.

Local grant for Heart Health

NNSW LHD have been awarded a Heart Foundation grant for 2017 to target the growing problem of heart disease in women.

Australian women are largely unaware of the heart disease risk they face with only 36 per cent of women understanding that heart disease is the single biggest killer of women in this country.

Earlier this year the Heart Foundation launched the new "Make the Invisible Visible" Campaign with just five grants of \$10,000 awarded to local communities.

As one of the five recipients, NNSW LHD will in 2017 run a Women and Heart Disease awareness campaign.

The campaign will target local Aboriginal women aged 30-55 years in seven communities across the LHD including Tweed Heads, Ballina, Maclean, Grafton, Lismore, Casino, and Kyogle/ Mulli .

The structure of the campaign will be to have 15 women per site invited to a one-day workshop on heart health.

The women will be asked to bring a female

buddy with them aimed at encouraging the next generation of women. This will reach a total of approximately 200 women.

The workshop will include sessions on: goal setting; nutrition; exercise; risk factors; Smokerlyser; stress reduction; signs and symptoms and heart health checks.

The women will be provided a resource bag with relevant resources that will be explained during the day.

For further information contact Anthony Franks on 6620 2225.

Dementia factors

A new report from the Australian Institute of Health and Welfare (AIHW) has illustrated the role vascular diseases such as stroke, and risk factors such as smoking and obesity, can play in contributing to dementia.

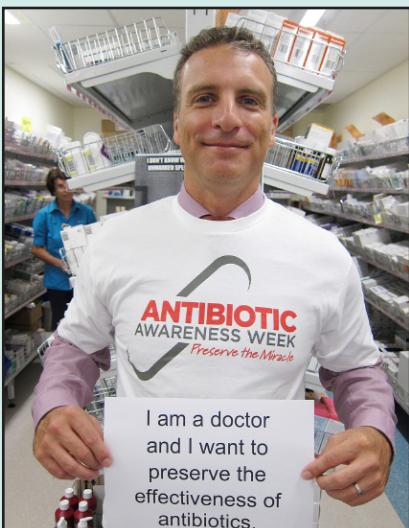
"Dementia is a serious and growing health problem in Australia and many other countries, and previous AIHW reports have shown that dementia accounts for 3.4 percent of the total 'burden of disease' in Australia," AIHW spokesperson Dr Lynelle Moon said.

TTH spread word on antibiotics

Antibiotic Awareness Week was celebrated at The Tweed Hospital from 14–20 November to raise awareness of antibiotic resistance.

Antibiotic Awareness Week is endorsed by the World Health Organization and acknowledges the importance of this public health issue.

Staff at The Tweed Hospital combined their efforts to address the



TTH Director of Medical Services
Dr Grant Rogers.



AMS Pharmacist Lydia Che, left, and ID Physician Dr Alison Winning, spread the word on antimicrobial stewardship.

issue of antibiotic resistance through a foyer display and interactive information sessions.

Lydia Che, AMS Pharmacist, and Dr Alison Winning, ID Physician, visited the wards with a mobile interactive and educational display, providing quiz questions and competitions.

The key messages delivered during Antibiotic Awareness Week were:

- Antibiotics are a precious

resource that could be lost.

- Antibiotic resistance is happening now and is a worldwide problem affecting human health.

- Antibiotic resistance happens when bacteria stops an antibiotic from working effectively.

- Few new antibiotics are being developed to help solve this problem.

- Misuse of antibiotics contributes to antibiotic resistance.

National plan combats antimicrobial resistance

The Federal Government has committed \$9.4 million to continue work already being done into the growing issue of antimicrobial resistance (AMR).

Deputy Prime Minister Barnaby Joyce and Federal Minister for Health Sussan Ley recently announced the implementation of a National AMR Strategy 2015–2019.

"Antimicrobial resistance occurs when bacteria, viruses, parasites and other disease-causing organisms become resistant to the medicines used to treat the infections they cause," Minister Ley said.

"A particular focus will

be Australia's high use of antibiotics in general practice, which is 20 per cent above the OECD average.

"Bringing prescribing rates down is critical, as high antibiotic use is the number one driver of the increasing resistance to antimicrobials."

The newly released plan takes a 'one health' approach, which recognises that human, animal, and ecosystem health are inextricably linked and that combating resistance to antimicrobials requires action in all sectors where antimicrobials are used."The implementation plan

outlines specific focus areas for action and includes activities by the Federal Government, State and Territory governments, non-government organisations, professional bodies and research organisations.

Minister Joyce said AMR surveillance would also occur in the livestock and aquatic animal sectors.

"Resistance to antimicrobials is such an urgent global health priority that the World Health Organization describes it as a looming crisis in which common and treatable infections are becoming life threatening," Minister Joyce said.

Quit now

A Helping U2 Quit Clinic has been established within the NNSW LHD. The project is a six-month pilot program initiated by the NNSW Health Promotion Unit.

The Clinic operates out of The Tweed Hospital and Kingscliff Community Health two days a week.

The HU2Q Clinic provides tobacco cessation support and advice to people wanting to quit. Face to face and follow up telephone support can be provided for hospital and community staff/ clients.

For an appointment call (02) 6674 9500.

NDIS new manager starts

NNSWLHD's National Disability Insurance Scheme (NDIS) Transition Manager Paul Todoroski, pictured, commenced work in November, ahead of the rollout of the NDIS on the North Coast in July next year.

Paul's role is to help the Health District manage the changes that the NDIS start-up will bring and to be the interface between Health and the disability sector.

Paul is well qualified for his new job with 10 years in Ageing Disability and Aged Care (ADAC) in a number of roles including casework, community development roles, and most recently as Community Support Team Manager.

He comes to his new position with a thorough knowledge of the disability sector and system, and

some of those key crossover points into Health.

Initially Paul will be developing a transition plan, looking at business risks and opportunities for



the health services flowing from the NDIS. The plan will include developing communication strategies to get information on the scheme out to the various arms of the health service

and other health and community organisations.

"I will also be the key conduit between the health service and the National Disability Insurance Agency who administer the NDIS and a conduit between Health and ADAC who will co-exist in this space with the NDIS during the transition," Paul said.

Paul's message for health services is that the NDIS is going to bring significantly more resources to the disability sector, with spinoffs to health.

"Once it's up and running and fully implemented, that massive injection of resources will bring benefits to various

health services and their clients," Paul said.

"But we need to be patient. It's a huge piece of reform and initially there will be teething problems. But we will get there."

Boost to Aboriginal workforce

NSW Health has launched a State-wide plan to boost the Aboriginal health workforce and reduce the health gap between Aboriginal and non-Aboriginal people.

The Good Health Great Jobs Aboriginal Workforce Strategic Framework 2016-2020 sets out priorities, goals and key actions required to build the Aboriginal health workforce.

Charles Davison, Aboriginal Workforce Manager at NSW Health, said a robust Aboriginal workforce was key to closing the health gap between Aboriginal and non-Aboriginal people.

"The more Aboriginal people we have working in health facilities, the more we will see Aboriginal people attending health clinics to address their health concerns," Mr Davison said.

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From left, Linda Shaw, NNSW LHD Executive Director of Nursing and Midwifery, Annette Symes, Jacinta Felsch, Shannon Morrie, Connie Greenwood, Cathy Adams, Keltie Foster, and Debra Hayhoe.

Midwives speak out for safety

Nurse Strategy Reserve Funding provided the opportunity to train six midwives from across NNSW LHD to gain accreditation from the Cognitive Institute on the Speaking up for Safety program.

The motivation behind this was the recognition that critical incidents can result from a failure to communicate effectively.

This training, influenced by

lessons learnt within the aviation industry, provides a common and clear language for clinicians to use when there are concerns with clinical practice.

Using the Safety CODE (Check, Options, Demand, Elevate) enables a clinician to be assertive in a graded and professionally respectful manner to change the situation to increase safety.

This strategy will now be rolled out to all maternity clinicians across NNSW LHD.

Watch out for one of these facilitators who will be coming to your maternity unit to support you with this new process.

An evaluation process will monitor the clinical impact as well as the confidence level of the clinicians to speak up for safety.

Leading the way on pain management

The Lismore Pain Clinic continues to consistently perform at a high level when compared to pain clinics across Australasia.

The Electronic Persistent Pain Outcomes Collaboration (ePPOC), Patient Outcomes in Pain Management Mid-Year Report was released in October, indicating that the Lismore Base Hospital Multidisciplinary Pain Management Clinic was achieving better-than-average results across

measures of pain-related patient outcomes, as well as general psychological functioning.

The report suggests:

(a) the strategies for pain management employed are not only effective in reducing pain, but also the related impact of persistent pain on patient health and well-being,

(b) the hub and spoke model of providing both medium and high

intensity pain programs is demonstrated to be equally effective for selected patients and

(c) the three-month follow up scores provide a good example of how patients can maintain the gains made during pain programs.

The report also highlighted the need for the Lismore Pain Clinic to do further work in reducing the waiting time from initial referral to first clinical contact.

Jali Health Post funding boost

Parliamentary Secretary for Northern NSW Adam Marshall joined Nationals MLC Ben Franklin, NNSW LHD Chief Executive Wayne Jones, Bullinah AMS representative Marilyn Tolman, and members of the Cabbage Tree Island community to celebrate the announcement of \$450,000 funding to expand Aboriginal health services in the local area at Jali Health Post at Cabbage Tree Island.

The funding has gone to the Bullinah Aboriginal Health Service, Ballina to enable the service to expand on the services it has offered for more than 30 years.

"This funding will help increase the actual physical space of the Jali Health Post building so it can offer more clinic rooms, an education and training room, and upgrade the entrance and waiting area," Mr Marshall said.

Mr Marshall said Census figures

showed that the northern part of the State had one of the highest concentrations of indigenous residents in NSW, with NSW having more Aboriginals living in the State than all of South Australia, Western Australia and the Northern Territory combined.

"This region might not have the highest absolute number of Aboriginals in NSW but certainly the percentage of indigenous residents is well above most of the rest of the State," he said.

"So this funding is concentrated on an area of definite need. This is all about community and responding to the demands of community for the services they want and are right to demand."

Pictured, Bundjalung Elder Uncle Lewis Cook, seated front, provides the Welcome to Country at the recent funding announcement.



Humpty and Holland have finger on pulse

The Humpty Dumpty Foundation and John Holland Pty Ltd have made a significant difference to the lives of children in Lismore by donating a Radical-7 Pulse Oximeter valued at \$4400.

Representatives from John Holland Pty Ltd attended the Lismore Base Hospital's Women's Care Unit to meet with staff and discuss how the new machine will impact on a baby's life.

By shining a light through the baby's finger or toe, the Radical-7 Pulse Oximeter measures the amount of oxygen in their capillaries.

This ensures correct and safe oxygen delivery during highly critical times in an effort to prevent damage to organs such as



From left, John Holland Project Secretary Shay Sten, Clinical Midwifery Specialist 2 (CMS2) Amber Dalby, CMS2 Lorraine Smith and John Holland NSW/ACT Building Manager Brett Moore.

the brain, eyes and lungs.

"We're proud to be able to assist in the provision of the Radical-7 Pulse Oximeter," John Holland NSW/ACT Building Manager, Brett Moore, said.

"Both the nursing staff and community of

Lismore will benefit from the new equipment and John Holland Pty Ltd is proud to have supported both the hospital and patients through this donation that will leave a positive legacy past the end of the construction on the LBH redevelopment."

Osteoporosis bone health under the spot

Northern NSW Local Health District has introduced a new Osteoporosis Re-fracture Prevention Service to the Richmond Health Service centred at Lismore Base Hospital, alongside similar programs in Tweed and Grafton.

The program has employed Craig Knox as The Fracture Liaison Co-ordinator to identify people aged over 50 following a minimal trauma fracture (MTF) or fragility fracture, and then along with Dr Julia Lisle (Staff Specialist Geriatrician) investigate and initiate treatment and management of their Bone Health.

The program is based on the ACI model of care for Osteoporotic Re-fracture Prevention which shows that people are more likely to adhere to treatment for osteoporosis if they are case managed.

A clinic is currently being held on alternate Fridays at LBH Specialist Outpatients Clinic, and is aimed at reviewing patients not already receiving appropriate management of their bone health.

For further information, please contact Craig Knox on 0447 287 619.

The last word ...

Obituary: Simone Rutley

The Northern Rivers community lost one of its shining lights on 10 November 2016 when Simone Rutley, Oncology Social Worker, was tragically killed in a traffic accident.

Simone was a pivotal member of NCCI Lismore Cancer Centre's team providing support to patients and their families during chemotherapy.

She was unwavering in her quests to ensure that patients and families were well prepared through the spectrum from diagnosis to the end stages of their journey.

She also worked closely

with patients and families in survivorship, particularly when a cancer diagnosis and treatment had significantly disrupted personal relationships and lifestyles.

As a colleague Simone brought joy, warmth, understanding and friendship while leaving no stone unturned in her desire to get things done. She gave her time to others selflessly.

Our cancer service, our hospital, and our community are richer for having had Simone with us.

Simone is survived by her life partner John and their four amazing children.

Stephen Manley



RAMHP goes purple

Grafton's Jacaranda Festival is THE event of the year in the Clarence Valley, with the team from the Rural Adversity Mental Health Program (RAMHP) taking the opportunity to spread their message

RAMHP co-ordinator Samantha Osborne, pictured second from right, said the RAMHP information stall was very well received with more than 40 individual conversations held.

The stall was supported by, pictured, NSW Police Officers from the Coffs Harbour/Clarence Valley Local Command Sergeant Adam Brown, Steve Pope (Police Domestic Violence Liaison Officer), John Skinner (Aboriginal Community Liaison Officer) and Thea (SCU nursing student on placement with Clarence Valley Mental Health).



Whips pays a visit

Member of the Legislative Council and Government Whip, Hon Natasha Maclaren-Jones MLC, pictured centre with Member for Lismore Thomas George Executive Director Lynne Weir, paid a quick visit to the new Lismore Base Hospital Stage 3a redevelopment

early last month to view progress on the new renal unit which opened 8 December 2016.

Ms Maclaren-Jones visited just prior to the official opening of the redevelopment by Premier Mike Baird and Health Minister's Jillian Skinner and Sussan Ley.