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Macquarie Hospital Newsletter
Service Directors Update

The most important date in our annual calendar is almost upon us – Tuesday 19th November, 2013 – Our accreditation survey under EQuIP National.

The preparation has been enormous as this survey is different to the previous ones in that the focus is not just on what we do, but why we do it and does it work.

In working my way through our responses in the work books, I have been awed by the amount of work that is done by a myriad of different people – all contributing to the quality and safety of patient care on this campus.

The Maintenance team maintain the buildings in safe condition – much of their work over the past couple of years has been to address problems that have arisen – blocked toilets, air conditioners that do not work, doors & windows that are damaged, pipes that are leaking and some building works as in the extension of the Tarban communal area. Did you know, though, that they are key members of the Internal Response team and may be called upon to do their duties under challenging circumstances as occurred last year when we had a bomb threat.

The environmental Services staff do not only keep the wards clean and nice to live in – they are a crucial part of our infection control strategy. After the flu / gastro outbreak in Hamilton Hostel earlier in the year, a small team went into the ward and cleaned every single surface to remove all traces of germs, then they did it a second time. The bugs did not spread to other units.

The food services staff provide the fuel that keeps the patients going – they also have a strong role in the health and safety of our patients – food must be heated and maintained at certain temperatures to prevent the growth of bugs which could cause stomach upsets. They have to maintain the hygiene of their kitchens to the highest standards and are audited annually to ensure they meet stringent standards.
Service Directors Update Continued

The dieticians work with the food providers to ensure that the food is appropriate, interesting sufficient and healthy and compliant with the Nutrition standards for Mental Health facilities.

The Falls Committee has taken on a strong role with the evaluation of falls on the campus. The Exercise physiologist is providing early interventions into the prevention of falls and the physiotherapist works with patients who have impaired mobility to address the contributing factors to their mobility issues.

Our doctors are at the centre of our services, assessing, treating and monitoring the Macquarie Hospital patients in partnership with the multidisciplinary teams assigned to each unit.

The Pharmacy department have a significant role in the review of medications that are being used on the campus, medication errors and anti-microbial stewardship.

The Clinic manages the appointments for general health care and monitor the metabolic status of our patients.

The transport department move linen, goods, waste and mail around the campus. They also provide the transport for external appointments.

The fire drills are to ensure we have the skills to manage efficiently and effectively should the unthinkable occur and the security staff on our site work to maintain a safe environment for all who spend time on the campus.

On a daily basis, every clinician on the campus contributes in some way to the quality of care and safety of patients. CPI's have been undertaken to improve the dental health care of the patients in our hospital, to improve awareness of healthy eating and to improve medication safety. Other quality projects have aimed at reducing choking risk, improving personal reliance with medication, and to increase responsiveness to carers concerns about deterioration in the wellbeing of their loved ones.

The day programmes and the allied health on the campus provide a range of programmes and individual interventions aimed at supporting the Macquarie Hospital patients in their recovery process by assisting them to access the internal resources they need in their recovery and the external services that support recovery and independence.

Without nursing, there could not be a hospital. On a daily basis, the nursing staff are dealing with a range of issues which include ensuring that care is delivered in a safe and appropriate way to the patient population. There are times when the care provided is nurturing and gentle at other times it need to be empowering. Each small contribution to safe care counts.

There are a number of Clinical Nurse Consultants who advise on different clinical specialities and an education team who support us all by ensuring that the education and skills we require to provide safe care are available. Our work health safety consultant is always available to advise and support and provides great education about our responsibilities.

We have a strong safety culture on the campus – relatively few incidents and committed staff in every clinical and non-clinical area. This is what the surveyors are coming to see.
Service Directors Update Continued

There will be 3 surveyors – Lynette Ford, who has a background in Occupational Therapy and Quality. Darrell Smith who is our Consumer Surveyor and has been surveying since 1999 and Susan Shaw who has a background in Corporate Services.

Lynette will have special responsibility for standards 6 (Clinical Handover) & 14 (Information management).

Darrell will have special responsibility for standard 2 (Partnering with consumers).

Susan will have special responsibility for standards 13 (Workforce Planning & Management) & 15 (Corporate Systems and Safety).

The process of accreditation is a great way for every contributor on the campus to have that contribution validated.

I am sure the surveyors will enjoy their time here – there is much you all have to showcase

Enjoy the experience!

Maureen Fechter
Service Director
Mental Health Month, 2013 was celebrated by patients staff and visitors to Macquarie Hospital with the opening of the “Creative Being – Being Creative” exhibition of art and crafts at the Insideout Gallery at Northern Sydney Education Centre. All artworks were created by patients working within Units and Day Program Areas of Macquarie Hospital. The exhibition was opened by Kevin Meagher, a successful artist and a consumer of mental health services. Kevin is currently working in the Pottery and Art studio at the Hospital as a volunteer, encouraging and supporting patients to develop their skills. Our thanks to Kris Tito, Pottery Teacher, Day Program staff and all of the patients who provided such a wonderful range of creative works for the exhibition.

A further highlight of Mental Health Month was the launch of the Nutrition Standards for Consumers of Inpatient Mental Health Services in NSW. The launch was hosted at Concord Hospital on the 15 October and the program included an introduction by Dr Nigel Lyons from the NSW Agency for Clinical Innovation and a discussion regarding the importance of physical health and nutrition by Assoc. Professor John Allan, Chief Psychiatrist, NSW Health.
The Standards were formally launched by the Hon. Kevin Humphries, MP. Our Senior Dietitian, Jan Plain and Meg Vickery from Bloomfield Hospital were highly commended by speakers on the day for their initiative and drive to ensure that the standards were placed highly on the agenda at the ACI Nutrition Network. They worked as co-chairs with a dedicated group of people from across NSW, including the Official Visitors Program staff, to provide standards which will now guide inpatient mental health services. Mental health inpatient Services will be able to plan menus and offer meals that meet people’s needs, while also providing people with the opportunity to choose and enjoy the food they eat. The Standards support the NSW Health policy directives for Nutrition Care and Physical Health Care within Mental Health Services and were developed with the knowledge that people accessing inpatient mental health services have needs that differ from those of the general hospital population and the recognition that good nutrition is fundamental to improving the physical health of people with mental illness (ACI, Sept.2013).

You will find a summary of the results of the recent Carer Satisfaction Survey 2013 in this newsletter. Our thanks to Dr. Marta Miller and the staff of the Psychology and Research Centre for the analysis and completion of the report and our thanks to all of the carers who took the time to complete the Survey. Your survey results and comments will help us improve our services and provide better patient care at the Hospital. For any further information regarding the Survey Results or if you have any ideas about how to improve our services, please feel free to contact me.

I wish to thank Marta Miller and Jan Plan for acting in the position of Director Patient Services so competently whilst I was on leave in August and September this year. They did a wonderful job and I was very appreciative of their support.

**Commendations:**

Dr Marta Miller, Quincy Wong and the team in the Hospital Psychology Services and Research Centre: Anne Fiorito and Juelyn Ireland for a recent publication in the Psychiatry Research Journal of the article “A snapshot of cognitive functioning: deriving a tool for the efficient assessment of cognition in schizophrenia and other chronic psychiatric disorders in a real-world inpatient setting”.

**Jan Delahunty**  
*Director Patient Services*
MACQUARIE HOSPITAL CARER SATISFACTION SURVEY 2013
Summary of Results

Our thanks to all of the carers who provided survey feedback to assist the Hospital Executive and staff to provide better patient care and to develop future directions for quality improvement at the Hospital.

There were some very positive results that were pleasing and encouraging, and of course there were areas where we will need to improve.

Summary of Top 5 results

✓ 90.5% of carers were quite/very satisfied with the welcome they receive from staff when they visit their relative in hospital.
✓ 87% of carers were quite/very satisfied with the respect and consideration shown towards them as carers by staff.
✓ 81% of respondents were quite/very satisfied with the frequency of contact they had with staff.
✓ Overall, 78% of carers were quite/very satisfied with how their family member, who was a patient in the hospital, was treated by staff.
✓ 77% of carers specified they were quite/very satisfied that their views and opinions about the care of patients were welcomed and valued.

Summary of 5 areas most needing improvement

➢ 29.5% of respondents specified they were dissatisfied with the information given to them regarding medications and their possible side effects that their family member was taking while in hospital.
➢ 27% of carers indicated they were dissatisfied that they were not involved in planning the day to day care of their family member while he/she was in hospital in terms of patient transfers, attending programs, engagement in daily activities, etc.
➢ 23% of respondent were dissatisfied with the physical environment of the unit that they had the most recent contact with.
➢ 21.5% of carers stated they were dissatisfied with the lack of information they received about the mental illness of their family member.
➢ 20% of participants revealed they were dissatisfied that their opinions and views about the care of their relative/friend were not actively sought by staff.

Our next step will be for our clinical staff and Executive team to develop actions to address the improvements and incorporate these into our Clinical Stream Service Development Plans

If you would like to contribute your suggestions and ideas to assist the hospital to continue to improve our services please contact the Director Patient Services, Jan Delahunty on 02 98875966 or email Jan.Delahunty@health.nsw.gov.au

The Analysis and Report of the 2013 Patient Satisfaction Survey was compiled by the staff of THE PSYCHOLOGY AND RESEARCH CENTRE at Macquarie Hospital: Dr. Marta Miller, Juelyn Ireland and Ann Fiorito

If you would like a full copy of the Report, please contact Jan Delahunty
**Director of Nursing**

It’s been a very busy month at Macquarie preparing for accreditation; we are definitely on the home straight now! It is down to everyone’s hard work and dedication that we have managed to prepare so well so I would like to thank everyone for what has been a great effort.

In preparation for accreditation, our Macquarie education team; Heba Day, Euan Macleay and Limor Weingarten have worked hard to make sure that as many people as possible have attended mandatory training and their training updated into the mandatory training database. On top of all of this, they have been going around the wards offering BLS training, Ascom training, Manual Handling training, CERT training, CERT drills and preparing the training calendar for 2014! It’s been an absolutely fantastic effort. Thank you very much!

On the 16th October 2013 a CNC Practice Development Day was conducted with approximately 25 of 30 CNCs from NSLHD - MHDA in attendance. In addition a number of nurse supervisors and educators attended as their work often involve collaboration with CNC’s. The program included a number of guest speakers including Anthony Dombkins (Director of Nursing & Midwifery NSLHD), Margaret Fry (Director of Research and Practice Development for NSLHD), and Rob Ramjan (CEO Schizophrenia Fellowship of NSW). Themes for the day centred on research and leadership for clinicians. The program also generated discussion regarding the CNC role in NSLHD-MHDA, both formally and via networking. Feedback was generally very positive and future workshops of a similar nature are likely to be scheduled as an annual event.

Over the past few weeks we have interviewed for two Stream Nurse Manager positions and three After Hours Nurse Manager positions with lots of applicants. This is a wonderful step forward for the nursing directorate creating stability and ending an era of ‘acting’. I hope that by the next newsletter, I will be able to announce the successful candidates’ names.

We have also successfully interviewed for the Community Liaison CNC position and are in the final stages of appointing the successful candidate anticipating the new person can start before Christmas. I would like to thank David Meadows for continuing to support Macquarie hospital with patient flow in the absence of this position.

NUM’s are on the move with Richard Davies moving to Parkview Unit, Kerry Blair to Figtree and Sunaina Makkar to Bridgeview to work alongside Bo Madej. I would like to thank them all for their willingness to support the moves and their dedication to their teams.

Finally, I would like to take this opportunity to welcome Chris Bridges back to his position of NUM in Manning Unit. Chris has been on quite a journey over the past few months, so it is fantastic to see him back fit and well. Please join me in offering Chris a warm welcome back to Macquarie!

*Mark Joyce*

*Director of Nursing*
Chaplaincy Corner

*Kindness: little acts, big impacts!*

He gave me some words of encouragement a few years ago.

I will never forget them or him. Dilo – a quiet, unassuming gentleman who, when he spoke, impressed with his genuineness. And now he’s gone ... Why do bad things happen to good people?

It has been a tough month for so many – deaths, unwelcome diagnoses, and other life-changing crises. As we watch heart-breaking bushfire scenes on TV, we feel so helpless and sad.

At one point in the ‘Call the Midwife’ TV series, a baby dies soon after delivery, and a messy inquiry follows. There is a scene where the physician is struggling to write his report.

“Is there anything else I can get you, Dr Turner?” the nun asks.

“Some of your faith, perhaps,” he replies. “It’s at times like this I wish I had one.”

“It’s at times like this I wish it made a difference,” she replies.

![Little girl comforting her doll, London 1940](image)

I’m sure a lot of people are feeling this way right now. Certainly it’s at times like these that we shudder at the fragility of life and its unpredictability. Like a bolt from the blue our lives can be shattered.

People, right now, are sitting in the rubble of their shattered dreams, clinging to their relationships – sometimes all they have left.

Where is the hope?

I see it in our long-term patients. They have lost so much, but the resilience of their spirit shines out of their inspirational works in the Mental Health Month’s ‘Creative Being’ Exhibition (NSEC).

As Miriam-Rose Ungunmerr-Baumann (Aboriginal elder, educator and artist) expresses:

‘We are like the tree standing in the middle of a bushfire sweeping through the timber. The leaves are scorched and the tough bark is scarred and burnt; but inside the tree the sap is still flowing, and under the ground the roots are still strong. Like that tree, we have endured the flames and we still have the power to be re-born.’

*Rosemarie Say*

*Chaplaincy Coordinator*
Feedback from the survey on Chapel use

Feedback from the survey on staff use of the chapel

The chaplains wish to thank those members of staff who gave valuable feedback in the recent survey on staff accessibility to the chapel. We received 25 surveys and the results were:

1. The Chapel should be made more available for staff use (25 responses):
   
   | Yes           | 70% |
   | No            | 5%  |
   | Undecided     | 25% |

2. Type of services preferred (33 responses – some ticked 2 or more):
   
   | Quiet reflection | 50% |
   | Staff Chapel services | 16% |
   | Special occasion services | 28% |
   | Other (social, educational) | 6% |

3. Those who would make personal use of these service (21 responses):
   
   | Yes          | 58% |
   | No           | 16% |
   | Undecided    | 26% |

4. Most suitable days and times for staff accessing the chapel (37 responses):
   
   Wednesday was the preferred day followed closely by Friday & Tuesday. Lunchtime was by far the preferred choice followed by mid morning.

In response this feedback, the chaplains have decided to:

1. open the chapel each Wednesday 12:30-2:30pm for quiet meditation, prayer or reflection for staff only on a trial basis. Starting date to be advised.

2. continue to provide special services such as funerals, memorials, weddings as the occasion demands.

3. Plan to arrange special services in 2014 such as staff appreciation/thanksgiving and a service of solace for those who have experiencing loss.
Safety Corner

Hazards and Risks. I heard a good analogy recently about the difference between hazards and risks. “Hazards are the sharks you spot in ocean while standing on the shore. They become Risks when you get in the water.” Certainly the risk can increase when you are exposed to the hazard. (Misunderstanding Hazards and Risks safetycultureexcellence.com). In previous articles in Safety Corner the action, and responsibility, of reporting hazards and risks has been highlighted and encouraged. This is a key part of keeping your department safe.

So how do we identify hazards and risks? Sometimes it’s what we walk past, maybe it’s during one of those monthly hazard focussed inspections (that’s a mouthful), it could be a near miss we’ve seen or experienced, and it could be an injury. Then there’s audits, inspections, the accreditation process, profile audits and Safety Committee inspections.

Hazards are spotted and the level of risk determined. That coloured Risk Matrix in the Hazard Management Register can be used to determine a score between 1 (High) and 6 (Low). It’s a combination of consequence and likelihood. There’s also RiskIT, another tool used to assess and record those higher level, and “Escalated” risks to the organisation. Safety risks are in there along with other risks too. Buildings, clinical, security, systems, fire, and others.

Our workplaces are in a Hospital site with many old buildings. There are hazards and risk identified and included in this is asbestos material. Please note, asbestos material in good condition, i.e, not disturbed or damaged does not pose a risk to patients and staff. It is only when asbestos material, .e.g, roof sheets and insulation is damaged, that the risk increases. There is a system for recording where asbestos is located in our buildings and documenting the condition. There are photos and details of all of this which is recorded in the Asbestos Register. There’s also a Management Plan describing the actions for asbestos removal; training of staff; site inspections and updating of the Asbestos Register. At Macquarie the high risk materials have been identified and removed. There’s also training for Engineering staff, and induction and information for contractors. Providing information to the site tenants about what’s in their buildings is also important too. Making sure everything is labelled is also important and that's been updated in recent weeks, along with a full site Asbestos inspection. At this inspection the external assessor stated that our hospital had the best managed facility within the Local Health District.

With the asbestos register updated, information about asbestos will be provided to each department. The department manager will be presenting the information in discussion with all staff in the team. The information in the asbestos register also includes photos. Also about to be released is a short procedure and guideline about managing the hazard and risk when asbestos material is damaged or the condition changes.

Along with all hazards and risks, damage to asbestos, or changed condition, must be reported. If in doubt report it. For managers if needed "Escalate" the risk.

See'ya next month........

John Davey
WHS Consultant Macquarie
Library News

MENTAL HEALTH LIBRARY

NEW CIAP RESOURCE

The Joanna Briggs Institute

Consumer Information sheets||Best Practice Information sheets||Evidence Summaries
Recommended Practices || Systematic Reviews of the Best Evidence

The Joanna Briggs database provides a gateway to evidence-based Allied Health information. It can be accessed from the Nursing & Allied Health Resources list on CIAP. The Ovid Interface allows you to search a topic and limit by the type of information (Evidence Summary vs Systematic Review) as well as by clinical area (Mental Health).

Relevant information on the Joanna Briggs database includes the following.

CONSUMER INFORMATION
Schizophrenia / A. Bentley

EVIDENCE SUMMARIES
Schizophrenia: Psychosocial Interventions / S. Slade
Schizophrenia (Adults): Supported Employment / C. Tufanaru
Schizophrenia (Adults): Cognitive Behaviour Therapy / C. Tufanaru
Schizophrenia (Adults): Personal Hygiene Interventions / C. Tufanaru
Mental Illness (Chronic): Life Skills Programmes/ C. Goh
Mental Illness : Prompts for Clinic Attendance / C. Goh
Postpartum Psychosis: Prevention / C. Tufanaru
Dance Therapy: Schizophrenia / E. Fong
Healthcare Facilities: Patient Aggression/Violence / N. Jahan
Violence Management: Acute Psychiatric Facilities / Z. Sui
Early Psychosis: Family Interventions / C. Tufanaru

SYSTEMATIC REVIEW OF EVIDENCE
Caregiving experiences of families living with persons with schizophrenia / P. Tungpunkom
Effectiveness of interventions for the assessment and prevention of falls in adult psychiatric patients / C. Xu
The effectiveness of interventions in the prevention and management of aggressive behaviours in patients admitted to an acute hospital setting / K. Knoch

MHL Manager: Linda Heslop
linda.heslop@health.nsw.gov.au    Phone:98875854
Infection Control

1. **Antibiotics fight infections caused by:**
   a) Viruses
   b) Bacteria
   c) Viruses and Bacteria

2. **Bacteria are germs that cause colds and flu.**
   a) True
   b) False

3. **Which of these illnesses should be treated with antibiotics?**
   a) Runny Nose
   b) The Flu
   c) Cold
   d) Strep Throat

4. **Bacteria that cause infections can become resistant to antibiotics.**
   a) True
   b) False

5. **I can prevent antibiotic-resistant infections when I:**
   (hint: More than one may apply)
   a) don’t take an antibiotic for a viral infection
   b) don’t save an antibiotic for the next time I am sick
   c) don’t take an antibiotic prescribed for someone else
   d) take my antibiotic exactly as my healthcare provider tells me

6. **What can happen if I get an antibiotic-resistant infection?**
   (hint: More than one may apply)
   a) I may have a longer-lasting illness
   b) I may have to visit my doctor more
   c) I may require hospitalization
   d) I may need more costly medicines that may cause side effects

7. **Alexander Fleming discovered the first antibiotic in 1928. What was the antibiotic named?**
   a) Mold
   b) Penicillin
   c) Vancomycin
   d) Doxycycline

8. **Antibiotic resistance has been called one of the world’s most pressing public health problems.**
   a) True
   b) False

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**Antibiotic Awareness Week 2013**
**18th – 24th November**

**Win Gold Class Movie Tickets for 2** for the first correct entry drawn

Complete the CDC Antibiotic Quiz

Send your completed entry to John Glen Chief Pharmacist MQE
- internal mail c/o Macquarie Pharmacy
- email: John.Glen@health.nsw.gov.au
- OR
- fax: 9888 7163
News from the Wellbeing Unit

New staff member – clinical dietitian:
The Wellbeing Unit is very pleased to welcome Sophie Chen, as the new Clinical Dietitian to our team. Sophie graduated from the University of Sydney with a Masters in Nutrition and Dietetics. Since graduation she has been working in the Northern Territory before returning to Sydney to work in private dietetic practice. She has a keen interest in nutrition and the physical health care of people with mental illness. We all look forward to working with Sophie at Macquarie Hospital.

Interesting research – schizophrenia, diabetes and cognitive function:
Some interesting research from the University of Wollongong, which was reported in the Schizophrenia Research Institute October newsletter under the heading ‘A sweet finding’, highlights links between schizophrenia, diabetes and cognitive function. The study found that people with both diabetes and schizophrenia suffered greater cognitive deficits than people who had schizophrenia or diabetes alone.

The findings suggest that good treatment and prevention of diabetes in people with schizophrenia may also improve cognitive function and could have a positive impact on everyday life. So, in managing the conditions and risks of physical ill-health, through lifestyle programs and nutrition and exercise interventions, we are also managing schizophrenia itself.

This research highlights the importance of an integrated mind and body approach to care in all situations. This is adopted in programs, interventions and education in the Wellbeing Unit with a focus on prevention and treatment of chronic disease, including diabetes, for patients in Macquarie Hospital.

From our Dietitians
The summer menu for Macquarie Hospital commenced in October. We hope patients are enjoying the summer menu. Health Share developed and introduced a new separate data base for Macquarie Hospital with the introduction of the summer menu. While the new data base will assist with managing the food service system at Macquarie Hospital, there are still some anomalies occurring. If there are any concerns please contact the dietitians.

Nutrition Standards for Consumers of Inpatient Mental Health Services in NSW, was launched on 15 October 2013. They have been developed with the NSW Agency for Clinical Innovation (ACI) Nutrition Network by the Nutrition and Mental Health Working Group and are influenced by the opinions of consumers and staff. They are based on evidence of the nutrition requirements for people with mental illness, particularly in relation to the higher risks of nutrition related chronic diseases. The Standards will be implemented in all NSW mental health facilities, including Macquarie Hospital, and will guide the provision of food and drinks for patients in all situations.
From our Speech Pathologist
Top news is the approval of the Dysphagia Procedure at Macquarie Hospital - MHDA. Link to: http://intranet.nslhd.health.nsw.gov.au/AreaGov/NSGovSys/AreaPPGLibrary/Mental%20Health%20-%20Drug%20and%20Alcohol/Mental%20Health%20Services/PR2013_070.pdf. The procedure will guide the management of dysphagia to minimise choking risks in patients at Macquarie Hospital. The implementation of the procedure will involve the multidisciplinary teams in the units and will see the development of mealtime management plans for all units, training and accreditation of Swallowing Screeners, screening patients at risk of swallowing difficulties, timely referrals for assessment by the speech pathologist, nutrition care plans for patients and general education for all staff on dysphagia identification and management.

The development of this procedure has been a significant multidisciplinary task and we wish to thank all those involved, especially Natalie Albores for her dedicated work on this procedure.

From our Exercise Physiologist
Another busy month at the Wellbeing Unit gym, with a few incredibly hot days motivating us to get organised and open the pool! Simon and I will be there on Thursdays from 1.30pm – 2.30pm. If you wish patients to come to the pool at this time, please call us at the gym on Ext 75070 or 0410504616, to let us know how many patients are coming to ensure safe staffing levels and if two or more patients please send a staff member with them. Don’t forget swimmers and a hat, we will provide sunscreen.

We have some new equipment, with Hamilton, Lavender and Manning now having hand weights and therabands kept on the Units for exercise classes. Exagym at Cremorne have kindly donated another exercise bike for the gym, (we now have 4!!) meaning there is a bike for everyone, even during busy periods. Exagym have been wonderful supporters of our gym and I am very thankful for their support.

There have been a few shuffles to the timetable, with more gym times being offered. Please contact either myself or Simon if you would like an updated copy.

Kris Grainger, Exercise Physiologist.

Wellbeing Unit Contacts:
Please contact the Wellbeing Unit team, Simon Ext. 75413, Kris Ext. 75352, Sophie Ext. 75477, Natalie Ext. 75496 or Jan Ext. 75758 if you have any queries, we will be very happy to help you!!

Jan Plain
Manager Wellbeing Unit
Macquarie Hospital Work Health & Safety (WH&S) Committee

The Macquarie Hospital Work Health and Safety (WH&S) Committee is a joint consultative health and safety advisory committee in accordance with national legislation and codes of practice on WH&S consultation.

The purpose of the WH&S Committee is to:

- Promote a healthy and safe environment to staff, patients, contractors and visitors of NSLHD Hospitals sites and Community Health Services.
- To monitor WH&S performance and provide advice / recommendations to the Management.
- To facilitate consultation between management and employees in developing and implementing means to protect the health and safety of all people in the workplace.

Your Macquarie Hospital WH&S Committee members are:

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<th>Management Representatives</th>
<th>Employee Representatives</th>
<th>Ex Officio Representatives</th>
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<tr>
<td>Maureen Fechter</td>
<td>Vacant</td>
<td>David Wright</td>
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<td>Macquarie Site Manager / Service Director</td>
<td>Clinical Residential (nursing/medical)</td>
<td>Fire Safety Officer</td>
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<td>Ron Kruk</td>
<td>vacant</td>
<td>John Davey</td>
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<td>Engineering Services Manager</td>
<td>Clinical Support / Non-Residential Services</td>
<td>WHS Consultant</td>
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<td>Anna Laval</td>
<td>Verity Whitson (on Mat. Leave)</td>
<td>Susanne Russell</td>
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<td>Deputy Director of Nursing Macquarie Hospital</td>
<td>proxy John Kennedy-Gould</td>
<td>Minute Secretary</td>
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<td>Olga Fontes</td>
<td>Andrew Brogden</td>
<td>Hollie Mahlberg</td>
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<td>Environmental Services</td>
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<td>Sevgi Girgin</td>
<td>Laura Robinson</td>
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<td>Human Resources</td>
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Currently there is a vacancy for an employee representative from Clinical Support/Non-Residential Services.

If you are interested in nominating yourself for election to become a representative for this work group, or would simply like to find out about what is involved, please contact Anna Hall (Committee Chair) on 8877 5123 or ACHall@nsccahs.health.nsw.gov.au.
Mohr Policy Directives and Information

NSW Health Policy Directives and Guidelines released October 2013
The following NSW Health Policy Directives and Guidelines are available for download from:


- BCG (Bacille Calmette Guerin) Vaccination PD2013_032
- Health Assessment of Children and Young people in out of home care (Clinical Practice Guide) GL2013_010
- Electronic Information Security Policy—NSW Health PD2013_033
- Managing for performance PD213_034
- Statewide standing orders for the supply or administration of medication for public health resources PD2013_035
- Work Health and Safety—Other workers engagement GL2013_011
- Service check register for NSW Health PD2013_036

NSW Health Information Bulletins released October 2013
The following NSW Health Information Bulletins are available for download from:


- Pension based scale of fees—Health Services Act 1997 IB2013_038
- Foodborne Listeriosis Control in Health Care Institutions IB2013_039
- Overtime Meal Allowances IB2013_040
- Christmas Close down 2013/2014 IB2013_041
- Leave for staff affected by the Bush Fire Emergency—October 2013 IB2013_042
- Staff Specialists’ Training, Education and Study Leave (TESL) New Funding Entitlement 2013/2014 IB2013_043
- Junior Medical Officer—Clinical Year and Term Dates 2014—2018 IB2013_044
- NSW Perinatal Advice Line (PAL) IB2013_045

Gumtree Café
Home Management Unit

[next to Possum Pantry]
Held every Friday Afternoon From 2 to 3:30pm
Indoors and outdoors seating
Serving a new and updated range of hot and cold drinks, and freshly baked biscuits & slices

CAR WASHING SERVICE
EVERY TUESDAY MORNING
9:30AM - 12:00NOON
EXCELLENT SUPERVISED SERVICE!
PRICE LIST (INCLUDES GST):

FOR A WASH AND VACUUM:
SEDAN - $11
STATION WAGON - $13.20
VANS, PEOPLE MOVERS, UTES - $17.60
TRUCKS AND REC. CENTRE BUS - $22
PLEASE BOOK BY PHONING 75952
Learn more about the Hospital and its Environs

Are you new to the Hospital or just want to know more about our grounds and buildings?

The lunchtime walking group is happy to show you around the campus as part of our twice weekly walk.

For example did you know there is a protected area of remnant bush in the grounds or that we pass North Ryde’s oldest house on our normal walk.

Our walking group leaves from outside the Wallace Wurth reception every Tuesday and Thursday at 12md. Please feel free to join us anytime or call Anna on 75123 for further information.

Anna Hall
Project Manager InforMH
Building Knowledge-Supporting Services-Improving Care
Ph (02) 8877 5123
Fax (02) 9887 5722
MACQUARIE HOSPITAL EXECUTIVE

INVITES ALL CAREERS OF HOSPITAL PATIENTS TO
A CAREERS FORUM TO
MEET AND HAVE SOME LIGHT LUNCH
AND A CUP OF TEA/COFFEE

DATE: MONDAY, 25 NOVEMBER, 2013
FROM: 11AM-12.30 PM

THE VENUE IS: CONFERENCE ROOM 1

THE MEETING WILL BE INFORMAL AND PROVIDES AN OPPORTUNITY FOR CAREERS TO OBTAIN INFORMATION ABOUT MENTAL HEALTH AND CARER SUPPORT SERVICES; TO DISCUSS ANY MATTERS WITH THE HOSPITAL EXECUTIVE AND FOR THE HOSPITAL EXECUTIVE TO PROVIDE FEEDBACK AND INFORMATION TO CAREERS

FOR ANY ENQUIRIES, PLEASE CONTACT:
JAN DELAHUNTY, DIRECTOR PATIENT SERVICES
EMAIL: Jan.Delahunt@health.nsw.gov.au

PHONE: (02) 98875966 MOBILE: 0411 144 968

WE LOOK FORWARD TO WELCOMING YOU
Macquarie Hospital Patient Fundraising Committee

MARKET DAY

DATE: 14TH NOVEMBER, 2013
DAY: THURSDAY
TIME: 11.00AM – 2.00PM
VENUE: CONFERENCE ROOMS 1 & 2
Undercover Outdoor Area
Macquarie Hospital, Wicks Rd, North Ryde

Come along and enjoy a delicious BBQ lunch and grab a bargain and find that special gift for Christmas.

Also enjoy our many stalls —

- Raffle
- Speciality stall with lots of variety gifts
- Hand made Pottery
- Beautifully crafted wooden gifts
- Cake and novelty stall
- Bric-a-brac (White Elephant)

Enquires: Reception, Wallace Wurth Bldg. Phone: 98875500, Helen - 98875963, Sue - 98875682 or Ann - 98875943
Macquarie Newsletter
Some of Security’s roles for Macquarie Hospital.

Why is Security on site?

1. To patrol the Hospital campus and protect Hospital property
2. To lock and unlock buildings on site to increase security
3. To escort Staff during the Day or Night for the safety and well being of the staff
4. To increase the safety for Staff, Visitors and Patients on the campus.
5. To issue ID’s for all people on site to be recognised as a member of the Hospital.
6. To attend to all incidents on the campus to increase the safety

Some of Your own Security Responsibilities.

What can I do to help out?

1. Offer assistance / challenge people who do not have ID on them
2. Report any open windows or doors after hours
3. Report any suspicious persons
4. Make sure you lock and alarm all doors and buildings when leaving
5. Call security and inform them when you are working late or on the weekends - Security need to know: - your name, location (building/room number), phone number, estimated time of leaving. This is so security knows who is in the buildings after hours so that during patrols they can do ‘welfare checks’ to ensure you are all right. In the case of a building evacuation they will know who is in the building. When you are leaving can you please ring security so they know you are off the premises and can check that the building is secure
6. Ensure all valuable and attractive portable items are secured away
7. Do not leave bags open and unattended

The more we all work together the better we can make this Hospital. To make this Hospital a safer Place we all need to chip in.
Security Awareness
Security In The Workplace

AUTHORED BY: Security Services, Northern Sydney and Central Coast LHDs

- Ensure valuables are secured
- Lock your office when not in attendance
- Do Not leave bags open and unattended
- Report suspicious people to Security
- Note descriptions of suspicious persons
- Cancel credit and bank cards asap
- Carry small sums of cash
- If you are the victim of theft at work, inform Security immediately.

Stolen credit cards are often used within minutes..

0 minutes 10 minutes later

- Avoid having your name, address, phone number, etc. on key rings
- Do not have identification tags on any type of Master Keys / Drug keys
- Always secure your office when it is vacant no matter for how short a time
- If you work back late avoid working alone – Call Security or Switchboard “9” – Use a whiteboard system of letting staff know who’s in the building
- At all times if working alone secure the door to your office

For an In Service session in Security Awareness please contact the Security Training Dept

GCaldwell@nsccahs.health.nsw.gov.au
Welcome to our Newsletter/Calendar for November.

At the beginning of October we took our young carers to cooking school followed by rock climbing.

On the right are some young carers making sushi.

Confused about the mental health system in Northern Sydney and where all of the services fit? On Wednesday the 20th we’re having a public forum where Penny Feilaf from the NSW Department of Health and Laurie Bassett from Partners in Recovery will join us and together we’ll attempt to untangle some of the maze for Carers of People with a mental illness.

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Sunday 3rd, 12 noon to 2pm – Working Carers Support Group
If you have a family member or care for someone with a mental illness then this support group is an opportunity for you to meet with other carers to gain mutual support and exchange information. This two hour group also includes education on topics of relevance in mental illness and its impact on carers. Held on the first Sunday of each month. Upstairs at the McManus Room at Kirribilli Neighbourhood Centre, 16–18 Fitzroy Street Kirribilli. For working carers only. In collaboration with UnitingCare Mental Health. Please RSVP if you are a new participant. Working Carers Only.

Monday 4th to Wednesday 6th of November – Women’s Circle Golden Door Health Retreat, Elysia.
As a special treat we had a limited number of places for the Golden Door Health Retreat at Elysia, a place where tired souls can be restored, new goals set and a wealth of knowledge gained to unveil a healthier, happier and more motivated you. All
National Walk to Work Day – Friday 8 November

LET’S GET AUSTRALIA WALKING AGAIN

START WALKING NOW AND RAISE FUNDS FOR YOUR FAVOURITE CHARITY

Download the free App at walk.com.au

Supported by the Australian Government and by all state, territory and local governments
MEDIA RELEASE
FOR WHAT’S ON CALENDARS - NOVEMBER 2013

WELLNESS WALK & FESTIVAL
SATURDAY 16 NOVEMBER 2013
SYDNEY

Join the inaugural Wellness Walk on Saturday 16 November 2013 to help raise awareness and understanding of mental illness.

This easy 5km walk from Sydney’s Circular Quay, over the Sydney Harbour Bridge via the pedestrian walkway to Milsons Point and back again aims to bring attention to mental illness and help support those affected by mental illness.

The Wellness Walk starts at 10:00am on Saturday 16 November at First Fleet Park, Circular Quay, Sydney and you can enjoy the Wellness Festival in First Fleet Park after you’ve finished the walk.

Mental illness affects at least one in every five Australians. For some this can be a short episode, for others a life-long challenge. Many in our society do not understand mental illness and the associated stigma can prevent open discussion and sharing of information. The more people learn about and understand mental illness, the more compassionate our society will become and the better the lives will be of the people and their families affected by mental illness. Joining the Wellness Walk will add your voice to community discussion and community understanding.

Register to walk at www.wellnesswalk.org.au.

Entry fees:
Individual $30 per person
Concession* $20 per person
Family $80 per family (2 adults & 2 children)
*concession card holders and children

Proceeds from all entry fees go to help mental health support services.
Once you’ve registered to take part, you can also choose to raise more funds for mental health support services via the fundraising page on the website.

For more information visit www.wellnesswalk.org.au

ENDS.

Attached: Wellness Walk logo in jpeg format

Media enquiries please contact: Nicole Browne 0414 673 782 or nicole@mediaopp.com.au
SUNFLOWER FOUNDATION WELLNESS FESTIVAL

WELLNESS WALK
BRIDGE WALK FOR MENTAL HEALTH

SATURDAY
16 NOVEMBER 2013

Festivities start from 8.30am
First Fleet Park, Circular Quay, Sydney

5K WALK
FOR MENTAL HEALTH

GREAT OPPORTUNITY TO RAISE FUNDS
& AWARENESS FOR MENTAL HEALTH

Visit our website for full details on how to register:

WWW.WELLNESSWALK.ORG.AU
SPONSORSHIP & FUNDRAISING

Sunflower Foundation Wellness Walk and Wellness Festival. Join us and walk across the Sydney Harbour Bridge for Mental Health.

This is an inaugural event that provides an opportunity for individuals, groups, teams, families and businesses to enter.

You can register for the Wellness Walk individually or create your own team and help raise mental health awareness.

By participating in this event you are also helping to de-stigmatise mental illness in the community and supporting a great cause.

- 5K walk starting and ending at First Fleet Park, Circular Quay, Sydney
- Saturday 10.00 am - 16th November 2013
- Organised and run by the Sunflower Foundation NSW

For more details on individual sponsorship, corporate sponsorship and fundraising, please visit our website: www.wellnesswalk.org.au

Thanks

The Wellness Walk Team

"This Walk provides an opportunity to raise funds for mental health support programs in the community.

Once you have registered, you can seek sponsorship from friends and family using our fundraising page on www.wellnesswalk.org.au"

Visit our website for full details on how to register: www.wellnesswalk.org.au
email: info@wellnesswalk.org.au

Like Us on Facebook and stay up-to-date: www.facebook.com/wellnesswalk