Morning tea a brainy idea

BUNDABERG Hospital’s Renal Unit will host a special morning tea next week to raise money for brain cancer charity the Mark Hughes Foundation.

The morning tea – on Thursday, June 14 – is part of the unit’s wider pledge to raise money for the charity, in part due to a family connection with brain cancer.

Clinical Nurse Lindsay Druce has led the organisational effort for the event, which will take place from 10-10.30am in the Renal Unit. Anyone can attend for a gold coin donation.

Lindsay has also sold more than $800 worth of “Beanies for Brain Cancer” to friends and fellow staff.

To find out more about the foundation, go to https://markhughesfoundation.com.au.

Final days to have your say

THERE are just two days left to submit your feedback as part of the Wide Bay Hospital and Health Board’s Your Health, Your Say consultation campaign.

The campaign seeks input both from staff and the community on its draft strategic plan – entitled Care Comes First… Through Patients’ Eyes – and closes at 5pm on Friday, June 8.

Board Chair Peta Jamieson said a key feature of the consultation had been an 11-stop roadshow, presenting the draft plan to community members from across the region over the past eight weeks.

“That was a really valuable exercise for us because it enabled us to see what the priorities were from patients and the community,” Peta said.

“Some issues differed depending on the area, while other issues appeared to be universal.

“But now that the roadshow is over, the best way for people to comment on the draft plan is either by going to the Your Health, Your Say web page or by sending an email directly to the Chief Executive’s Office. We’ve received more than 600 responses so far, which is promising. But the more responses we receive, the better picture we get of the community’s concerns and health priorities.”

WBHHS Chief Executive Adrian Pennington said he looked forward to seeing what challenges the Board would set the organisation once the strategic plan was finalised.

“This document will represent our commitment to providing the best possible health care for the people of Wide Bay, so it’s important to get it right,” Adrian said.

“Our region faces a lot of challenges, so this plan will be all about meeting those challenges through addressing capacity, expanding our range of services, innovatively delivering services, working with our partners and developing our workforce.

“I encourage staff from across the organisation to take part in the process by taking our online survey or emailing me with a more detailed submission.”
WBHHS celebrated National Reconciliation Week last week with a series of moving ceremonies across the region, as we reflected on the theme: “Don’t keep history a mystery.”

Ceremonies were held in Bundaberg, Maryborough and Hervey Bay, and featured a Welcome to Country and address by custodians of the land, dancers and didgeridoo performances.

In Bundaberg, the ceremony was led by Gurang Gurang woman and Senior Indigenous Health Worker Consuela Morrice; in Maryborough by Butchulla Elder Uncle Glenn Miller; and in Hervey Bay by Butchulla Elder Uncle Mark Singho.

Speeches were also delivered on behalf of the Wide Bay Hospital and Health Board or Service by Board Chair Peta Jamieson, Executive Director of Acute Hospital and Community Services Debbie Carroll, and General Manager of Family and Community Health Stephen Bell.

The Fraser Coast events were followed by a staff barbecue, while in Bundaberg a traditional morning tea was put on, featuring damper, locally made jams and lemon myrtle tea.

Peta said it was special to be part of the events in the spirit of reconciliation.

“It was lovely to listen to the stories of local traditional custodians, many of whom shared with us their experiences of growing up in the area,” she said.

We were reminded of the rich history of the clans from our region, and of the significance that some of our hospitals had in those histories.

“We respectfully reflected on difficult aspects of our history but also celebrated the progress we’ve made, such as with the inclusion of local Indigenous artwork and clan languages in the new Hervey Bay Emergency Department building.”

Peta said it was also pleasing to see such strong attendances at the events.

“We hope to see a similar turnout at NAIDOC Week events in July,” she said.

Reconciliation Week activities at Maryborough Hospital.
Reconciliation Week activities at Bundaberg Hospital.
LOCAL high schoolers interested in healthcare careers were given a hands-on experience at Bundaberg Hospital’s annual High School Engagement Program recently.

Almost 50 students took part in the two-day simulation program at Bundaberg Hospital, which aimed to give a real-world insight into the healthcare environment so they could make informed decisions about a career in the sector.

“As a Board, we want to our hospitals to provide local career pathways and this is a great opportunity to give our high schoolers a chance to experience what it is like to work here. Hopefully it inspires them to one day work for WBHHS,” Wide Bay Hospital and Health Board Chair Peta Jamieson said.

The workshops provide a hands-on experience and plenty of practical knowledge for the students, as well as a chance to question both Bundaberg Hospital staff and members of the tertiary institutions where they can pursue studies in health care.”

The students take part in workshop rotations including emergency trauma, allied health, dental clinics, cancer care, basic life support, pharmacy, obstetrics and gynaecology, pathology, rehabilitation, infection control, plastering and mental health.

Students attending came from Bundaberg Christian College, Shalom College, St Luke’s Anglican School, Burnett State College, and Bundaberg, Isis District, Kepnock, Monto and Bundaberg North state high schools.

“The workshops separate what it’s actually like to work in health care with what they may believe due to perceptions of health care that are presented through the media and generally in the community,” WBHHS Chief Executive Adrian Pennington said.

“As part of the program, we also host panel discussions with medical officers, nursing, allied health and oral health staff, so students can get their questions about the profession answered.

“Our staff enjoy sharing their passion about health care, as it sows a seed in young people whom they hope will be our next generation of clinicians.”

Applications for the 2019 program can be made via participating high schools. Students should speak to their school’s career officer if they’re interested in taking part.

Sharing the dignity to support homeless women

OHS team member Lee-Anne Thompson was thrilled with the response to her recent call for donations, as part of charity Share the Dignity’s April drive for sanitary items and toiletries.

The Return to Work coordinator left some donation bins in Bundaberg Hospital throughout the month of April and, by the end, had collected almost 350 items.

“That included 75 packs of pads, 24 packs of tampons, six packs of incontinence pads and 200 other items such as toiletries and handbags,” Lee-Anne said.

“I’m thrilled with the response.”

Share the Dignity supports women who are homeless or fleeing family violence by providing them with donated personal hygiene products and funding other support efforts and organisations.

The donated items are distributed to local agencies including the Salvation Army, EDON Place women’s shelter and Phoenix House, which helps families deal with issues related to sexual violence.

WBHHS staff also support Share the Dignity at Christmas through the “It’s in the Bag” campaign, so keep an eye out for details later in the year.
CONGRATULATIONS to all the Bundaberg Hospital staff who organised, assisted with and donated towards Australia’s Biggest Morning Tea.

A scrumptious morning tea spread was offered in the Large HR Room to staff who donated via a gold coin donation. A total of $812 was raised, with $235 distributed as cash prizes in raffles and number boards, while $575 was donated to Cancer Council Queensland.

“I want to thank everyone who was involved, whether it was providing food or lending a hand fundraising, and those people who donated,” Cleaning Services Supervisor Nik Wenham said.

“We’re grateful for everyone who contributed and we will go on to make it a bigger and better fundraiser next year.”

BUNDABERG Hospital’s grounds have become a bit more eco-friendly thanks to the help of local Rotary and Rotaract clubs.

The Rotary Club of Bundaberg, Bundaberg East Rotary Club and Bundaberg Rotaract joined together recently to plant native trees behind the hospital.

Children of Rotarians and potential Rotaract members also joined in getting their hands dirty, resulting in some 70 trees being planted on the grounds.

The aim of the planting was to meet the vision of Rotary International President, Australian Ian Risely, who challenged clubs to plant a tree for each of the 1.1 million Rotarians who exist worldwide.

The site was chosen in consultation with Landcare and extends from the hospital premises back on to Queen’s Park.

The area where the trees were planted was once all sub-tropical rainforest and includes trees that date back several hundred years.

The hard-working crew enjoyed companionship during the work and tucked into a well-deserved brunch afterwards at the River Cruz Cafe.

On behalf of the Wide Bay Hospital and Health Service, the Wave passes on our thanks to the Rotarians and Rotaract clubs for organising the planting and leaving an eco-friendly legacy.
MEMBERS of the Bundaberg Hospital nursing and midwifery team have received a helping hand in their professional development thanks to the Bundaberg Health Services Foundation.

At its annual awards night, the Bundaberg Health Services Foundation presented Adenelle Antolin and Lovely Korner with its 2018 Winnie May Scholarships.

Adenelle, who works in the Emergency Department, received $2,500 to undertake a Graduate Certificate in Emergency Nursing. The certificate will expand Adenelle’s clinical expertise in specialised areas such as resuscitation and trauma.

Lovely is a renal nurse who has taken on additional work in the central sterilising and supply unit. She will be using her $3,000 scholarship to increase her knowledge and skills in the sterilising field by completing a Certificate III in sterilisation.

Sharon Watkins, from the Bundaberg Hospital Family Unit, received a Melanie Robinson Award for Midwifery. Sharon, who has worked in the family unit for more than 10 years, was awarded $2,000 to complete her studies to become a Lactation Consultant. These studies will give her skills to support women with complex lactation care requirements and assist in her baby care and feeding work that she conducts in her post-natal support for new mums.

Each year these scholarships and awards are presented by Bundaberg Health Services Foundation to enable staff members to pursue professional development.

There was no winner of the Yvonne Male Palliative Care Award this year, with the scholarship money to be used instead to send a local nurse to the Cancer Nursing Society of Australia annual congress.

Spreading the word about breast screening

BREASTSCREEN Wide Bay was on the front foot spreading the word about the importance of regular mammograms at local agricultural shows recently.

The team attended both the Fraser Coast and Bundaberg shows to help share the message with local residents and visitors.

The opportunity not only served as a great advertisement for BreastScreen Wide Bay Queensland Service, but the staff on hand were also able to talk to women in their target age group and arrange appointments at local clinics.

Wide Bay Hospital and Health Service also had a presence at several shows across the North Burnett region to promote our services to locals.
A master of the REDS

Angela Ratsch is helping to shape our research culture.

Your role?
Director of Research Education, Development and Support (the REDS... of course!).

How long have you been with WBHHS?
10 years.

How do you describe what you do?
Strategically, it is to engender a research culture to support the provision of services from within a best-practice framework. Practically, while our research culture develops, most of my role is working beside staff as they move their way from an idea to a service evaluation, an audit, a case report or a research project. In addition, many of the WBHHS staff are undertaking projects where I assist with ethics approval. I also assist with academic literacy including endnote training and assignment, conference and manuscript production.

What’s best about your job?
Working cross-discipline and inter-sectorial. I have the opportunity to learn about and experience the great work that the staff across WBHHS do and the chance to work with them in truly shaping the patient experience by supporting staff to undertake their projects. I have the best job in the world and I am empowered to do it!

When you’re not at work, you are...
My friends would say shopping, but I’m also the product of a bush upbringing and adore camping, working on my parents’ and brother’s cattle properties and exploring other cultures.

What do you enjoy about living in Wide Bay?
The weather, being part of a community, not facing city traffic each day.

Tell us a fun fact about you.
I’m not sure this would fit anyone else’s definition of fun, but I’m the Australian expert on smokeless (chewing) tobacco and its use and effects on maternal and perinatal health. Ask me about it some day so that I can bore you with a PhD project that took me from a clinical observation to the lofty heights of Australian expert!

What was the last movie you saw?
The Greatest Showman.

Tea or coffee? Cat or dog? Maroons or Blues?
Tea (or a ‘why-bother’ coffee – decaffeinated, soy, flat white); larger dogs; Maroons.

60 seconds with...

Rural crisis simulation workshops

STAFF are invited to register for a one-day simulation workshop that aims to advance clinical practice and team functioning in the rural environment.

The “Rural Crisis Event Management Simulation Workshop” will take place in the Monto Simulation Education Area on July 12 and will cover the following topics:

• Dynamics of effective team work
• Crisis resource management principles
• Process issues that may arise during simulation
• Deteriorating adult and paediatric clinical scenarios
• Improve the quality of patient care.

To register, log on to TrainStation through your Start Now menu or go to https://trainstation.learnflex.com.au.

Joke of the day

A WORRIED couple brought their young child into the emergency department with serious stomach pains.

Scans revealed the boy had swallowed six toy horses.

The doctor described his condition as “stable”.

What’s On

- June 11–17: Men’s Health Week
- June 18–24: World Continence Week
- June 20: Red Apple Day for bowel cancer
- June 29: Red Nose Day
- July 8–14: National Diabetes Week
- July 8–15: NAIDOC Week
MEET the Education, Training & Research Service’s Non-Clinical Training team!

As the name suggests, the team looks after all non-clinical training and development across WBHHS and consists of three people:

- **Wendy Johnston**, Training and Development Officer (4150 2065). Wendy is our resident Occupational Violence Prevention (OVP) expert and is always on the lookout to assist and facilitate all courses in Bundaberg and the rurals.

- **Elio “Baz” Basso**, Training and Development Officer (4122 8820). Baz has gained extensive experience in all the courses we offer. He has been a facilitator and training developer for more than 30 years and conducts all the training for the Fraser Coast (Hervey Bay and Maryborough).

- **Brad Maccarone**, Training and Development Manager (4122 8677). Brad also has extensive experience in all our courses. He has more than 40 years’ experience in the training and development field and can assist in your training and development requirements.

Courses we deliver include:

- **Occupational Violence Prevention – Basic Personal Safety (full day)**
- **Occupational Violence Prevention – Basic Personal Safety refresher (half day)**
- **Occupational Violence Prevention – Team Restrictive Practices (full day)**
- **Occupational Violence Prevention – Team Restrictive Practices refresher (half day)**
- **Customer Service (tailored to suit)**
- **Conflict Management (tailored to suit)**
- **PRAISE – general staff (1.5 hours)**
- **PRAISE – for leaders (4 hours)**

Feel free to contact us at any time on the above numbers to discuss your training needs.

Terrific trio offers range of non-clinical training

**Ergonomic training**

THE new mandatory training course, Introduction and Management of Musculoskeletal Disorders (MTR07), has undergone an update to content and has been renamed Ergonomic Fundamentals Online.

The course was previously known as Materials Handling Assessment (OHS04).

Once the online modules are completed, a new Ergonomic Fundamental Work Practices Audit (CSS02FF) is then conducted on all OO2-OO4 operational staff to cover the practical components of ergonomics, assessing the risks associated with potentially hazardous manual handling tasks and providing advice on safe lifting techniques.

The Ergonomic Fundamental Work Practices Audit is an annual requirement that is not available to all staff, but is automatically allocated as a requirement to operational staff levels OO2 to OO4.

Please contact course presenter Elio Basso on 4122 8820 to discuss the process and audit tool in relation to the Ergonomic Fundamentals Workplace Audit.

Contact WBHHS Education & Training

Phone: Hervey Bay – 4325 6104, Maryborough – 4122 8315, Bundaberg – 4150 2228  Email: WBHHS-ETR-Services@health.qld.gov.au

To access registration forms, training information or resources, go to the Education & Training Home page on QHEPS: http://qheps.health.qld.gov.au/scwbhsd/html/educ/etr_homepage.htm