Naji embraces career as an AIN

News from Redland Hospital and Wynnum Health Service
Thursday, 26 October 2017

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Wynnum Health Service staff have been thanked for their dedication and hard work in the local community.

A/ Facility Manager Heather Tyrrell said the facility had served the community well for many years but that it was now time to move into the new facility.

“We have been eagerly awaiting this move to our new state-of-the-art facility and its lovely surroundings,” she said.

“Thank you to all the staff and volunteers who have worked at Wynnum for so long and for embracing the transition into the new centre.

“Thank you everyone for your efforts in packing and getting everything ready for the move.

“We are all looking forward to this new chapter and making many more wonderful memories.”
It was a big day in Wynnum West Wednesday with the much anticipated Wynnum-Manly Community Health Centre, Gundu Pa opening its doors to the community.

The friendly, highly skilled health care teams are ready and waiting to welcome patients to the state-of-the-art health centre and providing a wide range of high quality services close to home.

Meet AIN Naji Anhari who has a passion for helping patients with dementia and poor mental health.

Naji moved from Iran 33 years ago where opportunities were limited, and has since embraced a satisfying career in nursing spanning 25 years in Australia.

A move from Sydney to Brisbane was the deciding factor for Naji to undertake a course to become an assistant in nursing (AIN).

“My passion for nursing is about helping people in mental health and people with disabilities.

Macleay Ward has many patients with dementia so it is very challenging but also very satisfying,” Naji said.

“All the time we have to come up with strategies, especially for people with mental (cognitive) challenges, to keep them occupied with different things which makes them less stressed.”

She said it is a big challenge but wanted to encourage others considering a career choice or change to embrace nursing.

“Nursing is not everybody’s cup of tea but if you can do it and you have a passion for helping people, it is a great career.”
Anaesthesia Day puts focus on the ageing

Ageing and anaesthesia

As we get older, we are more likely to need a procedure that may require anaesthesia. While people aged 65 years or older make up about 15 per cent of Australia and New Zealand's population, they account for 41 per cent of hospital admissions in Australia and 30 per cent in New Zealand.

The natural ageing process can make us more sensitive to anaesthetic drugs, more likely to develop complications and infections, and older patients may take longer than younger ones to recover from anaesthesia.

In addition, as older patients we are more likely to have medical conditions that must be taken into account when considering the need to have an operation or anaesthesia.

If you are an older patient, some questions you might wish to discuss with your anaesthetist are:

- How do medical conditions and medications affect anaesthesia?
  Older patients are more likely to be taking medications, some of which may react with anaesthetic drugs or they may have medical conditions that could be aggravated by anaesthesia. These might include:
  - High blood pressure or heart disease.
  - Breathing problems or lung disease.
  - Diabetes.
  - Kidney disease.
  - Liver disease.
  - Issues with memory and thinking.

- Will my memory and thinking be affected by anaesthesia?
  The older you are, the more likely you are to suffer from post-operative confusion. However, if this happens, it is usually temporary – affecting fewer than 20 per cent of older patients for longer than three months after anaesthesia. In some very rare cases, deterioration may persist or worsen. This may be more obvious in patients who already had some cognitive decline before their anaesthesia.

- Is an operation the best option?
  Anaesthetists are highly skilled at managing older, sick patients. However, an operation may not be the only option. The decision not to operate may in fact reflect the best possible care in some cases. Pain can often be managed without an operation so patients and their families should talk to their anaesthetist about the risks and benefits of an operation and anaesthesia compared with alternative treatment options.

- How can I prepare for my operation?
  There are many things you can do such as stop smoking, improve your fitness and make sure you eat well. It is important to talk to your anaesthetist about your medications and any medical conditions that may affect your anaesthesia. Your anaesthetist will advise you on what is best for your individual situation.

Redland Hospital has marked National Anaesthesia Day on October 16 with a display to raise awareness for this year’s theme “Anaesthesia and Ageing”.

Every year the hospital celebrates the anniversary of one of the greatest discoveries in modern medicine.

In fact, most of today’s operations simply wouldn’t be possible without it.

“We at the Redland Hospital anaesthetic department are honoured to serve our patient population,” Redland Hospital Anaesthetic Consultant Dr Sarah Bowman said.

“National Anaesthesia Day was such a lovely chance for us to interact with patients and visitors in a more informal setting than in theatres.

“Anaesthetics can sometimes be a confusing speciality to the public, and it was a great opportunity to explain more about our services and how we can tailor our treatment to different patient requirements.”

Dr Bowman said it was important to commemorate the wonderful team of anaesthetists and nurses and thank them for the tremendous support and care they provided for patients with their preparation, wellbeing and recovery after their operation.
Dear Colleagues

I am pleased to announce that the 2017 Metro South Health Employee Survey opens today.

This is the third time the survey, conducted by Best Practice Australia (BPA), has been rolled out to all Metro South Health staff.

The survey is your chance to tell us what it’s like to work in Metro South Health. We need to hear what you think—good and bad—in order to plan for future improvements to our hospitals and health services.

You now have the opportunity to have your say on all aspects of workplace culture, provide feedback regarding your manager or your team, and your general level of job satisfaction.

By gauging employees’ opinions, we are able to continually improve communication, leadership and the professional working environment.

How to complete the survey ...

You will receive one of the following, depending on your work unit:

1. an email link
2. a password to complete the survey online
3. a paper copy of the survey.

Your survey is unique and shouldn’t be shared with anyone else. If you don’t yet know how your work unit is completing the survey, please speak to your line manager or contact your local survey coordinator.

Survey answers are anonymous and confidential and cannot be traced back to you.

The survey is not compulsory but it is a great opportunity that doesn’t come around very often—so have your say and shape the future of Metro South Health!

More staff completing the survey results in better data and more reliable information.

I encourage all staff to get involved.

Dr Stephen Ayre
Chief Executive, Metro South Health

FOR MORE INFORMATION VISIT QHEPS

metrosouth/culture/employee-survey.htm
Community Voices
Did you know our facilities receive fantastic feedback each and every week? Here is a recent example sent to Redland Hospital.

Dear Sir/Ms,

My father, TB, died in a nursing home at Carindale. He was 91-years-old at his death.

For most of his life Dad lived in Redlands and his death has promoted me to write a long overdue thanks to the staff of your hospital for the care they always exercised for Dad when he was a patient there.

I must tell you that on every occasion on which he presented himself to the ambulance and the A&E door at Redland Hospital he was treated by young and very busy doctors.

They were unfailingly polite and respectful, they did their best to calm an anxious man and to send him away feeling dignified.

I would be seething and embarrassed that Dad had taken the overworked doctors away from people who might have needed more urgent care but they were always calm and respectful. They were wonderfully patient with a frightened old man.

One often hears criticism of our medical services - particularly of aged care in the public health system.

My experience is that on every occasion when Dad was brought to Redland Hospital, he received wonderful care.

The staff in A&E were kind and patient with Dad, the young doctors who attended Dad were particularly helpful. They dealt with me and other family members in a way that immediately won our trust.

Even though they were obviously very busy, nothing was too much trouble. They generously gave me the most valuable thing they had at that moment - their time - to comfort and explain and encourage.

Can you please convey to your staff my thanks for their wonderful work and my heartfelt admiration for their ethos of love and care that transcends the busyness of the ward and pressure of A&E.

Yours faithfully
PB

Redland and Wynnum Hospitals’ Staff Recognition Awards BBQ
Tuesday 31st October 2017, 11.30 am – 1.30 pm, in PKs
Formal Presentation from 12:00pm – 12:30pm

The nominees are:
Individual
Lauren Jones – Nurse Educator
Kristen Carothers – Clinical Nurse

Team
Emergency Education Team
Coochie Café
Narelle Francis & Claire Thomson (Bayside Alcohol and Drug Service)

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