



# Pomegranate

*Hospitality | Compassion | Respect | Justice | Excellence*



## Hospitals open in Midland

St John of God Midland Public and Private Hospitals are now open and delivering a new era in healthcare to the east metropolitan and Wheatbelt regions of Western Australia.

St John of God Midland Public Hospital opened its doors at 7am on November 24, 2015, and 83 patients were then systematically moved from Swan District Hospital, in one of the largest ever single transfer of patients in the state's history.

The first person to present at the new emergency department arrived at 7.01am and the greatly anticipated first baby, Avi, was born in the new birthing suites at 1.30pm, much to the joy of the 1,257 excited new caregivers.

St John of God Health Care Group Chief Executive Officer Dr Michael Stanford said the opening was a momentous occasion for St John of God Health Care, after many years of preparation to ensure

the new hospital provides high quality public health care for the area.

"In establishing this wonderful new facility, we have consulted widely with the community about the hospital's role and have developed extensive plans to integrate its services with local activities," he said.

"We have also been working hard to ensure the hospital respects the diversity of the catchment area and creates a welcoming environment for people of all backgrounds and beliefs."

The Premier of Western Australia, the Hon Colin Barnett MLA, officially opened St John of God Midland Public Hospital at a ceremony on Friday November 20. He said the project was an example of how a collaborative partnership between state and federal governments and the private sector could deliver a major hospital on time and on budget.

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*Pictured above left: Unveiling the plaque at the official opening ceremony were SJGHC Chairman of Trustees Eva Skira, SJGHC Board Chairman, Tony Howarth, Premier of WA Colin Barnett, WA Minister for Health Dr Kim Hames, Federal Assistant Minister for Health Ken Wyatt. Right: The first patient to be transferred to St John of God Midland Public Hospital was 84 year old Margery Short.*

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# GROUP UPDATE

We have so much to celebrate and this edition of Pomegranate certainly commemorates significant milestones we have achieved in continuing to deliver on our Mission at St John of God Health Care.

I thank all our caregivers, doctors and partners who have contributed to our three new operational hospitals; St John of God Midland Public and Private Hospitals and Hawkesbury District Health Service and extend my welcome to our new caregivers in these facilities.

Personally it has been one of the most rewarding journeys of my career to see the development of St John of God Midland Public and Private Hospitals from an Expression of Interest in response to a government tender back in 2010 through to delivering our distinctive service, in a magnificent new facility, to a new community.



I cannot overestimate the transformational importance to our organisation that we now run two significant public hospitals and operate almost 500 beds for public patients. This changes our understanding of community engagement and will enable further growth in an area of work central to our Mission.

Across our organisation we can also reflect and celebrate a strong performance in the delivery of high quality health care including a 100 per cent pass rate for ACHS accreditation including many 'met with merits'. Our infection control and hand hygiene rates were also significantly better than the national benchmarks.

We are well on track to reaching our Strategic Priority objective of doubling our research commitment in the next five years, with a 35 per cent increase in translational research in FY14/15.

We have been building the capacity of our nursing workforce with a focus on evidence based decision making. This has included the launch of the first Nursing and Midwifery Leadership Program and finalising the nursing unit balanced score card. We have started to roll out the K2 fetal monitoring system to all obstetric units in our hospitals and we look forward to the holistic outcomes of the transformation program underway in theatres.

Our Occupational Health and Safety 'Good to Great' strategy has been launched and at Board and executive level we are committed to moving to 'zero harm' to our caregivers.

Our increased focus on patient safety and quality has delivered this year a consultant's report on how to implement Clinical Information Systems (CIS) across all our hospitals by 2019 (Project Chrysalis), the first CIS being recently installed at Midland. Enacting an implementation roll out will be one of the key initiatives for the group in 2016. Our health outcomes and patient safety and quality reporting and monitoring has taken great leaps forward, including its linking with registry data and much improved (and more timely) root cause analysis.

I would like to acknowledge the efforts shown by all our caregivers in what was a very busy year with an enormous amount of change. We now employ more than 2,000 additional people within the organisation but with this growth we have also seen restructuring and change which has meant some long serving caregivers have left us. I thank all of those who have committed much of their working life to St John of God Health Care.

In 2016 we will be working hard to ensure St John of God Midland Hospitals and Hawkesbury District Health Service become stable, highly productive, fully integrated members of the St John of God Health Care group and we will be increasingly focused on achieving our OHS ambition of 'zero harm' and our ambition for our patients and clients of 'zero preventable harm.'

A handwritten signature in black ink that reads "MPS Stanford".

**Dr Michael Stanford**  
Group Chief Executive Officer

## Hospitals open in Midland

*From page 1*

"This outstanding new public hospital will be operated under contract to the government by acclaimed health provider St John of God Health Care, and will deliver integrated and expanded services for local patients that were not previously available at Swan District Hospital."

Other speakers at the official opening included Federal Assistant Minister for

Health, the Hon Ken Wyatt; WA Minister for Health, the Hon Dr Kim Hames MLA; SJGHC Chairman of Trustees Eva Skira and SJGHC Group CEO Dr Michael Stanford.

A ecumenical reflection was led by the Catholic Archbishop of Perth, the Most Reverend Archbishop Timothy Costelloe and included Chief Rabbi of Perth, Rabbi Dovid Freilich; Baptist Church of WA's Reverend Philip Bryant; Imam of Islamic Council of WA's Sheikh Hisham;

Sikh Temple's Head Priest Jasvinder Singh; Anglican Parish of Midland Church Warden Lynne Oliver and Buddha Light International's Venerable Miaoxi Shih.

A Welcome to Country was delivered by Whadjuk traditional owner Karen Jacobs and the ceremony was enhanced with music by local students from the Governor Stirling Senior High School and Holy Cross College.



# More than 1,500 new caregivers

St John of God Health Care welcomed 1,257 new caregivers when St John of God Midland Public and Private Hospitals opened on November 24, 2015. By March the workforce at our Midland Hospitals is expected to be 1,500 people.

On the first day of operation, St John of God Midland Public Hospital Chief Executive Officer Dr Glen Power acknowledged the many people involved in ensuring the hospital was completed and commissioned on time and on budget, especially the core project team who had worked tirelessly to make certain the hospital met all licensing requirements and opened on schedule.

“I welcome our new staff, who this week began working at the hospital. Each will play an important role in ensuring the hospital provides high quality health care services and brings with them expertise across a variety of health care services in both the public and private sectors.”

## PATHOLOGY OPEN AT MIDLAND

After months of hard work and preparation, St John of God Pathology's newest laboratory and collection centre at St John of God Midland Public Hospital is operational and meeting the demands of a busy public hospital.

On its first day, the laboratory processed numerous requests from the hospital's emergency department and patients who attended the new collection centre. Day two proved busier when the emergency department activity nearly doubled along with the number of pathology requests.

National Medical Director, Dr Glenn Edwards said the doctors are pleased with St John of God Pathology's facilities.



“The doctors have embraced the modern equipment and services. Most are already using the new CIS computer-based system to place pathology requests which is quicker, more efficient and reduces manual entry,” Dr Edwards said.

“Pathologist, Associate Professor Christine Hemmings performed the first fine needle

aspirate on a patient on a ward, and the clinicians are pleased with our on-site service for this procedure.

“In addition, our caregivers' commitment, energy, ‘can-do’ attitude and responsiveness have been very well received.

“We are all very proud to be part of this new chapter in the story of the St John of God Health Care, delivering much needed health services to this growing region.”

*Pictured: The new St John of God Pathology team in Midland is ready to meet the demands of a busy public hospital.*



# In our care at Hawkesbury

Hawkesbury District Health Service didn't skip a beat in delivering uninterrupted care as the 135-bed hospital and community health service was transferred to St John of God Health Care on Wednesday November 4, 2015.

When the clock struck midnight St John of God Health Care and Hawkesbury District Health Service caregivers on after-hours duty quietly celebrated the transfer from Catholic Healthcare to St John of God Health Care and services continued as normal for inpatients.

As day one dawned the sense of occasion was realised and the hospital was abuzz with the anticipation of what new management would bring.

An informal cutting of the ribbon and sharing of cake in the hospital foyer saw over 100 caregivers, doctors and volunteers gather as Executive Director Eastern Hospitals, Tracey Burton, warmly welcomed the new health service and its caregivers into the St John of God Health Care fold and recognised the impact of change on the gathered workforce.

"Working in health care is a great privilege but it can be exhausting on a physical, mental and emotional level. One way to make health care sustainable is to create a culture of compassion and care for each other," Tracey said.

"We need you to bring your heart to work so that your colleagues experience that support,

and your patients and clients everyday get that sense of compassionate care."

"The benefits to Hawkesbury District Health Service as part of the large St John of God Health Care network of hospitals include opportunities for health service development and new career pathways for the hospital's dedicated staff," Tracey said.





# A ceremony to celebrate

The transfer of Hawkesbury District Health Service from Catholic Healthcare to St John of God Health Care was officially recognised at a ceremony on Friday December 4, 2015 in the Hawkesbury District Health Service conference centre.

In a symbolic ceremony presided over by the Delegate of the Diocesan Administrator of the Diocese of Parramatta, Fr Christopher de Souza, the proud heritage of the health service and the important place it holds in the community was celebrated.

Trustees and Board members of St John of God Health Care and Catholic Healthcare joined members of the Hawkesbury District Health Service Community Board of Advice, volunteers and staff as well as more than 100 invited guests to mark the occasion.

St John of God Health Care Group CEO Dr Michael Stanford, Catholic Healthcare Executive Director Mr David Maher and Chief Executive Nepean Blue Mountains Local Health District, Mrs Kay Hyman, spoke about the significance of the transfer and the future of hospital and health service delivery to the region.

Dr Michael Stanford said it was a credit to the staff, doctors and volunteers of Hawkesbury District Health Service that the health service had continued to run, uninterrupted, since

St John of God Health Care took over operations on November 4, 2015.

“We have been overwhelmed by the sense of pride within the walls of this health care facility, pride in the health service being delivered and in the community they serve. Credit must go to Catholic Healthcare for creating a greatly loved, community asset,” Michael said.

“One of our strategic priorities at St John of God Health Care is deeper partnering with government. We intend to be an active partner with the Nepean Blue Mountains Local Health District and NSW Health in delivering our service agreement at Hawkesbury District Health Service.”

“St John of God Health Care has been operating hospitals for more than 120 years and today has 23 health care facilities across Australia and New Zealand, including 10 hospitals with a similar service profile to Hawkesbury District Health Service. We also have local experience at our St John of God Richmond Hospital and through our social outreach services in Sydney.

“Our experience and our scale will bring benefits to caregivers, doctors and the community which we serve.

“We will be respectful of the history of Hawkesbury District Health Service and the organisations that have come before us and we will continue the journey by providing a supportive and welcoming environment for the provision of excellence in care.”

“St John of God Health Care invests and grows facilities and services to meet community need and looks forward to working with the Nepean Blue Mountains Local Health District and the NSW Government to explore plans for future growth of public and private services at Hawkesbury District Health Service.”

Welcoming the announcement on the day of transfer, Nepean Blue Mountains Local Health District Chief Executive, Mrs Kay Hyman said, “We look forward to fostering a successful partnership with St John of God Health Care for the continued delivery of quality care to residents of the Hawkesbury community”.

*Pictured above left: Oblivious to all the fuss was Indianna, the first baby born at Hawkesbury the day the health service was transferred to SJGHC. Indianna and proud parents Jeremy and Kirsten are pictured here with HDHS CEO Strephon Billingham and ED Eastern Hospitals Tracey Burton.*

*Above right: GCEO Dr Michael Stanford toured the facility to personally welcome caregivers, doctors and volunteers into the St John of God family.*

*Below: An informal cutting of the ribbon in the foyer of the health service on day one.*

## PUBLIC PRIVATE PARTNERSHIP IN NSW

Hawkesbury District Health Service provides a comprehensive range of public patient services in a public-private partnership with Nepean Blue Mountains Local Health District, part of NSW Health.

The hospital also has a private ward delivering private hospital services to the community.

It has 125 inpatient beds, 10 day surgery beds an emergency department and

community health services as well as a suite of health promotion, early intervention, treatment and palliative care services

HDHS welcomes more than 10,000 inpatient admissions per year and serves approximately 65,000 residents in the region.

HDHS employs more than 600 staff and 64 Visiting Medical Officers.

# Group CEO speaks of the greater role for SJGHC in public health

St John of God Health Care significantly increased its stake in public health in November with the opening of St John of God Midland Public Hospital in Western Australia and the transfer of Hawkesbury District Health Service in New South Wales.

St John of God Health Care Group Chief Executive Officer, Dr Michael Stanford, said the impact would benefit the communities served by the hospitals as we would be able to reach more people where there are identified community needs, and it would also be transformational for the organisation.

“The question should not be about whether health care should be delivered by the public or private sector but who is best able to deliver the service where and when it is needed,” Michael said.

“Just as the pioneering Sisters of St John of God worked with the State in 1895 to respond to a societal need when the gold rush brought on typhoid outbreaks, we continue their mission to deliver compassionate care where it is needed.”

“In Midland we have delivered two new hospitals including a public hospital in partnership with the Western Australian Government, with increased capacity and expanded services such as emergency, surgical, medical and maternity and new ones like chemotherapy.

“As our heritage will attest we also have a proud tradition of delivering care to rural and regional Australia, with seven St John of God Health Care hospitals in regional Australia.”

St John of God Midland Public and Private Hospitals will service the rural Mid-West as well as its metropolitan catchment area.

Michael said that in putting forward St John of God Health Care’s bid to operate the public private partnership in Midland,

consideration was given to the group’s long standing organisational priority to help close the gap in Aboriginal health in Australia.

“The increased service offering at Midland in a community with a significant indigenous population will support this priority and we’ve also committed to employ and train more indigenous Australians at all of our hospitals.”

For the Hawkesbury region and the northwest corridor of Sydney, St John of God Health Care brings the benefits of being a large-scale, sustainable and high quality operator to the public private partnership with the Nepean Blue Mountains Local Health District, part of NSW Health.

The agreement to run the public health service with the state in New South Wales has seven years to run during which time St John of God Health Care will look to invest further in the health services and work with the New South Wales Government to meet the needs of the region’s growing population.





Michael said that working in a more integrated system of care like that provided by the public sector will have spin off benefits for the way St John of God Health Care's private hospitals engage with their communities and public hospital colleagues.

"In public health you are uniquely accountable to the community, to taxpayers. The engagement and capability of the Hawkesbury District Health Service Community Board of Advice is an example of community engagement from which the broader St John of God Health Care will learn.

"Consumer involvement and participation in health care delivers quality health outcomes," he said.

"A greater public health profile will increase our capacity as a provider of medical education which will assist in our long term goal in Western Australia of becoming a primary allocation centre for junior doctors in our own right."

"Ultimately we want to be more aware and sophisticated in working with government so that when opportunities for partnership present we are able to help shoulder the responsibility to deliver quality health outcomes when and where they are needed."

The addition of the three hospitals, Hawkesbury District Health Service and St John of God Midland Public and Private Hospitals, takes the health care group's total number of facilities to 23 in Australia and New Zealand with more than 3,000 beds.

*Pictured opposite: Catholic Archbishop of Perth Most Rev Timothy Costelloe leads the ecumenical blessing of the new hospital with (l-r) Rev Phylip Bryant, Lynne Oliver, Jaswinder Singh, Father Grant Gorddard, Rabbi Dovid Freilich and Sheikh Hisham. Above: GCEO Dr Michael Stanford addresses guests at the official opening of St John of God Midland Public Hospital.*

# First private cardiac surgery in regional VIC

St John of God Geelong Hospital has launched the first regional private cardiac surgery service in Victoria to support the regional city and the greater Southwest Victoria.

Two years in the planning, the first cardiac surgical procedure was performed in November 2015.

The highly-specialised service at St John of God Geelong Hospital was developed in close collaboration with the local public service at the University Geelong Hospital.

Cardiac surgeons Mr Bo Zhang and Mr Cheng-Hon Yap will provide an extensive range of cardio thoracic procedures, including minimally invasive heart and lung surgery.

The specialist surgeons recognise that the provision of a new private service is integral to establishing Geelong as a cardiac centre of excellence in the future.

St John of God Geelong Hospital CEO Stephen Roberts said he was extremely proud of what the specialist team of medical, nursing and allied health professionals had achieved in establishing the new service.

"Collectively the team has invested an enormous amount of time, energy, knowledge and enthusiasm during the planning of the new service so that when it commenced on day one we were delivering a safe service to the community."

"The people of western Victoria now have a wonderful service available close to home, as an alternative to travelling to Melbourne."

*Pictured: (L-R) The dedicated cardiac theatre team includes anaesthetist Pete Tolley, surgeon Cheng-Hon Yap, cardiac surgery CNC Annie Martin, cardiac scrub nurse Lisa Heywood, perfusionists Chris Morely and Ravi Kapoor, anaesthetic nurses Esther Cohen and Ami McGuire.*



## TRANSFORMING THEATRES

St John of God Health Care is addressing increased activity in our hospital operating theatres, with a transformation program that will enhance the performance of our theatres, as well as our endoscopy and angiography suites.

We have opened new theatres at our hospitals in Murdoch, Geelong, and Midland and at the new Wembley Day Surgery and across the group procedures increased by almost 15 per cent in the last financial year.

We have launched the transformation program to ensure that our patients, caregivers and our doctors have the best possible experience when accessing these facilities in any of our hospitals. It's about providing the highest quality and holistic care.

The program is expected to deepen professional relationships with our specialists and build new partnerships with prospective health care providers, while maximising the opportunities for our caregivers to develop and utilise their skills to the best of their ability.

St John of God Murdoch Hospital has been selected as the pilot site for the transformation program which kick-started in September and it is expected to take six months, and has already had hundreds of caregivers and specialists consulted to contribute their ideas.

With a consistent approach to the running of these procedural areas across our hospitals, St John of God Health Care will be better able to incorporate world leading and innovative practices.



## Access to depression treatment in NSW

Patients living outside of central Sydney now have greater access to an effective therapy for treatment resistant depression at St John of God Burwood and Richmond Hospitals in New South Wales.

Transcranial Magnetic Stimulation (TMS) therapy is a non-invasive procedure that has proven benefits for patients who have not had success with other forms of anti-depressant treatment.

Research has shown that two in three patients report an improvement in their mood after the therapy.

St John of God Burwood Hospital TMS consultant, Dr Bernard St George said, "The new therapy, which is a safe and effective non-pharmacological treatment for depression, has already received wonderful feedback from patients who would otherwise struggle with depression, quality of life and the side effects of medication.

"We know that many of our patients were interested in TMS but until now it has not been widely available outside of central Sydney."

"The new therapy is part of a holistic program that focuses on healing within a supportive environment," Dr St George said.

TMS therapy works by using highly-focused magnetic pulses to stimulate the area of the brain that regulates mood, which helps to relieve the symptoms of depression.

TMS has been available at St John of God Pinelodge Clinic in Dandenong, Victoria, since 2014.

Caregivers from St John of God Richmond and Burwood Hospitals travelled to Pinelodge Clinic to participate in hands-on training in TMS before launching the new service from the hospitals in New South Wales.

*Pictured: TMS specialist staff include Burwood Hospital's DaWei Jiang and Nadel Obligacion, Monash Alfred Psychiatry Research Centre's Prof Paul Fitzgerald and Burwood TMS consultants Dr Jacobson, Dr St George and Dr Baumgartner.*



# Housing HOPE for young parents

Vulnerable young parents in Christchurch, New Zealand will have better access to housing and support services with a new social housing initiative being provided by St John of God Hauora Trust.

The Housing Opportunities for Parental Enhancement or HOPE project, at St John of God Waipuna in Christchurch, provides affordable housing support for young families while delivering services focused on employment, education and training.

Regional Manager of Community Youth and Child Services for St John of God Hauora Trust, Sarah Hillier said a stable and safe environment is one of the keys to improving

social and health outcomes for vulnerable young parents.

“Social work and education for young parents is central to what we do.

“We see ourselves as journeying alongside young parents and their children, supporting their self-determination as a family. Developing as a family in a safe and stable environment provides families with a solid foundation for resilience through life.”

The HOPE project also supports parents with other programs offered at St John of God Waipuna that focus on mental health and wellbeing, parental development, housing and social support.

Social Worker at St John of God Waipuna, Natasha Nish, said the intensive support and focus on parental attachment in the HOPE

project has a positive follow through to a number of other areas of life.

“Research tells us if we can work on the attachment between parent and child then those children and families are less likely to develop mental health issues, less likely to offend, and are more likely to do well academically,” Natasha said.

The HOPE project is being delivered in partnership with the Christchurch City Council, with support funding from the Vodafone Foundation, Red Cross and the JR McKenzie Trust.

*Pictured: Social worker Natasha Nish and HOPE project worker Trudi Morris supporting young families in Christchurch, New Zealand. Photo credit: Aroha Blake*



# Keeping Mission at the centre: *Many Faces, One Story*

How do staff in a Catholic health care organisation continue to treat their patients and colleagues with respect and genuine care in today's fast-paced and often individualistic society?

With budget and time constraints, staffing pressures and expansion of services, upholding Catholic values can be a challenge when striving to deliver compassionate care.

With a view to connecting and inspiring its people, St John of God Health Care has established a series of Mission-based 'formation' seminars for all caregivers— from nurses, to patient care assistants, administrative staff to engineers and everyone in between.

Since March 2015, more than 1,400 caregivers across the country have attended the first formation session titled, *Many Faces, One Story*.

St John of God Health Care Acting Group Director of Mission Cathy Scott said the formation seminars were aimed at connecting caregivers with the Mission and Values and understanding the role they play in healing.

"St John of God Health Care sees it as vital to remain faithful to the Mission in a time of expansion and growth for the organisation," Cathy said.

St John of God Health Care's Mission is to continue the healing mission of Jesus Christ through the provision of health care services that promote life to the full by enhancing the physical, intellectual, social and spiritual dimensions of being human.

Our values of compassion, justice, respect, justice and excellence underpin the way in which this care is delivered.

But 2000 years after Jesus and 500 years after St John of God's lifetime, how does this work manifest itself in a contemporary setting? And what does it mean to continue the healing mission of Jesus for both religious and non-religious caregivers?

"By sharing, explaining and demonstrating our Mission and Values in context that is relevant to our caregivers, we can work together to continue to support and deliver the excellent care for which we are known," Murdoch Hospital's Director of Mission Colin Keogh said.

Caregiver formation seminars, led by Directors of Mission in all St John of God Health Care facilities, offers an understanding of the various components of the organisation; how Social Outreach is the embodiment of the Mission in its purest form; and how a balance is struck between the Ministry of the Catholic Church and the governance required as a corporate entity.

The first in a series of three planned seminars shares the Good Samaritan's story, the selfless work of St John of God and the continued work of the Sisters and Brothers of St John of God.

"We hope to inspire our caregivers with their spirit of selfless giving; of true and deep caring for others," Colin said.

"This is presented in the context in which we are familiar – how patients come to be at our facilities and the way in which we provide the best possible care."

Formation participant Clinical Nurse Brontie Hicks from St John of God Murdoch Hospital felt the day gave her a deeper understanding of how her work fits into the bigger picture.

"It was a terrific bonding exercise and has made me more connected to the organisation," Brontie said.

"I feel not only long serving caregivers, but newer caregivers early in their St John of God journey, will benefit greatly."

"The presenters kept it light and relevant to today's way of life; appropriate for all backgrounds and faith."

St John of God Health Care has long-term plans for caregiver formation with two more seminars, Ethics in Healthcare and Social Justice in Health care, to be delivered to all caregivers.

"This is certainly an integral part of our planning for the future," Cathy said.

"As times change, our organisation and people will change, so we need to keep the Mission at the centre of what we do and how we do it."

*"As times change, our organisation and people will change, so we need to keep the Mission at the centre of what we do and how we do it."*

# Pathologist's work draws international attention

St John of God Pathology's Associate Professor Damon Bell has recently published research that casts his team of Western Australian researchers into the international spotlight and highlights important work that could see laboratories playing a more active role in caring for patients.

Damon, a Chemical Pathologist and Endocrinologist, along with six colleagues, including Dr Glenn Edwards the National Medical Director of St John of God Pathology, published a study that demonstrates how a laboratory software system could be used during routine testing to screen for a condition called familial hypercholesterolaemia (FH).

FH is an inherited genetic disorder associated with increased cholesterol levels and increased risk of heart attacks. Approximately one in 300 Australians have FH but only around one per cent are formally diagnosed. Detecting people who have FH allows early treatment, which can dramatically lower their risk of heart attacks.

Damon said laboratories performed large numbers of cholesterol tests and were well placed to opportunistically screen for people at high risk of this condition.

"A significant number of people with undiagnosed FH are already on cholesterol lowering therapy but are usually not treated adequately," he said.

"Their families have not been screened for FH – even though half of their first degree family members would be expected to have also inherited FH. Finding just one person with FH can lead to testing the family and benefiting multiple family members.

"Laboratories could use technology to review cholesterol results to see if patients may have familial hypercholesterolaemia. The pathologist can then discuss this with the treating doctor and advise on further testing as FH is a very treatable."

This research follows other work Damon and his colleagues have conducted to augment the detection of FH using the community laboratory. As a result of this work laboratories around Australia are now trialling the use of comments on cholesterol results to highlight people at risk of FH, which could potentially improve the health of thousands of Australians.

"If the trial is successful, it's likely that these methods will be recommended to all laboratories in the very near future. This could pave the way for laboratories to play a more active and collaborative role in the detection of diseases."

The research has been well received in Australia and overseas, with a number of articles published in Australian and international peer-reviewed scientific journals. Recently the findings of one study were discussed on the website of the American Association of Clinical Chemistry and Damon has been invited to write an editorial on the topic which could pave the way for laboratories around the world to play a role in the detection of FH with wide-reaching health benefits for patients.

*Pictured: Chemical pathologist, Damon Bell, says laboratories could play a more active role in the detection of disease.*



## OFFERING NEW MUMS A CONVENIENT SERVICE

New mothers in the Perth metropolitan area and Mandurah are being visited by midwives and lactation consultants in the comfort of their own homes, thanks to a service now offered by St John of God Health Choices.

The midwives and certified lactation consultants work with mothers to create personal care plans that suit the mother and her new baby. They also liaise with the mother's paediatrician, obstetrician and general practitioner to ensure the health and safety of the mother and her baby.

Health Choices Acting General Manager WA Tom McConnell said the service offers many benefits to mothers with newborns, including convenience and early discharge from hospital.

"For some mothers, especially those with other children, getting out of hospital is a priority," Tom said.

"It also alleviates the pressure of having to drive, which women cannot do after a caesarean section."

"The response we have received from patients has been overwhelmingly positive."

In addition to a personalised care plan, the service includes a full assessment of the baby, a newborn screening test for those discharged early and assistance with early feeding problems.

*Pictured: Lactation consultant and midwife Kate McDougall on her way to visit a new mother.*



# Murdoch Hospital pilots the quality standards

Caregivers at St John of God Murdoch Hospital have been working with the Australian Commission on Safety and Quality in Health Care to pilot the Draft Version 2 of the National Safety and Quality Health Service Standards.

The hospital applied to the Commission for the opportunity to be involved and in July 2015 was selected to participate as a level 2 pilot site.

The hospital's quality team, together with the Commission, held two forums in September to facilitate consultation from caregivers throughout the organisation. Caregivers were also given a copy of the draft standards on which to provide feedback.

The revised standards aim to close identified safety and quality gaps and improve the safety and quality of care for people in the



areas of mental health, cognitive impairment, health literacy and Aboriginal and Torres Strait Islander health.

Murdoch Hospital Quality Manager Kimberley Montgomery said being involved had enabled the hospital to analyse its own safety and quality processes.

"It's really useful for us to be involved at this stage so that we can review our own processes and systems and better understand emerging safety and quality issues," Kimberley said.

She said participation also provided a valuable opportunity for Murdoch Hospital to influence the content of the next set of standards.

"It will also give us the opportunity to shape the next version of the standards and give us a head start on anticipating what they might be looking for the next time around."

*Pictured: Focus group at Murdoch discusses the next version of the National Safety and Quality Health Service Standards.*

## PERINATAL MENTAL HEALTH SIMULATED TRAINING

St John of God Health Care's Social Outreach Early Years team has collaborated with caregivers delivering simulated learning in other parts of the organisation to create a new resource that will help fill a critical training gap.

For many students and clinicians within the field of perinatal and infant mental health (PIMH), there are limited opportunities to observe psychiatric presentations and therapeutic skills in practice.

Social Outreach Early Years has sought to address this issue by developing a series of PIMH DVDs that simulate four realistic consultations between clients, played by actors, and experienced Raphael Services mental health clinicians.

Social Outreach Director Early Years, Anna Roberts said the DVDs bring the clinical skills routinely used in PIMH to life in a realistic context.

"They demonstrate the use of clinical skills relevant to PIMH, such as developing the therapeutic relationship, supportive questioning and risk assessments," Anna said.

St John of God Raphael Services caregivers will be able to use the DVDs to provide PIMH training and capacity building to a wide range of audiences, including students and graduates, St John of God Health Care caregivers, maternity staff, child health nurses and GPs.

"What's great about this resource is that it can be tailored to different groups. The scenarios in the DVDs can be used in whole or in part to help stimulate discussions and show skills in action."

Completely funded by Social Outreach, the creation of the resource was inspired by the SJGHC Mental Health Toolkit.

"We wanted to create a similar resource that was PIMH specific and could be used

in a flexible way," Anna said.

The Social Outreach Early Years team used feedback provided by the Raphael Services Management Committee and Clinical Leadership Committee, along with suggestions from individual clinicians to develop the scenarios and case presentations depicted in the DVDs.

St John of God Health Care Simulated Learning Environment Coordinator, Tanya Edlington and Social Outreach Project Officer, Kim Hamilton led the production of the DVD project with the assistance of Raphael Services Managers, Raphael Services Clinical Directors, and Raphael Services Clinicians.

Caregivers interested in finding out more about the DVDs or organising a PIMH training session should contact their local Raphael Services Manager or email Anna Roberts at [anna.roberts@sjog.org.au](mailto:anna.roberts@sjog.org.au).



# Reconciliation in action for Aboriginal students

St John of God Geelong Hospital has given local Aboriginal students a behind-the-scenes look at the hospital, to encourage them to consider a career in health care or community services.

The *Careers in Health* program is an initiative of St John of God Geelong Hospital, in collaboration with the Local Learning and Employment Network, secondary schools and elders from the Wathaurong community.

Students visited the hospital to hear from caregivers who work in many different areas of the hospital, ranging from nursing, medicine, maintenance, food services, physiotherapy and medical records.

They were given a tour which included the rehabilitation, emergency, pre-admission, theatre and clinical areas.

The program was popular with students who enjoyed the opportunity to quiz caregivers on their chosen career paths and explore areas of the hospital normally out of bounds to hospital visitors.

St John of God Geelong Hospital Director of Mission, Patricia Boom said feedback since the program's inception in 2013 had been resoundingly positive.

"The program was very well received by the students who took part, their teachers and families.

"This year we had 24 students from local secondary schools and feedback has continued to be exceedingly positive.

"Some students are re-engaging with their studies after finding a new interest in pursuing a career in health care as a result of the program.

"One student was so inspired he is even more focused on achieving his dream of becoming a physiotherapist after having the opportunity to visit the hospital and speak to caregivers who work in that area.

"It's a great opportunity to not only engage with the local Aboriginal community but to show our young people that working in health isn't just for nurses and doctors."

*Pictured: Students from local secondary schools tour the hospital theatres with St John of God Geelong Hospital clinical educator Marg Warren.*

# New technology expands capabilities for liver surgeons

Surgeons at St John of God Murdoch Hospital are now undertaking more complex surgery to remove liver tumours, with the purchase of equipment that uses the latest technology.

Mr Krishna Epari from Upper GI West said the recent purchase of the Integra CUSA Excel+ Ultrasonic Surgical Aspirator and the Thompson Liver Retractor had already had a positive impact on their work.

“These two machines give us an additional level of precision and control so we can handle far more complex cases,” Mr Epari said.

“We are really excited to be able to offer the ultimate in major liver surgery with fewer risks and improved outcomes.”

The Thompson Retractor allows better exposure of the liver which can be difficult to access being located under the ribs.

The CUSA melts away liver tissue ultrasonically allowing direct visualisation of its internal blood vessels and bile ducts. This minimises blood loss whilst preserving critical structures and achieving complete removal of tumours.

Mr Epari said the most common use in liver surgery is for cases in which bowel cancer has spread to the liver.

“Metastases from bowel cancer are often isolated to the liver as the blood supply from the bowel goes through the liver first,” Mr Epari says.

“So if we can catch them in time, we still have reasonably good chances of cure.”

The surgeons at Upper GI West work closely with oncologists, radiologists and other specialists at St John of God Murdoch Hospital. They attend a weekly multi-disciplinary team meeting where cases are reviewed and discussed to work out the best management plan for each patient.

The three liver surgeons from Upper GI West using the new equipment are, Mr Krishna Epari, Associate Professor Mo Ballal and Mr Mayank Bhandari.

*Pictured: Mr Krishna Epari, Associate Professor Mo Ballal and Mr Mayank Bhandari are using new technology for liver surgery.*



# Big achievements in Timor-Leste

Over the last 12 months, the Social Outreach International Health team in Timor-Leste has made significant progress, much of which has been the culmination of more than a decade of dedicated work.

The Pathology Development Program's courier service is now providing Dili's community health centres with access to accurate disease diagnosis and has collected 4,795 samples from patients in the nine months since it was launched.

Courier motorcycles pick up samples from the community health centres and take them to the laboratory at the Hospital Nacional Guido Valadares, where they are processed. The courier service then delivers the results back to the community health centres within 24 hours, helping to support the delivery of effective, timely treatment.

Patients would otherwise have had to visit the Hospital Nacional Guido Valadares in Dili to have blood taken.

The Pathology Development Program has also launched a new collection centre at the hospital, significantly increasing the quality of phlebotomy and therefore, blood samples. This has improved the reliability of tests and provided a far better patient experience.

International Health Country Manager, Andrea Shaw, is extremely proud of the standards the hospital laboratory is achieving and believes they match anything in the region.

Testing at the laboratory is now fully automated, which has tripled the number of samples the lab is able to process, and daily quality control procedures are in place.

"It's down to the outstanding efforts of the caregivers in the Pathology Development Program who have been working hard for so many years to train Timorese lab staff on haematology and biochemistry testing, and to help them understand the critical role they play in the delivery of good healthcare," Andrea said.

The Nursing Development Program has also secured some significant wins in their capacity building efforts, which Andrea describes as, "absolutely text-book".

Over the last 12 months, the Nursing Development team has moved to a model that sees training in basic nursing competencies delivered to a group of Timorese Nurse Educators, who are responsible for cascading that training down through the rest of the hospital.

*Pictured: The SJGHC team in Timor -Leste.*



## WORKSAFE AWARD FOR BUNBURY

St John of God Bunbury Hospital was a finalist in the recent Work Safety Awards WA in the category of best workplace safety and health management system.

The awards recognise outstanding occupational safety and health management, solutions and innovation in Western Australian workplaces that reduce the risk of work-related injury and disease.

St John of God Bunbury Hospital Chief Executive Officer Mark Grime said, "Staff should expect they will return home from work safe and well and this award demonstrates our hospital has the safety systems in place to provide a safe work environment.

"This is a significant award that shows regional organisations can be recognised as leaders within Western Australia."

A two year review of the hospital's systems led to the introduction of better work practices that included a process of continuous consultation, targeted improvements, external and internal benchmarking and auditing.

*Pictured: The Hon Michael Mischin, Minister for Commerce, St John of God Bunbury Hospital OSH Coordinator Holly Cocking and Clinical and Corporate Risk Manager, Alex McMillan.*



# St John of God Subiaco Hospital a leader in neurosurgical technology

St John of God Subiaco Hospital has become one of the first facilities in Australasia to commission an Airo Mobile Intraoperative CT Scanner.

The CT scanner will provide surgeons with real-time 3D imaging allowing them to confirm the accurate positioning of implanted devices, providing greater accuracy during neurosurgical procedures.

St John of God Subiaco Hospital Chief Executive Officer Dr Lachlan Henderson said the scanner will help surgeons to make well-informed decisions during a procedure and is expected to provide patients with quicker recovery times resulting in them requiring less time in hospital.

The CT scanner was purchased by the hospital in partnership with SKG Radiology.

The scanner will initially be used by spinal surgeons and neurosurgeons. The device is used with guided surgical systems to provide surgeons with a GPS navigation of the human body. It is similar to a traditional CT scanner but completely mobile. It can be moved between operating rooms and is easier to position around a patient during surgery.

The CT scanner adds to the suite of leading-edge robotic technology at the hospital, which are providing patients with shorter stays, less post-operative pain, less scarring and a quicker return to normal activities.

Lachlan said in addition to the CT scanner, the hospital had invested in operating room robots for a range of specialty areas, including orthopaedics, gynaecology, surgical oncology and urology.

“The technology forms part of our focus on providing first-class facilities, clinical excellence and exceptional patient outcomes at the hospital, as they provide surgeons with enhanced vision, precision and dexterity during surgery and improve recovery times for patients,” he said.

“The hospital is also undertaking clinical research on robotic surgery to measure patient outcomes, as part of our focus on providing evidence-based practices and care informed by research.”

## NEW ST JOHN OF GOD KARORI FACILITY IN NZ

St John of God Hauora Trust hosted a blessing event to commemorate the recent purchase of the St John of God Karori property. The blessing was conducted by Cardinal John Dew DD, the Archbishop of Wellington, with more than 100 family members and guests joining for the event.

The Trust has rented the 36 bed facility at 11 Messines Road Karori since 2010, with the purchase delivering a number of operational savings that support the organisation's long term sustainability and growth plans.

St John of God Hauora Trust Chief Executive Officer, Steve Berry, said the purchase represented an important step in the development of St John of God Hauora Trust.

“The purchase of the property at St John of God Karori will help the Trust deliver a sustainable service, providing a foundation for increased support for people living with a disability in the Wellington region,” Steve said.

“St John of God Hauora Trust can now better configure the facility to meet the needs of our residents and caregivers working with us.”



St John of God Hauora Trust National Manager Mission, Joanne Hope, said the engagement of residents in the event and involvement in the blessing was a reflection on the ongoing impact of a health service provider with Catholic heritage and commitment to shared Values.

“Our residents joined in on the service and two of our residents spoke well about their experiences living at St John of God Karori. It was also positive to speak with several families of residents about their experience of the care delivered by St John of God Hauora Trust and that the facility is a place that very much feels like home.”





# A community benefits from song

The Caregiver Chorus at St John of God Bendigo Hospital is providing further evidence that singing is good for us and when we come together to sing we help to grow a community.

Established with health in mind, the Caregiver Chorus involves volunteers and caregivers including nurses, a therapist, pastoral practitioners as well as family members of patients.

Bendigo Hospital's Music Therapist, Astrid Notarangelo said a growing body of research shows group singing lowers stress and relieves anxiety and the endorphins released when we sing enhance a sense of trust and bonding.

"The chorus is about creating a strong sense of community and a positive and inclusive culture at the hospital. The presence of the chorus in the hospital's public spaces helps to normalise the space with something familiar, engaging and positive," she said.

The Caregiver Chorus rehearses and performs at events in the hospital. It also has open rehearsals in the hospital's atrium and encourages spontaneous participation from passers-by.

"We've had babies and young children dancing, or playing percussion instruments with us, and patients who've come down to the coffee shop who sit in with us and sing."

The Caregiver Chorus was recognised with a runner-up placing in the Sing Loud Competition for National Reconciliation Week for the song they entered, The Journey, by indigenous artists from Reconciliation Australia's song division.

*Pictured: Bendigo's Caregiver Chorus sings at NAIDOC Week celebrations (L-R) Chris Carswell, Sr. Paula Anne O'Connell, Kath Winsall, Jenni Clohesy, Sr Maureen Howley, Jule Harris and Astrid Notarangelo.*



## SHOWCASE OF ART AS THERAPY

Several clients of St John of God Pinelodge Clinic showcased their artworks in the Peninsula Mental Health Art Exhibition in October.

Pinelodge Clinic offers art psychotherapy and art therapy sessions to all its clients with four experienced art therapists, from diverse backgrounds, and an art therapy intern on site.

Our caregivers were proud to support the courage, effort and achievement of the clients who participated in the exhibition.

The Nurturing Nest by Rachael (pictured) was chosen to be exhibited in the McClelland Art Gallery.

*Pictured: Nurturing Nest, Artist Rachael.*

# Footy raises funds for Leila Rose Foundation

Caregivers from St John of God Warrnambool Hospital got together to support local charity, the Leila Rose Foundation, with an all-star footy match raising \$90,000 for families of children with rare childhood cancers.

St John of God Warrnambool Hospital sponsored a team in the all-stars footy match, and caregivers went above and beyond by donating their time and effort to volunteer on the day.

Hawthorn midfielder, Leila Rose Foundation ambassador and St John of God Warrnambool Hospital team coach, Jordan Lewis, led his team to victory after an intense game against the Baker's Delight sponsored team, coached by footy legend Mick Malthouse.

The Leila Rose Foundation was started five years ago by St John of God Warrnambool Hospital doctor, Dr Andrew Chow, after he sadly lost his 19 month old daughter to cancer.



Dr Chow and his wife, Tracy, set up the Leila Rose Foundation to help families struggling with the complex emotional and financial burdens of taking care of a child with cancer.

What is an extremely difficult time for a family is made harder when they have to come to terms with their child's condition while still juggling personal, family and work commitments.

The Leila Rose Foundation assists families by providing financial assistance to meet the demands of everyday life, and by helping families partner with their medical

practitioners to navigate and understand their child's condition so they can decide on the best treatment options.

In the lead-up to the highly-anticipated footy match, caregivers sold raffle tickets and collected donations, and on the day they prepared soup to sell to hungry patrons, worked as trainers for both of the teams, formed a guard of honour and captured the events of the day in photos.

*Pictured: The winning St John of God Warrnambool Hospital footy team.*

## CODING CAREGIVERS

Three caregivers from medical records at St John of God Murdoch Hospital have recently graduated from the clinical coding traineeship, a year-long, hospital-based course.

The course provides the skills to work across a number of different medical specialties and 12 caregivers have been trained at Murdoch Hospital over five years.

Manager Clinical Coding Tracy Briggs designed and implemented the course to meet the needs of patients.

"It is a very demanding course and at the end of their traineeship, each graduate sits a competency exam," Tracy said.



"I am very proud of the team and am excited about our growing capabilities."

Clinical coding is a specialised skill requiring excellent knowledge of medical terminology and disease processes, attention to detail and analytical skills.

Clinical coders create a clinical picture of a patient's visit to our hospital. After a patient is discharged, the caregivers turn

details of their stay into coding, for example, acute appendicitis is represented by the code K35.8.

These data are processed by software to determine a diagnosis related group which is used for funding and reimbursement. This process allows hospital episodes to be grouped into meaningful categories, helping us to better match patient needs to health care resources.

Murdoch Hospital coding caregivers also provide assistance to St John of God Health Care's Bunbury, Geraldton and Midland Hospitals.

*Pictured: Clinical coders Kate Hill, Jashan Johl, Rosemary Schultz and Ellie Van Woerden with Tracy Briggs.*

# News in Brief

## NEW RENAL UNIT IN BUSSELTON

Busselton Public Hospital's new renal dialysis unit, operated by St John of God Bunbury Hospital, was blessed by Father Nic of the Busselton Diocese in September. The new unit was built as part of



the new Busselton Health Campus and has six dialysis chairs, consulting suite and dietetics service and is open three days a week, bringing care closer to home for South West residents.

## DAWN WINS CHA OUTREACH AWARD

St John of God Health Care's Drug and Alcohol Withdrawal Network (DAWN) took out the Outreach Health Care award at the annual Catholic Health Australia awards.

DAWN won the award for its work in helping adults safely withdraw from alcohol and drugs in their home environment, and its work on the *Looking Forward Project* which aims to improve the effectiveness of alcohol and other drug services and public mental health services for Nyoongar families affected by serious mental health issues in the Perth metropolitan area.

DAWN is a free and confidential service that helps adults, in their own environment, either reduce or stop their drug and alcohol use. The service is staffed by clinical nurses who visit clients at home and support them through their withdrawal, working in the community with each client's general practitioner.



## PROF MARIE BASHIR GUEST AT VETERANS' DAY THE CREATIVITY

The Honourable Dame Professor Marie Bashir AD, CVO was the special guest at St John of God Richmond Hospital's 19th annual Veterans' Day in August.

The greatly respected Prof Bashir, a former Governor of NSW, a psychiatrist and advocate for mental health, opened an art exhibition with works contributed by past and current patients, veterans and caregivers.

Prof Bashir took time to connect with individuals, displaying compassion and understanding, whilst admiring the creative expression and talent displayed on the walls.

During her address to over 200 guests at the Veterans' Day service, Prof Bashir drew from her own experiences, validating and supporting those who suffer from post traumatic stress disorder, the importance of creative therapies in mental health and her love of the arts.

# Day Oncology Centre opens

St John of God Ballarat Hospital has opened its new day oncology facility – The Anam Cara Centre.

The \$1.7 million unit, funded by community donations, was designed in consultation with caregivers and consumers.

The facility includes new windows that improve the outlook for patients and a well-being area located away from the treatment area where patients and families

can access educational material whilst enjoying tea and coffee in a peaceful environment.

St John of God Ballarat Hospital's CEO Michael Krieg said the day oncology service had been operating out of the inpatient ward however a significant increase in patient numbers over the last couple of years had led to the development of a dedicated centre.

*Pictured: (l-r) Dr Craig Carden, Necia Seitz and Jodie Downey.*





# Arts and Health partnership to bring music to our hospitals and local schools

St John of God Health Care is expanding its arts and health program through a new three year partnership with performing arts organisation, Musica Viva.

St John of God Health Care will be Musica Viva's first 'arts and health' partner, bringing quality music experiences to patients, caregivers and local school students.

Musica Viva will partner to deliver music programs in eight hospitals in Western Australia, Victoria and New South Wales.

Each program is tailored to the individual hospital and will include a musician-in-residence, a music education program for local schools in the catchment area and tickets to Musica Viva concerts.

A residency will typically include a musician facilitating music workshops with patients and caregivers.

Local school students will have access to the Musica Viva in Schools program and the opportunity to perform in the hospital for patients, caregivers and the public.

In February 2016, St John of God Burwood Hospital will begin their music residency for women in its mother and baby unit, as part

of the hospital's perinatal and infant mental health program.

St John of God Frankston Rehabilitation Hospital will have a musician-in-residence commencing in March 2016 to host singing, listening, instrument playing and song writing workshops for in-patients and out-patients.

Further opportunities will be explored as part of the art and health partnership with other hospitals throughout 2016.

*Pictured: Local school students will have access to Musica Viva thanks to SJGHC's new arts in health partnership.*

St John of God Health Care is a leading Catholic health care provider in Australia and New Zealand, with a network that includes 23 facilities with more than 3,000 hospital beds as well as pathology, home nursing, disability services and Social Outreach services for people experiencing disadvantage. Editorial submissions or mailing list changes for Pomegranate to [tracey.roberts@sjog.org.au](mailto:tracey.roberts@sjog.org.au)

