

JANUARY / FEBRUARY 2003



## A BRUSH WITH ROYALTY

Japan's Crown Prince Naruhito and Princess Masako delighted patients and staff with a recent official visit to Sydney Children's Hospital, Randwick. The trip was Princess Masako's first to Australia, but Prince Naruhito's second.

The visit commenced at the Hospital school where the Imperial Highnesses met staff and students, including Eleanor Bradshaw (Year 5) and her sister Charlotte (Year 2), Layla Weston (Year 4), and Nathan O'Donnel (Year 2). At the School, the Royal couple observed the children making cards and Christmas decorations and was presented with a book on Australian native animals.

Next stop was the Lecture Theatre where the Imperial Highnesses met three of Dr Kevin Lowe's long-term patients, Georgia Duncan, Charlie Gascoigne and John Paul Schmietzer. Dr Andrew McIntosh from the University of NSW and Dr Lowe explained their use of Botulinum Toxin and motion analysis in the treatment of children with physical disability and movement problems.

Following the Lecture Theatre visit, the Royals had the pleasure of meeting Penrith youngster, Timothy Stone in Ward C1 North. Timothy wears a Reciprocating Gait Orthosis, as explained to the Royals by Director of Allied Health, Virginia Binns.

"I thought the Royal couple were lovely," says Timothy. "She looked like a real princess!" Timothy greeted the Royals by saying, "Conichiwa", and spontaneously asked how old their baby daughter is. The Princess quickly grabbed some family snapshots and shared them with Timothy. Catherine Stone, Timothy's mum, also enjoyed the visit. "They were lovely people," she says. "Timothy was so thrilled to meet them. The Princess kissed him on the cheek and shook his hand, so he didn't want to wash his hands afterwards. He was on cloud nine!"

Last port of call was the Starlight Room where Captain Starlight greeted and welcomed the Imperial Highnesses in Japanese. Captain Starlight and Starbright then led a handful of patients in an entertaining sing-a-long for the Royal couple.

At the conclusion of the tour, the Imperial Highnesses were presented with a koala bear and native Australian flowers on behalf of staff and patients at the Hospital, before heading for a harbour cruise hosted by Premier Bob Carr.

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## employee of the month

## message from

## pat on the back

### AIDS AWARENESS WEEK

Thank you to everyone who helped out during AIDS Awareness Week. And special thanks to Judith Levitt, Gerry Keenan and Andrew Dean who gave up their lunch break and day off to help with the BBQ.

Kidest Nadew, A/CNC HIV/AIDS

### RIGHT DIAGNOSIS

Hi A/Prof Ziegler (e-mail received 19 November 2002)

Just a short note to thank you for the care of our boy Nicholas last Christmas (2001). Nicholas was transferred from John Hunter with Haemophagocytic Syndrome. You treated him when he was first admitted. You gave us words of encouragement - and also said to me you believed his condition was virus related (we held onto your words as a point of hope for all this time). Nic is well on the road to recovery - and the latest opinion of the oncologists is that his Haemophagocytic syndrome was caused by a virus. Thank you so much.

Bob and Family

**Kathy Sagris (formerly Profiris), Secretary to Professor Richard Henry and Administrative Assistant to the School of Women's and Children's Health Directorate, has been chosen as our Employee of the Month for December 2002. Congratulations!**

Professor Richard Henry, Head of the School of Women's and Children's Health Directorate, nominated Kathy for providing outstanding service to the Directorate. Kathy is seen as a great team person and the two words that are the hallmark of her work are "no problem".

Richard says that Kathy is always courteous, friendly and helpful no matter how busy she is or what the enquiry is about.

"On a regular basis staff, students and parents comment on how obliging Kathy is. Recently a parent rang on a Friday afternoon saying she had mislaid her daughter's script for asthma medications. I was working at UNSW in the Faculty of Medicine. Kathy collected a prescription pad from my office, came to the University and waited for me to complete the script, then returned to her office and organised for the mother to collect the script. The next time I saw the family, the mother told me how appreciative she was of Kathy's efforts," said Richard.

**Position:** Secretary to Professor Richard Henry and Administrative Assistant to the School of Women's and Children's Health.

### Best part of your job?

Always dealing with people and working with the friendly team in the School of Women's and Children's Health.

**Worst part of your job?** I'd have to say filing.

**When you were young what did you want to do when you grew up?** I wanted to be a nurse.

**First full-time job?** TFS Communications as a Marketing Assistant.

**How long have you been at SCH, Randwick?** One year and three months.

**Strangest thing you've ever had to do on the job?** Haven't come across anything strange as yet...!!

**Your mentor or greatest inspiration?** My family but especially my grandmother.

**Where will you be in 10 years?** Probably still working at SCH, Randwick, still happily married and a mother of two or three kids.

**Job you most admire?** Nursing.

Kathy will enjoy a complimentary meal for two at Mamma Theresa's at Kingsford and a bouquet of flowers compliments of Clementine Flowers, Randwick. Metro Parking will also throw in a cheque for \$100. ENJOY!!!

Dear Colleagues,

On this occasion I have asked Phyllis Moran, our Director of Nursing, to share with you her perspective on current issues as well as her vision for the future.

### Les White

Executive Director

Nearly all successful people have in common, an extraordinary ability to bond with others, the ability to connect with and develop rapport with people from a variety of backgrounds and beliefs. Sure, there's the occasional 'mad' genius that invents something that changes the world. But if the genius spends all of his/her time in a lonely warren, he/she will succeed on one level but fail on many others. The great successes - the Gandhis, Martin Luther Kings and the Kennedys - all had the ability to form bonds that unite them to others. The way we communicate with others and the way we communicate with ourselves ultimately determine the quality of our lives. Ultimate power is synergistic. It comes from people working together, NOT working apart.

The ancient tribal people who wandered thousands of years ago in the lands later known as Phoenicia always carried a long, straight tree trunk with them. This was a valuable possession. When they made their new home, the leaders would have the pole placed solidly in the ground, signifying this place to be the very centre of the universe. People felt better living there, anchored deep into the earth and touching also the heavens, thereby connected to both. We all think that our ward, unit or department is the centre of the universe. It is easy to remain in that comfortable spot, narrowly focusing on only our immediate workmates. But, like those tribal people, we must also connect with the rest of the world. In today's environment the ability to connect with colleagues in

## volunteerupdate

### HAPPY BIRTHDAY TO MARGARET

Congratulations to Margaret MacRae who recently celebrated a significant birthday (we certainly can't give away just how significant!). We wish her a happy and healthy 2003.

### NEW BEGINNINGS

As the New Year begins we would like to wish all our volunteers a happy and healthy 2003. We would also like to them for their outstanding efforts last year.

New volunteers will continue to be put in the areas where they are needed and we will ensure an excellent volunteer program continues to be provided.



Margaret MacRae at her recent birthday celebrations

# Professor White

healthcare is vital for career growth. Networking leads to personal fulfillment, quality care, increased knowledge and increased status for your chosen profession. Examples of professional nursing networks are professional bodies, clinical speciality bodies and multi-disciplinary networks.

Knowledge workers (as opposed to those involved in physical labour) thrive in an environment, which is filled with personal relationships. The manager's role is to ensure that nothing in the organisation impedes the full flowering of the essential interaction of the team, and that whatever is necessary to support their work is available to them.

Networking enhances professional communication and forms part of succession planning. Opportunities to diversify experiences need to be taken advantage of even if those chances seem unrelated to your ultimate goal. In 1997 Dr Tim Porter-O'Grady wrote, "We plan as though the future is a straight road when it really is a river zigzagging its way across the landscape of the universe".

There are many examples of networking occurring among staff here at Sydney Children's Hospital, Randwick. One form of networking is establishing relations with other departments by working there for a short time.

Opportunities for secondments are plentiful. There is opportunity for nurses, in particular, to enjoy maximum movement between educational, research and clinical tracks. Fifteen nurses recently applied to the Hospital's new program to train as relief Hospital Co-ordinators. We hope to give these nurses the opportunity to expand their experience and gain knowledge about how the Hospital runs after hours.

Several nurses have recently taken up a secondment in the Nursing Practice Development Unit (previously the Nursing Professorial Unit) to work on selected research projects. This Unit, established in 2000, has fostered and supported nursing research and practice development, assisting many nurses with the attainment of important analytical, writing and research skills. The Unit has grown steadily over these years as nursing research has attracted interest and has outgrown their current office space. They will be moving to a new location mid 2003, which will accommodate the increasing numbers of staff participating in clinical practice improvement projects. It is appropriate that they adopt a new name, reflective of the work being done. Kellie Wilson, CNS from Ward C1South was recently seconded to the Unit to research adolescent adherence to diabetes and asthma treatments. Kellie listed "enhancing her professional development and extending her skill base in research techniques" as reasons for seeking a secondment to the NPDU. "I am really enjoying the team approach, staff are very nurturing and take the time to teach me, which I appreciate", says Kellie. Her NUM on C1South, Helen Bullot, supported Kellie's secondment and feels that she will acquire valuable skills, which will be brought back to the ward. Helen said, "Kellie will talk about her experience in the NPDU and this will encourage other staff to think about what opportunities are out there". Some fine examples of networking in child health are Children's Hospitals Australasia, the Greater Eastern and Southern NSW Child Health Network, and

the SouthEast Health Child and Youth Nurses Network. These liaisons will ensure that paediatric care, no matter where it is delivered, is of the highest standard. Paediatric networking extends beyond developing links between hospitals and must include allied health service providers, GPs, community health and early childhood services. Other government and non-government agencies with a responsibility for children's health and welfare are also included. Many achievements have been made since the establishment of these networks and several important projects are planned for the future. The SEH Child and Youth Nurses' Network is sponsoring the first Nurses and Midwives Caring for Children and Families Seminar on March 26, 2003. This educational day focuses on innovative practice development or practice focused research projects and invites nurses from across the State to share with their colleagues their work with infants, children and adolescents. Many interesting abstracts for presentations have been received and those wishing to attend the seminar should contact Amanda Bruce on telephone extension 21874 in the Nursing Practice Development Unit at Sydney Children's Hospital, Randwick.

I challenge all of you to become involved in a committee, join a professional or industrial body, take up a secondment or join a clinical speciality organisation. Network with your colleagues internally and externally and expose yourself to the new experiences and the many benefits of networking!

**Phyllis Moran**  
Director of Nursing



## quality improvement matters

### ACCREDITATION SURVEY

SCH, Randwick is now in countdown mode as evidenced by the flyers that have been distributed recently. Leading up to the survey - which takes place on the 25th/26th February 2003 - evidence will be collected in order to substantiate the contents of our pre-survey documentation, which was submitted in January. This evidence can be in the form of manuals, quality reports, brochures, minutes, etc.

### PRESENTATIONS

A key feature of the accreditation process is the presentation to surveyors on our achievements in relation to the standards identified in the EQUiP. All staff are invited to attend the practice run of our presentations. Information on the exact date/time/venue will be available very soon on the EQUiP flyers. Presenters will be keen to get your feedback.

### WHO ARE THE SURVEYORS?

Mr Brian Fotheringham  
Administrator/Coordinator  
ACHS Surveyor - South Australia  
Ms Christine Minogue  
Divisional Director (Nursing) - Community Division  
Royal Children's Hospital, Victoria  
Dr Frank Fiumara  
Clinician - District Director of Paediatrics  
Redcliffe Caboolture Health Service District, Queensland.

### SURVEYORS TIMETABLE

One of the tasks prior to the survey will be to put together a timetable for the surveyors' visit. This is done in conjunction with them once they have read the pre-survey documentation and have identified who/where they would like to visit. As Paediatric Community Services are being surveyed alongside SCH, Randwick, a visit to an Early Childhood Health Centre will be included in their schedule. Apart from the set appointments, the surveyors will also have some free time to wander around the Hospital in order to get a real picture of what we do. They may also choose to visit outside normal working hours to talk with the night staff.

## BRUSHING UP ON MEASLES - FROM YOUR PUBLIC HEALTH UNIT

In recent years major advances have been made in measles control. As Australia moves towards its target of measles elimination, it is essential that suspected measles cases are notified promptly (by telephone) so that a timely public health response can occur. The GP is the cornerstone of the measles elimination strategy.

### CLINICAL FEATURES

As measles is no longer common, clinical diagnosis may be uncertain. The number of false positive cases of measles can be reduced if the following three clinical features are present: (1)

\* Morbilliform rash AND

\* Fever present at the time of rash onset AND

\* Cough.

Remember, in some cases, diseases such as rubella, roseola, scarlet fever, human parvovirus infection, enterovirus infection, dengue fever or Kawasaki disease may present with measles-like symptoms.

A history of contact with a case of measles, or a history of overseas travel within the incubation period can provide additional evidence for measles infection.

Incubation Period: Seven to 18 days (mean of 10 days) to onset of symptoms; mean of 14 days to appearance of rash.

Infectious Period: from five days before the appearance of the rash, until four days after the appearance of the rash.

For photos of measles see:

<http://www.immunize.org/catg.d/pict001.htm>

### NOTIFICATION ON CLINICAL SUSPICION

Notification of measles is required on clinical suspicion (i.e. do not wait for a test result). GPs are urged to telephone the Public Health Unit while the patient is with them. Experienced public health staff are available 24 hours, seven days a week to provide advice on the differential

diagnosis of a morbilliform rash and on the most appropriate laboratory tests.

Ask for the Public Health Unit's ID team on (02) 9382 8333 (8.30am-5.00pm, Monday to Friday) or have the Public Health Duty Officer paged through the Randwick Campus switchboard on (02) 9382 2222 (after hours).

### LABORATORY CONFIRMATION

Due to the public health implications of a diagnosis of measles, confirmatory testing is desirable on all cases. A range of tests is available for blood, nose/throat swabs or urine. The Public Health Unit will assist clinicians in identifying and arranging the most appropriate test and laboratory.

### THE PUBLIC HEALTH RESPONSE

The key components of a rapid response to measles include:

\* Isolation of the case while infectious.

\* Confirmation of the diagnosis.

\* Identification of the source of infection.

\* Identification and protection of susceptible contacts.

Since measles spread is by airborne means, anyone who has shared the same air as an infectious case for any length of time is defined as a contact. Susceptible contacts require prophylaxis within seven days of exposure. The Public Health Unit will assist and advise regarding contact tracing and management.

### AND A LAST WORD...

Each and every diagnosis of measles has important public health implications. If measles is the provisional diagnosis or in the differential diagnosis for your patient, please telephone the Public Health Unit while you have the patient with you on (02) 9382 8333.

(1: Ferson MJ, Young LC, Robertson PW, Whybin LR. Difficulties in clinical diagnosis of measles: proposal for modified clinical case definition. Med J Aust 1995;163: 364-366.)

## RANDWICK CAMPUS PUBLIC HOSPITALS - ANNUAL MANDATORY EDUCATION FOR ALL STAFF

January - June 2003

Employee preventative health.

Infection control.

Occupational health and safety.

Security and personal safety.

Fire and emergency training.

Waste management.

All covered in one session!

1000 - 1200

OR

1330 - 1530

Tuesday, 11th February - Edmund Blacket Lecture Theatre; Tuesday, 4th March - RHW Lecture Theatre; Tuesday, 8th April - Room 6, Level 2, SCH, Randwick; Tuesday, 20th May - Room 6, Level 2, SCH, Randwick; Wednesday, 18th June - Room 6, Level 2, SCH, Randwick.

### PATIENT FRIEND FEEDBACK

"It's really good here (in ICU) - staff have been great. They explain everything they do in simple language and make you feel a part of it. They are honest too and reassuring at the same time".

"Staff are so friendly and nice it makes it easier to stay here. It's lovely that nurses have come to visit from the other ward we were on".

"The Starlight Staff are fantastic - it's amazing what they do".

"Fairy Sparkle's Fun!!!"

"The Play Therapists are fun - they give you stuff to do".

Feel free to contact the Patient Friend on telephone number (02) 9382 0680 if you have any feedback about the Hospital.

## column 8½

### NEW YEAR'S RESOLUTIONS FOR YOUR DOG

The garbage truck is NOT stealing our stuff.

I will not roll my toys behind the fridge.

I will not eat the cat's food, before, or after, they eat it.

I will not roll on dead seagulls, fish, crabs, etc.

We do not have a doorbell. Therefore, I will not bark each time I hear one on the television.

My head does not belong in the refrigerator.

I must shake the rainwater out of my fur BEFORE entering the house.

I will not throw up in the car.

## casemix information

	DECEMBER 2002	DECEMBER 2001
Admissions -	1,018	1,076
Discharges -	1,045	1,099
Day only cases -	463	462
Hospital Average Length of Stay -	2.8 DAYS	2.8 DAYS
Hospital Average Length of Stay (excl Day Only)	4.2 DAYS	4.2 DAYS
Occupancy -	92.20%	85.97%
Non admitted patients -	20,182	13,464

# welcome to foundation news

## NICOLE KIDMAN BRINGS SMILES TO THE FACES OF PATIENTS

On Monday, 6 January 2003, Sydney Children's Hospital, Randwick (SCH, Randwick) patients had their cameras and autograph books ready for Nicole Kidman as she took time out of her busy schedule to make a special visit to their bedsides.

The special visit followed a very generous personal donation of \$100,000 that Nicole made to SCH, Randwick late last year to purchase a life-saving Infant Lung Function Testing System to benefit young patients at the Hospital suffering from acute respiratory illnesses such as asthma, pneumonia, bronchiolitis and cystic fibrosis.

Dr John Morton, Director, Respiratory Medicine, Sydney Children's Hospital, Randwick said: "Up until recently, measuring lung function in babies and young children has only been possible in a few very specialised paediatric hospitals throughout the world.

"This very generous donation by Ms Kidman has now made it possible to measure infant lung function safely and effectively with equipment that is standardised, sensitive and accurate - and allows us to be able to join the world leaders in this exciting area."

## THE LAKES HOTEL CONTINUES CHARITABLE TRADITION

The Lakes Hotel, Rosebery recently announced it had raised a phenomenal \$160,000, over the past seven years, to benefit the SCH, Randwick - showing their ongoing commitment to helping seriously ill kids.

Each year since 1995, the Lakes Hotel has worked tirelessly, year after year, to support the Hospital, through a variety of fundraising activities including meat raffles and trivia nights.

These vital funds have benefited many areas of the Hospital including the Centre for Children's Cancer and Blood Disorders, Telehealth and more recently, the Late Effects Clinic.

This fundraising initiative for the Hospital was instigated and promoted by Mr Ken Cannon, raffle organiser and loyal patron of the Lakes Hotel, as he believed it was imperative the Hotel became involved in the community and support a local charity. Management at the Lakes Hotel has continually supported Ken's commitment to the cause.



Nicole Kidman visiting patients at the Hospital's Centre for Children's Cancer & Blood Disorders

## COMING UP:

### TOP CHEFS COOK UP A STORM AT PANCAKE DAY

The very generous staff of Pancakes at the Rocks will again be donating their time, pancakes and delicious toppings for the 15th Annual Pancake Day to help raise much needed funds to benefit SCH, Randwick.

Pancake Day will take place on Tuesday, 4 March 2003 at Martin Place, Sydney (between Pitt and Castlereagh streets) from 7.00am until 2.00pm - pancakes can be purchased for \$2.00 each or 3 for \$5.00.

Several famous chefs will also lend their culinary expertise to the day by taking part in The Great Pancake Flip-Off from 12.30pm to 2.00pm.

### CORPORATE EXPRESS WAREHOUSE SALE AND FETE DAY

From 8.00am to 5.00pm on Saturday, 8 March 2003, office products supplier Corporate Express, will be opening its doors again to the public, selling thousands of quality products at bargain prices to help raise vital funds for the Child Protection Unit at SCH, Randwick.

All goods must be sold on the day, including: Office Furniture, Computer Hardware & Software, Computer Supplies and Office Supplies.

The Warehouse Sale and Fete Day will be held at Dalmeny Avenue (just off Epsom Road), Rosebery. Keep a look out around the Hospital for more information.

## editor's notes & important dates

The Way Forward is the SCH, Randwick internal newsletter.

Should you want to submit to The Way Forward please do so before the following dates.

### DEADLINE DATES FOR 2003 ARE:

11 February, 11 March, 15 April, 13 May, 10 June, 15 July, 12 August, 16 September, 14 October, 11 November and 16 December.

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Ruth (centre) with Marguerite Cusack, Nursing Workforce Manager, SCH, Randwick (left) and Phyllis Moran, Director of Nursing, SCH, Randwick (right).

**RUTH SAINSBURY - TAKING A WELL EARNED BREAK**

At the tender age of 17 years, Ruth Sainsbury commenced her nursing training at Royal Prince Alfred Hospital in Camperdown. As the daughter of a minister, Ruth had had a protected life and went from boarding school to the strict regiment of hospital training. Training was tough and to relieve the stress, nurses often used to do hand stands in the street! Ruth indulged in this stress relief exercise.

After graduation Ruth traveled to the UK for a few years enjoying the change in her working environment. Returning home to Australia Ruth returned to studies first, midwifery at KGV, then mothercraft at Tresillian, Vaucluse where she was in the last group before Tresillian closed that hospital. In those days nurses received NO pay to complete the six months mothercraft training.

In the late 60s Ruth married Bruce and they had two wonderful daughters. Ruth continued nursing in various positions, with most of her life working between the opposite ends of life - baby health or geriatrics.

Ruth was the Director of Nursing in a nursing home and lived to tell the tale of being the first nursing home in Sydney to have an armed holdup with a sawn off shotgun.

Geriatrics was left behind in the 80s and Ruth went to Karitane at Roselands to work in the baby health centre. Ruth enjoyed this position until the 90s when she joined the team at Eastern Sydney (now South Eastern Sydney) and has worked in various Early Childhood Health Centres in the east.

The need to study again took Ruth to UTS in 1991-92, graduating with a Graduate Diploma in Child and Family Health.

Currently Ruth is working at Waverley (also known as Bondi Junction), however on 20 December she went on leave for 12 months after forty-nine years of nursing! Before going on leave, Ruth's colleagues in Early Childhood Nursing wished her well for her year off with a lunch at the Clovelly Clinic. Two of her colleagues Sally Keegan and Jenny Miller prepared a fabulous feast for the guests; the team voted them the best caterers ever!

Phyllis Moran, Director of Nursing, SCH, Randwick, presented Ruth with a plaque from the Hospital expressing their thanks to her contribution to nursing. Her colleagues and the families she has cared for and supported in the past years will miss Ruth very much. Thank you Ruth for all you have done, your efforts have not gone unnoticed and have been appreciated by many. Enjoy your year of well-deserved leave.

## school of Women's & Children's Health

The new academic year has begun for paediatrics with the first rotation of Year 5 students arriving on the 20th January. Year 5 is a particularly large cohort and our teaching resources have been stretched to the limit. Thank you to all of those who have volunteered to teach students, not just in the first rotation but through the whole academic year. This is an opportune time to remind everyone that conjoint academic appointments are available to Registrars and Fellows who contribute to the University endeavour. Professor Richard Henry will be contacting people involved in teaching to offer them appointments but feel free to contact him first on telephone number (02) 9382 1799. The initial

implementation of the new medical course has commenced with the first selection process completed. Competition for the course remains fierce and the majority of those offered places had a UAI of 99 or above. Planning is now well under way for the visit by the Australian Medical Council Accreditation team in May, hopefully to sign off approval for the new program. At the local level Karen Zwi has started in a new role of developing curriculum for paediatrics in the second phase of the curriculum (Years 3 and 4) as well as in the 3rd phase (the senior years). Karen is looking to recruit individuals to a working party to help out.

## grandrounds

John Beveridge Lecture Theatre, Level 1, Sydney Children's Hospital, Randwick  1700 every Wednesday - Refreshments 16:45. Convened by A/Prof John Ziegler.	5 FEBRUARY 2003	12 FEBRUARY 2003	19 FEBRUARY 2003
	<b>BETTER, FASTER &amp; LESS PAIN - THREE IMPROVEMENTS IN EMERGENCY CARE</b>	<b>NUCLEAR MEDICINE UPDATE: NON MALIGNANT GASTRO AND BONE CONDITIONS</b>	<b>INJURY PRESENTATION AT SCH, RANDWICK</b>
	SPEAKER: Matthew O'Meara	SPEAKERS: Monica Rossleigh	SPEAKER: Karen Zwi
	CO-ORDINATOR: Matthew O'Meara	CO-ORDINATOR: Andrew Rosenberg	CO-ORDINATOR: Kieran Moran
CHAIRPERSON: John Ziegler	CHAIRPERSON: Susan Adams	CHAIRPERSON: Heather Johnstoni	

## HOSPITAL EXPLORER PROGRAM

Tuesday, 3rd December 2002 was a very special day for staff at Sydney Children's Hospital, Randwick as they welcomed the first group of Year 1 students from Coogee Public School participating in the Hospital Explorer Program. This program has been designed to demystify hospitalisation for children and in addition addresses key components of the K-6 Personal Development, Health and Physical Education Syllabus to assist teachers in delivering essential information on safety, physical activity and nutrition.

Feedback from both the students and teacher was extremely positive. A visit to the students following the program showed that they had retained many of the key messages given throughout the visit.

The program is proving popular with local schools with many responding quickly to ensure they have a booking for 2003. Kick off for the program for 2003 is Tuesday 4th March, 10:30am - 12:30pm and tours will occur on a weekly basis during school term.

This program has been developed by many staff at SCH, Randwick including Angela Marr, Coralie Macmillan, Tristan Jones and Belinda Rose. Thank you to all staff for their enthusiasm and participation in helping make this program a success. If you have any questions regarding the program please feel free to contact a member of the school tours team.

## ESTABLISHMENT OF THE CHINA-AUSTRALIA CHILDREN'S SLEEP MEDICINE RESEARCH CENTRE.

Dr Arthur Teng, Head of Sleep Medicine at Sydney Children's Hospital, Randwick and Secretary of the Australasian Sleep Association, recently attended the first national Pediatric Sleep Medicine Conference in Beijing, China. Arthur's presentations covered broad and more specific areas of respiratory and non-respiratory sleep medicine. The conference also marked the official establishment of the China-Australia Children's Sleep Medicine Research Centre.

In 2001, Professor Xicheng Liu visited Sydney as a senior scholar from the National Education Ministry of the People's Republic of China. During his stay in Sydney, Professor Liu worked with Dr Teng in the Sleep Unit at Sydney Children's Hospital, Randwick. During this productive time, there were also extensive discussions with sleep unit staff at Randwick, The Children's Hospital at Westmead and Professor Colin Sullivan about the impact of sleep-disordered breathing and asthma. These working meetings and the subsequent communications between the David Read Laboratory and Beijing Children's Hospital led to the current agreement to establish the China-Australia Children's Sleep Medicine Research Centre.

The establishment of the Centre represents another bridge of friendship for academic and clinical exchange. This is crucial for the rapid dissemination of research data, ideas and expertise in a sub-specialised but rapidly emerging area of medicine.

## RESEARCHERS FROM SYDNEY CHILDREN'S HOSPITAL, RANDWICK SUCCESSFUL IN OBTAINING FIVE YEAR NH&MRC RESEARCH GRANT TO STUDY HEPATITIS C INFECTION

Dr Rose Ffrench, a Senior Scientist who conducts research into viral infections and vaccine development in the Westfield Research Laboratories on Level 2, has recently been awarded an NH&MRC grant for a research project on Hepatitis C infection. This study will be performed collaboratively with researchers from the University of New South

Wales and Prince Of Wales Hospital. The funding will provide for the employment of two research scientists and a research nurse, for a five-year period. The total funding for the study is \$887,500. Rose's group will study the development of cellular immune responses in those recently infected with Hepatitis C virus, to try and determine why some people can clear the infection and others cannot. This information will be used to develop vaccine strategies to prevent infection.

## SYDNEY CHILDREN'S HOSPITAL, RANDWICK EXCELS AT THE ANNUAL TOW MEETING

The Annual TOW Research Meeting was recently conducted by the Coast Association TOW Research Committee and is currently in its twenty fifth year. The meetings primary aims are to stimulate and recognise high quality research at the Randwick Campus.

This year Sydney Children's Hospital, Randwick (SCH, Randwick) was very well represented in both the poster and oral competitions. In fact the keynote speaker was Professor Richard Henry from the School of Women's and Children's Health. The topic of his keynote address was "Asthma - the interface between education and research".

Drinks and prize giving followed the research day. This year SCH, Randwick was fortunate to have two prizewinners.

Congratulations to Emma Best who walked off with the case presentation prize for her talk entitled "TB or not TB". Congratulations also to Dr Kris Neville who won the clinical division with her presentation on "Hyponatremia and Antidiuretic Hormone (ADH) secretion during rehydration therapy for gastroenteritis in children".

Dr Yvonne Belessis and Dr Stephen Laughton were unfortunate to just miss out in their categories despite presentations of the highest standard.

Finally to all those who presented posters and submitted abstracts, well done. We hope that having two prizewinners from SCH, Randwick will foster a culture of research among staff and encourage even greater participation in the 2003 TOW meeting.

## moversandshakers

Congratulations to Peter Livesey on his recent appointment to the new position of Manager, Campus Security and Fire Safety. Peter has extensive experience in security and fire safety services. He was also Manager of Domestic Services at Prince Henry Hospital with over 180 staff, prior to the decision to relocate Prince Henry Hospital services to Randwick.

Congratulations to Dr Jonny Taitz, Chief RMO and his wife Laura on the birth of their first born daughter Mandy-Lee.

Welcome to Nicki Wickham, a social worker from St George Community Health, who recently commenced work in the Child Protection Unit as a Project Officer. Nicki's role is to develop a group work program for maltreated children and their families. She will be working part-time for nine months and can be contacted on telephone number (02) 9382 1413.

Congratulations to Lorna Reardon who has recently been appointed to the position of Clinical Co-ordinator - Emergency Department (part-time).

Judith Marchant has resigned from the position of Clinical Nurse Consultant - Gastroenterology. Congratulations to Cathy Clarkson, who had been relieving in Judith's position, on being appointed as Clinical Nurse Consultant - Gastroenterology.

Congratulations to Sarah Racomelara who has recently been appointed to the position of Clinical Nurse Specialist - Diabetes Education.

Jayne Murdoch is currently on extended leave for a three-month period. Cathy Lovell will be relieving in Jayne's position for four days a week for the period 20 January to 2 March 2003.

Congratulations to Elizabeth Bland who has recently been appointed to the position of Care Co-ordinator - Neuro Oncology for a 12-month fixed term. Elizabeth can be contacted on page 43659.

Karen Jameson, Nurse Manager - Emergency Department, has taken extended leave. Kylie Stark will be relieving in her position effective from Monday, 6 January 2003. Further advice will follow regarding the relief arrangements for Kylie's substantive position Nurse Educator - Emergency Department.



A Coogee Public School student enjoying the Hospital's Explorer Program



## noticeboard

### Employee Assistance Program ?

The Employee Assistance Program (EAP) provides free, confidential, professional counseling for any personal or work related concerns.

To obtain a brochure or to make an appointment phone (02) 9382 3681 or (02) 9382 8236.

### The Way Forward Deadline Dates for 2003 are:

11 February, 11 March, 15 April, 13 May, 10 June, 15 July, 12 August, 16 September, 14 October, 11 November and 16 December.

## TIME TO GET FIT!

The Health Promotion Committee at Sydney Children's Hospital, Randwick has negotiated staff discounts at the following gyms. Discounts are generally for new membership and apply only to staff. Staff ID is required.

#### SPIN CITY

Level 3, Hakoah Club  
67 Hall Street  
Bondi  
Tel: 9365 3342

#### BODY EXPRESS

Level B1  
Swiss Grande Hotel  
Bondi  
Tel: 9365 6155

#### MIGHT & POWER FITNESS

2 Bell Lane  
Randwick  
Tel: 9399 5050

#### MIGHTY M

Muscle Fitness Factory  
152 Bunnerong Road  
Pagewood  
Tel: 9344 4855

#### FITNESS FIRST

110 Spring Street  
Bondi Junction  
Tel: 9389 3999  
(Membership allows access to other Fitness First gyms.)

#### FITNESS FIRST

73 Belmore Road  
Randwick  
Tel: 9326 7800  
(Membership allows access to other Fitness First gyms.)

Contact the gyms directly for details of discounts, as they may vary.

Sydney Children's Hospital, Randwick would like to thank the participating gyms for their support in recognising the work done by our staff.

Please send any feedback and/or comments to Chris Webber, Chair of the Health Promotion Committee at [WebberC@sesahs.nsw.gov.au](mailto:WebberC@sesahs.nsw.gov.au) or telephone (02) 9382 1962.

#### THE POSITIVE PARENTING PROGRAM (TRIPLE P)

Triple P is a programme that has been introduced into South East Sydney for parents of children 2-10 years old. The program aims to provide parents with management strategies, which make parenting easier and more enjoyable.

**WHEN:** Groups are being organised to begin on Wednesday, 5 March 2003. To make a booking telephone (02) 9382 8169.

**COST:** \$15.00 single participant (concession card holder)

\$20.00 for couples sharing a work book (concession cardholders)

\$30.00 single participant (non-concession card holder)

\$30.00 for couples sharing a work book (non-concession cardholders)

\$50.00 for couples not sharing a work book (non-concession card holders).

**DURATION:** Six weeks.

#### NURSES AND MIDWIVES CARING FOR CHILDREN AND FAMILIES SEMINAR

This seminar has been organised by the South East Health Child and Youth Nurses' Network to provide opportunities for the professional development of paediatric and midwifery staff.

**WHERE:** Auditorium of the Education and Research Building, St George Hospital, Kogarah.

**WHEN:** Wednesday, 26 March 2003.

**CONTACT:** Phyllis Moran, Chair, SHE Child and Youth Nurses' Network, telephone number (02) 9382 1892.

#### YOUNG INVESTIGATOR SEMINAR SERIES 2003

You are invited to attend the next round of seminars of this series for 2003 presenting research from the School of Women's and Children's Health and Sydney Children's Hospital, Randwick. It is a forum for our postgraduate students to present their ongoing research (presentation once a year will be compulsory) as well as being a platform for Registrars and Fellows involved with research. Allied Health and Nursing staff are included in the series. All postgraduate supervisors and other academics and senior staff are invited to attend and participate.

The seminars are held on the 2nd and 4th Tuesdays of every month. They consist of two speakers, each presenting a 20-minute seminar followed by 10 minutes of question time.

**LOCATION:** SCH Lecture Theatre, Level 1

**ENQUIRIES:** Veronica Hammond, telephone number (02) 9382 6777 or email [hammondv@sesahs.nsw.gov.au](mailto:hammondv@sesahs.nsw.gov.au)

