

Community PULSE

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Western Health



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Health and education precinct to boost west services

A major focus on development in the area around Sunshine Hospital has helped secure more than a half a billion dollars in new public and private funding and investment.

The Sunshine Health, Wellbeing and Education Precinct is supported by Western Health, Brimbank Council, Victoria University, the University of Melbourne and private health and education providers.

The Precinct committee recently launched its new Action Plan at the Western Centre for Health Research and Education at Sunshine Hospital, highlighting substantial progress towards the development of the precinct.

Western Health chief executive, Associate Professor Alex Cockram, said the event highlighted significant successes.

Development currently underway in the precinct includes the Joan Kirner Women's and Children's Hospital being built on the Sunshine Hospital site; the relocation of Ginifer station closer to Sunshine Hospital; level crossing removal works on Furlong Road; plans for the \$165 million Sunshine



Western Health Chief Executive Office, Associate Professor Alex Cockram, chairs a panel on the future of health at the launch of the Sunshine Health, Wellbeing and Education Precinct action plan.

Private Hospital and broadening educational opportunities across the precinct.

"As the largest employer in one of the most disadvantaged urban areas in Australia, Western Health has a major influence on the wellbeing of communities across the west of Melbourne and our communities' socio economic gains are integral to improved health," Associate Professor Cockram said.

At the event, Associate Professor Cockram chaired a panel on the future of health featuring experts including the Director

of the Australian Health Policy Collaboration at Victoria University, Rosemary Calder.

Ms Calder said a sustained focus on early childhood in the municipality would create significant improvements over the next 20 years – in health, education and employment.

Joining Ms Calder on the panel were the Deputy Dean of the Faculty of Medicine, Dentistry and Health Sciences at the University of Melbourne, Professor Glenn Bowes, Western Health Director of Medical Education, Associate Professor Stephen Lew, and Macroplan Dimasi chairman Brian Haratsis. 🌱

It has been an exciting few months for Western Health, with a number of visits by the Minister for Health, The Hon Jill Hennessy and activity well under way for construction of the new Joan Kirner Women's and Children's Hospital on the Sunshine Hospital site.

Hoardings have now gone up around the site and managing contractor Lend Lease has staff working on site. All this action marks the start of an important development for our health service, which is growing to cater to the extraordinary population growth across the west of Melbourne.

The new hospital will ensure women in the west will be able to give birth in high quality purpose-built facilities and more families will be able to access children's services closer to their home.

The Joan Kirner Women's and Children's Hospital will be the centrepiece of the new Sunshine Health, Wellbeing and Education Precinct based around Sunshine Hospital, which will see it develop further as a major health hub in the west.

Senior public and private sector health and education leaders met recently in our Western Centre for Health Research and Education to progress work towards this innovative health and education precinct.

Cancer survivors were present to welcome the Victorian Minister for Health, Jill Hennessy, to Sunshine Hospital in July, when she announced the Victorian Government's ambitious target of saving 10,000 lives from cancer in the next 10 years through the Victorian Cancer Plan 2016-20. As part of the visit, the Minister announced additional funds for Western Health to support prostate cancer survivors.

In a separate visit, Minister Hennessy announced \$270,000 in State Government funding for a ground-breaking Western Health iPad app that will help nurses to communicate with non-English speaking patients when an interpreter is not available

The Culturally and Linguistically Diverse Assist iPad app – developed by Western Health speech pathologists in partnership with the CSIRO – uses a series of words, pictures and audio in 10 different languages.

The funding was made available as part the Government's new \$10 million Better Care Victoria Innovation Fund.

And finally, congratulations to our partners the Western Bulldogs on their fantastic Grand Final win! In an unprecedented show of support, Western Health was a sea of red, white and blue as we cheered on the team of the mighty west. 🏈



Associate Professor Alex Cockram
Chief Executive, Western Health

From facemasks to furniture – Western Health’s recycling initiative

Western Health has slashed the amount of plastic waste it sends to landfill by pioneering recycling programs that turn medical plastic into furniture and garden hoses.

The programs have led to a 35 per cent drop in the amount of waste that Western Health sends to landfill each year.

The PVC Recovery in Hospitals Program is one of the most successful programs. It was created by Dr Forbes McGain, a Western Health anaesthetist, after he became concerned about the amount of plastic hospital items thrown into the rubbish.



Western Health sustainability officer Catherine O'Shea and instrument technician Carlos Paciocco with products made from recycled medical plastic.

Dr McGain collaborated with the Vinyl Council of Australia to develop the PVC recycling program, which collects high grade, clear plastic hospital items such as used facemasks, oxygen tubing and irrigation bags for intravenous fluids.

The used items - which are clean and uncontaminated - are then recycled by a plastics manufacturer and turned into products such as garden hoses and children's play mats.

More than 24 hospitals in the Asia Pacific region have adopted the PVC recycling program since it was developed at Western Health, according to the Vinyl Council of Australia.

Under another innovative program, Western Health teamed up with a local Laverton manufacturer to collect soft plastic used in medical packaging and recycles them into products such as furniture, bollards and speed humps.

Four recycled bench seats have been installed at Sunshine Hospital, made from plastic packaging and blue polypropylene sterile wrap previously used to package new theatre gowns and medical equipment.

Ms Catherine O'Shea, Western Health's Sustainability Officer, said the health service had piloted and rolled out more than a dozen recycling programs since 2011.

She said critical care services – operating theatres, intensive care units, day patient units and cardiac labs – produced about 20 per cent of Western Health's hospital waste, including plastic waste. Staff in these services helped to recycle six tonnes of wrapping and soft plastics each year.

In great news for Western Health, it was named a health finalist in the prestigious Premiers Sustainability Awards 2016 for its wide raft of programs and stellar efforts in environmental sustainability. ♡

Understanding of fever in children to be improved

Do you know what a normal temperature for children is?

Emergency department doctors at Western Health will explore ways to improve parental understanding of child fever after a study found some parents mistakenly defined fever as a temperature below 38 degrees.

The study surveyed parents who had taken their young child with a fever to Sunshine Hospital's emergency department for treatment. It did not include children with cancer or other serious illnesses.

Almost 50 per cent of all parents surveyed defined fever incorrectly, with misconceptions more likely among families from Asian and Indian backgrounds. The survey found Asian and Indian families were much more likely to be highly anxious about fever in their child, regardless of the parents' age, level of education or whether they were a first time parent.

About half of the 230 parents surveyed for the study were from Asian and Indian backgrounds, while others were from Caucasian and other backgrounds.

The study's co-author Dr David Krieser, a Western Health paediatric emergency physician, said he and his colleagues would investigate ways to work with GPs and maternal and child health services to improve parental understanding of child fever.

"We may even need to think about developing an education program that's given to new parents when their baby leaves hospital, to include information about fever in the baby book that's given out to parents," Dr Krieser said.

"The message about fever needs to be a public health message rather than an Emergency Department message."

Dr Krieser said the survey findings were relevant to a statewide trend showing children aged up to five were the fastest growing population group using emergency departments at hospitals.

The number of children not requiring urgent medical care being taken to Victorian hospitals is increasing every year.

The Royal Children's Hospital recently reported it was dealing with a record spike in sick children because many parents were taking children to the emergency department instead of a GP. ♡

Western Health paediatric emergency physician, Dr David Krieser, is working to improve parent's understanding of fever.



Joan Kirner Women's and Children's Hospital – Improving care for families in the west

Due for completion in late 2018 the Joan Kirner Women's and Children's Hospital will allow expansion of the very busy maternity and paediatric service at Sunshine Hospital into a purpose built, nine storey building for Women's and Children's services. In the 2015/2016 fiscal year more than 5,300 babies were born at Sunshine Hospital.



Artist impression

Named in honour of the late former Victorian Hon. Joan Kirner, the new facility will contain...

- 32 inpatient children's beds
- 64 inpatient women's beds
- 20 birthing rooms
- 39 special care nursery cots
- 4 operating theatres
- 1 procedure room
- 42 women's and children's outpatient consulting rooms

+ Plus outpatient clinical spaces including interview rooms, treatment and procedure rooms, ultrasound rooms, maternal fetal medicine and genetics consult rooms and allied health spaces



Family space filled with natural light and accessible from the women's and children's inpatient wards is a feature of the new hospital design.

Getting around Sunshine Hospital

Due to the construction of the new nine storey building, there will be some changes to entrances of Sunshine Hospital services over the coming months. Visitors to the hospital will notice changes to the public car park and pathways around the site due to the construction site on the eastern side of the site (the side closest to the Western Ring Road). If you are visiting Sunshine Hospital Please take note of changed parking conditions and new signage to the entrances of the hospital.



We apologise for any disruption caused and appreciate your patience whilst this necessary work is completed.

Busy hospitals can be tricky to navigate, so Western Health's friendly visitor guides are there to assist you to find your way around the site. You can find the visitor guides in the bright blue vests near the reception at the main area of the hospital. 🐦

Victoria's first Fracture Care and Prevention Program for patients over 65 opens at Western Health

Every eight minutes someone is admitted to an Australian hospital with an osteoporotic fracture. Bone fractures caused by osteoporosis are more common than the combined incidence of heart attacks, stroke and breast cancer.

These statistics have prompted Western Health to establish Victoria's first Fracture Care and Prevention Program for patients aged over 65.

The program is aimed at closing a treatment gap often experienced by older patients admitted with fractures to Australian hospitals.

Many of these patients miss out on osteoporosis treatment when they leave hospital because specialists in hospitals assume that GPs will implement the treatment.

However, GPs assume specialists in hospitals will do so, says Professor Gustavo Duque, Western Health's Professor and Chair of Medicine and Director of the Australian Institute of Musculoskeletal Science (AIMSS).

Osteoporosis treatment – involving Vitamin D, medications and exercise therapy – dramatically reduces the number of further fractures and falls among older patients with a fracture, according to research studies.

Fracture Care and Prevention Programs are compulsory in hospitals in the United Kingdom and are being rolled out in New Zealand hospitals because of their success in reducing the hospital readmission rates of patients aged over 65.

The new program at Sunshine Hospital opened in July providing a one-stop shop approach to the identification, assessment and treatment of osteoporosis for patients referred by GPs as well as patients currently in hospital at Western Health.

It includes a Fracture Liaison Service and an education program for GPs in the community to help them identify and treat patients at risk of osteoporotic fractures.

Professor Duque said the program's comprehensive model of prevention and care could easily be adopted by other health services. 🐦



Professor Gustavo Duque consults with Western Health Fracture Care Prevention Coordinator, Solange Bernardo, while technician Susan Harvey prepares to conduct a patient scan.

Celebrating 60 years of the weird and wonderful at the Williamstown Hospital Op shop

Ever since it opened in 1956, the Williamstown Hospital Opportunity Shop, has been the place to go for that obscure, quirky and dare we say it – downright ugly.

It is often those items that fit into the latter category – such as a rather large concrete horse – that surprise everyone by selling quickly.

Some of these find new life as props in movies, plays and theatre productions. The shop was a good source of material for the popular Kate Winslet film *The Dressmaker*.

For many photographers, stylists and theatre directors it is the go to destination for that “just right” item – proving that one man’s junk is indeed another’s treasure.

The locals too know to check the store for the regular appearance of designer bargains from labels such as Christian Louboutin, Jimmy Choo and Prada.

Other customers know exactly what they want. Each December, a local family will buy every single plate in the shop to be smashed during Greek dancing at their Christmas celebrations.

The shop celebrated its 60th anniversary during National Op Shop week with an afternoon tea at the Williamstown Hospital to thank all involved.

Western Health Chief Executive Associate Professor Alex Cockram said the Op Shop was not only a local gem but a fundraising powerhouse which raised \$144,000 for the ‘Heart of Williamstown’ appeal last year.



Volunteers Diane Miovich and Mariella Worthington.



Western Health chief executive A/Prof Alex Cockram (centre) says thanks to volunteers Jean Rose (left) and Laraine Jones.

She said it has grown from a small shop with a handful of volunteers to today’s team of 47 – the youngest are the Williamstown High School Year 9 students.

“In celebrating the contribution of Williamstown Op Shop over its 60 years, it is also important to reflect on the great contribution it has made to the lives of the hundreds of volunteers who have found purpose and friendship through their association with the shop,” Professor Cockram said.

She said the volunteers reached out beyond their area, to donate clothing to Sunshine Hospital to for new mums in need and support Western Health’s From One Mum to Another campaign.

Volunteer co-ordinator Nicky Cooper said the dedicated team of volunteers are the community’s direct links to the Williamstown Hospital.


“They don’t just raise money, they contribute to the community in many additional ways,” she said.

“They join the team for many different reasons, one is that they find a warm, caring friendship group.”

Volunteers Mariella Worthington and Diane Miovich agreed, saying those who work in the shop are known for their warmth and willingness to help others.

“I like it because I feel like I am giving back to the community by volunteering and it gives me the opportunity to interact with people,” Ms Worthington, a former bank manager said.

Ms Miovich, a retired teacher, said the best part was mixing with locals and other volunteers who have welcomed her into their big, happy volunteer family.

The Williamstown Hospital Op shop opens seven days a week. 

Bulldogs on the catwalk raise \$63,000 for Breastwest

Western Bulldogs players put their Grand Final aspirations aside to join breast cancer patients and survivors on the fashion catwalk and help raise \$63,000 for Western Health's BreastWest organisation.

There was the usual glitz and glamour but the stars of the night were undoubtedly the 12 models who have received breast cancer treatment at Western Health.

They walked, sashayed and danced down the runway on the arms of popular Western Bulldogs players who not only generously donated their time but also \$5000 to support the cause.

Money raised will fund the cost of a new Diagnostic Film Digitiser which will give clinicians direct access to a patient's mammogram, film in any hospital.

BreastWest is a group of volunteer fundraisers in Melbourne's western suburbs, who provide practical help to breast cancer patients facing financial problems as a result of their illness.

The annual fashion parade gala, held at Moonee Valley Racecourse, raises money to support Western Health patients and their families with items such as wigs, transport to appointments, housecleaning and counselling.

"A lot of charities are focused on research and equipment and that's often what hospitals need," said Ms Simonne Michelle-Wells, general manager of the Western Health Foundation, which auspices BreastWest.

"But BreastWest is a very community-focused charity that's really about the personal support of the women. We provide wigs and even in-home food because these women usually have children and jobs and it's this sort of practical support that they often need."

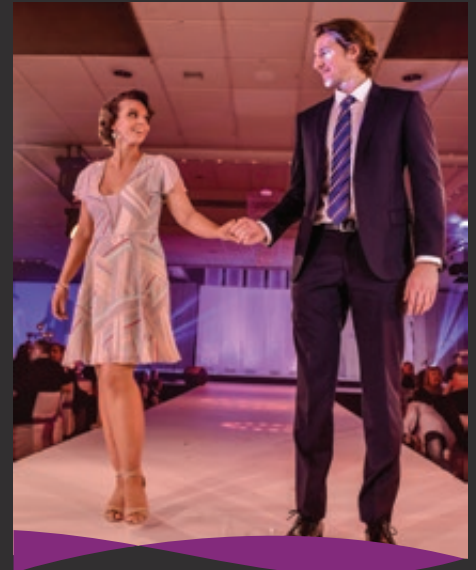
More than 500 people attended this year's fundraising gala.

Twelve patients and their Western Bulldog escorts modelled clothes donated by Wesson Stores, a leading fashion retailer, supported backstage by a team of stylists, makeup artists from Iridis Cosmetics and hairdressers from Bella Rouge Hairdressers.

Ms Michelle-Wells said the patients and the Bulldogs players loved participating in the parade.

"Some of the players come back year after year and a lot of breast cancer survivors are in the audience," she said. "You see these players go and hug these women and remember them fondly.

"The women modelling the clothes look amazing. They're on the arm of an AFL player who's so supportive and they all love the event. They get so much out of it."



The Western Bulldogs have a long association with BreastWest. Club officials have served as members of BreastWest's volunteer committee since 2005, when the grassroots fundraising group was founded.

If you would like to support BreastWest, please donate online by visiting www.whfoundation.org.au or call the Western Health Foundation on 1300 079 599. 💜



Minister's visit shines light on cancer survivorship

Victorian Minister for Health, Jill Hennessy, was at Sunshine Hospital recently to announce the Victorian Government's ambitious target of saving 10,000 lives from cancer in the next 10 years.

The Victorian Cancer Plan 2016-20 launched by the Minister pulls together a range of initiatives in prevention, detection, treatment and research to support people who develop cancer and give them the best chance of beating it.

"The Cancer Plan puts patients first and recognises the critical role of our cancer sector in our work to strengthen and improve the system," Ms Jill Hennessy said.

"Every day in Victoria, around 84 people will be diagnosed with cancer and 29 people will die a cancer related death. We want a better future for people who contract cancer, and to consign these statistics to the past."

Cancer survivorship is emerging as a key issue due to the increasing number of people living with cancer in the community and our latest range of grants will help them live better lives."

During her visit Minister Hennessy met with breast cancer and prostate cancer



Minister Hennessy speaks with prostate cancer survivor Anthony King, during her visit to Sunshine Hospital.

survivors who have been previous Western Health patients.

"Western Health is one of the largest providers of cancer care and treatment in Victoria," said Western Health Chief Executive A/Prof Alex Cockram.

"Western Health is strongly committed to working with our primary healthcare partners and the North Western Primary Health Network, as we recognise the invaluable role

of the trust relationship between a GP and their patient.

"The survivorship program will allow us to build on these connections for the sake of our prostate cancer patients," A/Prof Cockram said. 🌱

Together, caring for the West

www.westernhealth.org.au

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