Welcome to the Spring issue of the Department of Health Loddon Mallee Region Newsletter

Inside this issue:
- Workforce news 2
- Koolin Balit 3
- Prevention news 4
- Australian diabetes, obesity and lifestyle study released 5
- The power of the banana! 6
- Emergency Management 7
- Identifying Family Violence 8
- In the spotlight... Echuca Regional Health 9
- Meet Kate Glenie, Manager Aboriginal Health 10
- Stop Press... 11
- NSQHS Standards 12
- ICE Forum 13
- LMR staff positions and contact details 14

Bridge over Murray River

From the Director....

Dear All

What a busy first quarter of 2013-14 it has been! Regional Cabinet sat in Bendigo on 26 August, which necessitated a dedicated effort from all staff. The acute health team have been on a busy schedule with the Statement of Priority signings with public health services and all regional staff have been attending AGMs across our funded agencies. Regional Koolin Balit planning has been underway for several months with our five ACCOs. This has been a productive process which I believe will result in a robust plan for the next two years and beyond. Our regional Aboriginal Health Manager, Kate Glenie, who has been leading the Koolin Balit planning, is featured in this issue. Many of our health services have, or are about to, undergo accreditation against the new National Standards for the first time this year. This has been a challenging time for everyone as we come to grips with the new scheme. Lastly, in the lead up to the Christmas/New Year period I wish to highlight that Summer Preparedness forums are coming up in early December. All organisations should refresh their Emergency Management plans ahead of the summer season to ensure optimum preparedness. Details of resources to assist with preparations and compliance with health policies are provided in this issue. Thank you for all your good work.

Ann-Maree Conners
Workforce news

Coming up in November …

The Victorian Allied Health Assistant Conference 2013

Highlights Include

• AHA Implementation Program
  Stage 1 and 2 learning’s and outcomes
• AHA Workforce Innovation Grant Program outcomes
• New service delivery models
• Emerging AHA roles
• AHA continuing professional development sessions
• Discipline specific workshops

Time: 9:00am – 4:45pm
Date: Friday 15 November 2013
Location: Rydges on Swanston
701 Swanston Street Carlton VIC 3053

Registration: $40 ($100 including Accredited Cultural Awareness Training)
Bookings: https://wired.ivvy.com/event/DOHAHA
Enquiries: events@thelaunchbox.com.au

Mentoring Program for allied health

The myALLY website is now live and located at www.fbggroup.com.au/myally

Koolin Balit

Following the April 2013 announcement by the Premier of a state-wide investment of $61M over four years to implement Koolin Balit, planning is underway to develop the regional Koolin Balit Action Plan and manage the transition from Closing the Health Gap (CTHG).

The Department of Health (DH) regional office is working with the Loddon Mallee Aboriginal Reference Group (LMARG), which comprises CEOs of Bendigo and District Aboriginal Cooperative; Njernda Aboriginal Corporation in Echuca; Murray Valley Aboriginal Cooperative in Robinvale and Mallee District Aboriginal Services (formerly Mildura Aboriginal Corporation). LMARG has appointed a consultant to facilitate the work. The Chair of LMARG, Mr Rudolph Kirby, department representatives and several mainstream health services met in August for a facilitated discussion on how mainstream services can support the priorities identified. Development of a draft plan by the consultant is underway and anticipated to be finalised by the end of October 2013.

Meanwhile work continues on the finalisation of projects funded through the LMR CTHG plan. This includes Aboriginal focussed regional projects:

- The best practice ‘models of care’ access to oral health services by Aboriginals
- The best practice guide for Aboriginal immunisation.

CPN News

An update of news and events from the Loddon Mallee Clinical Placement Network (CPN) has been posted online at:


If you would like further information on any of these items, or would like to contribute to the October-November newsletter, please contact:

Glen Wallace Coordinator Loddon Mallee Clinical Placement Network

Hosted by: Bendigo Health Care Group PO Box 126, Bendigo, Victoria, 3552 p. 03 5454 8402 | m. 0417 804 828 e. gwallace@bendigohealth.org.au
Prevention news

Healthy Together Victoria

Find out how Healthy Together Victoria (HTV) is supporting good health across Victoria, as well as locally-led initiatives, in their latest newsletter. The September edition of the Healthy Together Newsletter includes:

- Healthy Together at the IUHPE World Conference
- Secondary schools working together to build food literacy
- A new model of leadership for prevention
- The World Diabetes Congress.

All Healthy Together Communities and partners of the Victorian Healthy Eating Enterprise (VHEE) are encouraged to support the charter by adopting its principles and promoting them among their community. In the last edition we showcased healthy eating policies, programs and forums from across the region.

Stop press…

Five more Mildura caterers have followed Sumo Salad’s lead by signing up for a menu assessment with the Healthy Eating Advisory Service. Clove Organics, Subway, Expresso Drive, Sunraysia TAFE Food Services and the Mallee Deli are now looking at the health of their catering menus, and this information will form the basis of a local healthy Catering guide.

There are two articles in the September HTV newsletter which we would like to highlight.

Developing a new model of leadership for Prevention

Commissioned by the Department of Health, Dr Sally Fawkes from La Trobe University has recently proposed a new model of leadership to support systems level change for prevention. This new model of leadership builds on, but is distinct from, traditional ideas of leaders and leadership. Four features differentiate this new model of leadership:

- Leadership for system change is about disrupting the system to trigger a change in the way the system operates. The role of leadership is to find the leverage points in the system that can create change.
- Leadership for systems change is collective and collaborative. It is about bringing people together to create shared solutions to common issues.
- Leadership for systems change can emerge from anywhere within the system. It can emerge within the prevention sector, or from sectors not traditionally involved in health. It can develop within formal leadership positions, but also within other roles across organisations and communities.
- Leadership for systems change is an ongoing process which learns from ‘success’ as well as ‘failure’. It is about involving participants in a diverse range of experiences and continuous exposure to learning opportunities.

For more information on the model and its application to Healthy Together Victoria, see Leadership for systems change in preventive health, plus the summary document and poster at http://www.health.vic.gov.au/prevention/healthytogether.ht

Minister joins Greater Bendigo’s Trail Blazers

Minister for Health David Davis joined the young Trail Blazers of Greater Bendigo for some fun in Kangaroo Flat in August. Children from Greater Bendigo schools had a throw of the Frisbee with the Minister at Cooinda Park and then had him pin a photo of them playing on the Be a Trail Blazer website: http://trailblazer.crowdspot.com.au/#page/welcome.

“This is a great way for families to explore the outdoor and be active together,” said Mr Davis.

The Trail Blazer initiative mixes technology with the natural environment to promote adventure in Greater Bendigo’s own back yard. The campaign encourages people to make use of the Bendigo Creek Trail in Kangaroo Flat. While on the trail they can take a photo of themselves and their family being active, and then scan a QR code to pin the photo to the Trail Blazer website and win a prize!
Australian diabetes, obesity and lifestyle study released

The Baker International Diabetes Institute: Heart & Diabetes Institute has released a study. The (AusDiab) study is the largest Australian longitudinal population-based study examining the natural history of diabetes, pre-diabetes (in which glucose metabolism is impaired but not to the level to cause diabetes), heart disease and kidney disease. The baseline study conducted in 1999-2000 provided benchmark national data on the prevalence (or number of people) with diabetes, obesity, hypertension and kidney disease in Australia. The second phase of AusDiab, completed in December 2005, was a five year follow-up of the people who participated in the baseline survey. A twelve year follow-up was completed in 2012, with the results released in August 2013. The results provide a unique picture of the incidence (or number of new cases) of diabetes, cardiovascular disease and kidney disease over twelve years, and allows us to improve our understanding of the factors that increase the risk of these conditions.

- Living in the most socially-disadvantaged areas of Australia doubled the risk of developing diabetes.
- Over 12 years, the average gain in waist circumference was 5.3 cm, and was greater in women than in men, and in younger people than in older people.
- People with previously known diabetes have a similar risk of mortality to smokers.
- Self-report physical activity time was approximately 50% greater than objectively measured physical activity time, whilst self-report sitting time was approximately half that measured by objective means.
- Among the over 60s, cognitive impairment was more common among those with diabetes or with obesity.
- Diabetes, obesity and kidney disease each increased the risks of having depression.
- Every year, 0.7% of adults developed diabetes, 3% developed high blood pressure, 0.4 - 0.7% developed signs of kidney damage.
- People with diabetes, obesity or kidney disease were more likely to be admitted to hospital than people without these conditions.

The power of the banana!

- As there is no fat in a banana it is almost impossible to get fat on a banana!
- Four bananas have the same number of kilojoules as a medium fries.
- A medium banana will provide about 10% of your fibre needs for a day.
- The riper a banana, the quicker it is digested and converted to muscle fuel.
- Scientific research papers confirm that bananas have significant antioxidant power.
- The banana is the best fruit source of vitamin B6
- The average Glycemic Index of bananas is 52. A GI of 52 is classified as low, meaning that it doesn't cause high blood sugar levels. That makes the banana a good fruit choice for people with diabetes.
- Bananas contain lectins, which have been strongly linked to a reduction in the risk of cancer.
- Bananas are extremely high in potassium and salt-free, so perfect to beat blood pressure.
- Bananas are currently being considered by researchers as potential oral vaccine against HBV (Hepatitis B Virus).

Banana Trivia

- In the United States town of Council Bluffs in Iowa, it is against the law to sell bananas without warning the buyer on the dangers of casting the peels on the footpath.
- Bananas are grown in Iceland. The fruit is grown in greenhouses heated by water pumped up from volcanic underground springs
- A half eaten banana was sold on the Internet auction site Ebay for US$2500, with the money going to charity. The successful bidder was a United Kingdom stockbroker.
- The other half of the banana was eaten by a British television presenter!
Emergency Management

Summer preparedness forum

The 2013 Health and Aged Care Emergency Management Summer preparedness Forum will be held on 3 December 2013 in Bendigo. Topics will include:

- Hospital Incident Consequences Tool (replaces HIRD)
- New State Health Emergency Response Plan (SHERP) 2013
- Replacement of Code Brown Framework with SHERP
- Evacuation, Relocation, Shelter in Place Guidance Note

Emergency management updates from the agencies and a Panel discussion involving representatives from a mix of agencies involved in emergency management.

Details will be circulated to all health services. For information please contact Lynda Treloar, Manager Acute Care on phone 5434 5609.

Relocation, shelter in place and evacuation Guidance note

The Relocation, shelter in place and evacuation guidance note for public and private health services, hospitals and residential aged care services was released mid year. The guidance note is available at www.health.vic.gov.au/

Emergency preparedness clients and services policies

The Department of Health and the Department of Human Services have developed clients and services policies to assist the health and the human services sector prepare for external hazards. The policies describe responsibilities and considerations for emergency planning and preparedness.

While the policies have a focus on summer preparedness, the principles within the policies can be readily adapted and applied in response to other types of hazards.

The Department of Health Emergency Preparedness Clients and Services Policy 2013-14 will be released shortly. It updates the 2012-13 policy and when released will be available at http://www.dhs.vic.gov.au/for-service-providers/emergencies-and-

Identifying Family Violence

The Centre for Non-Violence provided Identifying Family Violence training sessions in Maryborough and Bendigo specifically for health services staff to identify and respond to family violence. Further sessions will be held in Swan Hill and Mildura in November – December. To register your interest or for more information please contact: Liz Brooks at liz.brooks@health.vic.gov.au or 5434 5545.

In the spotlight this issue...

Echuca Regional Health

The Minister for Health, David Davis, recently (and literally) paid a flying visit to four sites in Loddon Mallee and Hume regions to inspect progress of capital works, including at Echuca.

Admitting its first patient in 1882, Echuca Regional Health (ERH) has been providing high quality health care to the Echuca-Moama community for over 130 years.

The hospital provides a comprehensive range of services including acute, emergency, primary care, aged care, and community health to an estimated 44,269 people in the Shire of Campaspe (Victoria) and Murray Shire (New South Wales) areas.

Echuca Regional Health employs approximately 600 staff, making it one of Echuca's largest employers.

The $65.6 million redevelopment is well underway and when complete will provide members of the Echuca-Moama community and their families with brand new surgical, paediatric and maternity wards, new Emergency Department and Radiology Department together with a range of both new and expanded services.

The building phase of the new Echuca hospital has commenced with building of the new ward areas, including first floor Rehabilitation Unit and Radiology Department expected to be completed in April 2014. Works will then commence for building of the new Emergency Department and front entrance. The New Echuca hospital is expected to be fully operational in early 2015.

For more information please visit: http://www.newechucahospital.org.au/index.htm
**What will the new hospital provide?**

- Increase from 68 beds to 113, of these 62 will be single rooms with private ensuite.
- A 24 bed Rehabilitation Unit, with purpose-designed sanctuaries for palliative care patients.
- Treatment cubicles in the Emergency Department will have an increase from 7 treatment areas to 23 and will also include both secure and isolation rooms, together with 6 ‘short stay’ beds.
- New surgical, paediatric and maternity wards including a High Dependency Unit offering space and comfort for both patients and families. The maternity ward will provide single rooms with private ensuite for mothers and their newborn babies.
- New Radiology Department.
- Easily accessible front Entry, Reception & Foyer.
- Indigenous and Spiritual Spaces.
- Café
- Additional 78 car spaces for patients, visitors and staff.
- Relaxing and comfortable courtyards and gardens.

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**Meet Kate Glenie – Manager, Aboriginal Health**

**My professional background**

My path into the health sector has taken a lot of turns since my first job as a lab assistant in the gastroenterology unit at Prince Henry’s Hospital. I went on to study and teach music and I worked for Parks Victoria for over ten years and then Aboriginal Affairs Victoria for four years.

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**My role at the Department of Health**

I am responsible for the development of the Koolin Balit regional action plan which aims to integrate all the programs funded by the Department to improve the health of Aboriginal people in this region.

**How long have you worked for the Department of Health?**

I have been with the Department of Health since 2010.

**What do you like about your job?**

Work in the public service is like putting together the pieces of a complex puzzle - always interesting – and this is particularly true in Aboriginal health. The best thing is meeting Aboriginal who commit to working for their communities. It is good to be close to change signalled by things like the signing of the Statement of Intent by many health services in the region.

**What do you find most challenging about your job?**

In a perfect world this job would not be necessary. For all the good things that are happening in Aboriginal health you have to always remember why the work is necessary at all and why it is so important. Looking at the health statistics everyday can be hard, especially as solutions are not always easy or quick.

**What do you enjoy about living and working in the Loddon Mallee Region?**

I have always wanted to live in the country so the move to Bendigo is a bit of an experiment. The stars are so good here and I really like swimming at Golden Point (near Chewton) on a hot day.

**What do you enjoy doing outside of work?**

I am a keen gardener but apart from trying to coax peonies to flower a lot of my time outside work is spent studying for a Master of Public Health.
STOP PRESS…

Department of Health’s Chief Health Officer, Dr Rosemary Lester has just released Your health: The Chief Health Officer’s report 2012.

This is the fourth publication in a series of biennial reports that provide a comprehensive picture of the health and wellbeing of Victorians.

Your health: The Chief Health Officer’s report 2012 has been developed to meet the requirements of Section 21(c) of the Public Health and Wellbeing Act 2008 and covers the period up to June 2012. The report offers a single access point for information that is otherwise included in a large number of publications. As in the previous edition, this report has been structured using the National health performance framework 2009 and provides an overview of the health of Victorians, in particular their health status and the factors that determine health.

The information in this report is a valuable overview of the health issues that Victoria faces. It is an ideal starting point on which to build policy and government investments for improving the health of the Victorian population. The information is arranged under two key domains:

Health status

This domain covers the four dimensions of health status that bring together a range of indicators that summarise the impact of disease and injury on the wellbeing of Victorians. The indicators provide an overall measure of population health, which may be either wholly or partially attributable to health service intervention.

Determinants of health

The determinants of health impact at the individual or population level. They are key to the prevention of disease and injury and help explain and predict trends and inequalities in health status. They can be behavioural, biomedical, socioeconomic or environmental. Determinants of health can impact late in the causal pathway (such as tobacco smoking), or further upstream via a number of intermediaries (such as socioeconomic status and environmental factors). This domain organises indicators under four dimensions:

- Health behaviours
- Biomedical factors
- Community and socioeconomic
- Environmental factors

Electronic copies of the report are available on the Department of Health website, and may be accessed at:

Did you know?

That a variety of products are available to facilitate service planning and policy development by enabling access to a broad range of data about each geographic area.

Local government area profiles 2012

The Local Government Area (LGA) profiles are produced annually to facilitate service planning and policy development by enabling access to a broad range of data about each LGA. Each profile includes population, socio-economic, services and health data relating to the LGA, provided by a range of sources.

Town and community profiles 2011

The 2011 Town and Community Profiles bring together information on more than 1100 Victorian communities from a wide variety of sources, both internal and external to the Department of Health and Department of Human Services. The Profiles include information on population, geography, services and facilities, and social, cultural and demographic characteristics of each suburb, town and rural catchment in Victoria. A document on the methodology for modelling the catchment boundaries is also available.

Regional Health Status Profiles 2012

The Regional Health Status Profiles contain indicators relating to key health determinants, health status and health systems performance. There are profile documents for each of the eight Department of Health Regions. The indicators include information on socio-demographics, community strength, health behaviours, health conditions and health service utilisation and access. While many indicators are similar to those in the Local Government Area profiles, greater detail is provided to facilitate health specific planning.

For more information and to download these profiles please visit the Department of Health website at:
National Safety and Quality Health Service Standards

As of 1 January 2013 health services are required to be accredited against the National Safety and Quality Health Service Standards (NSQHS Standards) under the scheme.

The NSQHS Standards are focused on the process of care: what happens and how things are done every day at point of care. Achieving the standards across the health service is not a desktop exercise, but requires focus, planning, effective change management and buy-in from every level of the organisation.

The Department of Health, as described in the Victorian Health Service Performance Monitoring Framework: 2012-13 Business Rules is the regulator in the process.

Already we have taken many learning’s from our health services that have been through the process to date. We are happy to share these learning’s and the region will be providing advice in various forums to help and support our health services.

There are many tools and resources available to assist health services:

- ACSQ Advice Centre / Help Line:
  - Email: accreditation@safetyandquality.gov.au
  - Phone: 1800 304 056

Networking between health services is also proving to be a great way of supporting preparation. In the Loddon Mallee Region the quality managers participate in a support network, which provides an avenue for support and sharing of resources.

A private blog has also been developed by the quality network, to share ideas and as a repository for information. For further information please contact Lynda Treloar, Manager Acute Care on phone 5434 5609 or email lynda.treloar@health.vic.gov.au

ICE Forum

The Department of Justice and VICPOL together with Department of Health Loddon Mallee Region hosted a community ICE forum in Bendigo on 24 October. The forum was well attended with over 220 community members, approximately half of whom came from various relevant service agencies. Daryl Clifton, Divisional Commander, Victoria Police, provided an introduction to the forum. He outlined that:

- During the last 12 months there have been 34 armed robberies locally and five fatal motor vehicle accidents directly related to ICE usage. Approximately 700 episodes of family violence and many mental health police call outs have also been directly linked to ICE.
- In 2001-2002 there were 252 methamphetamine labs in Australia.
- In 2010-2011 there were 703 labs.

Crios O'Mahony of Anex Australia then gave an excellent and well balanced 50 minute presentation on the pharmacology, physiological response, and other facts and misconceptions about the drug.

The presentation was followed by a panel of local service providers answering audience questions about ICE use in Bendigo. The presentations were handled sensibly and without sensationalising the facts, however it was clear that all stakeholders and attendees identified that there is a problem with ICE related addiction in the region.

The forum was also attended by three members of the Parliamentary Inquiry into the Supply and Use of Methamphetamine. The chair of the Inquiry, Simon Ramsey, Upper House Liberal MP for Western Victoria gave a short presentation at the end of the proceedings, congratulating the presenters and in particular the ANEX presenter. Mr Ramsey said it was the most informative presentation he had attended. He went on to outline the Terms of Reference of the inquiry and invited people to participate. The inquiry members had appointments to interview several regional stakeholders the next day.

At the end of the proceedings the community was informed that the hosting departments and other stakeholders are developing an interdepartmental regional plan to identify collaborative strategies to address the ICE issue.
# Loddon Mallee Region staff positions & contact details

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<thead>
<tr>
<th>Name</th>
<th>Position</th>
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