PJS ALL THE RAGE AT RYDE HOSPITAL
A new campaign aimed at getting patients up, dressed and moving allowed staff to show off their bedtime attire.
READ MORE ON PAGE 6
I am excited to announce the inaugural NSLHD Quality and Improvement Awards which will celebrate the excellence of our nurses, doctors, allied health professionals, support staff and researchers.

It is so important for our community and for each other that we celebrate what is great about our District.

Importantly, these District awards will also inform our entries into this year’s NSW Premier’s Awards and NSW Health Awards.

I know you are an outstanding group of people and I want the people of NSW to also know about your achievements, dedication, and skill.

This is your opportunity to share with colleagues in NSLHD the things you have developed and implemented for your patients.

These new awards represent a fantastic opportunity to put the spotlight on our District’s commitment to excellence and the delivery of programs and services which have made a real difference to the patients and families for whom we care.

You can get further information about this exciting new addition to our annual calendar by reading the story on P7 of this newsletter.

Please mark the occasion of our inaugural awards in your diaries: **Wednesday 1 May from 3-4pm.** An invitation will be sent to all staff in the coming weeks.

Across the District, a lot has been happening.

Great news from Hornsby Ku-ring-gai Health Service (HKHS) – it has passed its mid-cycle accreditation with flying colours, with the surveyors impressed with the hard work and effort of staff to make sure their patients receive outstanding care.

Surveyors spent four days visiting the hospital and its health services, and meeting staff.

They also attended a meeting and morning tea with the JMOs, witnessing first-hand the attention Hornsby clinicians give their patients.

PACH will be the next service to be accredited.

Congratulations and thank you to everyone who played a role in this great result.

Ryde Hospital has launched its End PJ Paralysis Program which is designed to get appropriate patients dressed in day clothes, and up and moving.

This program runs internationally and comes after studies showed what we all know – getting dressed and up and about (if possible) is good for mental and physical health.

I had the pleasure of being at the launch where many of the staff dressed in their PJs which was a lot of fun.

It was quite a sight to see patients in their day clothes and staff in their nightwear!

**Deb Willcox**

Chief Executive

Northern Sydney Local Health District
Hornsby Ku-ring-Gai Hospital's Emergency Director Clare Skinner said Simply RRED gives junior member of staff a voice as they could raise a review of a deteriorating patient without first needing to discuss the case with a senior doctor.

“We have always tried to review all deteriorating patients in ED but the new system will ensure we won't miss patients who could potentially fall through the cracks,” she said.

“Importantly, this creates a research and audit trail so we can see how we are tracking with reviewing unstable patients and their subsequent clinical outcomes.”

A new IT system gives emergency staff the ability to document and follow-up their management of deteriorating patients which will lead to an improvement in patient safety and avoid potentially serious outcomes.

Simply RRED includes both adult and paediatric patients and is unlike other systems in place, Dr Skinner said.

“Clinical wards have Between the Flags which came into effect in 2009 and looks at deteriorating patients with abnormal vital signs, and we wanted to see what formal approach we could do in ED,” she said.

“This is great for Hornsby and I am really proud of what the staff have come up as it shows the strength of our ED which works well together, both doctors and nurses.”
ROYAL NORTH SHORE READY TO P.A.R.T.Y FOR ANOTHER YEAR

School is back in session, which means the award-winning P.A.R.T.Y Program is also underway for another year at Royal North Shore Hospital.

P.A.R.T.Y, which stands for Prevention of Alcohol and Risk-Related Trauma in Youth, is an internationally-acclaimed program currently run fortnightly by the RNSH Trauma Service.

High school students and young adults tour the ICU and ED and take part in a mock trauma scenario where they meet people who have survived their own risk-related trauma, often with life-changing consequences.

However, its increasing popularity means P.A.R.T.Y is looking to move to a weekly timeslot in 2019.

P.A.R.T.Y Program Coordinator and Trauma Service Clinical Nurse Consultant Samantha Lee said this meant more 15-19 year olds would have access to the potentially life-saving messages being taught.

“The demand for P.A.R.T.Y is huge from parents, teachers and even staff here at the hospital and that’s because of the feedback from the participants themselves,” Sam said.

“It’s exciting to think that we can potentially double the amount of young people taking part, which has the potential to save and change lives that may have otherwise been impacted by alcohol or risk-related trauma.”

To keep up to date with all things P.A.R.T.Y, follow the program on Facebook @ PARTYatRNSH or by emailing Sam on Samantha.Lee1@health.nsw.gov.au

HAPPY FIRST BIRTHDAY BROOKVALE COMMUNITY HEALTH CENTRE

General Manager Jacqui Edgley joined staff to celebrate the one-year anniversary of the Brookvale Community Health Centre.

The centre is a modern, one-stop shop with more than 200 staff working across more than 20 services.

As the teams celebrate 12 months of operation in their new building, BreastScreen NSW Northern Sydney Director Meredith Kay said their clients had welcomed the care provided and the easily accessible location across from Warringah Mall.

“In the last year we have provided a breast screen to more than 8,500 women, and encouragingly, 13 per cent of those women are new to the program, and now familiar with our service and location,” Meredith said.

“We’ve had really positive feedback with our staff consistently recognised for their professional, caring and thoughtful approach.”

The adult mental health services supported more than 850 people in the last year, with many in an ongoing arrangement. Clients have welcomed the modern facilities along with the access to buses and visitor parking.

Community Mental Health Manager Sean Graham said many of the people we help are coming regularly so the easy access makes a big difference.

More than 700 people also received support for the first time through the Child Youth Mental Health Services at Brookvale.

Large numbers of families are taking advantage of the centre’s early childhood health programs.

NUM Karen Dignam said 770 families received a home visit following the birth of their child during the last year, while more than 4,000 parents and their babies attended a new parent group program.

“Our services have been well utilised which is wonderful,” Karen said.
Twenty years is a drop in the ocean of human life but for RNSH staff specialist Heather Low two decades have seen huge changes.

Heather, 65, and RNSH ICU deputy director Sarah Wesley, 45, are bound by their love of the fast-paced world of intensive care medicine, but their career paths have been vastly different.

Ahead of International Women’s Day on March 8, the two specialist doctors reflect on the long way to the top.

Dr Heather Low:

“I first came to Royal North Shore as an ICU registrar in the mid-80s. Back then there was only one other female intensive care specialist in NSW.

“I came back to RNSH as a senior staff specialist in ICU in 1995 and I’ve been here ever since.

“When I started in medicine, you had to kind of be a bloke, that’s for sure.

“It was a very different world. Very different culture.

“Women today would be totally horrified at the way things were. But it wasn’t horrifying at the time. It was just the way it was.

“Back then, there was no maternity leave or child care – that didn’t exist.

“I chose not to have children because I couldn’t see how it was going to work. Work was all-consuming, and in those days women stayed home and minded the children.

“Back then, you had to make a choice, and I don’t regret it.

“I love working in intensive care.

“Every day is different, you feel like you are doing some good, and you work with really good people.”

Dr Sarah Wesley:

“I started in Intensive Care at RNSH as a trainee in 2003 and then as a specialist in 2006.

“In general, ICU is still male dominated – at RNSH we have 13 male specialists and six female, but 40 per cent of our trainees are female so that will change over time.

“I have two children and my husband also works in intensive care at another hospital.

“We used to have a nanny which was a great help because it gave a bit more flexibility, especially as we have no family here.

“I would not have been able to do this job without that level of support. I’m fairly sure that I wouldn’t have been able to work full-time if that hadn’t been available.

“I can understand why Heather didn’t have kids – it’s much more acceptable now to have help at home to allow you to work the way we do.

“I’m glad I am doing this now and not 20 years ago – I think in many ways that would have been pretty tough, but in some ways it would have been simpler too.

“We have more technology now and there is more we can do for each patient which makes treatment options more complicated.”
NEW CAMPAIGN TO GET PATIENTS UP, DRESSED AND MOVING

Ryde Hospital officially launched its #EndPJParalysis program earlier this month.

The hospital is supporting an international campaign which encourages patients to put on their day clothes while in hospital, rather than pyjamas or gowns and get up, get dressed and get moving.

The campaign highlights the physical and mental health benefits of dressing in day clothes, where appropriate.

Staff had the option to wear their pyjamas to work for the day, to create discussion and raise awareness.

“This project has been in the works for some time and I am really proud of what the team has accomplished. It was wonderful to celebrate this milestone with our CE Deb Willcox, hospital staff and patients,” nurse manager Rachel Prince said.

MONA VALE HOSPITAL’S NEW DRUG AND ALCOHOL UNIT CLOSE TO COMPLETION

Mona Vale Hospital General Manager Jacqui Edgley joined the project team to inspect construction works on the hospital’s new drug and alcohol rehabilitation unit.

The building activity is moving ahead quickly, with work on the modern, purpose-built facility set to be completed within weeks.

Ms Edgley said the 10-bed unit will be run by the Kedesh Drug and Alcohol Rehabilitation Service, and will support more than a hundred people a year, including some patients who will stay up to three months.

“The building includes flexible areas for therapy, along with five double bedrooms, kitchen facilities and living areas,” Jacqui said.

“The inpatient program will strengthen existing services and will complement the community-based day service.

“Clinicians will offer strong support, with patients receiving individual counselling, family support and living skills advice,” Jacqui said.

The specialist program will run alongside the Urgent Care Centre, rehabilitation services and the community health centre.

The new works are part of the redevelopment of Mona Vale Hospital, ensuring it continues to provide valuable, world class services.
We all know NSLHD is an amazing place to receive health care – and now we have a chance to shout our success from the rooftop.

Nominations are now open for our inaugural Quality and Improvement Awards – our first District-wide awards which will showcase our people and their achievements.

Awards will be given in 10 categories:

**NSLHD Patients as Partners**
Awarded to a project that has empowered their patients/consumers to take control of their health and manage their own health conditions.

**Delivering Integrated Care**
This award acknowledges innovative projects and programs that encourage the delivery of integrated care.

**Focus on Health Prevention and Promotion**
In recognition of a project that has taken every opportunity to work in partnership with consumers to build and maintain wellness.

**Original Endeavour**
This award recognises excellence in developing original and effective solutions to problems or challenges, to overcome, adapt or improve.

**Collaboration Award**
Awarded to a project in recognition of an outstanding partnership, team spirit, or commitment to developing new relationships.

**Diversity Award**
Awarded to a project that has demonstrated best practice to achieve better health outcomes for people from diverse backgrounds.

**A Safe and Healthy Workplace**
This award aims to acknowledge the strong safety culture that underpins NSLHD’s commitment to providing a safe working environment for all staff.

**Quality and Safety**
This award recognises a project that demonstrates commitment to continual improvement and a focus on quality and safety in caring for patients/consumers, residents and/or communities.

**Excellence in supporting the mental health of our patients and consumers**
This award recognises and showcases innovation in improving the quality and safety of mental health consumer care within programs.

**Local Solutions**
This award recognises a project that has identified and implemented a local solution to meet the health needs of their patients, consumers and carers.

Further information and entry forms are available from [https://www.nslhd.health.nsw.gov.au/AboutUs/Pages/QandIAwards.aspx](https://www.nslhd.health.nsw.gov.au/AboutUs/Pages/QandIAwards.aspx)

If you have any questions, please email NSLHD-Awards@health.nsw.gov.au
SPEAKING UP FOR SAFETY

NSLHD is introducing a new strategy to build on our culture of providing safe and high quality healthcare.

Chief Executive Deb Willcox said Speaking Up For Safety is an evidence-based initiative, successfully adopted in Australia and overseas.

“It will encourage all staff - clinical and non-clinical - to support each other to speak up about safety and quality at any time,” Deb said.

“Speaking Up For Safety will involve training which will offer techniques and skills to respectfully raise concerns, while encouraging an approach where concerns are welcomed.

“The initiative is being introduced to NSLHD after widespread input from staff from across our District. It will complement our CORE Values of collaboration, openness, respect and empowerment, while helping to establish a consistent approach to patient and staff safety.

“The Executive Leadership Team and I are committed to supporting you all to attend this valuable training, and I’d like to thank you for your part in improving the safety and reliability of the care we provide,” Deb said.

Speaking Up For Safety is being progressively introduced across NSLHD, with Royal North Shore the first hospital in the District to implement the strategy.

Further information, including training dates and times, is available on the intranet at: http://intranet.nslhd.health.nsw.gov.au/Safety/Pages/default.aspx

Speaking Up For Safety will encourage all staff - clinical and non-clinical - to watch out for each other and our patients, and speak up about safety and quality care.

SPREAD THE GOOD NEWS

We know our staff do amazing things and we want to hear about it.

Share your news, achievements and events with your District colleagues.

Contact our team on 9463 1722 or email NSLHD-media@health.nsw.gov.au to submit your news.
A CATCH UP WITH RYDE HOSPITAL’S JMOs

Dr Nicholas Moor, Dr Pasan Miyuru Pannila and Dr Krishna Rajesh Kotecha have hit the ground running at Ryde Hospital’s ED. They are three of the hospital’s 11 new JMOs. The trio took some time out of their busy schedules to chat about their JMO experience so far.

Nicholas studied at Newcastle University and was inspired to follow in his father’s footsteps and become a doctor.

“The staff here at the hospital have been very supportive and the overall experience has been a combination of fun and busy,” he said.

“Being a doctor is a rewarding experience, we are in a privileged position to help people.

“My advice to anyone considering becoming a doctor is just to give it a go.”

Krishna is enjoying applying his knowledge to a clinical setting after completing his studies at Western Sydney University.

“Ryde is a great place to learn as there are lots of senior staff,” he said.

“The experience so far has been very rewarding and a massive change from university.

“Now I am responsible for patients and potentially their lives.”

Pasan studied at University of NSW and is enjoying working life in the ED particularly interacting with patients.

Pasan said he decided to study medicine as it’s a good mix of science and human interaction.

“My aim is to become a GP, specialising in public health and palliative care,” Pasan said.

“The wonderful thing about working in a smaller hospital is you get a chance to know everyone and everyone is willing to help.”
Life went full circle for senior RNSH surgeons when they covered for JMOs so their junior colleagues could attend the annual Hello, Goodbye Party.

Professor Tom Hugh and fellow doctors Jas Samra, Stephen Ruff and John Vandervord were among those who helped out so JMOs old and new could celebrate together.

Each year, senior medical staff volunteer to provide cover on the wards to allow as many junior medical staff as possible to attend the party.

JMO Manager Brianna Gerrie said the junior doctors were very grateful to their senior colleagues.

“Our JMOs feel very lucky and appreciative to have such great support from the consultants not only for an event like this but throughout their entire medical career,” she said.

Three new health management trainees have joined the District’s Graduate Health Management Program for 2019.

Theodore Panagopoulos, Matilda Meehan and Marissa Fuller (pictured above L-R with CE Deb Willcox) were welcomed to Northern Sydney at a morning tea hosted by the district executive.

The two-year program has been created to establish tomorrow’s leaders in health management and they will be provided opportunities to gain work experience in a number of areas including executive and operational management as well as finance.

While undertaking rotations throughout the district, they will also study for their Masters in Health Service Management at the University of Tasmania.
LONG SERVING VOLUNTEER NAMED BEACHES CITIZEN OF THE YEAR

RNSH’s longest-serving volunteer Graham Whittaker has been named Northern Beaches Citizen of the Year for 2019.

Graham, of Cromer, and his church choir started singing for our patients every Sunday evening way back in 1966.

He expanded his volunteering repertoire almost 20 years ago after reading an article about the need for suicide prevention counsellors.

After a year’s training, he spent 15 years as a volunteer suicide prevention counsellor with the Salvation Army.

He has also volunteered at Forestville Library for the last decade, obliging locals with his Justice of the Peace signature when required to witness and authorise documents.

Graham mentors high school students under the umbrella of the Raise Foundation, which puts young people in touch with trustworthy adults, and – for a complete change of pace – is also a regular volunteer at Northern Beaches Police drug burns, accompanying officers to ensure transparency when prohibited drugs are destroyed.

More recently, Graham has worked with NSW Police to provide support for young people in trouble with the law when they have nobody else to be with them.

The last word goes to Graham.

“I would encourage everyone, regardless of age, to consider becoming involved in voluntary work,” he said.

“You will find it very gratifying. Volunteering isn’t a burden or a chore. It’s a way of life.”

THE POWER OF SOCIAL MEDIA IN THE RESEARCH SPACE

Social media is now considered a vital tool for academia to have research recognised globally.

An avid user of Twitter, Dr Anastasia Mihailidou, Senior Hospital Scientist Cardiology Department, Royal North Shore Hospital and Head of Cardiovascular & Hormonal Research Laboratory at Kolling Institute, was recently asked by the International Society of Hypertension (ISH) to share her personal experience in using the social media platform.

Here is how she described Twitter supporting academia:

“The best analogy I can offer is that Twitter can amplify life’s ‘sliding doors’ moments towards opportunity, collaborations and friendships,” she said.

“While some focus on self-promotion and the number of followers or ‘likes’, Twitter has a major role in science communication and not only peer review, but engaging our community.

“The flow of information and interactions is faster and greater than traditional channels; it has transformed the world into a supportive network, without boundaries of distance or status.”

Anastasia said while still a novice Tweeter, she considers it the best decision she has ever made.

“It has enhanced my career by providing me with collaborations that would never have occurred using traditional channels,” she said.

“It has connected me with leaders in diverse specialties from all over the world, and it has also provided me with wonderful friendships.

“It was also a new experience for me to have people that I had never met, not only interested in what I had to say, but also congratulatory. It was empowering and restored my confidence that my knowledge and viewpoint were valued.”
The internal phone number has changed.

Dial 2222 to report an emergency code.

EMERGENCY
2222
(double 2 double 2)

FOLLOW our hospitals for all the latest NEWS
@ROYALNORTHSHORE  @HORNSBYHOSPITAL  @MONAVALEHOSPITAL  @MANLYHOSPITAL  @RYDEHOSPITAL

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