



## Celebrating our long serving team members

Recently we gathered to honour and recognise the remarkable dedication of our longstanding team members.

This year's Service Awards are a reflection of the collective years of service that individuals have devoted to our organisation, spanning from 10 to an impressive 50 years.

The event was attended by the executive team, emphasising the importance we place on acknowledging and celebrating the milestones achieved.

Oncology nurse Wendy Sleep is one who has made an incredible impact to the organisation. Her remarkable 50 year tenure is a shining example of unwavering commitment and loyalty. Her dedication has undoubtedly contributed significantly to the success and growth of our organisation.

In addition to recognising the exceptional service of our team members, the event was made even more wonderful by the outstanding efforts of our catering teams. A special thank you goes out to them.

Grampians Health's success is built on the dedication and hard work of our team members. These Service Awards provide us with the opportunity to express our gratitude for the significant contributions made by each individual.

As we celebrate these milestones, we thank those who were recognised, for their commitment to providing exceptional healthcare services to our community.

Here's to the past, present, and future successes of our incredible team at Grampians Health!

*More photos from our event on page 6.*

## Do you have any suggestions for us?

If you have a suggestion or an issue you want to raise, please contact us at **[feedback@gh.org.au](mailto:feedback@gh.org.au)**

We are committed to working with the communities in which we live and we value your feedback.

## Like to join our mailing list?

To join our mailing list to continue receiving this newsletter please send your name, email and postal address to **[communications@gh.org.au](mailto:communications@gh.org.au)** or call 0403 560 800.

Please also contact us if changes are required to your contact details.

# Hysteroscopes replaced through Foundation's generosity



*Amie Ampt and David Johns with one of the donated hysteroscopes*

Three new hysteroscopes and sheaths will ensure a clearer picture for our Horsham surgical teams investigating problems within the uterus or womb.

Wimmera Health Care Group Foundation purchased the equipment valued at \$22,000 to replace the old devices, two of which were in use for more than a decade.

A hysteroscopy is a procedure using a small camera to look inside the uterus or womb. It is used to diagnose or treat problems with the uterus.

Horsham Operating Suite associate nurse unit manager Amie Ampt said a hysteroscopy could investigate problems such as heavy periods, abnormal bleeding, fibroids, polyps or infertility.

"Some conditions of the uterus can also be treated during hysteroscopy," Ms Ampt said.

Foundation director David Johns said the Foundation was pleased to be able to support the operating suite with the replacement devices. "This funding was part of a bigger donation that also purchased new birthing beds for Yandilla," Mr Johns said.

## Heartfelt show stoppers

Horsham theatre nurse Kirsten Radford and theatre ward clerk Janine English have won awards at the Horsham Show this year for their newfound hobbies.

Kirsten won first prize at the Natimuk Show last year for her carrot cake and also collected third prize in the Victorian Agricultural Society final this year. Now she has won first prize in the recent Horsham Show which will have her in the running once more for the state gong.

But the show award most dear to Kirsten's heart is her first prize for quilting.

Since May, Kirsten and her husband Daniel have been grieving the tragic loss of their newborn son Alexander who died in Melbourne's Mercy Womens Hospital five days after his birth.

To help deal with her grief, Kirsten decided to take up quilting as a way of keeping herself busy. She made two quilts specially for the humidicribs in Mercy Hospital's Neo-Natal Intensive Care Unit.



*Janine English and Kirsten Radford with their prize-winning entries*

"It was my way of giving recognition and giving back to the neo-natal Intensive Care Unit that cared for my son, Alexander, as well as giving the parents a personalised touch to their NICU journey, when they needed it most," Kirsten said.

"But I decided on a whim that while I was entering my carrot cake, I might as well enter the quilt also

and it was a big surprise when I won."

Janine English has recently taken up crocheting and decided to enter her work in the Horsham Show. She was chuffed to receive second prize and is keen to learn more about her new hobby.

# Complete care wins Jan over



Jan Morris, a Horsham businesswoman and community volunteer, initially had reservations about the merger of health services in 2020, fearing the loss of services and potential risks.

After a health crisis her perspective changed. Diagnosed with type 2 diabetes in 2004 following a car accident that took her husband's life, Jan experienced severe head pain in September.

Rushed to Wimmera Base Hospital, she was diagnosed with polymyalgia and later developed septicemia.

Dr. Roshan Brito-Mutunayagam and the medical team at Horsham provided prompt and effective care.

Despite complications with steroids affecting her diabetes, Jan was determined to attend a theatre show.

When septicemia recurred, the medical team acted swiftly, arranging an urgent transfer to ICU.

"I remember my son Michael was with me in hospital when my daughter rang from her tropical holiday spot and suggested that I

be transferred to a Melbourne hospital," Jan said.

Michael told her I wasn't going anywhere. He said 'no, she's very comfortable here and this is where she is staying'.

"He was right. I felt really confident that I was getting the right care and I knew they had acted correctly at that crucial moment. I felt like the medical team were right onto my condition and treatment and I really feel that I have them to thank.

"The care in ICU was just amazing. A nurse was there any time for anything I needed and the \$40,000 bed that had all the right equipment was very comfortable to the point where I didn't want to go home in the end."

Her positive experience contrasts with her initial concerns about the merger, highlighting the crucial role of local health services in saving her life.

"At the beginning of the merger, I was one of the concerned community members for sure but now I couldn't be more happier and I know the staff at Horsham saved my life."

## Join Grampians Health and make a difference!

We have multiple positions available in Horsham & Dimboola across various roles, so you can find the perfect fit for your career goals.

### Security Officer

Permanent Full Time

### Allied Health Assistant / Physiotherapy

Fixed term Full or Part Time

### Social Worker (Grade 1 or 2)

Permanent Part time

### Prevention and Population Health Advisor

Permanent Full time

### Enrolled Nurses – Care Communities

Horsham & Dimboola.

Casual Contracts available

### Junior Food Services Assistant

Dimboola.

Fixed term, Part time

For more information and to apply visit:

[grampianshealth.org.au/thrive](https://grampianshealth.org.au/thrive)

*A career with Grampians Health means you are connected and are part of a team providing quality healthcare to rural and regional communities. Our communities are diverse, as is our workforce, with expert clinical staff from across the world choosing to live and work in our beautiful region.*



## Cutting surgery wait list

Surgeons operating in Horsham and Stawell have helped to reduce the planned surgery waiting lists at Ballarat by redirecting Wimmera-based patients.

In collaboration with the Grampians Region Health Service Partnership (GRHSP), this joint effort saw 15 Horsham-based and 17 local Stawell patients undergo surgeries in their own hospitals, significantly cutting wait times.

Tristia Lakey from GRHSP praised the initiative for freeing up Ballarat's lists and providing positive outcomes for Wimmera patients facing extensive waits, some exceeding 500 days.

Dr James Gallagher, a Grampians Health Horsham surgeon, highlighted the success in addressing patient backlogs, attributing it to the teamwork of the surgical staff.

"Delays have been minimised with the return of Dr Nikky Campbell, making the surgical team more effective."

Dr Gallagher also dispelled misconceptions about a lack of access to colonoscopies in rural areas.

"Procedures such as colonoscopies are considered category one which means they must be performed within four to six weeks and we are comfortably meeting that target," Dr Gallagher said.

The GRHSP played a crucial role in supporting hospitals through elective surgery reforms.

Its priorities include same day surgical model maximisation, consolidation of care, health service partnership patient streaming, development of a regional waitlist and overview of non-surgical management pathways.

The GRHSP has also developed the Enhanced Recovery After Surgery program to reduce the average length of post-surgery stays in hospitals.

Chief Operating Officer - Hospitals Ben Kelly said Grampians Health had supported same day surgeries maximisation with recruitments to various surgical positions.

"We have recruited for a same day surgical model lead, a regional surgical navigator, a surgical optimisation lead, changing redesign manager and East and West implementation leads," Mr Kelly said.

"Our workforce expansion also includes supporting the regional workforce with additional training and placement for nurses to come and do surgical and post-operative training."

# Royal Women's Hospital support on challenging maternity programs

A collaboration between the Royal Women's Hospital and Grampians Health has provided the Horsham team with new learnings in challenging and sensitive maternity settings.

A team of midwifery clinical educators from The Women's Maternity Services Education Program (MSEP) guided a full room of midwives through new updates on a variety of complex topics. They included abortion and supporting reproductive health choices, miscarriage and still-birth training as well as substance use in pregnancy and principles of care training.

MSEP is a state-wide clinical education program, delivering interprofessional education for Victorian maternity services. The training at the Horsham campus is



another step in the Grampians Health team's commitment to ensuring its clinicians provide best-practice, compassionate maternity care to women and families who are facing complex circumstances.

Consultant Midwife/MSEP Manager Bree Bulle reflected on the session,

noting the program included clinical skills stations which gave participants the opportunity to revise areas of practice necessary to support families accessing maternity care during loss and pregnancy challenges.

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## Medical information booklet donated by Lions Club



*Lions Club of North West Grampians member Mary-Anne Horgan with HARP team members Tamara Budde, Heather McDonald and Cathy Ryan, show copies of the book*

A Wimmera service club is supporting Ambulance Victoria and Grampians Health's HARP team to keep vital health information within arm's reach of people with chronic disease or complex needs.

The HARP – Hospital Admission Risk Program – team has always

provided Emergency Medical Information Books for their patients so if an ambulance is called to their home, the officers can immediately check their latest health information. That information can include medication details, medical conditions, patient medical history

and closest contacts and service providers.

When funding for the books ceased, the HARP team approached Lions Club of North West Grampians who came to the rescue and agreed to pay printing costs to keep the program alive.

HARP manager Amber Louison-Suwal said her team was extremely grateful to the North West Grampians Lions.

"These books are very important because they make the job of the ambulance officer so much easier, especially if the patient is unable to communicate when they arrive," she said.

"We are very happy that this service can continue now and we have the Lions Club to thank for that."



20-35 year recipients in 2021



20-35 year recipients in 2021



10 & 15 year recipients in 2022



10 & 15 year recipients in 2021

## Photos from our service awards

To see more photos and a full listing of recipients visit our website [grampianshealth.org.au](http://grampianshealth.org.au)

Above: Wendy Sleep, Oncology Nurse receiving her award for 50 years of service.

Carolyn Robertson, Director Hospital West presenting ICU Nurse Unit Manager Anne Russell with her award for 40 years service.

# Community Survey

Help us plan for the future

Grampians Health Horsham invites you to complete a short survey, to assist with future services planning.

Alternatively, please email [communications@gh.org.au](mailto:communications@gh.org.au) to receive details about upcoming community meetings.

If you use the services offered by Grampians Health in Horsham please take a few minutes to complete our Services Planning survey.

Your answers will inform the development of a Grampians Health Horsham Entity Service Plan.

The health care needs of our community will evolve over time, so Entity Service Planning helps us look into future demands and ways of providing care.

The information we gather from this survey will be used by both Grampians Health and the Department of Health to provide direction, improve decision-making, and ensure the efficient use of resources.



Complete the survey

## Tell us

The experience you have when seeking and receiving care is important to us

[feedback@gh.org.au](mailto:feedback@gh.org.au) 

03 5320 4014 

[grampianshealth.org.au/contact-us](http://grampianshealth.org.au/contact-us) 

SHARE  
YOUR  
IDEAS

## Invite Grampians Health

We will come to your meeting or event

Calling all community groups, social clubs, schools, and other interested organisations!

Our leaders are keen to attend and actively participate in discussions with you about your health care service, and healthy living initiatives.

We can provide updates on our plans for the future, answer questions related to health services, and collaborate on projects that align with our purpose as a public health service.

Please email your interest to: [communications@gh.org.au](mailto:communications@gh.org.au)

# Helping Communities Thrive

Grampians Health strives to deliver quality care for all our communities through safe, accessible and connected health services.

## Emergency Department

For emergencies arising from accident or illness. Services are available 24 hours, 7 days a week.

**If your condition is serious, or you are experiencing chest pains, you need to call 000 (Triple Zero) for an ambulance.**

## Acute Care

24 hour care, managed by our experienced nursing staff and visiting medical officers.

## Care Communities

Kurrajong Lodge

**5581 9271**

Wimmera Nursing Home

**5381 9307**

## Horsham Maternity Clinic

**5381 9010**

## Community Options

**5381 9336**

Assisting people and their carers to live independently in their own homes.

## Allied Health

**5381 9333**

Allied Health resources are based in the Arapiles Building. Services available include:

- Dietetics
- Occupational Therapy
- Physiotherapy
- Podiatry
- Speech Pathology
- Social Work
- Dental and Prosthetic Clinic

## Alan Wolff Medical Clinic

**5581 9167**

A specialist medical clinic servicing the needs of patients in Horsham and the surrounding districts.

## Primary Health

Community based services which are delivered to the wider community.

- District Nursing 5381 9391
- Hospital in the Home 5381 9311
- Continence Service 5381 9333
- Memory Support Service 5381 9333
- Post Acute Care 5382 3419
- Residential in Reach 5381 9115
- Complex Care (HARP) 5381 9115

## Day Centre

**5381 9285**

Offers a welcoming, supportive environment for our older community and for people with dementia and/or disabilities to maintain personal independence and provide support for their carers.

## Dental Clinic

**5381 9248**

Treats patients who hold a Health Care Card or Pensioner Concession Card and children under 13 without a concession.

## Radiology

**5381 9236**

Lumus Imaging, a private company provides medical imaging for the hospital and the Wimmera region. Services include Radiography, Computer Tomography, Mammography, Ultrasound, MRI, Echocardiography, DEXA and OPG (Orthopanthomogram).

## Wimmera Cancer Centre

**5381 9169**

Oncology service, incorporating Dialysis and Palliative Care.

For the full range of services and more detail on accessing the services please visit [www.whcg.org.au](http://www.whcg.org.au)



**Grampians  
Health  
Horsham**