



NORTHERN NETWORK NEWS

APR/MAY 2022

NEW DIGITAL PREGNANCY PLATFORM IS POPN

Leanna is one of 1,350 users who are benefiting from a new online platform that is being trialled at the Northern Adelaide Local Health Network (NALHN) supporting pregnant people navigate their pregnancy and care.

Having already given birth twice with NALHN's antenatal service located at Lyell McEwin Hospital, Leanna is excited to be involved in the trial which is a first for the State.

According to Leanna, at 16 weeks' gestation she is already experiencing the benefits of the Pregnancy Online Platform NALHN (POPN).

"POPN collates your previous pregnancy and medical history," said Leanna. "A midwife reviews this information prior to your first appointment, so your care is tailored to your history."

"Because of this, I received a notification on POPN to request a referral to have a diabetes test from my general practitioner due to my family history."

Previously Leanna wouldn't have been referred to receive this test until after her first antenatal appointment. Thanks to POPN she can receive earlier screening for gestational diabetes and if necessary, begin developing a management plan with her healthcare team.



Leanna is experiencing the benefits of POPN.

All people receiving antenatal care through NALHN are invited to join POPN via a text or email message. Once registered, they are invited to complete their medical and obstetric history which a midwife will review prior to their first appointment, providing more time to focus on their personalised antenatal care.

POPN also shares personalised information and updates to parents-to-be, as their pregnancy progresses, with text message alerts when new information becomes available.

**Data accurate as of 7 April 2022. Please note Leanna is employed by the Northern Adelaide Local Health Network's Surgical Specialties and Anaesthetics Division.*

A REMARKABLE TEAM

With National Palliative Care Week approaching (22–28 May) we asked Palliative Medicine Specialist, Dr Lawrie Palmer to reflect on



(L-R) Advanced Nurse Unit Manager Kerri Grant, Palliative Medicine Specialist: Senior Consultant Dr Lawrie Palmer and Medical Head of Unit Dr David Holden.

some of the achievements of the team from our Northern Adelaide Palliative Service (NAPS).

"Bringing the Lyell McEwin and Modbury hospital palliative care teams together to form NAPS in 2013 with a new shared identity, was a key step in building our service approach."

The service now cares for up to 450 people at any one time and it has expanded to include inpatient, acute hospital, community, and country support services, allowing for smooth transitions of patient care.

"We have also used grants to support and trial new staff to specialise in areas such as dietetics and art therapy, adding a richness to patient care far beyond biomedical symptom management and we've been able to create opportunities for staff to shine, for example, creating a clinical medical research position with Professor Greg Crawford, providing world leading research and the development of a more comprehensive seven-day-a-week service."

MESSAGE FROM THE CEO



Hi everyone and welcome to another exciting edition of Northern Network News, brimming with wonderful stories that highlight our exceptional staff and their dedication to providing the best possible care.

The cover story features a state-first digital platform being trialled at NALHN, that aims to better support women navigate their pregnancy and care journey. It's a fantastic initiative, and just one example of our pursuit for innovation and commitment to improving service delivery, both of which are fundamental to achieving our vision that our community has the best possible health and wellbeing throughout their life.

This edition also includes a tribute to our many NALHN nurses and midwives in celebration of International Day of the Midwife (5 May) and International Nurses Day (12 May). From the moment a new life begins, to one's final years, our nurses and midwives offer support and expert care to people during their most vulnerable moments. Read on to meet two of our staff who represent their nursing and midwifery professions with pride.

Our newly elected State government has made a strong and clear commitment to improving capacity within the public health system, and ultimately better health outcomes for all South Australians. So far, the Government's plan includes funding 300 additional beds and dedicated staff across the State. This includes a significant commitment to increasing more beds across Modbury and Lyell McEwin Hospitals, more funding to rebuild and expand Woodleigh House to better meet mental health needs within our community, and a new Cancer Centre for Modbury Hospital to ensure people can receive treatment closer to home.

Finally, we acknowledge the wonderful work of the Northern Healthcare Volunteer Association ahead of National Volunteer Week (16-22 May). The contribution of our volunteers has a long and proud history at NALHN, and their passion for supporting our patients and staff is something that makes me especially #NALHNProud.

**Maree Geraghty, CEO,
Northern Adelaide Local Health Network
(NALHN)**



NSQHS ACCREDITATION: GREAT NEWS FOR OUR COMMUNITY

In November last year, Northern Adelaide Local Health Network (NALHN) hosted an independent group of assessors from the Australian Council on Healthcare Standards (ACHS) to verify that we are meeting the National Safety and Quality Health Service (NSQHS) Standards.

The expert assessment team came from all over Australia. Some of them visited and explored NALHN's facilities in person. At the same time, due to COVID-19, several others performed their assessment remotely, guided through the corridors and wards using iPads and video calling technology.

After much preparation, the process lasted for five days, during which time the assessors learned about how we deliver healthcare and support the wellbeing of staff and our community. At NALHN, we always aim to exceed National Standards, so we were delighted to receive confirmation that we are performing very well.

For people living in the north and north-east, this process ensures that you are receiving the highest quality health care as assessed against National Safety and Quality Standards. NALHN will always strive for continuous improvement, so our communities should feel confident that the care we provide will become even better.



Jack Buckskin plays the didgeridoo, providing a Welcome to Country for the visiting assessment team from the Australian Council on Healthcare Standards (ACHS).

VOLUNTEERS BRING PEOPLE TOGETHER

From Monday 16 to Sunday 22 May we are celebrating the incredible volunteers from the Northern Healthcare Volunteer Association (formerly the Lyell McEwin Volunteer Association) who support a diverse range of services across NALHN as part of National Volunteer Week.

VOLUNTEERING WITH COMFORT AND CARE

Since 2017 Carol (pictured) has been volunteering with the Northern Healthcare Volunteer Association to give back following ongoing treatment and surgery for arthritis in her wrist at Modbury and Lyell McEwin Hospital (LMH).

According to Carol it was the happy smiling faces of two volunteers she regularly encountered at LMH's orthopaedic ward, along with the orange shirts (her favourite colour) that saw her pursue volunteering at the hospital.

"Following my final appointment at LMH I went straight to the volunteer officer and put my hand up to volunteer," said Carol.

Initially appointed to the Special Care Nursery (SCN) at LMH to support with administrative tasks, Carol joined a new volunteer service on the ward known as the Comfort Care program shortly after.

"Families aren't always able to be in the SCN as much as they would like, with other children at home and work commitments. My role is to comfort and settle their babies when they can't be here and



Baby Santina was born at 33 weeks and one day. He is pictured with Carol at one week old.

offer an ear for them to talk to during what can be a difficult time."

According to Monica, Midwifery Unit Manager of the SCN, the volunteers receive additional education and training, and are an integral part of our health care team.

"It is lovely to walk around the unit and see a Comfort Carer reading or softly singing to the babies, and you can see that they get as much out of the time as the babies," said Monica.

PRIVILEGED TO SUPPORT OTHERS IN THEIR TIME OF NEED

Eve Marsh (pictured) is now in her tenth year of volunteering with the Northern Healthcare Volunteer Association at NALHN, where she provides much needed support to patients and families on Modbury Hospital's Palliative Care Ward. She is part of a team of volunteers who work across a roster, seven days a week, to ensure even the smallest of details are taken care of.

From washing and folding, to cups of tea, and everything in between, Eve and the team ensure patients and their families feel nurtured and cared for during a very tough time. Her most important role of all is the time and attention she gives to those in need of comfort and a listening ear.

"It is an incredible privilege to share time with people during their last days of life and be trusted with their most personal thoughts and life stories," said Eve.



Eve in the dining room where she supports patients and families share meals and time together.

"Over the years I have been asked many questions, but the most common one I get asked is 'do you think there is life after death?' That is obviously one of the greatest mysteries of all, but what I do know is, everyone wants to know that their life matters. I hope in some small way, the team and I make them feel they matter very much."

Since 1959 volunteers have supported the LMH hospital; currently over 215 volunteers deliver a diverse range of services across the entire Northern Adelaide Local Health Network.

To learn more visit, lyellmcewinvolunteer.org.au

CELEBRATING OUR DEDICATED NURSES AND MIDWIVES



Midwife Paige Elliott (front) and nurse Sue Nickolai (back) outside of Lyell McEwin Hospital.

PAIGE ELLIOTT *Building rapport and trust*

“I heard great things about NALHN’s Birth Centre at the Lyell McEwin Hospital (LMH) while still studying at UniSA,” says Registered Midwife Paige Elliott.

Being a midwife in the Birth Centre means being involved with the process right from pregnancy through to birth.

“You are with a family through each step, and any pregnancy can have

complications, so there can be highs and lows too. It’s both physically and emotionally demanding, and it becomes a big part of who you are as a person.”

“There is great satisfaction in knowing that you provide continuity for the women and their families. You see them again and again throughout the process, and you can see how much that means in building the rapport and trust they need.”

SUE NICKOLAI

Every day, and every patient, is different

“Anaesthesia and recovery is my passion. Every day, and every patient, is different, and rising to that challenge is what keeps you motivated,” says Nurse Consultant Acute Pain Service Division Surgical Specialities and Anaesthetics Sue Nickolai.

Appointed in 2007 to a new Acute Pain Service position, she was able to build strong information sharing relationships, critical to the success of the role over the following years.

A recent success is the ROCKet Research Program (Reduction of Chronic Post-surgical Pain with Ketamine).

“The study aims to find out whether chronic post-surgical pain is prevented using ketamine given during, or both during and after surgery, and will provide important information to guide anaesthetists who care for patients undergoing major operations,” says Sue.

To read the full articles about Paige and Sue as well as other stories, visit our website sahealth.sa.gov.au/nalhnnews

ACKNOWLEDGMENT

Kaurna

Northern Adelaide Local Health Networkklu tampinthe Kaurna miyurna yaiya yarta-mathanya Kaurna yartarna-arra ngadlu warpulayinthe. Ngadlu tampinthe purkarna pukinangku, yalaka, tarrkaritya. Ngadlu tampinthe yaiya mathanya kuma parnaku tuwila yartangka.

English

The Northern Adelaide Local Health Network acknowledges the Kaurna people as the traditional custodians of the land on which we proudly deliver health and wellbeing services. We honour Kaurna Elders past, present and emerging. We recognise Aboriginal cultural authority, and the ongoing spiritual connection the Kaurna people have to country.



Front page header image: L-R: Nurse Consultant Sue Nickolai and midwife Paige Elliott reflect on their passion for providing the best care to our community.

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**EVERYONE
HAS A STORY.
MATTERS.
CONTRIBUTES.
GROWS.**

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Health

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