Kilmore & District Hospital

The process to refurbish Caladenia Nursing Home is underway with construction set to begin in May.

Last year the Kilmore and District Hospital community celebrated 25 years of care from this 30-bed facility, which was opened in June 1991 with government and publicly raised funding.

Local people made a big contribution to the latest development too, with residents, families, staff and volunteer focus groups informing the design.

The new project will bring Caladenia into the 21st century, as a 30-bed facility with more single rooms and bathrooms.

These $545K works will create five single rooms with ensuites in a new 136m² building at the south east end, and significantly improve existing amenities for residents and staff.

CEO Sue Race, says that the hospital is grateful for funding support received as part of the Victorian Government’s Significant Facility Refurbishment Initiative. “The Board’s decision to approve additional finance reflects a real commitment to delivering quality aged care locally.”

Resident care and life experiences will be improved by increasing the overall number of single rooms and private bathrooms, giving people privacy and dignity, as well as reducing the risks of cross-infections.

There will be more room for residents and families to come together once the common lounge area gets its makeover. Everyone at Caladenia is looking forward to having increased storage and a more functional laundry space.

After the tender process is completed, the building project is expected to take six months. Plans are in place to minimise disruptions to existing residents.

In the meantime we’ll keep you updated on progress. Stay tuned for details about the launch event later in the year.
Welcome to the summer edition of the Kilmore & District Hospital newsletter. With the kids back at school and the work year well underway, it’s a good chance to reflect on the year that’s been, and focus on what we want to achieve in the year ahead.

Last year’s highlights include:

• Implementation of the Better Resident Care Together program (which you can read more about on the next page)
• Increase in surgery work (days where both our theatres are operating)
• Opening the new helipad (improving transfers and emergency access)
• Caladenia 25th birthday celebration and the opening of the Maggie Beer Sensory Garden
• Community Open Access day (including Doctors for a Day kids’ program).

We’re looking forward to progressing our 2017 priorities including:

• Refurbishment of the Caladenia Nursing Home (details on the front cover)
• Getting ready for the Australian Council on Healthcare Standards’ external review and accreditation of our quality and safety
• Working to increase medical cover for our Urgent Care Centre.

None of what we do can happen without the efforts of our entire hospital team – including supporters, donors, volunteers and committee members. I wish you all a safe and happy 2017, and look forward to working with you for our community.

Regards,

Sue

---

**Hospital Reports**

At our well attended AGM in November we released our Annual Report (which outlines the state of the organisation) and the Quality Account (a handy calendar that lets you know about what we do to monitor and improve the quality of our care and services). Reports are available at the hospital, or get in touch and we can post you a copy. You can also read online at www.kilmoredistricthospital.org.au/reports.html

---

**Fashion, Food and Fun**

Hospital Auxiliary Fashion Parade: $10

Thursday 23 March 2017, 10:00am.
Kilmore Memorial Hall Supper Room

For bookings or to join the Auxiliary contact Kay: 0407 948 441 or Pam: 5734 2800.
Volunteering: Give it a go

Ruby Bonner is one of our 90 valuable volunteers who work across the hospital, aged care, auxiliary and op shop. Her advice is to give it a go.

“Even if you think you have nothing to offer or know quite what to do, you’ll surprise yourself and add a new dimension to your life.”

Some of our other volunteers featured recently as part of OKR FM and Seymour FM’s ‘My other Job’: a radio series on volunteering. You can listen at https://youtu.be/Bl9OwVdY9bw

Time and interest are the most important attributes of a volunteer. If you’ve got those to offer your community then call Jitka on 5734 2000 or visit www.kilmoredistricthospital.org.au/volunteers.html.

Get Ready, Be Steady

A six-month pilot program to minimise the incidence and impact of resident falls in our aged care facilities is helping people to put their best foot forward.

Last year, as part of the Victorian Government’s Better Resident Care Together (BRCT) program, our aged care teams across Dianella Hostel and Caladenia Nursing Home found practical ways to improve the quality of life for residents.

Falls are a major threat as they can make it harder for people to look after themselves and join physical and social activities. Certain fractures from falls are associated with a high morbidity and mortality.

After targeted preparation, our team implemented “Get Ready, Be Steady” innovations including a strength and balance program to reduce fall risks and minimise harm. The workshops and online information also provided valuable tips and education around footwear and apparel.

Resident participants, Molly and Lillian, both really loved being involved in the program and developing an exercise routine.

As well as being enjoyable for residents, the program has reduced the rate of falls, which is a great outcome. The team has also made publicly available information sheets, which can be requested from kilmoreweb@humehealth.org.au

Urgent Summers

Garry Wilson has been the Associate Nurse Unit Manager in our Urgent Care Centre (UCC) for six years. After looking at the patient statistics recently, he reckons that “the patterns don’t really change too much” over summer.

The 24/7 team sees a few more sunburn and dehydration cases but there are no big spikes – which suggests people are generally looking after themselves well and remaining hydrated in the shade.

“Over the summer we can even care for people with pneumonia,” said Garry.

“But mostly it’s lacerations, fractures and general bits and pieces - especially if celebrations include intoxication.”

The UCC sees about half a dozen snake bite patients each year. Whilst the UCC is equipped and can administer anti-venom, ultimately patients need to be transferred to a tertiary hospital to monitor reactions. So calling 000 for an ambulance is a good idea if you suspect you’ve been bitten.

Garry also suggests that rural dwellers consider getting ambulance cover. Because Kilmore Hospital is classified as an urgent care centre rather than an emergency department, any transfer costs from here will be at the patient’s expense.

“We’ve got great access to emergency care here, by road and air. But the bill that comes later has caught out a few people in the past, so it’s a good idea to be prepared.”
Who are You?

Dr SURESH JAIN
General Practitioner and Visiting Medical Officer

What’s your typical day?
I arrive at the hospital around 8am and start off in the Urgent Care Centre. I'll then walk around the hospital and visit my patients. Then it’s off to Assumption and International School before returning to finish my work on the wards. I’ll head to my practice around 10:30am. After that I’m on call and return if the UCC team needs assistance.

What’s the best thing about working here?
As a country GP I get to experience variety on the job.

What are the benefits of the Kilmore & District Hospital?
It’s quality care close to home. Nobody likes to travel or having to wait extended times. If people can be treated locally it is a lot less stressful, and saves them time and money.

What’s the Kilmore Hospital like?
It’s a very friendly, respectful atmosphere and its services are increasing. It’s close-by for the community and receives a lot of community support. I would really like to thank great colleagues for their support over the years.

What changes have you seen?
I started in June 1974 and was the only doctor at that time. Our community and hospital has grown. The main hospital used to be the old bluestone building. Patients used to wait along the hospital verandah. I remember when the Lions club donated the first heart monitor to the hospital. The structure has improved immensely with the new wing and new Outpatient facility.

What changes would you like to see?
It’s always a gradual process as healthcare and communities change. So the hospital needs to look at and provide the services that the community needs. With more funding we could attract specialists who would be willing to come to Kilmore.

Contact Details
Address: Rutledge Street, Kilmore
Email: kilmoreweb@humehealth.org.au
Web: www.kilmoredistricthospital.org.au
Switchboard: 5734 2000
The-Kilmore-and-District-Hospital

Yes, I want to support the Kilmore & District community to receive quality health care close to home.

Please accept my gift
☐ Please charge my credit card
Fill in the form on the right
☐ Enclosed is my cheque/money order
Payable to The Kilmore & District Hospital
All donations over $2 are tax deductible. Thank You
☐ Please send me information on making a bequest in my Will
☐ Please remove me from your mailing list

Please debit my
☐ Mastercard
☐ Visa
☐ Amex

Card number

Amount $ _________ Name on card ____________________________
Signature ___________________________ Expiry / _____________
Name ____________________________
Address ____________________________ Phone ____________________________
Postcode ____________________________

Please return this coupon to:
The Kilmore & District Hospital
Reply Paid 185, Kilmore 3764, Victoria

Privacy statement The Kilmore & District Hospital respects your privacy and does not disclose details to third parties. All information is treated in confidence.