OVERVIEW:

**Urgent Care Centre and hospital main entry redevelopment**

We are entering a very exciting time for Seymour Health, as construction is about to commence on the redevelopment of our Urgent Care Centre (UCC) and main entry.

There will be major changes happening in our UCC and main entrance from April 2019. The redesign of these areas will improve access and make it more convenient for patients, visitors and families and staff. The UCC is being redesigned and rebuilt to improve the environment and treatment for patients, making it easier for staff to provide the care that patients need. The main entrance and waiting areas will be completely refurbished. The new design will enable us to provide a safe and secure environment, streamline administration processes and provide accessible, modern facilities. The anticipated project completion date is late 2019.

Community involvement and feedback is an important part of our role. If you have questions or comments about the redevelopment, please contact Chris McDonnell, CEO at info@seymourhealth.org.au as we would welcome your feedback.

Seymour Health: Clinical care, support services, residential care for high needs clients and a wide range of community services.
Barrabill House redevelopment project: A world-first in aged care

Seymour Health has successfully been funded to develop a new 10-12 bed wing for people living with dementia at our existing Residential Aged Care facility, Barrabill House.

The health service has engaged independent consultancy Evidence Based Design (EBD) Architects to undertake the design of the project.

The new wing will be based on a household model; with informal lounge and dining areas to reflect a more homelike environment. The adaptable design is intended to provide residents with the highest possible levels of autonomy, with varied levels of stimulus and access to external spaces.

We are building a “smart” facility, meaning that we will use sensor-based technology which will enable staff to offer greater independence to residents through such processes as automated doors, sensor based lighting and way finding. The addition of geospatial and biometric technology will also provide better directed care to residents.

The innovative design of this project specifically aims to increase the quality of life experience for residents living with dementia through the use of technology.

The outcomes of this cutting edge design will make a significant contribution to existing knowledge about providing care for people living with dementia. The results will have a direct, global influence on current design and care principles.

Seymour Health and EBD Architects are in negotiations with Swinburne University, to sponsor a PhD candidate to develop the new technology that will make this facility a world-first in aged care.
Graduate Nurse Program delivers over a decade of life long learning

Seymour Health is proud to announce that this year marks the tenth anniversary of the Graduate Nurse Program being offered at our health service.

The Graduate Nurse Program (GNP) supports new graduates during the transition period in which they develop necessary skills, knowledge and values in addition to those learnt during study required to become effective member of the nursing workforce. Seymour Health aims to support each graduate nurse to become knowledgeable, self-assured, accountable and professional during their involvement in the GNP.

The GNP has been running successfully at Seymour Health for ten years, ensuring that graduate nurses continue to bring the qualities of professionalism, compassion, growth, enthusiasm and respect to themselves, their patients, families and their colleagues. Underpinning the structure and content of the GNP is the premise that higher education prepares graduates to work at the level of a beginning Registered Nurse.

During its operation, the program has expanded from taking two graduates per year to four grads per year. There is a tendency for the majority of graduates to stay on at Seymour Health in some sort of capacity at the conclusion of their graduate year. This is a tremendous outcome for both the nurses and the hospital as it provides mutual benefits and a return on the significant amount of time, money and effort that is invested in each individual participating in the program.

Seymour Health is proud to announce that this year marks the tenth anniversary of the Graduate Nurse Program being offered at our health service.

We aim to promote the following attributes to the Graduate Nurses:

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<td>Self-help seeking skills</td>
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<td>Autonomous practice</td>
<td>Advocacy &amp; resilience</td>
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Welcome to our latest 2019 Graduate Nurses

Seymour Health is proud to welcome the latest group of nurses to the 2019 Graduate Nurses Program (GNP) at the hospital. The four new nurses are all recent graduates from La Trobe University, however they hail from different campuses including; Shepparton, Bendigo, and Bundoora.

During their first day, the group participated in the mandatory tour of the hospital, staff orientation and also completed manual handling training. However, they were also unexpectedly involved in a Code Red (fire/smoke) and Code Orange (evacuation) event, which added further excitement to the experience on the job.

The four nurses are unanimous in their opinion of Seymour Health, describing the health service environment as “relaxed, welcoming and very friendly.”

The GNP enables nurses to experience working in a range of areas across the hospital. This helps the novice nurses to determine where they might like to work in future. Graduate Nurse Tahnee Hyland is aiming to complete this year and then has plans to further explore options of post graduate study in Critical Care. Hannah Bandey has identified an interest working in Dialysis or District Nursing. Both Maddison and Kerrie are looking forward their GNP experience to help them decide where their future nursing career may take them.

Seymour Health would like to congratulate and welcome our 2019 Graduate Nurses to our health service as part of the GNP.

Urgent Care Centre

CHANGES TO HOSPITAL MAIN ENTRY AND URGENT CARE CENTRE (UCC) ACCESS

Construction is about to commence on the $1.8million redevelopment of the Seymour Health Urgent Care Centre (UCC) and main entry, resulting in temporary changes to public access to the hospital ward, UCC and Medical Imaging (X-ray).

Please note that access to the hospital will no longer be available from the main entrance.

During construction it will be necessary for the public and ambulance services to enter hospital facilities via Bretonneux Street and then proceed to the rear of Acute, located near the Dental and Pathology building.

Please keep an eye out for new directional signage including footpath arrows to help you find your way around the hospital during the construction period.

FUTURE ACCESS ARRANGEMENTS FOR HOSPITAL WARD, UCC, THEATRE AND MEDICAL IMAGING

**Tips to ensure continued smooth access to the hospital:**

- Please follow all new temporary directional signage and footpath arrows
- Pay attention to changed parking arrangements and time restrictions
- Leave 5 minutes earlier to allow time to park and walk to the new entrance
- Arrange for someone to drive and pick you up

Seymour Health appreciates your understanding during any disruption.

We are confident the outcome will be worth the wait.

For further information or to provide feedback about the redevelopment, please email info@seymourhealth.org.au to
Urgent Care Centre (UCC) Early works

In preparation for the commencement of the main Urgent Care Centre redevelopment construction works in April, it was essential for Seymour Health to co-ordinate and complete number of smaller pre-works activities to enable a seamless transition. The following outlines the necessary pre-works undertaken to date;

Fire Panel

The Fire Panel monitors sensors (such as smoke detectors) throughout the hospital and triggers alarms as required to ensure prompt attendance of emergency services in case of fire.

The hospital's current fire panel is to be relocated into the new entrance area under the upcoming UCC redevelopment project.

The hospital has also received grant funding to upgrade the Fire Panel and these works are planned to be completed by the end of March 2019.

Informational Technology

The hospital’s Information Technology (IT) server is at capacity and requires an upgrade to ensure that the hospital’s systems are able to function efficiently into the future.

The Board of Seymour Health have agreed to fund these upgrade works and relocate the current server to facilitate the upcoming UCC & Entrance redevelopment works, which includes an upgrade to the current reception area where the current server is located.

The new server is expected to be operational by the end of March 2019.

Patient Transport Access

Seymour Health has arranged for the creation of new concrete paved area to allow ambulance services to transport patients via an alternative temporary entrance. This is because the existing ambulance bay will be closed as part of the redevelopment project.

Ambulances will be accessing the new patient drop off pick up area from Bretonneux Street, so please exercise caution when in this area.

Pictured above right: Installation of the new fire panel is in progress, (above L and R) views of the new concrete pad to assist with patient transport.
Hospital welcomes new Consumer Representative – Mr Peter Kelly

Seymour Health is delighted to announce that following an approach by a member of hospital staff, Mr Peter Kelly has accepted the volunteer role of consumer representative at the organisation. In his new voluntary position, Peter will be representing the voice of consumers through attendance at regular committee meetings including:

- Consumer as Partners Committee,
- Drugs and Therapeutics Committee and
- Clinical Risk and Quality Committee meetings.

Peter Kelly’s connections with the hospital first began in the late 1990’s - early 2000’s when he held a position for five years on the Board of Seymour Health. This was an appointment which he enjoyed and enabled him to learn a great deal about the hospital at that time.

Memorial Gates project a labour of love

Seymour Health would like to congratulate local resident John Phoenix on being awarded the 2019 Medal of the Order of Australia (OAM) for his service to veterans and their families.

Amongst the many significant community based projects in which he has been involved, John identifies the restoration of the Seymour Memorial Hospital Gates as the one that has given him the greatest personal satisfaction. The impressive Memorial Gates were erected to commemorate those from the district who served in World War One and are located in the RSL Memorial Garden at the entrance to the hospital.

John’s involvement with the Memorial Gates spans over a decade. His commitment began after noticing one year in the lead up to the Dawn Service that the gates appeared to flood. After obtaining approval from the RSL, John commenced restoring the gates to their former glory. This first project involved the removal of the gates, re-concreting the base to position them out of the water, followed by substantial refurbishment of the gate bars and the finishing touch Army badges.

Eagle-eyed John then saw an original old photo located in the hospital foyer and noticed that there were a set of lights, which appeared to be missing from the restored gates. This observation set John on a two year long investigation to track down replacement lights. Although he never gave up his quest, it was not until his involvement in the Vietnam Veteran’s Walk project that by pure chance, John discovered a solution to the problem. Eric, a contractor appointed to make the panels for the Vietnam Veterans Walk program confirmed that he would be able to recreate the lights. Painstaking measurements were taken from old photographs and compared to the existing pillars to ensure that exact ratios of the original lights were achieved.

Recently, Peter has retired from the role of Principal of St Mary’s College, Seymour after fifteen years at the helm. During his time in this position, Peter became passionate about the township of Seymour, its families and ways of strengthening the local community. Peter also developed a particular interest in building community awareness about the growing cultural diversity in our town.

Peter can see many similarities between the needs that exist within education system and the health sector. It is his intention to use the skills and experiences gained through his former role and apply them as a consumer representative to help strengthen community involvement at the hospital. By engaging as a consumer representative at this level, Peter also aims to deepen his understanding about dignity and choice for older people and others within the community.
School Based Apprenticeships and Traineeships (SBAT) at Seymour Health

Seymour Health works in partnership with our local education providers and local secondary schools to offer a range of School Based Apprenticeships and Traineeships (SBATs). This creates valuable job opportunities for students.

SBAT Program benefits

The SBAT program provides many benefits, including:

- Offers senior secondary school students the opportunity to combine VCE/VCAL studies with paid employment as an apprentice or trainee and on the job vocational training
- Directly links with the student’s career path
- Provides job opportunities

By offering a range of diverse job opportunities for senior secondary school students, Seymour Health is encouraging and supporting the younger population of Seymour to take responsibility for their learning and future careers.

SBAT Program creates positive career pathways

Enrolled Nurse, Ivy Mclean is living proof that the Seymour Health School Based Apprenticeship and Trainee (SBAT) program provides successful pathways to future employment.

As a young student, Ivy was uncertain what she planned to do after leaving school. After hearing about the Seymour Health SBAT program through a careers advisor at her school, Ivy decided to further investigate and has not looked back. In 2016, she commenced in the SBAT program in Year eleven; spending every Wednesday at Seymour Health gaining hands-on work related experience, skills and confidence through her placement at Barrabill House and with the Social Support Group. During this twelve months traineeship, Ivy was able to successfully complete a Certificate III in Individual Support and Aged Care.

“I enjoyed working in this area and it really caught my interest, so I decided to go on and study nursing,” Ivy said.

After completing Year Eleven, Ivy enrolled at GOTAFE to study a Diploma of Enrolled Nursing over two years, which she has recently completed. Based on her positive experience as a SBAT, Ivy stayed on at the health service as a Personal Care Attendant (PCA). Ivy now has employment in her field of choice as a Medication Endorsed Enrolled Nurse (MEEN) at Seymour Health.

Ivy’s love of nursing has encouraged her to follow her vocation and continue to progress her career path, building upon it step by step. Now in 2019, the dedicated student is currently studying to become a Registered Nurse at La Trobe University. Ivy has also identified a growing interest in Emergency Care and has not ruled out pursuing additional studies in this area in the future.

Please note that SBAT options may vary from year to year at Seymour Health.

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Influenza Season is on the way

A reminder that influenza season is fast approaching. Here are some fast ‘flu facts to help you prepare:

- Did you know that vaccinations take up to two weeks to be fully effective in your system?
- It is very important when travelling (particularly when visiting different countries with different seasons) that you are vaccinated. Exposure to influenza can therefore occur 12 months of the year, if you travel.
- If you plan to travel, please talk to your health care provider to ensure that you are protected. For further information, please visit: https://immunisationhandbook.health.gov.au/resources/publications/vaccination-for-international-travellers
- People who are not following their recommended vaccination program are leaving themselves at risk of contracting measles and tetanus, which are now regularly seen
- If you are having a tetanus vaccination, please consider discussing with your health care worker if you need a whooping cough/pertussis vaccination at the same time.

Seymour Health Cancer Wellness and Exercise Program

Seymour Health is currently delivering the Cancer Council Victoria’s “Cancer Wellness and Exercise Program.”

This FREE wellness and exercise program is designed for those moving from clinical treatment to survivorship. It provides information, group exercise sessions and practical strategies for participants to assist with managing life now. It was successfully delivered across the Hume region in 2018 and commenced at Seymour Health in March 2019, running over an eight week period.

The Cancer Wellness and Exercise program will once again be offered at Seymour Health at a later date in the year, commencing July 2019.

For further details about the next program or to register, please contact program facilitators:

Sally Littlewood, Physiotherapist, sally.littlewood@seymourhealth.org.au or

Kim Fulford, Enrolled Nurse, kim.fulford@seymourhealth.org.au

by contacting the Seymour Health Ambulatory Care Centre ph. 5735 8050

For further information, please visit: https://immunisationhandbook.health.gov.au/resources/publications/vaccination-for-international-travellers

Heart disease is Australia’s single biggest killer.
Help end the heartache.
Visit: serialkiller.heartfoundation.org.au
#heartfoundation

Pictured above: Seymour Health Physiotherapist, Sally Littlewood