Staff and residents at The Kilmore & District Hospital’s (TKDH) Caladenia Nursing Home are getting excited watching the progress of the $1.15m refurbishment that’s unfolding day by day.

Curious resident Maureen Osborne is looking forward to the big reveal, set for the end of the year. She’s asking staff plenty of questions as the builders get busy putting things in place.

Caladenia’s Acting Manager, Fe Baggio, says residents are keen to see how the new, modernised facilities are taking shape, and will take the aged care facility into the 21st century.

“New rooms will provide additional space, privacy and convenience, with in-room storage and bathroom,” she explained.

The construction team is working in stages, preparing the way for five single rooms. They’ve excavated and laid the slab and sewerage pipes for the new building.

While the builders have been putting this quality infrastructure together, TKDH teams inside Caladenia and Dianella Village Hostel have been working hard all year too, continuing to improve quality care for residents.

Our aged care services have a good record of providing high quality care. We work closely with the Aged Care Quality Agency (ACQA) as well as the Commonwealth Department of Health to ensure we meet the national aged care accreditation standards.

In July we underwent an important quality measurement process. Representatives from ACQA visited our facilities to look around and engage with our people. We were successfully re-accredited by the agency until October 2021.
CEO’s Update

Welcome to the spring edition of The Kilmore & District Hospital newsletter.

In this issue we’re pleased to showcase the progress of our Caladenia refurbishment. You can also read about our elective surgery services and a new volunteer initiative supported by a local business sponsor. The collaboration is making theatre experiences less stressful for TKDH kids.

At the beginning of July we underwent an Australian Aged Care Quality Agency external review to re-accredit the services we provide at both Caladenia Nursing Home and Dianella Village Hostel. I’m delighted to let you know that we received confirmation from the Department of Health that both facilities have been re-accredited until October 2021. The Australian Aged Care Quality Agency found that each of TKDH’s services met all 44 expected outcomes.

Our collective focus for the next three months includes:

- Preparing for our Community Open Access Day on Saturday 27 October
- Completing construction works at Caladenia Nursing Home
- Preparing to report to our community and stakeholders at the AGM.

I say it every edition but the stories this month really demonstrate how team effort makes TKDH what it is. Everyone from our supporters, to donors, volunteers and committee members are a part of our success. A special thankyou to the Op Shop Committee and Hospital Auxiliary. You can read more about their incredible contribution on page 3.

Regards,

Sue

WHAT IS THUNDERSTORM ASTHMA?

Thunderstorm asthma is thought to be triggered by a unique combination of high amounts of grass pollen in the air and a certain type of thunderstorm. For people who have asthma or hay fever this can trigger severe asthma symptoms.

4 STEPS OF ASTHMA FIRST AID

1. Sit the person upright

2. Give 4 separate puffs of blue or grey reliever puffer
   Make sure you shake the puffer, put 1 puff into the spacer and get the person to take 4 breaths.
   Repeat this until the person has taken 4 puffs

3. Wait 4 minutes
   If there is no improvement, give the person 4 more separate puffs as in step 2

4. If there is still no improvement dial Triple Zero (000) for an ambulance
   Keep giving 4 separate puffs every 4 minutes until emergency assistance arrives

For more information visit: www.betterhealth.vic.gov.au/campaigns/thunderstorm-asthma

What have we been up to?

Data from 1 July to 30 September 2018 included in these figures

- **2,170** Urgent Care presentations
- **1,304** Community Nurse Home Visits
- **11** New Staff Members
- **3** Dianella Resident Outings
- **71** Babies Born
- **1,438** Outpatient Clinic Visits
- **464** Procedures Performed
- **92** Bingo Games at Caladenia
Behind the Scenes in Theatre

With our new theatre facilities being well utilised, a key focus of our expanding elective surgery program is Ear, Nose & Throat (ENT). Almost 40% of our current surgery work is in this field. That includes operations like the removal of tonsils or adenoids, and nasal procedures. Two thirds of these patients are kids under 18.

Some of these young people live locally. We’re also working in partnership with Northern Health and Austin Health to improve access for people waiting for a range of surgical procedures.

To support all of this increased activity we have established a new pre-admission clinic.

There is a lot of work involved to make sure people are safe and ready for their procedure. The Admissions team does a fantastic job supporting this process (you can meet one of the team members on page four).

We’ve also been fortunate that a local volunteer came up with a simple idea to support kids to be ready on their own big day.

Local Deb Davis has been contributing to the hospital as a volunteer for a couple of years, including a position on the Community Advisory Committee. It’s a forum where members provide the hospital with insights, ideas and feedback on the patient experience. Deb had noticed that with more kids having operations, there was a bit of nervous energy around on operation days. She hit upon the idea for an activities bag to keep them calm and occupied as they waited to go into theatre, and when they were out in recovery.

Once the committee gave the idea the thumbs up, Deb bravely went out into the community to seek a local business to sponsor our Kids Theatre Activity Bags.

Travis Sullivan, from the Kilmore Wellness Centre, reckons it was “no brainer” to support the initiative.

The local business has been involved in resident care with TKDH, and since it began twenty years ago, has carried a mission to be a community-based organisation.

One of Travis’s kids was recently treated in hospital for a tumour – so he understands how daunting the medical experience can be for little takers.

But now, thanks to this wonderful collaboration, kids like Hannah Roberts (pictured) can feel a whole lot better about coming to our hospital.

Big Hearts, Big Bucks

Every Thursday, Friday and Saturday morning you can find a bargain at TKDH Op Shop, which has been run by dedicated community volunteers for 13 years.

Collectively the inspirational team has raised more than $500,000, and this past financial year their donation topped $50,000. This effort means the hospital now has a new diagnostic microscope, wall mounted blood pressure monitors and observation monitors.

We’re lucky at TKDH to have such an active and creative bunch of volunteers, whose efforts contribute directly to improving our patient and resident experiences.

In the past year members of the Hospital Auxiliary and the Op Shop Committee have been out and about raising significant funds for equipment, furniture and services. The Hospital Auxiliary events throughout the year include the Kilmore and Wallan market stands, cake stalls, the popular community fashion parade and various raffles.

Their hospital trolley continues to be a great activity, as volunteers sell small items to patients and visitors, and offer friendly conversation as they walk the wards.

The $13,000 raised by the Auxiliary this year has enabled us to purchase equipment such as pivot sling mesh, an IV pole and stands, plant mulcher, video laryngoscope, Urgent Care Centre storage systems; and an insulin refrigerator.

A big round of applause and thank you from all of us at TKDH.
Who are You?

Deb Stavrinou
Admissions Administration Officer

What does your role include?

Our office handles all of the patient admissions and discharges on the acute ward and in theatre. We respond to Freedom of Information requests, collate and file medical records, and pull out patient histories for audits and telephone enquiries.

Recently I've been working in the outpatients building to help get the new pre-admission clinic up and running. I've totally loved doing this job as well, as it involves working with a nurse who meets with patients to ensure they are fit for theatre. I also call patients for appointments and book in patients from the Northern and Austin Hospitals who are having their operations here.

How did you find yourself at TKDH?

TKDH is like a home away from home for me. I've worked on and off here since I was 15 years old, helping to take meals around to patients back when the Bluestone building was the main hospital. My mother also worked here in payroll and as the CEO's secretary. I'm sure lots of readers will remember Shirley George.

What is the best thing about working here?

Regardless of how busy my day is I love my job because I love interacting with patients and their families. I don't think I've ever had a boring day and I enjoy meeting people from all walks of life.

What local activities do you enjoy on your days off?

I enjoy spending time with my family and grandchildren, attending patchwork classes and trying to get fit at the gym and pilates classes.

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
☐ Enclosed is my cheque/money order
☐ 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 _________________________________________
Postcode ____________________________ Phone ______________________________

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.