

AUGUST 2023 ISSUE 41

HEALTH EDUCATION COLLABORATIVE

View from Green Point Brighton Victoria on my way to Victoria Market to get pig trotters for a suturing course

A MESSAGE FROM OUR CEO

Bruce Greaves CEO/Director



Another busy month with courses delivered from Warrnambool to Townsville by our expert clinical facilitators. Mick delivered several fracture management courses in Brisbane and the Gold Coast, James blitzing it in Sydney and Becc with a totally full suturing course in Townsville. Melissa delivering her high level of clinical skills training as an emergency NP educator in SA, Marg our company director and director of education doing what she does best with the amazing way she delivers clinical assessment, deteriorating patient, ALS and PLS workshops and myself getting out into the regional areas for face-to-face clinical skills training. We have a highly skilled clinical education team, and we are growing. This month we welcome Lynne Willis-Sellentini NP to our team. More about Lynne in the new team member's section.

We are very excited to be introducing our microlearning series and hope that you all take up the opportunity to do these free programs (more about these in our education update). Make sure to tell your colleagues about these free courses. We are in a high phase of growth in program development and new team members so, keep watching this space as we have exciting new programs on the way over the next several months.

Next month I'll be reporting from the top end where I'll be facilitating courses in Darwin and Katherine.

CONTENT

A message from the CEO

Education update

New team members

Health & Wellbeing

In the chat room

Upcoming courses



Bruce Greaves 0444 547036

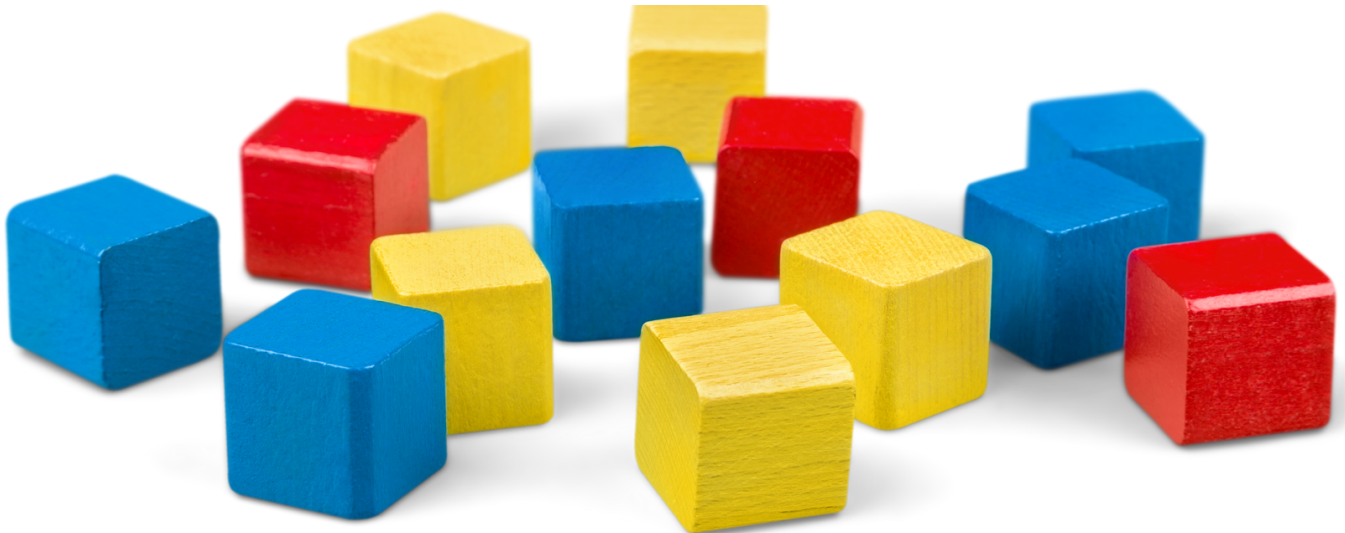
EDUCATION UPDATE

Marg Vilella

Director



Microlearning modules



This month we will introduce our series of microlearning modules. Microlearning delivers short bursts of content for learners to study at their convenience. Researchers have found that information delivered in short, focused chunks is easier to comprehend and recall than the same learning delivered in a longer, more comprehensive format. Learners also tend to engage with microlearning more often, which increases learning retention.

What are the benefits of microlearning?

- It's faster to deliver
- It's flexible
- Learners find it more engaging
- It boosts knowledge retention (performing learning activities over time helps transfer knowledge into our long-term memory)
- It gives learners more freedom

These microlearning modules will take between 5 to 15 minutes to complete and cover a wide range of topics. These modules will be **FREE!** Each month we will be adding one or more new courses to the list.

This month's module is What is Burnout? A very relevant topic for healthcare professionals.

Click [here](#) to enroll in the course.

NEW TEAM MEMBERS

Lynne Willis-Sellentin



Lynne is an Emergency Nurse practitioner and has been working as a nurse for 40 years. She trained in London and has worked overseas in Europe and the Middle East. Her degree specialised in Emergency Nursing and she commenced her Nurse Practitioner training in Edinburgh, Scotland in 1997.

She has worked in Australia since 2006, achieving endorsement as a Nurse Practitioner in 2010. She has worked in emergency at several of the major teaching hospitals in Adelaide, regularly delivering workshops and training for nurses and medical colleagues. She has also spent time in Remote and Rural communities, working in Indigenous Health.

As a military wife, she has travelled throughout Australia, and worked as a Lecturer at Queensland University of Technology, coordinating the Emergency Nursing course and co-coordinating the Master of Nurse Practitioner course. She continues to work for QUT as a casual tutor.

She continues to mentor nursing students and Nurse Practitioner candidates. As teaching is her passion, she remains involved in the delivery of training. During her career, she has developed a keen interest in the management of eye conditions, completing post graduate training in this subject, and has delivered an eye examination workshop at the International Conference of Emergency Nursing in Adelaide.

She continues to work clinically to maintain her advanced assessment and management skills, whilst following her interest in teaching and training.





Health & Wellbeing

Sherryn Lethlean



This month I'd like to talk about burnout. It seems to get thrown around a lot since the pandemic as so many people felt the effects of such a long and drawn-out stress (especially in healthcare, but certainly not limited to this). I know I definitely suffered from it after a high-level role on the response, but what does burnout present as?

Most often we think of people being tired, fatigued and lowered immunity but it's more than that. It is actually a high risk to your overall health, particularly mental health which overflows to every aspect of your life.

Burnout can present as follows:

- Fatigue (overwhelming)
- Feeling flat, disinterested
- Irritability and anxiety
- Difficulty with decision making and things that usually wouldn't cause stress
- Brain fog and memory/recall issues
- Difficulty sleeping or feeling too sleepy
- NO energy or desire to complete simple tasks
- Sexual dysfunction and issues with relationships, feeling disconnected
- Feeling depressed, sad or no interest in things that previously brought joy
- Feeling like you are living day to day and not being able to plan, it feels overwhelming to action anything
- Frequently unwell, lowered immunity, which also often leads to poor diet, lack of exercise and self-care interest.

There are many more, but these are the most common. The good news is that by adding some self-care activities such as light exercise, adding things you enjoy, taking time out and learning to put yourself first, you can overcome it. It's not a simple fix, for example going on a holiday; unless you get to the cause, you will return to the same.

Often burnout creeps up on you, but the warning signs are there, and nobody is immune to suffering from it. Look after you, and also encourage others to do the same. Switch off your work phone when you get home if you can and learn to let go. Look at your daily schedule and try to reduce it. Add frequent self-care breaks and learn to delegate where you can to others. On days off, really try to add some time to do something you enjoy, that gives you a dopamine hit. And importantly, speak up and ask for help.

Your health will thank you for it!

If you want to learn more about burnout, check out our microlearning module - [What is Burnout?](#)



In The Chat Room

Rob Stewart
Business Development Manager
Holmesglen Private Hospital



HEC: Rob, can you tell us a little about your role as a business and marketing manager for a private hospital?

Rob: Thanks Bruce. As Business Development Manager of Holmesglen Private over the last 6 years, I oversaw the building and development of one of the newest hospitals in Melbourne. We relocated Como Hospital in Parkdale, a small community hospital when we opened in January 2017. Relocating into a much bigger hospital, my responsibility was to establish and grow doctors and new services at the site. We launched our acute service including the Emergency Department, ICU, Coronary Care and Cath lab, as well as growing new specialties and expanding existing ones across our five new wards. It was a great experience. You don't often get to launch a new hospital in your career, and over the last 3 years, minus the covid years, we have grown significantly in the Melbourne bayside and southern suburbs community. I have recently moved into a new position as a Regional BDM also taking on Knox Private as we grow this service in conjunction with Holmesglen Private across Healthscope.

HEC: Did you come from a health background into this role?

Rob: I have been in healthcare for over 25 years. I started in nursing on the wards but loved theatre going on to get a post grad in perioperative nursing and working my way to Perioperative Service Manager and joined the hospital executive in a Deputy Director of Nursing role. I was head hunted into the medical industry, sales, marketing, product management, completed a business degree and ended up a National Marketing Manager for a multinational medical company for 5 years. I wanted to return to the hospital management and took a role with Healthscope in 2013 at Melbourne Private Hospital, before taking on the BDM role to open Holmesglen and Frankston Private Hospitals.

HEC: What is the most challenging part of your job?

Rob: Information and communication are the key to my role. Healthcare is dynamic and ever changing. It takes a certain kind of person to understand how it works and how to get the best out of people.



In The Chat Room

HEC: What is the best part of your job?

Rob: The best part of my job is meeting people. I take junior doctors and set them up for their future, taking 20 years of knowledge and fast forwarding their careers by overcoming the pitfalls I have seen so many doctors make as they start out. New doctors have little to no formal business education and training, they are often a sole trader with no safety net as they start practice. I enjoy educating, working with them, and showing them how to build a successful business.

HEC: Do you have or are you organising any exciting projects?

Rob: Just having taken on my new role this year I'm currently working on an Orthopaedic Super Saturday education day for GPs in September (see flyer on page 7). This is a great opportunity to meet local specialists and pick their brains on a range of musculoskeletal issues patients present with to the GP.

HEC: If you could achieve one thing this year, what would it be?

Rob: I'm keen to run a workshop for specialist who are in the early part of their career on how to grow their business in the post covid era, and also take my kids to Disneyland at Christmas.



UPCOMING COURSES



Click [here](#) to see all our course dates

You're invited to

Super Saturday: Orthopaedic Masterclass Education for General Practitioners

Saturday 9 September 2023
8.00am to 4.00pm

Venue Riversdale Golf Club,
200 Huntingdale Road, Mt Waverley

Refreshments and lunch provided

8:00am – Registration and Welcome

8:30am – Presentations commence

4:00pm – Close

We invite you to our interactive Orthopaedic focussed education seminar, covering many key areas of surgery, discussing the latest methods, techniques and advancements. Our aim is to highlight recent changes in the surgery space, with a focus on enhanced treatment and recovery, to assist patients with a faster return to health.

Specialists presenting Include:

Dr Owen Mattern	Orthopaedic Surgeon
Dr David Slattery	Orthopaedic Surgeon
Dr Vishal Pai	Orthopaedic Surgeon
Dr Terence Tan	Neuro-Spine Surgeon
Dr Theepan Balasubramaniam	Orthopaedic Surgeon
Dr Rory Maher	Plastic and Reconstructive Surgeon

Learning outcomes

1. Apply a contemporary approach to targeted physical examinations for spinal and orthopaedic presentations.
2. Establish a management plan for spinal and orthopaedic presentations, based on all findings including history, examination and investigation.
3. Confidently refer patients to allied health professionals for treatment and management of musculoskeletal conditions.
4. Identify yellow and red flags and explore for potential complications including neurological or multisystem involvement for spinal and orthopaedic presentations.

This activity is pending approval from the RACGP CPD Program.

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6 hours

Register online

<https://www.trybooking.com/CKPXB>



RSVP Monday 4 September 2023

Enquiries: Rob Stewart

RSVP

Holmesglen@healthscope.com.au

0439 479579

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Hosted by





Urgent Care Skills Work (Basic Fracture Management)

 Tuesday, September 26 2023
6:00PM - 9:00PM (ACST)

 Marion Hotel
849 Marion Rd, Mitchell Park South Australi

 Free




 Recommended For
GPs, Practice Managers, Nurses & Primary I
Providers in the Adelaide Metropolitan Area

[GET TICKETS](#) 


About

This highly practical and hands on workshop is designed to give practitioners opportunity to consolidate, refresh new skills in the practical management of common strains, sprains and basic fractures.

Learning Outcomes

-  Identify and manage common basic fractures, sprains, and strains.
-  Demonstrate application of supportive bandaging, splints and POP casts.
-  Discuss aftercare and cast removal.

Sessions

 **Registration & dinner on arrival**
6:00PM - 12:00AM (ACST)

 **Workshop**
12:00AM - 9:00PM (ACST)

[Click here for tickets](#)