We need you to Speak up for Safety
SEPTEMBER S.U.F.S. 2018
Every step counts towards a healthy life.

This year, Stroke Foundation and Logan Hospital are encouraging Australians to discover how easy it is to fit healthy habits into their day and do their part to prevent stroke.

It’s estimated that more than 80 percent of strokes can be prevented simply by managing risk factors and living a healthy lifestyle.

There are some risk factors for stroke which can’t be prevented like age, family history and prior stroke. If you’re male, your risk is also higher.

There are two ways to approach this: first by talking to your doctor and secondly by taking ownership of your own health.

The Pulse is a great way to share what’s happening at Logan and Beaudesert Hospitals with all staff.

The Pulse is designed to share service information, staff achievements or to congratulate staff on a job well done, but it’s also an opportunity for you to share activities and news from your own teams, or even about our staff active in the local community.

Don’t forget that you can submit items for inclusion in a future edition via this link >>
Logan Hospital is encouraging the people of Logan to take steps to reduce their stroke risk this National Stroke Week (September 3-9).

Logan CNC Stroke, Nikki Hall said this year’s theme for National Stroke Week 2018 was ‘every step counts towards a healthy life’.

“We are urging all Logan residents to learn how easy it is to fit healthy habits into their daily routines to make a difference to their stroke risk.

“These include eating a healthy balanced diet, reducing salt consumption, drinking plenty of water, staying active, moderating alcohol intake, quitting smoking and steering clear of sugary drinks.”

Stroke Foundation Chief Executive Officer Sharon McGowan said stroke was a devastating disease attacking the brain – the human control centre.

Ms McGowan said it could strike in an instant, changing the lives of those impacted and their loved ones forever.

“Stroke can impact anyone of any age, but the good news is more than 80 percent of strokes can be prevented by making sensible lifestyle choices and managing blood pressure,” Ms McGowan said.

“I am proud of Logan Hospital for making an effort to spread the word about stroke prevention and raise awareness of stroke during National Stroke Week.

“I hope their efforts will result in their friends, family and community making the choice to look after themselves just that little bit more, a decision which could potentially save their life,” she said.
September 2018 is “Speaking up for Safety” (S.U.F.S.) month.

By 2027 Logan and Beaudesert Hospitals aim to have NO preventable patient harm in our hospitals. Initiatives such as these will help us reach this goal and increase overall safety and reliability within our hospitals.

If you’re not 1 of the 600 staff members already trained, September is the month to complete your mandatory training and be part of the safety revolution.

Trained Safety Champions from Logan and Beaudesert Hospitals will be presenting to all staff members by the end of September 2018 so we all feel ready to SPEAK UP if we notice anything that may compromise our patients’ safety.

These sessions have been developed in conjunction with our partner the ‘Cognitive Institute’ to:

- Achieve culture change within healthcare organisations by increasing the ease and motivation for every one of our staff to ‘speak up for safety’.
- Develop insights and skills to respectfully raise issues with colleagues when they are concerned about a patient’s safety.

BOOK YOUR S.U.F.S. SESSION TODAY!
(refreshments will be available)

BOOK NOW!
via LeapOnline
Logan Bayside Health Network Director Nursing and Midwifery Services Lorraine Stevenson has bid staff a temporary farewell for a new Metro South Health project role opportunity.

Ms Stevenson said she was excited to try something new and looked forward to staying in touch with everyone across the network.

A word from Lorraine ...

This week marks the first time I have stepped out my Director of Nursing and Midwifery role in over a decade. It’s a big change for me and I’m looking forward to the challenge. I will be undertaking a secondment, still within Metro South Health, which will be a good growth opportunity for me and a chance to try something new for a while. Those of you that know me know I can’t be tempted away to greener pastures though. I will be back in 12 months.

I’ve had cause to reflect on all the achievements we’ve made together over the years. No longer the poor cousins in many important indicators, we are now the beacon that so many choose to follow. Our Future Hospital Program will continue to add to that reality.

One of our greatest achievements was our inaugural Pathway to Excellence designation received last year, but more importantly what that designation represented. Years and years of improvements to get us to where we are now. We truly are excellent, we truly do provide excellent care and we truly are an excellent team. Our positive practice environment provides our nurses and midwives the perfect place to grow, flourish and excel.

Our culture markers are the best they’ve ever been; our engagement with each other and with the organisation and our community is strong and rich. Nurses and midwives are empowered, and with that, provide the excellent care that we are so proud of in LBHN.

My very best wishes to you all, my colleagues and friends, clinical and non-clinical, and of all designations and disciplines. I will miss you.
Child Protection Week

It is Child Protection Week, so it is a timely reminder to reflect on our practice in relation to the safety of children.

Logan-Beaudesert Child Protection Unit (Panda Unit) is hosting the annual Child Protection Workshop on 14 September with all staff encouraged to attend.

Child Protection is the responsibility of all clinicians, as many of our clients potentially have care responsibilities for children, or are children themselves.

Panda Unit staff will present an interesting, stimulating and relevant program to familiarise you with child protection issues and themes you are likely to encounter within our health service.

If you aren’t already aware of this service, and how it can assist you in your clinical work area, please register to attend or give the team at Panda Unit a call on 3299 8237.
Little Lucas
a special
Father’s Day
surprise

Alex Morrison received the best Father’s Day gift of all on Sunday when baby Lucas was born at Logan Hospital.

The Crestmead dad said it was an exciting surprise to welcome his new baby boy into the world at 2.06am – Logan Hospital’s first Father’s Day baby for 2018.

Born a little early at 36 weeks, Alex and mum Samantha Cooper said they were over the moon with the new addition to their family, which already included six-year-old big sister Chelsea.

They said their new little man was being looked after in the Special Care Nursery but that hopefully he would be back with mum on the ward in the coming days.

Congratulations!
QUEENSLAND

CHILD

PROTECTION

WEEK

2 - 8 September 2018