



Photo by Frankie Oates

Far West hosts first visit by State's new Chief Cancer Officer

The Far West LHD this month hosted the Chief Cancer Officer for NSW and Cancer Institute NSW CEO, Professor Tracey O'Brien, who visited Broken Hill as part of a two-month, state-wide tour of local health districts.

Professor O'Brien met with FWLHD Interim Chief Executive Brad Astill and key FWLHD staff and health partners to discuss local cancer outcomes and how the Institute can continue supporting the local health district in lessening the impacts of cancer in the Far West.

Prof Obrien said she had been looking forward to visiting FWLHD and meeting the Far West team to discuss local cancer treatments, patient care and support, as well as cancer prevention and screening programs. She said a priority in the NSW Cancer Plan 2022–2027 is the prevention of cancers, which is one of the most effective ways to achieve the Institute's vision of ending



Pictured from left are: Sarah McGill (Director of Cancer Screening and Prevention, Cancer Institute), Brad Astill (A/CE FWLHD), Prof Tracey O'Brien (Chief Cancer Officer NSW, Cancer Institute CEO), Bernie Kemp (Palliative Care Aboriginal Health Workers FWLHD) and Melissa Cumming (Program Director Cancer and Palliative Care Services).

cancers as we know them. A/CE Brad Astill said the district collaborates with our health care partners to improve cancer screening, diagnosis and referral pathways for

cancer treatments and the FWLHD appreciated the opportunity to meet with Professor O'Brien, on her first visit to Broken Hill as CEO of Cancer Institute NSW.

NSW Telestroke service now operating throughout BH hospital

The final stage of the Telestroke service implementation at BHHS has occurred with wards with inpatients who show signs of stroke now being able to be referred to NSW Telestroke.

This happened on 25 October and follows when BHHS went live with the new Telestroke service on 8 June 2022 in our ED.

The service provides our local medical officers with access to specialised stroke physicians 24/7, who provide virtual support in the way of clinical assessment, diagnosis and treatment planning

for patients with suspected stroke.

The NSW Telestroke service, which operates through the Prince of Wales Hospital, enables local patient outcomes to be improved by having timely access to specialist stroke management. Patients in Broken Hill can receive care closer to home and family. It also improves the identification of patients who need to be transferred to a larger facility for more specialised treatment.

Broken Hill hospital previously obtained stroke advice from Royal Adelaide Hospital, and still

maintains a relationship with them by transferring our patients to their facility, which is coordinated through the NSW Telestroke Service.

The Broken Hill hospital is now 1 of 23 sites around NSW to have access to this wonderful service.

Contact Anthony Farquhar, Telestroke Project Officer on Ext 2297 or email anthony.farquhar@health.nsw.gov.au for more information or if you have any inquiries about the service.



FWLHD joins NAIDOC Week celebrations



The NAIDOC Week theme for 2022 was "Get Up! Stand Up! Show Up!"

FWLHD joined Broken Hill locals to celebrate our Indigenous community in Sturt Park on 6 September for NAIDOC Week, which attracted a very large crowd!

NAIDOC Week is a national celebration which is held all across Australia in the first week of July but Broken Hill has always held the family fun day in September due to warmer weather

NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and participate in celebrations of the oldest living cultures on earth.



**ABOVE: Kyra Tumes and Amalie House
BELOW: Katrina Ware on tie dye duties**



Kyra Tumes, Desley Mckellar, Amalie House, Katrina Ware and Chloe Reeves enjoyed the day.

Lead Ted and team joined in too!



Great work featured in ANZCA spring Bulletin

A small team in FWLHD working on developing a new perioperative protocol for managing type 2 diabetes patients at Broken Hill Health Service is featured in the latest edition of ANZCA Bulletin.

The article features Dr Wojciech Wierzejski, Specialist Anaesthetist, Chenny Fazulla, CNS and Ben Yassa, Clinical Pharmacist and outlines the project and benefits for our patients and future developments.

You can read the spring edition of ANZCA Bulletin online at anzca.edu.au (go to the bulletin and see pages 50-51).

A great article and well done to the team!



Pictured (from left): Patricia Taylor- Nurse Unit Manager Mental Health Inpatient Unit, Tiahna Styles - Executive Assistant, Donna Rawlins – Seamstress, Cameron Leiper – Manager Suicide Prevention Outreach Team (SPOT), Christine Clifton – Patient Experience Officer, Rita Colella – Clinical Nurse Consultant Sexual Health, Mazza Wierzejska – Health Education Officer, Geoffrey Tiller – Wentworth Cook.

Absent: Cassandra Burgess – Wentworth Hospital Assistant, Kathleen Clewes – New Graduate Nurse, Olivia Crothers – Buronga HealthOne Administration Officer, Sharon McIntyre – Acting Program Director Mental Health Drug and Alcohol and Violence and Neglect Services, Erin Milne – Clinical Support Officer, Martin Royce - Patient Safety and Quality Manager,



Kids Day in the Park fun!

Children's Week is celebrated with a theme based on an Article from the United Nations Convention on the Rights of the Child (UNCRC). The National Theme for 2022 is UNCRC Article 27: "All children have the right to an adequate standard of living including house, food and clothes that support their development."

So this year, on 26 October we celebrated 'Kids Day in the Park' in Broken Hill. The day was organised by the Early Years Discussion Group and Michelle Parker from Maari Ma and NSW Health was invited to set up activities for the children.

Child and Family Health set up a baby section full of baby activities to encourage tummy time and bonding time with their baby. Allied Health made pasta shell necklaces and The Hungry Caterpillar masks, looking at their fine motor skills and educating the children on healthy eating. CAMHS came along and set up activities such as an obstacle course, ball/sand bag games and quoits. Lead Ted and Michelle Bennetts also joined in the fun!

The kids and parents had a great time.



From left: Charmaine Lowrie (OT), Katrina Ware (Child and Family Health), Chloe Reeves (CAMHS Student), Jim Richards (CAMHS) and Elise Callaghan (Dietitian).



Rural Adversity Mental Health Program - 'Be Gentle On Yourself'

Our Far West LHD RAMHP Coordinators Marie Kelly and Bronte Lee in partnership with RAMHP ambassador Melinda Schneider delivered a 'Be Gentle on Yourself' session in Broken Hill on Friday, 7 October 2022.

Melinda is an Australian country music singer and song writer who came on board as an Ambassador for RAMHP in 2020 to share her own lived experience of mental ill-health. In 2020 Melinda released her album called "Be Gentle on Yourself".

Melinda hopes by sharing her story, it will help to reduce the stigma around mental ill-health and encourage help seeking in rural communities.

Many who attended this session, had highlighted that they enjoyed listening to Melinda's most healing songs about self-acceptance and taking care of yourself.

This event provided people in the Far West with the opportunity to come and listen to Melinda Schneider, hear about what things you can do for your own wellbeing and reflect on what wellbeing looks like for you.



Far West LHD RAMHP Coordinators Bronte Lee (left) and Marie Kelly with RAMHP ambassador Melinda Schneider (middle) at the 'Be Gentle On Yourself' event.

Allied Health Award nominations

Nominations for the 2022 NSW Health Excellence in Allied Health Awards are now open and will close **Monday 7 November 2022**.

Award categories are:

1. Allied Health Professional of the Year
2. Aboriginal Allied Health Professional of the Year
3. Allied Health Assistant / Technician / Support Person of the Year
4. Allied Health Researcher of the Year
5. Allied Health Educator of the Year
6. Early Career Allied Health Professional of the Year
7. Allied Health Leader of the Year
8. Multi-media consent form (To be completed and signed by the nominee and attached to the application)

In NSW, Allied Health includes Art Therapy, Audiology, Child Life Therapy, Counselling, Diversional Therapy, Exercise Physiology, Genetic Counselling, Music Therapy, Nuclear Medicine Technology, Nutrition, Dietetics, Occupational Therapy, Radiation Therapy, Orthoptics, Orthotics and Prosthetics, Pharmacy, Physiotherapy, Podiatry, Psychology, Radiography, Sexual Assault, Social Work, Speech Pathology, Welfare and Allied Health Assistants.

Please send completed nomination forms to Helen Hayes by **Monday 7 November** via helen.hayes@health.nsw.gov.au

Career development survey

Career development is fundamental to safe, holistic, patient centred care, and additionally, to staff wellbeing, satisfaction and morale.

As of late, FWLHD recognise the difficulties being faced, and how each of you have faced these difficulties with strength, resilience and unprecedented dedication to your careers both professionally and personally.

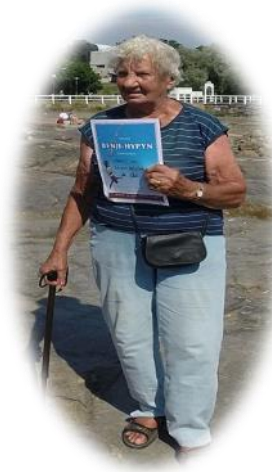
We are conducting a survey on Career Aspirations. This survey asks what **YOU** want out of your career here at FWLHD. There are plenty of opportunities to further your career through, for example, post graduate qualifications, with scholarship support. The purpose of this survey is to gain information and feedback on what the current Nursing & Midwifery Workforce's needs and wants are.

FWLHD encourages each of you to please complete this survey <https://www.surveymonkey.com/r/T9VQ235>

Contact Corey Sclater on 8080 1329 if you have any questions, queries, comments and/or feedback.

What is old?

Aged Care Corner...



Depending on who you ask, the definition of what old is can differ depending on opinion and the age of the person being asked.

Searching for what is considered “old” can seem irrelevant when you will always receive a subjective answer.

If a 95 year old Finnish woman can be one of the oldest person to bungee jump, or an 80 year old can be the oldest person to reach the summit of Mount Everest even after four open-heart surgeries and suffering a shattered pelvis, who really gets to decide if you are too old to do something?

People do not become old or elderly at any specific age. Traditionally, age 65 has been designated as the beginning of old age. But the reason was based in history, not biology. Many years ago, age 65 was chosen as the age for retirement in Germany, the first nation to establish a retirement program. In 1965 in the United States, age 65 was designated as the eligibility age for Medicare insurance. This age is close to the actual retirement age of most people in economically advanced societies.



When a person becomes old can be answered in different ways:

- **Chronologic age** is based solely on the passage of time. It is a person’s age in years. Chronologic age has limited significance in terms of health. Nonetheless, the likelihood of developing a health problem increases as people age, and it is health problems, rather than normal aging, that are the primary cause of functional loss during old age. Because chronologic age helps predict many health problems, it has some legal and financial uses.

- **Biologic age** refers to changes in the body that commonly occur as people age. Because these changes affect some people sooner than others, some people are biologically old at 65, and others not until a decade or more, later. However, most noticeable differences in apparent age among people of similar chronologic age are caused by lifestyle, habit, and subtle effects of disease rather than by differences in actual aging.

- **Psychologic age** is based on how people act and feel. For example, an 80-year-old who works, plans, looks forward to future events, and participates in many activities is considered psychologically younger.

With life expectancy growing every year in Australia, currently at 82.5 years, it seems a little bit ambitious to say goodbye to your youth in your mid-30s and welcome old age before you blow the candles out at 60.

These days it seems age has become just that, a number, and it’s more about how you are feeling physically and mentally which determines whether you are old. A key ingredient in the recipe for healthy aging is the continuing ability to find meaning and joy in life.



Further Education: My Health Learning
Caring for Older Persons Course No 196522698

Let’s change the way we think about ageing.....

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.





Kiosk support “Pink-Tober”

The Broken Hill Kiosk volunteers aren't shy about helping to promote breast awareness and encouraging women to get regular mammograms.

They donned their finest pink tops and aprons this October, which is Breast Cancer Awareness Month. All women are urged to look for changes including:

- a **new lump** or **lumpiness**, especially if it's only in **one breast**
- a **change** in the **size** or **shape** of your breast
- a **change** to the **nipple**, such as **crusting, ulcer, redness** or **inversion**
- a **nipple discharge** that occurs without squeezing
- a **change** in the **skin** of your breast such as **redness** or **dimpling**
- an **unusual pain** that doesn't go away

To book an appointment phone Breast Screen NSW on 13 20 50 or if you have any concerns you can also speak with your GP.

Like to be a Story Collector?

Are you interested in Patient and or Staff Story Collection?

Training is available once a month to interested staff in undertaking Patient and Staff Story Collection, seeking staff from Clinical and Non Clinical areas to join the team of Story Collectors!

For more information or to book your spot today please contact Melanie Chynoweth, FWLHD Manager Consumer Experience Community Engagement Integration, on 8080 1121, 0499 857 743 or email: melanie.chynoweth@health.nsw.gov.au

Menindee Health Council open day

Menindee Health Council hosted an open day in collaboration with the Menindee Health Service on 18 October 2022.

On the day, free health checks were available, including health information, hearing checks, cakes and a free barbecue lunch!

A donation of \$1,000 was presented to the Menindee Health Service that will go towards new equipment for the Health Service. This was presented on the day by (pictured left to right) Barb Stephens, Barb Turner, Cissy and Ken Lord (Chair of the Menindee Health Council).

Menindee Health Council also conducted a giveaway for any Community Members that participated in a survey to go into a draw to win 1 of 4 prizes.

Congratulations to our winners:

1. Shelly Shoemark won \$50 Gift voucher.
2. Lorraine Loony winning 2x Gift Vouchers.
3. Barb Stephens winning \$50 Gift voucher.

Well done to the Menindee Health Council and everyone involved in a very successful Open Day!



At the Open Day (from left) Barb Stephens, Barb Turner, Cissy and Ken Lord (Chair of the Menindee Health Council).



Lorraine Loony – Winning 2x Gift Vouchers



Barb Stephens winning \$50 Gift voucher

FWLHD virtual ICU showcased at summit



The FWLHD was invited by eHealth NSW to exhibit the Virtual ICU and their partnership with the Royal Prince Alfred Hospital at the Australasian Institute for Digital Health 2022 Summit in Sydney.

Acting Clinical Nurse Consultant for Critical Care, Kahlia Liston (pictured) proudly showcased the inner workings of the Virtual ICU platform to state health agencies and digital innovators.



IN OTHER NEWS: Each month, a unit and clinical staff will be recognised for excellence pertaining to deterioration and compliance of *FW_PD2021_036 Recognition and Management of Patients who are Deteriorating*.

The Champions recognised for September:

Rapid Responses Champions, Unit: Medical Ward
 Rapid Response Champion: Isaac Clarke, ICU RN
 Sepsis Champion: Jazmin Tindale, ED CNS
 EDMAT Champion: Emma Crawford, ED RN

Making sexual health a priority

The latest NSW Sexually Transmissible Infections Strategy 2022-2026 guides the prevention, testing, and treatment of Sexually Transmissible Infections (STIs) and sets out how you can support people in making their sexual health a priority.

The aim is to reduce the prevalence and impact of STIs in NSW by focusing on prevention strategies, encouraging regular testing, treating and managing STIs quickly, and enabling everyone to access the services they need.

With cases increasing, it's important to have a conversation with patients about their sexual health as part of routine medical visits, particularly as STIs can affect any sexually active person.

Sexual health is an important part of our overall health and wellbeing. If left untreated, STIs pose significant health risks including reproductive health issues, adverse pregnancy outcomes, neonatal infections, cancer and increased risk of infections, including HIV. Early access to testing and treatment before and during pregnancy means mother to child transmission of congenital syphilis can be entirely prevented. Read about it [NSW STI Strategy 2022-2026](#).

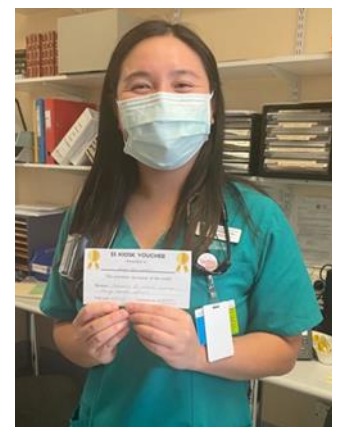
Malnutrition Week and inaugural Nutrition Champion of the Week

Malnutrition week was held 10-14 October and BHHS Dietitians provided in-services on Medical and Surgical Ward talking to nursing staff about Malnutrition screening and ward based interventions for preventing and treating malnutrition. We'd like to thank all the ward nurses for their engagement and enthusiasm in these sessions. We had a lot of fun and loved the competitiveness!

We had lots of feedback during these sessions that we will be sure to enact, thank you!

We have launched a new initiative of the Dietetics Dept that aligns with the theme of this year's Malnutrition week – 'Be a Nutrition Champion'. The Dietitians will be nominating a weekly **Nutrition Champion**, a non-Dietetic staff member who has been a good supporter of patient nutrition. This may be through referring patients in need, advocating for patients nutrition or providing support to patients who are malnourished. The Nutrition Champion wins a \$5 kiosk voucher to help keep themselves nourished.

The inaugural Nutrition Champion was Dr Aimy Yan, chosen by the Dietetics Dept for her advocacy for patients nutrition as well as placing excellent referrals. Congratulations Aimy, and thank you for being a Nutrition Champion!



Dr Aimy Yan accepting Nutrition Champion of the week Kiosk voucher!



Essentials of Care is a program to improve all people's experience of healthcare

It recognises that patients should be active participants in their healthcare & wellbeing by:

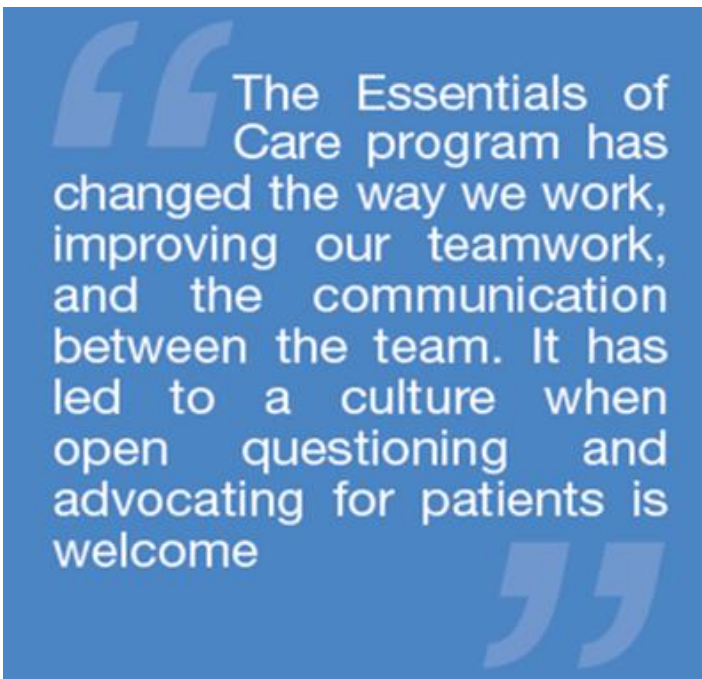
- Listening & responding to consumers
- Identifying where improvements can be made
- Encouraging & enabling consumers & health professionals to work together
- Celebrating care that centres on people

For more information about the Essentials of Care program and to contact your local EOC Coordinator:

Kate Scanlon

Phone 8080 1495 Mobile 0437 673 667

Katherine.Scanlon@health.nsw.gov.au

The logo for 'Kindness Matters' features a black heart with a white checkmark inside, followed by the text 'Kindness Matters' in a bold, black, sans-serif font.

BRILLIANCE
Nominations

A square QR code located to the right of the 'BRILLIANCE Nominations' text.

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/3NQK8D5

FWLHD Project Governance – Have your say!

The Project Management Office (PMO) is continuing to understand FWLHDs Project Management Processes and Approach.

As a part of this deep-dive, it would like to understand how 'Project Governance' occurs across the Organisation.

To assist, it is asking relevant* staff to complete the below 2 minute survey: <https://www.surveymonkey.com/r/MCG8NSM>

*NB: Please only complete this survey if you can answer 'Yes' to Question 1.

For more information contact **Chelsea Edwards**, Manager, **Project Management Office on 8080 1549** or email

Chelsea.Edwards1@health.nsw.gov.au

Safe Wayz program launch

Families and carers in Far West LHD are set to benefit from a NSW Health-led approach to supporting children under the age of 10 who display problematic or harmful sexual behaviours.

The Far West LHD Safe Wayz program will, for the first time, give children and their families access to evidence-based prevention, early assessment and support, as well as specialist therapeutic care. To be established with a NSW Government investment of \$15.2 million over five years, the Safe Wayz program is a multi-agency, child-centred model of care that is inclusive of all abilities, cultures, languages, experiences and backgrounds.

When a child displaying harmful sexual behaviours receives high-quality, early and family-inclusive support, the outcomes are outstanding and very few continue these behaviours.

"Through Safe Wayz, children and their families can access assessment and supports when they need it, to help them safely resolve the behaviours.

Safe Wayz also helps people working with children to identify and intervene early when problematic sexual behaviours first emerge. It also provides parents and carers with information and resources to help them recognise and manage this issue at home, including guidance on what sexual behaviours are developmentally expected, and which are problematic and harmful.

Backed by a state-wide clinical and cultural support and advice team based at the Sydney Children's Hospitals Network, the Safe Wayz program model aligns with the recommendations of the Royal Commission into Institutional Responses to Child Sexual Abuse.

You can contact (in FWLHD) the Safe Wayz Program via 08 8080 1100 or FWLHD-VAN@health.nsw.gov.au

Far West Facility Challenge September

Congratulations to those staff members who participated in this year's challenge. Your efforts were amazing with a number of you walking well over 13000 steps per day on average!

Our top individual Steppers for 2022

Caitlin Fulham — Broken Hill
 Rachel Wellard — Wentworth
 Pam Illingworth — Broken



Our 2022 Far West Facility Challenge Winner:

Broken Hill Community Health Centre

Congratulations to all involved. There will be a presentation of a trophy to the winning facility in the near future. Looking forward to next year's challenge. Will your facility win in 2023?

Policy changes PD2022_030 — How does it affect you?

Occupational Assessment, Screening and Vaccination Against Specified Infectious Diseases

NSW Health recently updated it's OASV policy with a number of changes to vaccination requirements for current staff.

It impacts on all workers in a NSW Health facility. This includes



- permanent, casual or temporary paid employees,
 - contractors (including VMO's and agency staff),
 - students on placement, researchers and persons delivering training or
 - education in a NSW Health facility
 - Volunteers working in a NSW Health facility
- Changes include:
- Category A high risk category has been removed, workers are either category A or B.
 - All category A workers are required to receive 3 doses of a TGA approved COVID-19 vaccine
 - All category A workers are required to receive an annual dose of a Southern Hemisphere Influenza vaccine
 - Category B workers are required to receive 2 doses of a TGA approved COVID-19 vaccine

The policy is available to view on the Intranet. Should you have any questions or concerns please contact your Staff Health Officer, Donna Gers on 042 789 9016.

Mosquitoes

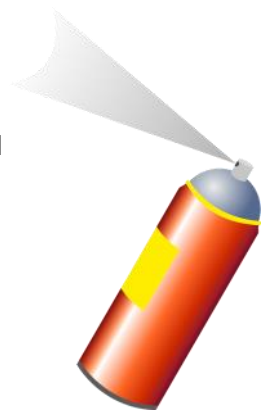
With so much rain having fallen within our LHD and throughout the country over the past few months, and the onset of summer, mosquito numbers are about to explode. Periods of heavy rainfall or floods can led to ideal breeding conditions for mosquitoes, even in non-tropical areas.



Mosquitoes can transmit a number of serious human diseases. In NSW, some types of mosquitoes can transmit viruses such as Ross River and Barmah Forest and, the virus that causes Murray Valley Encephalitis and Japanese Encephalitis. In Queensland and around the world mosquito can transmit dengue fever, yellow fever, chikungunya and Zika infections.

How to avoid mosquito bites

- Use mosquito coils or insecticide candles in small outdoor areas.
- Wear long loose fitting clothes if mosquitoes are around.
- Prevent mosquitoes from breeding around your home.
- Cover up as much as possible.
- Use an effective mosquito repellent.
- Use fly screens on windows to prevent mosquitoes getting inside.
- Use fans to reduce the chance of bites.
- Make sure water collection items are removed from your yard and keep lawns trimmed.



A number of communities around our LHD are currently at an increased risk of Japanese Encephalitis being transferred by mosquitoes.

If you are at risk and meet the NSW Health requirements for a JE vaccine please see your local doctor. This vaccine is only available from your General Practitioner.

Further information is available on the NSW Health web site. Cover up and stay safe this Spring and Summer



What's new in FWLHD for pressure injury prevention and chronic wound care services?

Preventing Heel and Sacral Pressure Injury Pathway...

Commencing in November, Medical Ward at BHHS will be participating in trialing a **Preventing Heel and Sacral Pressure Injury Escalation Pathway**.

The pathway has been adopted from Sydney LHD to assist in reducing the risk of pressure injuries to our patients.

The pathway will see the trial introduction of the Prevalon Heel Boot and Mepilex Border Heel and Sacral dressings.

Nursing and Allied Health teams were provided some hands on education in October from the Prevalon Heel Boot representative from Stryker and FWLHD CNC for Wound Management, Megan Jordan.

There will be ongoing education to staff across the inpatient setting in use of the new products and the pathway.

Visit the Stryker website for Prevalon boot: <https://www.stryker.com/us/en/sage/products/sage-heel-protector-ii.html>

Visit the Molnlycke website for Mepilex dressings: <https://www.molnlycke.com.au/products-solutions/mepilex-dressings/>

For further information (including the pathway document below) please contact Megan Jordan CNC Wound Management on 08 8080 2236.

Mepilex dressings



Preventing Heel / Sacral Pressure Injury Escalation Pathway

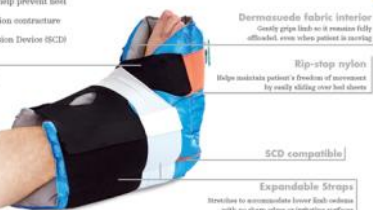
DEFINITION	RISK ASSESSMENT	SKIN ASSESSMENT	LOOK FOR...
A pressure injury (PI) is defined as "a localized injury to the skin and/or underlying tissue usually over a bony prominence".	A Waterlow / Braden risk assessment must be completed. <ul style="list-style-type: none"> On admission to ward & facility Transfer between unit/wards Change in patient's condition Daily if at risk Weekly if not at risk. 	<ul style="list-style-type: none"> During the skin assessment prophylactic dressings such as Mepilex Border Heel and Mepilex Border Sacrum must be peeled back to visually inspect the skin. Document the skin assessment in the patient's eMR notes. 	<ul style="list-style-type: none"> Looking for: Skin (blanching, erythema, moisture, oedema, and skin breaks, skin temperature. Pressure injury- noting stage, location and setting where the pressure injury occurred Implement and evaluated a prevention plan Document findings and actions

• Shield wipes to be utilised for incontinent patients to prevent / manage incontinence associated dermatitis

Prevalon II Heel Boot

- Offloads the heel to help prevent heel pressure injuries*
- Reduces plantar flexion contracture risk**
- Sequential Compression Device (SCD) compatible

Contracture Straps
helps prevent plantar flexion contracture**



No Heel Sacral PI Prevention Required	Mepilex Border Heel / Sacral	Prevalon Heel Lift Boot & Mepilex Sacral
<ul style="list-style-type: none"> • Not at risk score • If dry or cracked skin present – apply moisturiser BID • Use pillows lengthways to elevate heels off mattress if patient unable to regularly move own feet <p>Continue with skin inspection & patient education.</p> <p>Clinical judgment to be used across the pathway with clear documentation of rationale.</p>	<p>Apply to patient if they have 1 or more of the following:</p> <ul style="list-style-type: none"> • At risk score or if unable to self-reposition • Bed rest/ restricted mobility (>48 hours) • Stage I or stage II heel/sacral pressure injury • Confused, delirious or agitated • Bilateral joint replacement • Current / previous pressure injury <p>Additional prevention strategies – examples: regular pressure area care as standard for all at risk of pressure injury heel elevators when not using Prevalon Boot, referrals (e.g. OT, PT, CNC/Wounds, Dietician), bed mechanics, correct manual handling, slide sheet, positioning and patient / care education and involvement in the plan.</p>	<p>Apply to patient if they have 1 or more of the following:</p> <ul style="list-style-type: none"> • At high risk (Waterlow >20 + if unable to self-reposition) • Pressure injury to heel sacrum • High dose inotropes and/or intubated & sedated • Severe leg contractures <p>Additional prevention strategies – examples: regular pressure area care as standard for all at risk of pressure injury heel elevators when not using Prevalon Boot, referrals (e.g. OT, PT, CNC/Wounds, Dietician), bed mechanics, correct manual handling, slide sheet, positioning and patient / care education and involvement in the plan.</p>

Acknowledgement to Sydney LHD- Adapted by FWLHD



Clinical Nurse Consultant (CNC) Led Chronic and Complex Wound and Stoma Outpatient Clinic

FWLHD has been fortunate to receive a Scholarship to support a 20 week pilot CNC Led Chronic and Complex Wound and Stoma Clinic.

The clinic will commence in November 2022 at the Broken Hill Hospital Chronic Care Outpatient Consult Room.

Who we are...

The clinic is led by the Far West Local Health District (FWLHD) Clinical Nurse Consultant (CNC) for Wound and Stoma Management.

What we do...

The clinic provides expert nursing wound and stoma

consultation to the entire Far West LHD, through face to face consultations at Broken Hill Hospital or telehealth appointments.

Patients referred to the clinic will continue with shared wound care between the CNC clinic and the patients Primary Wound Care Service.

Referrals...

Referrals can be made by the patients' Healthcare Professional. Referrals must meet the referral criteria.

People requiring stoma therapy nurse support for a colostomy, ileostomy or urostomy, can self-refer by contacting the CNC Wound and Stoma Management.

Phone: 08 8080 1300.

Gathering of Kindness 2022

The [2022 Gathering of Kindness](#), held between 7 and 13 November, will be the biggest and best one to date.

NSW Health's Gathering of Kindness is celebrated annually during November, using World Kindness Day (13 November) to spark conversations about kindness and compassion.

The Division of Patient Experience and System Performance is thrilled to partner with Illawarra Shoalhaven LHD and the Hush Foundation. Together, they will deliver a hybrid event offering in-person and virtual sessions focusing on connection, creativity, change, collaboration, courage, and contemplation. Check out the [NSW Health 2022 Gathering of Kindness Program](#) and [register now](#).

NSW Health

Small acts of kindness make a big difference.

#Kindness WorksHere

7 - 13 November 2022
Gathering of Kindness Week

Scan the QR code to join in the celebrations and register for events



COLLABORATION | OPENNESS

BRILLIANCE

Nominations

RESPECT | EMPOWERMENT

CONGRATULATIONS

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

Ben Bloomfield
Ben Stellini
Cassie Hawes
Chloe Deighton
Chloe Lingard
Darcie Kavanagh
Day Surgery Team
Dene O'Shea
Elise Pascoe
Emergency Department Staff
Fran Grimm
Grace Matthews
Glynis Damon
Jane Baker
Joe Worgan
Kahlia Liston
Kathleen Prime

Kayla Deller
Keira Boxsell
Kelly Mawes
Kylie Jolliffe
Kyra Tumes
Lauren Pillar
Leah Gillbee
Lilly Brooks
Melanie Chynoweth
Merrawyn Townsend
Michele McKee
Michelle Pearce
Minaben Patel
Morgan Walsh
Ophthalmology Staff
Penny Billings
Phoebe Koch

Richard Shoebridge
Robyn Stewart
Rosemary Martin
Ruben Hillier
Samantha Elliott
Sherree Ferrall
Sherrilee Davis
Theresa Pippin
Tori McManus
Victoria Crook
Wendy Gleeson

September late nominations:
Annabel Carter
Brooke Napier
Health Awards Committee
Jenna Muscat
Lesley Thwaites

Mobile Clinical Communication (MCC) Apps are

NOW LIVE!

- **Teams for Mobile App** – for collaboration “on the go”
- **MedSync App** – is easy and secure for the sharing of clinical images (uploaded to the EIR and attached to the patient medical record).
- Viewing clinical images in the Enterprise Image Repository (EIR).

Training Options – My Health Learning.

Staff can choose from (one of the many) Virtual Sessions (1hr) or enrol into the Online training module (30mins), for a self-paced approach.

Both mediums cover the same content and are ideal for clinicians and clinical support staff.

Site visits have been scheduled at various locations across the LHD. Staff can email enquiries; WNSWLHD-HICT-PMO@health.nsw.gov.au for information.

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**

Far West Local Health District's Project Management Office PMO News Corner

Welcome back to the FWLHD PMO News Corner!

Project Management Mentoring and Support - Drop-In Virtual Huddles

The PMO 'Drop-in v-Huddles' are 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 on the last Monday of every month from 2-3pm and delivered via PEXIP.

No need to RSVP, just drop in whenever you need support for your project.

Scan the QR and dial PEXIP VR Room 4514945 or go to <https://conference.meet.health.nsw.gov.au/webapp/home> and enter the room number.

Project Management Mentoring & Support

Drop-In v-Huddles

Last Monday of every month from 2-3pm via PEXIP

Unpack project-based challenges; troubleshoot solutions, network with people in similar roles and validate your work. Also have an opportunity to set up mentoring sessions

VC Room Number 4514945

No need to RSVP
Drop-in when you need support

FWLHD Ideas Portal

Do you have an improvement, innovation or change idea?

The 'FWLHD Ideas Portal' provides staff with an easy to use platform for raising and scoping ideas/innovations.

Once your idea has been submitted, the PMO will give you a call to provide assistance navigating the next steps towards implementation.

For further information please read the [FWLHD Ideas Portal business rule](#) which can be found on the staff intranet.



Use this QR to tell us your great ideas!

Please contact the PMO if you have any questions via the details below:

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

[FWLHD: ProjectManagementOffice@health.nsw.gov.au](#)

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. Current community of practice members have benefitted from the following:

- Creating strong connections and networks between staff
- Providing a regular and intentional opportunity to share ideas, experiences and resources relevant to change and project management.
- Provide an avenue to share challenges in order to make an improvement such as improve practice, resolve conflict, work towards a solution with the support and knowledge of the group
- Provide staff a safe, shared space where each person's knowledge, experience and input is equal to, and as valued, as each other person in the group

If you would like to join Commu of Practice, contact the PMO.

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**.

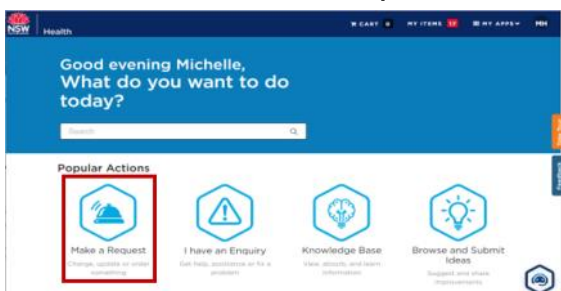
Title	Document Number	Date Issued
Employee Assistance Programs	PD2022_048	04/10/2022
NSW Health Policies and Other Policy Documents	PD2022_047	04/10/2022
Christmas Closedown 2022 – 2023 and Additional Public Holidays 2022	IB2022_034	04/10/2022
Investigation, Review and Reporting of Perinatal Deaths	PD2022_046	26/09/2022
Early Evidence Collection	GL2022_010	28/09/2022

Beware of phishing emails!

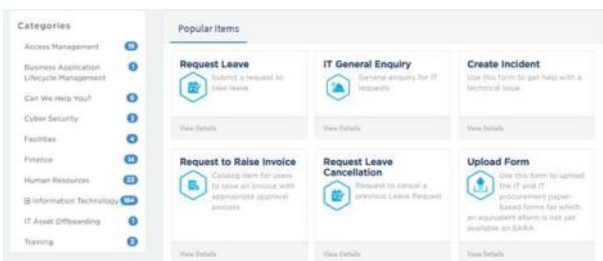
NSW Health has experienced a significant increase in the frequency of phishing emails with malicious attachments. The media frenzy around the recently reported Optus data breach has resulted in further warnings to watch out for increased scam activity including emails, text or phone.

If you receive an email at work and are in doubt, DON'T CLICK but immediately report the email via SARA.

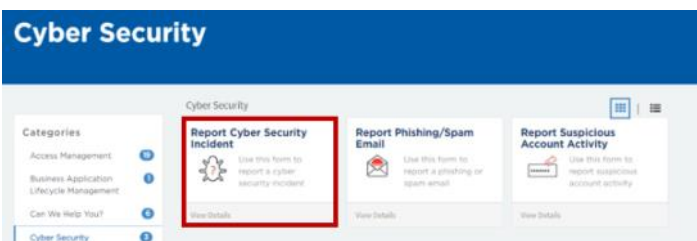
From within SARA select – **Make a Request**



Select **Cyber Security**



Select from the following 3 options
1. Report Cyber Security Incident



Report Cyber Security Incident

Use this form to report a cyber security incident



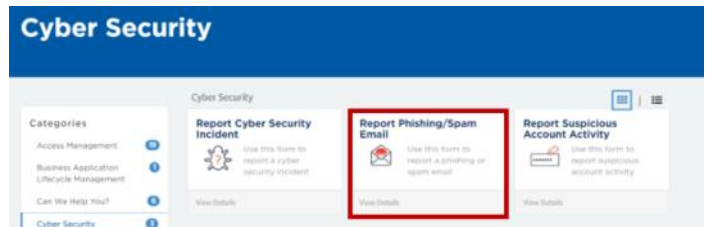
This form is used to report an unwanted or unexpected cyber security event or a series of such events that can compromise business operations. This can include but is not limited to the following:

- Criminal investigations e.g. a request for IT information for police investigations
- HR investigations e.g. a request for IT information in relation to HR cases
- Equipment loss e.g. NSW Health issued laptop has been stolen
- Other cyber security related events or incident inquiries

NOTE: As an additional security measure, we ask that you only enter your contact details and provide a general description of the cyber security event. For example, "potential breach that likely involves health information".

**Please report phishing/spam emails here.

2. Report Phishing/Spam Email



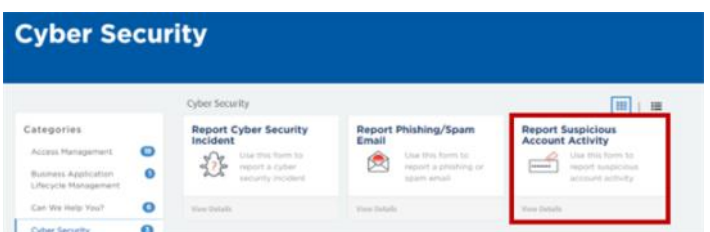
Report Phishing/Spam Email

Use this form to report a phishing or spam email



- Fill in the fields and answer the questions to the best of your ability. This form can only be submitted with all required fields completed including an attachment of the email. Please use the paperclip icon at the bottom right corner of this page to upload the email.
- Please only upload the original email received in .msg format. To save the original email from Outlook and attach it to this form, please follow the instructions in #1002009PS
- If you are unsure or have difficulties using this form, please contact SWSD for further assistance.

3. Report Suspicious Account Activity



Report Suspicious Account Activity

Use this form to report suspicious account activity



- Fill in this form to the best of your ability to report unusual or suspicious account activity.
- Suspicious account activity can include:
 - Unauthorised access to data or passwords
 - Unusual login attempts (e.g. you have received an unexpected one-time-PIN)
- If you are unsure or have difficulties using this form, please contact SWSD for further assistance.