

BSHS NEWS

FEBRUARY 2022



THE MONTH IN REVIEW



Meryn Pease (CEO)

Welcome to our first edition for 2022. I hope you all had a lovely Christmas and New Year, with our eased COVID-19 restrictions. The Omicron variant is certainly spreading rapidly. When we look back at what was happening 12 months ago—such as the new Department of Health Vic, contract tracing, COVID testers, mandated COVID vaccination for healthcare workers, the establishment of the Grampians Public Health Unit. They all seem so far away and is possibly a reflection of how rapidly change has continued and how we have had to adapt to the challenges from the changing environment.

A new pandemic order came into effect from 12 January 2022 requiring all aged care healthcare workers to receive a COVID-19 third (booster) dose, recognising the critical role that vaccination plays in the safety of both the residential aged care workforce and residents.

If you are eligible to receive the third dose you are required to receive the booster by 12 February. If you are not eligible to have the

booster by this date, then you are required to have the booster dose by 29 March 2022. If you have not had your third dose yet, then please book in at the Skipton Medical Clinic or the vaccination clinic at Beaufort. If you are having the booster dose privately, please provide your manager with evidence of the vaccination.



Social Worker, Yvette Sarra, getting her booster from Infection Control Coordinator, Christina Morvell

Beaufort

28 Havelock St, Beaufort
5349 1600

Skipton

2 Blake St, Skipton
5340 1100



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OUR BUSINESS

Thanks to Erica for coordinating the survey for Our Be Well, Be Safe Healthcare Worker Wellbeing program. This program aims to ensure healthcare workers have wellbeing support during the COVID surge over the coming months. From your feedback and suggestions we have purchased additional microwave ovens and larger refrigerators for staff meal areas. Phone charging stations were allocated before Christmas. While, last week, we advised of the reimbursement program designed to encourage and support healthy lifestyles for BSHS employees. The program covers expenses for a variety of eligible wellness activities such as gym memberships, fitness classes, massages, fitness equipment including fitness footwear, up to the value of \$50. I would encourage you all to access this program. Please talk with Erica or your manager if you have any queries.

Thank you for your continued dedication and commitment to the Health Service and for keeping our community safe as we move to a COVID normal environment. I know the community appreciates the support and guidance provided by the Health Service.

This hot weather has presented some challenges for keeping out patient and administration areas cool. This has highlighted a broader issue across the Health Service, with HVAC (air conditioning) systems in general. I would appreciate your thoughts on where you see improvements are needed to ensure resident, patient and staff comfort.

I am sure that we will have a fantastic

2022 that assists us to deliver on our vision of being a vibrant provider of care.

Please let me know your ideas on how we can improve our service or what you think we are missing.

Regards Mervyn

BOARD MATTERS

David Lenehan (Board Chair)



The last BSHS Board of Directors meeting for 2021 was held at Beaufort as a Zoom meeting on 16 December with all Directors in attendance. At the conclusion of the meeting I thanked the Directors for their support, engagement and contribution to their governance responsibilities throughout the year. The Directors also expressed their appreciation to the CEO and Executive Team for their leadership and the quality of the documentation and reports that are provided to the Board every month.

I think it is fair to say at the time there was some optimism that with high levels of community vaccination and the easing of restrictions and lockdowns, we would be moving towards a more COVID normal existence in 2022.

Unfortunately with the arrival of Omicron we are going to be facing ongoing challenges for the foreseeable future. This new COVID variant has infected many thousands of people across Australia and has placed immense pressure on hospitals and health services, in particular.

For the first time in Victorian history an "Emergency Code Brown Alert" has been activated across all Metropolitan and large Regional Health Services. The Code Brown activation is in response to increased

OUR BUSINESS

COVID-19 hospitalisations coinciding with the loss of thousands of health staff due to infections and/or isolation rules. It seems like there is still a long way to go with this virus.

On a much more positive note, I am pleased to announce that our CEO, Meryn Pease has entered into a new five year employment contract with BSHS. Since Meryn's appointment on 25 February 2019, she has demonstrated strong and inclusive leadership to address the culture and financial difficulties being experienced by the Health Service. In particular the extra demands associated with managing our response to the COVID-19 pandemic.

The Directors are confident in Meryn's ability to lead the Health Service going forward and were unanimous in their support for the new employment contract.

In closing, I would like to congratulate Meryn on her reappointment. On behalf of the Board I express our appreciation to management and staff for your ongoing commitment to the provision of quality, customer focused care and look forward to working with you in 2022.

Regards David



Nicole Clarke (Nurse Unit Manager—Beaufort)

On 1 February, our Beaufort staff celebrated 100 days of no pressure injuries! A huge achievement, well done to our staff!

Over the past months staff have successfully implemented a 'Pressure Injury Prevention Program' that involved identifying those at risk of developing a pressure injury. Staff attend to these residents every two hours and they have a check list to sign off for the care they have attended to for the resident. Our staff have been amazing in implementing the program with enthusiasm! I give my utmost thanks to our team.



A BIG WELCOME TO OUR NEW STAFF!

Jack Landwehr

Registered Nurse Graduate

Erin Ward

Registered Nurse Graduate

Cailin Kennedy

Enrolled Nurse

Gemma Abraham

Enrolled Nurse

Natasha Dalgleish

Enrolled Nurse

Steph Zahra

Finance Support Officer

OUR CONSUMERS

Introducing George Lines

Nicki Elliot (Skipton Leisure & Lifestyle Team)

My name is George Lines and I moved into Skipton's Brigadoon Hostel in 2017, following the death of my wife Robyn.

I was born in Adelaide and am of British decent. My paternal ancestor arrived in Tasmania when the government were offering 25 acre blocks. He applied for and was granted many of these blocks, where he ran sheep. He also applied for "ticket of leave" men whom he employed as farm hands. These men had been released from their convict imprisonment and could work and live in the community as long as they remained on the correct side of the law.

My maternal ancestor was elected Premier of Tasmania. In this position she fought the British government to stop the traffic of convicts, and eventually succeeded.

My first regularly paid job was as a research officer in the South Australian Department of Agriculture in Mount Gambier. As I grew in knowledge I became a Farm Advisor and worked as private consultant. I worked for the United Nations in Agricultural Development for ten years and ended up as Livestock Policy Development Advisor to Governments in Sind and Punjab in Pakistan.

The most memorable event I recall was looking down the barrel of a rifle, held by a panic stricken Afar Tribesman whom we caught pillaging my possessions. They had broken my slide rule (pre calculator days). The police located the perpetrator by the simple expedient of locking the saintly old village headman in an unventilated stone cell with no water—in mid summer!



The villagers then forced the perpetrator to give himself up.

When the police asked me what I would like done to him, and fearing for his wellbeing, I said replacing my slide rule would suffice. Mind you, they had to sell a beast to get enough money—quite a severe financial penalty.

These days, I love to play bridge and if anyone would like to play or learn I would be most appreciative. My favourite food without a doubt is crumbed brains. My favourite music is English chorales and folk songs. I would love to go and visit my cousin in Tasmania but I think it is now medically impossible.

A quote of my Father's from my childhood days I have always remembered is: "Be nice to people you meet on your way up, because you will probably meet them later on your way down"!

I would like to be remembered for assisting young people to be on the right track with their lives and their work.

OUR CONSUMERS

Leisure & Lifestyle



Making the Christmas cake was a priority in December!



Enjoying some music and dancing at the Beaufort Nursing Home



Skipton residents having a games day with the Skipton Kindergarten children before restrictions



Brian and Irmgard making lamingtons

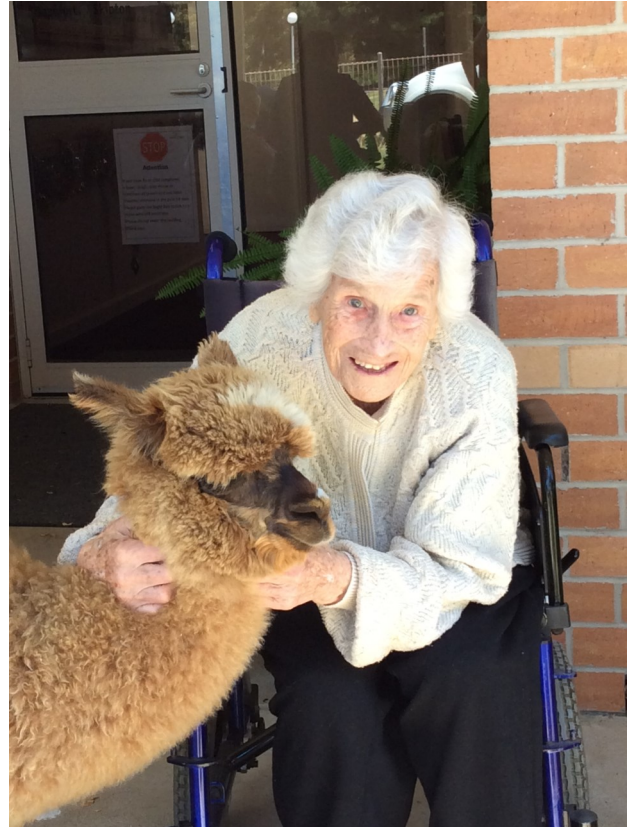
OUR CONSUMERS

Cupid the Alpaca and Shearing Demonstration

Our Skipton residents recently enjoyed a shearing demonstration from Derek and Rose at Total Care Shearing. Cupid the six



Derek and Rose giving the shearing demonstration



Shirley enjoying a cuddle with Cupid the alpaca



George, Ruve and Mary watching the shearing demonstration with Cupid

Irmgard getting up close with Cupid the alpaca



OUR PEOPLE

Staff Spotlight

Caitlin Stewart

Associate Nurse Unit Manager



How long have you worked at BSHS?

I just had my 5 year anniversary working for BSHS! Very exciting!
I started as a Grad Nurse and worked my way up to Associate Nurse Unit Manager (ANUM).

How often do you work?

I work full time at Beaufort Hospital as an ANUM.

What does your role involve?

Generally I work as the Nurse in Charge in the hospital. I also work in the nursing home which I also love!

What is your favorite thing about your role?

The variety! Every day is different, you never know what is going to happen. I also love that we sometimes get time to do special things with/for our patients and residents. For example, I love spending time with our residents in the garden, watering, potting and putting out bird seed.

What do you enjoy doing when you are not at work?

Gardening, I really enjoy growing vegetables, herbs and edible flowers. Doing hair or make-up for friends and family. Before I was a nurse I was a make-up artist. Touring a new winery, I adore having a tasting at a beautiful Australian winery.

What are three things you can't live without?

My two dogs—Max & Matilda
My garden.

Red lipstick! Always makes me feel a bit more glamorous!



Max & Matilda

OUR PEOPLE

Be Well. Be Safe. Wellbeing Program

Erica Smith (Manager People & Culture)

In November we asked staff what wellbeing initiatives they would like to see in the Health Service. The most popular initiatives included improved rest areas, larger fridges, additional microwave and phone chargers in the staffrooms, reimbursement program for wellbeing activities, and indoor plants.

- ➔ Phone charging stations have been purchased and are located in the staffrooms at Beaufort and Skipton. Some types of phone charger cables have been included.
- ➔ Fridges and microwaves have been ordered. There may be a delay in getting them in place due to supply issues, but we hope to have them in place as soon as possible.
- ➔ The reimbursement program for wellbeing activities is up and running. You can be reimbursed for a wellbeing activity or item, up to \$50. This is a one off program that is available for all staff with purchases made between 1 December 2021 and 31 March 2022.
- ➔ Indoor plants will be purchased for staff areas. Due to infection control live plants cannot be in clinical areas, but we can get artificial plants to brighten up the work space.

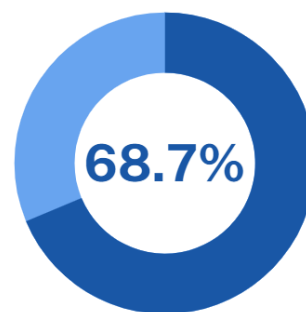


We are inviting staff to assist with the improvement of staff rest areas and the purchase of furniture. We would like to establish a working group to ensure that the changes are led from the staff. If you would like to join or have some ideas on rest areas please contact your manager or Erica Smith at EricaS@bshs.org.au

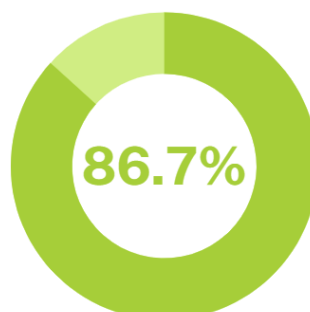
Keeping each other safe



Staff COVID-19 dose 1 & dose 2 vaccination rate



Staff COVID-19 booster vaccination rate



2021 staff flu vaccination rate

*as at January 31 2022

OUR PEOPLE

wellbeing

REIMBURSEMENT PROGRAM



The Wellbeing Reimbursement program is up and running! You can be reimbursed for a wellbeing activity or item, up to \$50. This is a one off program that is available for all staff with purchases made between 1 December 2022 and 31 March 2022.

➔ **Who is eligible?**

All BSHS employees (including regular casuals) are eligible to participate in the program. You must be employed by BSHS when eligible expenses are paid for and submitted for reimbursement.

The Wellbeing Reimbursement Program is designed to encourage and support a well-rounded healthy lifestyle for BSHS employees.

➔ **Benefit amount**

The maximum reimbursement amount is \$50.

The program covers expenses for a variety of eligible wellness activities such as gym memberships, fitness classes, massages, fitness equipment up to the value of \$50.

➔ **How to claim?**

1. Complete a Staff Reimbursement form
2. Attach receipt(s)
3. Provide to your manager for approval
4. Forward to Finance for payment

➔ **What is covered?**

We ask that you use your best judgement in determining what you submit through the wellness reimbursement program.

Things that are covered include exercise memberships, lessons or classes, registration fees, tennis, swim clubs, rock climbing, pilates, golf, dance, personal training fees, music, art therapy, yoga, spin class, martial arts, meditation, weight management, archery, boxing, cricket, mental wellness classes, exercise equipment, fitness trackers.

If you are not sure ask yourself

Is this item or service directly benefiting my wellbeing?

Does this item assist me in relaxing, getting my heart moving or learning a new activity

YOUR MIND MATTERS



OUR PEOPLE

2022 Education Update

Kim Stevens (Learning & Development Manager)

Wow...2022 is here and we are looking at an exciting year in education. So far, January has seen the commencement of our Enrolled Nurse (EN) traineeship program.

Emma, Lee and Mel have started their six weeks of theory. Beginning 28 February, we will see them joining the team on the floor every Thursday and Friday. They will be supernumerary for the first six months, meaning they will be supervised and working in the capacity of a student. Lee will start in the Beaufort Nursing Home, Mel in Beaufort Acute and Emma at Skipton. I know they will be well supported by our team as they begin this exciting chapter in their careers.



Excited to be starting the Enrolled Nurse traineeship program!

GRAMPIANS
LEARNING
HUB

Mandatory training is here. It is vital that ALL staff complete their online by the 15th of March.

If you are unsure what you need to do, the lists for each work group are located on the education portal on the Intranet.

You can access the Grampians Learning Hub through the link on the education portal. If you have trouble logging in please email Erica or Kim for assistance.



Scan the QR code to the left for your opportunity to let us know what training you would like.

The survey will only take 5 minutes to complete and will help the education team provide or help source training to meet your needs.

The survey will be open until **Monday 7 February.**

Posters with the QR code are also scattered around sites.

OUR PEOPLE

CHICKEN BURRITO BOWL

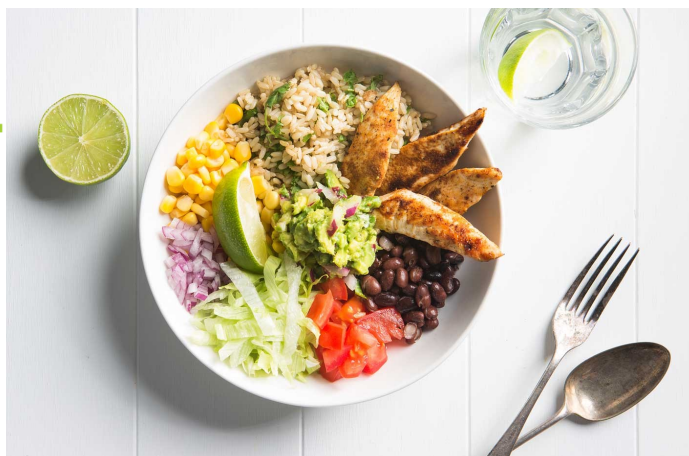
Recipe

Ingredients

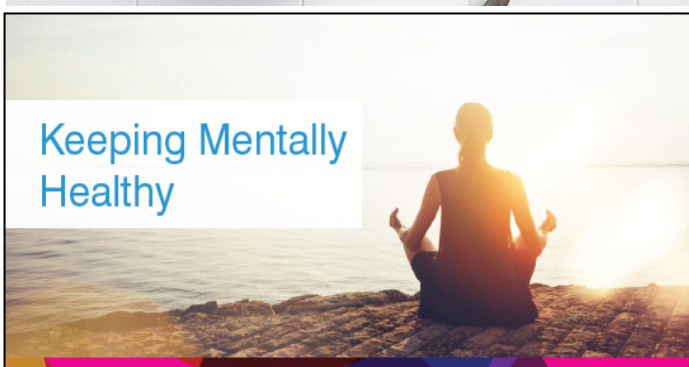
- 400g chicken breast, skinless
- 1/2 tsp garlic & onion powder
- 1 tsp paprika
- 4 tsp ground cumin
- Olive oil spray
- 1 400g can of no added salt corn, drained
- 1 400g can of no added salt black beans, drained & rinsed
- 3 cups cooked brown rice
- 1 bunch fresh coriander, chopped
- 2 limes, juiced
- 1/2 iceberg lettuce, shredded
- 1 cup tomatoes, diced
- 1/2 red onion, finely diced
- 1 cup reduced-fat tasty cheese, shredded
- 1 cup guacamole

Method

1. In a small bowl, mix garlic powder, paprika and cumin to make a taco seasoning
2. Slice chicken breasts in half to make thin slices. Flatten with a meat mallet. Sprinkle both sides with taco seasoning
3. Spray a large fry pan with olive oil and heat over a medium-high heat. Add chicken and cook for 3 minutes one side and 4 minutes the other side
4. Heat the corn and black beans in a separate pan over medium heat for 2-3 minutes. Turn off heat
5. Warm rice in the microwave and mixed in the chopped coriander and lime juice
6. Divide the rice, chicken, corn, beans, lettuce, tomato and onion into 4 bowls. Top with cheese and serve with guacamole



Keeping Mentally Healthy



When we are mentally well, we feel confident and positive. When we feel mentally positive we are able to feel a range of emotions and express them in a constructive way.

When we feel a range of pressures and stresses in our mental health there are positive steps we can take to get back to a state of wellness:

- Building balanced relationships
- Having a broad network of friends, family, colleagues
- Maintaining a healthy lifestyle
- Participating in physical exercise
- Giving back to others, getting involved in the community
- Engaging in positive thinking
- Participating in mindfulness and meditation

Mental health support is always available. If you or someone you know is at risk, get help; contact emergency services on 000. You can also contact the beyondblue Support Service by calling 1300 22 4636.

If you would like more advice on managing your mental health, call [1300 687 327](tel:1300687327) to speak with a Converge International consultant.

1300 our eap
1300 687 327
convergeinternational.com.au

Converge
international

OUR PEOPLE

Work Placement Student

Hi everyone, my name is Jodie and I'll be here for work placement over the next month.

For the past 22 years I have been raising my four children and worked in the Child Care, Primary School and Disability industries. I value mental health and wellbeing therefore, I decided to follow my passion and gain the skills and qualifications to work within Allied Health and support people in the community. After the completion of this placement, I will obtain my qualification.

One of my interests, further training and practice is, Meditation and Mindfulness techniques. Through breathing exercises, guided imagery and other methods to relax the body and mind and reduce stress. I will be offering 10-15 minute Mindfulness sessions throughout the month.

My husband and I are finally building a home and will become permanent fixtures of the Beaufort community, within the coming months. We are looking forward to exploring this beautiful area with our darling whippet Eddie.

Three things that I can't live without are my animals, books and chocolate.



Keeping our staff safe

What is considered HARASSMENT?

- ✗ Unwelcome touching
- ✗ Verbal abuse and continuous ridicule
- ✗ Suggestive comments or jokes
- ✗ Unwanted invitations to go out on dates or requests for sex
- ✗ Spreading gossip or malicious rumour
- ✗ Sexually explicit emails or SMS messages
- ✗ Sharing inappropriate videos, memes and images
- ✗ Persistent and unjustified criticisms

Safe our way, Aboriginal Responses to Family Violence

This session will focus on improving services for victims and survivors of family violence from Aboriginal and Torres Strait islander communities through collaboration and partnership.

Date: Wednesday 23 February 2022

Time: 1.30 to 4.30 pm
Zoom

[Register here](#)

This session will be recorded
Inquiries: Assunta.morrone@wh.org.au



OUR QUALITY & SAFETY

Our Feedback Journey

Andrea Flenley (Nursing Director of Quality & Safety)

At BSHS we value all feedback as it provides an opportunity to acknowledge what is working well and how we can improve our care and services when we do not meet expectations.

How do I provide feedback?

- ➔ Completing a Feedback Form at the reception area
- ➔ Emailing us at bshs@bshs.org.au
- ➔ Writing to the Chief Executive Officer
Beaufort & Sipton Health Service
28 Havelock Street,
Beaufort, VIC 3352
5349 1600
- ➔ Tell your story using Care Opinion
www.careopinion.org.au/tellyourstory

What can I say?

Recently we received an email from the Beaufort Hostel cat regarding his experience being taken to the vet.

'Good afternoon, I am writing to tell you about the treatment I experience today. After hiding successfully for most of the day I was coaxed out of hiding by one of the nurses and a bag of treats. Yep sucked in!

Fifteen minutes of the nurse trying to get me in the cat cage she finally outsmarted me by wrapping me in a towel like a Burrito, so I couldn't use my legs and hold on to the sides of the cat cage.

A trip in the car to the place that smells funny, in that horrible cat cage. The vet let me out and I did six laps of the vet's office at 60km/h. I wore myself out and decided that I really shouldn't overdo it in the heat, so I gave in. My ears and eyes were fine,

my heart rate was up (probably because that's the most running I've done in 12 months) and then to my shock, the vet stuck a probe where the sun doesn't shine! I stoically had my needles as I am a brave cat. I need to say thank you to the nurse who got me through this, with pats and cuddles

I am now home again which I am grateful for. However, I wanted to inform you that I'm no longer friends with that nurse and I shall be in hiding until that horrible cage is taken away.

Regards Billy (The Beaufort Hostel Cat)'



What happened to this email?

- The email/concern was reviewed by the manager who investigated the issues raised.
- Billy was contacted to discuss his concerns and to see how we can help to resolve them.
- An apology for his experience was given to Billy and the offending cat cage was removed.
- The manager then entered the complaint into our incident reporting system via the feedback module.
- The feedback was reviewed in the weekly CARE meeting where all feedback and incidents are tabled and actioned.
- All feedback is reported to the Community Advisory Committee, Clinical Governance Committee and the Board of Directors.

OUR QUALITY & SAFETY

BSHS COVID-19 Vaccination Clinics



Dr. Badrika ready to give Jett, hunter and Lincoln Meek-Krone their COVID-19 vaccine.



Yvette Sarra, receiving her booster, and daughter Kardia Sarra, aged 10, receiving her COVID-19 vaccine from Infection Control Coordinator, Christina Morvell

OUR QUALITY & SAFETY



COVID-19 UPDATE

TESTING & VACCINATION

TESTING

→ Available by appointment. Please call to book between 9am and 5pm.

VACCINATION CLINIC

→ First, second and third doses available. You can book your booster dose if you are aged **16 and over** and had your second dose **3 or more months ago**.

→ Appointments for **5-11 year olds** can now be made.

Please note that 16 and 17 year olds are now eligible to receive their third dose. Book your third dose as soon as you can to protect yourself & community.

Beaufort

28 Havelock St, Beaufort
5349 1600









Skipton

2 Blake St, Skipton
5340 1100

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BE COVID-19 READY

-  Paracetamol or Ibuprofen
-  Electrolyte powder or solution
-  Disposable gloves for handling dishes
-  Tissues
-  Face masks
-  Cleaning products
-  Rapid antigen test
-  A list of key helplines and resources

KEY HELPLINES & RESOURCES

- **Victorian Coronavirus website**
www.coronavirus.vic.gov.au
- **Victorian Coronavirus hotline**
1800 675 398
- **Checklist for COVID cases**
www.coronavirus.vic.gov.au/checklist
- **Nurse On-Call**
1300 60 60 24
- **Beyond Blue**
beyondblue.org.au
1300 22 46 36

Please only call 000 if your symptoms are severe or you are having trouble breathing and tell them you have COVID-19



OUR PARTNERS

FREE MORNING TEA, GUEST SPEAKERS & HEALTH CHECKS!



WOMEN'S

HEALTH *and* WELLBEING FORUM

9
MARCH

10:30AM
- 12PM

BEAUFORT
COMMUNITY
BANK COMPLEX

GUEST SPEAKERS

- Professor Cassandra Szoek
 Director of Melbourne University's Healthy Ageing Program
- Belinda Collihole
 Lifeline Ballarat
- Leonie Tellefson
 BSHS District Nurse & Diabetes Educator

Register

REGISTRATIONS ARE ESSENTIAL

www.trybooking.com/BTRWM

BEAUFORT | 5349 1601
SKIPTON | 5340 1100

In line with COVID-19 requirements this is a COVIDsafe event therefore limited tickets are available and attendees will be required to provide proof that they are fully vaccinated.



The Country Women's Association of Victoria Inc. - Beaufort Branch

