

The Kilmore & District Hospital



Pictured: Elder Uncle Steve Walsh performing a smoking ceremony

Community Commemorates

Local sculptor, Chris Anderson, aka ArtyChris, reckons he must be accident prone, and that his four boys are similarly inclined. For a while he has wanted to acknowledge The Kilmore and District Hospital (TKDH) team that patches up his family.

Chris generously donated an art piece, which now features in a native garden commemorating the ten year anniversary of the 2009 bushfires. In February, we unveiled the garden and plaque, alongside Chris's eagles carving at the hospital entrance.

The garden project was part of a broader suite of remembering, healing and community conversations coordinated by TKDH, with funding support from the Department of Health and Human Services.

Activities included a public forum with clinical psychologist, Dr Rob Gordon, and community access to bushfire resource nurses. The nurses provided people with wellbeing support and referral pathways for four weeks over the bushfire anniversary period. There was also an interactive session for staff and volunteers who were affected by patients' stories.

The garden unveiling ceremony in February was an opportunity for staff and volunteers to reflect and remember the losses. It was also a moment to acknowledge the hospital's role as a first responder, and to recall the strengths of community working together.

Uncle Steve Walsh performed a smoking ceremony to represent wellbeing, healing and community spirit. Staff

members Sue and Deirdre recalled their experiences and stories from the time. With the support of Kilmore Mitre 10 our team placed native plants as a symbol of future growth.

Anniversaries can be difficult to talk about but there is a role for art and gardens to support long-term growth and recovery processes, and for people to recognise their resilience.

Chris was not directly affected by the fires, but knew people who were, and like most people in the community, is still touched by the events. He has experienced post-traumatic stress from a different context.

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CEO's Update

Welcome to the autumn edition of The Kilmore & District Hospital newsletter.

In this edition we acknowledge the 10th anniversary of the 2009 Bushfire and the impact this had on our community. You can also read about the fabulous contributions of people who volunteer their expertise and time or even become one yourself.



Since the last edition of the newsletter we've focused on our preparation for the upcoming accreditation site visit from the Australian Council on Healthcare Standards. Their job is to review the quality and safety of our hospital services. Another key project has been overseeing the construction works to complete the refurbishment of the Caladenia Nursing Home.

Over the next three months our priorities include:

- Implementing our Direct Access Colonoscopy Clinic to support the National Bowel Cancer Screening Program
- Developing our draft Disability Action Plan
- Commencing the upgrade of our ICT infrastructure.

None of what we do can happen without the efforts of our entire hospital and aged care services team – including supporters, donors, volunteers and committee members. Thank you all.

Regards,

Sue

Share your skills

Are you looking for a rewarding challenge? We need TKDH volunteers to:

- Support our Aged Care Lifestyle and Wellbeing program
- Guide hobbies like sports, crafts, entertainment, building projects, cooking, reading or gardening
- Drive a mini bus to get our Community Access program participants out and about
- Fundraise or do hospital support tasks as a member of the Auxiliary.

If you have energy and enthusiasm and enjoy being with people, come and join us. Volunteering is a great way to develop friendships, keep busy and contribute to your community.

You only need to commit two hours per week, and TKDH provides ongoing support and training. Give us a call to find out more **5734 2164**.



OPP SHOP

40 Albert Street, Kilmore

Thurs & Fri 9am-3pm
Saturday 9am-12pm

Donations Welcome

What have we been up to?

Data from 1 January to 31 March 2019 included in these figures



2264

Urgent Care presentations



53

Community Nurse Home Visits



34

New Staff Members



3

Dianella Resident Outings



50

Babies Born



433

Outpatient Clinic Visits



95

Procedures Performed



3

Caladenia refurbished living areas

Community Commemorates (cont)

Chris's foray into making art has been therapeutic. He finds drop wood on his 180 acre property and slowly brings old and brittle pieces back to life in a new and hopeful formation, such as the eagles in our garden. The fragments come together in a natural and organic process, like a jigsaw.

Chris is very proud to be able to give something to the hospital and the community, and has been touched by the response from staff and patients.

He has recently connected with new parents who had their baby at TKDH. The mother got in touch to let Chris know how much she appreciated the garden and the majestic eagles, and to convey how welcoming and supportive the reflective space is for patients and families.



Pictured: Chris with the beautiful Eagles he donated to the Hospital

Paying it forward

A tin of jelly beans arrived at our Urgent Care Centre ten years ago, just after the fires. The gift, with a card of support from the Emergency Department team at Alice Springs hospital, was a welcome acknowledgement from far away colleagues.

TKDH staff appreciated and remembered that kind gesture and the encouragement from peers as we continued to support our community round the clock.

The recent Townsville monsoon and floods provided us a chance to share that spirit, and pay it forward. Our UCC team sent gifts to the Emergency Department at Townsville Hospital. Coincidentally, one of our staff members was able to deliver the care packages in person.

Clinical Education Coordinator and nurse, Amanda Byrne, has volunteered for the Mitchell Shire Red Cross Emergency Response team for the past 18 months. The group is set-up to respond to large scale events or single incidents, like fire or flood.

The scale of the Townsville event was an opportunity for Amanda to volunteer valuable skills through Red Cross. Over a six day deployment at the relief centre she provided mental health first aid, in collaboration with teams from Lifeline and the Salvation Army.

Amanda found the experience to be "rewarding, exhausting and challenging".



Pictured: Amanda (Third from left) with Red Cross volunteers

"It was heartening to witness the humanity and compassion of people, and to be able to support the resilience and power of Townsville locals," she said.

It was also an opportunity to show support for hospital colleagues who were putting in big efforts for their community.

Townsville nurse unit manager, Debbie McCarthy indicated that it would take a long time to recover but random acts of kindness delivered from so many different places helped to buoy staff.

Her Townsville colleague, Judy Morton (Executive Director, Nursing and Midwifery) agreed.

"The solidarity among staff and other health workers during times of need made a significant difference post-event. This was a beautiful gesture from the Kilmore District Hospital, and the feedback I had from staff was one of genuine appreciation of the act."

Wearing Many Hats

Anne Johnson is one of the passionate local volunteers who keep TKDH ticking. Anne wears many hats. One day you might find her at the outpatients' service, the next day she's talking with residents in our aged care facilities. She helps out with hospital administration and mentors fellow volunteers, gently guiding them to play their own role.

Through her leadership and support of the Auxiliary, Anne has built the health service's volunteer and fundraising capacities, and contributed to better patient and resident experiences. She has steered changes so that the Auxiliary can sustain its activities well into the future. We're rapt



to endorse Anne's nomination for the 2019 Minister for Health Volunteer Awards. Finalists are announced in late April. Good luck, Anne!

Who are You?

Amanda Byrne

Clinical Education Coordinator

What does your role/s include?

As the Clinical Education Coordinator, I work three days a week to develop and coordinate education programs, predominately for TKDH's clinical staff. My role includes managing the Graduate Nurse Program, undergraduate student placements and our in-service education.

I am also lucky to be involved in special projects, like the recent Beyond the Bushfire Resource Nurse program. I've had input into the annual hospital Community Access Day, ranging from teaching a young person to call 000, instructions to manage a snake bite and CPR tips for secondary schoolers interested in a nursing career. The days are always interesting and I feel like I am representing my organisation well.

How did you find yourself at TKDH?

I have worked in the Urgent Care Centre (UCC) on and off for almost 15 years. Before that I was employed at the Northern Hospital and lived in Wallan. I gradually did fewer shifts at the Northern and more here. I have been in this particular role for four years but still love my occasional shifts in in the UCC.

What is the best thing about working here?

It's been amazing to be part of the change that has taken place over recent years here at Kilmore. I love the support I receive from all levels of staff and I appreciate that people come first in our environment.

What local activities do you enjoy on your days off?

I enjoy (don't laugh) water aerobics and scrapbooking! I also like taking local walks with my dog, Bonnie. I'm a busy Mum so I don't get that much time to myself. I currently have two learners in the house so we are often out driving around the area trying to get the hours up. I also volunteer in the local Red Cross emergency team.



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