

APRIL 2023

BSHS NEWS

MESSAGE FROM THE CEO

MERYN PEASE | CEO

Easter is often recognised as a time of change and transition and we are seeing this with the emerging COVID-19 wave of infection by a new variant. Thank you to our staff for your understanding and agility in returning to surgical masks, in response to staff and community infections.

I hope you all had a happy Easter and had some time with family and friends.

In this edition of our newsletter we will be sharing a refresh of our organisation wide values. Our values form the foundation on which our behaviours stand. Our values and behaviour support how we engage, sustain our relationships and build trust in the workplace. There is an obligation on all of us to uphold the Health Service values and to enact these through our behaviours and actions.

From 1 July 2023, the Pyrenees and Corangamite Shires will withdraw from the Community Home Support Program.

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RECIPE
OF THE MONTH



Beaufort

28 Havelock St, Beaufort
5349 1600

Skipton

2 Blake St, Skipton
5340 1100

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.



We have sought approval from the Commonwealth Department to increase our capacity to accommodate any clients in either Shire who would like to have us provide their services.

At the moment our Commonwealth Home Support Program (CHSP) program provides access to all of our Allied Health Services, District Nursing, and our community support groups. Should the Commonwealth approve our application, then we will look to provide services, either direct or by contract, for those clients that choose us. This means potentially that we will continue the Meals on Wheels service and provide personal care and domestic services. It is important that we step up to provide services that keep our community members safe and healthy at home, if possible.

We have been successful with our four applications for Residential Aged Care Facility Telehealth equipment and connectivity grant funding through the Western Victoria Primary Health Network. These grants will enable us to improve our connectivity with boosters and cabling.

At the Board meeting this week, the Directors approved the Architects, Morton and Co, to progress the necessary design, schematics and documentation for the final stage of the Beaufort Nursing Home scope of works, so that we can be tender ready when the next funding opportunity presents.

I would like to welcome Julia to our team. Julia is working in the Beaufort Kitchen and has settled into the team and routine very well. Thank you to all of the Support Services Team for the warm welcome and support you provided to Julia.

In March, we participated in the International Women's Day events within the Beaufort and Skipton communities. I was part of the discussion panel for the event ran by the Pyrenees Shire Council and there were a number of staff involved in the Skipton event.

I would like to acknowledge Liz Phillips for the wonderful mc'ing of the event, with a number of staff on stage at the end to share their passion for the work that women contribute to our lives and community.

Please let me know your ideas on how we can continue to improve our services.



Regards Meryn

BOARD DIRECTOR REPORT

DAVID LENEHAN | BOARD CHAIR

The March meeting of the Board of Directors was held at Beaufort on Wednesday 22 March 2023. During this week, Meryn and I met with the Department of Health to sign off on the 2022/2023 Statement of Priorities (SOP). Generally speaking the SOP sets out our budget and other service targets such as hand hygiene and flu vaccinations along with the Minister's priorities for public health services.

This year the priorities include the following:

- Maintaining a robust COVID-19 readiness and response plan
- Increasing the provision of community and home based care
- Improving quality and safety of care
- Environmental sustainability initiatives
- Workforce recruitment and retention strategies
- Improving Aboriginal health and wellbeing

The BSHS priorities as outline in our Strategic and Operational Improvement Plan are clearly in alignment with the Minister's priorities.

The Board meeting commenced as usual with a patient story where we heard from a community client about the positive experience they had when being assisted with strength training, following a stroke. This was a good example of the great service that our community health staff provide as well as the importance of these programs to the health and wellbeing of the community.

The challenges associated with COVID-19 remain with us and it is disappointing to note the return to wearing surgical masks, however, this is necessary to mitigate the risk associated with recent infections.

On the capital development side it is good to see that there has been progress on the plans for a Procurement/Storage Facility and additional ensuites in the Acute wing. The Department has also provided funding for the planning, design and architectural specifications to convert three double rooms in the Nursing Home to six single rooms with ensuites. This documentation will provide the basis for an application to the Departments next capital funding round for funds to complete this work.

An important focus for the Board and Management is the area of home and community based care as changes to the Commonwealth funding arrangements have led to the withdrawal of local Government as providers of these services. It is expected that there will be opportunities for the Health Service to expand it's community care programs to ensure the continuity of support services to eligible members of our community.

Thanks to the good work of our Deputy Chair, Dr. Marg Way, we have the opportunity to participate in a pilot program being run by Safer Care Victoria (SCV) on clinical governance.

The program aims to:

- Increase the service's capability to apply clinical governance principles
- Equip participants with strategies to lead clinical governance best practice
- Access opportunities for collaboration between health services.

Finally on behalf of the directors I would like to thank the management and staff for their ongoing commitment to the Health Service and our consumers.

Regards David

FMI IS UP AND RUNNING

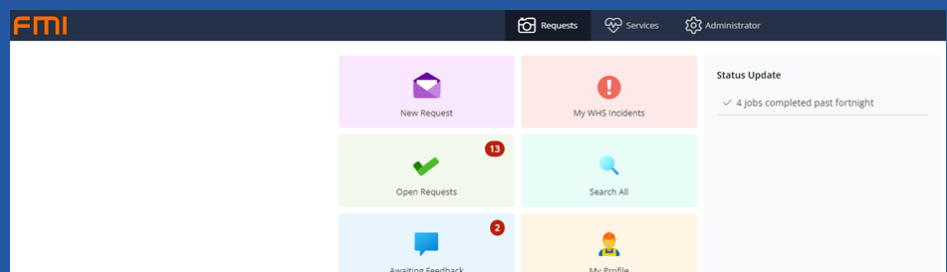
KEL OSWIN | SUPPORT SERVICES MANAGER

Beaufort and Skipton Health Services' new Facility Management Software is now available for all staff to use. This software will provide users the ability to create work orders, raise requests, plan maintenance, manage assets and contractors and provide all associated reports. The previous Maintenance Request System (OTRS) will be phased out over the next few weeks. Please ensure you log your Maintenance Requests through the new FMI Maintenance Requests.

An important part of this software will be the way it can be used to manage and support Essential Services Compliance. To access the software simply go to the:

- BSHS Intranet
- Applications page
- FMI – Maintenance Requests – open a new request page
- New request
- Follow prompts

If you are unable to login please contact, Kel Oswin, Support Services Manager.



EXECUTIVE TRAFFIC LIGHT REPORT

ACTIONS COMPLETED

- Additional computer monitor for finance team installed
- Replacement office chair for finance team requested and on order
- HSR training for health service staff completed
- Polar/Walrus Software data extraction program installed and accessible with Citrix server at Skipton Medical Practice
- Visage and Intelviewer Apps added to physio computers for Imaging reports
- PCW education refresher day – Manual handling education
- Social Support outings at Skipton implemented
- FMI rollout with training – full rollout completed
- Cleaning audits training completed at both sites and audits rolled out
- Emergency Management – first desktop exercises rolled out
- Work place inspections rolled out and action plans developed
- Memorial Garden at Skipton completed
- Duress systems operational with scheduled testing organised

PLANNED ACTIONS AND TIMEFRAME FOR COMPLETION

- More recliner chairs with stand functions for acute and residential – June 2023
- Improved Palliative Care box/trolley – May 2023
- Staff would like more lightweight wheelchairs – June 2023
- One more dining room table for Skipton Nursing Home – ordered
- Desktop Exercises for Code emergencies continue for rollout – 2023
- Student Accommodation grounds improvement – April 2023
- Upgrade to server room to be completed – April/May 2023

CANNOT BE ACTIONED AND WHY

- Bath on wheels – no place to store it when not in usage
- Hostel Fire Safety System upgrade – held up due to permit requirements
- HVAC – upgrades held up due to supply chain stresses

WELL DONE!

- Tracy Walsh – leading the meal changes within the kitchen for Beaufort Hostel
- Skipton Medical Practice reception staff working as team and great communication
- Jess Harding – doing a great job with the new role of Beaufort Ward Clerk
- Sharee Court – well done for working so hard organising the monthly Skipton Outings bus
- John Morrison – for all of his hard work ensuring our funding requirements are met
- Sheryl Darken – for training and preparation made for absence during annual leave
- Robbie, Silva and Judy – for attendance at Supervisors meeting, thank you for your ideas, engagement and great ideas
- Craig Scurr – for your management of gardens and surrounds at Skipton campus prior to the AGM
- Tracy Walsh, Kate White and Support Service Team – for outstanding efforts in maintaining standards through staffing and COVID challenges
- Billie Anstis for her ongoing support with the cleaning audit and training of other staff

INTERNATIONAL NURSES DAY 2023

International Nurses Day is celebrated around the world every 12 May, the anniversary of Florence Nightingale's birth. International Nurses Day is a global celebration that acknowledges and celebrates the commitment and bravery of nurses around the world.

This year we will recognise the commitment, dedication and hard work of all staff as all employees play a vital role in caring for our residents, clients and the community. We are extremely proud of the work that everyone does and we value each and every one in our team.



**OUR NURSES.
OUR FUTURE.**

International Council of Nurses

**International Nurses Day
12 May 2023**

INTERNATIONAL NURSES DAY AFTERNOON TEA

To celebrate and recognise all of wonderful Nurses and Healthcare Workers please join us on Friday 12 May at 2pm at both Beaufort and Skipton campuses

RESIDENT FARM VISIT

Our residents recently travelled to Brewster to visit John and Jenny's farm. They enjoyed a morning with home made scones, jam and cream, followed by a tour of the antiques and collectables and then a barbecue lunch.



RESIDENTS ENJOYING THE OUTDOORS



SHEEP SHEARING VISIT



RESPIRE

Can we help you, your family or a client?

We can provide short term respite care. Respite is an opportunity for the care giver and care recipient to have a break. Staff provide care 24 hours a day 7 days a week. In addition, a range of services are available to support individual health care needs during a stay.

For more information please contact our Residential Coordinator, Monday-Wednesday on 5349 1647.

HEART WEEK | 1-7 MAY

Heart Week provides an opportunity for health professionals and the Australian public to start a conversation about heart health and take positive steps to reduce heart disease risk.

This Heart Week, you are encouraged to do three simple things to look after your heart.

- 1 Check your blood pressure
- 2 Use the [Heart Age Calculator](#) to understand your risk of heart disease
- 3 Book a Heart Health Check with your GP



SKIPTON OUTINGS BUS

Would you or someone you know like to join our next social outing? Our next excursion will be to Warrion Cottage in Warrion. Following the visit to the cottage, we will have lunch at the Beeac Hotel.

Where: Warrion Cottage

Date: Tuesday 16 May

Time: Bus departs Skipton Hospital at 10am

For more information or to book a place please call 5340 1100 by Monday 8 May.

EDUCATION TEAM UPDATE

KIM STEVENS | LEARNING AND DEVELOPMENT MANAGER

The first three months of the year are a very busy time for us all to complete our mandatory training and skill checks. The Education team would like to thank everyone for making themselves available to complete their mandatory skill checks. An extra special thanks to those who attended in their own time, or stayed back after a night shift to attend, this was appreciated and didn't go unnoticed. Also a big shout out to the Support Services staff who embraced the CPR sessions, we were impressed with your enthusiasm and eagerness to learn.

Our Graduate Nurses, Virginia, Stephanie, Brooke and Katrina have made an impressive start to their placements. Fitting seamlessly into the team and providing excellent care. Well done to all. Congratulations on attending your Graduate ceremonies this month. We feel very fortunate that you have chosen BSHS to complete your Graduate years.

Congratulations to Georgie Jenkins and Rebecca Simmonds, demonstrating what it is to be professional role models, through continuous learning. Well done on your outstanding achievements and enjoy your graduation in Darwin.

Our Physio students have given us great feedback, with being pleasantly surprised with the autonomy within the placement. This has set them up well for being registered in the next six months.

SUPPORT SERVICES STUDY MORNINGS

The Education team will be running two study mornings for Support Services staff. These sessions will include Food Handling, Manual Handling, Plating Up, Infection Control and more.

BEAUFORT

Tuesday 23 May
CWA Room
8:30am-12:30pm.

SKIPTON

Tuesday 30 May
Skipton Activities Room
8:30am-12:30pm.

ENVIRONMENTAL SUSTAINABILITY REPORT

KEL OSWIN | SUPPORT SERVICES MANAGER

The most recent Environmental Sustainability Committee meeting was held on 8 March 2023. Items that were covered included:

- Biodegradable waste options for the Health Service.
- The Skipton Bio Energy Project is now using olive pits as a fuel source. This fuel is now being sourced from Cobram Estate PTY LTD. Data reports are now being provided for the project and it is expected that this will result in a significant reduction in LPG use.
- The solar panel production report was reviewed.
- Committee are investigating additional battery disposal options.

WASTE DISPOSAL REMINDER



EXECUTIVE SAFETY WALKAROUND

The next Executive Safety Walkaround will be held on Wednesday 14 June at 11:00am for the Beaufort Acute, Nursing Home and Hostel teams.

RECIPE OF THE MONTH

Mexican Rice

INGREDIENTS

1 cup brown rice
1 tbsp olive oil
1 brown rice, chopped
1 red capsicum, deseeded, chopped
2 garlic cloves, crushed
2 tsp Mexican chilli powder
400g can black beans, rinsed, drained
300g can corn kernels
2 tbsp fresh lime juice
200g grape tomatoes, chopped
1/4 small red onion, finely chopped
1 small avocado, quartered, sliced
125g feta, crumbled



METHOD

1. Cook the rice in a large saucepan of boiling water for 25 minutes. Drain well, spread onto a large tray and place into fridge for at least 1 hour.
2. Heat the oil in a large frying pan over medium heat. Add onion and capsicum and cook for 5 minutes or until soft. Add the garlic and chilli powder and cook, stirring, for 30 seconds or aromatic.
3. Add the rice and cook, stirring, for 2 minutes until lightly fried and well combined with the onion mixture. Add the beans and corn and continue cooking, stirring often, until heated through. Pour lime juice over and toss to combine.
4. Combine the tomatoes and onion and season to taste. Divide the rice mixture among serving bowls and top with the tomato mixture, avocado, feta, coriander and lime wedges.

HEARING AUSTRALIA

Hearing Australia will be visiting Skipton Community Health on Tuesday 30 May to conduct 15 minute hearing screenings. Appointments are available for anyone aged 18 years and over.

For more information or to book your appointment please call 5340 1110.

GRAMPIANS HEALTH LIBRARY GUIDES

Did you know there are Guides available in the Library, to assist with medical and nursing database nursing?

Each database manages search slightly differently: however, when you use a medical database, subscribed to by Grampians Health Library, you will retrieve much better results than using Google or Bing. You will also retrieve abstracts and full text articles from reputable peer-reviewed sources, creating a strong best evidence foundation for your research paper or presentation. Grampians Health Library has created a suite of Database Help Guides to help you develop your search strategy and skills.

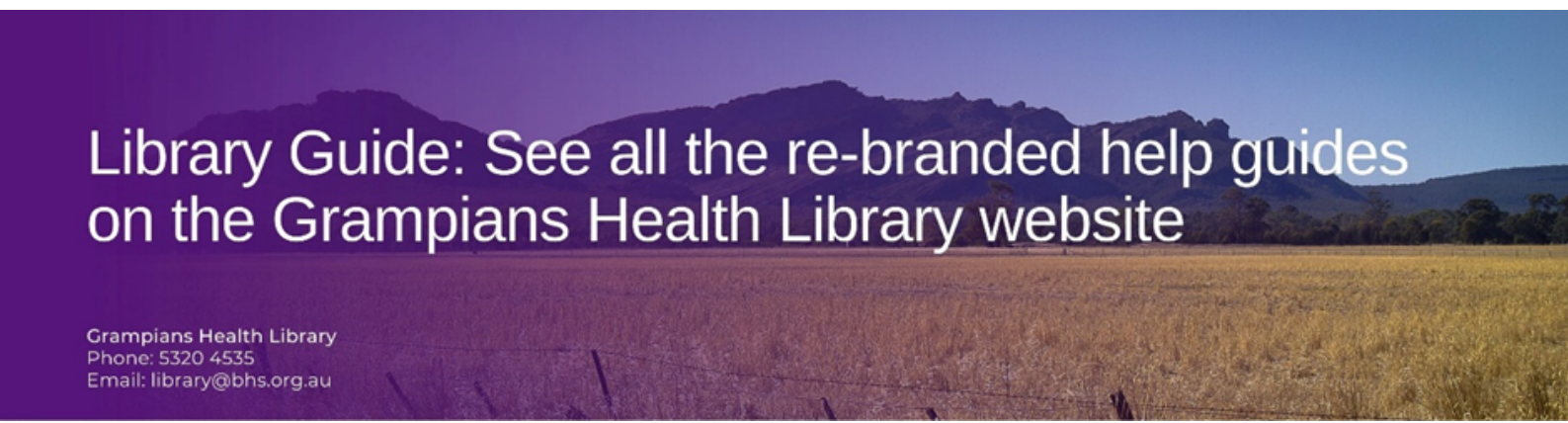
Current Library Guides include:

- Basic Principles of Searching Databases
- Literature Searching Strategy
- PICO Template
- Proximity Searching
- Quick Tips for Using Google Scholar
- Using Shortcuts in EBSCOhost databases
- Using Shortcuts in OVID databases
- Which Database should I use?

Go to Library tab [Databases/Standards](#) to see the full list of Guides. They are free to download or read anytime.

For more complex literature searches one of the Grampians Health Librarians can conduct your search. Email Library@bhs.org.au or complete a [Literature Request Form](#).

The Library is open Monday–Friday, 8:30am–5pm. Call 5320 4535 to talk to us about your research project.



Library Guide: See all the re-branded help guides
on the Grampians Health Library website

WELCOME INFECTION CONTROL COORDINATOR

We would like to welcome Sam White, our new Infection Control Coordinator. Sam has moved from Kilmore District Health where she was the Infection Control Coordinator for 15 years.

Sam will be working three days per fortnight. Every Wednesday at Beaufort and fortnightly on Tuesdays, at Skipton. Sam's responsibilities include all things infection control.

If you have any queries, questions or concerns, please feel free to contact Sam via email or in person.



2023 STAFF FLU VACCINATION

SAM WHITE | INFECTION CONTROL COORDINATOR

As you are all aware, the influenza season is rapidly approaching. We are already seeing influenza cases in Victoria. There are many ways to protect ourselves and our communities from influenza, including good hand hygiene and respiratory etiquette, the use of PPE and staying at home when you are unwell with respiratory symptoms. However, the best defence is to have your annual flu vaccination. Having your annual flu vaccination helps to protect you, your families and our vulnerable patients and residents.

All category A and B staff are mandated to have an annual influenza vaccination. Whilst category C staff are not mandated, you are encouraged to be vaccinated to help protect yourself and your colleagues. Infection control will be available for set periods on Wednesday at Beaufort and fortnightly on Tuesdays at Skipton. A flyer with dates will be circulated and included in this newsletter. Staff who are unable to attend during these times, can contact Infection Control directly to arrange alternate appointments. Any staff who are vaccinated elsewhere are requested to provide a copy of their immunisation record to Infection Control.

STAFF FLU VACCINATION CLINIC TIMES

BEAUFORT

Vaccination clinics will run on the below days between 10:30am-12pm and 3pm-4pm.

- Wednesday 19 April
- Wednesday 26 April
- Wednesday 3 May
- Wednesday 10 May
- Wednesday 17 May
- Wednesday 24 May
- Wednesday 31 May

SKIPTON

Vaccination clinics will run on the below days between 10:30am-11:30pm and 1pm-3pm.

Nurse immunisers will also be available to assist on other days.

- Tuesday 9 May
- Tuesday 23 May
- Tuesday 6 June

Please note that appointments are not required and you may visit the Infection Control Office during any of the above times to receive your flu vaccination. Staff who are unable to attend during these times, please contact the Infection Control Coordinator to arrange an alternate appointment,

If you have any questions or for more information please contact
Sam White, Infection Control Coordinator
samantha.white@bshs.org.au
5349 1686