

HealthMatters

Sydney – it's *your* local health district

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Investing in the future



Sydney Local Health District Chief Executive Dr Teresa Anderson participated in Sydney University's announcement about its landmark investment in a nation-leading biomedical precinct to fast track research and patient care.

The University announced a \$478 million investment towards building the SBA in addition to the \$150 million investment from the NSW Government, and a further \$25 million from the District announced in June 2022.

Early works will start this year and initial occupation expected to occur from 2026.

The SBA will be at the heart of Tech Central and the Camperdown Health Education and Research Precinct.

This month our District hosted Tech Central's quarterly briefing at RPA—bringing together our partners for an update about key priorities and initiatives across the innovation and technology precinct.

RPA is a key anchor of Tech Central, along with The University of Sydney, University of Technology Sydney, Notre Dame University and more than 100 research institutes and centres of excellence.



Click or scan here to see our video

It has been a big month of announcements that will significantly impact the way in which the community and generations to come receive healthcare.





Message from the Chief Executive



Dr Teresa Anderson AM
*Chief Executive,
Sydney Local Health District*

It has been a busy month with events and announcements across all corners of the District.

I would like to congratulate Paul Clenaghan for being appointed as the District's Program Director of Homeless and Rough Sleepers. As a District we aim to improve the health and wellbeing of people experiencing homelessness and I know Paul will work with our existing services and partners to ensure this goal is met.

Congratulations also to the Surgical Outcomes and Research Centre (SOuRCe) on their 20 year anniversary. The impact your research has had on patient outcomes and care is globally recognised and I know the next 20 years will be even bigger and better than the last.

I am looking forward to the momentous milestone of 140 years of Royal Prince Alfred Hospital with a week of events planned to celebrate the rich history of the hospital and all those that have been a part of it from staff, patients and the community.

As we look ahead to the warmer months, I want to thank all our staff and our community for the continued patience and efforts in looking after each other. I know the winter months have proven challenging with flu and COVID-19 continuing to put a strain on our health system, but our staff never let that get in the way of providing world-class care to our patients.

Until next time, stay healthy.

Message from the Chair, District Board



The Hon John Ajaka
*Chair, Sydney Local Health
District Board*

What an impressive month of awards, nominations and celebrations of key milestones across several of the District's services it has been.

Congratulations to Professor Michael Solomon and the team at SOuRCe for celebrating 20 years. It is a model research institution that has had enormous impact on clinical practice and surgical outcomes both nationally and internationally.

We are excited by our partnership with the University of Sydney for the Sydney Biomedical Accelerator (SBA) project and thank the University for their most recent contribution towards the project, adding \$478 million in funding, in addition to the \$150 million investment from the NSW Government, and

\$25 million from the District, which we announced in June 2022.

This significant funding will change the way in which healthcare is delivered, expediting translational research and cutting the time from bench to bedside. This will have a significant impact on treatment options and the way in which we deliver healthcare in years to come.

Along with the exciting news of funding, the RPA redevelopment is continuing to gain momentum with design plans announced and the continued work being undertaken with our partners at Health Infrastructure ensuring our staff, patients and the community provide their input into the planning.

I look forward to celebrating the 140 year anniversary of RPA hospital next month.



District focus on the unhoused

Paul Clenaghan has been appointed as Sydney Local Health District's Program Director for Homeless and Rough Sleepers. He's leading a team that aims to improve the health and wellbeing of people experiencing homelessness or at risk of homelessness.

"Having access to safe and secure housing is a basic human right and critical to the health and wellbeing," he said.

The national peak body for homelessness in Australia, Homelessness Australia, estimates there are more than 116,000 people experiencing homelessness on any given night across the country with data showing people experiencing homelessness have higher rates of chronic diseases and multi-morbidities; poorer access to diagnosis, treatment and care; and poorer access to primary and preventative care.

This includes people who live in boarding houses, with more than 40 per cent of the state's boarding houses located in the District.

The District supports the NSW Government's target to halve the number of people sleeping rough across NSW by 2025, with a detailed approach outlined in the [Intersectoral Homeless Health Strategy 2020-2025](#).

This is a joint initiative alongside other Local Health Districts, local councils and support services.



Our staff are offered education about the early intervention actions they can take to identify and assist people who may be experiencing homelessness, or at risk of homelessness.

Angels Award for true diamonds

RPA has become the first hospital in Australia to be awarded Diamond status in the World Stroke Organisation's Angels Awards, which recognise excellence in stroke treatment and care.

The quarterly awards acknowledge high performing hospitals and aim to improve patient outcomes by setting global benchmarks for best practice stroke care.

"It's an outstanding achievement. Our dedicated team includes NSW Ambulance, Emergency Department staff, radiology, interventional neuroradiology teams,

Intensive Care Unit staff and the Comprehensive Stroke Service," Associate Professor John Worthington, RPA's Director of Stroke, said.

The acknowledgement coincides with National Stroke Week, which aims to raise awareness of the risks and signs of stroke. Congratulations team.





SOuRCe marks 20 years



The Surgical Outcomes Research Centre (SOuRCe) has just marked 20 years!

SOuRCe's primary goal is to improve clinical practice and provide the best possible outcomes for our patients, through the sharing of expertise and multidisciplinary research projects and collaborations.

Founded in 2002 by Professor Michael Solomon, SOuRCe was set up as a partnership between the District and Sydney University. It's now under the umbrella of the RPA Institute of Academic Surgery.

Over the past two decades, SOuRCe has been awarded more than

\$20 million in competitive funding, worked with more than 1,000 national and international collaborators, produced more than 500 publications, contributed to 22 books, provided clinical training for up to 300 surgeons and supervised more than 70 higher degree students and 50 Doctor of Medicine students.

Research bears fruit

RPA Neonatologist Professor Adrienne Gordon has been awarded an Excellence in Women's Health Award by the Royal Australian and New Zealand College of Obstetricians and Gynaecologists for her dedicated research in stillbirth prevention and perinatal medicine.

Professor Gordon's study investigates practice-changing research in stillbirth prevention, perinatal medicine, and preconception health optimisation.

She has also been instrumental in the development of the Integrated Support After Infant Loss clinic, a multidisciplinary clinic to assist women who have experienced a perinatal loss.

Congratulations, Professor Gordon—thank you for your tireless commitment to this area of research and the ongoing support you provide to women and their families following perinatal loss.





Putting smiles on dials



Sydney Dental Hospital celebrated Dental Health Week with some help from Dr Rabbit.

Dr Rabbit was at the hospital to give dental health gift bags to patients and to remind them about the importance of good oral health care.

The theme for this year's Dental Health Week was **love your teeth**.

The Australian Dental Association is asking everyone to take care of their teeth with four actions:

- 1 Brush teeth twice a day with fluoride toothpaste.
- 2 Clean between your teeth daily using floss or interdental brushes.
- 3 Eat a healthy, balanced diet and limit added sugar intake.
- 4 Visit the dentist regularly for check-ups and preventive care.

"At Sydney Dental Hospital and Oral Health Services we're fully supportive of all the messages for Dental Health Week. Following these simple steps is the key to healthy teeth and thereby a healthy life," Professor Sameer Bhole AM, the District's Clinical Stream Director for Oral Health Services and Sydney Dental Hospital, said.



Mental health nurses CARE

Our mental health nurses play a key role in caring for vulnerable members of our community and we celebrated their work by holding a Mental Health Nursing Winter Symposium.

About 550 mental health nurses work in our District in hospital and community-based settings.

The Symposium was an opportunity to share the successes and challenges in delivering mental health care.

It included presentations by the Camperdown, Marrickville and Redfern Acute Care Service who are finalists in the 2022 NSW Health Excellence in Nursing and Midwifery Awards.

Congratulations to mental health nurses Janine Mottee and Gary Nguyen who were awarded with Outstanding Paper of the Symposium.



Congratulations also to Ramzi Rifi who was awarded the Audience Choice Best Paper in recognition of their contribution to providing CARE and their positive influence on consumer care.



ACON Honour Award nominee

Social worker Loretta Healey has been nominated by her peers for an ACON Honour Award, in recognition of the support she's provided over the past 25 years for the LGBTIQ+ community.

The ACON Honour Awards celebrate the achievements and recognise service that supports the lesbian, gay, bisexual, trans and gender diverse, intersex and queer (LGBTIQ+) community in NSW.

Loretta has been nominated in the health and wellbeing category and is one of 35 finalists across nine categories covering the business, health, HIV, youth, community, entertainment, visual arts, media and cultural sectors.

She works at the RPA Sexual Health Clinic which provides medical care and counselling services, including psychological and psychosocial care, for people experiencing distress over a diagnosis, relationship issues or anxiety.

A strong ally and advocate, Loretta specialises in counselling gay and bisexual men, non-gay identifying men who have sex with men and



people living with HIV or other sexually transmitted infections.

Loretta also runs a consumer group who advise on issues that inform care, has co-authored peer reviewed publications that have contributed to HIV and sexual health best practice and provides in-service education sessions for colleagues.

During her career, Loretta has witnessed the positive outcomes of changes to HIV treatments and is driven by a desire to see her clients live fulfilling lives.

Congratulations Loretta on the recognition—we wish you all the best for the awards ceremony.

Virtual care supporting mothers

Families in our District now have enhanced support, with a new virtual breastfeeding education program for those with newborn babies available from the comfort of home.



The interactive sessions offer early breastfeeding education and support for parents, mothers or carers with newborns up to two-months-old.

Participants learn from Child and Family Health Nurses and can share their experiences, challenges, and successes with others.

The topics discussed include breastfeeding position and attachment, baby's feeding and other cues, how to tell if a baby is getting enough milk and maternal self-care and nutrition.

To make a booking, call the Child Health Information Link on 02 9562 5400 from 8:30am to 4pm weekdays.



Diversity support finalists



A partnership which supported culturally and linguistically diverse (CALD) communities during our response to the COVID-19 pandemic has been recognised, with a nomination in the Multicultural Health Communication Awards 2022.

The District's Diversity Programs and Strategy Hub and Sydney Health Care Interpreter Service led the collaboration with CALD community organisations to ensure the services we

provided were culturally relevant, trusted and accessible.

Our integrated approach achieved strong COVID-19 vaccination rates in priority CALD communities in our District.

Established in 2003, the Awards recognise excellence in multilingual health communication across NSW Health.

The District is one of three finalists in the pandemic response category, with the winners to be announced in November.

Kids have a thirst for design

Primary school student Nancy Zhang has been named the winner of a competition run by our District to encourage children to choose water over sweetened drinks like juice, cordial, soft drinks, sport drinks or flavoured milk.

As part of a campaign run by our Health Promotion Unit, 1,400 students in Years 5 and 6 from 14 local primary schools designed logos to promote water as the best drink.

A winning entry from each school was selected and the logo printed on

re-usable water bottles, with each student who participated in the competition to receive one.

Members of the Health Promotion Unit then had the difficult task of choosing the best overall entry, with the winner's prize a water re-filling station for their school.

Nancy, (pictured with her Year 6 teacher Adela Vartuli) was selected as the winner for her logo which features the slogan "Original version of fresh".



"We were learning about the water cycle. I wanted everyone to know that pure, fresh water was already there for us. I wanted to bring that to attention," Nancy said.



Enforceable Undertaking

Sydney Local Health District has engaged in an Enforceable Undertaking (EU) under Part 11 of the Work Health and Safety Act 2011. The EU was implemented as a result of an incident that occurred in 2019 at Royal Prince Alfred Hospital. The incident was investigated by SafeWork NSW and both parties have agreed upon the following actions to be undertaken. The following actions will be undertaken for the benefit of staff, patients and the broader community.

- **Solution 1** A Program Manager for the safe care of mental health and behaviourally disturbed patients in acute care facilities
- **Solution 2** The development, implementation and evaluation of the Behavioural Escalation Support Team (BEST) at Royal Prince Alfred Hospital
- **Solution 3** Development and accreditation of a Graduate Diploma in the Assessment and Management of Acute Behavioural Disturbances
- **Solution 4** A scholarship program for the Graduate Diploma in the Assessment and Management of Acute Behavioural Disturbances
- **Solution 5** Development of a Safer Work, Safer Care Education Pathway through a Train the Trainer program
- **Solution 6** Workplace related violence prevention by design case study development
- **Solution 7** Centre for WHS research collaboration

The full undertaking and general information about enforceable undertakings is available at safework.nsw.gov.au.

The District has used this as an opportunity to implement a number of these solutions across other District Facilities. The full report is available at the link above.

rpavirtual hits a milestone

rpavirtual hospital marked an important milestone this week, with 500 patients receiving virtual fracture care.

A survey to assess patients' experience of the service has been completed by 33% of our patients, with 99% saying their care was good or excellent, 98% would use virtual care again and 93% would recommend virtual care to family and friends. Congratulations team!



Wear It Purple Day

Friday 26 August was Wear It Purple Day—a day to highlight the challenges faced by many LGBTIQ+ young people.

Many of our staff across the District got involved by wearing a touch of purple to show LGBTIQ+ youth that we see them, support them and respect them. There were even some #wearitpurple cookies made by a talented staff member to mark the day.



RPA doctors lend a hand at City2Surf

RPA's Emergency Department doctors were at the City2Surf finish line, on standby for anyone who might have needed some assistance after the grueling 14km run.



Thankfully their services were not required on the day. Congratulations to everyone who participated in the annual event and a big thank you to the staff for spending their day looking out for others.

New Yhunger cookbook editions

Two Yhunger cookbooks have been published, with recipes included to showcase the cultural diversity of young people living in and connected to our District.



Reheat! A Cookbook for Young People and *Made Fresh—More Mad Feeds*, are step-by-step guides that include a variety of basic recipes.

The cookbooks provide handy tips about shopping, equipment, cooking, food storage and food safety to help young people out along the way.

The latest editions include six new recipes from Sydney's refugee communities.