

BSHS NEWS

SEPTEMBER 2022



THE MONTH IN REVIEW



Meryn Pease (CEO)

It is good to see that Spring is on its way, I am sure we are tired of the Winter cold and rain.

I want to thank you all for your participation in the Acute National Standards Accreditation Survey conducted 9-11 August, by two surveyors. There were eight standards, or 193 action items assessed over the three days.

At the summation session, the surveyors provided this feedback:

- Thank you to the staff for being so willing to share their knowledge and skills. The staff have been wonderful and they know their stuff.
- The Health Service is well coordinated, connected and friendly.
- There is a good culture of reporting incidents.
- There is excellent evidence, policies and procedures across the standards.
- In the organisation the leaders lead and there is a good learning culture.
- We loved the Huddle Hops and had not seen that elsewhere.
- The standard of the forms and policies were excellent and we should promote them to other organisations.
- The organisation wide systems are connected.
- As leaders we should be proud of the organisation.

While we will not get our survey report for 8-10 weeks, the surveyors provided us with some comments on possible recommendations (3) and suggestions (1).

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

These related to consumer representative education, some fine tuning on clinical documentation relating to blood, informed financial consent process and the suggestion to implement Dementia screening in the Urgent Care Centre.

This survey demonstrated all the hard work that everyone has done over the past three years and was a celebration of what we have achieved so far. Like all surveys, it is a continuous process of improvement.

This is a fantastic result and one that we should all be proud of. Thank you again for all your hard work, it was clearly visible to the surveyors.

The Aged Care Reforms emanating from the Royal Commission into Aged Care Quality and Safety are progressing, with two new pieces of legislation passed. In general, the feel is that there will be increased compliance and reporting required from all Residential Aged Care facilities.

From August, if we require an ambulance for a resident, Ambulance Victoria (AV) will activate their Residential Aged Care Enhanced Response (RACER) pathway. Under RACER, a Referral Services Triage Practitioner will request an ambulance or, where appropriate, will refer residents to alternative services such as Residential-In-Reach or the Victorian Virtual Emergency Department (VVED). Further information is available on the Ambulance Victoria website, www.ambulance.vic.gov.au/the-racer-pathway.

Thank you for taking the time to read our 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 24 August 2022. There were a number of reports to be considered including the results of the recent People Matter Survey, the Auditor General's end of financial year report and a report on the recent Accreditation Survey.

In relation to the People Matter Survey, it is pleasing to note that BSHS has once again achieved strong results despite the challenges of the past year due to COVID and flu outbreaks which have placed significant additional pressure on management and staff across all areas of the service. The results will be analysed by the Leadership Team and People and Culture Committee and an action plan developed to address any areas of concern.

Representatives from the Victorian Auditor General's office attended the meeting and reported on the 2021/2022 financial accounts.

OUR BUSINESS

The report was very complimentary regarding the accuracy and presentation of the BSHS financial accounts and the Board commended Chris Nykoluk and the Finance Team on meeting all the requirements of the Auditor General and the Department of Finance Accounting Standards.

A number of Directors together with management and staff participated in the ACHS Accreditation Survey undertaken during 9-11 August. Both surveyors described the Health Service as well coordinated, connected and friendly with a good learning culture and strong leadership team. I attended the summation conference where the surveyors were extremely complimentary about the quality and coordination of services and particularly the dedication, commitment and cooperation of staff across all areas of the service. On behalf of the Board I would like to congratulate management and staff on a successful Accreditation result and we can look forward to a very positive report which will be finalised by the Accreditation Council in the next few weeks.

On a sadder note, Director Dr. Daniel Terry announced he will be resigning his position on the Board of BSHS to take up a new appointment with the University of South Queensland. Daniel has made a valuable contribution during his time on the Board particularly in the area of Clinical Governance. We congratulate him on his new appointment and wish him and his family all the best on the move to Queensland.

In closing, I would like to once again, thank my Board colleagues, management and staff for their continued commitment to the health and wellbeing of our communities.

Regards David

OUR BOARD DIRECTORS



**David
Lenehan**

Board Chair



**Dr. Marg
Way**

Deputy Chair



**Tony
Edney**



**Tanya
Barun**



**Jo
Hall**



**Nigel
Jarvis**



**Lauren
Baker**

BSHS Board of Directors are an integral part of the Health Service and are made up of dynamic members of our community who have demonstrated a commitment and understanding of excellent corporate and clinical governance and strategic planning expertise. Our Board of Directors meet monthly. Directors are also members of Board Sub-Committees that oversee various areas within the Health Service.

Our Sub-Committees include, Clinical Governance Committee, Credentialing and Clinical Scope of Practice Committee, Medical Consultative Committee, Finance Audit and Risk Management Committee, Board Development and Remuneration Committee, Community Advisory Committee and the Project Control Committee.

OUR BUSINESS

INSPIRE PROGRAM

STAFF RECOGNITION

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.



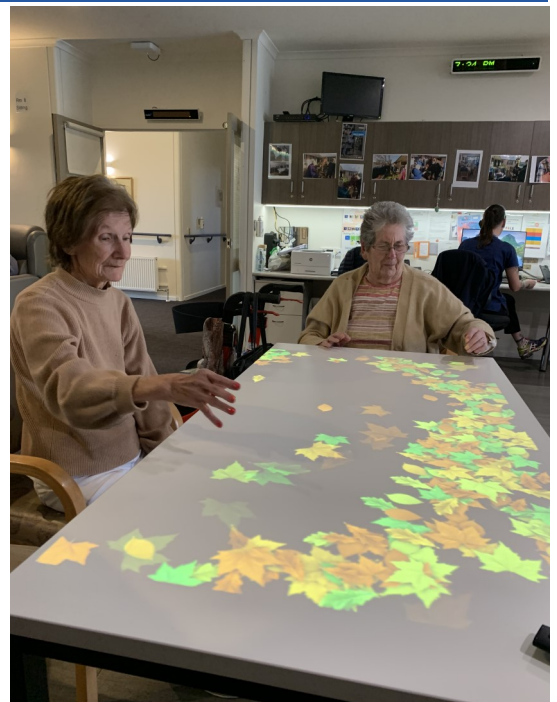
STAFF RECOGNITION

A strength of staff recognition is that your peers are acknowledging your good work and explain why this is important. Recognising and rewarding success ensures that great work doesn't go unnoticed and focuses on positive behaviours. This assists with building a safe, respectful and harmonious workplace, resulting in constructive teamwork and quality healthcare. Recognition can be a simple and direct thank you from your manager or colleague, it could be an email from another manager or Executive, or it could be a thank you note. All recognition includes what you have that is exceptional, why it is important and how this links to our values.

BENEFITS OF THE TOVERTAFEL TABLE

The Tovertafel table provides many health and wellbeing benefits to our residents, particularly those with dementia.

- Increases physical activity
- Increases hand eye coordination
- Increases residents confidence
- Increases social relationships
- Assists residents to stay focused
- Improves mood
- Increases quality of life
- Builds staff and resident relationships



OUR CONSUMERS

MEET OUR RESIDENTS - GWEN SLATER

Gwen has been in Skipton's MacKinnon Nursing Home since June 2017.

Gwen was born in Skipton and has lived in and around Skipton for all of her life. She has five brothers and two sisters, all of whom she got on well with. They would all have the usual sibling disagreements one minute but be sticking up for each other the next!

When Gwen was growing up she used to like riding horses, mucking about with her siblings and friends over at the tennis courts or down in one of the deep swimming holes of the Mt. Emu Creek. Sometimes they would ride the horses over to Beaufort and back. They would have to be careful not to get thrown off as it was a long walk all the way home.

While growing up Gwen would have to ride the cows around and bring them in for milking each morning and evening. She used to separate the cream from the milk and deliver the milk around town, before and after school.

After school Gwen worked at the Skipton Post Office as a telephonist. When the caller would ring she would answer with "number please" then connect them to who they wanted to talk to.

When Gwen got married, her husband and herself lived on Langi Willi Station where her husband worked. Gwen enjoys a roast and something sweet, especially homemade. She always enjoys listening to music, especially Country and Western. She would love to go for a horse ride again, but is not sure that her body would.



BIRTHDAY MILESTONE

This month, Beaufort Nursing Home resident, Sheila Hunter, celebrated her 103rd birthday.

Sheila is the oldest resident across both our Beaufort and Skipton campuses, often spending her time in her favourite spot on the courtyard veranda.

Sheila celebrated with an afternoon tea with family, residents and staff.

The Melbourne Football Club gifted Sheila with a letter and jumper signed by all players.



OUR CONSUMERS

OUR RESIDENTS



Bill, Clive, Isobel, Sheila and Gwen enjoying the winter sun.



Our Skipton residents enjoyed making Balls of Blooms and will finish them off next month.

OUR CONSUMERS

OUR RESIDENTS



Gwen celebrated her birthday and enjoyed getting her hair and makeup done by Caitlin.



Residents enjoyed having Muriel's daughters eight week old rabbits visit.



Residents enjoyed a visit to Rhonda Cowell's farm

OUR PEOPLE



Health checks for women

Your guide to what you need and when.

Who can help?
 Your GP
 National Cancer Screening Register: 1800 627 701
 BreastScreen Australia: 13 20 50
 Your pharmacist, optometrist and dentist

Blood pressure check	Every two years from age 18 or more often if at increased risk.
Cholesterol check	Every five years from age 45 (age 35 for Aboriginal and Torres Strait Islander women). May be earlier/more frequent depending on family history and personal risk factors – speak to your GP.
STI screening	For sexually active women of all ages, speak to your GP about how often to screen for sexually transmissible infections (STIs). Women under 30 may need screening at least once a year.
Pre-pregnancy care	As needed , when women are of childbearing age.
Breast self-check	Once a month for women of all ages. Get to know the normal look and feel of your breasts. Speak to your GP if you notice any unusual changes.
Breast cancer screening mammogram	Every two years from age 50–74. Women with higher risk or family history of breast cancer may need to screen earlier/more often – speak to your GP.
Heart health check	At least every two years from age 45 (age 35 for Aboriginal and Torres Strait Islander women).
Diabetes screening	At least every three years from age 40. May be earlier/more often for women at higher risk and those who are pregnant – speak to your GP.
Bone health (fracture risk) review	Once a year from age 45 or post-menopause. Depending on bone health and risk of fracture/osteoporosis, your GP may suggest a bone density scan (DXA) every two years.
Cervical screening (formerly Pap smear)	Every five years from age 25 to 70–74. If you started having sex after age 25, screening starts two years after you were first sexually active.
Bowel cancer screening	Every two years from age 50 for the general population. Women at higher risk may need to screen more often and with other tests – speak to your GP.
Skin check	Perform regular self-checks , looking for new/changed spots. Speak to your GP if you notice anything suspicious.
Mental health check	If you are experiencing symptoms such as sadness, irritability, fatigue or anxiety; have had changes to your eating or sleeping habits; or have any other mental health concerns, speak to your GP.
Dental check	At least once a year for women of all ages. Dentist to advise if more frequent check-ups are needed.
Eye test	From age 65 if you notice vision problems. Speak to your GP if you have a family history of glaucoma.
Hearing test	Once a year from age 65.
Vaccination review	At least once a year for women of all ages.

Regular health checks help to prevent and detect diseases early, often when they can be more easily treated. This information is provided as a general guide. You may need other or more frequent checks. If you notice blood in your poo or urine; pain or a lump in your breast; nipple discharge; bleeding after sex or between periods; or anything else unusual or concerning, don't delay – speak to your GP.

Jean Hailes is supported by funding from the Australian Government.
 Artwork by Tam Bower.
 © Jean Hailes for Women's Health 2022



womenshealthweek.com.au



OUR PEOPLE

NEW EXERCISE EQUIPMENT

We are very grateful for the funding received from the Pyrenees Shire Council Community Grants Scheme. This has allowed us to purchase a new piece of exercise equipment to be used with our patients and community clients.

The cable pulley machine at Beaufort will assist a greater range of rehabilitation and exercise programs to be developed. It will help clients to reach their goals, build muscular strength, improve bone density and improve their overall body movement through regular use.

It is an exciting addition that will enhance the rehabilitation and Exercise Physiology services we are able to offer our clients.

Pictured is one of our community clients, Patrick Watson, using the pulley machine as part of his ongoing exercise rehabilitation with Exercise Physiologist, Tiana. The cable pulley machine has helped Patrick to work on increasing his muscular strength and endurance.



WORLD HEART DAY - SEPTEMBER 29

This World Heart Day we want you to take the time to book in for a Heart Health Check.

If you're aged over 45, or over 30 if you're of Aboriginal or Torres Strait Islander descent, you should book your Heart Health Check today.

Your GP can support you to make positive changes to lower the risk of heart disease.

You can also use the Heart Foundations Heart Age Calculator to see if you are at risk of heart disease.

Visit

prod.heartfoundation.org.au/heart-age-calculator.



Almost 13 million
Australian adults have
three or more risk factors
for heart disease

OUR PEOPLE

SEPTEMBER EDUCATION CALENDAR

September 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
				Huddle Hop – Falls	Huddle Hop – polypharmacy in Residential Care	Huddle Hop – risk of falls
4	5	6	7	8	9	10
Huddle Hop – Women’s Health Week	Huddle Hop – Prevention of falls	Huddle Hop – taking care of your back Ax post fall– Jane Bft 1400	Huddle Hop – manual handling principles Ax post fall– Jane Skp 1400	Huddle Hop – mini mental examinations	Huddle Hop – cognitive impairment	Huddle Hop – World Suicide Day
11	12	13	14	15	16	17
Huddle Hop – Activities for the family these holidays	Huddle Hop – Restrictive practices	Huddle Hop – AIDET – what is it Head Inj Mx – Jane Skp 1400	Huddle Hop – My responsibilities in AIDET Head Inj Mx – Jane Bft 1400	Huddle Hop – Scenarios with AIDET	Huddle Hop – de-escalation	Huddle Hop – talking care of self
18	19	20	21	22	23	24
Huddle Hop – R U Ok day	Huddle Hop – Duty of candor – what is it	Huddle Hop – engaging the person with dementia	Huddle Hop – what are the unmet needs in dementia	Huddle Hop – Medication Newsletter – Opioids	Huddle Hop – How support cements a community AFL GRAND FINAL	Huddle Hop – AFL GRAND FINAL
25	26	27	28	29	30	1
Huddle Hop – International Dementia week	Huddle Hop – working with dementia	Huddle Hop – definitions of dementia	Huddle Hop – managing behaviours without medication	Huddle Hop – World Heart Day – heart health	Huddle Hop – Month in review	

** Education subjects are fluid and may change to meet the requirements of staff or the organization.

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.

PLANNED SURGERY REFORM SURVEY

The Victorian Government is engaging community members to take part in the planned surgery reform survey.

Visit engage.vic.gov.au/reforming-victorias-elective-surgery-system to complete the survey. The survey is open to all members of the public until 12 October 2022.

This is an opportunity to contribute to reform that improves patient outcomes and experiences across the planned surgery system.

OUR QUALITY & SAFETY

RECYCLING INITIATIVES

Darren White (Corporate Services Manager)

→ Battery Recycling

We have placed small bins in the photocopy rooms at each campus for all batteries to go in. The batteries will then be dropped to local recycling centres.

Recycling batteries keeps toxic materials out of landfill where they can contaminate the soil and groundwater. It also ensures the valuable materials in batteries are recycled into something new, which reduces the amount of finite natural resources used in the production of new batteries.



→ Paper and Cardboard Recycling

We have placed paper recycling boxes alongside all photocopiers for all general paper waste to go into. We are also aiming to reduce the amount of paper that is placed in the red confidential bins. The red bins are to be used only for confidential waste that contains personal information.

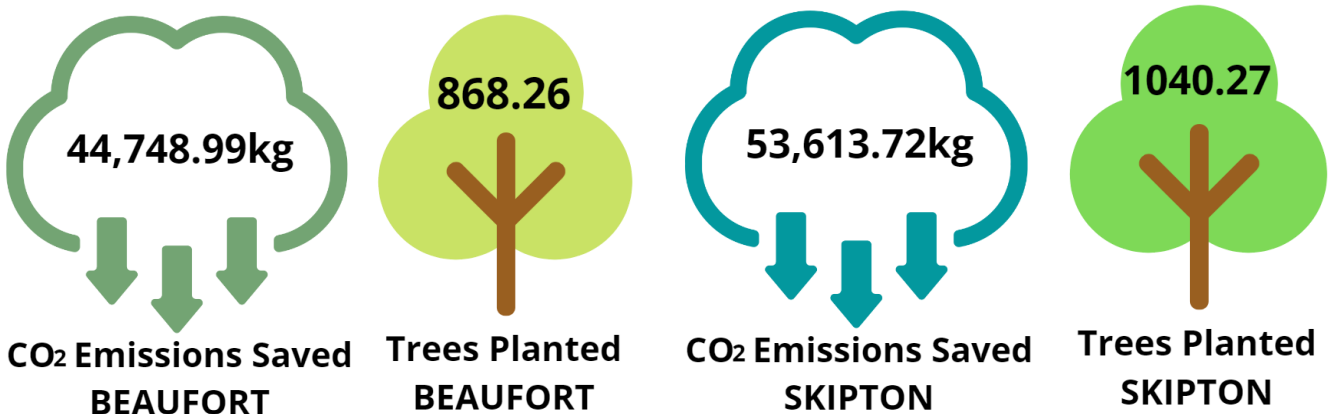
We are also separating our cardboard into its own recycling bin. By doing this we are having a positive impact on the environment and improving our environmental sustainability.



ENVIRONMENTAL UPDATE

Darren White (Corporate Services Manager)

Since the installation of solar Panels in September 2020 at both Beaufort and Skipton campuses, we have had a positive impact on the environment. This is calculated by multiplying the systems energy production with CO2 and trees planted factors.



OUR QUALITY & SAFETY

BLACK BEAN QUESADILLA

Recipe

Ingredients

Olive oil, spray
 1/2 onion, sliced
 1/2 red capsicum, sliced
 1/2 cup no added salt black beans, drained
 1/4 tsp garlic powder and onion powder
 1/2 tsp paprika
 2 tsp ground cumin
 1/2 cup water
 2 avocados, peeled and sliced
 1/2 bunch coriander, chopped
 1/2 lemon, juiced
 4 wholemeal tortillas or wraps
 1 tomato, diced
 1 cup reduced-fat cheddar cheese, grated



Method

1. Spray a non-stick fry pan with olive oil and heat over medium-high heat. Saute the onion and capsicum for 2-3 minutes or until tender. Add the black beans, garlic powder, onion powder, paprika and cumin. Add the water to the pan. Stir and cook for another minute. Transfer mixture into a small bowl and set aside.
2. In a small bowl, mash the avocados with a fork and mix in the coriander and lemon juice, season with salt and pepper.
3. Spread a quarter of the mashed avocado over half the tortilla. Top with bean mixture, tomatoes and cheese. Fold the tortilla closed over the vegies. Repeat until all tortillas are filled and all the filling is used.
4. Rinse and wipe down the fry pan and return to heat. Spray with light layer of oil.
5. Pan fry on medium-high heat for 2-3 minutes per side or until the outside is crispy and the cheese has fully melted. Serve with light sour cream.

HEALTHY CHOICES

In April 2021 the Department of Health introduced a Healthy Choices Policy Directive for all public hospitals and health services. This means that all public hospitals and health services must follow the Healthy Choices Guidelines. Drinks, meals and catering will be assessed separately. We recently submitted our drinks report to the Department of Health and have met all policy requirements. Meals and catering will be reported on in September 2023. In preparation for this, we are standardising what is contained in a salad and a sandwich that are available for staff to order from each site.

Salads and sandwiches will contain

- Ham or cold meat
- Tomato
- Grated carrot
- Beetroot
- Lettuce
- Cucumber
- Sliced cheese
- Boiled egg

