



Health's senior executives meet in Far West

This month the LHD hosted for the first time the Senior Executive Forum (SEF) which brings the senior executives from all LHDs together for a monthly catch up.

The two-day forum included presentations about regional health, the new vICU service here, paediatric care in regional NSW, the LHD's Palliative Care model of care and the Buronga HealthOne lease partnership with the Barkandji Nation. Other presentation topics included sexual health and mental

health in the outback, regional health collaboration, growing collaborative partnerships in southern NSW, and collaboration in the care of older people in a rural LHD.

NSW Health Secretary, Susan Pearce, was present and gave an address, as did our Interim Chief Executive, Mr Brad Astill. The SEF members also visited Menindee to tour the health service and the Menindee Lakes area, as well as the ever popular Silverton.



The Allied Health directorate came together to celebrate Allied Health Professions Day on 14 October 2022. Interim Chief Executive Brad Astill got to meet the variety of professionals that belong to the Directorate, which is headed by Melissa Welsh.

SEE STORY and PHOTOS on PAGE 2-3.

Vale — Mrs Maureen O'Donnell

Far West LHD wishes to acknowledge the passing of one of the inaugural Board members of the District, Mrs Maureen O'Donnell, on 6 November 2022, age 81.

Mrs O'Donnell was appointed a Board Member from 1 February 2011 and served until December 2016. During that time, she was a member of the Health Care Quality Committee (now known as the Safety and Quality Board Sub

Committee). She was a tremendous advocate for her community and those throughout the LHD, working consistently to build relationships with the LHD and the Aboriginal community. The highly-respected Wilyakali Elder understood the importance of building good relationships and working collaboratively, and worked tirelessly to improve the health and wellbeing of her people.

Mrs O'Donnell was on the Board of Maari Ma since its establishment and Chair for the last 14 years, overseeing many of their programs and expansion of services. She was also a member of the BH Aboriginal Community Working Party and Chair for many years.

The Far West LHD expresses its sincere condolences to the family, friends and colleagues of Mrs O'Donnell on her passing.

Allied Health Professions Day celebrated by whole Directorate

Allied Health professionals have been working on the frontline in hospitals in Australia's response to COVID-19 and adapting to new methods of service delivery in primary care.

Our Allied Health professionals in Far West LHD continue to provide frontline health care in the our hospital and community for people of all ages.

NSW Health defines Allied Health as a group of 23 professions, and in Far West our Allied Health teams include Dietitians, Speech Pathologists, Occupational Therapists,

Physiotherapists, Social Workers, Radiographers, Pharmacists, Exercise Physiologists, Podiatrists and visiting audiology and orthoptics services.

The FWLHD Allied Health directorate is also home to a wide range of multi-disciplinary teams, including Oral Health, Child and Family Health, Pathology, Integrated Care and the Project Management Office.

The whole directorate came together as the wonderful team that it is to celebrate Allied Health Professions Day together on 14

October 2022.

Far West LHD thanks all allied health professionals for the work they are doing across the district, and their invaluable contribution to holistic care. Congratulations everyone!



**More photos
next page**



Allied Health Professions Day celebrated



Merrawyn awarded a Commendation for Courage

Congratulations to Merrawyn Townsend at Tibooburra HS on being awarded The NSW Ambulance Commissioner's Commendation for Courage for helping the injured after a fire at the Tibooburra Hotel in 2021.

The Commendation from NSW Ambulance Commissioner Dr Dominic Morgan was presented to Merrawyn at the Clinical Volunteers Annual Conference in Sydney held this month.

The Commendation read:

On 10 February 2021 there was an explosion at Tibooburra Hotel with four injured persons.

Community First Responder Merrawyn Townsend was the only Community First Responder available to attend, along with Tibooburra HSM Vivienne Fazulla.

Ms Townsend and Ms Fazulla facilitated the evacuation of the injured patients from the scene to Tibooburra Health Service.

They were also responsible for the clinical management of these patients, road transport of the Royal Flying Doctor Service from the airstrip to the healthcare facility and subsequent transport for both patients and medical teams back to the aircraft for evacuation to Broken Hill and Adelaide. Ms Townsend was even responsible for clearing



Tibooburra Health Service Hospital Assistant, Merrawyn Townsend, has been awarded the NSW Ambulance Commissioner's Commendation for Courage for helping people injured in a fire at the Tibooburra Hotel in 2021.

the airstrip of kangaroos before the arrival of the RFDS aircraft.

This emergency response lasted many hours before the final extrication.

NSW Ambulance recognises both Ms Townsend and Ms Fazulla's bravery and commitment during this extended and difficult incident. Her outstanding efforts are highly commended. Congratulations Merrawyn!

Term 5 JMOs on the job

Our Term 5 JMOs (on rotation from Concord and Canterbury Hospital) are on the job and will be here until early January 2023. We have also welcomed back Interns and Resident Medical Officers.



The JMOs are (from left) Dr Isaac Mok, Locum Resident Medical Officer; Dr Gary Xu, Internal Medicine Resident Medical Officer; Dr Alison Jung, Paediatric Resident Medical Officer; Dr Varshinee Urutherakumar, Internal Medicine Senior Resident Medical Officer; and Dr Joseph Chen, Palliative Care Resident Medical Officer.

Accolades for vICU team

Congratulations to the staff who have worked tirelessly on the vICU Project which has won Best Project for 2022 at the CIO50 Awards (Chief Information Officers 50 Awards 2022).

Congratulations were extended on behalf of the Chief Executive and Executive to: Kahliia Liston, Janet Masters, Michelle Harkin, Dr Wojciech Wierzejski, Rodney Lynott, Sharon Cowie, Peter Edwards, Corina Kemp, Katina Skylas and RPA team

vICU is the first service of its kind to ever be offered by NSW Health, the vICU now connects clinicians, patients and carers from Broken Hill Base Hospital in real time with nursing and medical staff at Royal Prince Alfred Intensive Care Service (ICS).

All that health has to offer in the Far West

In October, The Far West NSW Regional Training Hub (University of Sydney) The Far West LHD and The RFDS South-eastern Section collaborated to bring together Health in the Hill to showcase Broken Hill and everything health related to offer in our beautiful region at the RMA22 in Canberra.

With over 1000 attendees over three actioned packed days 80 exhibitors and sponsors, a diverse and collaborative community of rural generalists, rural consultant specialists, students, doctors in training, supervisors, medical educators, and practitioners gathered to celebrate their passion for generalist medicine in rural and remote communities.

The aim of the Health in the Hill collaboration is to highlight everything that Broken Hill and the Far West has to offer and the positions and opportunities available both current and future.

The conference created a lot of interest with many participants engaging in conversations around Broken Hill and Experiences and future interest in employment opportunities in the Far West.

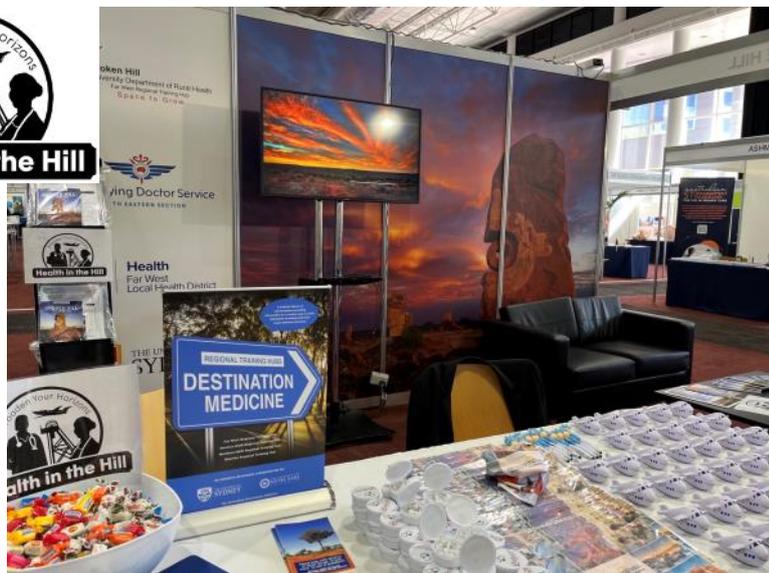
The conference was attended by The Far West NSW Regional Training Hub (University of Sydney), Strategic Director Hollie Day, The Far West NSW Regional Training Hub (University of Sydney) Manager for Medical Education Zoe Tonkin, Manager of Medical Workforce FWLHD Karen Chrisakis, Manager workforce and development RFDS Christine Busby, Senior Medical Officer RFDS Dr Mary Beth Macisaac, RFDS Professor DR Randall Greenburg.



The Health in the Hill team at the RMA22 Conference in Canberra.



Health in the Hill



People Matter

NSW Public Sector Employee Survey 2022



73%
improvement or equal score across all survey domains

Thank you to all our staff who completed the 2022 People Matter Employee Survey. Your feedback is valuable and continues to help us identify the areas we are doing well and the areas we can improve.

Throughout 2022 the Executive Leadership Team and Managers have worked towards enhancing six key focus areas based on the feedback in the 2021 PMES results. It is pleasing to see an improvement in most of these domains. Here are the PMES focus areas for 2022 with comparison from 2021 results.

<p>48% PMES 2022 Response rate Far West LHD ↑ (42% 2021)</p>	<p>Recruitment 36 % ↑ (32% 2021)</p>	<p>Learning & Development 51 % ↑ (49% 2021)</p>	<p>Action on Results 33 % ↑ (29% 2021)</p>
	<p>Grievance Handling 42 % ↑ (31% 2021)</p>	<p>Recognition 52 % ↑ (47% 2021)</p>	<p>Senior Management 37 % ↓ (39% 2021)</p>

Two new survey domains were introduced for 2022. Burnout and Ethics & Values. Burnout has understandably become an emerging employee experience issue following the COVID pandemic. We are interested to understand this area of concern more and will spend time in 2023 focusing on supporting our managers and leaders with assisting staff to reduce the impact of stress and burnout in our workplace.

Burnout
Staff said they feel burned out by their work

37%
(42% NSW Health)

Ethics & Values
Staff said they support our organisation's values

80%

Staff feedback has highlighted the following priority focus areas for 2023 - recruitment, senior management, action on results, and burnout. Regular updates on what we are doing to address these areas will be provided in the In Focus staff newsletter.

The full 2022 PMES report can be located on the FWLHD intranet or on the NSW Public Services Commission website <https://www.psc.nsw.gov.au/reports-and-data/people-matter-employee-survey>

For more information please contact
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Collaboration in the Far West

The FWLHD is committed to working collaboratively with our health partners to achieve the best possible outcomes for our patients and community who are at the centre of everything we do.

By embodying NSW Health's CORE values of Collaboration, Openness, Respect and Empowerment, we acknowledge that every person working in the health system plays a valuable role that

over the last 8 months, giving the LHD the ability to return permanent staff to their original roles.

Over the last 8 months 18 different SJNSW staff have been deployed out to the Far West, many returning for multiple clinics. Without them, the delivery of vaccinations to our remote sites as well as through our permeant clinic would have been extremely difficult to maintain, as well as the continued operation of the COVID drive-through. You will also see some new faces at the concierge desk at the Base Hospital.

St John's staff have provided amazing feedback about their time in the Silver City both about their role in the community and about life in outback NSW itself.

Deployment Lead Erica Kaldas expressed: "This year has been an amazing journey supporting the Broken Hill community, it has been our absolute pleasure working with your teams. Together we work best to care for our colleagues and the community. St John Ambulance Australia (N.S.W) have been given a great opportunity to take initiative, generate new ideas and embrace change. We share success with the Broken Hill Community and together we make a difference."

Dannielle Sharpe of St John who has been working out of the CHC drive-through since early July wrote: "The

ability to do something during a time when so many of us were feeling uncertain and ineffective (was welcomed). During COVID, those not in the medical field could do little to help other than to sit at home, follow the rules and cross our fingers while the world changed. That feeling of helplessness is not something I personally would ever like to repeat. Thank you for giving those of us without the high-level med skills a chance to make a difference."

The Far West are currently in negotiations with SJNSW about extending its collaborative relationship into 2023. We extend our sincere thanks to St John's staff, Deployment Lead as well as Operations Managers within the Workforce Operational Strategic Unit in the MOH that have made this possible.



contributes to achieving the best possible outcomes for our communities.

COVID has been devastating but it has also been an opportunity for collaboration with both existing and new health partners. In response to staffing shortages made more evident by the current pandemic, the FWLHD and St John's NSW have been working together to provide staff in Broken Hill and our other LGAs and



Julie calls time on long career with Far West health



Julie Roberts (in purple) pictured with colleagues from the Child and Family Health Team, Lead Team, Women's Health and Tresillian.

Work colleagues bid farewell to Julie Roberts this month, who has retired after over 40 years service to health.

Julie commenced working as an assistant nurse in 1973 and completed her general nursing training in 1977. She then worked in theatre and all the general wards at BH Hospital until she found her passion in paediatrics where she worked for 13 years. She had a four year break after having two children then returned to the casual pool.

Julie completed midwifery in 1989, had baby number three and had a break from nursing when she and her husband owned their own business.

Julie returned to the health service three months after they sold the business in 2001, commencing work as a community midwife. She then went on to complete the Immunisation Certificate and Graduate Certificate in Child

Adolescent & Family Health and Masters in Child & Family Health in 2011.

In 2013 the first ever Child and Family CNC position was created for Far West LHD in which Julie was the successful applicant.

In 2018 Julie accepted a secondment as Nurse Manager of the School Based Nurse program where she was responsible for recruiting to five positions and getting the program up and running. The secondment ended 18 months later when she returned to her CNC role.

Julie said she has seen countless changes, met many amazing people and been very fortunate to have been given some great opportunities during her career and now it's time to travel and live life to its fullest.

We wish the very best for Julie on her retirement and future endeavours!

Generous donation to Palliative Care

Bruce Carpenter from Old McLeods Bakery in Broken Hill recently held a fundraiser for Broken Hill Palliative Care Service. In addition to some previously raised funds, the bakery donated money from every pie and pastie sold during Freaky Friday and Halloween Monday, which together totalled \$1,000. Bruce sees this as a way of 'giving back' to Palliative Care after the team cared for his late wife Sharon in 2013.

Melissa Cumming, Program Director Cancer & Palliative Care Services, expressed our sincere thanks to Bruce and staff at Old McLeods Bakery for their generous donation to Palliative Care.



Bruce Carpenter presented the donation to Palliative Care, represented by Palliative Care Nurse Shelley Hollingworth (left) and Rebecca Dalwood (right).

HP TRIM
HP Records Manager
HPE Content Manager
Micro Focus Content Manager

TRIM

CONTENT MANAGER

Corporate Records has a new email address

All emails should be sent to:

FWLHD-CorporateRecords@health.nsw.gov.au

Drumbeat Session with Allied Health

The Allied Health department participated in a Drumbeat team building activity last month lead by social work students Julia and Tessa whom completed placement within the FWLHD.

The activity was supported with UDRH drums as the AH team enjoyed a break of music and rhythm as seen in the moments captured.

Drumbeat stands for discovering relationships using music, beliefs, emotions, attitudes and thoughts and aims to promote positive communication and teamwork.

Julia and Tessa confidently led the team through various rhythm patterns and beats with a social work strength focused approach.

The session was full of energy and the department gym was full of loud noise as the Allied Health team seized the opportunity for dynamic group bonding and a chance to cooperate and work together in a creative manner.

We thank the social work student's for their time and for allowing us to support them to complete their accreditation with Drumbeat. We would encourage all teams to participate in the Drumbeat activity which allowed for a varied networking platform and means of self-expression through music, beats and some dancing at the end!



Heidi - Senior Renal, Oncology and Palliative Care Dietitian, Julia and Tessa - Social Worker students and Elise - Dietician



The Drumbeat Story in Integrated Care

Drumbeat is already something used therapeutically within the school based nurse program as another great example of how our services implement diverse modalities to improve outcomes for our consumers.

Drumbeat is a key therapeutic tool used by the School Based Nurse Program within the school hubs to connect with students and develop rapport with young people and families. Drumbeat also provides a great medium to develop foundational skills for child development and general confidence.



Jennifer Wellington, School Based Nurse and North School Students.

Could this become a departmental charity Christmas Challenge?

Each year at Christmas instead of having a Secret Santa for their staff Christmas party, the staff within the Broken Hill Cancer and Palliative Care Team each donate \$20 and write the name of a secret charity on an envelope.

About a week before the Christmas party one envelope is drawn out of the hat, and that charity receives the proceeds of the staff charity contributions. This was the brainchild of Sandra Turley and this is the fourth year staff have participated.

This year's the charity was Mercy Ships, and was the nominated charity (unknowingly) by both Dr Sarah Wenham and Melissa Cumming (pictured right with Kelly Mawby who organised this year's charity draw). Kelly is holding the certificate of appreciation from Mercy Ships who received a massive \$500 from the team. This excitingly turned into \$1,000 with Mercy Ships hosting an entrepreneurial doubling of donations before the end of December. Mercy Ships is an international charity that operates the largest non-governmental hospital ships in the world, providing humanitarian aid-like free health care including surgery, community



development projects, community health education, mental health programs and palliative care for terminally ill patients.

Other charities that have benefited from the Cancer and Palliative Care Christmas Charity Challenge include Bowel Cancer Australia, Prostate Cancer Foundation and Lifeline. Pictured (below) are some of the Cancer and Palliative Care Team, at their recent Christmas function, who contributed to the charity event.

Wouldn't it be great if other teams or departments took up the Charity Christmas Challenge? A great way to give back to others in need.



Over the week, draw your awareness to the language being used around you and language you are reaching for.

Without judgement, notice how you feel, notice if you are deciding to choose new ways of responding, new ways of listening, new ways of asking questions.



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Applications for the Nursing & Midwifery Education Scholarships are now open. NSW Health registered nurses and midwives who have one year postgraduate clinical experience can apply for scholarships to undertake a range of Graduate Certificate Courses below.

GRADUATE CERTIFICATE COURSES

Applications close:
**Monday
12 December 2022**

Addition Studies
Critical Care
Neonatal Nursing
Paediatric Nursing
Studies

Applications close:
**Monday
23 January 2023**

Acute Care Nursing
Aged Care Nursing
Cancer Care Nursing
Child and Family
Health
Perioperative Care
Nursing
Rural Nursing
Special Care Nursery

Applications must meet the entry requirements for the chosen course to be eligible for an approved scholarship. More information about the courses, eligibility criteria and how to apply are [available here](#). All applications must be submitted to HETI by the closing date.

Stakeholder consultations held on hospital redevelopments

Planning for redevelopment projects for two FWLHD facilities is progressing well with extensive stakeholder consultation over recent months.

The **Wentworth Health Service Redevelopment** project team visited Wentworth in early November to consult with stakeholders on the Concept Design of the new hospital, which was announced on 10 October.

The Concept Design was well received by Wentworth Health Service staff and the community, with attendees of the sessions expressing their excitement at seeing the project progress to this stage.

The sessions followed consultation with Aboriginal Focus Groups held in October, where the landscaping aspect of the concept design was a key focus of discussion. Connection to Country and landscape is central to the design of the redevelopment, which will overlook the Darling River.



Wentworth Health Service staff session

An Arts in Health Workshop was also held and attended by local artisans who shared some great ideas to kick off the arts program for the Wentworth Health Service Redevelopment.

Locals will soon be invited to submit an Expression of Interest to be part of an Arts Working Group to further the program. This local artist involvement is expected to help shape a welcoming, culturally safe and enlivened place for patients, carers, staff and the community at the new health service.

The **Broken Hill Health Service Redevelopment** project team met with staff, the community and the local Council at a series of information sessions on November 22 and 23.

The project is in the early planning stages to deliver an upgraded Emergency Department and enhanced Acute Mental Health Inpatient Unit, with the visit focusing on introducing the team, sharing ideas, and talking about the process to plan and design new health facilities.

Acknowledging the urgent need for the planned

works, the feedback from staff and the community was very positive overall and will help to inform the next stage in planning known as the master plan.

The Broken Hill Health Service Redevelopment project was announced by the NSW Government in April 2022 and includes a \$10 million upgrade to the hospital's Emergency Department and an enhanced Acute Mental Health Inpatient Unit (MHIPU), which is being delivered as part of the NSW Government's Statewide Mental Health Infrastructure Program (SWMHIP).

For further information on the redevelopments please phone (02) 8838 8889 or email:

HL- Wentworth@health.nsw.gov.au for the Wentworth Health Service Redevelopment project or

HL- BrokenHillRedev@health.nsw.gov.au for the Broken Hill Health Service Redevelopment.



One of the Broken Hill Hospital staff sessions

Aged Care Corner...

Grief and the Older Person



Loss is inevitable for the older person, and with loss comes grief.

As we age, we don't only grieve for losses that occur through death. The older person also grieves for losses they may experience through diminished ability in their activities of daily living. They may grieve the loss of their home and treasured belongings through placement in aged care. They also experience deaths of long term partners and friends as they age.

These losses can sometimes cause the older person to lose a sense of purpose. Older people may be reluctant to

discuss their feelings of loss and grief with their family, GP or other care staff, so may be grieving alone and in silence. Unfortunately, the era and culture that raised today's older people created the unrealistic and isolating mindset of "picking oneself up by the bootstraps" and essentially dealing with difficult emotions without help.

Independent of age, the stress of bereavement can affect physical and mental health with the potential of compromising people's functioning for years



Overview of identified psychological and physical effects of grief on older people

People experience grief in different ways and require a range of supports to meet their individual needs. Some important things to consider particularly helpful when supporting an older person during bereavement include:

- Keep them company. Spending time together can help the person feel less lonely and decrease the negative effects of social isolation.
- Do not avoid the topic of their loved one who died. Open the door for them to process their grief by sharing their memories
- Support them with daily tasks like picking up groceries, cooking a meal, assist with paperwork, or take them to doctor's appointments.
- Keep helping long-term. Most people receive a lot of support and help initially, especially immediately after the death and funeral. Keep in touch and keep helping. Remind them that grief counselling exists and can be incredibly helpful.



Grief has no timeline

For further information or support:

GriefLine Confidential counselling support services available Monday to Friday, 8am to 8pm Telephone: 1300 845 745. Website: www.griefline.org.au

Lifeline 24-hour crisis hotline for people who require urgent counselling or support Telephone: 13 11 14. Website: www.lifeline.org.au

Join the fight against antimicrobial resistance!

World Antimicrobial Awareness Week is celebrated each year from 18-24 November. The messages for 2022 are “Antimicrobials: handle with care” and “Preventing antimicrobial resistance together”.

Antimicrobial resistance happens when bacteria, fungi, viruses, and parasites develop the ability to grow and reproduce, even when they are exposed to medications that are supposed to stop their growth or kill them.

Without effective antimicrobials, infections could become impossible to treat, and can spread to others and make them sick.

This Antimicrobial Awareness Week, we raised awareness of the problem of antibiotic resistance and we promoted the appropriate and safe use of antibiotics by liaising with staff members and auditing antimicrobial use within Broken Hill Health Service.

Everybody can be part of fight against antimicrobial resistance, whether you are the patient, carer, or prescriber!

Some things you can do to help fight antimicrobial resistance are to prevent infections with good hygiene and vaccinations, never use leftover antibiotics, don't share antibiotics prescribed to you with

others (including pets!), and always take antibiotics for the number of days recommended by your doctor — don't stop taking them as soon as you feel better.

Come speak to the pharmacists at Broken Hill Pharmacy Department about antimicrobial resistance, and see how you can help keep antimicrobials available for everybody!



Clinical Pharmacist Erin Jutronic promoting World Antimicrobial Awareness Week

Self-care guide: Coping with Christmas

FWLHD Rural Adversity Mental Health Program Coordinators, Bronte Lee and Marie Kelly say Christmas can be a trying time for some.

Many of us have experienced a tough couple of years with COVID-19 and other adversities.

Here's eight tips to help cope with the festive season. Merry Christmas from Bronte and Marie and we look forward to seeing you all across the FWLHD in 2023.



IT'S OK TO SAY NO

Choose the activities you want to partake in and skip the rest.

DON'T COMPARE YOURSELF TO OTHERS

You and your family are unique, celebrate in your own style.

KEEP THINGS IN PERSPECTIVE

It's your festive season, it can be as big or as little as you want it to be.

ACKNOWLEDGE ANY NEGATIVE FEELINGS

Christmas can be an upsetting and difficult time for some. Acknowledge these feelings - they're OK.

STAY HEALTHY

Get active, sleep well, moderate your alcohol intake and choose healthy foods (when you're not celebrating, of course!).

PRACTICE SELF-COMPASSION

It's normal to feel disappointed or sad when things go wrong. Acknowledge this, but then remind yourself what went right.

PRACTICE MINDFULNESS

Focus on the moment, focus on your surroundings, and focus on you. Ask yourself 'How do I feel right now?'

TAKE TIME OUT FOR YOU

Having some alone time can help you to de-stress and unwind when things get chaotic. Take 5 minutes to do something you enjoy.

Aboriginal mental health cultural competency training

Dr Tracy Westerman from Indigenous Psychological Services delivered the **Aboriginal Mental Health Cultural Competency Program** to 18 Far West LHD staff members on 29-30 November 2022.

Dr Westerman is a Nyamal woman from the Pilbara region of Western Australia and a recognised leader in the Aboriginal mental health, suicide prevention and cultural competency fields.

All attendees at the workshop completed a cultural and psychometric assessment which predicts a clinician's cultural competency in relation to cultural knowledge, skills and abilities, attitudes and beliefs, resources and linkages and organisational influences.

A cultural competency profile provides the results which then informs an individual cultural supervision plan which is unique to

that individual clinician.

The workshop improved the cultural competencies of participants in:

- Assessing the difference between culture-bound syndromes and mental illness using evidence based tests and assessments.
- Understanding the cultural formulation and manifestation of depression. Longing for Country, cultural grieving and how to incorporate resolution and healing with mainstream concepts of grief. Interventions for culture bound depression; how to develop community gatekeepers in the prevention of depression.
- ACCREDITATION in the Acculturation Scale for Aboriginal Australians – measuring the relevance of culture: differentiating between “being spiritually sung”/ cursed and psychosis.

- Black Identity Formation as a model for incorporating identity into treatment planning.

- Self-harm and cultural ‘sorry’ cutting – the distinguishing characteristics; cultural grieving and spiritual visits versus psychosis,

- Post-Traumatic Stress – cultural impacts on assessment and treatment. Attachment and cultural parenting – assessing and treating intergenerational trauma from forcible removal.

- ACCREDITATION in the Acculturative Stress Scale for Aboriginal Australians – to gauge the impact of racism, marginalization, within group racism (lateral violence) and cultural identity (adjustment

- ACCREDITATION in the Westerman Aboriginal Symptom Checklist – Youth and Westerman Aboriginal Symptom Checklist – Adults.



Far West LHD staff attended the Aboriginal Mental Health Cultural Competency Program delivered by Dr Tracy Westerman

Far West Local Health District's Project Management Office

PMO News Corner

PMO intranet page updates

The PMO intranet page has recently been updated with newly established support resources, information and project management tools to assist FWLHD team members successfully commence, manage and complete their projects. FWLHD Team members can access the following updated information and tools through the [PMO intranet page](#):

- Raise project ideas through 'The Ideas Portal'
- Guidance and instruction relating to the [FWLHD Project Management Approach](#)
- View dates of upcoming Community of Practice and Mentoring Support sessions
- Download new and revised project management tools; each with guidance on when, why and how to utilise the tool
- Access additional Project Management resources through the [ACI](#) and [CEC](#)

Community of Practice Project and Change Makers

The Project and Change Makers community of practice provides staff with an avenue to gain project and change management expertise, resources and networks throughout the FWLHD. The Community of Practice focuses on:

- Creating a strong support network for staff involved in projects and whom are implementing change within the organisation
- Providing a regular opportunity to share resources and experiences
- Provide an avenue to improve practice with the support and knowledge of the group
- Provide staff a safe, shared space where each person's knowledge, experience and input is respected

If you would like to join the Community of Practice, contact the PMO on the below details:

Phone: Chelsea Edwards - 08 8080 1549 or Tim Symonds - 08 8080 2294

Email: [FWLHD-](mailto:FWLHD-ProjectManagementOffice@health.nsw.gov.au)

ProjectManagementOffice@health.nsw.gov.au

Standard 8 Champions for October

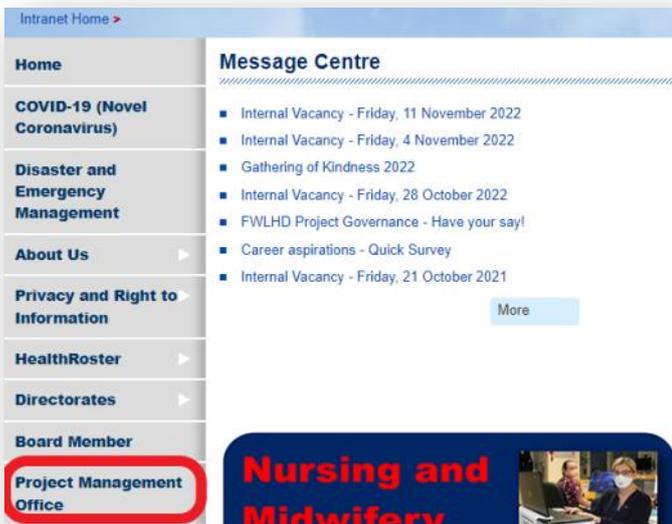
Well done to the following staff on being recognised as Standard 8 champions for October and displaying excellence pertaining to deterioration and compliance of *FW_PD2021_036 Recognition and Management of Patients who are Deteriorating*:

Rapid Response Clinician: Bridget Harris, ICU RN and Sophie Knight, ICU RN

Rapid Response Unit: ICU

August Sepsis Champion: James Cupitt, ED CNS

EDMAT Champion: Megan Cass, ED



Be sure to check these updates out for yourself which can be found as detailed above!

Have you ever said to yourself, "If they just changed this and did it this way, it would be much better"?

Well, now you have a quick and easy way to suggest your ideas!

Scan the QR code or go to <https://www.surveymonkey.com/r/WBHNSHZ> if you have ideas for change; for service improvement, better patient and staff experiences, or any burning project proposals you might have. We want to make sure that any of our staff with ideas for projects, innovations or change have a platform to submit their ideas and have a chance to talk about them.

The Project Management Office (PMO), located at the CHC in Broken Hill, will receive your ideas through the portal and explore opportunities to convert these into projects.



Share your journey

Far West LHD staff are empathetic, passionate and committed and we want to hear from you as a patient and or carer! You are invited to share your experiences and your journey through the Patient / Carer / Staff story pathway.



To learn how to share your Patient, Carer or Staff story or for more information contact:

Melanie Chynoweth, Manager Consumer Experience
Community Engagement Integration on **08 8080 1121** or email melanie.chynoweth@health.nsw.gov.au



COLLABORATION | OPENNESS

BRILLIANCE Nominations

RESPECT | EMPOWERMENT



CONGRATULATIONS

Congratulations to the following staff for receiving a Brilliance Nomination in November 2022

Amy Hagan
Avril Fazulla
Balranald MPS Staff
Ben Bloomfield
Brooke Napier
Cameron Stanley
Cassie Hawes
Chelsea Anderson
Christopher
McLoughlin
Clancy Seager
Corey Sclater

Corina Kemp
Dawn Williams
Geraldine Casey
Grace Matthews
Hannah Everuss
James Cupitt
Jane Baker
Jo Condon
Karen Winter
Kellie Hammond
Kendall Jackman
Kirsty Westley

Lisa Testa
BHHS Maternity
Department
Megan Jordan
Michele McKee
Nikola Chrisakis
Paul Robinson
Paula Harvey
Peter Murney
Rebecca Smith
Richard Shoebridge
Robby King

Samantha Elliott
Shakira Dwyer
Sharon Defranceschi
Susan Soh
Tegan Muscat
Telicia Nicholls
Tim O'Neill
Tracey Martin
Vicki McCormack
Wendy Gleeson
Wendy Lee Clarke

The Brilliance Nominations are a great way to share positive feedback with your peers for the great work they are doing. All Brilliance Nominations are logged in a register for the Annual FWLHD Health Staff Awards and then forwarded to the nominated staff member via email. **Scan the QR Code to nominate or go to www.surveymonkey.com/r/JNQK8D5**

Christmas and Infection Prevention and Control

IN OUR HEALTHCARE FACILITIES

- Keep decorations out of patient care zones, this includes any mobile equipment taken into a patient care zone. In residential care facilities, decorations should be kept out of treatment zones
- Aim for decorations that are easily cleaned (laminated posters, photos, etc.)
- Avoid use of organic materials such as branches or leaves
- Choose decorations that are easily removed without leaving any attachment markings
- Place decorations where they are out of reach and can't be touched by multiple hands
- Do not place decorations on surfaces that require frequent cleaning
- Clean your decorations and store dry

Policy Watch — PDs available on MOH internet

The following documents have been published on the NSW Ministry of Health internet site <http://www.health.nsw.gov.au/policies>. These documents are official NSW Health policy. Compliance with Policy Directives is **mandatory**.

Title	Document Number	Date Issued
Protecting People and Property: NSW Health Policy and Standards for Security Risk Management	IB2022_039	24/11/2022
Nurse Administered Thrombolysis for ST Elevation Myocardial Infarction (STEMI)	PD2022_055	18/11/2022
NSW Refugee Health Plan 2022-2027	IB2022_038	17/11/2022
Staff Specialists' Training Education and Study Leave - New Funding Entitlement 2022/2023	IB2022_037	04/11/2022
The Safety and Wellbeing of Children and Adolescents in NSW Acute Health Facilities	PD2022_053	08/11/2022
Reporting for Residential Aged Care Services	PD2022_054	09/11/2022
Standard operating procedure for administration of COVID-19 vaccines in NSW vaccination clinics	PD2022_051	27/10/2022
State-wide Protocol for the Supply or Administration of COVID-19 Vaccine	PD2022_052	27/10/2022
New Health Technologies and Specialised Services	GL2022_012	28/10/2022
Parental Leave Enhancements	IB2022_036	20/10/2022