

BSHS NEWS

MAY 2022



THE MONTH IN REVIEW



Mary Cushing (Acting CEO)

It has been another busy month across the Health Service. I know that there have been days where all areas across our service have seen staff shortages with staff either working extra shifts or teams working short. I would like to personally thank all staff for supporting each other so that we can still provide the best care for our residents and patients.

I would like to especially acknowledge the exceptional work done by all staff at Skipton during the recent COVID outbreaks, both in the Nursing Home and Acute. Working entire shifts in full PPE is extremely tiring, but you all rose to the challenge. In spite of this you were all happy, supportive of each other and most importantly ensured that our residents and patients were well cared for. Thank you!

Please make sure, if you haven't done so already, to familiarise yourselves with the updates to the organisational Outbreak Management Policy, COVID Safe Plan, Outbreak Management Folders and the Pandemic Sub Plan. These have all been revised to reflect current changes to outbreak definitions and associated responses.

At the recent Board of Directors meeting, the Gill Checkley Memorial Scholarship was awarded to Georgie Jenkins. The scholarship is available for current, permanent staff looking to improve their skills and develop further knowledge.

Georgie has already left for the Northern Territory where she will work in Darwin as well as in remote Indigenous communities. We are looking forward to welcoming Georgie back where she will be able to share with us a deeper understanding of Aboriginal and Torres Strait Islander beliefs, traditions and strategies to assist us in individualising care for this marginalised population.

We have been fortunate to welcome Christopher Hayman to the Community Services team as an experienced Social Worker. Chris will work four days a week.

We have also been fortunate to welcome back onsite a Drug and Alcohol Counsellor from Uniting Care, for one day a fortnight at Beaufort. This will provide a much needed service for our local community.

Beaufort

28 Havelock St, Beaufort
5349 1600

Skipton

2 Blake St, Skipton
5340 1100



CONNECT WITH US

bshs.org.au

OUR BUSINESS

We are participating in the Timely Transfer of Older Person Project across the Grampians region. This initiative, as part of the Health Services Partnership, aims to ensure that the transfer of older people is coordinated and planned so they receive timely access to the right care, in the right place and by the right workforce. There was an initial scoping meeting in December with all health services across the region represented. The first steering group meeting will be held in April.

Nicole Porter has been appointed to the Healthy@Home Program Manager role and will be registering our first clients into the program at the beginning of May. The Healthy@Home initiative aims to keep our most vulnerable consumers, especially those with complex health issues, healthier at home to reduce avoidable hospitalisations and presentations to our Urgent Care Centre.

Finally, I am looking forward to celebrating International Nurses Day (and all Health Care Workers) with you all on May 12.

Thank you all and stay safe.

Regards Mary

BOARD MATTERS

David Lenehan (Board Chair)



The BSHS Board of Directors meeting was held on Wednesday 27 April 2022. The Board noted with regret the resignation of Director, Karlie Tucker. Karlie joined the Board in 2017 and has been a conscientious and committed Director in working with the Board and Executive staff in supporting

effective governance, improved management practices and program developments over the past five years. As Karlie has recently taken up a position with the Department of Health she is no longer eligible to serve on the Board. The Directors expressed their sincere appreciation to Karlie for her contribution to the Governance of BSHS and wished her well in her new role.

The Directors also noted that CEO, Meryn Pease, is continuing to assist the Department in supporting the Board and management team at Portland Hospital. The Department is very appreciative of the Board's support for Meryn's secondment to Portland, as her experience and expertise are highly regarded.

I have indicated to the Department that it is our strong preference that any support required beyond the end of May should be by remote mentorship only.

Director of Corporate Services, Darren White, provided an update on problems being encountered with the Biomass Fuel Energy Project at the Skipton Campus. Due to a lack of straw pellets as the main fuel source, consideration is now being given to wood chips or wood pellets as an alternative fuel supply. Hopefully the fuel supply issues will be quickly resolved so that the benefits and efficiencies of the Biomass project can be achieved.

On a more positive note there has been substantial progress on the specifications for the constructions of the procurement and maintenance storage facility and the new ensuite for the Beaufort acute wing. The design drawings are expected to be finalised in the next few weeks, with work to commence mid year.

OUR BUSINESS

The final report and evaluation of the Women's Health & Wellbeing Forum 2022 was presented to the Directors for information and discussion. The forum was regarded as being a great success with very positive feedback from all those in attendance. Importantly, 100% of attendees found the information presented at the forum easy to understand and provided practical advice on what individuals can do to improve their own health and wellbeing. The Board congratulated all involved in organising and delivering this very successful community health promotion event.

Finally, can I thank my fellow Directors, Executive Team and Staff for your ongoing commitment and care for the communities of Beaufort and Skipton.

Regards David

”

Psychological safety is belief that one will not be punished or humiliated for speaking up with ideas, questions, concerns or mistakes

Amy Edmondson

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 Acute & Nursing Home
Monday 16 May
11:30am

HEALTH SAFETY REPRESENTATIVE

The primary purpose of the Health and Safety Representative (HSR) role is to represent members of a work group in health and safety matters.

We currently have vacancies!

If you are interested or would like more information please feel free to email

Darren White
Corporate Services Manager
darrenw@bshs.org.au

Training will be provided by an external provider.

PROMPT NEW POLICIES

- Restrictive Practices Policy

PROMPT UPDATED POLICIES

- BSHS Board Code of Conduct
- Instrument of Delegation
- Revenue and Income Policy

OUR BUSINESS

FINANCE UPDATE

Chris Nykoluk (Chief Financial Officer)

With the start of a new Fringe Benefits Tax (FBT) year from 1 April, now is a good time to review your Salary Packaging Arrangements. For example, generally salary packaging arrangements are organised around the 26 pay fortnights in the year, but you might find that the last payment is made within a few days of the end of the FBT year on 31 March. This can make it difficult to take full advantage of the benefits available to you.

If you have found it difficult to use up all your Meal and Entertainment benefits in prior years, and you have arranged this to be on a Benefits Card, you could consider increasing the amount you package earlier in the year. For example spread over 20 fortnights, so that you reach the cap earlier and know how much to spend as it gets closer to the end of the FBT year. You can do this directly through your online login with Eziway, BSHS's current salary packaging provider. Please note that BSHS payroll cannot make changes to your salary packaging on your behalf.

Any unspent monies on your Meal and Entertainment Card as at 31 March is rolled into the next FBT year, but reduces the potential benefit to you in that next year. For the 1 April 2022 to 31 March 2023 FBT year your grossed up limits are \$17,000 FBT exempt amount and \$5,000 for Meals and Entertainment. If you are not currently participating in the salary packaging program, you may want to get professional tax advice to work out if salary packaging is right for you.



LIFE! PROGRAM

Tiana Noether (Exercise Physiologist)

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. 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.
- 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.

Tiana Noether and Bronwyn Cuthbertson will be facilitating the program commencing in Skipton on 2 June and in Beaufort in early October.

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



OUR BUSINESS

INSPIRE PROGRAM

ABOVE & BELOW THE LINE BEHAVIOURS

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.



ABOVE AND BELOW THE LINE BEHAVIOURS

Above and below the line behaviours help us to turn our workplace values into tangible concepts that all staff can easily understand and apply. You will sometimes hear staff saying 'that is below the line' when we might not uphold our values.

TEAMWORK	COMPASSION	ACCOUNTABILITY	RESPECT	EXCELLENCE
Above the Line Behaviours				
<ul style="list-style-type: none"> We agree to be a united voice – one message. We will listen to each other. We will have robust discussion in team meetings. We support the final decision. We will check in with each other to make sure we all leave on time together. We will ask "how can I help you?" We will all be ready to start work at the beginning of shift Our communication will be clear and factual. We will promote we are one team. 	<ul style="list-style-type: none"> We will ask each other 'are you ok' or 'do you need help'. We will ask "are you OK" and actively listen for a response. We will always see the positive before assuming the negative. We will acknowledge the work of others. We will support each other in a safe place for the frustrating moments. We will offer our availability to our peers. We will not only listen to each other but verbally respond. We will support each other in difficult situations. 	<ul style="list-style-type: none"> We will role model our values. We will provide and receive genuine feedback. We will work together to 'unite' BSHS. We will hold staff to 'account' to uphold our values and behaviours. We will 'manage up'. We will agree to adhere to the business rules of 'Inspire'. We will work within our scope of practice. We will work within our organisations policies and procedures. We will take responsibility for our own actions. We will escalate concerns. We will do what we say we are going to do. If we can't we will speak up. 	<ul style="list-style-type: none"> We will be prepared for meetings and start on time. We will ask to clarify the source of rumours and not engage in it. We will communicate with open posture and measured tone. We will always display a positive image. We will think before we speak. We will always say hello at the beginning of shifts. We will say hello and acknowledge visitors. We will be helpful and professional to each other, residents and visitors. We will respect that everyone has a different knowledge base. We will smile and make eye contact. 	<ul style="list-style-type: none"> We will follow established systems and processes. We will work towards best practice guidelines. We will strive to be better than 'average' when measured to industry standards. We will round with consumers and colleagues. We will support staff for training and development. We will maintain a safe space. We will enable and value all staff contribution. We will be professional, respectful and honest. We will actively engage with work place changes. We will always communicate "why?" We will ensure leaders are skilled to do their work.

OUR BUSINESS

GILLIAN CHECKLEY MEMORIAL SCHOLARSHIP



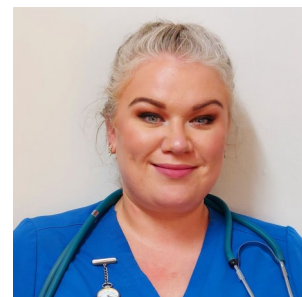
The Gillian Checkley Memorial Scholarship for 2021 was awarded to Georgie Jenkins. The Scholarship will go to assisting Georgie in her learning whilst working in the Northern Territory.

As part of her role in education, Georgie will bring the lessons learnt back to the Health Service where she will be able to share her experiences with Indigenous health. Congratulations Georgie.

GRAMPIANS REGIONAL POSTGRADUATE SCHOLARSHIP

We would like to recognise and congratulate Caitlin Stewart on her successful application for one of the Grampian's Regional Postgraduate Nursing Scholarships.

Caitlin is looking for the scholarship to support her ongoing postgraduate studies in Gerontology nursing. We wish her every success as she moves forward in her learning.



NEW SERVICE - HEALTHY@HOME

→ What is Healthy@Home?

Healthy@Home is a free telehealth service that targets clients with multiple hospital admissions or those at risk, to help people stay healthy and well at home. The service monitors wellbeing of clients via weekly phone calls and addressing any health concerns identified.

→ Who is eligible?

Those aged 18 years and over at risk of frequent hospital admissions. Clients may have a complex or chronic illness, be frail or at risk of decline.

→ What is the aim of Healthy@Home?

To reduce client hospital admissions by providing clients with regular communication. To use communication as an opportunity to identify the need for health services for the client to stay at home. The ultimate goal is to provide the client with support to enable eventual discharge from the program.

→ Contact

For more information about Healthy@Home or to refer a client, please call
5340 1118
or email
healthyathome@bshs.org.au



Healthy @Home

Beaufort & Skipton Health Service

OUR BUSINESS



Exercise Classes

GOLD COIN DONATION

BEAUFORT | WEDNESDAYS

→ **Men's Walking Group**
Library Carpark
9am-10am

→ **Gait & Balance Class**
Beeripmo Centre
10:15am-10:45am

→ **Strength Training**
Beeripmo Centre
11am-12pm

SKIPTON | THURSDAYS

→ **Gait & Balance Class**
Skipton Activities Room
9:15am-10am

→ **Strength Training**
Skipton Activities Room
10:30am-11:30am

→ **Walking Group**
BSHS Skipton
12pm

Beaufort

28 Havelock St, Beaufort
5349 1600

Skipton

2 Blake St, Skipton
5340 1100



CONNECT WITH US

bshs.org.au

RESIDENTS AND FAMILIES MEETINGS

BEAUFORT

Thursday 9 June

Nursing Home

11:00am

Hostel

1:30pm

SKIPTON

Tuesday 7 June

Nursing Home

1:30pm

Hostel

3:00pm

OUR CONSUMERS

MEET OUR RESIDENTS - BERNIE FAY

Nikki Elliot (Leisure & Lifestyle Coordinator)

I moved into the Mackinnon Nursing Home at Skipton in 2020 after spending some time in Beaufort. I was born locally around Skipton and grew up in Carranballac on the farm with my three sisters, Nola, Margo and Kathy. We all attended Carranballac School.

My father worked hard on the farm and grew flax during the war as there was a great demand from the armed forces. Mum worked hard too, milking cows and separating the cream to go to the dairy at Derrinallum. I worked on the farm, feeding the stock, getting the wood and bucketing out the copper once mum had finished washing. I loved driving the tractor and enjoyed bird nesting, I would raid the nests for an egg and keep in a cabinet. One time because of the magpies I fell out of the tree and broke my arm!

I didn't have a pet like children do today. We had working dogs and cats. There was always a couple of cats down at the dairy to catch the mice. The kelpies would help with the sheep. I preferred the dogs.

One of the most memorable things I witnessed was grass fires. They were terrible and so fast. I remember a fire started up from the stubble being burnt the day before, they used what water they had to put it out and rushed off to refill the tank. By the time they got back the fire had started up again!

My favourite food is an eye fillet steak. I like any Elvis songs, the King of Rock & Roll!!

My favourite hobby is jet-skiing, I learnt to



jet-ski at a holiday resort in Queensland and I caught the bug!! The Australian Champion was there and he taught me the technique. One thing I would like to do is live in Coolangatta, for the climate, it is a nice place. My Sister, Kathy, had a holiday house up there which was right on the sea front. We were lucky, we always got good weather and could walk along the boulevard across to the beach.

I would like to be remembered for better farming techniques ,such as direct drilling.

OUR CONSUMERS

ANZAC DAY



BSHS commemorated ANZAC Day 2022.

Brian, Bernie and George represented BSHS at the Skipton ANZAC Service.

Geoff, Betty and Sheila represented BSHS at the Beaufort ANZAC Service.

Helen and Ruve are pictured baking some ANZAC biscuits, yum!



OUR CONSUMERS

RESIDENT ACTIVITIES



This month the Skipton Primary School grade 1's and 2's visited our Skipton residents for a games day. This was a great catch up as many of the children visited when they were in kindergarten. Games included catch and an egg and spoon relay. Everyone enjoyed the day!



Barney the therapy dog recently visited our Skipton residents. Residents enjoyed giving hugs and treats to Barney.



Ljubinka enjoyed getting outside in the sunshine and picking some bright flowers from the garden for the residents to enjoy in the dining room.



OUR PEOPLE

TRANSITION CARE PROGRAM (TCP)

Kylie Scofield, Anna Johnson and Kelsey Long (Transition Care Program Team)

→ What is the Transition Care Program (TCP)?

The Transition Care Program (TCP) is a client led, goal based, rehabilitation program at Beaufort and Skipton Health Service. This can be both bed-based (in hospital) and community based (at home), servicing clients from all over the region.

→ Our clients

Our clients are medically stable but need some further support to reach their goals. There is a referral process as clients come from acute hospitals and need to be assessed through the Aged Care Assessment Services (ACAS) team to qualify. Our emphasis is putting our client at the centre of their care. This keeps our clients involved in their care and empowers them to make their own health decisions. TCP can offer up to 12 weeks with an option to extend care in special circumstances.

→ Our team

Our team consists of a Care Coordinator, Case Manager and Allied Health Assistant. TCP is well supported by a multidisciplinary team involving Allied Health, GP's and Nursing staff, and provides access to a variety of services. We meet weekly to discuss clients ongoing care needs in order to help people transition from hospital to home or to more appropriate accommodation.

We would also like to say farewell to Kelsey (Allied Health Assistant) whom is off on an adventure to England and Europe.



EXERCISE RIGHT WEEK - MAY 23-29

This Exercise Right Week, we encourage you to exercise for the RIGHT reasons!

There are many physical, mental and social health benefits of being physically active.

Do things that you enjoy, not things that make exercise feel like a chore or punishment.



OUR PEOPLE

Staff Spotlight



Nikki Elliot

Leisure & Lifestyle Coordinator

How long have you worked at BSHS?

I have worked at the Skipton campus for about 14 years.

How often do you work?

I work a variety of days including weekends at Skipton and have just started working two days a fortnight at Beaufort.

What does your role involve?

My role as a Leisure and Lifestyle Coordinator is to ensure our residents maintain a meaningful and purposeful life. Within our role we enable individuals to maximise their abilities and provide a general lifestyle program that reflects our residents' preferences, while also

appreciating their physical, social, cultural and spiritual background.

Favourite thing about your role?

My favourite thing about my role is seeing joy on our residents' faces. By supporting our residents to achieve a project or purpose that gives them joy is a role that I feel very privileged to have.

What are you looking forward to in your new role?

I am very much looking forward to Vicki, Rhonda, Jane and I getting to know each other and working together as a team. I am excited with the prospect of being able to bounce ideas, share resources and knowledge, problem solve together and support each other to the benefit of ourselves and our residents.

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

I enjoy gardening, travelling, kayaking and evenings of good conversation with friends and family.

3 things that you can't live without?

My family, chocolate and dishwasher!



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.

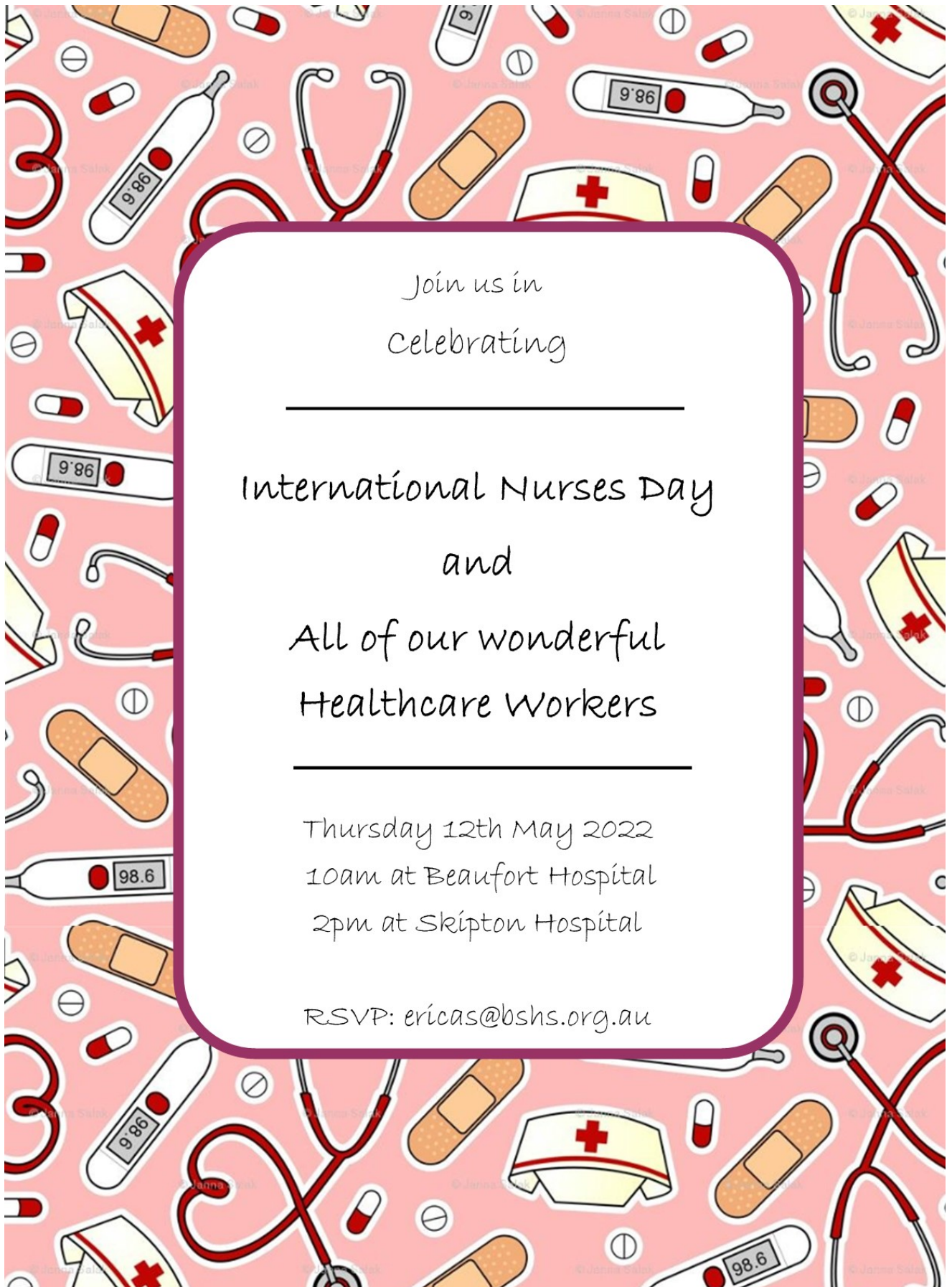


There will be a roster set up for staff to nominate when they can bring a soup. You can find this in the staff lunch rooms. We will set up slow cookers in the lunchrooms to keep the soups warm and for people to purchase the soup. Please bring or make onsite a large batch to allow more people to have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



Join us in
celebrating

International Nurses Day
and
All of our wonderful
Healthcare Workers

Thursday 12th May 2022
10am at Beaufort Hospital
2pm at Skipton Hospital

RSVP: ericas@bshs.org.au

OUR PEOPLE

EDUCATION CALENDAR

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Huddle Hop- Are you suffering from Burnout	2 Huddle Hop- weight loss – why it is important to monitor	3 Huddle Hop- weight loss – detecting & Preventing Issues	4 Huddle Hop- weight loss – promoting meaningful engagement	5 Huddle Hop – Nutrition and Asthma <i>World ASTHMA Day</i>	6 Huddle Hop – Nutrition & wound healing	7 Huddle Hop- Nutrition – dementia and food
8 Huddle Hop- Nutrition – emotional attachments to food	9 Huddle Hop- Essential Care - Oral Hygiene	10 Huddle Hop- Nutrition – encouraging fluids	11 Huddle Hop- Training Needs Analysis <i>Oral Hygiene – Amy Bft 1400</i>	12 Huddle Hop- Celebrating our Nurses International Nurses Day	13 Huddle Hop- continence <i>Oral Hygiene – Amy Skp. 1400</i>	14 Huddle Hop- fluid management
15 Huddle Hop- Continence – aids	16 Huddle Hop – Incontinence related dermatitis	17 Huddle Hop- Do we need a Full Ward Test <i>Incontinence – Amy Bft 1400</i>	18 Huddle Hop- UTI Pathway	19 Huddle Hop- What is SEPSIS <i>Incontinence – Amy Bft 1400</i>	20 Huddle Hop- Recognising and Responding to SEPSIS	21 Huddle Hop- Why we have clinical pathways
22 Huddle Hop- UTI Pathway	23 Huddle Hop- SEPSIS Pathway	24 Huddle Hop- Discharge paperwork	25 Huddle Hop- Discharge Planning	26 Huddle Hop – Saying Sorry / accountability / open disclosure <i>National Sorry Day</i>	27 Huddle Hop – Reconciliation	28 Huddle Hop – ATSI Health
29 Huddle Hop- Promoting Positive Workplaces	30 Huddle Hop- Promoting Respectful Workplaces	31 Huddle Hop- Month In Review	1	2	3	4

WELCOME

Kim Stevens (Learning & Development Manager)



I would like to introduce our new Clinical Nurse Educator, Jane Shippen.

Jane comes to us from Grampians Health Emergency Department, where she has worked for 22 years,. The last 13 years Jane has worked as a Clinical Educator, supporting new staff, graduates and existing staff

Jane brings a wealth of knowledge, practical skills and experience into the organisation. Jane is looking forward to the new learning opportunities she will have at BSHS and the experience she can share.

Please join me to welcome Jane into the BSHS family. I know that she will be amazing in the education space.

OUR PEOPLE

GOODLUCK

Kim Stevens (Learning & Development Manager)

Georgie has now left for a two month placement experience in the Northern Territory, working in a remote community. We know that she will have an incredible experience and bring back lots of learning to share with us all. Whilst she is away we welcome Amy Licheni into the Education team. Amy will work alongside Jane to ensure that we have robust education and support for all learners.

PALLIATIVE CARE TRAINING

Kim Stevens (Learning & Development Manager)

It was a privilege to have Erica Johnson (ACU Nursing Lecturer, currently completing a PhD in Palliative Care) present to the staff at Beaufort on Palliative Care. The session was personal, raw and prompted relevant and passionate conversation. Unfortunately due to IT issues the stream to Skipton was unsuccessful. We will attempt to change this next time. We are planning to have Erica join us again in the future and look forward to these sessions.



TRAINING NEEDS ANALYSIS SURVEY

Kim Stevens (Learning & Development Manager)

During December and January this year you were all invited to complete the Training Needs Analysis (TNA) survey.

This was designed to determine training needs across the organisation. The TNA report will be released on 9 May. Please read and see the direction that training will take through the remainder of the year. The report will be made available on the Education page of the Intranet and also via email.

Keep an eye out for the next survey towards the end of the year. Make sure you have your say!



OUR PEOPLE

PEACHES AND CREAM SLICE

Recipe

Ingredients

75g self-raising flour
 45g oat bran
 1/4 cup custard powder
 1/2 cup caster sugar
 1 cup reduced-fat vanilla yoghurt
 2 tbsp. vegetable oil
 2 large eggs
 1 tsp coconut essence
 1 x 440g can peach slices in juice, drained
 200g extra light cream cheese, cut into 1.5cm cubes

**Method**

1. Pre-heat oven to 180° C
2. Sift the flour, oat bran and custard powder into a large bowl, stir in sugar
3. Whisk the yoghurt, oil, eggs and essence in a bowl and fold into the dry ingredients, taking care not to over mix
4. Spread the mixture over the base of a slice tin. Dot with peaches and cheese
5. Bake for 35 minutes or until golden

REMEDIAL MASSAGE

Rhonda Slater (Allied Health Manager)

Erelyn Ross (Remedial Massage Therapist) and owner of 'Ararat Excellent Relax' will now be working from our Beaufort Community Health Service rooms, one day a week.


There are many health and wellbeing benefits of remedial massage and a large range of treatments available.

To book an appointment or for more information call

Beaufort 5349 1610

Erelyn Ross 0411 090 698

Please note that Erelyn charges privately and does her own billing which may be claimable through eligible health funds.



ERELYN ROSS
Owner / Therapist

SOME OF THE BENEFITS OF MASSAGE;
 Stimulates the immune systems by increasing the blood flow and lymph Drainage. Improves circulation and relieves congestion in the tissue. Assist the body's natural ability to heal.


Next time you feel a pain book an appointment

Contact
 crikey1969@yahoo.com
 0411 090 698

Unwanted Pain ? make an appointment now !

Ararat Excellent Relax was open in 2010, I have my own clinic built separated from my house. My business is more Focus on Remedial treatment as the owner and the therapist. My nature is to help people to get their body back on track its not going to happen overnight but it will happen. I will make sure that people will get the best treatment they need.

Treatment Menu :
 Reflexology (foot and hand)
 Myofascial Release
 Bentosa Cupping
 Sports Injuries Treatment
 Myofascial Taping (Sports)
 Trigger Points
 Carpal Tunnel
 Tennis Elbow
 Fascial Massage
 Remedial Treatment on :
 Lower and Upper Back
 Neck and shoulder
 Calf and Legs
 Arms and Hand



OUR QUALITY & SAFETY

KEY DATES

May 2-8: Heart Week

May 3: World Asthma Day

May 12: International Nurses Day

May 16-23: National Volunteer Week

May 17: IDAHOBIT Day

May 23-29: Exercise Right Week

May 26: National Sorry Day

May 27-June 3: National Reconciliation Week

May 31: World No Tobacco Day

QUALITY INDICATOR PROGRAM (QI PROGRAM)

Andrea Flenley (Nursing Director of Quality & Safety)

BSHS participates in the National Aged Care Mandatory Quality Indicator Program (QI Program) for residential aged care services which commenced on 1 July 2021. The program collects quality data from residential aged care services every three months. There are five quality indicators. Quality indicators measure important aspects of quality care that affect a residents health and wellbeing. Our results for Quarter 2 are on the next page.

QI Program quality indicators from 1 July 2021



Pressure injuries

- Percentage of care recipients with pressure injuries, reported against six pressure injury stages.



Physical restraint

- Percentage of care recipients who were physically restrained.



Unplanned weight loss

- Percentage of care recipients who experienced significant unplanned weight loss (5% or more).
- Percentage of care recipients who experienced consecutive unplanned weight loss.



Falls and major injury

- Percentage of care recipients who experienced one or more falls.
- Percentage of care recipients who experienced one or more falls resulting in major injury.



Medication management

- Percentage of care recipients who were prescribed nine or more medications.
- Percentage of care recipients who received antipsychotic medications.

OUR QUALITY & SAFETY

QI PROGRAM QUARTER 2 RESULTS

- ➔ **Pressure Injuries** - A pressure injury (PI) is a localised injury to the skin and/or underlying tissue usually over a bony prominence, as a result of pressure, or pressure in combination with shear and/or friction.

What we did well - Beaufort and Skipton Hostels had no pressure injuries.

What we could improve - One resident had a stage four pressure injury, despite having all pressure relieving devices in place and input from an external wound consultant .
- ➔ **Falls** - Occur when any resident inadvertently ends up on the floor. Major injuries includes bone fractures, joint dislocations, closed head injuries with altered consciousness and/or subdural hematoma.

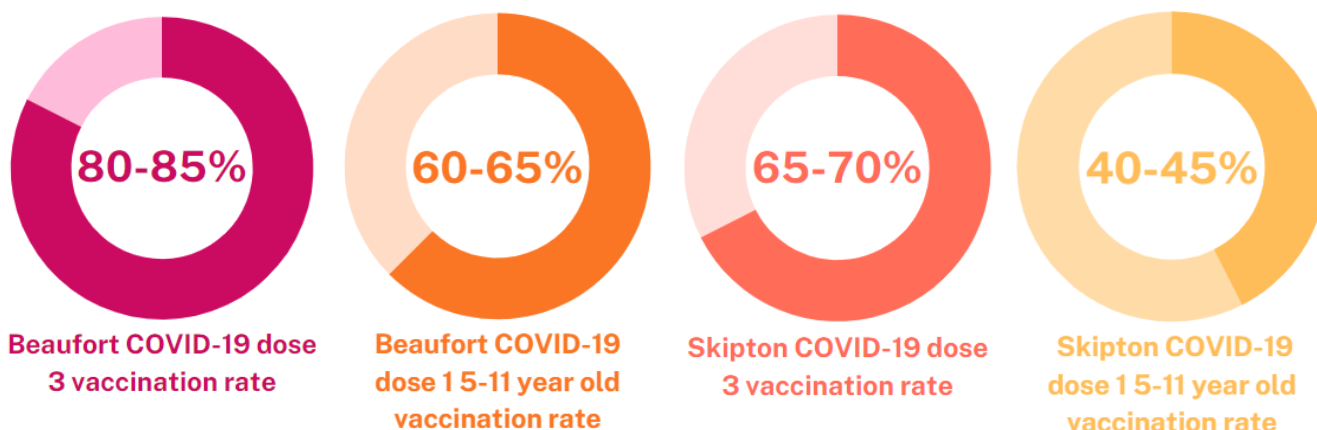
What we did well - We had a 49.9% decrease in falls across the organisation for this quarter and no major injury occurring to a resident.
- ➔ **Medication Management** - Please note the new indicator of an antipsychotic medicine diagnosis. This is done by a doctor when they prescribe an antipsychotic.

What we did well - There was a 0.6% decrease in the use of 9 or more medicines. A 8.9% decrease in the use of proton pump inhibitors. A 16.3% decrease in antipsychotic use.
- ➔ **Weight Loss** - Residents are weighed monthly.

What we did well - There was a 4.3% decrease in residents experiencing significant weight loss (3kg over 3 months) and a 4.3% reduction in consecutive weight loss (incremental weight loss over 3 months).
- ➔ **Physical Restraint** - Includes all forms of restrictive practice, excluding chemical restraint.

What we did well - The only physical restraint at BSHS is through secure areas where entry and exit is required by entering a key code. This key code is given to residents who do not have a cognitive impairment and are able to leave and return to the area safely without supervision.

COMMUNITY COVID-19 VACCINATION RATES



OUR QUALITY & SAFETY

NATIONAL SORRY DAY – MAY 26

Erica Smith (People & Culture Manager)

National Sorry Day, 26 May, signifies the strength and resilience of First Nations people and gives the opportunity for all Australian's to participate in the journey of healing our great nation.

We encourage you to remember and acknowledge the historical atrocities of Aboriginal and Torres Strait Islander people who were forcibly removed from their families and communities.

This separation caused disconnection and devastation of First Nations people's family and kinship networks, traditional languages and cultural practices.

On this day

“

For the pain, suffering and hurt of these Stolen Generations, their descendants and for their families left behind, we say sorry.

To the mothers and the fathers, the brothers and the sisters, for the breaking up of families and communities, we say sorry.

And for the indignity and degradation thus inflicted on a proud people and a proud culture,

”

we say sorry.

- Kevin Rudd, Prime Minister of Australia

NATIONAL RECONCILIATION WEEK – MAY 27-JUNE 3



27 May marks the beginning of National Reconciliation Week. National Reconciliation Week is a time for all Australians to learn about our shared histories, cultures and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

We all have a part to play when it comes to reconciliation. BSHS are proud to be implementing our Cultural Safety Action Plan. We have already completed numerous actions and are working towards the completion of all actions.

IDAHOBIT DAY - MAY 17

32 years ago, the World Health Organization removed homosexuality from the Classification of Diseases and Related Health Problems.

Wear rainbow on 17 May to show your support against LGBTQIA+ discrimination.

A day to celebrate our acceptance of all people and raise awareness for the work still needed to combat LGBTQIA+ discrimination.

