

Your Hospital

April 2017

MILDURA BASE HOSPITAL

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Accolades for MBH high achievers

The outstanding achievers at Mildura Base Hospital in 2016 have been recognised at the MBH Quality awards.

The annual awards are the hospital's highest honors, recognising outstanding performance of staff and teams.

Employee of the Year for Clinical Services was popular Acting Nurse Unit Manager and Maternity Services Educator Sandra Doyle for the passion, energy and leadership she brought during a period of change in her area.

The Support Services Employee of the Year Award was won by Elaine Heinrich, an Executive Assistant in Mental Health Services for her conscientious, flexible approach and her positive influence on those around her.

The "Hello, My Name Is..." Project has revitalised communications between staff, patients and their families across the hospital, and received the Quality Award. It was chosen from a strong list of innovations and ideas implemented during 2016. They included a project identifying Emergency Department patients at risk of Sepsis; a program to improve cultural awareness in the Intensive Care Unit and; an initiative to introduce standardised patient information brochures across the hospital.

Pictured are: (Back, L-R) MBH Aboriginal Unit Manager Steve Portelli and artist Sheryl Bennett, whose experiences prompted the "Hello, My Name Is..." project; MBH Risk and Performance Improvement Manager Evelien Melsen; joint December Employee of the Month Jeff Becker and Hospital Resources Manager Don Palazzo. Front (L-R): MBH Director of Nursing Janet Hicks; 2016 Employee of the Year (Support Services) Elaine Heinrich; Employee of the Year (Clinical) Sandra Doyle; joint December Employee of the month Robin Jose ; and MBH Community Advisory Board chair Gayle Danson.

Multi-million dollar hospital upgrades to expand and improve services

A \$4.5 million expansion and upgrade of key MBH services will begin later this year, after a funding announcement by the Victorian Government.

The projects will upgrade and expand services in several areas of highest need across the hospital, improving the ability of MBH to meet the expanding needs of a growing community.

The work will include individual projects in Intensive Care and Mental Health Services.

The funding is in addition to \$400,000 announced recently to expand the MBH Emergency Department Short Stay Unit.

The latest funding announcements come after a \$15 million-dollar project investing in Obstetrics, Mental Health, Emergency Department and staff accommodation, was completed in 2015.



MBH CEO Julia Morgan

What the upgrade will deliver

- MBH CEO Julia Morgan

- **Expansion of Intensive Care/High Dependency Unit**

“Our job as a hospital is to provide the right level of care for our patients in the right place, whether that is in the wards, in the High Dependency Unit, or in Intensive Care. The Intensive Care/High Dependency Unit is currently five beds and is one area of the hospital which is often full. It will be expanded to eight beds, meaning more of our most unwell patients will receive the care they need right here in Mildura, close to home and family, rather than being transferred away.”

- **Expansion of Short Stay Unit**

“The six-bed Short Stay Unit opened with the completion of the Emergency Department upgrade. The new unit means patients who will be admitted or under observation for less than 48 hours are more comfortable, they are also under the care of dedicated staff within the Emergency Department and they are discharged once their clinical conditions are resolved. It’s been a highly successful project with benefits to both staff and the efficiency of the Emergency Department. It will now be expanded by another two beds.”

- **Refurbishment of Mental Health Unit**

“The renewal of this 14-bed unit will mean a more modern and flexible model of care is possible that can include more consumer and carer participation. Our staff deliver fantastic services and support, but the current layout has some real restrictions and not conducive to the best outcomes for patients. The upgrade will make the unit much more open, allowing better visibility and safety for staff, but also a friendlier, more comfortable atmosphere with activity rooms, a courtyard and a color palette that is much more calming for patients.”

Graduate Nurses



MBH’s graduate Nurse Program provides a supportive work environment to allow young nurses an opportunity to consolidate both theoretical and clinical skill.

The program involves participants working four days a week on rotations through various specialities throughout the hospital.

The outstanding young nurse in each program is recognised with the Mildura District Nurses’ Association Award for Excellence, and was recently awarded to Aimee Ryan for her eagerness to learn, professionalism, dedication and her “positive vibe”.

The Preceptor (teacher) of the Year Award for 2016 went to Julie Klaric, in recognition of the interest she takes in her students, graduates and colleagues and supporting them in their development.

Applications for the 2017 Graduate Nurse Program open in May. More information is available on the MBH website under “careers”.

Pictured MBH Principal Nurse Educator Michelle Byrnes with Aimee Ryan

PARC Update

Mildura's new 10-bed PARC mental health facility is taking shape on vacant land in Boyden Street and is on-track for completion by October.

The PARC (Prevention and Recovery Centre) will expand the range of treatment and support options for Mallee clients who will benefit from up to six months of mental health services clinical support, stabilisation and recovery.

The new "step up-step down" facility provides short to medium-term services, including residential services, for voluntary patients. It allows people to begin their recovery journey in a supportive residential facility, but able access community and family care, as well as continuing or resuming their work, sport or social activities.

The PARC includes five beds for short-stay patients (up to 28 days) and five mid-term beds for patients for up to six months. The facility is being built by local contractor King's Constructions.

It focuses on recovery and independent living, and is under construction after a \$4.4 million funding injection from the Victorian Government.

MBH Mental Health Services Associate Director Chris Hermans on-site as the new PARC facility takes shape in Boyden Street Mildura



Breast Care Nurse commended for her work

Mildura's McGrath Breast Care Nurse Louise James has been recognised for her dedication to her work and her patients.

Louise was presented with the Lucas Foundation Award recognising her contribution to the health and wellbeing of others.

A nurse and midwife in Mildura since 1987, Louise was appointed as a McGrath Foundation Breast Care Nurse, in 2013. Her role involves providing much needed and appreciated specialist support to women and their families after a cancer diagnosis.

Congratulations and thanks, Louise!



Best of pregnancy care for Mildura mums



Engaging pregnant women in the right care, early in their pregnancy is the focus of Mildura Base Hospital's antenatal care team.

Headed by Staff Consultant Obstetrician and Gynaecologist at the Ramsay Specialist Clinic Dr Nikhil Patravali, MBH's team of experienced obstetricians and midwives is available to all mothers in the Mallee region.

The Institute of Health and Welfare found that although two-thirds (65.7%) of women attended at least one antenatal visit before 14 weeks' gestation, 13.8% of women did not receive antenatal care until after 20 weeks.

The best outcomes for both mothers and babies occur when antenatal care is provided throughout pregnancy, birth and the post-natal period, and is coordinated throughout pregnancy and beyond.

Engaging with antenatal carers in the early stages of pregnancy allows support from midwives and obstetricians to help pregnant women make fully informed health decisions for themselves and their baby. The clinic can be contacted for appointments on 5018 8777.

MBH Obstetrician and Gynaecologist Dr Nikhil Patravali and Maternity Nurse Unit Manager Rita Lawler

Kylie joins MBH Prostate Cancer specialist team



A new specialist nurse has been appointed to assist men diagnosed with prostate cancer and their families.

Kylie Harry is now sharing the MBH Prostate Cancer Nurse role with Craig Millard and was welcomed on board at the recent Sunraysia Prostate Cancer Support Group's first meeting at its new venue – the Mildura Workingman's Club.

While the five and 10-year survival rates for prostate cancer are now higher than 90 percent, being diagnosed with cancer still brings confusion, emotion and confronting decisions. The specialist nurses offer support, expert understanding along with practical and clinical advice and assistance.

The group provides positive peer support and information. Each meeting offers the opportunity to chat informally and ask questions of various specialists and practitioners involved in prostate cancer treatment.

The group meets on the first Wednesday of each month from 6 pm. The new venue is aimed at being more member-friendly, with a more comfortable environment that also allows the opportunity for socialising.

Many thanks to 'The Workers' for their generous support.

Nurse Kylie Harry with Sunraysia Prostate Cancer Support Group volunteer leaders Alan Harris and Gary Smith

Information channel - coming soon

Mildura Base Hospital's in-house TV information channel is due to roll out later this year.

The channel will initially be played in public areas of the hospital, but will eventually be streamed and available to bedside televisions throughout the hospital.

The channel will initially carry general information about

Mildura Base Hospital and its services as well as health and wellbeing information.

It is hoped the channel will eventually be an accessible source of patient information that can supplement the written Patient Information Guide.



Tigers stop by during Mildura community camp

Richmond Football Club stars turned heads and lifted the spirits of some Tiger faithful during a drop-in to MBH in February. Players Anthony Miles, Ben Lennon and Daniel Rioli visited patients and posed for photographs with some diehard Tigers' supporters among the MBH staff (above), Jade Scott, Melanie Coats and Maddelin Hammet. It was a fantastic gesture by the club and by an admirable group of young men.

Thank you

To the many community members and organisations who provide important support to MBH and the Mildura community through generous donations. They are deeply appreciated.

Donations to Mildura Base Hospital always go specifically to the product or service intended. Where a donation is not specified, it is directed into the area of greatest need.