



NORTHERN NETWORK NEWS

MARCH 2024

SERVING OUR COMMUNITY

In 1967, Midwifery Unit Manager Linda Campbell (pictured below, left), commenced training as a registered nurse at Lyell McEwin Hospital, just a month before her seventeenth birthday. She then went on to become a registered midwife in 1972.

After nearly 57 years working at Lyell McEwin Hospital, Linda has experienced vast changes to the profession of midwifery and been part of the evolution of Lyell McEwin Hospital from a small “country style” hospital to a large metropolitan hospital.

“In 1992 I helped open the Birth Unit at Lyell McEwin Hospital, thanks to a \$50,000 Federal Government grant,” said Linda. “We built two birthing suites with the grant, and in 2003 Lyell McEwin Hospital underwent a redevelopment which saw our Birthing Unit expand further.”



It's no surprise that a “quick” trip to the shops often leads to Linda reuniting with families she has supported over the years – whether it be a grandchild, child, or even themselves.

“Having now birthed three generations of families, it's a great privilege to reunite with them years later, seeing babies grow up into teenagers, parents, or even grandparents themselves,” says Linda.

For Linda working as a midwife has been extremely fulfilling.

“Supporting women through the process of pregnancy and labour is the greatest thing. It doesn't matter how many births you have been to – they are all exceptional and different.”

“Getting to greet a new baby is a wonderful experience.”

Pictured: Linda Campbell receiving some kind words at her retirement farewell from NALHN's Divisional Director of Nursing and Midwifery, Meredith Hobbs.

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MESSAGE FROM THE CEO



Welcome to another edition of *Northern Network News*, bringing you the latest from our busy northern network.

After more than 23 years working at Northern Adelaide Local Health Network (NALHN), I have

seen it change and evolve in many ways. Now in my new role as Interim CEO, I am more excited than ever to expand and develop our workforce and all our sites and services, so we can continue to deliver high quality health care to our growing community.

Not only are we building new facilities at both our hospitals and surrounding areas, but we are also continuing to look for ways to improve patient flow in our hospitals and reduce wait times.

A brand-new program called Geriatric Emergency Department Inreach (GEDI) has recently commenced at Lyell McEwin Hospital to speed up care for older people who come to our Emergency Department. GEDI offers specialised geriatric services and senior decision-making to ensure patients are directed to the most suitable services for their needs. The GEDI team recently celebrated its 100th patient and early results are showing great success. Read our story on page 8 for more on this.

Externally, we are collaborating with local health and wellbeing partners in our region to improve access and referral pathways, so our community can get the right level of care when they need it.

Last month, we brought more than 75 local GPs together for our first-ever GP Education Day at Lyell McEwin Hospital, a wonderful opportunity for NALHN staff to meet GPs in person and discuss current health challenges. It was also the perfect opportunity for our GP Integration Officers to promote their dedicated GP support service. Read our story on page 5 for more on this.

And of course, none of this would be possible without having skilled and dedicated staff to deliver these new programs and services. I may be biased, but at NALHN we have some of the best! On the cover story you can read about some of our longest serving NALHN staff and the incredible impact they have had on the health of our community throughout the years. Their care for our patients and their families is what makes us all #NALHN Proud.

**Karen Puvogel, Interim CEO,
Northern Adelaide Local Health Network**

medicare

Urgent Care Clinic

**Care when it's
urgent, but not
an emergency.**

ELIZABETH URGENT CARE CLINIC

Elizabeth Medicare Urgent Care Clinic is now open for patients needing care for urgent, but not life-threatening, health conditions.

Medicare Urgent Care Clinics provide timely care for our community in a general practice setting for things like sprains and fractures, cuts, wounds and minor illnesses, infections and burns.

- Walk in; no appointment or referral needed
- Bulk billed
- Open 7 days a week, from 8am to 8pm
- Staffed by doctors and nurses

**The Elizabeth Urgent Care Clinic is located at
30 Phillip Highway, Elizabeth.**

STORY CONTINUED FROM PAGE 1

Meanwhile in 2003, Heart Failure Nurse Practitioner Jeff Briggs, transferred from Coronary Care at the Queen Elizabeth Hospital to the Lyell McEwin Hospital, to work in the role as Cardiac Rehabilitation Coordinator.

In 2007, Director of Cardiology Professor Margaret Arstall, and former Nursing Director Lesley Attrill were pivotal in assisting Jeff to start up a new heart failure service at NALHN. According to Jeff, the service predominately supports people with chronic heart failure, with approximately 300–400 people accessing the service a year.

“Our service helps people reduce the likelihood of being readmitted to hospital or accessing the Emergency Department by managing their health conditions at home,” says Jeff. “We look after people with a new diagnosis of heart failure, and people who have chronic heart failure who need constant review and assessment.”

Jeff enjoys the variety of his role. “No week is the same as I review patients in clinic at Lyell McEwin Hospital, GP Plus Elizabeth, at home, or by phone consultation.

“At any given time, I am working with 50 clients, and collaborating with other medical and nursing specialities to provide holistic patient care, so no day is the same.”

“I hope to finish my career here at Lyell McEwin Hospital,” said Jeff. I love my role, the people I work with and being able to help my patients lead a greater quality of life.”

Linda Campbell and Jeff Briggs have a combined 96 years’ experience supporting our community’s health and wellbeing.

For more on Linda and Jeff, visit [‘latest news’](#) on our website or go to our social pages – [Facebook](#), [Instagram](#), [LinkedIn](#) and [YouTube](#).





NOT YOUR AVERAGE MEAT AND THREE VEG – NALHN'S APPROACH TO PARENTERAL NUTRITION

Within the hospital setting, our dietitians are the unsung heroes who ensure patients' nutritional needs are met, when conventional means fail.

Enter NALHN's multidisciplinary Parenteral Nutrition (PN) Service – a specialised service that caters to individuals with food consumption issues due to critical health conditions (gut failure) by administering vital nutrients into the bloodstream.

This vital service is led by NALHN's dietetics team in collaboration with our Intensive Care Unit (ICU) consultants, nurses, and pharmacists.

By employing a collaborative model, NALHN's PN service ensures patient care is paramount throughout their journey in critical care," says Julie Puccini, Senior Manager Dietetics.

NALHN's PN service offers a holistic approach which is unique to other PN services in South Australia, drawing interest from other Local Health Network's.

"It's great to be part of a team that is leading the way and prioritising efficient, effective, and high-level patient care," says Senior Dietician Melissa Lydyard.

"NALHN's PN Service isn't just about sustaining life, it's about providing hope to patients who previously had none. It's a testament to the power of collaboration and innovation in healthcare, offering a lifeline to those in need," says Melissa.



*Pictured top (L–R): Senior Dietitian, Melissa Lydyard;
ICU Consultant, Dr Hao Wong; ICU Senior Pharmacist, Sarah Cameron-Collins
Pictured right: Senior Dietitian, Melissa Lydyard with a Parenteral Nutrition bag.*

LOCAL GPs GATHER

More than 75 local General Practitioners (GPs) working in our region turned out for Northern Adelaide Local Health Network's (NALHN's) first-ever GP Education Day to expand their skills and knowledge around common health issues impacting our northern community.

The event began early on a Saturday in March, to get through a full day of speakers – all leading NALHN medical specialists. They presented to the group on a range of prevalent health topics, including common endocrine conditions, bowel cancer screening, chronic renal failure, ADHD in children and adolescents, and more. While many GPs also took the opportunity to update their CPR skills throughout the day.

Hosted by NALHN's GP Integration Officers, Dr Emily Gibson, and Dr Jaiveer Krishnan (pictured top), the event was an opportunity to gain feedback from our GP community about how NALHN can improve health outcomes for our local community.

Common themes and questions from GPs centred around the need to improve referral pathways for better patient management and specialist access, and more timely discharge summaries. While their suggestions for improving the wider public health system included employing more doctors, reducing waiting times, increasing staffing and funding, improving communication, and enhancing telehealth services.

"GPs are our essential primary caregivers and are often the first port of call when someone experiences illness. We hope that by providing this education day we can assist them with referral pathways and alternative patient pathways, to make their job easier and the patient journey better," says Dr Gibson.



Pictured (L-R): Dr Satish, Dr Lucas, and Dr Koti from Europa Medical Practice take a break during presentations.

"The day was all about connecting with GPs, giving them relevant and useful information, discussing challenges, and raising awareness about NALHN's GP Integration Service that is here to support them."

For more about NALHN's GP Integration Unit, visit:
sahealth.sa.gov.au/nalhnngpiu

This event was supported by funding from Adelaide PHN through the Australian Government's PHN Program

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Pictured (L–R): Occupational therapists at The Gully – Anne, Emily, Jane and Stephanie.

THE GULLY – SUPPORTING PEOPLE TO REACH THEIR RECOVERY GOALS

“Some of the reasons people come to The Gully are that they want a job and don’t know where to start, or they just want to meet people, have some social interaction, and find ways to reconnect in the community,” says occupational therapist and team leader at The Gully, Jane Dewing.

The Gully is a psychosocial rehabilitation program for people aged 18–65 who are engaged as clients with NALHN’s North Eastern Community Mental Health Team.

The team provides a range of supports including vocational groups such as The Gully Volunteer Crew which offers participants a real-life experience of volunteering including making items for rescued native animals.

“As part of the program we occasionally get furry visitors such as baby wombats and kangaroos that bring the work to life and delight the group members. We also have our Job Club where we link in with employment providers and offer a place to talk about work and where to start,” says Jane.

Other groups and activities include communication and social interaction groups, physical health groups that focus on positive eating habits and exercise, and mental health and sensory workshops which are skill building groups.

“We also offer an Occupational Therapy clinic working alongside the North Eastern Community Mental Health Team occupational therapists to provide assessment and intervention.”

The groups provide opportunities to work towards things that are important to participants, to find out what they want to do as part of their recovery, and to make real changes.

It’s a partnership with consumers, occupational therapists and our peer worker – it’s a wonderful way to work with someone in a group program. It provides an opportunity to support people to make the changes they want towards their recovery goals.

“We link in with employment providers and offer a place to talk about work and where to start.”



Pictured: Nurse Consultant, Suzie Beinke at an information stand for Advance Care Planning Week at Modbury Hospital.

SHARE WHAT MATTERS MOST

National Advance Care Planning Week held in March is a timely reminder to speak with your loved ones about what your preferences are for your future health care.

This involves making decisions now about the health care you would or would not like to receive if you were unable to communicate your preferences or make treatment decisions.

Northern Adelaide Palliative Service, Nurse Consultant, Suzie Beinke said everyone should consider advance care planning, regardless of their age or health.

“Advance care planning gives you the chance to talk to your family, friends and doctors about how you would like to be cared for in the future,” says Suzie.

“Advance care planning helps to ensure your wishes and preferences about health care are known and respected if you are too unwell to speak for yourself.”

Suzie believes families who have done advance care planning have less anxiety and stress when asked to make important health care decisions for other people.

“Writing your wishes and preferences down allows you to say what you would want,” says Suzie.

“This can give peace of mind to you and comfort to others as wishes and preferences are clear, understood and more readily respected.”

MAKE YOUR FUTURE HEALTH AND LIFE CHOICES KNOWN TODAY.



Improvements have recently been made to the Government of South Australia’s Advance Care Directive Kit in response to feedback received from the public, key stakeholders and the health sector. The updated Advance Care Directive Kit has a contemporary look and is easier to understand and complete.

Visit advancecaredirectives.sa.gov.au to download free resources or view the full list of collection points for a FREE hard copy Advance Care Directive Kit.



Pictured: The GEDI team with its 100th patient, Sandra from Pooraka.

IMPROVING CARE FOR OUR MOST VULNERABLE

Geriatric Emergency Department Inreach (GEDI) is a brand-new program at Lyell McEwin Hospital that is helping to speed up care for older people with geriatric syndromes in our Emergency Departments (EDs).

GEDI comprises a specialist medical team that includes a Geriatrician, Junior Medical Officer, Nurse Consultant and Clinical Nurse. The team works closely with physicians and allied health professionals to ensure the patient is directed to the most suitable services for their needs.

When a patient over 65 presents to Lyell McEwin Hospital's ED, a member of the team undertakes rapid assessment and screening to identify if the patient needs to be admitted to an inpatient bed or redirected to community-based services such as our Geriatrics in the Home service.

NALHN's Divisional Director Aged Care, Rehabilitation and Palliative Care (Medical), Dr Alice Bourke said people

aged over 65 now make up about a third of all emergency department presentations for NALHN.

"With demand for aged care rising in northern Adelaide, we are committed to developing specialist programs like GEDI which address the needs of our older population while reducing pressure on our hospital system," says Alice.

"Hospital is not always the most appropriate setting for patients to receive care. Many of the older patients we see in our EDs do not need an acute bed or treatment but would instead benefit from community-based support."

The team recently took time to celebrate caring for its 100th patient (as pictured) and the program's early success, with results showing up to 40 per cent of GEDI patients are now avoiding a hospital admission.

GEDI is currently available at Lyell McEwin Hospital with plans to expand the program to Modbury Hospital.

ACKNOWLEDGMENT

The Northern Adelaide Local Health Network acknowledges the Kurna people as the traditional custodians of the land on which we proudly deliver health and wellbeing services. We honour Kurna Elders past, present and emerging. We recognise Aboriginal cultural authority, and the ongoing spiritual connection the Kurna people have to country.



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**EVERYONE
HAS A STORY.
MATTERS.
CONTRIBUTES.
GROWS.**



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