

Focus in on Far West Health

New Nurse and Midwifery graduates



Twenty-three new nurse and midwifery graduates were welcomed to the District this month as they embark on their nursing careers with us.

Our newcomers include three nurses and one midwife native to the Far West, as well as those relocating from elsewhere in NSW and interstate. All of them were given a warm welcome during their orientation week.

We're sure they'll enjoy their introduction to nursing and midwifery at Far West where they will gain a broad range of experience and clinical skill development.

We wish them all the very best!

**MORE PHOTOS
INSIDE**





Nurse and Midwifery Grads for 2023



Buronga HealthOne official opening

The new Buronga HealthOne was officially opened on 31 January 2023.

Deputy Premier Paul Toole and Barkandji Native Title Group Aboriginal Corporation Chairman, Mr Leroy Johnson, unveiled the plaque at the ceremony which included a traditional smoking ceremony and cultural dancers.

In a state first, the facility has been built on Barkandji land under a landmark 40-year leasehold agreement between the NSW Government and Barkandji and Malangapa Aboriginal communities, which preserves native title and respects traditional ownership.

Congratulations to everyone for the development of this magnificent facility in Far West LHD.



Allied Health Leader of the Year!

A huge congratulations to Rebecca Smith for winning the Allied Health Leader of the Year at the 2022 NSW Health Excellence in Allied Health Awards!

Rebecca is the Manager of Integrated Care for the District and has been working across a range of areas over the last year with considerable focus on COVID-19 Community Response Team, Chronic Disease management and hospital avoidance services.

Rebecca said: "I'm so completely overwhelmed by winning the Award. It was such a surprise. I work with such a great team of professionals daily within the Far West LHD that this recognition is for

them also, for the outstanding and innovative work that is happening in our region."

Chief Executive Brad Astill said not only is it fantastic recognition for our two nominees Rebecca and Stephanie Wylie, but it is also great recognition of the role that the Allied Health professions play in delivering care to our communities.

"It was a wonderful moment to see Rebecca's work recognised amongst her peers and we should all be so confident that the care delivered to the people in our District is the equal of that delivered anywhere across the State." he said.

Well done Rebecca!



Rebecca Smith, Allied Health Leader of the Year at the 2022 NSW Health Excellence in Allied Health Awards and pictured (left) at the award ceremony with fellow Award winners.

Congratulations to our first Aboriginal VAN Services trainee graduate!

Congratulations to Kyeesha Jones for being NSW's and Far West LHD's first Aboriginal Violence, Abuse and Neglect (VAN) Services trainee graduate!

A proud Barkandji woman, Kyeesha said it had always been her dream to work in health and help her people access services.

"My Nan works as a clerk in a surgical ward and I always said I wanted to work in the hospital with her one day," she said.

Following the four-year VAN Service Aboriginal Traineeship, Kyeesha will stay working with the service in the District, having accepted a role as a Safe Wayz Clinician.

She has fond memories of when she first began the traineeship with VAN Services, during her HSC studies in 2019.



Kyeesha Jones

"I remember the day I got my name badge and being told in my interview that I would be the first Indigenous person in the team. I felt I could really grow within the team and build relationships in Broken Hill and the surrounding communities, to make my people feel comfortable to come to this service, disclose their histories and heal together."

VAN Services manager, Sherree Farrell, congratulated Ms Jones on her achievement.

"Kyeesha is motivated by equity of access to culturally sensitive and responsive trauma informed services for Aboriginal people, families and their communities across the Far West LHD," Ms Farrell said.

Well done and all the best, Kyeesha!



Olivia and John were pictured attending the ACHSM orientation in Sydney

Fay Newell Scholarship open

The Fay Newell \$5,000 Scholarship is now open for Broken Hill residents studying nursing or medicine.

Please direct any enquires to Jane.Baker@health.nsw.gov.au or Brooke.Napier@health.nsw.gov.au

Applications Close Friday 31 March 2023.

Use the QR Code to apply:



Health Management Interns excited to be on the job

The Far West LHD is pleased to announce the Health Management Interns for 2023/24 – Olivia Sice and John Nicholls.

Olivia and John commenced in the program on 23 January 2023. the Health Management Internship program, delivered in partnership with the Australasian College of Health Service management (ACHSM), provides the opportunity for the Far West LHD to professionally develop staff to obtain the required knowledge and skills in management positions that are hard to fill in the organisation.

The advantage of this program to the Far West is the upskilling of current employees which will be utilised in succession planning with future management positions. Both interns will complete six 4-month rotations with the executive

leadership team over the two years.

"I'm looking forward to the next two years, learning and development my management skills. I was grateful to be nominated for the ACHSM program and I would like to thank the people who had selected me, I can't wait to learn from the executive team – *John Nicholls*"

"I'm very excited to have been selected for the Health Management Intern pilot program in the FWLHD. High quality, accessible healthcare within the remote setting is close to my heart, so, it is an amazing opportunity to gain a greater perspective of our health system and be a part of positive healthcare delivery change within our communities – *Olivia Sice.*"

Partnership with CUC Far West celebrated

The Far West LHD recently celebrated its partnership with the Country Universities Centre (CUC Far West) by being one of the major sponsors for its inaugural 2022 Celebration of Graduation ceremony held this month.

Corey Slater (Manager of Nursing & Midwifery Workforce Leadership & Development) attended with Chelsea Anderson (Clinical Midwife Consultant) and gave a speech saying the partnership and collaboration between the two organisations is a textbook example of the commitment shown "...in striving to improve the communities we serve and work within, in holistic aspects that focus on individuals."

The CUC provides support and facilities for locals studying their respective course and up to ten Far West

staff joined 30 graduates from 12 Australian universities, representing diverse careers and study pathways.

Mr Slater told the gathering the LHD acknowledged and took pride in its responsibility in ensuring committed staff members are supported, guided and facilitated to further develop as professionals and individuals.

"As an organisation, we take pride in this responsibility and in assisting this facilitation and acknowledge we are merely providing the resources, tools and guidelines for these processes to naturally occur.

"The individuals are truly who achieve the greatness we observe within our communities, providing service to those who need it in some of the best and worst times of



Corey Slater, Manager of Nursing & Midwifery Workforce Leadership & Development.

their lives, in clinical and non-clinical roles."

"For the graduates who are continuing their journey with us at Far West LHD, we congratulate you on beginning the next step of your careers."

Interns on board for 2023



...and our JMOs

The LHD has also welcomed our first group of JMOs for the year.

They are (from left)
Front: Dr Aswin Shannugalingam – Surgical SRMO, Dr Daniel Faraj – Surgical RMO, Dr Tony Sebastian – Medical RMO and Dr Aileen Li - Paediatric RMO.

Back: Dr Elizabeth Qian – Medical SRMO, Dr Natasha Staude – Medical SRMO, Dr Jason Luo – Psychiatry RMO and Dr Adam Chan – Emergency RMO. Absent: Dr Pooja Karikumar-Nair – Medical RMO and Dr Thiyasha Wanniarachchi – Palliative Care RMO.



Call for Abstracts RICH Forum

The 2023 RICH Forum will showcase the positive health outcomes that can be achieved through planting seeds of innovation within the rural health sector and nurturing the service, the community and the workforce.

Abstracts are called for and submissions close 21 April 2023. For information go to the intranet or contact Shellie Burgess, Rural Health Network Manager ACI at ACI-RuralHealth@health.nsw.gov.au



vICU – helping to improve critical care

Our new vICU service was front and centre when the Deputy Premier Paul Toole and Minister for Regional Health, Bonnie Taylor dropped into Broken Hill Health Service during a visit to the Far West.



The Ministers were given a demonstration of the vICU technology and how it works. It included an explanation of the benefits for patients and staff that come from this collaboration between Far West LHD and Sydney LHD where clinical expertise in Royal Prince Alfred Hospital (RPAH) ICU provides additional guidance and support to help in management of patients in the Far West LHD.

Leading the demonstration for our guests was our Kahlia Liston (A/Clinical Nurse Consultant Emergency & Critical Care) with Katina Skylas and Dr Richard Totaro at RPAH. It showed how FWLHD ICU can dial into the RPAH to initiate a consultation process, as well as the versatility and adaptability of the system. Also explained was the category system that dictates the level of urgency required for vICU consultations (CAT A, B, C). The vICU has had 125 consultations since April 2022 to January 2023 involving 74 patients, covering a number of conditions across all three urgency categories.

The Ministers (including local and metropolitan media representatives in attendance) were impressed with the demonstration and explanation on the use and potential for vICU.

Congratulations to everyone involved in vICU and for the vital role you all play in helping to care for our critically ill patients.



The Deputy Premier also visited Wentworth to get an update on the Wentworth Health Service Redevelopment. The \$30 million redevelopment is on track to start construction later this year, which will include a 19-bed inpatient unit providing aged care, acute and sub acute care, as well as an Outback Clinic and a new Urgent Care Centre. The new hospital is being built adjacent to the existing hospital and raised above the flood levy to maximise views over the Darling River. Construction is expected to finish in 2025.



First Corporate Induction for 2023

Corporate Induction officially commenced for 2023 with 10 participants attending face to face and virtually.

New employees had the opportunity to meet with some key executive staff members and learn the corporate functions of the Local health District.

The next corporate induction will be held on 20 April 2023, new employees can enrol via My Health Learning.



From left: Marisol Martinreyes (Contract Implementation Manager), Sanmarie De Villers (Wellbeing & Health In-Reach Nurse Coordinator — Wilcannia & Menindee), Elsie Wilson (Menindee Hospital Assistant), Dale Brown (Virtual Clinical Nurse Consultant), Ellen Phillips (Dietician), Ashley Smith (Eating Disorders Coordinator), Apsara Kahawita (Director Finance and Corporate Services) and Douglas Jones (Wilcannia Aboriginal Health Worker). Absent from the photo: Katherine Crouch – Buronga Mental Health Clinician, Jessica King - Buronga Clinical Support Officer.

SBATs join the LHD team!

The popular school-based apprenticeship and traineeship (SBAT) program has kicked off at Far West LHD for 2023 with seven students.

The SBAT program gives students an opportunity to start their health career by participating in workplace learning while completing their HSC.

The SBAT will be completed over the next two years with support from the health service; TAFE, Apprenticeship Training Support Services and local high schools to ensure the SBATs finish successfully.

The SBAT program is an initiative of the Department of Education and Communities providing Year 11 and 12 students with the opportunity to gain an industry recognised certificate.

The SBAT program has been very successful for the health service and this cohort will be the ninth to commence.

We look forward to working with the students; their parents; the Broken Hill TAFE; DP Training; SWC Training; the Department of Education; the high schools and Industry NSW for successful traineeships that will help to build the future workforce for our health services in the Far West'



The 2023 SBAT cohort (from left): Mackenzie Williams, Sophie Greville, Ellie Bottrell, Ashlee Fairholm, Mollie DeFranceschi, and Sophie Hartwig. Absent: Matthew McNamara.

Palliative Care volunteers back for 2023

Many of you may have seen the volunteers pictured (from left) Debbie, Marilyn, Bruce, Vivienne, Janet, and Tracey visiting our patients.

In the hospital Dementia Delirium and Palliative Care Volunteers visit patients who live with dementia, have a delirium, and/or a life limiting illness. Volunteers talk with patients providing person-centred support and companionship, a welcome diversion for patients, their family, and carers. Staff support is evident by the large number of patient referrals already in 2023.

Community Palliative Care Volunteers visit patients receiving Specialist Palliative Care in their own home for a couple of hours

weekly. High-quality volunteer services aim to enhance the quality of life for Palliative Care patients and their families or carer.

Palliative Care
Volunteers always have time to talk, to listen, to 'be there'. We are always keen to hear from people interested in joining our team, so if you believe you have good communication skills (specifically excellent listening skills), are warm, empathetic and compassionate and have a desire to volunteer with palliative care services, please contact Janet Pearce, Palliative Care Volunteer Coordinator on 8080 1733 or by email at janet.pearce@health.nsw.gov.au



The Palliative Care Volunteer Service is back in full swing for 2023.

Extended Clinical Placement Medical Students welcomed

The UDRH has welcomed four new University of Adelaide Extended Clinical Placement Program Medical Students to the Far West. Sebastian, Marni, Amos and Liam will be based in Broken Hill from 30 January till 27 October 2023.

During this extended placement, the students will spend majority of their time at the Broken Hill Hospital in the Emergency Department, Paediatrics and Obstetrics & Gynaecology.

The students will also have the opportunity to experience some other areas of the hospital including but not limited to Surgical and Medical ward, Outpatient Clinics and a four-week remote placement in Wilcannia.

For any questions regarding these students, please contact Laura Mallon – University Department of Rural Health, Medical Education Support Officer at Laura.Mallon@health.nsw.gov.au or phone 08 8080 1213.



The 5th Year University of Adelaide Medical Students (from left) Sebastian Baker, Marni McFarlane, Amos Lee, and Liam Halford.

Far West supports flood assistance efforts in Euston/Buronga



Far West was part of a Recovery Assistance team which supported those affected by the floods in Euston and Buronga in the first week of January 2023.

Information was made available regarding insurance, accommodation, financial aid, counselling and mental health support, interpreter services and community recovery.

Services involved included: Service NSW, NSW Health, Rental NSW, Resilience NSW and Legal Aid NSW.

Far West was supported by Desley McKellar, Aboriginal Mental Health Clinical Leader and Alisha McInerney, MHDA Manager Consumer and Carer Engagement.

NSW Caretaker Period for the NSW State Election has commenced

[Find out what this means for you](#)



The NSW Caretaker Period for the 2023 NSW State Election starts on Friday 3 March and will continue until either the election result is clear (if the current Government is returned) or the new Premier is commissioned to form Government (if there is a change of Government).

During the Caretaker period, as a general rule, no significant decisions and appointments, or contractual arrangements should be made. This does not prevent work that is time-sensitive and clearly in the public interest (for example, communicating public health warnings).

The routine business of government continues during this period. You can find out more about what Caretaker means for your work by reading the [Premier and Cabinet factsheet](#).

This is a good time to be reminded of your obligations as a NSW public sector employee regarding official and non-official use of social media. At all times, we are required to always act in a way that is politically neutral.

There is no such thing as a 'private' social media site, regardless of your privacy settings. Posting information online is no different from publishing in a newspaper especially if you identify, or your posts identify you as a NSW Health employee.

During Caretaker it is important that your social media activity does not lead a member of the community to doubt whether you will be able to put aside your personal views, to act professionally and impartially in your work, and to work apolitically for any party that may form Government.

We ask that you please take particular care when considering whether to post, share or like any content relating to political matters on your personal social media accounts. Inappropriate use of social media, even in our personal lives, can result in a breach of our policies including the NSW Health Code of Conduct.

Strong Peer workforce in LHD



Our MHDA have a strong Peer workforce delivering a lived experience perspective

Peer workers (pictured at a recent workshop) walk alongside consumers and carers helping them to access and navigate mental health services. They work in a multidisciplinary team, with clinicians, various health professionals and non-government services, which allows them to gain the knowledge and skills needed to provide the best care.

Peer workers connect with people individually to empower, create autonomy and a safe environment. They care, listen and empathise with your journey and recovery; this is their passion to use their lived experience by helping others and providing light in the darkness, with hope and support.

Peer worker, Jill Graham, said: "I come to work every day to support people like myself who didn't have support when I needed it". For more information about Peer Workers please email: FWLHD-CommunityEngagement@health.nsw.gov.au

Cognitive Screening...

"Confusion is not a normal part of ageing"

Patients with cognitive impairment admitted to hospital are at a significantly increased risk of preventable complications and adverse outcomes. This increased risk is often associated with deficits in one or more of the areas of memory, problems with communication, attention, thinking and judgment. Cognitive screening is the first step towards appropriate identification and management of older people with confusion presenting to hospital. Cognitive screening should be performed in conjunction with delirium risk screening.



Cognitive screening for older people is often overlooked during initial admission processes. This can lead to the assumption that any confusion identified during admission is related to dementia. As a result, the diagnosis of delirium is often missed.

Cognitive screening should be performed as part of the routine admission to a health care setting. However, if this is not practical, then cognitive screening should be completed within 24 hours of admission. If the older person is confused and risk factors for delirium are present, then the cause of their confusion should be assessed.

Cognitive Screening Tools (available on FirstNet):

The **Abbreviated Mental Test Score (AMTS)** is a useful tool for determining the presence of cognitive impairment in a patient. Initially developed to pick up the presence of dementia, now commonly used to identify any confusion (acute or chronic).

The **Delirium Risk Assessment Tool (DRAT)** to assess delirium risk for hospitalised older people. This tool identifies key risk factors that predispose an older person to delirium and risk factors that may precipitate delirium and recommends further investigations, if there is a change in behaviour.

The **Confusion Assessment Method (CAM)** is a validated tool that is recommended to determine whether a patient's confusion is due to delirium. The CAM should be used for any older person who appears to be disorientated /confused or who has any change in behaviour or loss of consciousness.

THINK OF COGNITION AS ANOTHER VITAL SIGN

It is important to determine a premorbid level of functioning – or baseline – when comprehensively assessing an individual's cognition. It is useful for determining baseline cognitive status and identifying changes over time.

The first line management of the older person with confusion is to treat the underlying cause of confusion. Management should be designed to meet the older person's specific needs and manage any identified risks. Strategies to manage confusion are the same as strategies to prevent confusion.

For older people with a confirmed diagnosis of dementia, it is important to acknowledge and integrate the diagnosis of dementia into care planning, as dementia impacts on all aspects of care, treatment and planning in hospital.

Further Information:

<https://www.safetyandquality.gov.au/publications-and-resources/resource-library/better-way-care-second-edition>

My Health Learning: The Confused Patient:
Dementia or Delirium. Course No. 39966589

Contact Aged Care CNS 2 (08) 8080 1749 for support with Cognitive Screening.

Aged Care Corner...

Abbreviated Mental Test Score (AMTS)	
Assess baseline cognition by completing the Abbreviated Mental Test (AMTS) for all presentations of confusion. Report with any change in cognition behaviour of 10% Score 0 for each correct answer.	
QUESTION	ANSWER
1. How old are you?	
2. What is the name (nearest town)?	
Give the patient an address and ask them to repeat it at the end of the test e.g. 42 Market St Oberon NSW	
3. What year is it?	
4. What is the name of this place?	
Ask the patient to repeat two relevant persons (e.g. Name, Relation or relative).	
5. What is your date of birth?	
6. When did the second world war start? (1939)	
7. Who is the current Prime Minister?	
Ask the patient to repeat three words from 20 to 1.	
8. Can you remember the address?	
TOTAL SCORE	
Signature	
<input checked="" type="checkbox"/> A score of 2 or less indicates cognitive impairment. <input type="checkbox"/> All patients require a Delirium Risk Assessment using DRAT on page 10.	
Does the person have a history of any recent / sudden change in behaviour, cognition, loss of consciousness or functional abilities (sic) falls?	
<input type="checkbox"/> Yes - Refer to DRAT <input type="checkbox"/> No - Refer to DRAT	
Confusion Assessment Method (CAM) Diagnostic Algorithm	
Date of assessment Time of assessment	
1. Acute-onset and fluctuating course? (Acute change in mental status from baseline, fluctuating behaviour throughout the day)	
2. Inattention? (Difficulty focusing, attention, easily distracted, difficulty keeping track of what is being said)	
3. Disorganized thinking? (Disorganized or incoherent thinking, rambling or irrelevant conversation, unclear or logical flow of ideas)	
4. Altered level of consciousness? (This feature is chosen by any answer other than "alert", including: stupor, lethargy, stupor, shape, or coma)	
The diagnosis of Delirium by CAM requires the presence of features 1 and 2 AND EITHER 3 or 4	
Delirium detected?	
<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO <small>(ICD-10)</small>	
Reference: Jason HK, Van Dyck CH, Almeida CA, Bellini S, Nagel AP, Bharwani JJ (2000). Clarifying confusion: the Confusion Assessment Method. <i>Annals of Internal Medicine</i> 133(4):320-326.	

CARING FOR COGNITIVE IMPAIRMENT



Join the campaign and make a difference
cognitivecare.gov.au #BetterWayToCare

Time to think flu vaccine

Every month the BHHS WHS committee strives to bring you relevant information on safety practices in the workplace. March's WHS promotion focuses on FLU information.

Seasonal influenza vaccination is the best way to protect yourself, your colleagues and our patients in conjunction with maintaining appropriate cough and sneeze etiquette and continued diligence in maintaining good hand hygiene.

Why do I need a flu vaccine every year?

Each year the many versions of influenza spread throughout communities all over the world and this allows the virus to mutate. To stay ahead of the mutated versions of influenza, Australian scientists anticipate which versions of influenza are likely to spread most rapidly and cause the most disease. They then make recommendations about which versions of influenza to include in the annual vaccine. The 2023 vaccine will provide immunity to two A type influenza strains and two B type influenza strains.

Can the influenza vaccine give me the flu?

No, the influenza vaccination does

not contain any live virus. Scientists reproduce the selected influenza viruses in sterile laboratory conditions. Then small but specific incomplete pieces of the sterile virus are used in the vaccine.

Why do I feel sick after I have the influenza vaccine?

Our body's immune system identifies the sterile pieces of virus after we receive the vaccination and our immune system goes into activation mode, where it identifies then attacks the pieces of sterile virus. Most importantly our body remembers what to do when it comes into contact with the real virus, stopping us from becoming infected and stopping the spread of the influenza in our community.

The body's immune response to the vaccine is real and for most people a tender arm is all they notice after vaccination. However some people feel poorly, just like when the body is fighting an infection. Symptoms could be tiredness, chills and even a temperature. If this does happen to you after vaccination you can manage these symptoms by staying well hydrated, taking paracetamol if you are uncomfortable and resting. These symptoms will



pass within 24-48 hours and although not comfortable at the time, it is reassuring to know that your body is doing its job building immunity and you will be protected against the influenza virus.

If you would like more information, to schedule a vaccination or discuss influenza vaccinations with an Accredited Nurse Immuniser please contact Rebecca Conti Rebecca.conti@health.nsw.gov.au or Donna Gers, Staff Health Officer on extension 1219 or via email DonnaLynne.Gers@health.nsw.gov.au

Aged Care Services: New Business Rule

Aged Care Services have endorsed a New Business Rule. [FW_BR2022_049 – Aged Care: Pharmacological Management of Older People Experiencing Acute Behavioural Disturbance](#). It provides a guideline for appropriate pharmacological management for older persons presenting with acute behavioural disturbances including behavioural and psychological symptoms (BPSD) and delirium.

The care of a person presenting with acute behavioural disturbance should be managed with a model of person centred care, with non-pharmacological strategies being trialled first as per [Delirium Management Policy FW_PD2020_055](#). However, in some instances pharmacological management may be required. The Business Rule applies to the prescribing of appropriate medications and care of the older person receiving the medications. Consent must be obtained appropriately for any treatment, except in a clinical emergency.

It is expected that all older persons in FWLHD are treated with dignity and respect through person-centred and evidence-based care.

For further information contact Aged Care CNS 2 (Jane Cain) 08 8080 1749 or Aged Care: Falls/Dementia CNS 2 (Richard Shoebridge) 08 8080 1285.

These behaviours respond poorly, if at all, to an antipsychotic³

- Disruptive vocalisations
- Disinhibited behaviours
- Voiding inappropriately
- Emotional withdrawal
- Incontinence
- Wandering
- Pacing
- Repetitive behaviours
- Insomnia

Short-term antipsychotic use might help SOME PATIENTS with these behaviours⁴

- Psychotic symptoms
- Persistent aggression
- Persistent agitation

COLLABORATION | OPENNESS

BRILLIANCE

Nominations

RESPECT | EMPOWERMENT



CONGRATULATIONS

Congratulations to the following staff for receiving a Brilliance Nomination in December 2022 and January–February 2023.

February 2023

Anthony Gomez
Bayly Culpin
Bronte Lee
Brooke Napier
Buronga Primary Health team
Caroline Crabb
Chelsea Anderson
Corey Sclater
Dr Michael Burrows
Erin Dunn
Fraser Colley
Genevieve Parker
Georgia Cusack
Georgia Ward
Grace Matthews
Imran Mahmud
Jane Baker
Jenny Cooper
Jodie Miller
John Chapman
Katie Reynolds

Katrina Ware
Kirsty Westley
Laura Serwe
Martin Royce
Max McLean
Megan Cass
Michelle Bennetts
Michelle Chant
Phil Currie
Pooja Harikumar Nair
Rebecca Conti
Rebecca Polak
Rebekah Tevelen
Rebekah Weber
Nikola Chrisakis
Robert Lui
Sharna Dettorre
Sharon Honson
Sharon McIntyre
Tamara Thomas
Thiyasha
Wanniarachchi
Tim O'Neill

Wendy Gleeson
Wendy Lee Clarke
Wyn Scott
January 2023
Avril Fazulla
Branko Licul
Brooke Napier
Brynn Kaye
Cameron Stanley
Chloe Reeves
Christine Clifton
Cleo Crossley
Courtney Hurley
Damian Clifton
Donna Gers
Elizabeth "Jill" Keft
Ella Williams
Emergency Department
Geraldine Casey
Gia Hucks
Hannah Crowley
Jae Edwards

Janet Daley
Kathleen Prime
Kyle Abey
Nicole O'Neil
Rachel Spangler
Sarah McCormack
Sharon McInnes
Tahlia Kerin
Tim Symonds
Tori McManus
Trudy Rennie
December 2022
Debra Curyer
Fiona Lucas
Jo Condon
Kathy Prime
Krystle Capper
Matthew Gray
Peter Ball
Senali Wanniarachchi
Shannon West
Sharon Honson

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**

STEPPING OUT

The Far West Facility Challenge is held annually and aligned with Steptember, a fundraising event by the Cerebral Palsy Alliance in many countries around the world.

Staff are encouraged to walk 10,000 steps each day for a month with the facility with the most steps averaged per participant declared the winner.

The 2022 winner was Broken Hill Community Health Centre, with second place Wentworth Hospital.

Well done to all participants!

Staff Health CNS, Donna Gers (right) presenting the perpetual trophy to Pam Illingworth, who recorded the maximum steps for the 2022 winning facility, Broken Hill Community Health Centre



Great team work at BHHS!

Brayden Borbely has given a huge shout out to two catering staff members who went out of their way to help him recently.

"I was attempting to clear the very cluttered store room on Medical Ward (BHHS), when Heather Chapman walked past and said 'good job', I asked her for ideas on how to make more room. She returned with Therese Sayers and together all three of us cleared the store room and made it more accessible to get equipment.

"This was not their job or even close to it," said Brayden.

"I just want to draw as much attention to the help they gave — it's an amazing show of what it means to live and work in Far West!"

Brayden Borbely thanked Therese Sayers and Heather Chapman for helping out and demonstrating the great team work that exists in Far West LHD.



Child Care Survey seeking more data

Do you want better child care in Broken Hill? Help make it possible by completing this survey.

Since our Child Care Survey in August 2022, significant work has been done to engage various child care providers. To help them in their decision making process we need to collect a little more data from, hopefully, all of our employees with **children aged 12 years and under**.

Please see the eight question survey at <https://www.surveymonkey.com/r/Q7DR9JN> .

This survey is open to every current LHD employee in Broken Hill, including those on maternity leave, who have children 12 years and under.

Everyone is encouraged to complete this survey **as soon as possible**. The Survey will close at 5pm on Friday 17 March 2023.

Far West Local Health District's Project Management Office

PMO News Corner

Projects and Change Initiatives: Not Sure Where to Start?

One of the most difficult steps in commencing a project or change initiative is knowing where to start! The PMO intranet page offers resources, information and project management tools to assist FWLHD team members to successfully commence, manage and complete their projects such as:

- Submit project ideas through 'The Ideas Portal'
- Gain guidance and instruction relating to the [FWLHD Project Management Approach](#)
- 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](#)
- If you're still not sure where to start or would like to discuss your idea/initiative further, you can contact the



There are eight nursing care domains which the Essentials of Care program focuses. The first is:

Personal Care

- Hygiene
- Elimination
- Nutrition/Hydration
- Oral Care
- Body Image
- Foot Care
- Eye Care

Reflection Question: How can you better provide safe, comfortable, and appropriate person-centred care ensuring dignity, including documentation, education and collaboration?

Kate Scanlon
Essentials of Care & Project Coordinator
Phone 8080 1495 Mobile 0437 673 667
Katherine.Scanlon@health.nsw.gov.au

PMO team via the details below:

- Phone: Chelsea Edwards - 08 8080 1549 or Tim Symonds - 08 8080 2294
- Email: FWLHD-ProjectManagementOffice@health.nsw.gov.au

Join our Project Managers/Officers and Change Enablers Community of Practice!

The first Project Managers/Officers and Change Enablers Community of Practice for 2023 commenced in February with new and returning members meeting to share their expertise and project/change management experiences. The Community of Practice is open to all staff seeking support in project and change management, share resources and connect with staff and build networks throughout the FWLHD.

If you are interested in joining the Community of Practice, contact the PMO via the details provided above.

Project Management Mentoring and Support - Drop-In Virtual Huddles

'Drop-in Virtual-Huddles' are available for staff members seeking advice on how to tackle their projects management problems. These forums provide staff with the opportunity to:

Discuss and scope their project idea and gain advice on pitching the idea to their direct line manager

Gain guidance on the next steps to progress the project idea to the approval stage

Gain project management templates and tools which enable project success

When are the Huddles and How do I join?

The huddles are held fortnightly and are delivered via Microsoft Teams. For an invite to the sessions, please contact the PMO and express your interest in joining the huddles.

Once you have your invite, there is no need to RSVP, just drop in whenever you need support for your project.

Kindness Matters
BRILLIANCE
 Nominations

Scan the QR Code to nominate or go to www.surveymonkey.com/r/JNQK8DS

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/JNQK8DS

Nominations are now open for the 13th annual Far West LHD Staff Recognition and Health Innovation Awards. Everyone is encouraged to nominate a deserving staff member and/or an innovative project.

Nominations will close on 14 April 2023.



Nominations Open

2023 FAR WEST LHD 13TH ANNUAL STAFF RECOGNITION AND HEALTH INNOVATION AWARDS

To nominate
Extraordinary
colleagues and
inspiring teams



If you experience an issue with the staff recognition nomination form or have a query, contact Louise Heffernan:
Louise.Heffernan1@health.nsw.gov.au
or PH: 08 8080 1500

To nominate
Innovative
Projects



If you experience an issue with the project nomination form or have a query, contact Chelsea Edwards:
Chelsea.Edwards1@health.nsw.gov.au
or PH: 08 8080 1549

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
Intellectual Property arising from Health Research	PD2023_007	16/02/2023
Early Response to High Consequence Infectious Diseases	PD2023_008	23/02/2023
Remuneration Arrangements for Staff Specialist Emergency Physicians	PD2023_004	23/02/2023
Leave Matters for the NSW Health Service	PD2023_006	15/02/2023
Patients with inherited bleeding disorders in hospitals without a Haemophilia Treatment Centre	PD2023_005	14/02/2023
Building Resilience for Surgical Services in NSW	IB2023_004	14/02/2023
Bacille Calmette-Guérin (BCG) Vaccination	GL2023_003	13/02/2023
NSW Health Aboriginal Environmental Health Officer Training Program	IB2023_005	09/02/2023
Lookback	PD2023_003	31/01/2023
Accountable Items used in Surgery and Other Procedures	PD2023_002	31/01/2023
Rural Doctors' Settlement Package Hospitals Indexation of Fees - Visiting Medical Officers	IB2023_003	01/02/2023
Rural Doctors' Settlement Package Clarifications Reference Guide	IB2023_002	31/01/2023
Transport of Pathology Specimens to Laboratories	PD2023_001	16/01/2023
NSW Needle and Syringe Program	GL2023_002	18/01/2023
Insertion and Management of Nasogastric and Orogastic Tubes in Adults	GL2023_001	12/01/2023
Accessing inpatient mental health care for children and adolescents	IB2023_001	12/01/2023
Increased Rates of Pay and Allowances for Nursing and Midwifery Staff	IB2022_051	20/12/2022
Domestic and Family Violence Leave	IB2022_047	19/12/2022
Fees Payable to Lecturers in Respect of In-Service Courses	IB2022_052	21/12/2022
Pharmaceutical Charges for Hospital Outpatients and Safety Net Thresholds	IB2022_050	20/12/2022
Wayfinding for Healthcare Facilities	IB2022_048	20/12/2022
NSW Section 100 Co-Payment Program	IB2022_049	20/12/2022

All staff with an email account are asked to update their email signature block – there is a new generator at [update your email signature](#). This can be found on the NSW Health intranet.

Email signature blocks are being updated as part of the NSW Government's new whole of government brand guidelines and visual identity system policy.

Update your email signature block

Also, you will have to update the internet link in your signature block. We've had our new

internet for nearly six months but the old internet address no longer works.

Update with the new internet address with this URL: <https://www.nsw.gov.au/health/fwlhd>

All staff with an email address are required to have an email signature block.

