

The Kilmore & District Hospital

What does the program include? Recovery and exercise, fatigue and cancer treatment, health and wellness plans, eating well, wellbeing and relationships, finances and work.



What happens now?

It's a question many people ask themselves after cancer treatment.

A new collaboration between The Kilmore & District Hospital (TKDH), Cancer Council and the Hume Regional Integrated Cancer Service is set to help them uncover some answers.

The local Wellness and Life After Cancer (WALAC) program will provide free education and support for people who have completed active treatment. Their carers, partners and family members will also get a chance to participate.

Each year approximately 200 people in the region are diagnosed with cancer. At any one point around 1000 patients will be dealing with cancer, and almost 70% will receive treatment.

That regime brings with it significant life changes. It's a busy and stressful immersion into the medical world for patients and their families. When the schedule of appointments stops it can be difficult for people to transition back to 'normal life'.

The program will help ease the shock to the system and

delivers guidance to adjust and live well. The tailored sessions will include information from local practitioners such as GPs, dieticians and physiotherapists.

Kate Pryde, TKDH's Director of Clinical & Aged Care Services, welcomes the program as part of the hospital's renewed focus on cancer support services.

"It's a way for us to provide overall care that best supports community need," said Ms Pryde.

"We cannot offer complex cancer treatments like chemotherapy. So we collaborate with the tertiary hospitals that do. The combination of our oncology support, this new living well program and local palliative care services means we complement treatment."

This broad approach means that TKDH reaches most people who are touched by cancer. Our community will now have access to appropriate care and support for every stage of the cancer experience.

The first program will be delivered at TKDH over two 6 hour sessions on Tuesdays 27 February and 6 March. To find out more contact Devanya Sinkler-O'Dea on 03 5734 2174 or sinkeled@humehealth.org.au

CEO's Update

Welcome to the New Year and our summer edition.

With 2018 underway, it's a chance to recall the achievements of last year and to highlight what's on the agenda for the year ahead:

2017 highlights

- Launch of the Urgent Care Centre's eyeConnect Service in partnership with the Royal Victorian Eye and Ear Hospital
- 20th birthday celebrations at Dianella Village Hostel, and the refurbishment of the garden, including a mosaic water feature
- Community Open Access Day where 50 children attended our second Doctors and Nurses for a Day program
- Inaugural Recognising Excellence Awards for staff
- Life Governor Awards conferred at the 2017 AGM.

2018 priorities

- Commence construction works to refurbish Caladenia Nursing Home
- Accreditation site visit from the Australian Aged Care Quality Agency to review the quality and safety of our aged care services
- Installation of new equipment and technology for our maternity services
- A new Parent Child Day Stay Program in partnership with FamilyCare
- Establishment of the Wellness and Life After Cancer (WALAC) program.

We're looking forward to a busy year of activities and community support. Best wishes to you all for a safe and happy 2018.

Regards,
Sue



Beat the Heat



As the hot weather kicks in over late summer, there are some things you can do to minimise the risk on days of extreme heat:

- Never leave kids, adults or pets in hot cars
- Drink plenty of water, even if you don't feel thirsty
- Keep yourself cool by using wet towels or cool water
- Spend as much time as possible in cool or air conditioned buildings
- Block out the sun by closing curtains and blinds
- Open the windows when there is a cool breeze
- Stay out of the sun during the hottest part of the day
- Wear a hat and light coloured, loose-fitting clothing made from natural fibres
- Eat smaller meals more often and cold meals such as salads
- Keep in touch with sick or frail friends and family.



Hats off to Winners

With festive hats on we took our hats off to recognise the wonderful contributions made by our team.

The inaugural Recognising Excellence Award winners were announced at our staff Christmas party after a robust judging process across five categories.

Awards are a great way to reflect on the work we do, and to measure and celebrate the difference our people make. The variety of nominees highlighted that innovative ideas and dedicated professionalism are thriving right across the organisation.

The overall winner was Anne Hussey, Leisure and Lifestyle Coordinator at Dianella Hostel. She got the gold star for improving the garden environment for Dianella's aged care residents and their families to enjoy, supporting social inclusion and wellbeing.

Domain	Risk Management	Effectiveness	Consumer	Workforce	Leadership & Culture
Winner	Maternity Services Team	Admissions Team	District Nursing Service Team	Theatre Capability	Anne Hussey

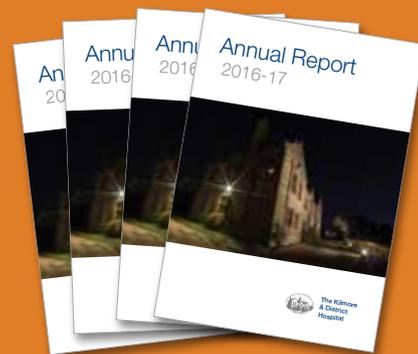
The Year Gone By

It was wonderful to welcome a crowd of over 60 people to our Annual General Meeting in November.

Thanks to Sue McCallum, Clinical Improvement Coordinator, Medical Services from the Royal Victorian Eye and Ear Hospital who joined us to talk about the new telehealth service we've launched in the Urgent Care Centre.

We also got to publicly recognise the contribution of staff and volunteers, and welcome three new life governors (details below).

If you missed the event you can still learn about the year gone by. Jump online to review our Annual Report and Quality of Care Account www.kilmoredistricthospital.org.au/reports.html



A Life of Service

Life governorships are a way to say thank you to an individual for their significant service to TKDH. We acknowledge voluntary, philanthropic or professional contributions that have brought benefits to our community.



Dr Sarwat Shenouda

Dr Shenouda was born and educated in Cairo, Egypt. He served for a time as a conscript in the Egyptian army - as a cook!

Upon emigration to Australia Dr Shenouda moved to Swan Hill, where as a country GP he quickly realised the need for obstetrics experience. His subsequent training led to a mentor who suggested Kilmore as a place in need of his skills.

Dr Shenouda found a real sense of community, settling here with his children who attended school locally. He's been the cornerstone of TKDH's obstetric service for over 20 years, and is the immediate past chair of our Visiting Medical Officer's Committee.



Elizabeth Dillon Hensby

After growing up in Geelong Liz started her career in 1969 at the Royal Melbourne Hospital. From there she moved to Nagambie and had nursing stints in Queensland. In the 80s she relocated to Kilmore and joined TKDH team.

Liz was employed at TKDH as a registered nurse and midwife for over 30 years. Around 2015 she noticed things coming full circle as she began to deliver the babies of babies she'd delivered.

Liz retired from official duties in May last year. She remains connected through her work with the Kilmore Historical Society, collecting old hospital photographs and historical items for display.



John Dixon

John joined TKDH Board back in 1994. Over the 24 years he's been appointed Board President and Vice President, plus Chair of the Audit Committee.

His stint of service on Project Management Groups has been extremely valuable to the hospital's modernisation and expansion.

The building projects, including Caladenia, Dianella and hospital extensions and redevelopments, have a combined value of well over \$30M. Under John's stewardship they've come in on time and on budget.

John continues to contribute to the improvements of facilities for our community. He's currently involved in the Caladenia Nursing Home refurbishment project.



Who are You?

Margaret Redmond

Enrolled Nurse, university student, piano teacher and mother of seven.

What's your typical day?

I work on the inpatient ward. Each day is varied and busy, typically looking after five to six people. They might be recovering post-op, admitted into the Transition Care Program or receiving palliative care. Each patient brings a different set of care needs, paperwork requirements and a range of allied health professionals to collaborate with.

Why did you become a nurse?

I've been a nurse for almost 30 years. I like to support others to be the best they can be, no matter what has been thrown their way. I bring quality, best practice knowledge to the bedside. My nature is professional, quiet and patient. I know this combination can make a big difference to people at very difficult times.

What's the best thing about working on the ward?

I particularly enjoy seeing improvement of the Geriatric Evaluation and Management (GEM) patients. These older people are admitted to hospital after an injury or surgery. While they're at TKDH they build their awareness and strength, guided by a wonderful team of health professionals. Then they get to go with home (with support networks in place)!

What are the benefits of working at The Kilmore & District Hospital?

I can use a diverse array of nursing skills - from assisting in Medical Emergency Team calls, to IV therapies or dressing wounds. This workplace has introduced me to multi-disciplined teams, which has broadened my knowledge. The flexibility suited my growing family, and we've paid off the school fees after 20 years. Yay!

What's next for your career?

TKDH has enabled me to become a Wellness and Life After Cancer facilitator, so I've been liaising with the Cancer Council to set up an education forum. It's designed for people (like me) who have completed cancer treatment, and it includes their families and friends. I'm looking forward to the launch in February, so we can provide people with relevant knowledge, and connect the cancer patients in our community to local support services.



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