

kids 'talk'

the children's hospital at Westmead

Staff Newsletter Summer 2009

Christmas Celebrations



Party Day – clown doctors join in the fun with Masterchef's Adriano Zumbo, Idol favourite Nathan Brake, Goodwill Ambassador Greg Wilson and Spiderman



The Grace Centre for Newborn Care's "jungle girls"

It has been impossible not to feel infected with feel-good festive cheer over the past few weeks with an abundance of hearts setting the Hospital's welcoming tone. Santa visits, celebrity appearances, even a radio station calling us home for two days – the mood has certainly been about caring and sharing. Patients, their families, staff and visitors have felt the positive impact of the fundraising campaign theme "Open Your Heart".

The fun kicked off early with Party Day on November 27. Four tour groups made their way around the Hospital, spreading joy and giving away early Christmas presents to excited patients. Santa led the way, joined by the likes of Australian Idol finalist Nathan

Brake; Saturday Disney hosts Sally, Shae and Jack; Masterchef Pastry Chef Adriano Zumbo; Hospital Goodwill Ambassador Artist Greg Wilson and Home & Away star Luke Jacobz. Batman, Spiderman, Ben 10, Teenage Mutant Ninja Turtle, Dorothy the Dinosaur, Captain Feathersword, Fairy Clare and Wags were all big hits with the kids. Also lending a hand were the crazy Clown Doctors, Captain Starlight and Bandaged Bear. Thank you to all the wards and departments who joined the party and decorated their area for the big day – it was an amazing effort!

Vega 95.3FM generously came on board for the second year running to support our Christmas Fundraising Appeal. The radio

station spent two days in the heart-clad Hospital foyer broadcasting the stories of our staff, families and patients. The call centre rang hot with donations from generous listeners. Even Dave Faulkner from the Hoodoo Gurus stopped by and Underbelly actor Rodger Corser was swarmed by female fans. Also donating their time were Parramatta Eels' Justin Poore and Jeff Robson, television personality Ernie Dingo and Dragon who played two songs live. Children were impressed as always with Kindi Farm, Delta Dogs and the antics of the Clown Doctors.

The fantastic result was a credit to all – more than \$155,000 raised – exceeding our target of \$100,000. Thank you to Vega and



Party Day - Saturday Disney's Jack Yabsley and a big fan everyone who donated their time to brighten kids' lives and share their stories on air. A big thank you also to all those who manned the phones and joined us throughout the two days.



Vega Appeal - people donated generously by phone, online and in person



Vega Appeal – a delighted Merchandise Manager Karina Vargas with RUSH and Underbelly star Rodger Corser



Vega Appeal – phone bank volunteers hard at work

NOTE FROM THE EDITOR

Seeing the joy on children's faces when Santa and his celebrity friends visited the wards on Party Day was a real thrill. It has been wonderful seeing the Hospital transformed into a Christmas wonderland over the past weeks, providing patients, their families and staff with a festive end-of-year boost.

In the final edition of Kids Talk for the year we highlight many inspirational achievements across so many areas of the Hospital. As far afield as Samoa, our dedicated teams have delivered care with the professionalism and compassion that our Hospital is renowned for.

I have enjoyed bringing you up to date with Hospital news and features and welcome Julie Munley back to the editor's chair in February when she returns from maternity leave.

Have a relaxing Christmas and I wish you and your families all the best for a rewarding New Year.

All the best!

Julie Nance, Editor
(ext 53581; email: julien1@chw.edu.au)

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Life-saving DVD Goes Global



The world's first multi-language DVD addressing the dangers of shaking babies has been launched by The Children's Hospital at Westmead.

Local and international interest in the three-minute animated film "Shaking Your Baby is Just Not the Deal" has grown markedly over the past few years. Up until now there have been separate DVDs available only in English, with subtitles

for the hearing impaired and in Arabic, Vietnamese and Chinese. In November the makers celebrated the next stage in the project's development with the release of the multi-language DVD, featuring 14 different languages.

Sue Foley, the Hospital's Senior Social Worker in the Department of Psychological Medicine, is the co-leader of The Shaken Baby Prevention Project, a highly successful initiative of The Children's Hospital at Westmead and the Sydney West Area Health Service.

Sue said no-one involved in the production of the DVD would have imagined the level of international interest and benefits generated around the globe.

"We know babies get shaken in all kinds of families and cultures – it

is an international problem," Sue said.

Martine Simons, Senior Social Worker in the Hospital's Brain Injury Service, said it was the most positive project she had worked on.

"I provide rehabilitation for children, if they survive brain injury, and follow them up," she said. "These children have life-long difficulties with their learning, behaviour and emotional regulation. To be involved in something important that might prevent injuries happening is very rewarding."

Babies who are shaken can suffer serious injury or they can even die. From 1995 to 2005 there were 82 presentations at The Children's Hospital at Westmead of patients identified as having a non-accidental brain injury.

NAIDOC Week Celebrations

On Monday, June 29 the Hospital unveiled a new NAIDOC Week providing families and staff with a range of activities in an effort to take further steps in 'Closing the Gap' with Aboriginal communities.

Dr Tony Penna officially opened the week where Aboriginal dancers performed alongside didgeridoo players and a traditional smoking ceremony took place. For the first time a range of market stalls were set up on the front lawn of the Hospital to encourage members of the Hospital community to become more involved with Aboriginal culture. One of the most popular was the artwork stall, where staff had the opportunity to purchase a unique piece of Aboriginal art.

The purpose of NAIDOC Week is to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander people. Other

activities during the week included a special Torres Strait Islander dance performance, Aboriginal art workshops and displays, an egg carver display, live storytelling, basket weaving and our very own bush tucker stand.

NAIDOC Week has been developed at The Children's

Hospital at Westmead by the Aboriginal Health Unit. Manager of the Unit, Josie Winsor, said: "This is the most exciting week on our calendar. It really provides the Hospital community with an opportunity to learn more about our Unit and also the Aboriginal way of life."



The Thullii Dancers entertain the crowd at the NAIDOC Week Opening Ceremony

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Tsunami Devastation – Making a Difference



NSW response team boards Hercules jet at Richmond Airbase



The ruins



Devastating tsunami impact



Holly seeks help from a local nurse to translate



Smiles - seeing joy amid the chaos



Improvised puffer spacer – Holly and team members learned to make the most out of what was available

The Children's Hospital at Westmead played an important role in the international response to the Samoan tsunami disaster. Forty eight hours after the first wave hit the east coast on September 29, Emergency Staff Specialist Dr Holly Smith and Nurse Clinical Coordinator Dom Sertori were on the ground in Samoa.

The human devastation they encountered was due in part to the fact locals had very little time to act. The earthquake hit at 7.10am, the tsunami alarm sounded at 7.14am and the first wave struck at 7.16am.

When talking to locals they discovered the people who survived the succession of five to eight metre waves had left when the earthquake occurred, not when the tsunami alarm sounded four minutes later.

"The ones that did survive the tsunami grabbed something strong enough," said Holly, who travelled with Dom for seven hours in a RAAF Hercules as part of their NSW Health deployment. "We heard harrowing tales of mothers who had a child in each arm but needed to have an arm free to grab onto a tree. They had to let go of one child."

At a moving Hospital presentation delivered soon after their return, titled "Trouble

in Paradise: A Team Member's Perspective", Holly explained her role in a team of 33 NSW experts selected as part of the AusAID disaster relief team. This included four NSW Fire Brigade officers, four NSW Ambulance paramedics, 10 doctors, four public health clinicians and 11 nurses.

"One of the difficulties was finding and being able to treat people along the south coast who had fled to subsistence plantations high up in the hinterland," Holly said.

"We found 50 to 200 people sheltering under tarps with no toilets, no running water. The biggest problem we saw was infected wounds from the initial tsunamis. We also treated fractures, lacerations, injuries relating to clean-up efforts and emotional and psychological distress."

Paediatrics played a significant role in the medical teams as the majority of the sick and injured were small children. Holly met with local medical practitioners including a doctor who had lost six members of her family.

"She went with us and helped us find communities, helped us translate and instilled faith in people living under tarps in the hinterland," Holly said.

"We created a triage line of people needing to be seen but it often proved difficult with multiple

dropping coconuts. We treated a lot of common community health problems including scabies and secondary infections and children with asthma."

Dom played a big role in relocating and setting up a new hospital when the other local hospital was impacted by the tsunami.

"We worked extremely long hours from sun up till late each night with no one complaining about the humidity or tough physical conditions we endured," said Dom, who was the only paediatric nurse sent over to Samoa with the NSW health response team. "I was personally greeted and thanked at a memorial church service by the King of Samoa which was a real honour and privilege."

Holly's experience as part of the medical response team which treated 1,160 people during their six days in Samoa, had its immense challenges but also memorable rewards.

"We learned some really big lessons about perseverance and resilience in the face of disaster," she said.

"We also managed to make people smile and we met some fantastic people and made new friends along the way."

Photos taken by Dom Sertori



Message from the Chief

As a member of a sporting team you have a designated position but you rely heavily on your team's combined skills to achieve success. At our Hospital, teamwork is a vital part of our everyday life. Earlier this year our capacity to face tough challenges together was taken to a new level.

During the winter flu pandemic the Emergency Department exceeded normal presentations by up to 45 per cent. Normal clinics were moved so flu clinics could operate on a daily basis to help cope with the steady stream of patients. However, it was a Hospital-wide commitment to providing a safe service under extreme pressure that helped us weather the flu storm.

Not only were there many creative bed management strategies implemented to help cope with the situation but staff showed a high level of support.

As staff sick leave increased during the critical weeks, the shortfalls were managed due to staff members being flexible with their rosters, committing to extra shifts and working outside their usual areas.

Even when our Hospital was under great stress, including having to cancel and reschedule a number of elective procedures, we continued to be among the top four best-performing hospitals in the State.

As we look back on 2009, there have been many challenges but an exciting number of highlights.

Christmas is a wonderful time of year, full of surprises and a promise of better times ahead.

May you and your family have a safe and joyous Christmas.

Dr Tony Penna
Chief Executive

Service Improvement Unit Update

QuAKs Award Celebrations

A sample of the winning teams:



MRSA Screening - Making it Easier for Families



Hospital in the Home Service (CAPAC) for Patients with Eczema



Orthopaedic Referral Process



The Annual QuAKs Awards Ceremony on August 6 was an outstanding success with 27 entries, 133 team members and eight award categories. After the results were announced (outlined below) everyone enjoyed the excellent food and drinks at the cocktail party.

Safety and Appropriateness of Service

- Judges Choice: Anterior Hip Ultrasound vs MRI to Image Reduction of DDH (submitted by Orthopaedics)

- Highly Commended: Medication Omission Project (MOP) (submitted by Grace Centre for Newborn Care)

Improving Patient and Family Experiences

- Judges Choice: Hospital in the Home Service (CAPAC) for Patients with Eczema (submitted by CAPAC)

- Highly Commended: Improving Asthma Care for Children – Increasing the Documentation and Provision of an Asthma Action Plan for Children Discharged from CHW

(submitted by the eAAP team)

Access to Services

- Judges Choice: Orthopaedic Referral Process (submitted by Orthopaedics)

Making Smart Choices

- Judges Choice: A New Antimicrobial Stewardship Program at CHW (submitted by the Antimicrobial Stewardship Service)

- Highly Commended: Achilles Tenotomy Under Local Anaesthetic as Part of the Treatment for Congenital Talipes Equinovarus (submitted by Orthopaedics)

Prevention and Health Promotion

- Judges Choice: MRSA Screening - Making it Easier for Families (submitted by the Reducing Surgical Site Infections in Cardiothoracic Surgery project team)

Partnerships with Consumers and External Groups

- Judges Choice: Managing Children & Young People with Eating Disorders (submitted by the Eating Disorders team)

Building the Health Workforce

- Judges Choice: PICU Transition to Specialty Clinical Practice Program (submitted by PICU)

- Highly Commended: Is Toilet Paper an Effective Means of Communication Within the Emergency Department? (submitted by the ED Communication team)

Improving Corporate and Support Services

- Judges Choice: Parking Management System - Visitors (submitted by Corporate Services)

- Highly Commended: USB Flash Drive for JMO Orientation (submitted by the Medical Services team)

If you would like to see your name printed here next year we encourage you to start thinking about your entry now. Please contact SIU for more information or assistance with the 2010 QuAKs.

What's Happening with Patient Safety?

Over the next 12 months the Service Improvement Unit will be working on three key projects:

Clinical Handover is an integral part of clinical care and is practiced in a multitude of ways in all healthcare settings. Our aim is to review current practices and consult with key stakeholders to develop and implement consistent tools and language as recommended by Garling and the Australian Commission on Safety and Quality in Healthcare OSSIE Guide to Clinical Handover. Multidisciplinary teams are currently being recruited for participation in this key project.

The Recognition of the Deteriorating Child Project has been in development since late 2008 and took on a new direction in early 2009 when the Clinical Excellence Commission (CEC) expanded "Between the Flags" - the adult project for Recognition of the Deteriorating Patient - to include paediatrics. The Children's Hospital at Westmead has four representatives on the state-wide Management Steering Committee, with Dr Tony Penna the Chair. The project's

focus is to develop and implement a State-wide observational chart for the varied age groups that provides a track and trigger system to enable the early recognition of a deteriorating child. This will be supported with a two-tiered escalation alert for medical teams and Rapid Response Teams.

Paediatric Risk Assessment Tool (PRAT) is currently being trialled in five different units within the Hospital. The PRAT is an electronic Adhoc chart within PowerChart that enables a consistent approach to patient assessment for behavioural risks, falls assessment, manual handling and skin integrity.

The trial is near completion and evaluation will commence shortly with focus groups and data review. Once evaluation and modifications have been made, the PRAT will be rolled out to all wards. For more information on the PRAT, go to the SIU Department Intranet page, SIU/Resources/Patient Safety/Paediatric Risk Assessment Tool-PRAT.

Family Advisory Council

Earlier this year we met with the Sydney Children's Hospital Parent and Consumer Council to look at ways we can work collaboratively to make the two hospitals better for children and families. Not surprisingly, many of the issues are common at both hospitals (including the 'P' word – Parking) so there will be many opportunities to work together.

Speaking of the P word, the Family Advisory Council (FAC) was involved in the development of the Hospital's new parking policy and will be instrumental in communicating the changes to families.

Other documents where the FAC's input has been sought include the Hospital's updated Handbook for Families and Rights & Responsibilities document, Safety and Security of CHW Patients, Healthy Food Choices and the Consumer Participation Policy.

The FAC has linked in with the Grace and Rehabilitation Parent Advisory Groups so the groups can support each others' work.

Transforming Lives

Needy hospitals in the South Pacific have benefited from equipment donated by the Histopathology Department at The Children's Hospital at Westmead.

South Pacific Ministries (SPM) Inc distributed the equipment on behalf of our Hospital which has purchased more appropriate equipment to reflect the Department's changing needs and workload.

SPM is a registered, non-profit, tax exempt Australian Charitable Trust working in Papua New Guinea, Solomon Islands, Vanuatu, Fiji, India, Bangladesh, Thailand, Cambodia, and the Sudan. Their work is holistic - providing medical and dental supplies and equipment, spiritual assistance and support for underprivileged children. They also provide practical aid to some villages including fishing and sports gear, clothing and computer equipment for teachers.

Dr Art Daniel, Principal Scientist in the Cytogenetics Department at The Children's Hospital at Westmead, is also Chairman of SPM.

Dr Daniel said: "SPM has been my second job for some years now. It has been a huge transformation in life activity for my wife and me.

"We would like to thank Tony Penna, Susan Arbuckle, Richard Widmer, Neeta Prabhu, Melissa Werren, Steve Winter, Stuart Deck, James MacCauley, Mike Foley and many other staff at The Children's Hospital at Westmead for their heartfelt support."

Tulip Time

The frosty weather failed to dampen the colourful start of Bowral's annual Tulip Time Festival on Friday, September 25. Locals and visitors donned their warmest gear to enjoy a free breakfast with Ambassador and well-known author Bryce Courtenay.

The flower festival – Australia's oldest and largest – this year supported the Hospital's Centre for Kidney Research.

Although hampered by the recent dust storms, cold weather, sleet and hail, the tulips still proved to be a drawcard for people visiting from near and far, including the splash of colour at the stunning Corbett Gardens.

On Saturday, September 26 the streets were filled with floats, trucks, marching bands and Bandaged Bear who took part in the annual street parade. More than 40 riders from Sydney Cycling Club set off from Centennial Park at 6.30am to take part in the parade, much to the delight of the waving and cheering crowd.

Looking to the Future

The inaugural Graduation Ceremony for patients transitioning from The Children's Hospital at Westmead to adult health services was marked with celebrity guests, moving presentations, gifts and big farewells.

Bondi Vet's Dr Chris Brown and Ready Steady Cook chef Chris Cranswick-Smith joined clinicians, family and friends wishing our graduates well on September 18.

Clown Doctor extraordinaire Dr Twang entertained guests with a song he wrote for the occasion. There were heartfelt speeches from clinicians, a slideshow that brought more laughter than tears and a cupcake tower that stopped everyone in their tracks.

How the transition of young people

between paediatric and adult health services is managed is crucial to their engagement with adult services in the long term. Families who have had a long association with the Hospital often find it difficult to leave the environment and the people they have become so familiar and comfortable with over a long period of time. For this reason it is important to recognise and celebrate the new chapter of their lives.

It was the words of 17-year old graduate Samantha Doorey that summed up the feelings of her peers: "You've looked after me for 18 years and have ended it with a day I'll always remember. You've made this transition very special and easy for me - thank you!"



The Graduates of September 2009 with special guests Bondi Vet's Dr Chris Brown, Ready Steady Cook chef Chris Cranswick-Smith and Clown Doctor Dr Twang

Masterchef Donations Take the Cake



Chef Adriano Zumbo with auctioneer Tommy Tilly, radio journalist

For those Masterchef Australia fans out there, you will be familiar with pastry chef Adriano Zumbo. This man was responsible for the croquembouche, pannacotta and chocolate mousse cake challenges on the Channel 10 Program.

Masterchef will be releasing a cookbook later in the year and these delicious desserts will of course be included. The cakes Adriano created for the show were re-made for the Masterchef book photo shoot during July which culminated in an impromptu charity auction held at his Balmain Chocolate Cafe.

The desserts were auctioned to the public as a way of allowing people to taste their favourite from the television show but also as a

way to raise money for The Children's Hospital at Westmead.

Since appearing in Masterchef Australia, the cafe and patisserie staff have been inundated with questions about when Adriano will make them to sell. The short answer is; they probably won't be, as they were created especially for Masterchef. This charity auction was the only opportunity to taste his creations.

Over 100 people crammed into the tiny courtyard and \$1,300 was raised, including the most expensive piece of his infamous chocolate mousse cake which went for \$125.

Adriano was also a good sport by taking part in Party Day celebrations at the Hospital on November 27.

Behind the Scenes: Kids Research Institute Eating Disorder Service Research Team

The Eating Disorder Service at The Children's Hospital at Westmead is the largest child and adolescent eating disorder service in NSW and an Australian leader in the provision of care for this group. Every year hundreds of children throughout NSW and beyond receive care and support from the eating disorder team through its inpatient and outpatient treatment services and its educational, mentoring and supervision projects. A key to its success has been a strong clinical research focus driving innovation in the treatment of children with this debilitating condition and support for their families.

In 2007 the Eating Disorder Service Research Team received an NHMRC grant for more than half a million dollars to look at the optimal role of hospital in treating children with eating disorders. This grant, one of only two such grants for eating disorder research in Australia, is

comparing short and long hospital stays. When completed, this randomised controlled trial will be one of the largest trials of hospital care for eating disorders.

The trial will provide treatment for approximately 80 children and their families and is currently at the final stages of recruitment. Families will be followed medically and psychiatrically for five years post-treatment, with primary findings to be published in 2011. This trial hosts a number of other trials including a retrospective medical file review of the role of hospitalisation; a quantitative investigation of the role of parental efficacy in recovery; and a financial analysis of cost-effective treatments. Also being undertaken are qualitative studies exploring the factors behind treatment completion and drop out and the changes in family relationships that occur during the treatment process.

Over the past seven years the Eating Disorder Service Research Team has published

multiple book chapters and more than 30 articles in scientific journals. It has presented at conferences both nationally and internationally and has been the subject of considerable local and international media interest. The results of such research has led to reductions in the length of time young people with eating disorders are spending in hospital and reductions in the length of time they are unwell. Similarly, it has led to

the introduction of family-based outpatient care as standard management throughout Australia, culminating in the recent commissioning of family treatment units at The Children's Hospital at Westmead.

Team Leaders -
Dr Sloane Madden: sloanem@chw.edu.au;
A/Prof Michael Kohn: michaek2@chw.edu.au



Kids Research Institute News

Highlights

Ramaciotti Award

Dr Justin Lees, Post Doctoral Research Officer at the Kids Research Institute, is one of the recipients of the 2009 Ramaciotti Establishment and Major Equipment Grants for work on the project for the regulation of cancer cell migration within solid tissue. Dr Lees, who works in the Children's Cancer Research Unit, received the Ramaciotti Award on November 12.

In collaboration with his mentor, Dr Geraldine O'Neill, Dr Lees' research focus will be to understand the cellular machinery that regulates cancer metastasis. Their team of six researchers are part of the larger Oncology Department of the Hospital. The ultimate goal of their research is to derive new therapies for cancer patients that currently have limited treatment options.

Global Honour

Renal Physician Dr Jonathan Craig has been selected to receive the National Kidney Foundation (USA) International Distinguished Medal for 2010.

This award was established to honour the achievement of individuals who have made significant contributions to the field of kidney disease and to those who extend the goals of the NKF. This honour will be acknowledged during the NKF 2010 Spring Clinical Meetings (SCM10) which will be held from 13-17 April 2010 at the Walt Disney Swan and Dolphin, Orlando, FL, USA

NHMRC Grant Success

Researchers from the Kids Research Institute have successfully been awarded NHMRC Grants, representing funding of more than \$3.6 million. Some of grants include:



Dr Jonathan Craig

Project Grants (Announced 29th October):

Chief Investigator: *Dr Geraldine O'Neill*; Project Title: The Cell biology of glioblastoma infiltration

Chief Investigators: *Dr Stephen Alexander*, Prof David Harris, Dr Yiping Wang, *Dr Yuan Min Wang*; Project Title: Gamma-Delta Tregs,

CD8 Tregs and selected natural Tregs to treat renal injury

Chief Investigators: *A/Prof Kim Donaghue*, A/Prof Timothy Jones, Dr Ning Cheung, Prof Jennifer Couper, *A/Prof Maria Craig*, A/Prof Fergus Cameron; Project Title: Intervention to reduce the risk of diabetic retinopathy and early adverse retinal changes in type 1 diabetes

Chief Investigators: *A/Prof Chris Cowell*, *A/Prof David Little*, *Dr Craig Munns*, Prof Bruce Foster, A/Prof Margaret Zacharin; Project Title: Bisphosphonate Treatment of Childhood Femoral Head Avascular Necrosis due to Perthes Disease

Partnership Grants (Announced 13th October):

Chief Investigators: Dr Mary Haines(CIA), *Prof Jonathon Craig*, *Prof Elizabeth Elliott*; Project Title: Determinants of effective clinical networks.

Staff Profile: Dr Geraldine O'Neill



Dr Geraldine O'Neill is leader of the focal adhesion biology group in the Children's Cancer Research Unit at the Kids Research Institute. She is also Conjoint Senior Lecturer at the University of Sydney. Dr O'Neill's research goal is to discover the fundamental cellular mechanisms that lead to the devastating development of metastatic cancer - the major cause of death from cancer.

Prestigious awards she has held include an NHMRC Howard Florey Centenary Research Fellowship; the NSW Cancer Council Career Development Fellowship; and NSW/ACT Young Tall Poppy Award. Her success is reflected by grant acquisition (\$2.5million during her post-doctoral career) and regular invited conference and research seminar presentations. Dr O'Neill consistently publishes in journals ranked in the top 15-25% of journals in the field. A recent highlight is her team's elucidation of key components of the basic cell migration machinery published in the journal *Molecular and Cellular Biology* and the subject of an invited expert commentary.

Dr O'Neill's leadership roles in major national societies and conferences include symposium stream coordinator and chair (ComBio2007 and 2009, ASMR National Scientific Conference 2007) and secretary on the executive of the Australian and New Zealand Society for Cell and Developmental Biology. She is an active teacher and mentor whose students have attained peer-reviewed PhD scholarships, CINSW Scholar Awards, prizes for Honours theses and poster prizes at national conferences.

Research Students Showcase their Talents



Left to right: Sarah McIntyre, Mimi Berman, Marshall Hogarth, Catharine Lumby (guest speaker), Frances Lemckert, Claire Martin, Jeff Hook, Frances Evesson

The sponsored prizes for best presentations went to:

Mimi Berman: Australian Genome Research Facility Ltd Prize

Jeff Hook: BioScientific Pty Ltd Prize

Marshall Hogarth: HD Scientific Supplies Pty Ltd Prize

Frances Evesson: Miltenyi Biotec Australia Pty Ltd Prize

Renjing Liu: Qiagen Pty Ltd Prize

Sarah McIntyre: The Children's Hospital at Westmead Medical Staff Council Prize

Claire Martin: Roche Diagnostics Australia Prize

Frances Lemckert: The Discipline of Paediatrics & Child Health encouragement prize for first year student presentation

The annual Postgraduate Research Student Conference staged at Rydges Parramatta on August 14 featured many impressive speakers. Held by the Discipline of Paediatrics and Child Health – The Children's Hospital at Westmead Clinical School – the Conference provided students with the opportunity to present their research to a diverse, supportive and critical audience of supervisors, peers and members of the Discipline.

The event grows in size each year – with 114 people attending this Conference. Associate Dean and Head of the Discipline, Prof Kathryn North, commented on the increasingly high standard of the presentations and quality of research undertaken by the postgraduate students.

The keynote speaker was Prof Catharine Lumby, Director of the Journalism and Media Research Centre at the University of NSW and Foundation Chair of the Media and Communications Department at the University of Sydney. Catharine's talk about the influences of media on young people was titled 'What's Eating Young Women? Body Image, Media and Agency.'

The Session Chairs were Dr Robyn Jamieson, A/Prof Chris Cowell, A/Prof Dominic Fitzgerald, Prof Louise Baur, Dr Sandra Cooper, Prof Elizabeth Elliott, Dr Geraldine O'Neill and A/Prof Kim Donaghue. Many postgraduate supervisors and post-doctoral researchers helped with marking student presentations on the day.

Think Kids Challenge

More than 200 team members ran and walked their way to the finish line on Sunday, August 9 in support of the Think Kids Challenge.

The Challenge is a great day for both Hospital staff and supporters to participate in the annual Sun-Herald City2Surf event and socialise on iconic Bondi Beach.

Thanks to the team members' inspirational efforts a total of \$58,630 was raised to directly benefit The Children's Hospital at Westmead and Bear Cottage.

The first Think Kids Challenge team member to cross the line was

our resident 'Spiderman' aka Tony Barbaro who completed the race in 61 minutes. Big congratulations must also go to couple Lauren and Nev Davies who were the next to arrive with times of 64 and 67 minutes respectively.

Our school supporters did a great job this year, with the highest achievers being the Year Eight boys from St Ignatius College Riverview who raised more than \$14,510. Think Kids Challenge Team member Chris Papadakis was the highest individual fundraiser providing a generous donation of more than \$7,000.



Team members celebrate success

Thank you again to everyone who was a part of the 2009 Think Kids Challenge – we hope to have you on board again next year.

If you haven't yet competed in the Challenge, why not keep it in mind for next year and spread the word to family and friends.

Staff Excellence Awards

The Staff Excellence Award recognises the excellent performance of one staff member each month, within one or more of the following categories:

SERVICE DELIVERY:

Provides service that exceeds expectations.

LEADERSHIP:

Above expected performance in team communication, developing teamwork and reinforcing a commitment to quality improvement

INNOVATION:

Contributes ideas and suggestions that improves patient care, administrative procedures and/or reduces costs of service whilst maintaining or improving service quality

SAFETY:

Outstanding contribution to ensuring safety within the organisation including safe operating procedures, promotion of safety issues etc.

The latest staff excellence winners:

July:

- Danielle Murphy, Administrative Officer, Outpatients

August:

- Judith Frost, Clinical Nurse Consultant, Pain and Palliative Care

September:

- Judith Goodson, Social Worker – Burns, Social Work

October:

- Dr Sloane Madden, Senior Staff Specialist, Psychological Medicine
The Children's Hospital at Westmead's Staff Excellence Awards are proudly sponsored by Hesta.

Congratulations to Danielle, the two Judiths and Sloane on their outstanding achievements.



Heart Congress Success

The excellent work of the Hospital's Heart Centre for Children was showcased earlier this year at the 5th World Congress of Paediatric Cardiology and Cardiac Surgery.

Staged at the Cairns Convention Centre from June 21 to 26, the Congress provided an excellent networking opportunity for 2,000 delegates from leading Australian and international organisations representing 81 countries.

Staff from the Heart Centre for Children were heavily involved in organising the four-yearly-event and presented in a range of areas. The Congress featured landmark lectures by world leaders in the fields of Anatomy, Nursing, Cardiology, Intensive Care and Surgery. Focus areas included cardiac surgery, cardiac catheter intervention, fetal cardiology, genetics, pathology, basic science, cardiac anaesthesia, pulmonary hypertension, perfusion, psychosocial/ethics and services in developing countries.

The organising committee included the Heart Centre for

Children's A/Prof Gary Sholler and A/Prof David Winlaw. A/Prof Winlaw co-chaired the Scientific Committee with his colleague Prof Daniel Penny (Royal Children's Hospital, Melbourne) and gave a two-part presentation considering outcomes after surgical treatment for congenital heart disease. Dr Megan Sherwood, Dr Richard Hawker, Dr David Baines, Ms Karen Leclair and staff from PICU were also heavily involved.

There were 29 presentations by staff connected with the Heart Centre for Children covering a wide range of clinical and research work including genetics, critical care management, the Heart Beads initiative (Lexi Dengler, Edgar Stephen Ward) and patient handover from the operative to intensive care setting. There was also discussion about the long-term outcomes for planning improvements in clinical care to help children achieve the best quality of life and the psychological impacts of fetal heart diagnosis on families.

Staff News

Professor Louise Baur has been awarded the Public Health Association of Australia (NSW Branch) Public Health Impact Award 2009. This Award, presented at the PHAA's Annual General Meeting on July 23, was initiated by the Branch in recognition of the outstanding contributions made by NSW practitioners to public health.

This Award was a great honour for Professor Baur who has campaigned for two decades to raise awareness of the impact of child and adolescent obesity. Prof Baur is Director of the Hospital's Weight Management Services and Professor in the Discipline of Paediatrics and Child Health at the University of Sydney.

The Federal Government has announced the appointment of two Hospital staff members to the newly announced National Health and Medical Research Council Committees for 2009-2012. On September 8 **Professor Louise Baur** was appointed to the new Prevention & Community Health Committee and **Professor John Christodoulou**, Professor and Director, Western Sydney Genetics Program, was appointed to the Human Genetics Advisory Committee.

Neurology Consultant **Associate Professor Peter Procopis** has been appointed to the new National Medical Board. Professor Procopis was one of 108 inaugural members of the 10 national boards for the new National Registration and Accreditation Scheme for the Health Professions. The Australian Health Workforce Ministerial Council

made the announcement in early September.

Dr Carolyn Broderick (CHISM Paediatric Sports Medicine Staff Specialist) and **Dr Damien McKay** (CHISM Paediatric Sports Medicine Fellow; Paediatric Rheumatology Fellow; Deputy Chief Resident Medical Officer CHW) have been invited to join an International Olympic Committee panel of experts in December 2009 in Lausanne. They will assist in assembling a consensus paper on "best practice" in preparation for the First Summer Youth Olympic Games to be held in Singapore in August 2010.

The International Olympic Committee (IOC) has decided to create a new sporting event for up to 3,600 young athletes from around the world. The IOC is concerned that there might be underage or overage participants and has invited a number of experts to assist in assembling a consensus paper on age determination of elite, adolescent athletes.

The NSW Health Awards were held in late October and the Hospital had two finalists from the 13 entries we submitted. These were:

A New Antimicrobial Stewardship Program at The Children's Hospital at Westmead – "Improving evidence-based practice and reducing costs", submitted by the **Antimicrobial Stewardship Service** in the "Making Smart Choices" category.

"Improving Asthma Care for Children - The eAAP", submitted by the **eAAP Team** in the "Improving

Primary Health and Care in the Community" category.

Another of our entries was nominated as a finalist for the Director-General's Encouragement Award which is judged from all 173 entries.

"MRSA Screening - Making it Easier for Families", submitted by the Reducing Surgical Site Infections in Cardiothoracic Surgery project team.

Although we were unsuccessful on the night these three teams are to be congratulated for progressing to this stage of the awards process.

Professor David Sillence has been nominated for Ryde Citizen of The Year, Australia Day 2010. As the Hospital's Professor of Medical Genetics, Academic Department of Medical Genetics, Professor Sillence has been on staff for some 30 years and has made outstanding contributions to child health and clinical genetics.

On Friday, November 27, **Bear Cottage** was the recipient of the Community Contribution Award at the 2009 Manly Daily Business Achiever Awards.

This award recognises the vital contribution Bear Cottage makes to the community and acknowledges the important role it plays in the lives of children with life-limiting illnesses and their families. Accepted by Narelle Martin, Bear Cottage NUM, the award was presented in front of more than 600 local businesses and individuals including three local mayors and many local State & Federal MPs.

Tracks for Transplant

Fiona Strachan, a theatre nurse and now a well-trained mountain bike rider, took on the challenging 517-kilometre Birdsville Track in South Australia and won. In September the mother-of-three put her body and endurance on the line to travel up to 100 kilometres a day on the sandy and unsealed road bordered by the Simpson and Strzelecki deserts. Her team's efforts, before and during the adventure, raised an unbelievable \$100,000 for the Hospital's Liver Transplant Unit.

Fiona was accompanied on the fundraising endeavour by fellow rider and close friend David Monsiegnier and was encouraged

by her husband Wayne who travelled in the support vehicle. Fiona's colleague and Nurse Manager of Theatres, Heidi Weber, was part of the epic journey, supporting her brother Robin who

was also travelling by mountain bike. Dr Albert Shun, leading liver transplant surgeon, accompanied the team on the ride as the Medical Support.



Riders David Monsiegnier, Robin Weber and Nurse Fiona Strachan with their support vehicle as they rode into Birdsville

Privacy Matters

External Access to Patient Information

In this edition I would like to focus on access to patient information from external sources. External sources can be classified as persons or organisations outside of The Children's Hospital at Westmead including GPs, police, solicitors, courts, parents and patients themselves.

Access to health information is governed by the Health Records and Information Privacy (HRIP) Act and current NSW Department of Health (DOH) policies and circulars.

Request for Information

The Medical Records Department has a Medicolegal Section which is responsible for completion and processing requests for access to patient information. All requests are processed according to DOH policies and procedures.

Access by a parent/patient

In general the HRIP Act governs the right to access personal information by the patient and/or their parent. The Act specifically applies to all health information held on a patient's Health Record. It is designed to provide individuals with greater knowledge and control over their own health information.

An Application for Access to Patient Medical Record form must be completed and accompanied by appropriate identification and processing fees. Applications are sent and processed by the Medicolegal Section within the Medical Records Department. An application can be made to view the medical records and/or to obtain a copy of the medical records.

There is no fee to view the records but an appointment must be made with the Health Information Manager of the Medical Records Department. At times, a parent may request to view the record while their child is currently on the ward (still as an inpatient). This procedure is acceptable if a clinician involved in the child's care is present at the time of viewing and an application form is completed with identification copied. An application form can be downloaded from the Intranet under Medical Records forms. <http://intranet.kids/o/>

forms/medical_records/application_for_access_to_patient_medical_records.pdf

Access by external health care provider

External clinicians involved in patient care may contact The Children's Hospital at Westmead for access to copies of documents, for example, test results and discharge summaries. These requests are commonly referred to as Doctors requests. The Medicolegal section of the Medical Records Department is solely responsible for releasing information. A Medicolegal Information Request form needs to be completed, which can be downloaded from the Intranet under Medical Records forms. The information request form is completed and then scanned via the Document Imaging system as a permanent record of what information was released and when.

http://intranet.kids/o/forms/medical_records/information_request_form.pdf

Access by a Third Party

Requests are received from insurance companies and solicitors who act on behalf of the patient. A valid written consent to release information is required prior to disclosing any information and these are usually received by mail.

Solicitors can request clinical notes. Clinical notes can include a complete copy of the medical records. A signed written consent, dated within three months, is required prior to releasing information.

Insurance companies can request a summary of injuries (SOI). SOI is a limited selection of notes as currently outlined by the DOH. A statutory declaration is sufficient to release these documents. However, if further information is required, a full expressed written consent MUST be received prior to information being released.

Access by Department of Community Services (DOCS)

In accordance with the Children & Young Persons (Care & Protection) Act

1998, requests for information by DOCS are centralised and processed by the Medical Records Department in consultation with the Child Protection Unit. There are guidelines that govern what information can be released on children who are expected to be at risk. DOCS also requests information on children for disability services and home care.

Requests from DOCS must be in writing with the request clearly outlining what section of the Children and Young Persons (Care and Protection) Act the DOCS officer is requesting the information under.

Access by Police

Police often request a statement by a treating practitioner following an accident or an assault under investigation. The request can be received by telephone, fax or mail. Wherever possible, a written request accompanied by patient authority should be encouraged. Authority is required from the patient/parent/guardian unless there is a child at risk, a search warrant is served or the statement is subpoenaed.

Access under a subpoena

A subpoena is a legal document requesting copies of medical records to be produced at court. Compliance with subpoenas is mandatory and non-compliance may result in a fine against the individual or Hospital. They are to be received by a manager/supervisor or the Medicolegal Officer in the Medical Records Department. They may be served upon you in person, sent in the mail, faxed or come from another department or doctor within the Hospital.

Access by the Coroner

Notification of a Coroner's Case can be received via phone from the Coroner's Court or from ward staff following a death. The Coroner will usually require a complete copy of the medical records. The requests are always urgent so this is a priority. An autopsy cannot be performed without the medical record.

Amendments/annotations to medical records

Applications for amendments or annotations to medical records can be made by contacting the Medicolegal section of the Medical Records Department. An amendment notation form must be completed prior to an amendment/ annotation being made and once approved it will be permanently scanned/ attached to the Medical Record.

Privacy Education

An e-learning tool has been developed for Privacy training. Access to this tool is via your Novell menu. Managers and Department heads should ensure that this e-learning package is completed annually by staff. Alternatively, in consultation with the Medical Records Department, a session tailored to meet your department needs can be conducted. It is mandatory that all staff attend one of these sessions throughout their employment at The Children's Hospital at Westmead.

Privacy Awareness across The Children's Hospital at Westmead

Patient Information and Privacy posters are on display in wards and other patient care areas. Specially designed Privacy leaflets should be distributed to patients/parents to ensure that we are meeting our obligations under the HRIP Act. Additional leaflets for your areas can be requested by contacting the Medical Records Department.

If you require any further information or have any other Privacy concerns, please do not hesitate to contact Nadine Ghassibe, Manager Medical Records Department on x52356 or via email at NadineM.

*Nadine Ghassibe, Privacy Contact Officer
Medical Records Department*

Boost Your Pay

Of the 3,130 Hospital staff currently eligible to take advantage of salary packaging almost two out of every three employees have taken up the benefit.

By salary packaging you pick up extra dollars in your pay that would otherwise go to the tax office and you also help the Hospital – and ultimately sick kids – in the process.

Salary Packaging Officer George Pantelis says individuals are not the only ones to benefit financially as Hospital departments also reap the rewards.

"The Hospital's half share of the income tax saving from salary packaging goes back to your cost centre," George says. "You might like to speak to your department manager about how well your department is performing in regards to participation.

"You might also like to ask a colleague if they package. If you both don't do it, why not come and see me together. If your colleague does salary package, ask about the benefits and how easy it is to get set up."

For more information contact George Pantelis on 02 9845 3643 or email Salary_Packaging@chw.edu.au

DI Milestone

The Medical Records Department (MRD) is proud to report that the hard work and determination of its staff has paid off with more than 200,000 Medical Record Numbers now available to view on the Document Imaging (DI) system.

In July 2003 the Hospital went live with the DI system interfaced through PowerChart.

Since then a number of strategies have been developed to ensure that information is scanned as soon as possible upon its return to the MRD. Staff work tirelessly to ensure that all information returned to the Department

is now scanned and available through PowerChart within 48 hours of return.



Medical Records Department staff celebrate the exciting milestone

Hospital Happenings

Total Girl Party Time



Celebrity Head laughter

Our friends at Total Girl organised another amazing party for our patients in September. Sally, Shae and Jack from Saturday Disney as well as country music singer Amber Lawrence, singer Cassie Davis and actor Luke Jacobz from Home & Away were a huge hit. Our

celebrities played Celebrity Head (of course!) with much laughter from everyone. Amber sang some songs, plus there were magazine giveaways, face painting, Ubisoft (computer game) stations for the boys and some fantastic catering. Thanks Total Girl – you rock!

Harry Potter Casts Some Spells

When the new Harry Potter Wii game was launched earlier this year, we were lucky enough to test it out here. Coupled with staff from the gaming company

Electronic Arts dressing up as Hermione and Harry, we had some very cool themed catering. Another really fun morning for all our budding Witches and Wizards.



Potter fun!

Livewire Connects



Staying in touch

Livewire - a new free, safe and fun online community - is connecting some of the Hospital's bravest patients with other young people facing a range of health challenges.

Officially launched on June 23, Livewire is geared to people aged 10 to 21 who are living with a serious illness, chronic health condition or disability.

An initiative of the Starlight Children's Foundation, the program was developed to provide a safe and supportive online space where young people can hang out, connect, share experiences, creatively express themselves and importantly, realise they are not alone.

Livewire offers hours of entertainment, chat rooms, forums, games and competitions. Chat hosts and moderators trained in adolescent health are online seven days a week to ensure that Livewire remains a supportive and fun place. Livewire is working

with the Australian Federal Police to make certain all members of Livewire remain safe while engaging with the community.

A number of the Hospital wards now have 'Livewire on Wheels' computers, which can be wheeled directly to the patient's bedside giving them access via laptops and wireless internet connection to the Livewire website. The remaining wards will be rolled out by the end of the year.

If you think a young person would be interested in accessing livewire.org.au during their Hospital stay, visit the Starlight Express Room.

To become a Livewire member, all the kids have to do is visit www.livewire.org.au and click on the 'Join Livewire' button; ask a Captain Starlight in the Starlight Express Room; or contact the Livewire Support Team on (02) 8425 5971



The best of mates

Bandaged Bear Cup

For the third year now the Bandaged Bear Cup was played at ANZ Stadium to recognise the tireless work and dedication of The Children's Hospital at Westmead staff and volunteers.

Up to 10,000 Hospital staff and their families were special guests at ANZ Stadium on Saturday, July 25, with 300 staff taking part in a parade of honour at half time. The Children's Hospital at Westmead mascot Bandaged Bear led the parade.

ANZ Stadium has a formal charitable partnership with the Hospital and is the long-term home ground of the Bulldogs.

We know this is an event our staff really enjoy and we had a wonderful turn out on the night. To top it off, the Bulldogs also presented the Hospital with a cheque for \$10,000.

Bandaged Bear is a bear about town and made friends with another kind of Bulldog!

Sam Rouen – Keeping The Weight Off

You may remember Sam won Australia's Biggest Loser in 2007. Sam was kind enough to come in earlier this year and talk to some of our patients who attended the Weight Management Clinic. There is nothing like getting some inspiration and motivation from someone who has had a similar journey. Sam has been able to keep the weight off for two years now but finds it a challenge on some days – particularly when his flat-mates love to eat lots of junk food. His strategy is to go

to his parents' house and cook a healthy, low-fat meal for them instead.

We all thoroughly enjoyed meeting Sam and hearing how losing the weight and keeping it off has changed his life. While he did have extra help while in the Biggest Loser House, keeping it off has been Sam's own work. Knowing that it is possible and how much better life can be in a healthy weight range was wonderful for our patients to hear.



Sam and new friends

Mental Health Week Excitement

Mental Health Unit team went all out again this year for Mental Health Week. We have never seen queues in the Galleria for cup cakes quite like that!

Roshani, an Australian Idol

finalist from 2008, generously visited the Hospital to sing for us. Many of our patients were able to join in the excitement on the day. We enjoyed it enormously as Roshani is truly a gifted singer.



Roshani brightens the day

Too Cute

The Australian Reptile Park in Somersby on the Central Coast has been bringing some of their reptiles (snakes, lizards, alligators and tortoises) and some furry animals to the Hospital for visits for nearly two years now. A baby wombat topped the popularity list recently and we even got to feed him his bottle!



Feeding & snuggle time

Idol 5

The final five Australian Idol contestants – Stan, Toby, Hayley, James and Nathan – dropped in on a Saturday morning for a fantastic couple of hours. They sang songs, had their photos taken with patients and of course, signed plenty of autographs.



Final five bring smiles

Information Technology Services

The Novell to Microsoft system migration

August 2009 marked the end of the Novell to Microsoft system migration project that involved transferring a vast amount of applications, files, various settings and services that have been in place for many years. All these needed to be migrated or replicated in the new Microsoft environment. Thanks to the cooperation and patience of Hospital staff, the project has been a success, with only minor interruptions to services being provided. Although the main project has been completed, this marks the start of our next generation of services including a new Office implementation and Sharepoint.

Well done to Project Manager Roy Searle and all the Information Services staff involved in the development, testing and implementation of the project.

Phishing

'Phishing' is a type of identity theft. It happens when you receive an email that looks like it is from a bank, credit card company or other financial institution that you may have a relationship with, asking you to confirm your details. This is a type of fraud and it isn't coming from the trusted institution but from someone who wants to steal your log-in information.

Generally, the vast majority of trusted institutions would never ask for credit card information,

pin numbers, passwords or other identifying information via an email.

How does phishing work?

You will receive an email from what looks like an institution you may or may not have an account with, containing instructions for you to follow a link and confirm your log-in details on their website.



This will really send you to a fake 'official-looking' website (see below) and ask you to enter your usual log-in and password details. Fraudsters running these fake websites capture these details to access your account.



Fake website accessed by clicking on the email link from the Outlook email.



Real website accessed by searching the Commonwealth Bank from Google.

What do you do if you are getting phishing emails?

Don't open suspicious or unsolicited emails (spam) - delete them.

Instead of 'clicking through', close the email and type the institution's correct URL directly into your browser, or find them through a Google search.

Spam Emails

Spam is unsolicited electronic messages such as email, instant messaging, SMS and MMS that you receive without consent, normally to advertise a product or service. Spam can waste time, use up computer storage and sometimes lead to viruses.

The Children's Hospital at Westmead has a sophisticated anti-spam software system to limit the amount of spam emails you receive. Although this software

catches the majority of spam emails, there is still a chance that some may get through the system into your inbox.

How does spam work?

You will receive an email from an individual or company normally advertising their product. The email will normally have a link which will take you to their Website.

What to do if you are getting spam mail.

To help deal with spam, it's important to learn to recognise it. The subject heading of spam emails will often sound too good to be true. Be vigilant about emails that arrive from any businesses or email addresses that you do not recognise. Normally they will be offering get-rich-quick schemes or inexpensive medication.

Keep your email address as private as possible and avoid posting it on public websites or forums. It is advisable to avoid forums that request and display your email address publicly. This can help to limit spam.

Don't click an 'Unsubscribe' link within an email, unless it's from a source you recognise. Fake emails contain unsubscribe links that actually alert the spammers that your email address is active.

Further reading and information

www.scamwatch.gov.au
www.snopes.com/fraud/phishing/phishing.asp

Autism Seminar

Multiple intervention approaches for the management of Autism Spectrum Disorder (ASD) were shared during a seminar for occupational therapists earlier this year.

Staged by the Hospital's Occupational Therapy Department in the Education Centre, the full-day July 3 seminar was titled Autism Spectrum Disorder: Navigating OT Interventions.

The seminar focused on current research and interventions undertaken by Occupational Therapists; clinical reasoning behind the research and interventions; and evidence for the interventions.

Seven eminent occupational therapists working in the field of ASD presented their approaches in the management of children with ASD to an audience of 161 participants. The seminar was chaired by Professor Anita Bundy, Chair of Occupational Therapy Faculty of Health Sciences, University of Sydney, who also facilitated discussion.

Dr Natalie Silove, Senior Staff Specialist and Head of Child Development Services at The Children's Hospital at Westmead, commenced the day with a presentation.

Dedication Pays Off

The efforts and achievements of 19 Hospital staff were recognised in a graduation ceremony for trainees on July 30.

The ceremony was officiated by the Director of Workforce Development, Frank Horn, who presented the trainees with Certificate III in Government; Certificate IV in Frontline Management; Certificate IV in Business or Certificate IV in Telecommunications. Frank congratulated the trainees who worked consistently to achieve their qualifications over the past 18 months or more.

The Traineeship Program provides opportunities for staff to formally recognise existing skills and experience and receive a nationally-recognised qualification in areas such as management and leadership, communication,

administration and business. The application of this learning is part of the Hospital's continued pursuit of service and excellence. Traineeships vary in duration from one to three years and consist of work-based competency assessment and structured training sessions.



Graduates July 2009 From the front L to R: Sam Sammut, Brant Dawes, Sharon Thorn, Sangita Jaipurjar, Rawya Harrouk, Mario Matinez & Bun Sun
2nd Row (TJ) Tony Jackson, Kamalijeet Kaur, Sarita Dutt, Julien Martin, Roze Cific
3rd Row Lonie Foote, Tina Willmore, Jamina Kacanic

School Outreach

The Hospital School Outreach Program this year extended its services to assist students in Years 7 and 8. The Program has traditionally benefited only K-6 students unable to return to school for an extended time. All the students on this Program have been, or still are, patients at The Children's Hospital at Westmead and most have been taught by the Hospital teachers during their admission.

The Outreach service began after teacher Julie Noble was awarded a Churchill Fellowship in 2006/2007. She researched outreach programs in New Zealand, USA, Ireland and England as well as various states in Australia. This led to a submission to the NSW Department of Education and Training for an Outreach Program to meet the needs of students who could not return to their school due to medical issues or

a chronic illness for up to six months after discharge.

The Children's Hospital School ran a pilot Outreach Program in Term 4 of 2007 and the service was fully operational from 2008.

Under this Program a teacher works with the student at home once a week on their regular school program and leaves a structure of tasks to be done each day until the next visit. There is close contact with the student's regular school and their classmates which reduces the sense of isolation that these students can sometimes feel.

The Outreach Program operates two days a week and caters for students who attend NSW public schools and live within a radius of approximately 30kms from the Hospital. Referrals for the Program come from doctors, nurses, schools, our Hospital School and families.



Outreach Teacher Julie Noble working at home with Aaron.

For any Outreach Program enquiries, please phone The Children's Hospital School on 52813 and speak to Julie Noble or Margaret.

A Picnic Delight

The annual Teddy Bears' Picnic on October 18 attracted an enthusiastic crowd of Hospital supporters who enjoyed attractions including Centre Stage, rides, face painting, the Myer School Stage, cuddly animals and not-so-cuddly reptiles.

A huge thank you to the 600 volunteers who applied to be a part of the Picnic at Rosehill Gardens and to the 316 vollies who were recruited to work on the day.

Many Hospital departments attended the Picnic to promote their areas including the Heart Centre for Children; Clubbe Ward and the NSW Severe Burn Injury Service; Anaesthetics and Recovery; Social Work and the Book Bunker. Why not add yourself to the list for next year and think of a great way to promote your department and interact with children and families. You have plenty of time to



Performers of every kind entertained the kids
brainstorm – just contact the Special Events Team in Public Relations from August 2010.

This year we also saw great support for our Ticket-a-thon program which allows disadvantaged families the opportunity to attend the Picnic and share in the magic. Thanks to the generosity of staff and the community, more than 600 tickets were distributed to disadvantaged families. This included families from within the Hospital, Ronald McDonald House, The Smith Family, Barnardos, the Salvation



Sienna with her winning performance of The Climb by Miley Cyrus in the Picnic Popstars competition

Army and many other children's charities.

We sold over 9,400 tickets to the Picnic with the event raising in excess of \$200,000 for the Hospital. Thank you again to everyone who offered their support.

Celebration Week Treats and Triumphs



Enjoying a free BBQ Breakfast to kick off the celebrations

From the moment you entered the Hospital in the first week of August the larger-than-life Celebration Week banner was a hint of the activities to come. It was the beginning of a big thank you to staff and volunteers who have contributed so much to the Hospital over the past year.

Volunteers were rewarded with a special event driven by a committee headed by CNC Judy Frost. Treats included home-baked goodies, chocolates and a slideshow.

Throughout the week Starbucks was a huge supporter of the event offering Bring-A-Friend coffee sessions while also staying open for 24 hours! They also held four extremely popular coffee tasting

seminars with staff slurping their way through coffee from around the globe, paired with a yummy treat.

Mix 106.5fm shouted staff to a breakfast BBQ on day one and a free lunch BBQ on Friday, when chocolate treats and Skintology discount vouchers were also given away.

A big highlight of the week was the Wii Challenge. More than 20 Departments took part in fierce battles each day with many teams donning special uniforms and some having victory dances. During the Grand Final Oncology Research Unit's Wii Take No Prisoners took on the Unbeatable Miracle Workers from Social Work. Social Work came out on top winning by only six points!

Departments were treated to a hamper full of goodies from lollies to biscuits as well as an array of chocolates. The QuaKs Awards was the place to be on Thursday afternoon. The Ceremony was bigger and better this year, with a cocktail party to follow the proceedings.

Celebration Week is all about celebrating the hard work and achievements of staff and volunteers at The Children's Hospital at Westmead. Next year we hope to make the event bigger and better so if you have any ideas for other activities we can add to the calendar, please contact Julie Law in Public Relations on 53580 or via email.



The winning Wii Challenge Team, Social Work's Miracle Workers

hospital watch



Hospital Crime Rates Falling

When comparing the past two financial years there has been a decrease in the amount of criminal activity reported to Hospital Security. However, all staff still need to be vigilant to ensure crime rates do not increase.

The following is a comparison of crime reported to Hospital Security for consecutive financial years. The information is recorded on Security's database, including the number of incidents, location, time frames and the most active crime days.

July 2007 to June 2008

Personal Property Theft: 15 cases

Location: Wards: 10

Departments: 5

Days thefts occurred: Monday, Wednesday, Friday

Time frame of thefts: 0600 –2300
Break, Enter and Steal: Total 23 cases

Location: Visitors car park: 15

Staff car park: 1

Departments: 7

Days thefts occurred: Tuesday, Thursday, Friday

Time frame of thefts: 0700-1900

July 2008 to June 2009

Personal Property Theft: 9 cases

Location: Wards: 6

Departments: 3

Days thefts occurred: Monday and Friday

Time frame of thefts: 0600-2000

Break, Enter and Steal: Total 7 cases

Location: Visitors car park: 3

Departments: 4

Days thefts occurred: Monday, Thursday, Friday

Time frame of thefts: 0800-1900

Note: Hospital property theft is included under the heading Break, Enter and Steal. Comparison is 07/08 - 2 incidents
8/09 - 3 incidents

Security Staff Responses/Activities for 2008-2009

Escorts off site: 2,064

Duress alarm response: 44

Doors opened for staff members: 1,187

Response to fire alarms activations: 58

Reducing Potential Crime

If we remove the opportunity for a criminal to act, then we also reduce the overall effect of the crime including the loss of cash,

possessions, credit cards and the impact on the affected individual. The following handy hints are supplied by NSW Police.

Help Stop House Break-ins

- Display street numbers at the front of your house to assist emergency services to locate your home.
- Ensure all perimeter fences are in good order and gates are kept closed and locked to restrict unauthorised access to your property.
- Trim trees and shrubs from around doors and windows to remove potential hiding areas for intruders. It also increases visibility from the street.
- Install quality security lights around the perimeter of your home.
- The power board to your home should be housed within a metal cabinet secured with an authorised lock.
- Record descriptions, models and serial numbers of all your valuables to assist in easy identification should they be reported lost or stolen. The list should be placed in a secure place.
- Engrave your Drivers License number prefixed by the initials NSW on all items of value to assist in identification.
- Photograph all jewellery and other collectables for easy identification. Again, ensure that the listings and photographs are placed in a secure environment.
- Consider having a monitored intruder alarm system installed.
- Consider providing good quality locks on garages and garden sheds.

Hospital Watch is proudly supported by:



News from CHWBUG – Bicycle Users Group

Cycle Power



Some of the CHWBUG members on Ride To Work Day with fellow bike enthusiasts - Parramatta member Julie Owens, the community police, Bike Barn Parramatta mechanics and Bandaged Bear

One hundred cyclists from The Children's Hospital at Westmead rode over 3,000km to and from work on October 14, with combined estimated savings of 750kg in Carbon Dioxide emissions and \$375 in petrol costs.

National Ride to Work Day 2009 was an outstanding success with cyclists travelling to the Hospital from near and far including from the inner west, Roseville and the Blue Mountains.

After their efforts the riders were welcomed by a free, healthy breakfast out the front of the Hospital. To help celebrate the day cycle and community police were on hand directing cyclists to Dr Bike from the Bike Barn for advice and to Mobile Healing Hands to massage weary legs. Participants with excess energy headed to the Starbucks blender bikes to spin up a frappuccino. Bandaged Bear, HESTA Superfund and the Parramatta Federal Member Julie Owens dropped by to mark the big

day and to provide support and encouragement.

A special mention goes the 10 people who rode to work for the very first time. What's more, an additional 85-plus enthused staff dropped into the lunch-time bicycle workshops to gain skills and gather information useful to commuting or recreational riding. A big thanks to the 2009 Ride to Work Day Organising Committee, our Sponsors and the Hospital Executive for staging another successful event.

If you would like advice on cycling to work please contact CHWBUG@chw.edu.au or check out the cycling pages http://intranet.kids/ou/kids_health/resources/staff_health/cycling/index.php

Thrills and No Spills



Cyclists enjoying their training

One sunny September Saturday, seven social staff cyclists gathered in the Hospital loading dock for a special morning learning how to improve cycling skills and gain more confidence.

Under the guidance of Austcycle trainer Donna and with the support of members of the CHWBUG, the group learnt many skills, including how to set up their bikes to be more comfortable; how to use gears more efficiently; how to do hand signals without wobbling; and how to skilfully negotiate witches hats. The participants then headed to some of the local off-road bike paths to put their new skills into practice.

Feedback from the riders was extremely positive and we'd love to be able to offer this free training to staff again in the future. The CHWBUG was successful in obtaining a grant from the Department of Environment and Climate Change which covered the cost of training.

Paul's Peers Celebrate His Passion



Paul de Sensi took this impressive shot of the Hospital Main Entrance in the September 23 morning dust storm that covered half of NSW in dust.

The Children's Hospital at Westmead Medical Photographer Paul De Sensi has been rewarded for his impressive work.

The Australian Institute of Medical and Biological Illustration is the peak professional body for medical photographers and illustrators. It held a conference at Darling Harbour on June 25-28 in which Paul submitted images for judging by peers. This resulted in Paul being awarded twice for "Outstanding Excellence" in the application of technique and understanding.

Paul also presented a paper as part of the Photographic Imaging Education Association on "Clinical Photography: A Revision of Clinical Photography Techniques". This paper, amongst other subjects, expounded the refinement of digital acquisition techniques that Paul has developed over eight years at The Children's Hospital at Westmead and the development of a joint, common patient clinical permission protocol for the three children's hospitals in NSW.

Charles Frewen, Medical Photographer at the Peter

MacCallum Cancer Centre in Melbourne, found these topics very useful.

"I am just about to move to digital acquisition and Paul's sage advice has altered my course as far as image capture and processing is concerned," Charles said. "Also, because I am about to move into setting up a new protocol for patient permission for clinical photography at the Peter Mac, I found this aspect most enlightening."

Nursing Excellence

The Council of Children's Nurses (CCN) is the key professional organisation in NSW for all nurses who provide care for children and young people. It offers varied assistance including the opportunity to participate in the development of policy and practice standards;

low cost CCN education seminars; and free subscription to on-line journals via the website. To find out more about CCN, visit the website www.ccnsw.org.au or speak to any local member of the executive:

Karen Rankin, CNC Nutritional Support & IBD, Page 6612
Gail Tomsic, NCC, Turner Ward, Page 7123
Karin Ferguson, Nurse Manager, General Medicine, Page 7074
Margaret Kelly, CNC, Nursing Research and Practice Development Unit, Ext 51350
Gill Patterson, CNC, Child and Family Health, Page 6028

Health Hints

With the Christmas party season well and truly upon us, few would disagree that it can be difficult to not gain weight at this time of year. High fat nibbles, desserts, Christmas chocolates in addition to extra alcohol all mean extra kilojoules. The good news is that there are a few key tricks of the trade which will allow you to enjoy the end-of-year cheer, with minimal weight gain.

- Never go to a function hungry: Loading up on pastries, chips, nuts and other high energy appetizers not only means that you are eating an enormous amount of kilojoules but you are also missing out on the key nutrients that you need such as fibre and protein to keep you full and happy.
- Plan to have a filling, protein rich snack such as a nut-based muesli bar or cheese and wholegrain crackers an hour or so before you are due to go out to take the edge off your hunger. Once you have done this you can enjoy a couple of treats without overdoing it. Remember that grilled meats, seafood and sushi are good choices at buffet and smorgasbord style events.

- Under no circumstances stop moving your body: Many people use the holiday period as an excuse to do less exercise, when in fact we should be making the most of longer days and holidays

to do more. Make it a priority to move your body for at least an hour each day and use exercise as a means to compensate for heavy meals and overeating. Good choices include a walk after dinner, a family trip to the beach or backyard games.

- Weigh yourself regularly: Repeated studies have shown that people who weigh themselves regularly are more likely to control their weight long term. Commit to jumping on those scales, once a week first thing in the morning over the break so you can be aware of any increases that require you to cut back for a day or two to avoid large amounts of weight gain.
- Stick to your routine: Long term weight loss studies have shown that individuals who control their weight stick to their regular eating routine as much as possible. By all means enjoy a treat here or there over the holiday period but follow your regular healthy eating plan the rest of the time and stick to light salads, grilled lean meats and the fresh fruits of summer.

Susie Burrell -
Dietitian & Nutritionist

If you would like regular health advice, Susie is happy to sign you up to her weekly update. Email her on susieb2@chw.edu.au