

What's On!

Randwick Campus Public Hospitals – Mandatory Education

ANNUAL mandatory education for all staff for 2007 will be held on the following dates in the RHW Lecture Theatre.

Monday, 22 January 11.00am – 1.00pm
 Wednesday, 21 February 10.00am – 11.45am
 or 1.30pm – 3.15pm
 Thursday, 22 March 10.00am – 11.45am
 or 1.30pm – 3.15pm
 Thursday, 19 April 10.00am – 11.45am
 or 1.30pm – 3.15pm

Topics to be covered include occupational health & safety management, employee preventative health and infection control, and security/personal safety and fire and emergency training.

For further information email:
leafeb@sesahs.nsw.gov.au

Pilates Mat Classes for Staff

EVERY Thursday.
 Suitable for all fitness levels – beginners welcome.
 Improve your strength and core stability.
 Target your abdominals.
 Run by an experienced physiotherapist.
 All equipment provided.
 All staff welcome.

Where: Sydney Children's Hospital, Physiotherapy Gym, Level 0

When: Every Tuesday and Thursday 5.15pm – 6.15pm

Cost: \$10 per session or \$90 for 10 sessions in any 3-month period

Contact: Sue Sims on 0418 667 153 or email suesims216@hotmail.com

Patient services activity comparison

	Oct-06	Oct-05
Admissions	1,297	1,217
Discharges	1,279	1,198
Day only cases	565	649
Hospital Average Length of Stay, days	3.0 days	3.0 days
Hospital Average Length of Stay (excl Day Only)	4.7 days	4.7 days
Occupancy	88.90%	93.50%
Non admitted patients	23,819	23,871

Employee Assistance Program

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

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

Unigym – University of NSW

UNIGYM has renewed arrangements offering student discounts to SCH staff members. If you want to take advantage of this offer, please show your staff ID when you next visit the gym.

Grand Rounds

CONVENED by A/Prof John Ziegler
 The John Beveridge Lecture Theatre, Level 1, SCH – 5pm every Wednesday (refreshments from 4.45pm)

13.12.06

Title: "Communication outside SCH walls. How well are we doing?"

Speakers: John Preddy, Toby Greenacre and Liz Argent

20.12.06

Title: "Vitamin D deficiency"

Speakers: Helen Woodhead and Kristen Neville
NB: Grand Rounds to be held in seminar room 6, level 2, SCH

Movers & Shakers

Nursing Services

MAREE Della-Franca, Nursing Unit Manager – Ambulatory Care is on extended leave.

Katherine Begovich will relieve Maree until 15 September 2007.

Also, congratulations to Maree and her husband Mal Mathie on the recent birth of their twins Will and Georgia. Lauchlan (is this the right spelling?) is now a big brother.

Congratulations to Natalie Whitehouse on her appointment to the position of Nursing Unit Manager - C2 West.

Renal Department

CONGRATULATIONS to Liz Craig, CNC – Renal, who recently was awarded the Graham Burnely Scholarship.

Liz will be using the proceeds of the \$4,500 scholarship to develop and print a booklet to help children with renal impairment transition to adult services.

Dr Andrew Rosenberg recently spent a week as a visiting professor at the University of Fudan, Children's Hospital Shanghai.

Arts Curator

LESLEY Rosenberg, who has been the hospital's Art Curator for many years, has resigned. Lesley has certainly helped create the child friendly environment for which the hospital is renowned. We wish Lesley all the best in the future.

Co-ordinator of Clinical Research

ASSOCIATE Professor Katrina Williams has been appointed as the Co-ordinator of Clinical Research from funding made available from the Sydney Children's Hospital Foundation. This is a new one-day a week position, added to her roles in the Department of Community Child Health and with the University of New South Wales. The position was developed to further develop clinical research at Sydney Children's Hospital (SCH). Katrina will be supported by Katy Sterling-Levis to provide methodological advice to clinicians working at SCH. She and Katy are happy to help with approaches to literature searching, evidence appraisal, study design and implementation, data storage and approaches to analysis. This applies to junior or senior staff across all disciplines. Katrina is happy to be contacted to discuss current or planned research, or ideas about how best to advance clinical research at SCH. Her telephone number is 9382 8472.

Cord and Marrow Transplant Facility Opened by Australia's Governor-General

THE Sydney Cord and Marrow Transplant Facility (SCMTF) based at Sydney Children's Hospital, Randwick was officially opened by Australia's Governor-General, His Excellency Major General Michael Jeffery, AC, CVO, MC and Cherie Burton, MP, Minister Assisting the Minister for Health (Mental Health).

The SCMTF combines state-of-the-art research laboratories with the existing Sydney Cord Blood Bank, one of just three cord blood banks currently operating in Australia and the only one in NSW.

The new facility will play a role in two key areas:

- Making umbilical cord blood available to patients for transplantation.
- Pursuing vital research to extend the medical applications of cord blood.

Each year in Australia, thousands of people are diagnosed with leukaemia and other potentially fatal blood disorders.

Traditionally, a bone marrow transplant offered the only possible cure. But now umbilical cord blood offers an alternative source of cells for transplantation.

This means more than 95 per cent of patients can be suitably matched with cord blood.

Scientists using the SCMTF's new research laboratories are already at work investigating innovative ways in which umbilical cord blood can be used to save the lives of patients with leukaemia, cancers and inherited disorders of the blood and immune system.

The future role of cord blood stem cells is also being evaluated in the treatment of Parkinson's disease, Alzheimer's disease, diabetes and stroke.



SCH patient Genevieve with Natalie Whitehouse, NUM – C2West meeting the Governor-General



A/Prof Marcus Vowels at the SCMTF with the Governor-General and Mrs Marlena Jeffery

This month...

Trees for Children..... 4 Staff Recognition Awards..... 5 Quality Matters..... 6



Editor's Notes

INCREDIBLY another year has flown by and this is our final newsletter for 2006. Thank you to everyone for your contributions throughout the year. Your continued support of The Way Forward enables us to produce a great newsletter. We look forward to more stories, photos and ideas in 2007.

In this month's newsletter we celebrate the opening of the new La Perouse Community Health Centre. The Centre is a culturally appropriate referral and drop-in centre offering outreach health services for the La Perouse Aboriginal community.

We also celebrate and recognise the incredible commitment and dedication of staff at Sydney Children's Hospital. Staff members were recently recognised for 10, 20, 30 and 40 years of service.

We also feature the non-violent crisis intervention training at the mental health service at Sydney Children's Hospital (SCH) that has been provided for staff in crisis management. There has been a noticeable reduction of restraints at SCH since the introduction of the training in mid 2005. Courses will continue in 2007.

Finally, we would like to wish everyone a very happy Christmas and a safe holiday season.

Deadline

THE deadline for contributions to the next issue is 22 January 2007 (combined January/ February Issue). Please forward articles and photos to:

Editor: Jenni Corbett
Phone: (02) 9382 1983
Fax: (02) 9382 3577
Email: Jenni.corbett@sesiahs.health.nsw.gov.au
SCH website: www.sch.edu.au

We want your input

IDEAL publishing length is 250 words. By contributing to The Way Forward you agree that your article may be edited for space, readability or other reasonable reasons.

From the Executive

WE are at an important point in our preparation for the accreditation of Sydney Children's Hospital (SCH) by the Australian Council on Healthcare Standards (ACHS). Quoting the definition of accreditation from the literature of the ACHS, it is: "A formal process to ensure delivery of safe, high quality of care based on standards and processes devised and developed by health care professionals for health care services. It is a public recognition of achievement by a health care organisation, of requirements of national health care standards."

Those goals are entirely consistent with our commitment, both as individuals and as an organisation. I also believe that we deserve the formal status of accreditation. There is, however, a demanding and arduous process of putting all the elements together, documenting our achievements and convincing the external ACHS surveyors that our good intentions translate to proven outcomes. On this occasion all the facilities on the Randwick Hospital's Campus are being synchronised with respect to survey teams. This will assist the accreditation of our shared services.

It is important that all colleagues are aware of this process and that we work together to meet the required expectations. The formal survey takes place over three days between the 17th and 19th April, 2007. That dictates a relatively tight schedule and by the end of February we need to have completed a great deal of documentation to be submitted to the ACHS. The submission has a number of components aligned with the prescribed format and is required to provide evidence of not only processes but of proven outcomes in a predetermined range of what are called: Functions, Standards and specific Criteria. As all Heads of Department will know, one component of documentation is a brief summary of Departments/Ward/Unit specific achievements, which will have been completed by early December as part of our step wise preparation process. I would ask you all to become familiar with and assist in the tasks ahead. Your ideas and your knowledge will be much appreciated in identifying and documenting a range of projects, systems and outcomes. You may be asked to provide specific feedback both in our preparation and possibly during survey. You may also have the opportunity to educate colleagues who may be less well informed.



I bring to your attention the principles upon which the ACHS programmes are developed and the characteristics, which they seek in the organisations wishing to be accredited. They are:

- a customer focus.
- strong leadership.
- a culture of improving.
- evidence of outcomes.
- striving for best practice.

In particular there is an increasing expectation that such characteristics are documented and that the evidence is on display. Whenever possible we should consider the outcomes, both clinical and organisational, that may be attributed to particular activities, systems or interventions. Those are the kind of data that will be most convincing and critical in reaching the threshold of accreditation for a further four years.

I thank you for your support of each other and of SCH in this process. As this will be the last editorial for 2006, I wish to also take the opportunity to acknowledge your hard work, commitment and collegiality throughout the year. I wish you a wonderful Festive Season and a Happy New Year!

Les White (Prof)
Executive Director



La Perouse Community Health Centre Opens

ON Monday, 9 October 2006 the newly built La Perouse Community Health Centre was opened.

It aims to be a culturally appropriate referral and drop-in centre operated through a collaboration of staff from Sydney Children's Hospital (SCH), Prince of Wales Hospital (POW), the Royal Hospital for Women, Sydney/Sydney Eye Hospital and the Aboriginal Medical Service at Redfern.



The new La Perouse Community Health Centre

Known as "Nuggong Ngura", meaning "place of good health" in the Dharawal language, the centre offers outreach health services including medical, nursing and midwifery clinics, screening programs, support groups and education sessions for the La Perouse Aboriginal community. All clinics are run with an Aboriginal health worker in attendance.

Child health clinics are currently run monthly by Karen Zwi, Katrina Williams and Fellows of the Department of Community Child Health at SCH, but are likely to increase in frequency in response to the demand for services. Other services targeting children are provided by Aboriginal Health, early childhood and midwifery teams including antenatal and postnatal care, baby health clinics (growth and developmental surveillance), mothers and babies groups and hearing screening. Services may expand to include ear, nose and throat, speech therapy and mental health teams.

Adult services include diabetes and chronic care clinics, smoking cessation programs, drug and alcohol/healthy lifestyle counselling, exercise groups, and grief and loss support groups. Many of these services involve a combination of clinical care by doctors, nurses and Aboriginal workers, as well as health promotion activities and outreach care in the home if required.

Gail Daylight, South Eastern Sydney Illawarra Area Health Service Manager, Aboriginal Health, and Tony Broe and Kristin Mbothu from POW Community Health have been the driving force behind this project, in response to longstanding requests for local, accessible services from the Aboriginal community.

For appointments or if you have any queries please telephone Cecile Flanagan on 9382 8472.

Allied Health Day Celebrations

ALLIED Health Day was held on Monday 16 October to celebrate and showcase the variety of work undertaken by staff from physiotherapy, occupational therapy, speech pathology, social work, nutrition and dietetics, recreation and play therapy, psychology and orthotics.

A colourful banner, made by children who attended the Sydney Children's Hospital Vacation Care Programme, was hung in the foyer entrance of the hospital to celebrate the event. Each of the allied health departments put together a pictorial display depicting their roles, research and quality activities.

The highlight of the day was a very enjoyable BBQ lunch made possible by a generous donation from Harcourt Assessment. The hospital's volunteers also assisted with the BBQ.

Two piñatas, a pig and duck, made by the Physiotherapy Department, added the final touch to the day. Armed with stick in hand, Prof Les White, together with allied health department heads and staff, attempted to break into the goodies of the piñatas. Much laughter and mayhem ensued! (We are pleased to advise that no actual animals suffered under the attacks.)



Virginia Binns, Clinical Director,
Community and Ambulatory Care,
searches for the elusive piñata!

Deadline Dates

THE Way Forward deadline dates for 2007 are:

January/February	22 January
March	19 February
April	19 March
May	16 April
June	21 May
July	18 June
August	16 July
September	20 August
October	17 September
November	22 October
December	19 November

Cordz' Jokes Corner

HERE is Cordz' offering for the silly season!

In Need of a Push

A MAN and his wife are awakened at 3 o'clock in the morning by a loud pounding on the door.

The man gets up and goes to the door where a drunken stranger - standing in the heavy rain - is asking for a push.

"Not a chance!" says the husband - "it's 3 o'clock in the morning!!"

He slams the door and returns to bed.

"Who was that?" asked the wife.

"Just some drunk guy asking for a push" he answers.

"So - did you help him?" she asks.

"No - I did not - it's 3 o'clock in the morning - and it's bucketing down out there!"

"Well mister - you certainly have a short memory" says his wife.

"Don't you remember about three months ago when we broke down, and those two guys helped push us off the highway?..... I think you should go and help him.....AND you should be ASHAMED of yourself!"

The husband reluctantly does as he is told - he gets dressed and goes out into the torrential downpour.

He calls out into the pitch black dark - "HELLO! Are you still there?"

"YES" - comes back the answer.

"Do you still need a push?" calls out the husband.

"YES please!" comes the reply from the dark.

"Where are you?" asks the husband.

".....OVER HERE ON THE SWING!" replies the drunk.

Trees for Children

ON Monday 13 November, the Sydney Children's Hospital Foundation and the Trees for Children Committee hosted the inaugural Trees for Children event, raising \$130,000 for Sydney Children's Hospital. Trees for Children is the Foundation's latest exciting addition to the Sydney special event calendar.

More than 400 guests attended the event, which was a magical, festive evening of cocktails, canapés and entertainment with Master of Ceremonies Phil Kearns, special performances by the Australian Youth Choir and David Campbell who performed a song from his new album *Swing Sessions*.

Guests enjoyed delicious canapés created by Sean Connolly from Astral, Frank Shek from China Doll, Warren Turnbull from Assiette, Peter Kuruvita from Flying Fish, Colin Fassnidge from Four In Hand, Joe Pavlovich from Glass Brasserie and Karen Lavecky of Lotus & Ming - coordinated by Luke Mangan.

Sotheby's Justin Miller auctioned 10 amazing trees, which had been donated by companies and were specially designed for the evening. Accompanied by luxury gifts and experiences, each tree was hotly sought after.

Thank you to the Trees for Children organising committee - Patrick Collins, Patrick Joyce, Alana Kennedy, Skye Leckie, Grant Pearce, Sarah Miller, Genevieve Taubman, Kathy Shand and Monica Saunders-Weinberg. Thanks to major sponsors Schenker Logistics, Wollemi Pines, Team Event and Julio Himede and all the other amazing production people. This very successful fundraiser will be sure to be a regular fixture on Sydney's special events calendar.

Two of the exciting Trees - the Austereo and the Accoutrement Tree



Sell and Parker 'Car Crush Tour'

ON Thursday 2 November, patients and their families, doctors and nurses from the Children's Intensive Care Unit (CICU) boarded a bus bound for Blacktown courtesy of South Sydney Junior Rugby League Club, to personally thank Sell and Parker for their ongoing financial support for the hospital.

Since 2003, Sell and Parker metal merchants have turned 'metal into miracles' by donating \$1.00 for every tonne of scrap metal they recycle to the CICU. The funds donated total more than half a million dollars, which is used to fund a clinical fellowship for the unit.

The group enjoyed a fun day learning about the recycling process and watching entire cars being shredded into small pieces no bigger than a fist, in 40 seconds!

Professor Les White said, "Sell and Parker make a tremendous contribution to our intensive care unit and we're thrilled that our staff can visit their site in Blacktown to personally thank them for the generous support they give."

"The kind of partnership we share with Sell and Parker helps us to continue to provide the very best of care for the children of NSW and beyond," he said.

Thank you Sell and Parker for hosting the enjoyable and memorable day.



Ross Parker shows Dr Barry Duffy and the kids around the Sell and Parker recycling plant at Blacktown.

A Special Visit from Coles

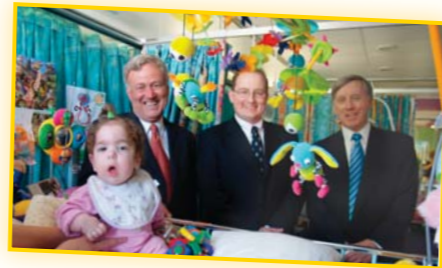
REPRESENTATIVES from Coles and Bi-Lo stores visited Sydney Children's Hospital on Thursday 9 November to see what a difference their enormous support has made to children with cancer. A donation of \$392,094 was presented to Professor Glenn Marshall. Patient, Daniel Fyffe and his Dad, James met the team and thanked them for their support.

Allen Arthur Robinson's Generosity

ON Tuesday 31 October, Allens Arthur Robinson's (AAR) retiring Managing Partner Tom Poulton, Chairman of the Charity Committee Jim Dwyer, and members of the AAR Charity Committee, Natasha Simonsen, Louise Chau and Carla Degenhardt visited Sydney Children's Hospital.

A generous cheque for \$95,000 was presented to fund the 2007 Neurology Fellowship. AAR has been proud supporters of the hospital for more than 10 years and has funded the only neurology fellowship in Australasia for the past eight years.

On behalf of the Foundation, the Neurology Department and the hospital, our deepest gratitude to AAR for their long standing commitment to neurology.



Patient Mariane Khoury with Tom Poulton, Dr Nicholas Smith and Jim Dwyer.

Coogee Bay Hotel Charity Golf Day Exceeds \$1 Million Target At Golfing with the Stars

ON Wednesday 25 October, 140 golfers turned out at Camden Lakeside Golf Course to play a round of golf with the stars of the Coogee Bay Hotel Charity Golf Day.

Not even a lightning storm, hail or drenching rain could thwart the commitment of the celebrities and the corporate golf teams who turned out to shoot for a hole-in-one for Sydney Children's Hospital (SCH).

Ironwoman, Candice Falzon was given a quick half hour lesson by golfing legend Jack Newton before lining up for the early morning shotgun start along-side fellow celebrities Canberra Raiders Assistant Coach David Furner, former Swans player Matthew Nicks, Roosters star Braith Anasta and Miss Universe Australia, Erin McNaught.

During the past eight years the Coogee Bay Hotel Charity Golf Day has raised in excess of \$900,000. This year's efforts enabled them to exceed an exciting total of \$1 Million.

Well done Coogee Bay Hotel for hosting another successful golf day and all who help make the day such a triumph. Thank you for your ongoing and passionate commitment to raising vital funds in support of surgical services at SCH.



Ironwoman Candice Falzon on the green with fellow golfers Darren Pressley, Jonathon Ward and Glenn Clark at the Coogee Bay Hotel Charity Golf Day

Employee of the Month

CONGRATULATIONS to Carolina Pierson, Patient Services Assistant (PSA), who is our Employee of the Month for December.

Raeleen Rickard, Schools Project Officer, Health Education Unit and Paul Tyne, Quality Manager, have

nominated Carolina for the award. Maria Cosentino, Manager of Domestic Services, Sydney Children's Hospital (SCH), supports Carolina's nomination.

According to Raeleen Carolina was one of the first names she learnt when she first started working at SCH.

"It didn't take long to notice how diligently and cheerfully she kept the area clean and tidy. She seems to be constantly mopping the hallway, emptying bins and cleaning washrooms and is always ready to greet you with a big smile.

Faced with an office move in the next few weeks, I asked Carolina to save me some boxes if she came across any over the next few days. Within 30 minutes she had not only fulfilled the request, but also had refused my offer to collect them from across the hallway and insisted on bringing them to me herself. Now that's service with a smile!" Raeleen said.

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

Staff Recognition Awards

SYDNEY Children's Hospital (SCH) recently recognised the commitment and dedication of staff members who have worked for the hospital for 10, 20, 30 and 40 years.

Prof Les White, Executive Director of SCH and Mr Jack Ford, Chairman of the Sydney Children's Hospital Foundation, presented staff members with their certificates and gifts.

Staff members who received recognition for their 10 years of service included Dr Andrew Numa, Dr Arthur Teng, Dr Bronwyn Chan, Dr Celia Finger, Dr Greg Blecher, Dr Hala Katf, Dr Susan Adams, David Loy, Eugene Shpayzer, John Watt, Pubudu Nanayakkara, Sinnathamby Thillainathan, Alison Wells, Anne Goodier, Canan Temel, Caryl Hoffman, Davorka Veselic, Donna Bennetts, Estelita Bourke, Estelle



Carolina Pierson

Roberts, Fernanda Da Silva, Gordon Mortleman, Haido Kalkavouras, Helen Poulos, Irene Slotwinski, Katherine Barwick, Kirsty Goymour, Kylie Mackenzie, Madeline Whitby, Maree Della-Franca, Marnie Szeles, Mary Anthony, Mary Finch, Nadine Day, Nicole Harvey, Nola Imber, Nway Htut, Penelope Ingle, Sarah Watt, Susan Sims, Tracie Sheekey, Trudy Kapadia, Vaselka Zivanovic and Wendy Dickinson.

Staff members who received recognition for their 20 years of service included Dr Bruce Currie, Bill Louey, Roberto Alejandro Scasserra, Cathy Lovell, Gai Brydon, Ruth Rutherford, Elaine Newell, Linda Nelson, Margaret Aitken and Margaret Campbell.

Staff members who received recognition for their 30 years of service included Sue Hancock, Soi Ling Chow, Virginia Binns and Prof Les White.

Dr Barry Duffy was recognised for his 40 years of service.

Non-violent Crisis Intervention Training

IF you have heard some strange noises coming from conference rooms or seen staff attacking each other recently, you may have been witnessing the non-violent crisis intervention training.

The mental health service at Sydney Children's Hospital (SCH) has been providing training for staff in crisis management. Four staff are accredited trainers from the Crisis Prevention Institute, USA. The program is known worldwide for providing care, welfare, safety, and security for staff and those in their care — even during the most violent moments. It teaches staff to respond effectively to the warning signs that someone is beginning to lose control, but also addresses how staff can deal with their own stress, anxieties and emotions when confronted with these challenging situations.

The program focuses on preventing disruptive behavior by communicating with individuals respectfully. It also teaches physical interventions to assist staff to maintain their own safety and non-harmful. Physical interventions suitable for use on children are taught as well.

One hundred and forty SCH staff from nursing, allied health, medical, the hospital school and security have completed the two-day course. There has been a noticeable reduction of restraints occurring at SCH since the training began in mid 2005. The course will continue through 2007. For further information, please telephone Carla Moore CNC - Mental Health on 9382 1922.

Parent Information Day

THE Cerebral Palsy Service recently held its first Parent Information Day. More than 60 parents attended this seminar to learn about updates, current trends and intervention for children with cerebral palsy.

The day was a resounding success, many parents requesting additional forums and finding the networking opportunities invaluable.

Dr Kevin Lowe, Dr Ric Dunstan and Dr Maria Kyriagis presented medically based information, whilst Ann Lancaster informed parents about what to look for when reading research articles. Dr Natalie Synman delivered a review of alternate therapies, and Dr Meredith Ward discussed stem cells and regeneration.

The afternoon session was devoted to specific aspects of intervention by team members including dietitian Katie Barwick, occupational therapists Amanda Evans and Zoe Stewart and psychologist Meagan Lang. Social worker, Melissa Kelly facilitated a session aimed at assisting parents to think about looking after their own health and well being. A panel of team members answered a variety of questions and generated lots of discussion.

The Cerebral Palsy Service was delighted with the feedback, which included, "Congratulations on an informative and beneficial day", the presenters were "passionate and provided excellent information" and "please make this a regular event!".

During lunch parents were able to speak to a variety of community organisations, who had been invited to promote their organisation and the various services available within the community.

Thank you to Riding for the Disabled, Wheelchair Sports Association, Sailability, Technical Aid for the Disabled, The Spastic Centre, and Northcott Disability Services for their time and commitment in helping to make the day an overall success!



Left to right: Tina McKenzie, world championship basketball player and parent, Kathy Charlton

EQulP - Organisational Wide Survey (OWS)

Mandatory education

- DO you know what to do in the event of a fire evacuation?
- Do you know which type of fire extinguisher to use for different types of fires e.g. for paper, plastic or oil fires?
- What do you do in the event of cardiac arrest?
- What do you do, as part of your role, to assist with infection control?

Chances are, if you have forgotten, then it has probably been some time since you last attended an annual mandatory education session. This includes OH&S, employee preventive health and infection control, security/personal safety, waste management and notification of incidents using IIMS.

This is a key area that the EQulP surveyors will look closely at during next year's survey in April. To achieve accreditation we will need to demonstrate 100% of staff have attended mandatory training. For those staff who find it very difficult to attend e.g. night staff, we will need to ensure there are other training options available for them.

So, remember mandatory means mandatory!

If you have not completed mandatory education since April this year, make sure you do so before the survey. The next sessions are on Monday, 22 January, Wednesday, 21 February or Thursday, 22 March in the RHW Lecture Theatre.

If you have any questions regarding EQulP or accreditation, telephone Paul Tyne on 9382 1450.

Grants for Health Promotion

THIS year, the Sydney Children's Hospital Foundation provided funding for the inaugural Health Promotion Grants Program, coordinated by the Health Promotion Committee.

The program offered funding to hospital staff to assist with implementing and evaluating projects that promote the health of staff, patients or visitors.

The Health Promotion Committee recently announced two successful applicants who were awarded \$15,000 each for their projects.

The first project aims to reduce tobacco-related harm by offering smoking cessation support to parents/carers during their child's hospital stay.

"This is a fantastic opportunity to make a real difference to the health of our patients," said Melinda Gray, Paediatric Asthma Educator.

"Without the funding these types of projects can falter - yet for a relatively small investment - real long-term benefits can be achieved."

The goal of the second is to identify and prevent speech and language problems in children from disadvantaged communities who do not typically access speech pathology services.

"The grants scheme is an effective way to introduce small but significant changes to improve the services we provide," said Bronwyn Carrigg, Senior Speech Pathologist at the hospital. "Both staff and patients are likely to benefit from the projects."

The Health Promotion Committee at Sydney Children's Hospital is delighted by the high calibre of the submissions and will provide progress updates over the next 12 months.

Paediatric Unit Opening

THE Paediatric Unit at the Prince of Wales Private Hospital was opened on Wednesday, 1 November 2006.

The Unit has 14 beds and caters for children and adolescents of all ages who have undergone surgery or have medical conditions that require hospitalisation.

To mark this special occasion, artist, singer and mother, Tracey Levett, unveiled three of her own acrylic paintings, which feature brightly coloured balloons floating across different skies throughout the day. Although the artwork was created to appeal to children, the sky and its sense of freedom was also painted to appeal to adults feeling confined by their surroundings during their children's hospital stays.

Shower Facilities

DO you walk, jog or ride to work? Would you, if you could have a shower when you get here? Did you know there are showers you can access? They are situated in the Emergency Department, the Physiotherapy department (level 0) and the Care By Parent Unit (level 3). Just ask the ward clerks for directions. The

Physiotherapy Department opens at 8.00am. Please telephone Pam Hennessy on 9382 1050 if you would like to use the Physiotherapy Department shower.

Audiology Department Billing Arrangements

BILLING arrangements at Sydney Children's Hospital's Audiology Department will change as of 1/12/06.

Patients will be required to provide a doctor's referral to the Audiology Department from that date.

Referrals for behavioural audiometry (audiograms and Impedance testing) should be addressed to Dr David Starte.

Requests for brainstem evoked response audiometry (including SWISH complex assessments) should be addressed to Dr John Lawson.

Patients will be charged the Medicare fee only. Families should be reassured that there will be no out of pocket expenses.

Any enquiries should be directed to Monica Wilkinson, Audiology Manager, on telephone number 9382 4883.

Justice of the Peace

IF you need a Justice of the Peace one of the following staff members at Sydney Children's Hospital may be able to help you out.

Pamela Leighton	C3W
.....	9382 1325
Karen Ramien	Executive Unit
.....	9382 0369
Robyn Pedersen	Medical Genetics
.....	9382 1700
Wolf Sommer	SCH Foundation
.....	9382 1177
Harriet Violakis	Allied Health
.....	9382 1297



A Mother's Experience

CATHERINE Barlow is a Sydney Children's Hospital Child and Family Health nurse who describes below her journey through illness and preparation for motherhood in which she depicts her desire to give her child the best possible start to life. Catherine's journey is one of courage and determination and is inspiration to us all.

"I was diagnosed with ulcerative colitis at 28. When I reached a point of reasonable health, I was very blessed to become pregnant. Unfortunately though, the pregnancy seemed to have a negative rather than a positive effect on the ulcerative colitis, and at 30 weeks gestation, an ultrasound revealed the baby to be small, with reduced cord flow, and I had oligohydramnios. It was at this point that I learnt that my baby would be born prematurely.

My concern was that being premature my baby's suck was probably going to be too weak to breastfeed and that I would not be able to express enough for her requirements in those first few days. I enlisted the advice of a lactation consultant, with approval from my obstetrician, we decided I could begin expressing antenatally, being mindful not to induce labour. The aim was to avoid having to artificially feed our baby so that she would have all the advantages of exclusive breast milk. I was particularly aware of the evidence suggesting that breastfeeding can reduce the risk of the baby developing inflammatory bowel disease.

At 30-31 weeks gestation I commenced hand expression for a few minutes approximately every four hrs in the day. The quantity I expressed increases until I could easily express 10ml at a time and the colostrums turned into transitional milk. I experienced no uterine tightening in association with expressing.

At 36 weeks gestation our beautiful baby girl was born by caesarian section, weighing 2260gms (5lb). She did not require any artificial baby milk as I had more than enough frozen colostrum, in addition to freshly expressed colostrum, and she was fully breastfeeding by day five. I exclusively breastfed for 6 months at which time solids were introduced and I continued breastfeeding for 17 months," Catherine said.

The full article is available in the November edition of Breastfeeding Review.



Catherine with her healthy daughter, Sally



Outstanding Visit

TO help celebrate International Children's Day, Elizabeth, Melissa, Gabrielle and Sara from St Clare's School at Waverley kindly took time out with Roo and Liz to visit patients at Sydney Children's Hospital (SCH).

They did a fantastic job entertaining patients, blowing up balloons as well as sweeping out the upper Fairy Garden to make it safe and tidy for visitors.

They certainly helped brighten everyone's day!



Roo and Liz at SCH



BBQ a Huge Success

THE Sydney Children's Hospital (SCH) OH&S BBQ was held on Wednesday, 8 November. It was a great success and despite the fairly ordinary weather around 200 people joined the SCH OH&S Committee for their annual promotional event. Thank you to everyone who helped make this day such a great success.

The Committee was very impressed with both the enthusiasm with which staff completed the OH&S quiz and their answers. OH&S knowledge, particularly of hazard identification, chemical, gas cylinder and hazardous waste risk management has improved markedly - many people answered every question correctly, so the best entries were placed in a hat and eight were drawn out to match the number of prizes.

Prizes were awarded to Davor from orthopaedic surgery, Skye from occupational therapy, April from the Sydney Cord Blood Bank, Helen/Danni from PEP, Emily from social work, Kerrie from physiotherapy, Carla from mental health and Dawn from domestic services. Well done!



Staff members completing their questionnaires



Staff enjoying the BBQ