

## ***DON's Doings (Jan Hutchinson)***

Hello everyone,

It has been a long time since I put pen to paper (or finger to key-board) to write something in 'Maldon Matters' and I sincerely apologise for my tardiness. So much has happened over the last few months, with building works completed, Christmas break, Mountview Home Accreditation, bushfire plans being written, unannounced support visits from the Aged Care Standards Agency, and a whole lot more.....

I am pleased to say we were found compliant with all forty four expected outcomes in Mountview Home and have been accredited for a further three years until June 2013. Now we concentrate on the four bed acute unit and prepare ourselves for a visit from a team of accreditation surveyors in September this year – it never stops!!

I would like to thank the families of our residents in both Jessie Bowe House and Mountview Home for responding to our request to have permission forms signed in relation to our 'Stay and Shelter' plan in the event of threat of bushfire. I am sure it was not an easy decision to make, and I thank goodness we were not put in a position that we had to put this plan into action. I suppose we can be grateful here in Maldon that we don't have to have a 'hurricane' plan as well!

Anyone living in, or visiting Jessie Bowe House, will notice that we now have two care staff each shift. We were trialling a four hour shift with a Personal Care Worker (PCW) working with the Division 2 nurse. The CEO has approved the 7am-11am shift so this will be permanent and now we are trialling an additional four hours in the evening, 4pm- 8pm. This has been done because the care needs of our residents in Jessie Bowe House have been increasing over the last twelve months and the nursing staff were concerned that they were not able to meet all the needs of the residents either physically, emotionally and/or socially . We have been fortunate in our selection of PCWs, and from all accounts they have settled in well and are providing the level of care that is expected at Maldon Hospital.

I would like to take this opportunity to thank Patricia (Tricia) Kelly, Nurse Unit Manager, for stepping into the DON role while I was away on leave for three weeks. It certainly helps to have a relaxing holiday when I know the hospital is in good hands and there won't be a pile of work on the desk when I get back. Perhaps I should go on leave more often!?

Be happy and keep smiling.



JanH

## **Clinical Governance Committee (Tricia Kelly, NUM)**

Maldon Hospital has recently established its Clinical Governance Committee comprising of members of the Board of Management (BOM) and health service staff.

The focus of all Health Services is to provide excellence in all areas of care. It is through increased reporting that the government monitors the quality of care provided by health services

for all consumers. One of the mechanisms to monitor and ensure a high service provision is through clinical governance. Wigan & Leigh, (Trust Hospital NHS) define Clinical Governance as; "a way for organisations and individuals to make sure they deliver safe quality healthcare. It is designed to help organisations like hospitals and the people who work there to monitor and improve standards of care."

Clinical Governance covers the following subjects:

- Activities for improving quality, especially teamwork
- Identifying and managing risks
- Continuing professional development – learning new and better ways of doing things.

Meetings will be held quarterly and staff will report data to the BOM representatives relating to incidents of falls, pressure ulcers, unplanned weight loss and medication issues to name a few.

### **About Dementia**

An invitation is extended to Residents, family and friends of residents and carers of people with dementia in the community to attend a one hour information session with

## **Donna Watmuff from Alzheimer's Australia**

### **"ABOUT DEMENTIA & SERVICES"**

**14<sup>th</sup> April 2010,  
10.30 until 11.30 am**

The session will be held here at the Maldon Hospital, the exact location will be decided depending on the number of people wanting to attend.



Please register your interest with Jan Hutchinson by 7th April - Ph: 5479 8624

## ***HACC Social Support Co-ordinator's Happenings (Jenny Parker)***

I'm excited! Today, Karen Smith, from Fitness on the Ball, who provides various fitness activities in Maldon, and I, are heading off to Melbourne for a Physical Activity for Older People Forum convened by the National Ageing Research Institute. As well as running her own business, Karen is a hospital volunteer. We'll tell you about the forum in the next newsletter.

This week at Monday Club, we read and commented on Viv Markham's Australia Day talk printed in Tarrangower Times. Looking from the 'older person' viewpoint, and at the same time trying to appreciate the experiences of other people and other age groups living in the town, club members agreed that Maldon is a fantastic place to live.

I enjoyed going to the Kinder trivia night last Saturday. It was a lot of fun!

Then during the week I heard a couple of 'anecdotal' comments about pole walking... "it's only for 'old ladies'" was one. It would be unfortunate if it was assumed that because a 'leg press' or for that matter any specific exercise at a gym was good for a 20 year old to do, it would not also be good for an 80 year old to do the same exercise appropriately adapted to the individual. YEP, pole-walking is M..A..D., it is Making A Difference, and if people miss out because of what they think other people will think about it, that is unfortunate.

### **Victorians encouraged on H1N1 vax**

Victorians wanting to protect themselves from the 2009 H1N1 influenza strain can still obtain vaccine from their general practitioner or local health service.

Victoria's Chief Health Officer, John Carnie, has urged Victorians to take advantage of the free vaccine. "Although the number of Victorians with influenza like-illness has decreased significantly, it is not possible to predict where there might be a resurgence of the H1N1 virus", Dr Carnie said. "The most vulnerable people in our community are encouraged to get the swine flu vaccine if they have not already done so. These groups include:

- Pregnant women;
- People with long-term health conditions such as asthma, heart and lung disease, cancer, diabetes, kidney disease, neurological disease and people with suppressed immune systems;
- People with moderate to severe obesity;
- Aboriginal people.

Other groups that should have the vaccine are front-line health and community workers – who have direct contact with patients – and parents and guardians of children under six months. Both these groups should be vaccinated to reduce the transmission of influenza to other vulnerable members of the community. Anyone who wishes to protect themselves from swine flu can get the vaccine for free, including healthy people. The health care provider may charge a fee for administering the vaccine, however." Dr Carnie said.

## ***Spot News (Kaye)***

- The time capsule was placed in the foundations of the new building last week prior to the Board meeting. As part of the 150th anniversary celebrations last year, it was decided a capsule should be buried within the Hospital building, to be opened at the time of the Hospital's 200th anniversary. Among other things included in the capsule were:
  - letter of greeting
  - newspapers of the day
  - hospital documentation
  - samples of medical packs and instruments

It would be very interesting to be present and watch the reactions when the capsule is opened!



- Our hard working gardening volunteers are celebrating at the moment. The Hospital gardens have been accepted into the open garden scheme to be held later this year. It is the first time a community garden has been part of the scheme. Well done, gardeners!




## ***Next Edition***

Articles for the next edition of Maldon Hospital Matters should be left at the Hospital Reception or emailed to me by Thursday, 22nd April.

***Have a happy and safe Easter***

MALDON HOSPITAL RESIDENT ACTIVITY CALENDAR

APRIL 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1. Administration Day	2. Good Friday services at 2pm Hostel Lounge. <b>GOOD FRIDAY</b>	3 Family and Friends Visit	4. Family and Friends Visit <b>EASTER SUNDAY</b> 
5. <b>MALDON PARADE EASTER MONDAY</b> 	6. 9am 1:1 Visits 10:30am Cooking Hostel 2pm Table Games Hostel	7.. Tai Chi Day Centre	8. 9am 1:1 Visits 10:30am Manicures Hostel and Mt View 2pm Table Games Mt View and music	9. 9am 1:1 Visits 10:30am Bingo Hostel 2pm Happy Hour Tarrangower Times	10. Family and Friends Visit	11. Family and friends Visit
12. 8:45am Strength training  Library Visits	13 9am 1:1 Visits 10:30am Residents and Relatives meeting Hostel 2pm Outdoor Walks.	14. Tai Chi Day Centre	15. 9am 1:1 Visits 10:30am Exercise and Music and Games Mt View  2pm Ice Cream Cones and Trivia	16. 9am 1:1 Vists  12 Noon BBQ DAY  2pm Happy Hour Tarrangower Times	17. Family and Friends Visit	18. Family and Friends Visit
19. 8:45am Strength training  Library Visits	20. 9am 1:1 Visits 10:30am Quizzes and Trivia Hostel 12 Noon Senior Citzs Luncheon 2pm Maldon Memories Hostel	21. Tai Chi Day Centre	22. 9am 1:1 Visit 10:30am Manicures and Hand Massages Hostel and Mt View 2pm "Concentration" Mt View	23. 9AM 1:1 Visits 10:30am Bingo Hostel 2pm Happy Hour Tarrangower Times	24. Family and Friends Visit	25. Family and Friends Visit Anzac Day ceremonies to be advised. Castlemaine and Maldon. <b>ANZAC DAY</b>
26. <b>ANZAC DAY HOLIDAY</b>	27. 9am 1:1 Visits 10:30am Crafts Hostel 2pm Movies and Popcorn Hostel and Mt View	28. Tai Chi Day Centre	29. 9am 1:1 Visit 10:30am Mens Group Mt View Lounge  2pm Maldon Memories and Trivia	30. 9am 1:1 Visit 10:30am "Who wants to be a Millionaire" Hostel 2pm Happy Hour		

