



**BALLARAT BASE HOSPITAL**

# **COMMUNICATOR**

**NO: 3      FEBRUARY - MARCH '88**

# FROM THE C.E.O.'S DESK

1988 has commenced with quite a flurry after the Christmas/New Year break. The year promises to be a very busy one indeed.

Looking back over the last 10 years, there has not been one in which the hospital simply marked time. Each new year, has had its share of new challenges, some imposed by Governments others by the community and many by the interest of the people working here striving to provide a better service to our patients.

Some of the things that we can look forward to in 1988 are as follows:-

Firstly, the hospital's long awaited Redevelopment Programme we trust will take its first steps towards realisation with the commencement of design studies.

Secondly, after very protracted negotiations the hospital expects to install a new CT machine in the recently fitted out vacant space on the western side of the Radiology Department. This acquisition will further enhance the diagnostic and treatment services provided by the Accident & Emergency Department, as well as providing a much needed service on site to our local and regional patients.

Thirdly, after negotiations with the University of Melbourne, the hospital's role as an Undergraduate Medical Teaching Hospital will be upgraded with the extension to the teaching programme here. It is worth noting that many overseas students, particularly from Germany, have sought to do their elective training here at the Base because of the range of experience available and the support offered by all sections of the patient care team.



Fourthly, 1988 marks the last year of the formal Undergraduate Nurse Training Programme at the Base - a some what sad occasion after exactly 100 years of providing professional training to nurses. We will be marking the occasion with a week of celebrations in October. As one era finishes, another starts and the Base plans to use the School as a Hospital Education Centre to provide a broad range of courses for all staff groups.

Fifthly, many initiatives will be undertaken or completed in the various departments of the hospital and in support of staff services. I draw your attention to the recently established After School Programme that the Base has organised with the support of St. John Of God Hospital. This programme we hope will be a success and lead to a broadening of the facilities and services to enable a greater range of children to attend and ultimately even preschool children. This in turn will enable many mothers who would otherwise have to stay home, and who wish, to return to the work force.

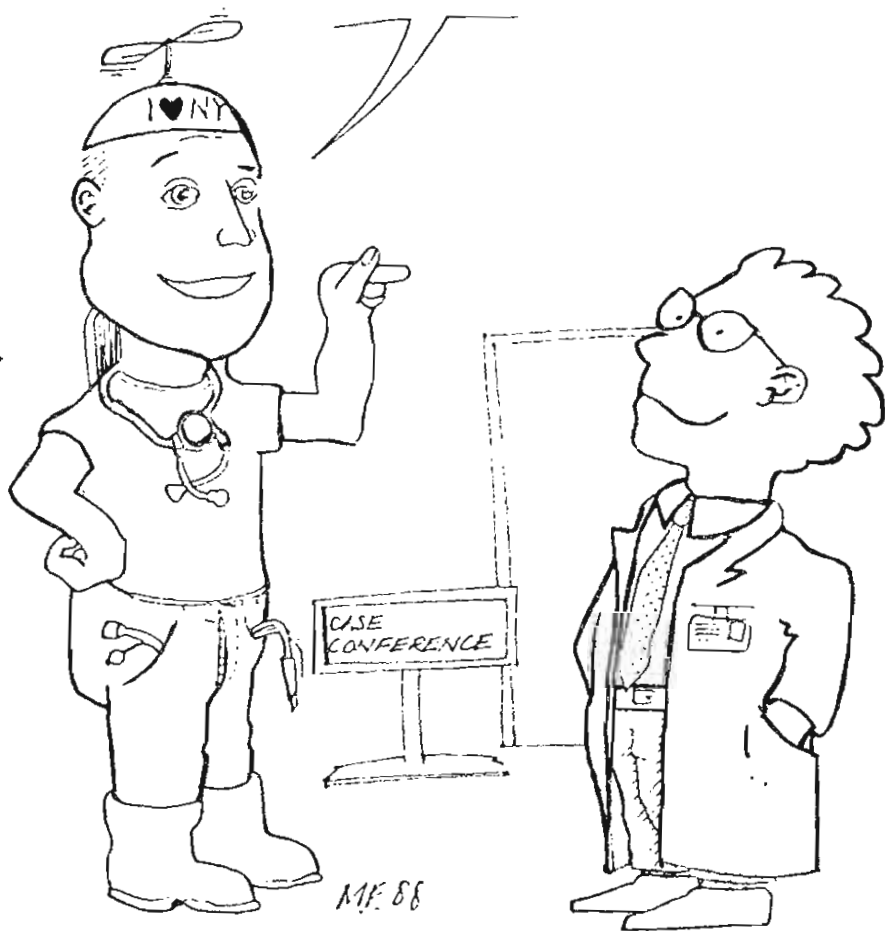
Finally, on the 22nd to the 25th March, 1988, the hospital will be going through its 3 year Accreditation Programme. This is a programme in which the hospital undergoes a rigorous inspection by an independent team of hospital professionals representing medical, nursing and general interests. It is a peer group programme, not involving the Government, but is one which is fully supported throughout Australia and has been material in developing even higher standards in participating hospitals. Much work has been put in over the last 6 to 12 months by all departments of the hospital and I would like to take this opportunity of thanking all those involved for the hard work that they have put into this important programme.

The foregoing are but a few of the challenges we will face in 1988 and through the medium of the Communicator and the monthly meeting "Meet the Executive" (to recommence soon), I will keep you up to date with other matters of interest.

R.D. Macaulay,  
Chief Executive Officer.

# HOSPITAL CARTOON

Now remember how to answer those sticky questions... if you've seen one case say.. "In my experience..."; if you've seen two say.. "In my series..."; & if you've seen three stamp your feet & scream.. "Time after time after time..." !!



## SMOKE FREE ENVIRONMENT

The cartoon tells it all.

As the smoke free environment concept gathers momentum throughout industry and the public service the hospitals reputation as a pace setter in developing a smoke free policy is spreading.

Feedback from people outside the hospital community has been most encouraging.

Apart from giving ourselves a sporting chance, unlike the dinosaurs, our smoke free campaign is boosting our public image in that the community is recognising our efforts.

Remember support through Quit programs is available. Call either Peter Lane on 292 or David Borys on 435. We only need 4 or 5 persons to run a program.

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## REFRESHER PROGRAMME

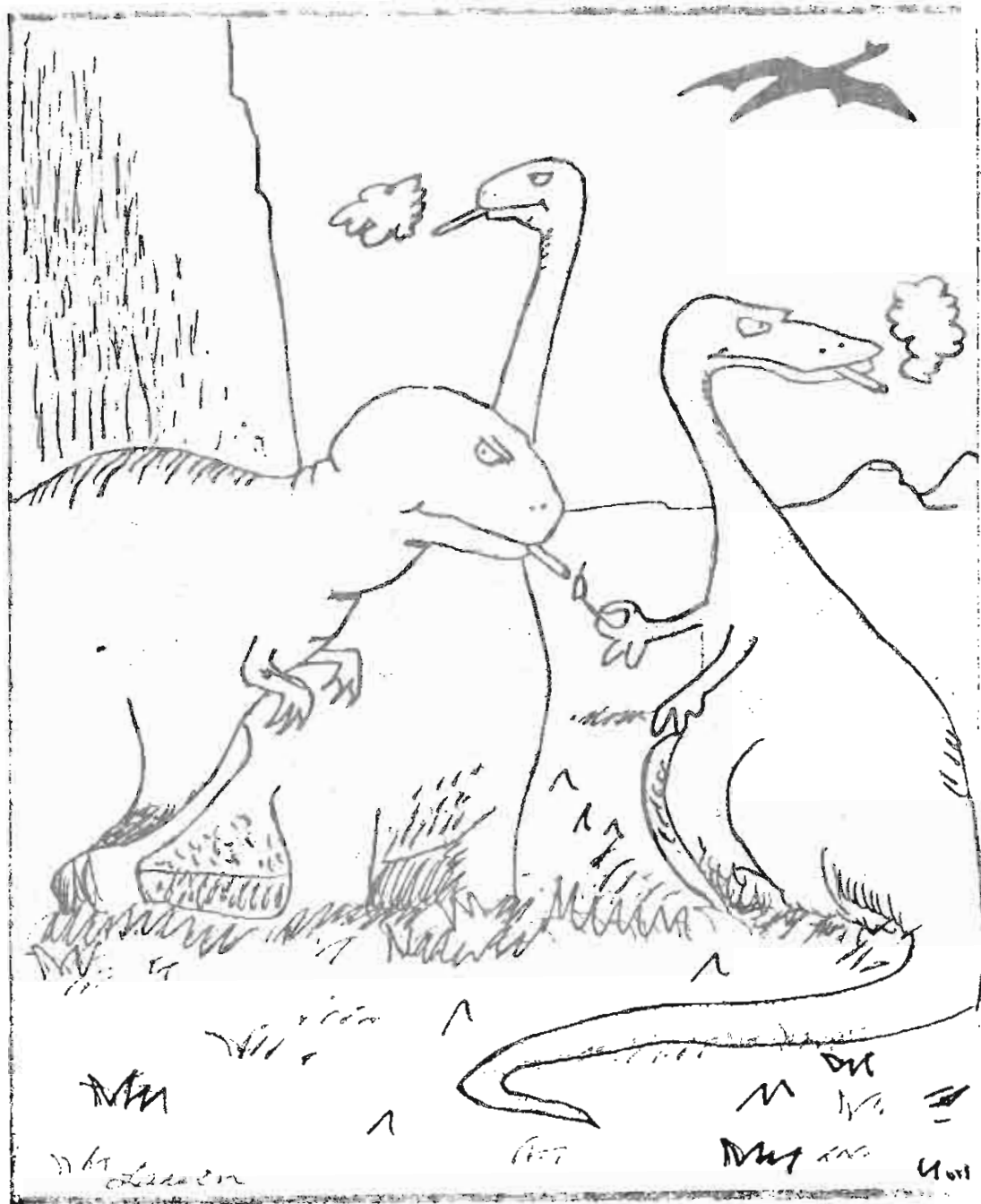
Our second refresher course for registered nurses commenced on Monday the 29th February 1988. We wish Christine Kent, Nancy Freckleton, Judy Krause, Judy Upjohn, Pam McClure, Sue Molloy and May Pearson all the best for the next twelve weeks, and their future years back in nursing.

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## MIDWIFERY PROGRAMME

The February 1987 group of student midwives have undergone their State final examination on 29th February. We wish Kathy Considine, Sandra Decker, Marion Eising, Lesley Gammie, Kate Kent, Jacky McEalfe and Karen Werner success and happiness in their future nursing careers.

The February 1988 group of student midwives commenced the midwifery course on the 22nd February. We would like to welcome Sharon Gibbens, Julie Greaves, Heather Harson, Marlene Martin, Janelle McGaffin, Linda Robinson and Kathy Woodman to the programme and wish them all the best during the 12 month course and for their futures.



The real reason dinosaurs became extinct



# GENERAL SERVICES

As the third edition of the Communicator goes to press, I thought the following information would be of interest to the staff.



## National Wage 2nd Tier Review

In October 1987 the Industrial Relations Commission granted Public Health Institution employees a 4% increase under the National Wage Case 2nd Tier Provisions.

The Government and the Unions have established a 2nd Tier Review Central Co-Ordinating Committee to co-ordinate and review work change or work practices, and to review staff establishments.

The Ballarat Base Hospital is in the process of establishing a Hospital Steering Committee to be made up of union and management representatives. Members of the Steering Committee will form review teams to undertake reviews of work practices throughout various departments of the hospital. The role of the Steering Committee will be:

- (a) To oversee the work of the review teams.
- (b) Receive reports from the review teams.
- (c) Forward reports to the Central Co-Ordinating Committee for their consideration and approval prior to any work practice review taking place.

Further details will be advised through future copies of the Communicator on the progress of the Steering Committee.

## Ken Neerhut Urology Ward

On Thursday the 3rd March the Urology Ward of the hospital was named "The Ken Neerhut Urology Ward" in recognition of the long and distinguished service given

to the hospital by the late Mr. Ken Neerhut, a past President of the Board on two occasions and a member of the hospital visiting medical staff for 30 years. A commemorative plaque was unveiled by his widow Mrs. Patti Neerhut during the ceremony.

Mrs. Margaret Duggan, President of the Board of Management and Mr. John Vernon spoke on behalf of the Board and Dr. Sid Giddy spoke on behalf of the medical staff.

The ceremony was very well attended by medical staff, community leaders and past and present staff of the hospital to honour a dedicated man and surgeon who has contributed so much to the Ballarat Base Hospital and to the community.

#### Accreditation

For sometime all areas of the hospital have been preparing for the accreditation survey to be undertaken on the 22nd - 25th March, 1988. A great deal of time and effort has been necessary to meet the requirements of the accreditation guidelines and now with the preparation complete the Executive is confident of the hospital being re-accredited once again.

As Chairman of the Accreditation Working Party I would like to thank Mrs. M. Stickland, Dr. G. Taylor and Mr. W. Wallace who were the divisional representatives on this Working Party for their enthusiasm and support during the preparation phase. I also express my thanks to the staff who have been involved in the programme and also completion of the comprehensive questionnaire which has been recently compiled.

Dr. Gordon Taylor has submitted an article on Accreditation elsewhere in the Communicator, which provides much more detail on the programme.

Finally, a thought for the month.

**SMART IS WHEN YOU BELIEVE ONLY HALF OF WHAT YOU HEAR,  
BRILLIANT IS WHEN YOU KNOW WHICH HALF TO BELIEVE!**

J.R. BRIDGER,  
DEPUTY CHIEF EXECUTIVE.



# FOCUS ON STAFF

## BERYL GRIEVE

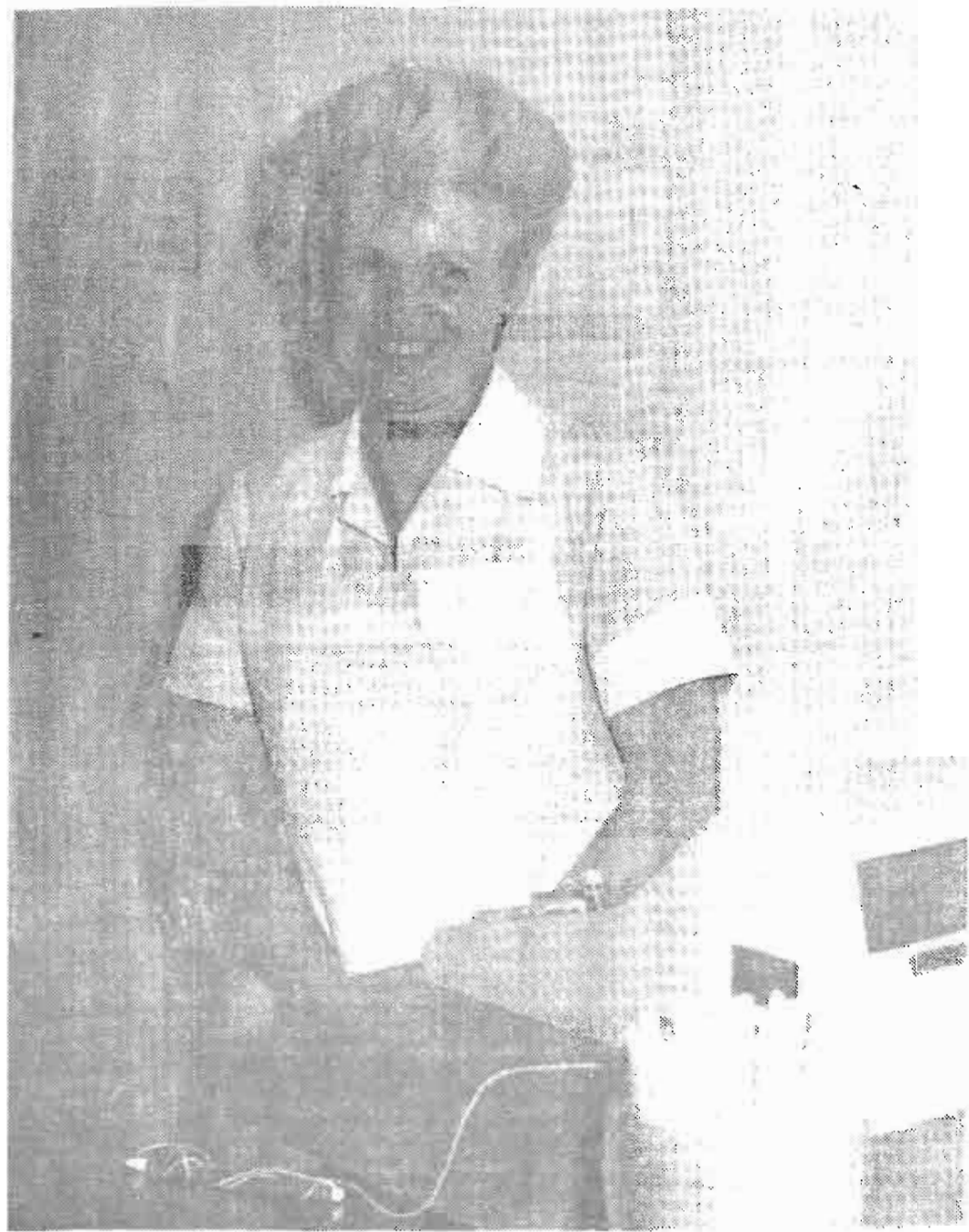
Beryl commenced working at our hospital in the Cafeteria in August 1986, making her one of our newer members of staff. Together with daughter Julie aged 14, they moved to Ballarat 4 years ago and live on a small hobby farm at Staffordshire Reef near Smythesdale. Julie attends Ballarat High School and is an active member of the Wendouree Y.C. Etters Marching Girls. She is kept busy helping mum with cooking, housework and running the farm. "The Farmer" as Beryl is called by her workmates, milks the cows before work, and her working day starts at 6.00 a.m. and usually finishes at around 9.00 p.m. She is currently experimenting by attempting to grow a small blackberry crop which is her first crop. Farm animals include cows, chooks, ducks, dogs, cats and a goose.

Beryl was brought up on a farm near Warrnambool and has got the country lifestyle in her blood. She has found Ballarat to be a "conservative place" where people seem apprehensive to communicate with others. Beryl likes people to smile, and believes you should always look at a persons face when you serve them. "You should also treat people the way you would want them to treat you."

Other interests include travelling and she is hoping to be able to travel to China in about 3-4 years time. She also likes reading and cooking "anything not Australian" in her "spare time". (whenever that is!)

It certainly is a pleasure to be on the receiving end of one of her smiles in the Cafeteria, so lets return it!

# THE FARMER



# ENGINEERS DESK

## HOW TO OBTAIN BETTER SERVICE FROM OUR LIFTS (Especially Yvillie House & Nurses Home Lifts)

When the lifts are used correctly, everybody using them will enjoy the full potential of the system, with these benefits:

- Your waiting and travelling time will be shorter.
- The elimination of unnecessary trips will reduce operating costs and conserve energy.
- The whole vertical transport system will function with greater efficiency to the satisfaction of everyone.

Accordingly, we suggest that you share the following hints with passengers who use our lifts:

- To call a lift, press only the button for the direction in which you wish to travel. Pressing both buttons will not get you a lift any faster; in fact, it will slow down the service for both you and other users generally by causing the lift to make two stops instead of one.
- Each of our lifts has an arrow at the side of the door. The arrow will illuminate before the arrival of a lift at your floor. Move towards that lift if the arrow corresponds with the direction in which you wish to travel.
- On entering the lift, press the required destination button, move to the rear of the car and don't obstruct the doorway.
- As lifts are among the safest of all forms of transport, alarm buttons, stop buttons and inter-communication systems should not be used unless an emergency arises. In any case, prompt and expert help is never far away. Remember also that emergency car lighting is usually available should a complete power breakdown occur.
- Don't forget, commonsense and courtesy - others will expect the same from you, so please reciprocate.

- Try to position yourself in the lift in relation to your destination and the number of other passengers.
- Don't hold the lift at a floor by blocking the door open. The lift will sense an obstruction and shut down completely as a safety precaution, thus taking the lift out of service for everyone.
- Always be on the alert to assist an apparent stranger to the building.
- Discourage vandalism to the lift equipment and finishes by reporting damage immediately.

### PERSONALITY OF THE MONTH

Age: 59 years

Years of Service: 18

Height: 5' 9"

Build: Slightly larger than his shirt.

Sex: That's a filthy thing to say.

Likes: Panadol, music, 4.50pm, lighting fires, chocolates.

Dislikes: Headaches, cleaning filters, dirty jokes, impending long service leave and retirement, pressure (work?).

Favourite Saying: But, but, but .....

Department: Engineers.

Answer: Somewhere else.





## HOME TRUTHS

Many a man who acts like a bear is foxy,  
A little learning is almost as dangerous as a  
little widow.

Many a man gives up a bad habit -  
after he gets tired of it.

It's easy to discourage a man who hasn't any  
courage.

Nearly all free-thinking men are in the  
bachelor class.

Tomorrow is the only time to borrow if you  
wouldn't sorrow.

Good sense is better than good looks, but so few  
people are afflicted with either.

Fault-finding is unlike charity, but it usually  
begins at home.

A woman isn't satisfied if her husband's life is  
an open book - unless it is a cheque-book.

And a good deal of the knowledge people acquire is  
about as useful in their business as counterfeit  
money.

It's a deplorable fact that the average man spends  
too much time trying to acquire money and too  
little trying to acquire happiness.

Some men are thrown in the shade by their rivals,  
while others stand in their own light.

People who sing their own praises seldom get an  
encore.

Don't be afraid of a slander. If it isn't true it  
won't hurt you; while if it is true, it isn't a  
slander.

No man is so foolish but that he may give another  
good counsel sometimes, and no man is so wise but  
he may easily err if he will take no other's  
counsel but his own.

Grief can take care of itself, but to get the full  
value of joy you must have somebody to share it  
with you.



# INFECTION CONTROL

BALLARAT BASE HOSPITAL

## HEPATITIS B.

HAVE YOU HAD YOUR VACCINATION?

ALL STAFF WHO HAVE

DIRECT CONTACT WITH

PATIENTS' BODY FLUIDS

ARE INVITED TO TAKE ADVANTAGE OF THIS VACCINE

PLEASE ATTEND

STAFF CLINIC FOR ASSESSMENT

8.00 A.M. to 8.30 A.M., WEEK DAYS

Meanwhile.....



for your own good, and mine incidently, promise me one thing my love.....

What's that Darling

That you'll.....that you'll never never recap needles.

REMEMBER NEVER RECAP NEEDLES.

INFECTION CONTROL.

# DIETITIAN



This article has been submitted to the community because of all the requests this department has had recently regarding this diet. This form of diet is definitely NOT recommended and will not eventuate in any type of long-term health benefits.

## LETTERS TO THE EDITOR

Dear Editor,

The W.A., S.A., and Victorian Divisions of the National Heart Foundation have been receiving queries about the "Heart Foundation 3 Day Diet". This diet has nothing to do with the National Heart Foundation of Australia and **does not** follow our recommendations for losing weight.

The major problem of this diet is its faddish nature, i.e. unhealthy rapid weight loss, no concern with eating habits (behaviour modification long term), no mention of importance of physical activity.

The carbohydrate content is too low, also calcium, iron and thiamine are below RDI's.

Wendy Morgan,

SPECIAL RESEARCH OFFICER

### HEART FOUNDATION 3 DAY DIET

DAY 1	DAY 2	DAY 3
Black coffee/tea 1/2 Grapefruit cheddar	Black coffee/tea 1 egg	5 salt bix 1 slice  cheese
1 slice dry toast	1 slice dry toast 1/2 banana	1 small apple Black coffee/ tea
1/2 cup tuna in brine 1 slice dry toast Black coffee/tea	1 cup cottage cheese 5 salt bix (Salada)	1 hard boiled egg 1 slice dry toast
2 slices meat 1 cup green beans 1 cup silverbeet 1 small apple 1 cup vanilla ice cream	2 hot dogs 1 cup broccoli 1/2 cup carrot 1/2 banana 1/2 cup vanilla ice cream	1 cup tuna 1 cup silver- beet 1 cup cauli- flower 1/2 cup cantalope 1/2 cup van i/cream.

**GAYLE BONCHERT,**  
Dietitian.

# NURSING

I am pleased to be able to write that the changes outlined in the last issue of the Communicator have been successfully implemented.



Further changes have occurred in relation to the Nurses Home. As of February, 1938, Miss W. Menadue has assumed responsibilities for the administration of the first floor of the Nurses Home; she will be assisted in this role by Mrs. Egan. During the academic year, floors two to six, will be used by Ballant College of Advanced Education as a student residency. Mrs. Cherry and Mrs. Embling, evening supervisors in the Nurses Home, have taken up duties as evening ward clerks.

Mrs. E. Cameron, Associate Director of Nursing, Allocations has announced her retirement in May. Mrs. Cameron will be missed by her friends and colleagues. Miss W. Menadue will become Associate Director of Nursing, Allocations in May, 1938.

The School of Nursing is to be congratulated for their planned inservice programs for 1938. The study program for hospital staff "returning to study" was well supported and very well received.

Congratulations also to:

Peter Stranger, Glenys Cossar,  
Denise Shannon, Kerry Hewitt,  
Wendy Salmon, Helen Heaney,  
Kaylene Baird and Chris Taylor  
who were all successful in completing the Critical Care Nursing course.

MISS E.A. BRADY  
DIRECTOR OF NURSING.

## NEW YEARS RESOLUTIONS

Dear Friend,

Are you like me, sometimes finding it difficult to keep some of your "new year resolutions" after only two months trial? Most people, if they are honest, fail to keep some of these resolutions.

Of course, failing to keep these resolutions doesn't always mean that we are bad people. What about the more serious bad habits we feel guilty about which spoil our lives?

To feel guilty because of unresolved bad habits can be a healthy experience because that guilt can help us to turn to God for forgiveness and receive power which helps to overcome temptations.

King David in the Bible once committed adultery and when God convicted him for his sin, his guilt became so great that he wished he could die. But King David became sorry for his adultery genuinely and confessed his sin to God. God not only forgave him but also forgot all about David's sin. God is not forgetful but He chose to forget about David's sinful act.

No matter how small or great our bad habits are, God in spite of His hatred for sin, still loves us as individuals and He wants to forgive and forget our sin just as He did with David's sin.

Once God has forgiven us, our guilt will also go away. But we must also forgive ourselves. Many people have personally experienced God's love, forgiveness and freedom of guilt.

Dear friend, if guilt is troubling you because of your failure to keep serious "new year resolutions" or if bad habits in your life are destroying you, why not turn to God today so that you too can experience the love of God, His forgiveness, freedom of guilt and the power to overcome temptations in the future.

Jesus overcame those temptations and He is able to help you to do the same.

Jesus does love you and is eager to help you if you ask Him to.

LOVE - Hospital Christian Fellowship.



# PROJECTS REPORT



The Projects in the 1987 Capital Works Program have now been completed. The only outstanding items are some minor fitting out which is still required to permit the installation of the C.T. Scanner in the Radiology Department. We are still awaiting advice from the Department of Health concerning the date for the installation of the C.T.

The 1987/88 minor works projects are currently underway. Work has commenced to establish the Outpatients Waiting Room in the old Medical Records area on the first floor of the administration building (as seen above). The Contractors will then proceed to the Outpatients Foyer on the ground floor and refurbish this area. The Contractors will then be retained on site and will proceed to redecorate the entrance to the block so that a more favourable impression is gained by patients and visitors on entering the hospital area. Within the next eight weeks the vinyl floor covering in the corridors of the Yuille House Wards will be replaced with carpet tiles. This will eliminate the bubbling in the vinyl which is causing problems to both staff and patients.

**W. WALLACE,**  
Projects Officer

### CHILD CARE PROGRAM

The out of school hours child care program run in conjunction with St. John of God Hospital commenced operation on the 4th February 1988. Mrs. Phyllis Sculley and Mrs. Marie Brooks have been employed as the supervisor and assistant respectively for the program. There are now eighteen primary school aged children enrolled for the program and average daily attendances are nine.

Whilst efforts are being made to now enrol children other than the dependants of the staff of the two hospitals to ensure the economic viability of the program, priority will be given to the hospital staff for use of the facilities. It is proposed at this stage to initiate a school holidays program as a separate activity. Further details will be announced when the matters are finalized.

**W. WALLACE,**  
**Project Officer.**



Our photo (above) shows children arriving at St. John of God Hospital by Shuttlebus after being collected at their schools.

# WINNERS



A brilliant team performance by Kevin Davies, Tom Roberts and Ross Priddle (pictured above) enabled the Ballarat Base Hospital's No 1 team to record a strong victory in the "Courier Corporate Relay". Eight teams contested the event which comprised 3 x 800 metre legs of Bray Raceway on Friday 26th February. A second BBH team comprising Marc Furlong, Don McKenzie and David Taylor excelled and finished a creditable 6th.

Well done to both teams.

# DID YOU KNOW ?

Kevin Lang from Engineering Department was seen on all fours chasing a small grasshopper near Outpatients. Going fishing tonight Kevin.

Barbara Morrison in her spare time masters the art of bending keys. Did such a good job on the last one she almost broke the lock of the records store getting it out.

The Ballarat Base Hospital Pool Tournament is on, best of three games and we have heard Richard Roper and Shaun Murphy are trying to arrange a FULL DAY for their first match.

Shaun Murphy from Physiotherapy is sporting a badge showing a mounted rider on a horse with the name Shaun underneath. A true action shot would show Shaun at the horses funeral with his arm in a sling.

Doctor Gordon Taylor after dismantling a filing cabinet made the following statement: "I don't know how I'll get it out, I've pulled it out and can't put it in."

Dr. Bob Richardson walked into Medical Administration on the 5/2/88 and said to Gary, "You must have a lot of worries, you're going bald!"

Ross Priddle must have slowed to a dog's pace whilst running a lap of Lake Wendouree recently. You can tell by the teeth marks on his calf.

Note for Richard Roper - two shots must be taken.



# AFTER HOURS



## BARRY BROOKS

Barry has worked at the house for a total of 22 years and for the past 10 years has worked in the supply department as a Stevedore.

He recently competed in the World Veteran Games which were held in Melbourne at Olympic Park from 28th November to 6th December.

World class competitors including current and past Olympic champions contested the games along with Carlos Lopes the current Olympic Marathon champion. Barry competed in the 20km walk in which he was placed 13th and in the 42km Marathon he came a creditable 21st (out of over 300 competitors). Up to 5000 veterans from various age groups took part. He competed in Christchurch, New Zealand during 1980 running 12th in the 10 km event and was placed 15th in the marathon.

Training up to 100 miles per week, as well as swimming and working out at the gymnasium 3 nights a week shows the dedication required to compete at top level.

As part of his preparation for the forthcoming Westfield Sydney to Melbourne Ultra Marathon to be held in March 1988, he has concentrated specifically on walking efficiently as he believes this will be a major factor in the resultant placings. A sensible diet as well as psychological preparation are also key areas that Barry is concentrating on. We all wish him well and I am sure will keenly follow his progress through T.V. and press.

\*Each Saturday Barry competes in the local competition for the Ballarat Harriers Club where he has been a member for 25 years.

His numerous achievements include:-

Victorian 24 hour Titleholder and the Victorian 100 km Track Race Champion. In 1970 at the National Titles he recorded a personal best marathon time of 2 hours 26 minutes and has run in a total of 26 marathons, an achievement in itself.

Barry is currently seeking to borrow or hire two campervans (each to sleep 4), for the Westfield run. He requires them for approx. 10 days between 17th March to 27th March 1988. Any staff able to help should contact Barry and your assistance in this area would be most appreciated.

Running is a large part of Barry's life and he runs and trains 13 months of the year. He enjoys being fit and believes "fitness improves the quality of your life".



**MT. CLEAR TECHNICAL HIGH SCHOOL**  
**Experience Based Curriculum Program**

Dale Widdison, ) Year 11.  
Scott Jordan, )

These two lads will be coming to the Hospital each Tuesday afternoon - 1.00pm - 3.30pm to assist various departments with some aspects of work involvement. They are expected to learn how each department functions.

Dale, as many members of staff will recognize, is a long term ex-patient, who in 1987 had a successful kidney transplant. At the age of 18 years he has become a full time student. He is excited and thrilled to return to the hospital to participate in this school program. If there is a department in the Hospital which could keep these two lads please contact Sr. Menadue.

23.2.88	-	1.00pm - 3.30pm	-	Acc. & Emerg. Department
1.3.88	-		-	Pharmacy,
8.3.88	-		-	Gardening - W. Bilshon.
15.3.88	-		-	C.S.S.D.,
22.3.88	-		-	Ward Y1,
29.3.88	-		-	Laundry,
12.4.88	-		-	Stores.

SR. MENADUE.

## ODD SPOT

Sally Parrot pushed the button to start the hospital car and the boot went up!

Shaun Murphy our Chief Physiotherapist was heard to say whilst nursing a cut and bruised arm, "You have to fall off a horse a hundred times to be a good rider." How many's that Shaun!

### UPDATE

One week later Shaun had his left shoulder blade injured when he was thrown from a horse. He must be getting better!

# FOR SALE



## VESTS & JUMPERS

Julie Koegel from Medical Records looks a picture as she shows off one of the new Ballard Base Hospital jumpers.

### Price -

V-neck Jumper (Red and Blue) in 4 sizes \$28.00 each

V-Neck Vests (Red & Blue) in 4 sizes \$26.40 each.

Payroll deductions are also available.

Contact Gary Greeville on 323 or call in at office next to Welfare.

Thank you.

# CRICKETERS A HIT

Members of the Victorian Sheffield Shield Cricket side visited our Childrens' Ward last month on a promotional visit for the Four X Company. They soon had plenty of fans after giving away approximately two dozen cricket balls.

The donation of a cricket bat which featured signatures of the Shield Team was also presented to Childrens' Ward.

## AUCTION



Michael Tucker (right) is presented with the inscribed bat by part time auctioneer (Gary Greville). Michael was successful at the auction which was held in the staff cafeteria. The \$95.00 raised for the bat will pay for a heavy duty stroller for Childrens' Ward.

Umpire Eeon Macaulay (left) remains unmoved to an appeal of "HOWZAT UMP" from Dave Whatmore (second from left). Other members are left to right, Ray Jordon (Co-ordinator), Jamie Siddons, (Star Batsman), Annette Solley (Fine Leg) and spin bowler and ex Australian bowler Ray Bright.

Young Jason Sculley (bottom), is all smiles after receiving a new cricket ball from Ray and Dave. Jason is recovering from a cartledge operation to his right leg.





## MIDWIFERY DEPARTMENT

In the light of a perceived community demand and with the parameters of the 1987/88 Hospital Agreement, Ballarat Base Hospital is undertaking a feasibility study to determine the demand for a Family Birthing Unit in the Central Highlands area.

Since 1980, such centres have been operating in the metropolitan area and now number five, but no such style of care is available for country Victoria families.

A Family Birth Centre provides a different concept of care and is available to mothers who, on the basis of medical assessment, could anticipate an uncomplicated childbirth. Medical management could be limited to first visit, assessment at thirty-six weeks and only complications arise during pregnancy or labour (all other antenatal and intrapartum care given by midwife OR conventional medical supervision of the entire antenatal and intrapartum period. This is to be determined after consultation with consumer and health professionals.

The centre would allow families to be together for the entire labour and delivery, then within twenty-four hours after birth of the baby, the family would return home with domiciliary service for the first five days. Alternatively the mother would transfer to the conventional post natal hospital ward for traditional care.

The Family Birth Centre provides a home like setting, but within the safety confines of a hospital, so that transfer to traditional labour ward can be achieved at any time should complications arise.

Questionnaires are available from E1, Doctor's Rooms, Infant Welfare Centres, Community Health Centres and Family Services Centre to be completed by those who are expecting or anticipate having an infant within the next two years. The questionnaire is to be completed during March and returned by 2nd April. Any further information please contact Lorraine Broad.

Personality Answer - Frank Gray



# SOCIAL CLUB NEWS

## THE SOCIAL CLUBS' ON FIRE

The new BBH Social Club Committee members are; (below) Dennis Prollius (Treasurer), Nola McCormack (Secretary) Gary Greville (President), Kevin McCann, Aileen Horgan (Assistant Secretary), Michael Tucker, Margaret Blackshaw and Tom Higham. Absent was Sue Walton.

David Mercer has taken the position of recruitment officer and retiring members have remained and formed a sub-committee.

It's an exciting new team with lots of good ideas so support the new committee by joining up at the Pay Office.

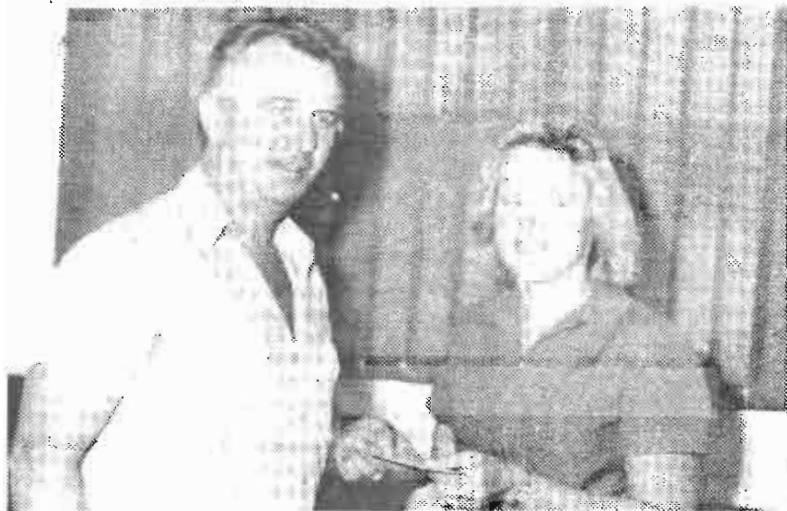
50 new members joined within their first week!

Thanking you and trusting you will support the events throughout the year.

G. J. Greville  
President



# COMPETITION - WHO IS IT?

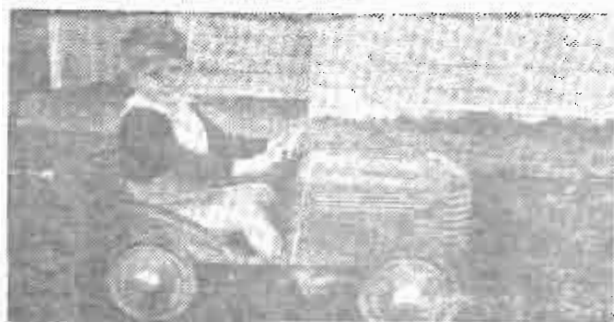


Maria Stickland our Deputy Director of Nursing was our "Cute Kid".

It was encouraging to see another great response to this competition. We have seven correct entries submitted and the winner of a \$20.00 counter meal for two at the Golden City Hotel in our second competition was Robyn Doeland seen above receiving her prize from Dav Mercer, Social Club President.

If you think you know this speeding "Cute Kid" who is currently working at our hospital, jot the name together with yours onto paper and send it to Gary Greville in General Administration. The winner will receive a \$20.00 counter meal for two at the Golden City Hotel, compliments of the B.B.H. Social Club.

SO - BE IN IT TO WIN IT!



# GREEN THUMB

Many people have bought horse paddocks under the misnomer of "Farmlet" and these can be turned into surprisingly attractive gardens with a little imaginative planting of trees and shrubs, as in the complete area of the property in a form of landscaping, but without the moving of large quantities of soil or rocks. This type of garden attracts birds and animals, and is appealing. You can also have a dam or two added for greater scope in planting. I don't advise planting anything smaller than Hawthorn, as the roots might be too shallow during dry years, and also small plants are too vulnerable to animal attack. The dams bring me to the much neglected field of gardening usually fobbed off as a "Fishpond." A pond is a part of a garden, and can be planted accordingly. Water lilies come in three divisions, deep water types can be planted in water from 60-250cm deep, shallow water types can even be grown in a bowl 10cm deep or more, and then there are the tropicals which are the most available, but are unsuitable here. A barrel is very suitable for planting a water lily (*Nymphaea*) beside your door, but keep a fish in it to eat mosquito larvae. Most ponds in public places are equipped with a weldmesh strongly supported a foot or less below the surface, horizontally placed, and strong enough to support a heavy child. Many other plants can be added if your pond is actually a dam with shallow water around the edges. Write to the water garden nurseries in the garden paper and you will be pleasantly surprised by their list of possibilities.

Arthur.



## 1988 ACCREDITATION TIME AGAIN

Between March the 22nd and 25th Ballarat Base will again be surveyed by the Australian Council on Hospital Standards (A.C.H.S.). Some staff may remember previous surveys in 1981 and 1984 and understand the format but not all of us have been around this long or have perfect recall! So who are the A.C.H.S? Why are we being surveyed? How will they go about it? And what do we all have to do?

The A.C.H.S. was established in 1974 as a non-government professional body involved in the assessment, maintenance and improvement of hospital services. They have established a system of hospital standards which are the basis of the accreditation process. These standards are broadly applicable to hospitals ranging from bush nursing to large teaching institutions. Consequently they are not prescriptive but emphasize the philosophy, organization, professional skills and quality assurance that are fundamental to any hospital. The A.C.H.S reviews these standards annually and provides some support in helping hospitals meet these.

Accreditation is voluntary and does not have any direct financial effect on the hospital either as a reward or in a punitive sense. However it is a measure of our status both in the Ballarat Community and in the Victorian and Australian hospital scene. In May 1987 the B.B.H. hospital Board committed the hospital to seeking a further accreditation period following the successful surveys of 1981 and 1984. Readers of the Courier may have noted that the Q.E.G.C. was awarded full accreditation status last year after an initial attempt in 1986. The St. John of God Hospital has never submitted to an accreditation survey.

Our survey in March will be conducted by three accreditors with one observer from the A.C.H.S. The A.C.H.S. appoint people with detailed experience in their professional field to perform the surveys. We will be surveyed by Mr. Gordon Edwards (C.E.G. Prince Henry's Hospital), Dr. Bill Walsh (Director of Medical Services - Alfred Hospital),



and Miss. Judiaune Gibson (Director of Nursing Sutherland Hospital Sydney). The A.C.H.S. observer will be David Sinclair who is a Councillor of the A.C.H.S. The survey will be conducted over 2 1/2 days with each accrediter examining the services of the hospital, discussing these with any staff members in the hospital (and this could include night staff) and preparing a report which will go before the A.C.H.S.

According to the nature of this report we will either receive full accreditation as before or enter into a one year "consultative" period before attempting a further survey. We are confident of achieving our full accreditation status.

How can we be sure that this confidence is well founded? The hospital has been prepared for this over the past twelve months. Every Departmental Head in the Medical Division together with key people in both the Nursing and General Divisions have been involved in the detailed examination of the A.C.H.S. guidelines in relation to each part of the hospital. Organizational charts, job descriptions, policy and procedure manuals and quality assurance plans have all been updated or written from scratch. Facilities and equipment have been examined and many other areas of communication clinical practice considered and measured against the standards. Ask to see these documents. Be aware of what is happening in your work area. Any staff member in the hospital during the accreditation week could be asked about any of these and more. Safety procedures could come up! What do you do in a fire? What security arrangements are made for drugs? Who checks them? How do we deal with particular patient problems? How do we know that we are really looking after patients well? What continuing education are we involved in? How do we check the efficiency and safety of our equipment? The list of possible questions is endless. Consequently it is vitally important for all staff to be informed of what is happening. The best way is to look at the documentation and ask Department Heads and Supervisors what involvement you have in accreditation.

GORDON TAYLOR,  
Medical Administration



# GOLF NEWS

## MEDALIST OF THE YEAR

Barry Robertson started playing Golf in February 1987 and two months later won the Ballarat Base Hospital Golf Tournament with a score of 90 off the stick at Mt. Xavier. Barry then won the November Monthly Medal at Mt. Xavier when he shot 88 off the stick for a nett score of just 57, being the lowest score for some years. To top all that he then won the Mt. Xavier "Medalist of the Year" when he shot 90 for a nett score of 65.

Barry set himself for this win and trained 5-6 nights a week for 6 months to win these titles. His best score to date is 86, shot during a practice round.

Well Done Barry.

## HOLE IN ONE

### Lindsay Howlett

Well done to Lindsay Howlett who shot an "ACE" at the 180 metre par 3 10th hole at Mt. Xavier during December. Lindsay didn't see the ball go in the hole and got the shock of his life when he found his ball in the cup. A great effort in his first year as a member.

### Kevin Poppe

During December Kevin won the Punninyong C Grade Competition.

### Don Pollock

Don, also in his first year as a member won the B Grade Competition at Mt. Xavier for the month of November.

## NEW RECORD



Ballarat YMCA Swimmer Fiona Fraser, 25 (above) enjoyed the greatest thrill in her swimming career last weekend when she set a record for the 50 metre breaststroke at the Victorian Age Sprint Championships. She also broke the record in the 18 and over sprint with a time of 37.89 seconds.

# A TEAM EFFORT



Members of the Ballarat Base Hospital relay team who successfully defended its title in the Ballarat to Maryborough Maurice Moore Memorial Teams are Michael Rhook, Barry Bolger, Gary Greville and Daniel Lane (holding trophy), Ross Priddle, Rob Nicholson, Tim McPhan, John Purcell, David Bray and Kevin McPherson. Absent was Margo Furlong.

## TELEPHONE ETIQUETTE

When you answer the telephone, please state

WHERE you are and

WHO you are -

If you did dial the wrong number, and someone answers -  
do not hang up! -

PLEASE APOLOGISE

## STUDENTS ON WORK EXPERIENCE

The school year has commenced. The Ministry of Education Central Highlands Wimmera Region Ballarat Career Education association have contacted the B.B.H. and commenced planning the students work Experience Program for 1988.

The hospital is very fortunate in being able to offer a variety of trade, nursing, medical, para medical, clerical and other disciplines for aspiring future employees. The future career and employment placement is a problem for many young people today. Members of the hospital staff assisting these school students with work experience in deciding a future career is much appreciated by the student, their teachers and parents. If a member of staff has any problems or queries contact Mrs. Vivian, ext 384 or Sister Menadue on ext 25.

## THE NURSES HOME

As from February 1988 Ballarat College of Advanced Education will occupy the 2nd to 6th Floor of the Nurses Home for the 1988 academic year. The accommodation on the 1st floor will remain available for use to Ballarat Base Hospital Staff. Mrs. Egan and Sister Menadue are jointly looking after the 1st floor accommodation appointments.

# CROSSWORD

## ACROSS

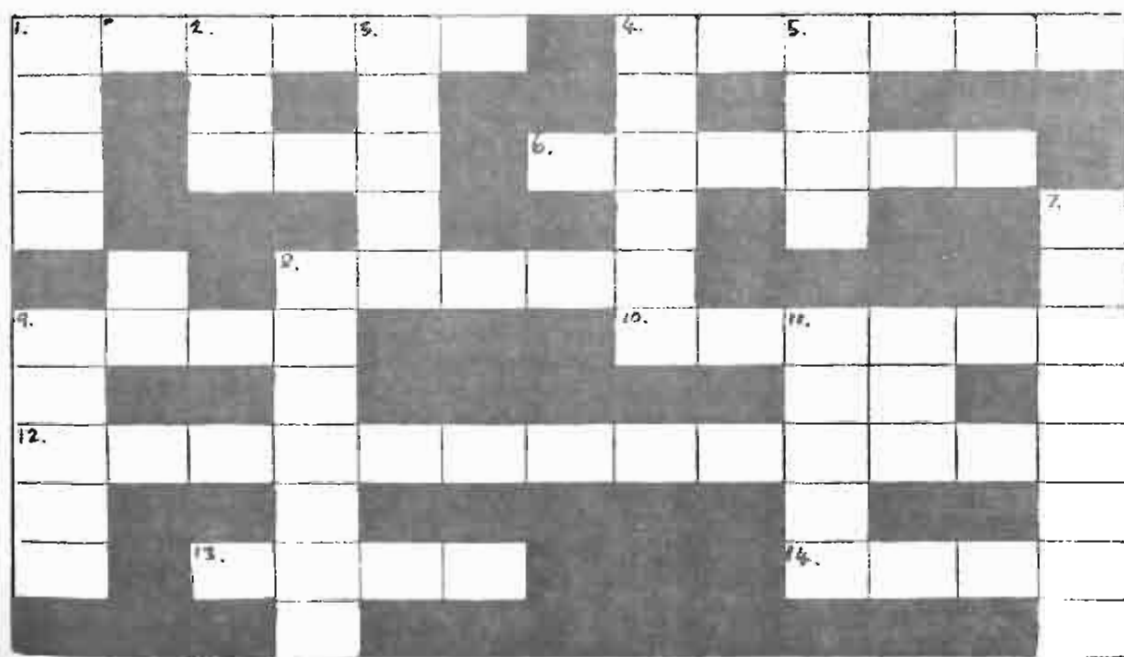
1. What the Y stands for in the Y wards.
4. Head male servant or chief M.R.A.
6. The reason people land in jail, they commit them.
8. It would be nice to always have your body in good
9. Some people have them to get cleaner, but not this administrative assistant.
10. Good exercise to build up your biceps.
12. What event will occur at B.B.H. March 21st - 23rd.
13. Ross knows all about this activity that hens do.
14. The kind of cord Richard the Audiologist can put a name to.

## DOWN

1. Part of an egg.
2. Intensive care abbreviation.
3. Mob which acts in an arbitrary manner or B.B.H. O.T.
4. Makes sound like a dog, or B.B.H. caterer.
5. What we never have enough of.
7. Chief - L. Grigg.
8. To give a cutting edge.
9. D.O.N. of B.B.H.
11. Most lakes hold some.



# NEW HOSPITAL ENTRANCE



# BROAD'S BREWS

## FRUITY RECIPES

### BANANA LOAF

1/4 cup vegetable oil,                   )  
1/2 cup honey,                            ) Mix all together.  
1 egg,                                       )

Then add:

1/2 cup or 2 small mashed bananas,  
1 cup wholemeal Self Raising flour,  
1/2 teaspoon carb. soda,  
1/4 cup sour cream.

Place in greased loaf tin, sprinkle with 1/2 cup chopped walnuts and bake at 350 degrees.

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### 50/50 CORDIAL

Juice of 6 oranges and 6 lemons (or any combination of one or other),

Rind of 4 lemons,

3 pints of boiling water,

4 lbs sugar,

2 dessertspoons epsom salts,

1 oz. citric acid,

Bottle when cold.

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### PEARS BAKED IN HONEY (or WINE)

4 whole pears, peeled. Place in baking dish. Pour over syrup (1/2 cup honey, 1/2 cup water, 1 tablespoon lemon juice, 1/4 teaspoon mixed spice, 1/2 teaspoon cinnamon).

Bake in moderate oven 45 minutes, basting occasionally.

**Alternative - substitute red wine for honey.**

Serve with cream ricotta cheese for the weight conscious.

L. BROAD.

## MARY HELEN AUXILIARY .

### APPEAL FOR NEW MEMBERS

Sixty years ago, two very community-minded ladies decided that the Ballarat Base Hospital needed a Ladies Auxiliary. These ladies were Mrs. Mary Pittard (Mayoress of the City 1927) and Mrs. Helen Gardner. This, the "Mary Helen" Base Hospital Ladies Auxiliary was formed and has functioned for six decades.

Back in the thirties, patient comfort was the main aim, and help was given to the nursing staff. Bed linen and even turkey and plum pudding at Christmas was provided by the "Mary Helen".

With the standard of hospitalization greatly changed, and the patients well fed and well cared for, the Auxiliary now raises money for other needs. Over the last 20 years "Mary Helen" has provided thousands of dollars for the much needed medical and surgical equipment. But the tender loving care is still there, and ladies of the Auxiliary regularly visit patients in the Mary Helen Ward (Y2 Yuille House) and help with a chat and a kind word.

We are just a small group, and our numbers are slowly diminishing. We would welcome new members who would like to be involved with this very happy group of ladies.

We meet on the second Friday in every month at 2.00pm at the Base Hospital. Anyone interested please phone -  
Mrs. Johnson on 32 1575

or

Mrs. Buchanan on 32 3442.

Thank you.

## GOSSIP

Annette Solly, whilst talking to the cricketers was heard to say. "I am pretty good in the covers!"

## QUOTE OF THE MONTH

AH! HA! CAUGHT YOU WORKING AGAIN.

W. WALLACE,  
Project Officer

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## INPUT.

The Communicator is produced every two months for the staff at our hospital. Input by staff from all areas within the Hospital would be most appreciated and should be addressed to Gary Greville, Medical Administration.

Special thanks to Frank Gray for his photography expertise.

Thanks also to Maxine and Robyn for their help in typing this Communicator.



GARY GREVILLE  
Production Manager



PETER LANE  
Editor in Chief