

# Community PULSE

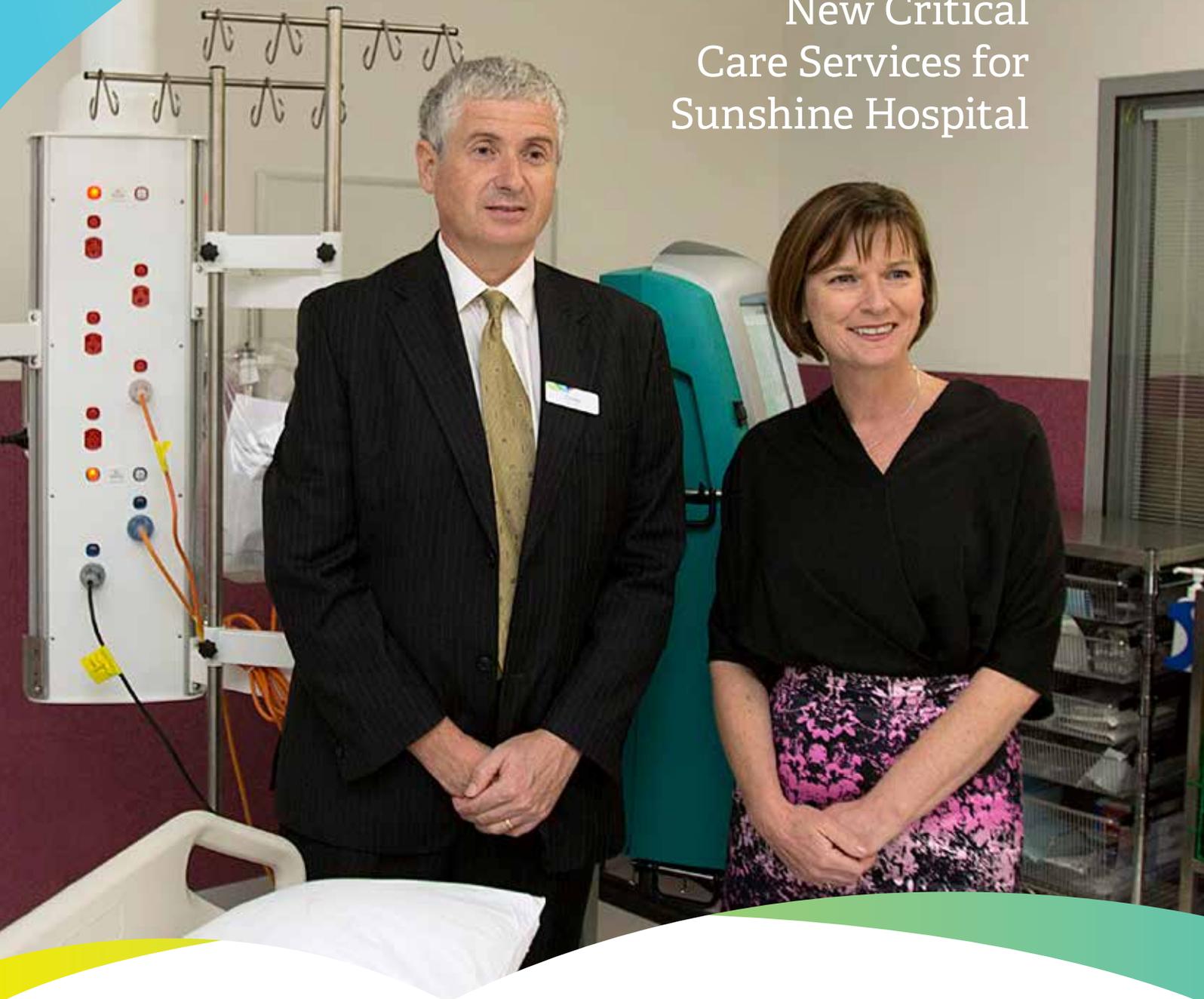
Autumn | 2015



Western Health

2014  
Premier's Health  
Service of the Year

## New Critical Care Services for Sunshine Hospital



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*Together, caring for the West*



Over the past month, Western Health has reached an incredible milestone, with the opening of intensive care and cardiac services on this site, supported by the addition of a wide range of acute services which have been unavailable at Sunshine Hospital until now.

Translating funding support from the State and Australian Governments into fully operational, fully staffed units – including recruiting staff from around Australia and overseas into what are some of the hardest to fill vacancies in health worldwide – is no small feat.

The changes also required a complex program of safely transferring acutely ill patients across campuses and moving equipment and implementing all the right supports.

As Chief Executive, I am pleased that patients at Sunshine, whether in the Emergency Department, Maternity Unit or in the wards, will now be safer. With the introduction of an Intensive Care Unit and Cardiac Catheter Labs, we are now able to treat critically ill patients who present to Emergency or arrive via ambulance as quickly as possible.

The Sunshine ICU is equipped to respond to a full range of complex illnesses or diseases.

Our Footscray Cardiac Catheter Lab has been the second busiest in the state for some years and yet we have not had the capacity to undertake a number of specialised procedures until now. This is a fantastic benefit to our community.

To support the critical care services on site at Sunshine, we needed to establish a range of specialist acute services on the campus and these important changes have also now been implemented.

Thank you to the State and Commonwealth Governments for helping make these changes possible through the provision of capital funding - the patients in the Western suburbs of Melbourne will be so much better off as a result. ♥

Associate Professor Alex Cockram  
Chief Executive, Western Health

# Developing Western Health's new Strategic Plan

Over the next six months Western Health will be developing its new five-year Strategic Plan.



Western Health Strategic Development Director, Shannon Thompson and Chief Executive, A/Prof Alex Cockram.

"The Plan will set out who we want to be in five years and how we will get there," Western Health Strategic Development Director, Shannon Thompson said.

"It's important to acknowledge that we have already achieved so much since the development of our last strategic plan, culminating with the Premier's Health Service of the Year Award in 2014.

"We will be building on the core elements of this success to create a leading organisation over the next five years."

This process is also about everyone getting involved in shaping the Plan.

"We plan on talking to our staff, volunteers, patients, their families and the community over the next couple of months," Shannon added.

Your input is important. You can email us your input on the Strategic Plan at [WHS-StrategicPlan2015@wh.org.au](mailto:WHS-StrategicPlan2015@wh.org.au)

In particular, we are keen for your thoughts on:

- What do we do well?
- What are our biggest areas for improvement?
- Where is the biggest opportunity for Western Health over the next five years?

Also look out for any focus groups that we will be running in your local community and we will shortly be launching an online survey if you are keen to continue to participate in the process.

You can find more information at [www.westernhealth.org.au](http://www.westernhealth.org.au) in the About Us /Developing Our New Strategic Plan section. ♥

# New Critical Care Services for Sunshine Hospital

The culmination of many years of advocacy, planning and hard work came to fruition on Wednesday 11 March as Intensive Care and Cardiac Services at Sunshine Hospital were officially opened by the Victorian Parliamentary Secretary for Health, Mary-Anne Thomas.

*(Left to right) Natalie Suleyman MP, Western Health Board Chair, The Hon Bronwyn Pike, Marsha Thompson MP, Western Health Chief Executive, Alex Cockram, Khalil Eideh MLC, Victorian Parliamentary Secretary for Health, Mary-Anne Thomas and Cesar Melhem MP.*

The redevelopment features a state-of-the-art intensive care unit, two cutting edge cardiac catheterisation laboratories, a coronary care unit, a renal dialysis unit, and medical imaging services featuring an angiography suite, CT scanner and ultrasound.

This latest redevelopment means Sunshine Hospital now offers the full range of critical care services.

The project included an expansion of the Hospital's maternity services with five additional labour delivery rooms, and, with an ICU now on site, mothers needing critical care will no longer have to be transferred to another hospital and separated from their baby.

The expansion has also seen some services move to Sunshine Hospital from Footscray Hospital, including cancer, stroke, cardiology, neurology and respiratory services and other medical specialists. Intensive care and major surgery will continue to operate from Footscray Hospital.

"Melbourne's West is one of the fastest growing regions in Australia, and with this latest expansion, Sunshine Hospital is now the number one hospital for acute care in the west," Ms Thomas, who was representing Minister for Health, Jill Hennessy, said.

"This redevelopment means that residents of Melbourne's West have access to vital critical care, closer to home."

"This is particularly special for new mothers needing critical care, because they won't have to be separated from their babies anymore," she added.



*Sunshine Hospital ICU Nurse Unit Manager, Nicole Keogh and ICU Services Manager, Fiona Gray, in the new unit.*

Western Health Board Chair, The Hon Bronwyn Pike, summed up the significance of the new services by reminding those gathered of a powerful comment made by the late Gough Whitlam.

"Today is one of the most significant days in the history of Western Health and a turning point for the people of this entire region of Melbourne. Today is about equality in healthcare provision," she said.

"Some 43 years ago, Gough Whitlam said 'Increasingly a citizen's real standard of living, the health of himself and his family... are determined not by his income, not by the hours he works, but by where he lives.'"

"The expansion of Sunshine into a major tertiary centre, bringing acute and critical care services together on site, means that the people of this region will no longer have their healthcare and that of their family, determined by where they live." 🌟





The bright new  
Children's Ward at  
Sunshine Hospital.

## Redeveloped Children's Ward officially opened at Sunshine Hospital

**Sunshine Hospital has officially opened the doors to its redeveloped Children's Ward and the new Ronald McDonald Family Room.**

The upgrades, which commenced in July last year and were completed in mid December, have provided additional facilities for young patients and extra comforts for their families.

The upgraded ward now houses a state of the art negative pressure, isolation room so that children with infections can be cared for in the best environment and with their families close by.

New additions to the ward include a five bed day procedure recovery unit and a high care nursery for young respiratory patients. The new monitored beds will remove the need for children with breathing problems to be referred back to emergency.

Over the past two years, the Western Health Foundation has conducted a major public appeal to fund the re-development of the ward.

"The Family Room is an outstanding addition to the Ward, and our sincere thanks go to



Western Health Board Chair, The Hon Bronwyn Pike and Board Director of the Western Health Foundation, Ms Susan Alberti OAM, tour the newly redeveloped Children's Ward at Sunshine Hospital

Malcolm Coutts, Chair of Ronald McDonald House Charities in Australia, his committed and passionate staff and to the McDonald's licensees of Western Melbourne for adopting this project," Western Health Foundation Chair, Bob Scarborough said.

"We can especially thank Jenny Sadler for her leadership and for engaging the McDonald's community in this project.

"Our past three Western Health Community Racedays have each raised over \$100,000. And we thank our race sponsors and all who have supported the events. I would particularly like to acknowledge the Zouki Group, Dorevitch Pathology, Johnstaff Projects and Lanec Services for their continuing commitment to these important dates in the Foundation calendar.

"Fiona Bacash and her team at Bacash Restaurant in South Yarra hosted a fundraising lunch and raised over \$60,000 on the day.

"And across town, this was matched by the Watergardens Hotel in Caroline Springs and we thank Alex Robertson for his support," Bob added.

Western Health Chief Executive, Associate Professor Alex Cockram, said the ward is now prepared to meet the challenges of the next generation of children who will come through its doors.

"Worldwide, it is well established that patient settings can make a significant difference to



(Left to right) Chairman of Ronald McDonald House Parkville Mark Hookey, Western Health Chief Executive Associate Professor Alex Cockram, Western Health Foundation Board Chair Bob Scarborough, McDonald's licensee of Western Melbourne Jenny Sadler and the CEO of Ronald McDonald House Charities Australia Malcolm Coutts.

a paediatric patient's ability to recover from a traumatic illness, accident or surgery," A/Prof Alex Cockram said.

"A time of considerable stress can be made a little easier by providing a positive, engaging and warm environment. When a child is in pain, distraction is very important as it deflects the child's mind away from the trauma.

"The best designed children's wards provide interest, colour and a sense of discovery within the surroundings, to help bring some relief for the children. This renovation has achieved all of this.

"The Children's Ward has been transformed from one of the most rundown wards within Western Health, to one of the most engaging. Thank you to all who have helped us achieve this wonderful transformation," A/Prof Cockram added. 🌟

## Western Health plays key role in landmark stroke treatment study

Western Health's Stroke Unit & Neuroscience Research Unit Director, Associate Professor Tissa Wijeratne and his team have been at the forefront of a landmark study, published in the *New England Journal of Medicine* on 12 February, which marks a new era in stroke treatment.

Researchers at Western Health and the Royal Melbourne Hospital have proved the effectiveness of a new technique that almost doubles the chances patients will walk out of hospital.

The researchers combined two types of stroke treatment with new technology to improve the outcomes for people with the most severe form of stroke.

Under the new approach, doctors used advanced brain imaging to identify which parts of the brain were irreversibly damaged and which parts were salvageable. They then used new stent technology to remove the clot. When combined with traditional clot-busting medication the proportion of patients who did not sustain a disability after the stroke went from 40 to 70 per cent.



(Left to right) Western Health staff involved in the groundbreaking study include, Dr John Loy, Dr Hans Tu, Dr Kanae Jennifer Nagao, A/Prof Zelko Matkovic and Prof Tissa Wijeratne.

"The key to this study is to identify patients with salvageable brain tissue," A/Prof Wijeratne said.

"We have installed the software to do this at both Sunshine and Footscray sites and completed several hundred brain images here at Western Health, as we have the expertise and capability to do this on site now.

"Once we know that there is a blocked tube supplying blood to the brain, and also the availability of salvageable brain tissue, we then treat these patients with clot buster medication at our campus and then transfer the patients to the Royal Melbourne Hospital (RMH) cath lab for removal of that clot.

"We had several patients who were suffering from disabling stroke (could not talk, could not walk and had a high chance of dying from the stroke or ending up with a severe disability) who were treated in this way and on several occasions, the

RMH would send these patients back to us the next day with little or no disability.

"Western Health treats a large number of acute stroke patients every year. Last year we treated 102 patients with clot buster therapy, with a high success rate.

"We also treated several patients with clot removal, in collaboration with the RMH, on eligible patients.

"We have the ability and skill to image the patient with an acute stroke at both Sunshine and Footscray Hospitals to see whether there is salvageable brain tissue before we treat these patients with cutting edge treatment.

"We are very active with cutting edge stroke research. We offer every therapy that the RMH research group offer at our campuses through our lead stroke research site, which allows our patients to access tomorrow's treatment today," A/Prof Wijeratne added. 🍷



Sunbury couple Rowland and Elsie Olarensaw, who have both reached 100 years of age.

## Couple celebrate centenary birthdays

For Elsie and Rowland Olarensaw, the secret to a long and happy life is simple - find someone who makes you smile each and every day.

And they should know.

Both Elsie and Rowland have received a letter from the Queen in the past year after celebrating their centenary birthdays, having spent 81 of those years as husband and wife.

The Sunbury couple amazed nursing staff in the Sunshine Hospital Emergency Department recently after Elsie, who suffers from dementia, presented with shortness of breath.

"I think it's more good luck than anything but we have always kept active, we have travelled the world and we have tried to keep up a good social life," Rowland said.

"He has been a great husband and he has always looked after me," Elsie added.

"He still makes me laugh and smile each day," she added.

And clearly a sense of humour has helped get them through the years together.

"I was just lucky that she didn't have a better offer," Rowland laughed. 🍷

# Strengthening Hospitals in Melbourne's West Summit

**Western Health has been working in collaboration with partner organisations, Djerriwarrh Health Services and Werribee Mercy Hospital on the Strengthening Hospitals in Melbourne's West program.**

In December last year, the Strengthening Hospitals in Melbourne's West Summit brought together all of the staff that have been involved to celebrate the great success to date.

"Working groups established under the program in the areas of elective surgery, service planning, maternity and paediatric services have produced amazing outcomes in a relatively short time frame," Western Health Service Planning Project Officer, Bonita Swann said.

"These groups showcased the remarkable progress they have made, working collaboratively to share information, enhance consistency of care provision/tools, streamline referral pathways and initiate regional planning.

"There was also an opportunity for attendees to generate ideas for the year two priority areas for the Strengthening Hospitals in Melbourne's West program.

"The Summit provided a fantastic chance for people to meet others from different organisations, further enhancing interagency relationships and networks. Additionally it encouraged and facilitated information sharing and provided greater insight into the needs of the region from differing perspectives.

"Throughout 2015 the program will focus on sustainability, implementation and evaluation.

"Existing working groups will continue to implement current initiatives, conduct evaluation and undertake new collaborative actions with a focus on developing regional plans.

"Additionally planning for the priority areas for year two of the program will be established, building on the successful approach used to date," Bonita added. 



*(Left to right) Mercy Health Program Director Surgical & Specialist Services, Melissa McDonald, Western Health Chief Executive, Alex Cockram and Djerriwarrh Health Services Chief Executive, Bruce Marshall.*

## Students connect with Williamstown Hospital

**A new initiative aimed at connecting Williamstown students with their local health service has provided some heartwarming outcomes.**

A group of year four students from Williamstown North Primary School took part in the initiative, titled W is for Williamstown.

After each session, the students were given a tour of the area, a hands-on opportunity to see nursing aids – where appropriate, could ask patients questions and gained knowledge in what happens in their local hospital.

"The focus was on educating our community in what we do at Williamstown Hospital, but, also to decrease the stigma of what happens in a hospital should one of the students or a member of their family ever be admitted." Western Health Community Engagement & Volunteers Manager, Jo Spence said.

"The concept is to get the younger community members to start to feel associated with their local hospital. To understand what happens at their local hospital and perhaps move towards them being future volunteers or staff.

"At the final presentation session, which was held in front of parents and staff from the school, along with hospital staff involved in the sessions, everyone was amazed at the insight and enjoyment that the students got out of their visits to the hospital.

"The students were very proud to be able to be a part of the initiative and the response to continuing the initiative in 2015 has been very strong from all staff and from Williamstown North Primary School," Jo added. 



*Williamstown North Primary School students with their certificates.*

## Music and laughter the best medicine

**The unmistakable tones of music and laughter were a welcome surprise to many who visited Sunshine Hospital's Dementia Assessment Unit recently.**

Local dancer Bec Reid, visual artist Bob Carey-Grieve and musician Jo Windred have been leading weekly workshops with patients as part of the Creatively Ageing project.

Produced by the Footscray Community Arts Centre (FCAC) and funded by the Australia Council, Creatively Ageing is an engaged, dynamic and innovative initiative that engages elders in Melbourne's West in vibrant artistic programs with the aim of making space for ageing communities to share, celebrate, create and participate.

"Ensuring people with dementia are engaged in meaningful activity is crucial to providing quality care," Ground Floor Sub Acute Nurse Unit Manager, Kathryn Gosetti said.

"Although people with dementia are challenged by memory loss or the ability

to find the right words, art is an activity that they are able to engage in. It is a way for people with dementia to express feelings that they may have difficulty expressing otherwise.

"We have noticed significant benefits for patients that are part of the Creatively Ageing Project. Patients are engaged in meaningful activity which in turn has reduced behavioural symptoms associated with dementia," Kathryn added.

Bec said she was delighted by the community approach in the unit to participate in the arts workshops.

"Each week the patients, healthcare professionals, family members and I all dance together," Bec said.



*Sunshine Hospital patient Brian with dance artist Bec Reid.*

"For half an hour we are all embodied, telling stories together on the dance floor and smiling until our cheeks hurt. It is an absolute privilege to witness the joy of dancing for the patients and the freedom of expression it allows them in such a wonderfully supportive environment." 🍷

## Join us for WalkWest 2015

**Join the Western Health Foundation on Sunday 29 March 2015 for the second annual WalkWest event to raise funds for children's healthcare at Sunshine Hospital.**

Created by the Western Health Foundation and supported by community leaders, WalkWest is the first major community walk event in the west.

Events include a 5km or 10km walk and run along the beautiful Maribyrnong River at Doug Mills Reserve, Footscray Park.

Entry is free so enter your team today!

1. Book out the morning in your diary – Sunday 29 March 2015
2. Register online at [www.walkwest.com.au](http://www.walkwest.com.au)
3. Get a team together, give it a name
4. Invite family, friends or colleagues to join your WalkWest team
5. If you wish, you can fundraise or make a donation via [www.walkwest.com.au](http://www.walkwest.com.au)

Feel free to call the Western Health Foundation on 1300 079 599 and talk to us about how you can participate in WalkWest.

More information can be found at [www.walkwest.com.au](http://www.walkwest.com.au) 🍷

**WalkWest**  
SUNDAY 29 MARCH 2015



the WESTERN HEALTH FOUNDATION

[www.walkwest.com.au](http://www.walkwest.com.au)

All funds raised will support children's healthcare at Sunshine Hospital

# Western Health Open Access Board Meeting

Tuesday 31 March 2015

## The Board of Directors of Western Health invite you to attend their 2015 Open Access Meeting

The topic for this year's meeting is hearing the consumer voice in the development of Western Health's next Strategic Plan.

This meeting will provide you with an opportunity to share with Western Health Board Members what a positive patient experience should look like by 2020.

**Date:** Tuesday 31 March 2015

**Time:** Between 6.00 – 7.30pm

**Venue:** Footscray Town Hall  
61 Napier Street, Footscray  
(Corner Napier & Hyde Streets)  
Melway Reference – 42 D5

**Please RSVP**

Alison Rule by Monday 23 March 2015

**Email:** Alison.Rule@wh.org.au

**Phone:** (03) 8345 6228

**Light refreshments will be provided following the meeting.**

*Together, caring for the West*

[www.westernhealth.org.au](http://www.westernhealth.org.au)

#### Footscray Hospital

Gordon Street  
Footscray VIC 3011  
Locked Bag 2  
Footscray VIC 3011  
8345 6666

#### Sunshine Hospital

Furlong Road  
St Albans VIC 3021  
PO Box 294  
St Albans VIC 3021  
8345 1333

#### Sunshine Hospital Radiation Therapy Centre

176 Furlong Road  
St Albans VIC 3021  
8395 9999

#### Western Centre for Health Research & Education

Sunshine Hospital  
Furlong Road  
St Albans VIC 3021  
8345 1333

#### Sunbury Day Hospital

7 Macedon Road  
Sunbury VIC 3429  
9732 8600

#### Williamstown Hospital

Railway Crescent  
Williamstown VIC 3016  
9393 0100

#### Drug Health Services

3-7 Eleanor Street  
Footscray VIC 3011  
8345 6682

#### Hazeldean Transition Care

211-215 Osborne Street  
Williamstown VIC 3016  
9397 3167