

BSHS NEWS

JULY 2022



THE MONTH IN REVIEW



Meryn Pease (CEO)

It is good to be back at BSHS, after my eight week secondment to assist another regional Health Service. This provided me with an opportunity to support the changes necessary to build an integrated, connected and system wide approach.

Thank you Mary for acting in my role while I was away. You did a fantastic job. I am very proud to be a part of this wonderful organisation.

I would like to commend all staff for how they worked together as a team to respond to the COVID outbreaks at both Beaufort and Skipton, with staff working in tier three PPE. Thank you to those staff who worked additional shifts or extra hours to ensure we had sufficient staff to care for our residents and patients. Thank you to the Hotel Services team at Skipton who, at short notice, stepped up to ensure residents and patients did not go hungry, due to staff shortages.

Feedback from the Grampians Public Health Unit on how we managed the outbreaks was very positive and commended the comprehensive, effective and quick response implemented.

The Board of Directors acknowledge and appreciate the extraordinary steps you have all taken during the outbreaks and in general, during the pandemic. We recognise the levels of fatigue you may be experiencing and sincerely appreciate your commitment and dedication, to your residents, patients, colleagues, the Health Service and the community. An acknowledgment was made via a public announcement in the Pyrenees Advocate and will also go in the Skipton Community News.

The Grampians Public Health Unit have anticipated the process for COVID-19 testing beyond June 30 2022 will be for the community to utilise RATs for the initial diagnosis of COVID-19 and only PCRs will be utilised for symptomatic and vulnerable people in our community. Aged Care and Hospitals will be exempt from this approach. We have submitted a request for additional funding from July-September to continue COVID-19 testing.

Beaufort

28 Havelock St, Beaufort
5349 1600

Skipton

2 Blake St, Skipton
5340 1100



CONNECT WITH US

bshs.org.au

Beaufort and Skipton Health Service acknowledges the Wadawurrung people, as the traditional custodians of the land and their continuing connection to land, water and community.



We pay our respects to them and their culture, and to elders both past and present.



OUR BUSINESS

It was a pleasure to have the Minister for Disability, Ageing and Carers, and Minister for Child Protection and Family Services the Hon. Colin Brooks visit us on Wednesday 29 June, to conduct the official opening of the Beaufort Nursing Home refurbishment. The 18 month project was completed during COVID-19 restrictions from October 2019 to March 2021. The \$1.35 million project was substantially funded through successive Regional Health Infrastructure Fund (RHIF) rounds by Department of Health and Human Services (DHHS) - as it was known then. We also recently had a visit from Louise Staley, Member for Ripon, to discuss the site Master Plan for the Beaufort Campus.

A huge thank you to all staff who have participated in the 2022 People Matters Survey. Your feedback is important to us and this survey is an opportunity to share your views. The more staff that participate in the survey means the greater the reliability of the results. Once the report is released it will be shared with you all. Again, thank you for taking the time to complete the annual survey.

Please take the time to read our monthly newsletter. We put this together every month for you, our staff. It has good information and interesting articles that keep you up to date at BSHS.

Regards Mervyn

BOARD MATTERS



David Lenehan (Board Chair)

The BSHS Board of Directors held their monthly meeting on Wednesday 22 June 2022. This was again a Zoom meeting but we are hopeful of resuming some face to face meetings in the near future.

Director of Clinical Services, Mary Cushing, provided a comprehensive report on the COVID-19 outbreak at Skipton and the COVID-19 and Gastro outbreaks at Beaufort. It was noted the outbreaks had been managed in accordance with our systems and infection control protocols with exceptional commitment and expertise from the staff at both campuses.

The Directors resolved to pass a resolution to "express our sincere appreciation to management and staff for their commitment and willingness to work additional shifts and overtime to support each other in ensuring that outbreaks were managed in a cohesive and effective manner". All are to be commended.

After some stops and starts we were pleased that the Minister for Disability, Ageing and Carers and Minister for Child Protection and Family Services, the Hon. Colin Brooks, could visit the Beaufort Campus on Wednesday 29 June to officially open the refurbished Nursing Home. This was a good opportunity to showcase the upgraded facility and to outline our plans for the additional ensuites in the acute area and construction of a procurement and maintenance workshop. We did of course also familiarise the Minister with the masterplan for the redevelopment and consolidation of services at the Beaufort Campus.

OUR BUSINESS

To further promote the masterplan, Meryn and I recently met with Ms. Louise Staley, Liberal Member for Ripon. It is important in an election year that both the Government and Opposition are made fully aware of the services and facility needs of the Health Service.

The Directors noted advice from the Minister of Health that the Governor in Council had recently approved the 2022 Board of Director appointments. We are pleased that both Tanya Barun and Jo Hall have been reappointed to the BSHS Board and that a new appointee, Lauren Baker will join the Board from 1 July 2022. Each appointment is for a three year term. A Board induction program is being organised for later in July for our new Director and as a refresh for our reappointed and continuing Directors.

Finally, as noted above, the Board appreciates the ongoing commitment by managers and staff and is confident that by working together the communities of Beaufort and Skipton will continue to have access to quality and compassionate care.



Liberal candidate for Ripon, Louise Staley, Board Chair, David Lenehan and CEO, Meryn Pease

Regards David

BEAUFORT NURSING HOME REFURBISHMENT OPENING



Hon. Colin Brooks officially opening the refurbished Nursing Home



Board Chair, David Lenehan, and Hon. Colin Brooks

OUR BUSINESS

INSPIRE PROGRAM

COMMUNICATION & CONSUMER BOARDS

Our Inspire program is a journey of improvement. It is based on the Huron Studer framework that aims to align the organisation's strategic direction, employee and consumer engagement.



COMMUNICATION AND CONSUMER BOARDS

In each department of the Health Service you will find a communication board. This board holds key documents—strategic plan, values, above and below the line behaviours, operational plan etc. The board also has key performance indicators presented in an easy to read format.

A consumer board is located at the main reception in Beaufort and soon Skipton. This has key data, upcoming events, how to provide feedback, COVID-19 updates and profiles of one of our services.



OUR BUSINESS

50 YEARS IN MEDICINE

Jenny Holdsworth (Medical Practice Manager)

Last month, the BSHS Board of Directors, Executive team and staff celebrated and acknowledged Dr. Malcolm Anderson's 50 years in medicine. We celebrated with a morning tea and appreciation gifts were presented to Dr. Anderson.

Dr. Anderson reflected on his experiences and the many changes that have taken place during his time working in Medicine. He can certainly say that he has found that Medicine has been a rewarding and enjoyable career.



Meryn Pease (CEO) and Jenny Holdsworth (Medical Practice Manager) with Dr. Anderson

We congratulate and sincerely thank Dr. Anderson on his fantastic and tireless contribution to our Health Service and community over the past nine years.

LIFE! PROGRAM

Tiana Noether (Exercise Physiologist) and Bronwyn Cuthbertson (Registered Nurse)

The Life! Program is a free community based lifestyle behaviour change program that helps clients improve their eating habits, increase their physical activity and manage stress. The program is offered to participants face-to-face every second week for eight weeks with a follow up at six months and twelve months.

The program is available to Victorian adults aged 18 years and over who:

- Are at risk of developing diabetes or heart disease.
- Have previously been diagnosed with impaired glucose tolerance, polycystic ovary syndrome, gestational diabetes (not currently pregnant), cardiovascular disease, high blood pressure, high cholesterol, chronic kidney disease.

Clients should complete the Australian Type 2 Diabetes Risk Assessment Form (AUSDRISK) to identify if they are eligible. A score of 12 or more is needed to be eligible and a Body Mass Index of 25 or more.

Tiana Noether and Bronwyn Cuthbertson will be facilitating the program.

Feel free to contact them if you would like to refer a client.



OUR CONSUMERS

HAPPY 99TH BIRTHDAY JUNE

Nikki Elliot (Leisure & Lifestyle Manager)

June, one of our Skipton residents, recently celebrated her 99th birthday. In the morning, June enjoyed birthday wishes, presents, cards, bubble blowing, flowers and birthday cake from staff and fellow residents. In the afternoon, June was overjoyed to see her family and to celebrate with them in the community room. June's cousins, nephews, nieces, grandson and great grandchildren visited all afternoon and throughout the next morning. They came from Skipton, Melbourne and Geelong to celebrate June's amazing 99 years which she loved. We hope you had a lovely day June!



NATIONAL DIABETES WEEK - 10-16 JULY



Latest data shows that the rates of Diabetes in our community are almost double state and national rates.

This National Diabetes Week the campaign focuses on challenging diabetes related stigma. Four out of five people living with diabetes have experienced stigma at some point. This can lead to people not sharing their diagnosis or getting the help and support that they need to manage their diabetes and stay well.

Our Credentialed Diabetes Educator, Leonie, can support community members and clients with diabetes. If you are at risk of developing diabetes you may be eligible for our Life! Program.

For more information or to book an appointment call, Beaufort 5349 1600 or Skipton 5340 1100

OUR PEOPLE



Thank You

Beaufort and Skipton Health Service takes this opportunity to extend our sincerest appreciation to our dedicated staff for their ongoing commitment in providing safe and high quality care to our residents, patients and community.

With the challenges experienced through recent COVID-19 outbreaks and general pandemic restrictions, your diligence and dedication has been unwavering. Your work has not gone unnoticed and continues to inspire all who experience your extraordinary level of care.

For this and all you do, we say thank you.

David Lenehan (Board Chair) and Board of Directors
Meryn Pease (CEO)

NAIDOC WEEK - JULY 3-10

National NAIDOC Week celebrations are held across Australia in the first week of July each year, to recognise and celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

This year's theme "Get Up! Stand Up! Show Up!" encourages all of us to champion change while celebrating those who have already driven and led change in our communities.

At BSHS we acknowledge the Wadawarrung people as the traditional custodians of the land that we work on and their continuing connection to land, water and community. We pay our respects to them and their culture, and to elders both past and present.



OUR PEOPLE



Soup for a Cause: Keeping us warm whilst supporting the Ballarat Soup Bus

Every Tuesday in winter we are looking for someone to whip up a soup to share. This will be sold to others for \$2.00 with all proceeds going to the Soup Bus in Ballarat.



There will be a roster set up for staff to nominate when they can bring a soup. You can find this in the staff lunch rooms. We will set up slow cookers in the lunchrooms to keep the soups warm and for people to purchase the soup. Please bring or make onsite a large batch to allow more people to have the winter warmers 😊

Payment will be by honour system. Let's make a difference in others' lives whilst warming our belly's through the cold winter months.



OUR PEOPLE

STAFF SPOTLIGHT

Chris Hayman

S O C I A L W O R K E R

How long have you worked at BSHS?

I have worked at BSHS since April this year.

How often do you work?

I work four days a week. Monday, Tuesday and Thursday's in Beaufort and Wednesday's in Skipton.

What does your role involve?

Practical support provision for clients. Assisting with NDIS, MY Aged Care, Centrelink, general social work and active assessment of psychological issues. I also work with Rhonda Hocking as a team to cover deeper ongoing counselling and support needs.

Favourite thing about your role?

The valuable opportunity to work with and gain experience and insight from the wide range of skilled and proficient staff including acute, primary, community, nursing and medical professionals.

What are you looking forward to in your new role?

The opportunity to be involved in a dynamic and developing Health Service as it responds proactively, creatively and positively to community needs.

What do you enjoy doing when you're not at work?

I try with little success to do research and deep reading and writing on topics of interest to me. I also try to do things on the 100 acre rural block that we own, including looking after animals, fencing, planting and prepping to build a house on the site over time.

Three things you can't live without?

Family and as moderate as possible amounts of cheese and wine.



OUR PEOPLE

BSHS People & Culture Committee would like to invite you to come along for an evening of dancing, singing and fun with RENT.



Presented by Ballarat Light Opera Company – Music Theatre

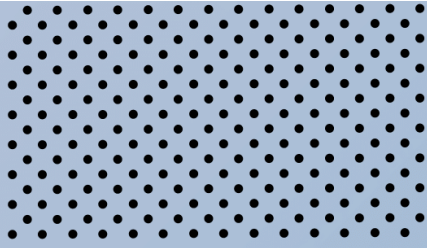
**Thursday 18th August,
Terminus Theatre @ The Goods Shed**

Lydiard Street North, Ballarat

**To confirm your ticket, payment must be paid in full to
Finance team by 12 August**

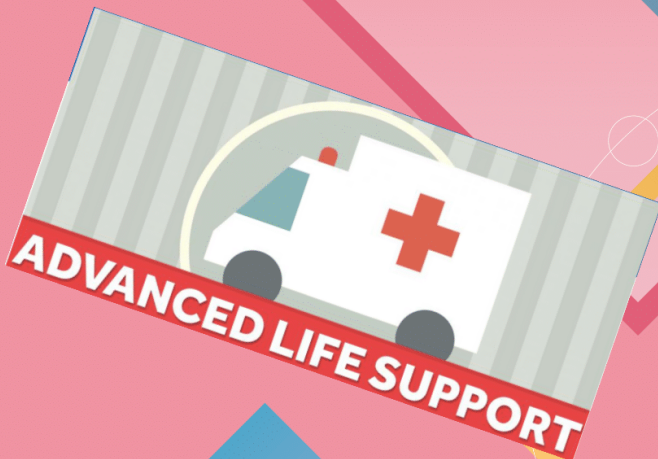
Tickets are: \$ 47.00 per person

OUR PEOPLE



ALS TRAINING DAY

FOR STAFF NEW TO ALS AND THOSE
▶▶▶ LOOKING TO REFRESH



Wed
3rd
August

Skipton Activities Room

0830 - 1630

Please check with you Manager and advise the Education Team if you wish to attend.

BYO food and drinks for the day.

OUR PEOPLE

EXECUTIVE SAFETY WALK ROUNDS

As part of the BSHS commitment to patient and staff safety, an Executive Safety Walk Round team will visit the

Beaufort Hostel
Tuesday 12 July
11:00am

JULY EDUCATION CALENDAR

July 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
					Huddle Hop – Adds Chart	Huddle Hop – Consumer Story – Glen’s Story
3	4	5	6	7	8	9
Huddle Hop – NAIDOC NAIDOC Week	Huddle Hop – Standard 4 - medications Georgie In service – NT Indigenous Nursing - BFL	Huddle Hop – Best possible medication reconciliation Georgie In service – NT Indigenous Nursing - Skip	Huddle Hop – Medication Management Plan	Huddle Hop – discharge planning	Huddle Hop – APINCH	Huddle Hop – AMS
10	11	12	13	14	15	16
Huddle Hop – Medication Rights	Huddle Hop – standard 5 – comprehensive care National Diabetes Week	Huddle Hop – Diabetes – the difference between type 1 and type 2	Huddle Hop – Diabetes testing when, why and how	Huddle Hop – Insulin – which do we give and when	Huddle Hop – Living with the stigma of diabetes	Huddle Hop – what does a diabetic diet look like?
17	18	19	20	21	22	23
Huddle Hop – the acute insulin chart	Huddle Hop – Standard 6 Communicating for Safety	Huddle Hop – Clinical Handover – why we It’s important	Huddle Hop – ISBAR	Huddle Hop – Bed Side Handover	Huddle Hop – Handover in clinical escalation	Huddle Hop – International #HelloMyNameIs day
24	25	26	27	28	29	30
Huddle Hop – AIDET – what and why	Huddle Hop – standard 7 Blood and Blood products	Huddle Hop – filling in the charts for blood and blood products	Huddle Hop – mini mental examinations	Huddle Hop – Medication Newsletter – Lagevrio and Paxlovid	Huddle Hop – accountability for admissions	Huddle Hop – Consent
31	1	2	3	4	5	6
Huddle Hop – Month in Review						

The education calendars have been completed for the rest of the year.

If you want to see what is going on, you can access the calendars through the education link on the intranet.

Please be mindful that topics may change to meet staff and organisational needs.

OUR PEOPLE

EDUCATION UPDATE

Kim Stevens (Learning & Development Manager)

We are excited that Georgie is back this month after having an amazing time on placement in the Gunbalanya community in the Northern Territory. Georgie will be sharing her learning and experiences with all of us.

Huddle Hops continue and I am thrilled at the way you have all embraced them as a learning opportunity. If you have not read and signed the Huddle Hops, can you please do so. These form part of our evidence for accreditation. We will be putting out a survey and asking questions about the Huddle Hops and how they have impacted your practice. This is for evaluation, improvement and reflection, so we really appreciate if you complete these and be honest in your answers.

Huddle Hops will now be made available in the CWA room for clinical staff that do not access them in the hospital. Please read and sign.

Our Graduate Nurses have rotated again. We welcome Shayla back to Skipton, Jack to Beaufort and wish Erin all the best for her rotation within the Emergency Department at Grampians Health - Ballarat.

2023 Graduate Nurse Transition to Practice Program applications are now open. For more information or to apply visit bshs.org.au/careers/job-alerts.html

The Education team would like to acknowledge our amazing staff in relation to supporting our students during the recent COVID-19 and Gastro outbreaks. The students told us how thankful they are providing feedback such as "I have learnt so much through this COVID experience" and "learnt more than they expected". This was a really tough time and the way the team pulled together was truly inspirational.



Georgie with Lazareth, on her placement in the NT



Jane and Kim at the Federation University open day

OUR PEOPLE

BEEF AND VEG SAUSAGE ROLLS

Recipe

Ingredients

Olive oil spray
 1 medium zucchini, grated and liquid squeezed out
 2 large carrots, grated
 1 stick celery, finely diced
 1 clove, garlic
 350 g—5 star beef mince
 8 sheets filo pastry
 2 tsp margarine, melted



Method

1. Pre-heat oven to 180°C. Line a baking tray with baking paper.
2. Spray a non-stick fry pan with olive oil and add zucchini, carrot, celery and garlic. Cook on low until vegetables have softened - don't allow to brown.
3. Add vegetables to a large bowl with the mince and mix well.
4. Divide the mixture into 8 and shape in 8 sausage roll shaped pieces.
5. Unroll the filo pastry sheets with the short end nearest to you. Brush the top one lightly with margarine.
6. Place one of the mixture pieces on the filo, fold the edges and roll up. Brush with a little more margarine to seal. Repeat with the rest.
7. Place on the baking tray and bake for approximately 20-25 minutes or until the pastry is golden and crispy and the meat is cooked through.

SOUP FOR A CAUSE

Kim Stevens (Learning & Development Manager)

This month we saw the start of Soup for a Cause. Every Tuesday both sites will have soup for sale for \$2 a bowl.

All funds raised will go to the Soup Bus. So far we have raised more than \$150.

If you would like to put your name down to make a soup to bring to share with everyone, please fill in the flyer that can be found in the staff rooms at both Beaufort and Skipton campuses.

Thank you to every one who has been involved so far in warming our belly's through the cold winter months and making a difference in the lives of others.



Allied Health Assistant, Anna Johnson, enjoying the Chicken and Corn soup at Skipton

OUR QUALITY & SAFETY

ACCREDITATION

Andrea Flenley (Nursing Director of Quality & Safety)

From 9-11 August BSHS will undergo accreditation to meet the National Safety Quality Healthcare Standards (NSQHS) for our Acute Care and Allied Health Services. Accreditation is the process of making sure a service meets a set of standards. It is undertaken by an independent assessor and generally occurs every three years.

There are eight NSQHS Standards that include 151 actions. They describe the standard of care that consumers should expect to receive from a health service organisation.



Clinical Governance

Ensures there are processes to maintain and improve the reliability, safety and quality of healthcare.



Partnering with Consumers

Ensures consumers are partners in the design, delivery and evaluation of healthcare systems and services, and they are supported to be partners in their own care.



Preventing and Controlling Infections

Ensures processes are in place to prevent and control infection, and support antimicrobial stewardship, as well as the sustainable use of infection prevention and control resources.



Medication Safety

Ensures clinicians safely prescribe, dispense and administer appropriate medicines, and monitor medicine use. It also ensures consumers are informed about medicines, and understand their own medicine needs and risks.



Comprehensive Care

Ensures that consumers receive comprehensive healthcare for their individual needs. It considers the impact of their health issues on their life and wellbeing and it ensures risks to patients during healthcare are prevented and managed.



Communicating for Safety

Ensures there is effective communication between patients, carers and families, multidisciplinary teams and clinicians, and across the health service to support continuous, coordinated and safe care for patients.



Blood Management

Ensures patients' own blood is safely and appropriately managed, and that any blood and blood products that patients receive are safe and appropriate.



Recognising and Responding to Acute Deterioration

Ensures acute deterioration in a patient's physical, mental or cognitive condition is recognised promptly and appropriate action is taken.

OUR QUALITY & SAFETY

ACCREDITATION

Accreditation is met when the safety and quality systems that support safe and good quality care are in place, and risks of harm are identified and managed.

An accreditation assessment involves an onsite visit by assessors who are independent of the Health Service. They look for evidence that each action in the Standards has been implemented. Assessors examine the evidence of actual performance by reviewing hospital performance data, documentation and records, observing clinical practice, inspecting resources, testing high-risk scenarios and interviewing the workforce, patients and consumers.

Getting ready for accreditation means knowing

- The processes and structures that are used at BSHS to help keep people safe and improve the quality of the health care they receive
- How we involve consumers, patients and family in care and the design of the health service
- What improvements have occurred in your area
- How to respond to emergencies
- How to report an incident, hazard or near miss
- How to find the policies and procedures that support work practices
- How you involve consumers in their care
- How consumers feedback to the organisation

PROMPT NEW AND UPDATED POLICIES

UPDATED POLICIES

- BSHS Environmental Management Plan
- Continuous Quality Improvement Procedure
- Incident Management Policy & Procedure
- Incident Notification and Investigation Flowchart
- Intravenous Therapy Management
- Urinary Tract Infection Management
- Sentinel Event
- Restrictive Practices Policy
- Records Management Guideline
- Record Management Policy
- Extreme Weather Procedure

NEW POLICIES

- PROMPT Document Flow Chart

