



Byron Central Hospital nearing completion

Preparations for the full commissioning* of the new Byron Central Hospital (BCH) at Ewingsdale are now under way, with representatives of all departments engaged in a structured building training process.

In a first for the Northern NSW Local Health District, two hospitals (Byron District and Mullumbimby & District War Memorial Hospitals) will combine into one purpose-built facility with construction and landscaping, including car

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*Above, the Main Entrance of the new Byron Central Hospital.
Below, the rear of the hospital looking at Maternity, right, and the new Mental Health Inpatient Unit, left.*



Page 5:
Make a
resolution to
focus on self-
care this year.



Page 7:
We talk to
Wayne Jones,
Chief of Staff of
NSW LHD



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NSW LHD on
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New Year brings many of the same challenges

Happy 2016.

It has been an interesting and busy first month as Acting Chief Executive. I wish to thank all staff who worked over the Christmas and New Year period.

Working closely with the Executive and travelling throughout the health district has again reminded me of the dedicated and talented staff found within the NNSW LHD.

While the New Year arrived with many of the same challenges faced during 2015, the most topical issue for the month of January has been the growing concern of the security and safety of our staff and patients.

As you may be aware from the Media Statement from Jillian Skinner, Minister for Health (see Page 10), these concerns are being addressed at a State level, in consultation with the industrial bodies, management and staff.

The Tweed Hospital, Lismore Base Hospital, and Ballina District Hospital received local and national media coverage regarding incidents, both recent and in the past 12 months, which have placed our staff at risk of harm.

I would like to reiterate that the safety and security of our patients and staff is of paramount importance to the NNSW LHD. The Executive takes very seriously the safety and security of our staff and patients.

I cannot stress enough the importance of completing an Incident Information Management System (IIMS) report for every physical assault or incident of patient aggression or abuse so that we have the data and evidence required to address the anecdotal claims that have been made in the media.

The IT system band width is currently being increased 10-fold to ensure a faster IIMS system, and there are also additional mobile phone towers being installed at various locations across the District to ensure better coverage for staff working in remote locations.

The opening of the new Byron



Central Hospital in a few months will also see the introduction of the latest generation of personal duress and location systems called the Ekahau

B4 badge tag. The tag is the same size and shape of typical ID badges and is designed to fit onto a lanyard with other credential cards, or onto a belt clip.

I look forward to hearing back from staff how successful these new technologies are in improving safety concerns.

- The recruitment of a new Chief Executive is in progress. In the interim, I look forward to continuing to work with you.

Annette Symes
Acting Chief Executive

From the Board Chair



As Board Chair I would like to wish all Staff and the North Coast Communities the best for 2016.

This will be an exciting year for the NNSW LHD with a number of infrastructure and planning activities either coming to completion or commencing this year.

New infrastructure and service redesign provides opportunities for new models of care, innovation, and staff and patient experience.

The Board looks forward to hearing about these from Executive, Clinicians, Staff and the community over the coming year. In relation to this the Board will be considering its representation on the NNSW LHD Governance and Clinical, Community and Stakeholder Engagement Committees at its first meeting on 3 February 2016.

Unfortunately, I advise the first round of recruitment to select

for his diligence and leadership in this process.

The Board is delighted that Ms Annette Symes has accepted the role of Acting Chief Executive during this period of recruitment.

The Board is particularly pleased with this appointment as Annette's skills and knowledge provides for ongoing strong leadership and stability allowing for the recruitment processes to be given all the time needed to find the right candidate.

I reaffirm 2016 is shaping up to be an exciting, productive, and rewarding year for the NNSW LHD and its Staff, Clinicians and Communities and I wish to thank everyone for their continued contributions.

Brian Pezzutti
Chair

a new Chief Executive was not successful and a second round of recruitment utilising a Recruitment Consultant has commenced.

The Board is resolute in its commitment to attracting and recruiting the best possible Chief Executive to lead the NNSW LHD into the future and capitalise on the many opportunities that the new infrastructure within the District provides.

I would like to thank Mr Malcolm Marshall, Deputy Board Chair

Staff briefed on new BCH

• From Page 1

parking of 195 on-site bays, 28 bicycle spaces, and 16 motorcycle spaces, now completed.

BCH will provide a 50 per cent increase on the combined bed numbers of the two current Byron Shire hospitals' Emergency Departments.

The task of staff familiarisation of the layout and design and new technical systems of the \$88M facility stepped up in mid-January with clinical, maintenance, and administrative staff from Byron Shire's two hospitals receiving expert, across-the-board briefings from the construction team.

The building commissioning process has included 'witness testing'



BCH EO DON Keryn York

of plant and equipment, including the supply of medical gases to the 43-bed inpatient unit and the 14-bay ED.

Staff were briefed in a range of areas including mechanical (the scissor hoist, patient lifter, blinds, operable walls, motorised roller shutters), electrical

(security, nurse call systems, general power, lighting, master clock, PA system), hydraulics (water control, ice machine, birth bath operation, decontamination shower), fire procedures and medical gases.

Staff from both of the current hospitals said they were very impressed by the new facility, and greatly looking forward to the move in a few months' time.

Further training will be conducted during the coming weeks and beyond, as the fit-out of the new hospital progresses. The official date for the opening of BCH has yet to be determined.

**Commissioning is the preparation of a facility and its workforce for the commencement of operations.*

Scheduled timeline for the opening of the new Byron Central Hospital:

■ February 29, 2016 - construction completed

■ March/April - handover to Northern NSW Local Health District for operational commissioning

■ Staged opening of the new hospital planned from mid-2016



Pictured above right, Commissioning Officers, Veronica Carbines, left, and Melanie Franz.

Pictured right, staff receive a demonstration of how the scissor hoist works.



In Brief...

3D printer helping childrens' implants

NSW Health Minister Jillian Skinner has opened a laboratory at the Children's Hospital, Westmead that specialises in 3D printing to create novel implants for children with lower limb deformities.

The NSW Government funded the refurbishment of the Engineering and Prototyping of Implants for Children laboratory (EPIC 3D).

The NSW Medical Devices Fund has helped fund innovative technologies in the laboratory.

"3D technology is revolutionising implants, which can now be tailored to a child's individual needs," Mrs Skinner said.

"This means less time in hospital, a shorter period of healing and, most importantly, better functioning for the growing child."

IT aids Parkinson's

Scientists at the University of Western Sydney (UWS) are now taking advantage of sophisticated software and IT tools to personalise medical care as doctors wrestle with increasingly complex drug combinations.

Dr Ahmed Moustafa from the UWS MARCS Institute is currently testing new computer models in Parkinson's Disease Clinics to aid Neurologists as they treat the disease.

"The ultimate goal is to rely on both human and machine intelligence – that is, both doctors and sophisticated computer models – to provide better treatment," Dr Moustafa said.

"By using mathematical models of the brain, Neurologists will be able to find the best drug combinations and dosages for each individual patient."

Exciting times ahead

Acting Editor, Lee McDougall

Susan Walker is currently enjoying six months leave and while she is away I am back in the role of Acting Media Manager.

I have been in this role for the past four weeks and I must admit, I have been astounded by the amount of construction that is occurring throughout the Health District.

It seems every couple of days there is an update on what is happening at Lismore Base Hospital (LBH) - both with the much anticipated carpark and the LBH redevelopment - and at Byron Central Hospital (BCH), and in more remote locations such as Bonalbo.

As the daughter of a builder, I am always excited by construction and the

possibilities that new buildings always bring.

In interviewing the LHD's Chief of Staff Wayne Jones for this Edition (see Page 7), I was also reminded that a new Chief Executive will also bring new possibilities. I have been told more than once in the past month that a new CE always brings change and as the new CE's arrival may coincide with the opening of BCH and further completion of works at LBH, it will be interesting to see how these changes manifest.

* * *

Media attention focused this past month on security. It is difficult to ignore such graphic front pages as seen in Tweed Heads and Lismore in the one week of knives dripping with blood and the bold, large,

evocative words of "Machete, knives, boyonet, and axe".

While the words are confronting, my thoughts immediately went to our staff who are often called upon to effectively diffuse potentially violent situations.

It's not just security staff, although they do a remarkable job in dealing with aggressive patients and clients, but also reception staff, clinicians, nurses, wardspeople and even cleaners who may find themselves suddenly confronted with an overwhelmed individual who is unable to contain their emotions and lash out.

We are an industry that cares, and I pay tribute to the LHD's staff who continue to care each day.



Your say

Do you have anything you would like to share with your colleagues and readers of Northern Exposure?

Please email your contributions to lee.mcdougall2@ncahs.health.nsw.gov.au. Photos and dot points with all the information are most welcome. For inquiries call 6620 2141.

Kathryn Parmenter - Quiet Achiever

Name: Kathryn Parmenter
Position: Business Support Officer
Location/Site: Crawford House, Chief Executive Unit
Nominated By: Wayne Jones

How long has Kath been employed in this Position?

Kath has been in this role for the past three years. Prior to that she was the LBH Finance Officer, and prior to that, which is probably where most people may remember her, she was the Maintenance Clerk at LBH.

Why have you nominated Kath as a Quiet Achiever?

Kath is one of the few people I have had in my working career who I can give any task to and I then don't have to worry about any further direction or supervision. Kath is remarkable in the way in which she quietly, and effortlessly, goes about half a dozen tasks at any one time and always without fuss and with a smile on her face. You give Kath a task and you know it's as good as done.

What is her greatest strength as a



staff member?

Her capacity to take on any job and do it to the finish without needing any assistance or help. She just does the job, and she does it well. Even an off the cuff query will result in a thoughtful, researched, and detailed response.

What is a highlight of Kath's career with NNSW LHD?

It would be difficult to pick one

thing in a career spanning 20 years. I think the way she approaches change with such relish is a highlight. The LHD Business Unit has undergone some big changes including the introduction of HealthRoster and the new Oracle all of which Kath has become expert in and a resource to the whole Chief of Staff Unit. Kath has a remarkable ability to cope and thrive on change.

What is your favourite memory of working with Kath?

Her dressing up, whether it is Christmas, Halloween, Easter, or her birthday, Kath transforms into something spectacular.

What personal qualities does Kath have that makes her stand out?

I'd have to say her great sense of humour and the amazing way she deals with competing priorities. Working in the Chief of Staff Unit Kath has about 12 different competing managers and services all of whom she supports and manages to keep happy, all the while maintaining a smile on her own face.

Put the oxygen mask on yourself first

Modern life has many demands on our time and emotions and sometimes the simple act of living can bring significant challenges that deplete our ability to cope.

For those working in an industry that requires us to help and care for others on a daily basis, it is often easy to neglect our own needs. Our imperfect histories can at times produce silent emotional triggers, and as the hours and days progress, constant exposure to those triggers often results in us 'running on empty'.

Unfortunately, when our 'bucket' is almost full, it doesn't take too much to reach 'overflowing'. Sadly, it is far too easy to neglect our own needs when we are focussed on meeting the needs of those around us.

While 'self-care' is a term that many are familiar with, few actively participate in strategies aimed at improving our ability to cope with the



pressures of everyday living.

Self-care is care provided "for you, by you". It is setting aside time to do some of the activities that nurture you and help 'empty' your bucket. Self-care

is about taking proper care of yourself and treating yourself as kindly as you treat others.

Only when we first help ourselves can we effectively help others.

Eat and sleep your way to good health

The human body evolved during the Paleolithic era and is thus geared towards making the most of fresh, whole foods.

The standard Western diet no longer resembles what our hunter-gatherer ancestors ate, as modern processed foods are saturated with grains, sugar, food additives and chemicals.

Overconsumption of processed and reduced-fat foods may also restrict intake of the healthy and essential fatty acids that are required for optimal cognitive function.

The natural variety in diet that was encouraged by a hunter-gatherer lifestyle is no longer supported, as fruits and vegetables are now available year round and out of season.

Long distance

transportation, processing, refining, freezing and reheating of food results in a loss of nutritional value and decreases our ability to utilise the available nutrients.

Today, it is possible to eat plentifully and remain malnourished or deficient in essential vitamins and minerals. A useful recommendation is to avoid processed food and eat a variety of fresh, seasonal produce.

Basic stressors for MH:

- Low physical activity
- Intolerance to dietary staples
- Overconsumption of processed or reduced fat foods
- Inadequate sleep
- Vitamin D deficiency from reduced sun exposure

Strategies for self-care

- Talk openly with a trusted friend.
- Go for a walk in the sun
- Listen to music
- Meet friends for lunch
- Play with your kids
- Sit outside and listen to the birds.
- Practice breathing exercises
- Learn mindfulness
- Take a yoga class
- Write a journal
- Get a massage
- Walk for 20 minutes, three times a week
- Take a warm bath/shower.

Applications closing for Nurses and Midwives Career Break

The Career Break Scheme allows nurses and midwives the opportunity to take one year paid leave by deferring 20 per cent of their salary for four years, and then be paid this deferred salary in the fifth year.

Employees approved to participate in the Scheme may take a break of one year away from their position covered by the Award – the Deferred Salary Leave Year.

This one year absence may be for professional and personal development, such as participation in other industry experience; post graduate study; working in overseas health systems; or for other activities, including those of a non-professional nature unrelated to the practice of nursing and midwifery.

Nurses and midwives interested in participating in the Scheme, need to complete the online application form, which needs to be signed by the applicant, applicant's line manager, and the applicants' senior manager (eg Director of Nursing & Midwifery).

Completed forms should be sent to Leonie Baker for consideration by Narelle Gleeson, acting Executive Director, Nursing & Midwifery, NNSW LHD

An Expression of Interest to participate in the Scheme does not necessarily mean approval.

Information can be found in the Public Health System Nurses' and Midwives' (State) Award 2011 – link <http://www.health.nsw.gov.au/careers/conditions/Awards/nurses.pdf>

Applications for the next intake will close 26 February, 2016.

New Year brings familiar messages

THE New Year sees the NNSW LHD Health Promotion team swing into action to take advantage of the "fresh start" commitment that often occurs on January 1. This page features a taste of some of the media messages sent out during January.

Get Healthy Service

To assist Northern NSW residents achieve their New Year's resolutions this year of losing weight and getting fit, the Northern NSW Local Health District (NNSW LHD) Health Promotion team are launching a free Get Healthy Service.

"The Get Healthy Service is a free telephone-based coaching program where healthy lifestyle information and ongoing, personalised support is delivered to help people make lasting lifestyle changes, including better food choices, increased vegetable and fruit consumption, and higher physical activity," NNSW LHD Health Promotion Manager Jillian Adam said.

To sign up for the Get Healthy Service, simply call 1300 806 258 or log onto www.gethealthynsw.com.au.

Time to Quit

As the Northern Rivers welcomes a New Year, the NNSW LHD is encouraging smokers to take advantage of a free quit smoking program.

About 300 people die each week across Australia



from illnesses caused by smoking, with the free program providing the perfect opportunity to quit for life.

"Helping U 2 Quit is a free quit smoking program run

Health Promotion."

Helping U 2 Quit will be run in Lismore starting Thursday, 18 February 2016 from 10:30am to 12:30pm.

To register to participate contact Gavin Dart on 6620 2553, or phone or text 0437 892 537, or email gavin.dart@ncahs.health.nsw.gov.au.

Go4Fun

When it comes to avoiding obesity in adulthood, the trick is to be a fit and healthy child as research has shown that children who are overweight or obese are much more likely to become adults with the same health issues.

"It is important to treat obesity in childhood as it is much harder to lose weight when you are an adult," Ms Adams said.

"About a quarter of all Australian children are either overweight or obese."

To help address childhood obesity, NSW Health funds a free program called Go4Fun for children aged seven to 13 years, who are above a healthy weight, and their families.



by trained Quit Facilitators, with programs available over three or six weeks, both day or evening," Ms Adams said.

"The Helping U 2 Quit program will help people who smoke develop their own skills and knowledge about smoking, how to quit, and how to stay a non-smoker. It is a community health initiative being

delivered by CHEGS Inc, in partnership with NNSW LHD

Interview with Wayne Jones

This month we talk to Wayne Jones, the NNSW LHD's Chief of Staff, a role he has occupied for the past seven years.

Q/: How long have you been involved in the health industry?

I started my nurse training 34 years ago at Fairfield Hospital, Sydney. Our entire nurse intake that year at Fairfield Hospital was just five nurses. There was myself, one other male, and three females.

Q/: What was it like being one of only two men in an otherwise female-dominated vocation?

There were a few times during the three-month Preliminary Training Skills program where I questioned my choice. Growing up I was one of five boys and there were some tasks I found myself doing as a trainee nurse which were very confronting, yet at the same time, those same moments also reinforced my desire to help others even more. When you are covered in another person's vomit because they are simply too sick to be able to help themselves, it becomes very clear just how important it is to be a nurse.

Q/: What area of nursing did you work in?

I was a bedside nurse in ICU/Cardiac Care and ED for 10 years. After this time I felt I could add value to the running of wards and units so began transitioning into management. The most satisfying job I have ever had was being the NUM of ICU at Liverpool Hospital. Without doubt that was the most enjoyable and challenging role I have ever had.

Liverpool at that time was just starting to experience tremendous population growth and the hospital's ICU expanded from a little six-bed unit to a 36-bed unit. The population density of that area was unbelievable and being in charge of the expanded ICU was incredibly rewarding.

Q/: When did you move to the Northern Rivers?

In 2000 I left Sydney to take up the role of Executive Officer of Lismore Base Hospital. Every holidays over the previous 10 years, my wife and I had found ourselves

back to the bedside after such a long time away as I discovered there had been a lot of change.

I discovered a significant increase in the number of Mental Health patients presenting to ED and a big increase in the number of elderly/chronically ill patients presenting, and a significant



on a beach somewhere and Lismore is not too far from the beach. It is certainly a lot closer than Liverpool! I remained in that position till 2004 when I went back to the bedside as a nurse in ED.

Q/: What prompted you to return to the bedside?

By 2004 I had been in management for 12 years and I had a real yearning to go back the bedside. I feel it is important as health managers that we never lose sight of why we all do what we do – and that is the patient.

I think I had started to forget the enormous, immediate benefits of clinical work and the immediacy of feeling good when you are able to help someone, and in being thanked there and then by the patient and their family.

It was interesting to come

increase in the number of patients presenting with alcohol and drug concerns.

Q/: You are currently Chief of Staff of the Chief Executive Unit. How did you end up in this role?

I came back to management in 2005 to assist in drafting the North Coast Clinical Services Plan, which was a strategic plan to assist in the transition of combining the two Health Services of Mid North Coast and Northern Rivers into the North Coast Area Health Service. I was in that role for a period and once the Health Services were combined, I then applied and was appointed to the position of Director of Clinical Streams which coordinated the development and creation of new clinical service streams across the broader North Coast footprint. These streams

included cancer services, oral health, BreastScreen services etc.

Then the Health District became the NNSW LHD and all positions were dissolved, and so I applied for and was appointed to the position of Chief of Staff.

Q/: What exactly does the Chief of Staff position entail?

It is literally a little piece of everything. The Chief of Staff provides support and advocacy for all services within the LHD including Corporate, Aboriginal Health, Workforce, Media, Health Promotion and others. Much of what occurs within the LHD comes across my desk in one way or another so I have to be across it all.

I do enjoy the challenge and diversity of the role and once we have a new Chief Executive in place, there will be further change and further challenges which I am looking forward to. New CEs always bring change and I am looking forward to that.

Q/: What challenges lie ahead for health in Northern NSW.

I think there are several challenges facing Health in NSW.

We will continue to be challenged with financial constraints with a growing demand base for services in public health. The way clinicians and managers have adapted to the changing financial landscape is very encouraging but until we get certainty over ongoing health budgets the challenge remains.

The integration of health needs across a patient's journey is another challenge. There is a real need to improve the relationship between primary and acute care. Finally, workforce. In Northern NSW we have an ageing workforce and there is a need to examine how we are going to manage the issues that can arise with an ageing workforce.

Fundraise for mental wellbeing Diabetes tackled by new society

Mental health advocacy and support organisation beyondblue has launched a major fundraising campaign to support people with depression and anxiety - and their families.

beyondblue's Support Service was contacted more than 160,000 times in the past year. Demand for the 24/7 service and other beyondblue resources grew 44 per cent last year and continues to increase.

beyondblue chairman, The Hon. Jeff Kennett, AC, said the organisation continued to receive great support from all governments for its core work, but as demand for its direct services grew, it was time to reach out for help from the community.

"It costs \$48 each time a mental health professional at our Support Service responds to a person in

need," Mr Kennett said. "beyondblue is calling on all those who want to help ease the burden of mental health to have a BASH at fundraising at work, at



school or in their sports club. "We need help to keep this free service running," Mr Kennett said. "Sell a couple of dozen cupcakes and you could raise enough money to cover a Support Service call – a call that could save a life. Organise an event and you could save many."

Fundraising can help support:

- \$1000 trains a coordinator to support someone following a suicide attempt;

- \$270 for a session with a NewAccess coach to help people recover from anxiety or depression;
- \$110 funds a beyondblue Speaker or Ambassador whose storytelling

helps reduce stigma; - \$30 covers producing and posting free information packs to anyone, anywhere in Australia.

Fundraisers can go to www.beyondbluebash.org.au to register and download a host kit with a step-by-step guide to turn your idea into a contribution.

Diabetes tackled by new society

The University of Melbourne has announced the formation of the Primary Care Diabetes Society of Australia (PCDSA).

The not-for-profit society has been established to support primary health care professionals to deliver high quality clinically effective care, in order to improve the lives of people living with diabetes.

The PCDSA aims to be a unique and leading voice for all professionals working in primary care who are intent on improving standards.

Education will be a key role with the establishment a quarterly online journal. Health professionals can join the PCDSA via www.pcdda.com.au.

eMR2 set to be rolled out next month

The roll out of the NSW LHD's electronic medical records (eMR) system have moved into its exciting next phase, with the eMR2 project extending the Powerchart function onto inpatient wards.

New devices are being deployed to the inpatient wards within NSW LHD commencing with LBH including:

- Additional desktops
- Wi Fi Expansion
- Plan in place for rollout of mobile carts with 20"all in one computers. These mobile computers are for all staff to use (doctors, nurses and allied health)
- A number of tablets will be deployed once the WiFi expansion is completed at each site

Project Manager Mary Mackenzie said eMR2 Project eClinicians Adrian Walsh and Alison Williams had worked closely with key stakeholders, the Clinical Reference Groups, and Health Information Manager's around workflow decisions in preparation for the first Go Live.

"They hosted a successful user acceptance testing which was held in November last year at Maclean Hospital, with representatives from Allied Health, nursing and medical staff from both NSW and Mid North Coast LHDs attending," Ms Mackenzie said.

"They have also been responsible for completing a demanding schedule and to ensure our training environment is ready for End User Training."

Lismore Base Hospital is now in Go Live Planning phase, with the Go Live scheduled for Thursday 10 March.

"This is a very important event as this is the first site to implement of the new eMR functionality," Ms Mackenzie said.

Inpatient wards will commence using:

Important Dates for NSW LHD are:

Ballina Hospital:
End User Training: 9 March Go Live: 6 April

Casino Hospital:
End User Training: 4 April, Go Live: 13 April

Kyogle Hospital:
End User Training: 6 April, Go Live: 20 April



Blockline: eMR2 Trainer Jennifer Sharpe, right, and eHealth Training Manager Tess Dellagiocoma check out the new eMR2 system.

- Patient Summary page
- Care Compass
- Between the Flags (replaces SAGO & SPOC charts)
- iView
- Progress Notes
- Doc launcher

"The eMR2 project will not replace all paper forms but it does move towards a more electronic record of client files," Ms Mackenzie said.

Go Live planning meetings have commenced for Lismore and are being held with the NUMs and HODs on 9 February.

"Our Richmond eChange Manager Kym Hickey will be working closely with the NUMs and HODs on detailed workflow managers to prepare for Go Live," Ms Mackenzie said.

The eClinicians held Train the Trainer sessions for our Richmond Trainers – Lee Cameron, Jennifer

Sharpe and Tjipo Malaba – in January to prepare them for eMR2 End User Training which commenced on 27 January for Lismore.

"Managers have been busy scheduling their staff into training and superuser training," Ms Mackenzie said.

For training scheduling issues contact Tess Dellagiocoma, eMR2 Training Manager, on 6620 0826 or mobile 0438 140 729.

Superusers are required for each ward during the Go Live period to support their colleagues.

Wendy Roulston has been busy working with sites in her Change Manager role within Richmond Network and is now moving into the Tweed Byron Network.

For further information on the Project please contact Ms Mackenzie at mary.mackenzie2@ncahs.health.nsw.gov.au.

HealthPathways Mid & North Coast of NSW

Integrating Referral Pathways and Services

HealthPathways is a useful tool for communicating local Health District services to GPs. If your service receives enquiries from a GP, you should consider making it available to them via the Mid and North Coast HealthPathways web site. Please contact the team if you would like to discuss further.

Homepage Features

We would like to highlight some of the useful features available on our home page.

About Us

In the 'About Us' section you will find a link to a printable copy of our fact sheet, a video about HealthPathways on the Mid and North Coast, a short bio about the HealthPathways team,

a Contact Us link, the project wiki link (This is the project site to support the HealthPathways Mid and North Coast program team and contributors), HealthPathways online tutorial, and Disclaimer.

Latest Localised Pathways

There are two useful features in this section: a link which directs the user to a list of all Mid and North Coast localised pathways and; a feature which lists the 10 most recent localised published pathways, which is continually updating. When a new localised pathway is published, it is added to the top of the list.

Useful Websites

This month we added a link in the HealthPathways Banner, which directs the user to useful websites. To name a few, we have a link to My Aged Care,

Get Healthy, Health Direct and the Australian Indigenous Health Info net. We would appreciate your feedback and your suggestions for additional useful websites to add to this directory.

Feedback

Your feedback/comments are always appreciated and are important in helping us provide a useful and usable website. If you find any information that may be inaccurate, please let the team know. You can send feedback to the HealthPathways Team by using the send feedback button located on the top right hand section of the Homepage or Pathway.

To obtain further information on HealthPathways email: kkeyte@ncphn.org.au
Mid and North Coast HealthPathways Website: <https://manc.healthpathways.org.au>
Username: manchealth Password: conn3ct3d

State-wide measures address violence

NSW Health Minister Jillian Skinner last month met with the Health Services Union (HSU) to outline extra security measures to deal with aggression and violence in hospitals.

"The security and welfare of staff, patients and visitors in our hospitals is paramount," Mrs Skinner said.

The measures to address violence in NSW public hospitals are:

1. Convening a roundtable of health stakeholders, including the HSU and other industrial bodies, to identify the issues, roles and responsibilities of all parties to ensure hospital security;
2. Additional security staff in hospitals with a demonstrated need;
3. An audit of anti-violence measures to assess how emergency departments are applying NSW Health policies. The current measures include: duress alarms, CCTV monitoring, clinical intervention strategies, staff training and security staff proximity and availability to respond to incidents;
4. Review of the physical design



of EDs to ensure layout is suitable for safely managing aggressive and alcohol/drug affected patients;

5. Training from March for clinical and security staff working in EDs with a high level of "ice" presentations;

6. A review of current arrangements with NSW Police about how to address

aggression from drug and alcohol-affected patients.

7. A working group with the HSU to look at ways to further professionalise the role of NSW Health security staff. This will build on a current initiative with TAFE which allows people to qualify for their security licence through a course which is health

workplace specific.

Mrs Skinner ruled out giving security equipment such as batons and handcuffs to security staff.

She said security staff in NSW hospitals currently have powers to physically restrain - by a reasonable amount of force - a patient or visitor who poses an imminent threat.

NNSW LHD response

While physical aggression and violence within NSW hospitals is not a new phenomenon, the NNSW LHD has been taking steps recently to ensure the safety and wellbeing of its workforce.

NNSW LHD Acting Chief Executive Annette Symes said the welfare of the LHD's staff was a priority for management, with the new Violence and Prevention Management Program about to be rolled out across the District.

"Northern NSW LHD is currently in the process of rolling out a NSW Health endorsed Violence Prevention Management Program with 16 qualified trainers being placed across the LHD," Ms Symes said.

"The program provides staff with the necessary skills, knowledge, and attitudes expected in the prevention and management of aggressive, intimidating, and threatening or violent behaviours."

Ms Symes said the program was aimed at Security Officers, Wardspersons, Health and Security Officers, Emergency Department Nurses, and Mental Health Nurses.

"It is anticipated that 75 per cent of the targeted staff will have undergone the training by June this year," Ms Symes said.

Gut-brain link a neuroscience paradigm shift

Strange but true fact: our bodies are made of more bacteria than human cells, and the gut alone contains trillions of microbes (bacteria and fungi).

In fact, it's estimated that the body is composed of 10 times more bacteria than human cells.

And the intestines are home to more bacteria than any other part of the body, including the skin.

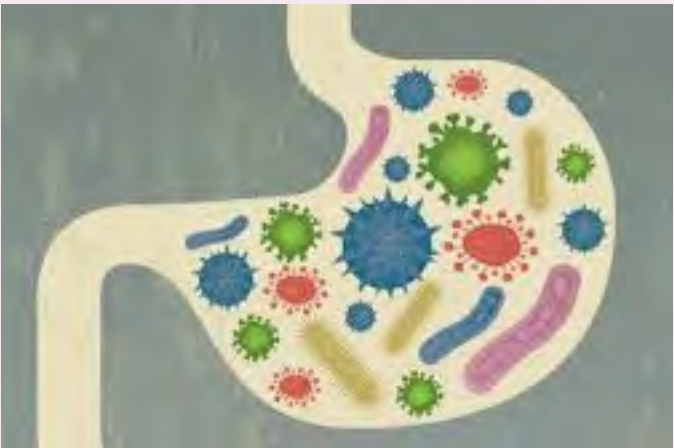
Scientists are devoting increasing amounts of time and resources to understanding the gut 'microbiome', as the massive collection of bacteria and microbes is called, and the influence it may exert on the

brain and body.

The National Institute of Health's Human Microbiome Project, for instance, is devoting millions of research dollars to understanding the microorganisms living within the human ecosystem.

Of particular concern among scientists and the public is the effect that gut flora may have on mental health, as a mounting body of research suggests that gut bacteria can have a significant impact on the way we think, feel and behave, and also on the development of neurological conditions.

Last year, a major neuroscience symposium



called the investigation of gut microbes a "paradigm shift" in brain science.

A number of diseases and disorders have been linked to abnormalities or instability in gut flora,

including schizophrenia, anxiety, autism and OCD, and the microbiome is an important area of research for these conditions.

Source: The Huffington Post

60 second sprints as good as 40-minute jog

Researchers at Curtin University say the benefits of 30 minutes of exercise five times a week – the current government recommendation – could be met in less than half that time.

A study found that doing nine 60-second sprints followed by two minutes of recovery could be as beneficial as 45 minutes of jogging.

Associate Professor Cecilie Thogersen-Ntoumani said the benefits of shorter, high-intensity sessions had already been established in laboratory studies.

"Our study was one of the first to look at whether it works in a real-life setting," she said.

"We implemented a

randomised control trial with 90 participants overall taking part in either moderate-intensity training or high-intensity condition training over 10 weeks."

The researchers found there was similar benefit

experienced by both groups — who had been sedentary prior to the training — in terms of fitness outcomes and cardio-metabolic improvement.

One group did moderate exercise for 30 to 45 minutes five times a week, and the high-intensity groups did just three sessions a week of 25 minutes.

"What we found, interestingly, was that there was a better adherence in those who did the high-intensity training," Professor Thogersen-Ntoumani said.



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Can't outrun bad diet

Excessive sugar and carbohydrates are behind the growing obesity crisis rather than physical inactivity, claims a recent editorial in British Journal of Sports Medicine.

"It is time to bust the myth of physical inactivity and obesity: you cannot outrun a bad diet," said cardiologist Dr Aseem Malhotra who co-wrote the editorial with Deborah Rohm Young, Ph.D, director of behavior research at Kaiser Permanente Southern California.

While exercise is

important for maintaining several different components of overall health, the impact exercise on weight loss is limited if changes aren't made to a bad diet.

"There's a lot of denial about how much exercise burns and how many calories are in something," Dr Young said. "It's rare to lose weight on an exercise-only program."

For example, walking three miles burns around 250 to 300 calories, yet a restaurant meal can easily exceed 1000 calories.

The last word ...



Midwives gather for celebratory morning tea

Management and staff of the Murwillumbah Birthing Service gathered together last month for a special morning tea to acknowledge the contribution of all the midwives within the service.

Pictured above left, from left, Director of Operations, Tweed

Byron Health Services Group, Bernadette Loughnane, Midwifery Unit Manager Cheryl Colley, Registered Midwife Cheryl Went. Above right, from left, Bernadette, Acting Chief Executive Annette Symes, O&G Specialist Dr Geeta Sales, and Cheryl Colley again.



Zonta Club members, from left, Rosalie Kennedy, LBH Social Worker, Bobbi Crane, Deb Young, Linda Grudnoff, Elizabeth Shepherd, Lismore Mayor Cr Jenny Dowell, and Julie Burton.

Zonta Room refurbishment

LBH's Zonta Room featured in the media last month with the Northern Rivers Echo featuring the recent opening of the room's refurbishment.

The Zonta Room was first opened in 1998 and provides a haven for families to find solace after stillbirth,

miscarriage, or the sudden death of a baby.

The room has been used by more than 360 local and interstate families since its opening, with the refurbishments much needed.

For information about the room or to make donations to the room contact Rosalie 66202324.

THE VAGINA MONOLOGUES

Italo Club Lismore
11th, 12th & 13th February
6:30pm

\$40 Dinner & Show

Tickets:
Heartfelt House
02 6628 8940 or
www.trybooking.com/174842

Auslan interpreters available



This show is being held as a fundraiser for local anti-violence projects and is a production of the Lismore Theatre Company