



NORTHERN NETWORK NEWS

JUNE 2024

PARAFIELD GARDENS HIGH SCHOOL PARTNERSHIP

Year 12 students at Parafield Gardens High School are joining forces with clinicians at Lyell McEwin Hospital as part of pilot program aimed at inspiring the next generation of nurses and midwives in Adelaide's northern suburbs.

The Nursing and Midwifery Integrated Learning pilot is being coordinated by the Northern Adelaide Health and Wellbeing Partnership with participation from Parafield Gardens High School, the University of South Australia and the University of Adelaide.

As part of the pilot, 26 students studying Year 12 biology are being matched to clinical mentors at NALHN and taking part in both practical and classroom learning to help them explore a potential future career in nursing and midwifery.

All students participating in the program have expressed an interest in pursuing a career in nursing or midwifery. The program runs through to term four and gives students an opportunity to see, first-hand, what it takes to be part of the healthcare workforce and provide high-quality patient care.

NALHN Nurse Educator, Sarah Hill said she is excited to be working alongside the students to give them a flavour of what's involved in a career in nursing and midwifery.

Pictured: Students from Parafield Gardens High School



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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. There is so much going on at NALHN and I am really excited about new supports that we will be able to provide to the community moving forward.

I have recently been appointed as the NALHN Chief Executive Officer. I am honoured and proud to have been given this opportunity and look forward to continually improving our services and healthcare across our community. There are some amazing initiatives and services that will be launched over the next little while, and we know that they will help us deliver better care across our sites.

One of the new initiatives is the Northern Adelaide Medicare Mental Health Centre, which we are partnering with Sonder. It will provide free walk-in access to caring and friendly mental health support for adults. This is located at 23 Gillingham Street, Elizabeth. The mental health service will have a significant impact on people experiencing distress, while we proceed with construction of a new \$20.9 million centre for mental health support to be located on Oldham Road Elizabeth Vale adjacent to the Lyell McEwin Hospital.

The new two-storey building will eventually accommodate the Northern Adelaide Medicare Mental Health Centre on the ground level, partnered with an additional 16-bed service on the upper level where people experiencing distress can stay overnight, and for up to three days with support and connection to further services as needed.

The building of a 48 bed acute medical ward at Lyell McEwin Hospital, that will improve patient comfort and wellbeing for people who require a higher level of support, is on track to be completed by September 2024.

Site works have well and truly commenced on the Modbury Hospital Health Precinct. The build includes a \$92 million facility for a new 24-bed Mental Health Rehabilitation Unit and a 20-bed Older Persons Mental Health Unit to be relocated from the Lyell McEwin Hospital. Office and staff facilities are included along with dedicated mental health outpatient rooms, and a new \$25 million Modbury Hospital Cancer Centre.

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.

This includes working with General Practitioners via our GP Integration Unit in partnership with the Adelaide Primary Health Network. We have also just added dermatology services for the NALHN area. Initially the services will be managed out of Lyell McEwin Hospital and later we will expand to Modbury.

During May we paid tribute and thanked all the volunteers across our hospitals and sites. They are truly an amazing group of people who help our staff and patients in so many different ways. Along with some other members of the leadership team, we took some time out to 'volunteer' at the Lyell McEwin and Modbury Hospitals. It was a great experience to help patients and families access the services they needed when they arrived. A heartfelt thankyou to all of them for their commitment to NALHN.

Karen Puvogel,
Chief Executive Officer,
Northern Adelaide Local Health Network

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SA NURSING AND MIDWIFERY EXCELLENCE AWARDS 2024

The South Australian Nursing and Midwifery Excellence Awards ceremony was held on Friday 3 May, with nurses and midwives acknowledged and celebrated for their exceptional contribution to their professions and the health and wellbeing of the wider South Australian community.

We are exceptionally proud of all NALHN finalists and wish to congratulate the below winners of their respective categories:

Excellence in Education

Donna, Midwife Educator/RMTPPP Coordinator (pictured right)

Excellence in Practice - Midwife

Megan, Northern Links Clinical Midwife

Excellence in Practice - Team

Early Pregnancy Unit, Women and Children's Division (pictured top)

NALHN's nursing and midwifery staff make up over 55% of our workforce and 66% of our student placements.



We would like to extend a heartfelt 'thank you' to our midwives and nurses working in all specialties, for delivering exceptional healthcare and providing support to consumers in some of the most challenging times of their lives!

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“After all, the students of today are our potential nurses and midwives of the future.

“This program aims to allow the students to explore the diverse range of roles in nursing and midwifery and the different pathways available for them to pursue a career in their chosen area.

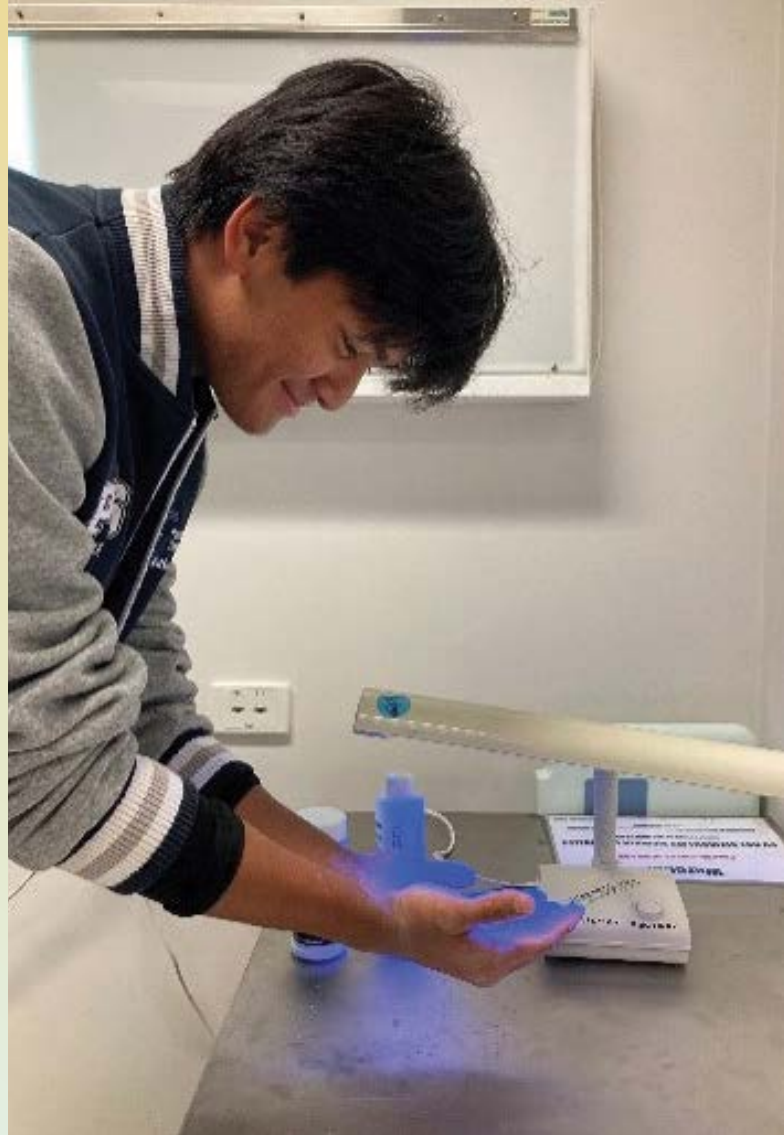
“Engaging with young people is a key approach and we hope the students are inspired to consider a future career here at Northern Adelaide Local Health Network.”

Parafield Gardens High School teacher, Matt Carter said healthcare offers a great career opportunity for students.

“By introducing students to nursing and midwifery through this interactive learning program, we hope to build on the connection between those living and working in the north and ultimately inspire our students to consider pursuing a future career at Northern Adelaide Local Health Network.

“The feedback from students has been really positive, and they are enjoying getting to know their mentors and explore the variation of nursing sub-specialities available.”

Pictured: Student from Parafield Gardens High School



PALLIATIVE CARE COOKING CLASSES

NALHN's state-of-the-art Palliative Care facility overlooks a lush and leafy courtyard at Modbury Hospital however it's the delicious aromas from the community kitchen that have everyone talking!

Our Occupational Therapist, Steph and Allied Health Assistant, Jane have begun cooking sessions for our palliative care patients (pictured), giving them an opportunity to socialise together and the option to participate in the cooking, in a relaxed environment.

Steph, who has been an Occupational Therapist at NALHN for almost two years said this is the first of several activities that will be offered by the Allied Health team to palliative patients over the next few months.



“The purpose of these groups is to increase social interaction, encourage patients to leave their rooms, and increase activity levels all while making use of the beautiful facilities on the ward.”

This is just one of the ways that our wonderful Warringka Palliative Care Unit support the wellbeing of our community and their families.



NATIONAL VOLUNTEER WEEK MAY 2024

National Volunteer Week provides an opportunity to highlight the important role of volunteers in our community and invites people not currently volunteering to give it a go.

This year's theme 'Something for Everyone' was an invitation to explore the rich diversity of opportunities available through volunteering.

One such volunteer is Paul (pictured), who has been volunteering for about 2 years, with 18 months of that time at Modbury Hospital. Paul is a peer support volunteer working together with stroke survivors and their families within NALHN, as a volunteer with the Northern Healthcare Volunteer Association Inc.

The association has over 200 volunteers who work across Lyell McEwin and Modbury hospitals, James Nash House and other NALHN sites.

"Volunteering has brought purpose to my life. Before I had a stroke six years ago, I worked at SAAB Australia as an IT Manager. Life certainly has changed for me. It's rewarding to know that through my volunteering, I can provide support to other stroke patients," said Paul.

Volunteering has helped Paul with his own experience as a stroke survivor. He knows that supporting others on their own journey of recovery will bring some hope to their situation.

"Many people who have had a stroke are lonely. Their lives have changed so much. It makes a big difference to them knowing they have other people they can talk to and engage with and who understand how they feel. Making a positive difference to someone's day is rewarding and this is something

I really enjoy through my volunteer role," said Paul.

As part of his volunteering work as a consumer representative at NALHN, Paul provides 1:1 and group support to inpatients and outpatients who are going through rehabilitation following a stroke.

Acting Senior Manager for the Northern Adelaide Rehabilitation Service, Jessica Whitefield, said Paul's contribution to stroke survivors has been invaluable. "Paul provides a service that cannot be provided by our Allied Health or medical teams. By sharing his story, and allowing others to share theirs in a safe space, he is able to help our consumers feel less alone in what is a very difficult time in their lives."

For Paul, it is about the journey the patient goes through – from being in the hospital, going to rehabilitation sessions and then being able to connect with others in the community setting. The journey and process help them to gain more confidence in their ability to be a part of society and learn to live with their potential physical limitations.

Paul is clearly passionate about volunteering. "If you have something you believe in or support, then become a volunteer. It is incredibly rewarding to know you can help someone else no matter how great or small. As people we need to connect; volunteering can connect you to the community, which is important for your mental health. It has been a positive experience for me, and I hope my small contribution to others will help them on their own rehabilitation journey."



Pictured: Impression of the new Mental Health Crisis Stabilisation Centre

NEW MENTAL HEALTH HUB

A new destination for mental health support in Adelaide's northern suburbs is due to commence construction late this year.

The two-storey \$20.9 million Mental Health Crisis Stabilisation Centre includes both drop-in and booked services on the ground level, together with a 16-bed service on the upper level where people experiencing distress can stay overnight and for up to three days for care and connection to needed supports.

The centre is custom designed to be comfortable and homelike, providing a therapeutic environment for people to get the mental health care they need, while reducing pressure on busy emergency departments.

"The new Crisis Stabilisation Centre seeks to provide our northern community with a purpose-built environment where they can get the mental health support they need outside of our hospital emergency department," says Northern Adelaide Local Health Network Chief Executive Officer Karen Puvogel.

"The new centre is part of a range of services aimed at providing comfortable and sensory-aware surroundings for people to access mental health support when life is at its most challenging and contribute to a reduction in the need for reliance on emergency departments."

The centre will offer access to lived experience peer workers who can provide specialised compassionate and understanding support during challenging times, together with a team of psychologists, social workers, occupational therapists, doctors, nurses and cultural workers.

"Having a place to go that provides a more homelike environment and a team offering compassion and connection will make a big difference for people who need that extra bit of care during a tough time," says Lived Experience Leadership and Advocacy Network Executive Director and Founder Ellie Hodges.

The new centre will incorporate the Northern Adelaide Medicare Mental Health Centre on the ground floor (currently operating at 23 Gillingham Rd Elizabeth) and be located adjacent to the Lyell McEwin hospital where it will form part of the growing Lyell McEwin Hospital Precinct.

Further detail is available on our [website](#).

2024 NALHN STAFF AWARDS

In June, NALHN held its annual Staff Awards, which included nine categories that promote the innovative projects and improvements that divisions across the network identify and implement to improve patient care.

One of our winners who took out the Minister's Award for Innovation, was the Supportive Weekend Interprofessional Flow Team (SWIFT), from the Division of Medicine (pictured).

SWIFT aims to progress care seven days a week and boost the number of patients discharged on weekends, getting patients home sooner. SWIFT's objective is to deliver the best possible care, while addressing the challenge of increased demand for hospital-based and emergency services.

Since its implementation, weekend discharges at Lyell McEwin Hospital have increased on average by 20%, positively impacting patient safety, experience, and flow.

We are incredibly proud of the diverse and caring team we have at NALHN, where everyone matters and supports each other to excel in what they do. The recognition of our awards extends beyond our winners, and includes all nominees, as well as our entire workforce of more than 6,000 people who are committed to improving the quality of life for people in the North.



Emergency?

Visit an ED or call
Triple Zero (000)

Umm...ergency?

When you're
unsure, call **healthdirect**
on 1800 022 222



Free health advice 24/7
from a registered nurse

sahealth.sa.gov.au/umm

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.



WHAT OTHER SERVICES CAN YOU ACCESS IF IT IS NOT AN EMERGENCY

There are many care options for the community that can be used to reduce demand at our local hospitals. The **Urgent Care Clinics (UCC)** are suitable for people needing care for urgent but not life-threatening health conditions. These may include sprains, fractures, cuts, wounds and minor illnesses, infections and burns. The Elizabeth Medicare Urgent Care Clinic is open at 30 Phillip Highway, Elizabeth. Clinic is opened 7 days a week from 10am–8pm and is staffed by doctors and nurses. You can simply walk in, no appointment or referral is needed and the consultation is bulk billed.

Wellbeing SA and the Adelaide Primary Health Network fund **Priority Care Centres (PCC)** across the city. There is one at Elizabeth and Para Hills in the northern suburbs. These centres provide access to more extensive burns dressings or a more comprehensive range of splints or plastering options that the UCCs cannot provide. The centres are run by GPs and nurse practitioners and are located next to a GP clinic.

The **Child and Adolescent Virtual Urgent Care Service** is a virtual assessment and referral option which allows children and young people (6 months – 18 years) with non-life threatening conditions to be assessed virtually by a team of highly skilled emergency doctor and nurses, potentially reducing the needs to visit the Emergency Department. The free service connects parents with a virtual team 7 days a week from 9am–9pm.

If you are not sure which service may be able to assist you, you can always call **HEALTH DIRECT ON 1800 022 222**, which provides a 24-hour hotline for your health questions.

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

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