

# GOSS—NOVEMBER 2018



*All staff are  
invited to the  
annual  
TMHS*

*Christmas  
Party.*

*An evening of barefoot  
bowling is to be held at  
the Mortlake Bowling  
Club on Friday*

*December 7th  
commencing at 5.30pm.*

*BBQ & Desert provided*

*Drinks at Bar Prices*

*Names for Catering*

*Purposes to Admin at*

*Terang Hospital*

*Campus please*

*All Welcome*

## **Mt View Christmas Party**

*The Mt View Residents  
and Relatives Meeting  
and Christmas Party will  
be held on December 3<sup>rd</sup>  
2018 at Mt View.*

*The meeting will  
commence at 1.30pm  
with local School Children  
arriving at 2pm for  
singing and Christmas  
fun.*

*Afternoon tea will follow.*



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## FROM THE CEO'S DESK

As we enter into the 'silly season' I'd like to thank staff for their tireless work throughout the year.

It has been a year of challenges particularly with the fall out from the St Patricks Day fire storm and mini tornado that directly impacted our community and the health service. We have grieved collectively for our dear friend and colleague Gail Saunders and have supported each other.

We have also had many things to celebrate including staff weddings, babies and retirements as well as professional achievements including the CSSD upgrade and news that we have secured further funding for the Fire Compliance works at TMHS.

Moving forward, we will be embarking on four major

building programmes including the redevelopment of the upstairs toilet and Boardroom, the fire compliance works, the transition of the health service over to natural gas along with the replacement maintenance shedding and finally the co-located ambulance station.

I appreciate that there will be some periods of disruption to work schedules but the Executive team will be minimising this as much as possible.

Thank you to those staff and the community who attended our Annual General Meeting on Tuesday 13th November. Our guest speaker Lauren Newman, the Executive Officer of the South West Health Accord spoke about how this program aims to increase clinical governance at a sub regional level in partnership with other health services in order to maximise the safety and quality of our health system.

This time of year also coincides with Bush Fire Preparedness season.

Managers have reviewed our Critical Hospital Operating Contingencies (CHOC) document and are prepared for the fire season ahead.

As this will be the final Goss for 2018, I'd like to take this opportunity to thank each and every one of you for your hard work this year.

May you enjoy a relaxing festive season and for those taking leave, I hope that you return refreshed for another busy year.

***Seasons Greetings***

## ***Waste Management Tip***

**Say no to disposable coffee cups!** An estimated 1 million disposable coffee cups are ending up in landfill worldwide **per minute!!**

This is a big problem.

To avoid coffee cup waste, **have your daily fix in the café or take along a reusable coffee**

# INFECTION CONTROL NEWS

## Flu Vaccination—Congratulations

The Health Service has been recognised with a Certificate of Excellence as FIRST in the State (for a comparable hospital or health service) with a Vaccination Rate of 97.2%

Congratulations to all staff on the achievement of this excellent result

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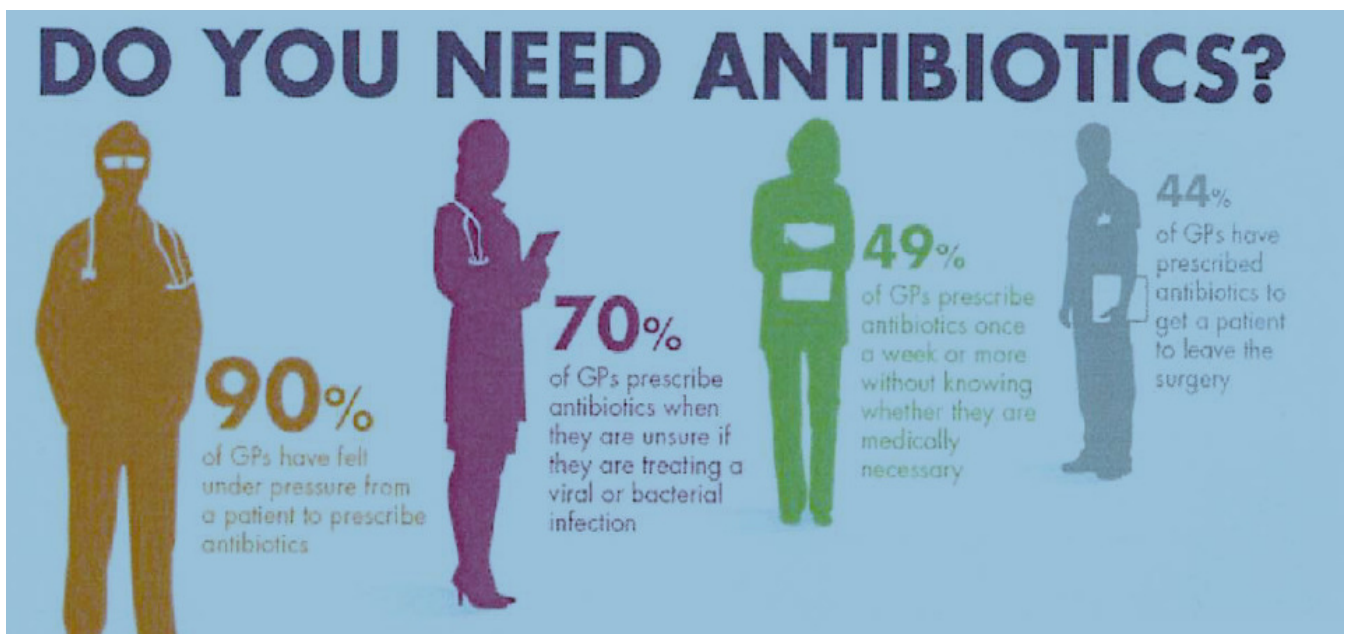
## Maintenance Risk Assessment—Congratulations

A 100% compliance result has been achieved on the recent Infection Prevention Maintenance Risk Assessment

Well done to our maintenance team and all involved

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## Antibiotic Awareness Week 12th—18th November



## Antibiotic Resistance is a serious worldwide problem and its happening in Australia

Antibiotic resistance is one of the biggest global health treats of our time. Bacterial infections are becoming more difficult to treat as many of the bacteria that cause these infections develop resistance to antibiotics.

Antibiotic resistance can affect anyone, of any age and in any country—including Australia.

Many Australians believe that we are a safe “first world county, impermeable to antibiotic resistance, but this is not the case. Antibiotic resistance isn't just happening in other countries, ***its happening here; and its happening now.***

Antibiotic resistance is accelerated by the misuse and overuse of antibiotics. We are all part of the problem and that means we are all part of the solution too.

- Antibiotics don't work for all infections, most coughs & colds will get better on their own
- Don't ask for antibiotics for your cold or flu
- Use antibiotics wisely. When they are needed, take the prescribed dose and complete the whole course of treatment as prescribed by your doctor
- Prevent the spread of germs by practicing good hand hygiene, regular hand washing can help prevent the spread of antibiotic-resistant bacteria
- Don't share antibiotics with others. This is important as the type of antibiotic may not be targeted to the Bacteria causing someone else's infection

## JOSIE BLACK COMMUNITY HEALTH CENTRE

*Pictured below: TMHS dietitian, Himadi; speaking to the staff at Josie Black about serving sizes.*



Tryfor5 is an annual campaign powered by Nutrition Australia encouraging Australians to increase their vegetable consumption to the recommended five serves per day. Despite the latest studies and recurring healthy eating messages only 4% of Australian's are eating enough vegetables each day. The average person eats only half as many vegetables as they should, which is the Inspiration behind Tryfor5. As part of Tryfor5 week, Himadi and Laura visited each campus to encourage staff to increase the amount of vegetables they eat each day. Himadi used her food models to show staff what a serve of vegetables actually looks like, which generated a lot of great conversations. As well as this, Laura and Himadi also baked some sweet potato and cheese mini muffins for staff to sample. They were a big hit, with some staff members coming back for seconds and thirds.

## Sweet Potato & Cheese Muffins

**Preparation time:** 15 minutes

**Cooking time:** 25 minutes

**Serves:** 12

### Ingredients:

Olive or canola oil spray  
 1 ½ cups self-raising flour  
 ½ cup Wholemeal self-raising flour  
 ½ cup sweet potato, peeled and grated  
 ½ cup parmesan cheese  
 ½ red capsicum, finely chopped  
 3 spring onions (including green tops), ends trimmed, chopped  
 pepper, to taste  
 mixed herbs, to taste  
 1 cup low fat milk  
 2 eggs

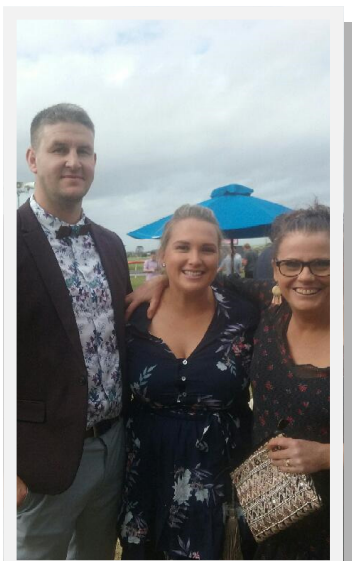
### Method:

Preheat oven to 200 °C (180°C fan forced).  
 Spray muffin tins with oil.  
 Sift flours into a medium sized bowl, returning husk remaining in the sieve to the bowl.  
 Mix in sweet potato, cheese, capsicum, spring onion and pepper.  
 In a bowl, whisk milk and eggs together.  
 Add dry ingredients and mix through until just combined.  
 Spoon into prepared muffin pan.  
 Bake for 25 minutes until muffins are firm and a knife inserted into the centre comes out clean.  
 Allow to cool in the tin for a few minutes then turn onto a wire rack.

**Variations:** Replace sweet potato with potato or pumpkin. Replace capsicum with ¾ cup corn kernels.



## HEALTH SERVICE HAPPENINGS



Congratulations to our  
Catering Department staff member Michael Rudezky  
on his second place in  
Fashions on the Field at the Mortlake Race Meeting  
held on Saturday November 3rd.

*Well done Mick*

*Pictured—Mick & Megan Rudezky & Anne Cook at  
the Mortlake Race Meeting*



*Pictured—TMHS staff members who enjoyed a fun  
evening celebrating with Skye and Tom*

Congratulations to Skye & Tom and to Chris Parkinson & Samantha on their marriages. All at TMHS wish them all the best as they begin married life.

### NEW JOINERS— Welcome to TMHS



Louise Coverdale  
Environmental



Linda Tulk  
Environmental



Jade Petrovic  
PCA



Anita White  
PCA

Jade & Anita are working in a PCA role whilst awaiting their EEN  
Registration

**Please make our new staff members welcome**

## L2P Learner Driver Mentor Program

We are constantly on the lookout for volunteers in all capacities, if you are Interested, or know of someone who may be interested in a volunteer role at the Health Service please contact Sally on 03 55920222

### *Help a Young Person in Our Community by Becoming a Mentor*

Would you like to make a positive change in the life of a young person, or perhaps make our roads safer for the entire community? Becoming an L2P mentor allows you to do both!

Volunteer mentors are needed to act as Supervising Drivers, with the support of a professional driving instructor and program coordinator, for learner drivers aged 16 – 21 to supervise driving practice sessions in vehicles supplied by the program. Supervising Drivers ensure that learner drivers complete their log book correctly and gain experience in a range of driving conditions including night driving. This practice is intended to make young learner drivers more competent and safer on the roads and reduce their over-representation in motor vehicle accidents.

To be a mentor for the L2P Program you will need:

- A full Victorian Driver's Licence
- A good driving record
- A police check
- A licence check
- A working with children check
- A willingness to work with young people

(All cost incurred with checks will be reimbursed in full)

Contact Sally at the Terang & Mortlake Health Service L2P  
Coordinator on ph: 5592 0222

**L2P  
LEARNER  
DRIVER  
MENTOR  
PROGRAM**

## BUSHFIRE SEASON

*Australians are being warned of a dangerous bushfire season ahead of an unusually dry winter. Please see the suggestions below to assist with fire preparedness.*



## Terang & Mortlake Health Service— Projects

*The Health Service have four major projects that are expected to commence in the near future:*

1. Replacement of the Maintenance Shed following its demise in the St Patricks Day Fires, this new building will be greatly welcomed by the Maintenance team who have been admirably continuing their operations under very difficult conditions
2. Solar Panels are expected to be installed at the Terang Hospital and the Mortlake Campus early in the New Year. Panels were installed at the Josie Black Community Health Centre in October
3. Maintenance work in the Kitchen area to ensure that the Health Service is compliant with Fire Regulation & Safety Requirements
4. Work will be undertaken on the Dining Room / Board Room to give two areas that are more equally spaced whilst giving the provision to have them operate as one large room as required. The rooms will be divided with retractable panel doors .

# LGBTIQ+ 101

PRESENTED BY BROPHY

This FREE training will cover the following:

- Understanding the LGBTIQ+ acronym
- Current data and best practice working with LGBTIQ+ people
- Common issues and barriers for LGBTIQ+ people
- Supporting LGBTIQ+ people and referral pathways

**Who:** All TMHS staff are encouraged to attend

**When:** Thursday the 29th of November from  
1:00pm - 4:00pm

**Where:** Function Room at the Josie Black  
Community Health Centre

**To register please contact Laura via  
[lestevenson@tmhs.vic.gov.au](mailto:lestevenson@tmhs.vic.gov.au) or on  
extension 20301**

## MT VIEW—FLOWER SHOW SUCCESS

Our wonderful “Green Thumbs” from Mt View have had excellent results at the recent St James Anglican Church Rose Show; coming away with a first & second prize for their orchid entries.

Congratulations and thank you to all involved for your work in the Mt View Gardens



## EDUCATION UPDATE

Date	Education	Location	Time	Facilitator	Enquiries
December TBA	Outbreak scenario	Mt View		Jill O'Brien & Julie Pummer	
December	Well being for everyone	Mt View	1430-1500		
3/12/18	STUDENTS in acute ward				
November TBA	Obesity and Malnutrition	Mt View	1430-1500		
November 28-29th	Beyond City Limits Regional Nursing and Midwifery Conference	Warrnambool	?	SWHC	Tickets available at trybook- ing.com/WWVC
27 <sup>th</sup> November	Advanced care planning work- shop	Frank lodge confer- ence room	0900-1600		
19 <sup>th</sup> November	Students in acute Students at District nursing				
November TBA	Obesity and Malnutrition	Mt View			