

## Long servers honoured

SCH recognised the outstanding efforts of our long serving staff at the annual Long Service Awards last month. About 50 people witnessed the honours as Executive Director Les White and Sydney Children's Hospital Foundation Board Member Skye Leckie presented the awards. The longest server was volunteer Margaret MacRae who was recognised for 40 years with the hospital. She also celebrated her 83rd birthday at the event.



*Les White, Margaret MacRae and Skye Leckie*

## And the winners are...

### 10 years

Desideria Goncalves  
Linda Galea  
Seije Duggan  
Geraldine Pierce  
Tracie Chan  
Robyn Heslop  
Cecelia McKinnon  
John Lovell  
Sandra Wales  
Donna Drew  
Sarah Racomelara  
Nicola Brown  
Anne Senner  
Naomi Brookes  
Arlene Ryan  
Helen Kepreotes  
Kerrie Amy  
Lana Judelman  
Jane Christie  
Kevin Lowe  
Victoria Pennington  
Anne Turner  
Matthew O'Meara  
Toby Trahair  
Susan Russell  
Ian Andrews

### 20 years

Helen Bullot  
Jane Farrell  
Robyn Galway  
Norma Gidley  
Cheryl Moyce  
Glenn Marshall

### 30 years

Andreas Toumazou  
Robyn Howard  
Patsy Jones  
Libbi Lumb  
John Ziegler  
Eddie Shi  
Tim Bohane

### 40 years

Margaret MacRae



*Charlotte Lyons,  
Jane Farrell and  
Cheryl Moyce*



*Robyn Galway,  
Helen Bullot and  
Sandra Wales*



*Michael Brydon  
and John Ziegler*

## This month...

## Editor's notes

WELCOME to the last issue for 2005, and my last issue as editor. Jenni Corbett is returning to her role as editor after a year of adventures around Australia. Thanks to everyone for your great support of The Way Forward this year. There wouldn't be a magazine without your stories, photos and ideas.

## Deadline

THE deadline for contributions to the next issue is January 16. Please forward articles and photos to:

**Editor:** Jenni Corbett  
**Phone:** (02)9382 1983  
**Fax:** (02) 9382 3577

## 'Tis the season to be jolly

THE festive season was already getting into full swing when this issue went to press in November. Santa had paid his first visit courtesy of Westfield shopping centres, volunteers from Bloombergs had decorated outpatients and a beautiful Christmas tree dominated the foyer thanks to Chas Clarkson. And of course, you can expect things to continue to ramp up over the coming weeks.

Seasons greetings and happy new year everyone!



*The volunteers from Bloombergs and Outpatients staff celebrated a job well done after the volunteers decorated the department.*

## From the executive

ON this occasion I have asked Michael Brydon, Director of Clinical Operations, to share with you his perspective on current issues.

Best wishes,  
*Les White*  
*Executive Director*

### 2005.....where the hell has it gone!

There have been some excellent developments in the recruitment of staff to new long and short-term positions over the last 12 months. This has included funding for intensive care beds, high dependency beds and general ward beds to assist with the management of our waiting list and other acute referrals. We have also seen enhancements in respiratory medicine, cardiology, genetics, general paediatrics, neurology, general surgery, quality management, ophthalmology, subspecialty surgery, emergency medicine, endocrinology, community paediatrics, gastroenterology, oncology, rural medicine, immunology, infectious diseases, nephrology and telehealth. In fact, virtually every service has benefited in some way. This growth has been the outcome of several years hard work to document and explain our existing desperate need to both government and the private sector. Thank you to all concerned for your efforts to date and for the ongoing commitment to advocating for child health services. This has required detailed activity data, benchmarking with other services and sound business logic to achieve the thresholds now required to support an enhancement request in these very competitive times. There is still a long way to go in this regard but our professionalism, positive approach and teamwork have been trademarks of our performance. Well done to all concerned.

As we approach the end of another year, it is timely to cast an eye to the future and consider the challenges that lie ahead. One that is most obvious and urgent is the need for space to accommodate these service improvements. There is no doubt going to be at least a couple of years when office space will be at a premium. We will need to share, we will need to compromise and we will need to ensure that the facilities for patients and their families are maintained throughout. Whilst we are proposing to build a new wing between



the SCH facility and the Royal Hospital for Women, several major hurdles still exist before this is finally signed off. Realistically this is still several years away from being completed and in the interim some of us may have to temporarily relocate or squeeze up to allow a reasonable interim outcome to be operational. Your support for these changes would be much appreciated.

The next 12 months will hopefully also see some stability to the organizational structures around us. The Area amalgamation, the implementation of stream management across the Area and the centralisation of some key services such as Finance, HR, Public Relations, IT and Capital Works, are just some of the major initiatives being bedded down. We also have new relationships with our campus partners which have now been expanded to the "Northern Sector" by including Sydney Hospital.

During these times we will continue to make sure that children's services are not disadvantaged by all these changes so that the well being of today's children and hence, our future generations are at least maintained and wherever possible improved.

As we come to the end of another year, the challenges ahead remain plentiful but thanks to our team of tireless workers, they are definitely manageable. So on behalf of the SCH Management Team may I therefore wish all our dedicated staff, loyal volunteers and supportive friends, a Merry Christmas, Happy New Year and a safe and rejuvenating holiday period for you and your families. You deserve it!

*Dr Michael Brydon*  
*Director of Clinical Operations*



## Doctors called to take a broad look at their patients' needs

HEALTH practitioners need to take a broader view in dealing with patients, recognising that issues of health and wellbeing are linked to complex social issues, according to research by SCH's Karen Zwi and Richard Henry, Senior Associate Dean, Faculty of Medicine UNSW.

Karen, a newly appointed SCH Community Paediatrician, said the research, published in the Medical Journal of Australia, explored the impact of social dimensions on child health.

"The links between socioeconomic disadvantage and poor child health are complex and health needs cannot be addressed in isolation," Karen said.

"When doctors are dealing with patients it's important to appreciate the whole context, including their socioeconomic background.

"Dealing with discrete medical issues is easier than dealing with the whole social environment, but all those issues can make medical intervention less effective.

"The way we can begin to overcome this is to take the time to know about other services and supports that are out there and connect with those services."

Karen said doctors also have an important advocacy and awareness role.

"Doctors often don't realise that their respected position in the community can enable them to be powerful advocates for individual children and groups of children in need," she said.

The position of Community Paediatrician, job-shared between Karen and Katrina Williams, was created earlier this year to address the health needs of children by targeting access and equity issues in vulnerable children. One of their major roles is to promote public health and develop services that meet the needs of children in the area, in particular those who don't generally access services.

For more information about the research visit [www.mja.com.au](http://www.mja.com.au) or for information about the role of the Community Paediatrician contact Karen on 9382 8189.



Karen Zwi

## Pat on the back

FOLLOWING is a wonderful letter about our Speech Pathology Service. I thought we should put it in The Way Forward. It was written to Rosemary Cassidy.

*Margaret Savage  
Executive Support Manager, SCH*

Dear Rosemary,

My six year old daughter Sami has been attending speech therapy lessons with you on and off for about three years now. We have both always felt totally comfortable in your lessons and I have a great respect for your knowledge and your teaching methods.

As you know, when Sami first came to see you it was difficult for anyone outside her immediate family to understand what she was saying. Sami's first year at preschool was shadowed by her discomfort at the other children not understanding what she was saying.

Sami has worked so hard with her speech therapy "homework" over the years and has achieved wonderful advances in her speaking. It is with enormous pride that I write to advise you that today Sami came first place in the Bondi District Public Speaking Competition, Early Stage 1, 2005.

As you can imagine for any kindergarten child this is a huge achievement, but for a little girl who has been receiving speech therapy for a number of years, it is a remarkable accomplishment.

I believe Sami achieved success today because of her commitment to learning and because of your affectionate, patient, humorous and exceptional teachings. Thank you so much Rosemary.

### What can health practitioners do?

- Examine social supports as extensively as other aspects of a child's health
- Consider and promote a child's early development as a critical period during which optimal care should be provided
- Support the development of parenting programs and community support networks and help families make contact with others in similar situations
- Act as a resource centre for families, offering information about local services and support groups and effective health promotion material
- Develop cultural awareness and competence in working in diverse communities

## SCH puts halal on the menu

SCH marked the end of Ramadan with the introduction of halal meals.

The meals aim to give the Hospital's many young Muslim patients the best chance of recovery with food that is both culturally appropriate and nutritional.

"The menu came into being following a number of requests from patients' families," said Virginia Binns, Director of Allied Health.

"The Hospital already has vegetarian, kosher, diabetic and other special menus. The introduction of halal meals is just another way of enhancing our ability to respond to the needs of our diverse young patients."

Executive Director Professor Les White explained that SCH has a commitment to meet the needs of families in a child friendly and supportive environment.

"We are particularly conscious of the cultural diversity of our patient population and of the importance of culturally appropriate care for all families," he said.

The 7-day menu offers a variety of child-friendly choices and has been specially designed by hospital dieticians to ensure children receive a balanced diet for their health and well being while in hospital.





### Seasons Greetings!

THE Foundation wishes everyone at SCH Seasons Greetings and best wishes for a very happy and safe New Year!

### Thanks, Volunteers

THE Foundation warmly thanks all our hard-working volunteers who have helped throughout the year!

### BIG Hearts

BIG W stores across NSW raised an impressive \$350,000 for Cardiac Services this year. Staff in the 50 NSW stores organised fundraising initiatives that included golf days, raffles, selling donuts and face painting.

The Store Champion was BIG W at Port Macquarie where staff raised most of their \$28,750 total by selling lamingtons.

An exciting new sponsorship commitment from BIG W has been made to the Comprehensive Outreach Service, in addition to continuing their support of Cardiac Services. BIG W staff across NSW are ready to take on the fundraising challenge yet again!



Representatives from Big W presented a cheque to Les White

### 2UE Little Ray Of Sunshine Appeal

2UE broadcast live from the SCH foyer on November 22, raising funds and awareness for Sydney Children's Hospital and the Children's Cancer Institute Australia. From 5.30am – 8pm, 2UE presenters Mike Carlton, John Laws, John Stanley, Steve Price and Greg Alexander from the Sports Today Show broadcast from the 'studio' which was set up inside the foyer of the Hospital.

Funds were raised through listener donations which were taken across the day by Call Centre Services Australia, as well as on-air auctions and generous corporate pledges.

Across the day, the presenters conducted some great interviews with SCH staff including



Sydney Swans player Nick Davies with Kane and Giorgio Dodos

Emergency Nursing Manger, Kylie Stark, Executive Director, Les White, Chief Executive of the Foundation Elizabeth Crundall, and Head of ICU, Barry Duffy. Some patients and parents were also interviewed throughout the day and supportive parents of former patients from across Australia made many heart-felt phone calls to the shows.

Special guests, Steven Hoyles from the Waratahs, John Sutton and Peter Cusack from the Rabbitohs and Cricket players Simon Katich and Jason Krezja appeared on the Sports Today Show and met delighted patients and families in Emergency and C1N.

### GoggoMobil raises over \$3000

CROWDS flocked to the Shannons stand at Sydney Motor Show to have their photograph taken inside a vintage 'Dart' Goggomobil, donating a gold coin to SCH for the experience. Over \$3000 was raised over the 12 days of the Motor Show.



Some patients were the first to have their photo taken, posing inside the 'Dart'.

### New Art

REDDAM House College in Bondi Junction has donated some of the artwork their students created throughout the school year. Some of these artworks are hanging in the Executive Unit and along Level 0 corridor.

Over 150 drawings of threatened species by primary school children in NSW and ACT from the Dymocks Golden Paw Awards have also been donated.



Winner of the Golden Paw Award

### Welcome SCH Ambassadors

THE Foundation has recently formed a group of 40 leaders from many industry sectors to be Ambassadors for the Hospital. These leading and well-known figures in their fields will advocate and network on behalf of SCH and have been given funding priorities to try to help secure donations or new sponsors. We welcome all our Ambassadors to their new roles and wish them the best of success in bringing new sponsors and creating awareness about SCH in the wider community.

## Diary Dates

### Christmas Operating Hours

FROM noon on December 23 until January 9, 2006 the Foundation office, Star Café and Foundation shop will be closed for business.

### January 21, 2006

#### "Bands for Camp Goodtime"

LOCAL Sydney bands will unite for a huge fundraising gig at the Gaelic Theatre. For more details please call Rebecca Hurst at the Foundation on 9382 1188.

### February 9, 2006

#### Silver Party



## Eat, drink and be safe

DOZENS of staff took the opportunity to learn more about OHS and enjoy a tasty treat when the SCH OHS Committee hosted a morning tea last month.

Staff had the opportunity to try out new types of manual handling equipment, personal protective equipment and learn how to better stream waste to help save money and the environment.



Staff had the opportunity to check out a range of safety equipment

## Employee of the Month

WHILE RN Jenny Irvine is known on C1 South for making excellent cakes for special occasions, it's more than her baking skills that won her the position of this issue's Employee of the Month.



Jenny Irvine

According to CNS Maria Heaton, Jenny always makes a great contribution on the ward.

"Jenny is a very conscientious worker," Maria said.

"She always gives 110 per cent and is a very willing worker. All her colleagues hold her in high esteem."

Maria said Jenny goes out of her way to care for children and their families. She designed splints for the children who had surgery and stitched them for use on the ward.

"Jenny loves her work with children. Nothing is too hard for her and she tries her best to make sure that the ward is running smoothly when she is around," she said.

"She is an excellent cook and bakes the best cakes for ward occasions.

"She's an excellent team player."

**The Employee of the Month wins dinner at Mamma Theresa Restaurant, a bunch of flowers from Clementine's Florist and \$100 from Metro Parking.**

# Quality Matters

## Pats Practice Points

PATS Practice Points is an initiative implemented in January 2005 by the Clinical Nurse Consultant (CNC) group. The purpose of this project is to inform/educate clinical staff about evidenced-based practice issues and changes in practice.

Each month a clinical practice issue is researched by a CNC and an easy-to-read, referenced, single A4 page flier is produced. The flier is laminated and distributed with the assistance of Nursing Education and placed in designated areas on each ward for display at Sydney Children's Hospital, Prince of Wales Private paediatric ward and Sydney Kids at Macarthur, Campbelltown.

The topics presented to date include: Nastro Gastric Placement, Central Venous Device guideline; Staff hand hygiene; Measuring blood pressure; Pre and post test counselling; Oxygen therapy; Paediatric palliative care service; Procedural pain in children; The distracter factor. Education sessions are run in conjunction with the flier if practice has changed.

To evaluate this initiative in October 2005, Registered Nurses (RNs) were invited to complete a survey which was distributed to the wards. The return rate was 28 per cent (21/75). The RNs stated the information from the fliers was a useful reference and some topics have guided RNs to a change in practice.

The positives aspects of the presentation of the information according to the RNs were: the flier was easy to read, liked the layout, colour was good, short and to the point, frequency (monthly) was good, more efficient, less fussy language, accessible layout, interesting and informative, new research, all good.

There were many suggestions for future Pats Practice Points which included clinical topics, the need for inservice to accompany each topic, and for copies to be available in PDF format or on the intranet site. All who completed the survey were looking forward to future editions.

For more details contact Sandra Wales on 21521.

by Paul Tynne

## Lecture theatre ready for anything after upgrade

MAKYBE Diva's historic Melbourne Cup win was a great opportunity for many SCH staff to experience the new Audio Visual System in the John Beveridge Lecture Theatre (JBLT). After suggestions and feedback from regular users, and six months of planning and negotiating, the room is now fitted with state of the art equipment and is ready to handle everything from lectures and panel discussions to conferences and media events.

The new videoconferencing facilities will make it possible for our rural, remote, interstate and international colleagues to participate in the many activities run from the lecture theatre.

Melbourne-based company Corporate Initiatives Australasia carried out the upgrade, with their Sydney Project Manager Anthony Pejakovic working tirelessly over a week in October to ensure the upgrade would be completed quickly, even staying until 2am some nights, to reduce disruption to this high-usage venue. Our many thanks go to Anthony who continues to make himself available at a moments notice should we require any assistance - even if it has meant bringing his young children along at all hours to fix our projector! His help is greatly appreciated and allows SCH to continue with the many educational events run in the JBLT every day.

I would also like to thank David Loy, John Zeigler, Richard Cohn, Emma Zatz, Jan Forrester, Melissa Dax and the SCH Foundation for their suggestions and help in making this happen.

If you would like to learn how to use the new lecture theatre equipment, please contact Melissa Dax (9382 1600) or Hayley White (9382 0579) for a training session.

Hayley White, Telehealth Project Officer



Melissa Dax and Hayley White show off the high tech control panels with Anthony Pejakovic.

## Sleep medicine gone to the dogs

PATIENT Brooke Kelly recently visited the Sleep Medicine Department with a very special companion.

Brooke, who suffers from congenital central hypoventilation syndrome (CCHS) – a genetic condition that occurs in one in 300,000 births and affects the instinctive control of breathing during sleep, was accompanied by her nocturnal assistant Neville the dog.

Neville sits by the side of her bed watching over his charge and barks to raise the alarm if Brooke's breathing suddenly ceases.

Brooke is on nasal mask bi-level pressure support (VPAP), based on the invention almost 25 years ago by Professor Colin Sullivan at Sydney University. She leads an otherwise normal life during the day but does need the ventilatory support in sleep.

She used to have a tracheostomy but this was closed some three years ago and she has been successfully treated with the nasal mask since. She is one of only a few children in the world who have been successfully treated in this manner.

Brooke was visiting SCH for a regular tune-up of her breathing support using the state-of-the-art sleep monitoring equipment (also made in Australia) overnight.

*By Arthur Teng*

## Spirituality and health

MANY staff feel more comfortable supporting patients and families who use rituals thanks to a recent workshop held by Area Multicultural Health Services.

The workshop, *Creating Simple Rituals in Health Care* - A staff workshop with Dorothy McRae-McMahon, was developed to help health care staff enhance their understanding of the creativity and variety of rituals that patients may use for hope, healing and empowerment. It aimed to help staff feel more comfortable with rituals as part of everyday life transitions, and better able to acknowledge and support patients, families and colleagues who use them.

Presenter Dorothy McRae-McMahon is internationally renowned for her work on ritual. In her books, workshops and ceremonies she helps people explore their own sense of the world and to create meaningful symbols from everyday objects. She facilitates rituals for human beings, regardless of context, faith or background.

Staff from SCH were also among more than 140 people who attended the Spirituality and Health forum held earlier on the same day.

Participants from a range of business areas including emergency, the executive unit, child protection, recreation and play therapy, child and family health, and administration heard a panel of experts discuss this far reaching topic.



### Hoppy Birthday

*Freddo the Frog celebrated his 75th birthday with a party in Outpatients last month. About 30 children enjoyed Freddo's, facepainting, balloon creations and Freddo's special birthday cake.*



## Pilot workshops take off

OVER 80 HSC Biology students from Randwick Girls' High School, Conservatorium High School, Emmanuel School and St Andrew's College Marayong, visited SCH during November and December, to gain a clinical perspective on their HSC Biology coursework.

The pilot workshops included presentations on dialysis, measuring blood gases, genetic disorders, infection control, audiology, ophthalmology as well as an optional tour of the hospital.

Students had the rare opportunity to talk to experts and to use clinical equipment including stethoscopes, pulse oximeters, ophthalmoscopes and auriscopes.

Many thanks to Elizabeth Kavanagh, Monica Wilkinson, Elizabeth Craig, Robyn Pederson, Robyn Donnellan, John Newall, Lucy Maurice and Raeleen Rickard for their presentations and contributions.

Feedback from the pilot workshops will be used to develop a regular HSC Biology workshop program in 2006.

## Community Service

STUDENTS from St Clare's College Waverley, Pymble Ladies College and St Catherine's School Waverley recently participated in a three-day community service program.

The students' biggest achievements were collating hundreds of files for the Outpatient Department, and helping Fairy Sparkle to make over 2000 sparkle bags.

Students also entertained patients at the Outpatients Department, made craft packs that are distributed to children by the Play Therapists, and completed The Way Forward mailout.

## Duke of Edinburgh Community Service

COMMUNITY service days will be available for students during the January school holidays. Please contact Raeleen Rickard on 20871 for more information.

## See the bee's knees – with an electron microscope!

HAVE you ever seen hundreds and thousands, poppy seeds or a bee's knees up close?

Find out how amazing they look under a microscope when Sydney University's Microscopes on the Move travelling microscope laboratory visits SCH on January 24 and 25.

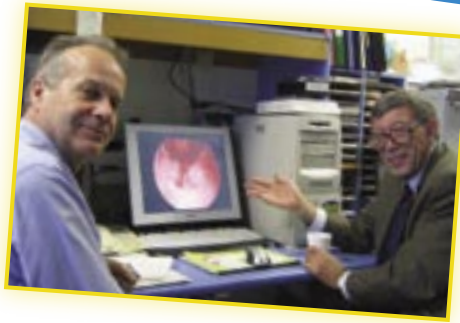
Vacation care participants, staff and patients will have the rare opportunity to use a world-first portable scanning electron microscope and a variety of dissecting and biological light microscopes.

For more information, please contact Raeleen Rickard on 20871.



## Distinguished visitors to Sleep Medicine

THE Sleep Medicine Department was extremely privileged to receive Professor Christian Guilleminault from Stanford University in November during the World Neurology Congress. Professor Guilleminault is a living legend in the area of Sleep Medicine. He is pictured here with Professor Colin



*Professors Colin Sullivan and Christian Guilleminault in the Sleep Lab.*

Sullivan, Honorary Consultant to the SCH Sleep Medicine Department, and inventor of nasal mask CPAP for the treatment of Obstructive Sleep Apnoea nearly 25 years ago. Christian Guilleminault, MD is a professor of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine. He is also the associate director of the Sleep Disorders Clinic and Research Center at Stanford. He is the author of more than 500 peer-reviewed journal articles, books and monographs. His research interests encompass the whole spectrum of Sleep Medicine: Cardio-respiratory dysfunction during sleep; SIDS and, sleep apnea; narcolepsy and daytime somnolence; the relationship of sleep to accidents, aging, dementia and Alzheimer's Disease.

*By Arthur Teng*



*Professor Huang from Taiwan, formerly Stanford Fellow in Sleep Medicine, Dr Arthur Teng, Head of Sleep Medicine SCH, Professor Colin Sullivan and Professor Christian Guilleminault.*

## Innovation reduces risk to patients and staff

SCH reached the finals of the National Safety Council of Australia Awards with an innovation that could eventually help nurses and brain injured patients around the country.

The initiative will help staff care for head injured patients more safely thanks to the development of a new piece of equipment.

Some brain injured patients are nursed on the floor to prevent them being injured climbing or falling out of bed or striking cot-sides or equipment around the bed during periods of agitation or seizures.

This presents a significant manual handling risk to the nurses involved in their care as well as risk of harm to the patient.

Originally these patients were nursed on two single mattresses placed side-by-side on the floor in a cleared double room. Nurses used awkward postures, sometimes with restraint and reach, for most of the shift.

Last year several changes were made to improve this situation including the purchase of kneeling pads, a double bed mattress with fitted sheets, extra wide slide sheets and an electric hoist that could reach floor level.

While these measures did improve the risks, additional controls were required. Patients occasionally still rolled off the mattress onto the floor, and then had to be placed back on the bed. And restraining patients to prevent them falling presented an ongoing risk of manual handling injury to staff.

The team determined that they needed very specific equipment for the job – equipment that didn't exist. So they set about designing a new piece of equipment, in conjunction with a manufacturer.

They are now designing a set of removable sides that can be positioned around the mattress.

OHS Coordinator at SCH Sonja Falkiner said this simple innovation would make a huge difference to nurses and patients in this situation.

"Many people are collaborating to develop this innovative solution," Sonja said.

"While we didn't win the award, it was a great achievement for us to even reach the finals, given that companies who get to the finals are mostly large, private and well-resourced."



- **MANAGERS** or organisers need to consider and try to minimise any hazards staff could be exposed to, such as getting home safely afterwards. If alcohol is supplied, those who supply it can be liable for any drink-induced problems that arise
- SCH's HR and OHS policies for acceptable and safe behaviour still apply.
- **WOMEN** exposed to ethylene glycol ethers [EGE], isopropanol, hydrofluoric acid and phosphorous compounds have been found in a recent Taiwanese study to be at greater risk of prolonged menstrual cycles and sub-fertility.
- **VOLUNTEERS** are excluded from Workers Compensation legislation in NSW, and there is no requirement for employers to cover them for such insurance, although there are ways around the system such as taking out 'voluntary workers' accident policies for them. Volunteers are covered under the OHS Act however, as this law protects all people in the workplace, which includes non-staff so we must make sure we provide them with a safe working environment and safe systems of work. This also requires non-staff in the workplace to look after their own health and safety and that of others.
- **AN EMPLOYEE** of a trucking company was recently dismissed for failing to disclose a pre-existing medical condition [degenerative disease of the spine] which would have effected his ability to safely do the work he had been hired for, on a pre-employment health questionnaire. *Wratt v Kalgoorlie Consolidated Gold Mines Pty Ltd AIRC 7/6/05.*
- **FOLLOWING** a review of the effects of extended work hours on workplace safety, a Code of Practice which caps working hours at 56 hours/ week is being contemplated by the WA Government. It will also set limits on sequential night shifts, and the number and length of breaks during the day.
- **THE** following indoor plants are best at removing indoor pollutants such as volatile organic compounds, from indoor air: kentia palm, ficus, dracena, philodendron, devils ivy, umbrella tree and 'mother-in-laws tongue'.

*By Sonja Falkiner*

## Whats On!

### Mandatory Skills Training for all staff for 2006

MANDATORY Skills Training will be held in the RHW Lecture Theatre on the following dates:

- Monday 23 January: 11am-1pm
- Thursday 23 February: 10am-12 or 1.30pm-3pm
- Thursday 23 March: 10am-12 or 1.30pm-3pm
- Thursday 20 April: 10am-12 or 1.30pm-3pm
- Tuesday 23 May: 10am-12 or 1.30pm-3pm
- Wednesday 21 June: 10am-12 or 1.30pm-3pm
- Wednesday 19 July: 10am-12 or 1.30pm-3pm
- Thursday 24 August: 10am-12 or 1.30pm-3pm
- Thursday 21 September: 10am-12 or 1.30pm-3pm
- Thursday 26 October: 10am-12 or 1.30pm-3pm
- Thursday 23 November: 10am-12 or 1.30pm-3pm
- Wednesday 6 December: 10am-12 or 1.30pm-3pm

### SCH Vacation Care

JANUARY 3-27, 2006 (Excluding public holiday Thursday 26th January 2006)  
Sydney Children's Hospital School  
\$25 per day plus excursion costs  
8am - 6pm

Our Vacation Care service is approved for Childcare Benefit Rebate

If you are claiming CCB you will need to register with the Family Assistance Office (136150) and provide the SCH Vacation Care CRN No. 407 120 785T

Enrolment is open to children of staff of Sydney Children's Hospital, Prince of Wales Hospital and Royal Hospital for Women.

Programs are available prior to each school holiday. Each program is designed and evaluated with reference to school-aged children's social, recreational, physical,

intellectual and creative interests. We have themed days packed full of exciting and fun activities including art and craft, music, cooking, sport and games, workshops, excursions, talent quests and competitions.

At our Vacation Care the emphasis is on fun! For all Bookings and Enquiry's please contact the Coordinator on 0411 554 297 or email [Melissa.barnard@sesiahs.health.nsw.gov.au](mailto:Melissa.barnard@sesiahs.health.nsw.gov.au)

### Employee Assistance Program

THE Employee Assistance Program provides free, confidential, professional counseling for any personal or work-related concerns.

For a free brochure or to make an appointment phone (02) 9382 3681 or (02)9382 6616.

## Movers and shakers

### Nursing moves

KATE Bartlett has been seconded to the position of Nursing Unit Manager - Recovery Unit until August 17, 2008.

DENISE Poole, CNC Diabetes, is on extended leave. Fiona Thornton has been seconded to relieve in her position on a temporary basis until September 24, 2006.

AMANDA Thomsen returned from Maternity Leave on November 30 to take up her substantive position of Clinical Nurse Consultant - Respiratory (Acute) 20HPW. Jennie Studdert, who has been relieving in this position, will return to her substantive position of Clinical Nurse Specialist in C1 South.

## It's good to be staff

MANY local retailers and service providers offer discounts to hospital staff. For special prices on everything from hair and beauty and fitness to homewares and clothing, check out the list of providers below. If you know of any other staff discounts let us know so we can add them to our list.

### Beauty First

20 per cent off facial treatments, body treatments, waxing, nails etc.  
Phone 9399 8908

### Cucina

10 per cent off food and lifestyle products.  
Phone 9399 7299

### Humble Beginnings

Discounts on homewares and clothing.  
Phone 9326 4383

### Laugh and Learn Toys

10 per cent off the great range of toys and educational products.  
Phone 0403443080

### Oggz Lamps

Discounts on multi coloured night lights and a percentage of sales goes to SCH.  
Phone 0400600293

### Tas & Jen Designs

10 per cent off clothing, jewellery, bags and wallets. Excludes sale items and not valid with any other offers.  
Phone 9326 5838

### Vision Personal Training

This one-on-one personal training studio is offering a free initial consultation valued at \$110. Sample services with no obligation.  
Phone 9399 5050

### Yassage Massage

\$10 off a wide range of 60 or 90 minute massages.  
Phone 0433487921

### Zest Urban Spa and Hair

Save \$233 on a package including hair treatments, massage, manicure and pedicure. Pay \$120 for \$353 worth of treatments. Valid for visits between 10am-4pm Monday to Friday only.  
Phone 9331 7166

## Patient services activity comparison

	Oct-05	Sep-04
Admissions	1217	1199
Discharges	1198	1204
Day only cases	565	581
Hospital Average Length of Stay	3.0	3.0
Hospital Average Length of Stay (excl Day Only)	4.7	4.7
Occupancy	93.47%	93.88%
Non admitted patients	23,907	23,055