



A legacy of care continues

Classified by the National Trust as 'the most significant, suburban Edwardian estate in NSW', **Yaralla House on the Dame Eadith Walker Estate at Concord, has been opened as a statewide service for people with HIV-related dementia and complex care needs.**

The magnificent residence was home to Scottish banker and philanthropist Thomas Walker and his only daughter Dame Eadith Walker. The setting of many social affairs with royalty and distinguished personalities of the day, the estate has stood the test of time and continues to amaze its visitors with its beauty.

At the age of 25, Eadith inherited her father's estate, worth almost one million pounds. She supported her father's wish to build the Thomas Walker Memorial Hospital, now known as Rivendell; she held countless fundraisers and events at Yaralla House to help those less

fortunate; and transformed the grounds of the estate into 'The Camp' to house soldiers suffering from tuberculosis during the First World War.

Perhaps her greatest act of charity came after her death, entrusting the Dame Eadith Walker Estate to Royal Prince Alfred Hospital for the provision of public health services.

Following World War II, the house became the Dame Eadith Walker Convalescent Home for Men, which closed in the 1970s. It was then re-opened as a renal dialysis unit for RPA in 1993. In 2009, restoration work began on the house to allow the relocation of residents from The Bridge in Glebe.

In opening the facility the chief executive of Sydney Local Health District, Dr Teresa Anderson, paid tribute to Dame Eadith Walker and her family.

"Dame Eadith was an inspirational woman who gave so much of her privileged position to those less fortunate," Dr Anderson said.

- The Dame Eadith Walker residential care facility is a statewide tertiary service for those living with HIV-related dementia and other neurological deficits, and/or progressive multifocal leukoencephalopathy.
- The facility will accommodate 16 residents with a day-stay respite program in a serene setting where patients can reside in safety.

"We are humbled to have been granted such a significant estate to offer a serene and safe environment for patients with some of the most complex needs.

"We wish our staff the very best in continuing to deliver an exceptional service and hope our patients will find peace and comfort within this tranquil setting," she said.

[View images from the opening on page 9...](#)



Tweet to heart health
see page 5



Farewell to Christopher Coad
see page 11



Health
Sydney
Local Health District

Message from the Chief Executive



Dr Teresa Anderson

Sydney Local Health District
Chief Executive

Welcome to this special double edition of HealthMatters. It certainly has been a busy and exciting couple of months.

The opening of the refurbished Yaralla House was a fantastic milestone, thanks to a great team of District staff, clinicians and contractors. Together, they worked to create a purpose-built environment that is safe and comfortable for our patients, while also respecting the house's magnificent heritage qualities.

It was a joy to open the house, and to hear from Dame Eadith Walker's niece, Ms Anne Lee-Warner, who shared such fond memories of her time as a child playing in the house with the inspirational woman that was Eadith Walker.

Yaralla House will accommodate 16 residents with HIV-related dementia and complex care needs. We wish our staff and residents the very best in the grand new setting.

I am very happy to advise that Concord Hospital will be the pilot site for a project that is the first of its kind for NSW Health. It will focus on improving antimicrobial vigilance, invasive device procedures and environmental cleaning processes, so that patients do not acquire an infection while in hospital. It involves collaboration between the industry organisations BD, Baxter and 3M and Sydney Local Health District, the Clinical Excellence Commission and the Agency for Clinical Innovation.

At the start of 2011, the former Sydney South West Area Health Services split to allow for a more localised service for the community. This saw the separation of Sydney Local Health District and South Western Sydney Local Health District; however we continued to share

a number of services such as population health, drug health and mental health.

We are now working with South Western Sydney LHD and the Ministry of Health to separate some of the services we currently share to better match our locations and populations. This process will be finalised during the year, and we will consult with all staff as details emerge.

Thanks to the commitment and dedication of staff across both Districts, we will continue to deliver excellent healthcare to our patients, and at no time will care be compromised.

I would also like to assure all staff that there will not be any reduction to staff or services. If you have any questions or concerns, please contact our employee assistance program. Details can be found here: http://intranet.sswahs.nsw.gov.au/EAP_SLHD/

We have also started work on the NSW Health Whole of Hospital Program. Royal Prince Alfred Hospital was selected as one of eight hospitals in NSW to participate in this program which aims to improve the patient journey across the health system – from the time they present and are admitted to hospital to their transfer back home.

We look forward to embarking on this journey to help ensure our patients continue to access high-quality, safe and connected care.

Message from the Chair, District Board

It gives me great pleasure to report on some fantastic results our District has achieved in the areas of hospital infection rates and surgery wait lists.

Information gathered from the National Health Performance Authority's MyHospitals website has shown that Balmain, Canterbury, Concord and Royal Prince Alfred hospitals have some of the lowest rates of superbug and golden staph infections across Australia. All hospitals also have hand washing rates well above the national benchmark.

It has also been reported that RPA is among the best in the country for elective surgery wait lists with some of the shortest waiting times for patients in cataract surgery and knee replacements. Our District also continues to be the only one in NSW treating 100 per cent of patients waiting for elective surgery within the clinically appropriate timeframes in all three elective surgery categories.

It is thanks to the skill, dedication and efforts of our staff that we continue to deliver such great results for our patients. Thank you to all and keep up the great work.

Sydney Local Health District is also embarking on an exciting journey of collaboration with research institutes across our District to create a hub known as Sydney Research.

This collaboration will allow us to share resources and ideas to push the boundaries for health and medical research. It will further strengthen the District's position as a world-leader in research that drives a culture of innovation, education and training.

We will keep you updated on progress of this initiative that is sure to benefit thousands through its discoveries.



The Hon. Ron Phillips

Sydney Local Health District
Board Chairman

Kicking goals with the stars

Raymond Blackadder is one step closer to his dream of being a professional soccer star, being invited to train with the Manchester United team during its July appearance in Sydney.

When he's not kicking goals with his team – the Sutherland Titans, Mr Blackadder works in Environmental Services at Royal Prince Alfred Hospital.

He has worked at RPA for two years, supported by the Disability Employment Service, Jobsupport. Jobsupport provides initial training and ongoing support for people with a moderate intellectual disability to gain employment.

Mr Blackadder, who has represented NSW in soccer, will also represent Australia at the Asia Pacific Special Olympics for intellectually disabled people to be held in Newcastle in December, 2013.

The Manager of Environmental Services at RPA, Bob Harding, said Raymond was a dedicated, great worker and deeply committed to his job.

“So committed in fact, that he was going to turn down the chance to train with Manchester United because it was during work hours,” Mr Harding said.

“We're all really excited for Raymond and can't wait to hear how the training session goes. We'll be right behind him during the Special Olympics,” Mr Harding said.



To sponsor Raymond Blackadder in his Olympic efforts, please visit <http://specialolympics.myetap.org/fundraiser/asiapacgames/individual.do?participationRef=4136.0.845018609>

Nurse honoured for sporting glory



A world champion on skates... emergency department nurse from Canterbury Hospital Sophie Muir.

Sophie Muir was only 12 years old when she won her first international title for inline speed skating.

She went on to win her first of seven junior world titles at 15, a raft of medals, totalling six gold, one silver and one bronze, and breaking two world records.

Having reached her goal of becoming junior world champion, she retired from the sport at the ripe age of 19, but her triumphs were far from over.

Whilst backpacking across Europe in 2008, she watched a speed skating game on ice with her former coach who thought it would be a fun idea for Sophie to give it a go. This fun idea became an Olympic dream. After just 15 months of preparation, Sophie was selected

to compete in the 2010 Winter Olympics in Vancouver making history as Australia's first female Olympic speed skater.

In honour of her skill and achievements, Sophie will be inducted to the NSW Sporting Hall of Champions.

Sophie said it was a fantastic feeling to get recognised for half a lifetime of work and humbling to be in the company of such amazing sporting competitors.

True to form, Sophie now works as a registered nurse in the fast-paced environment of Canterbury Hospital's emergency department, saying she has found her niche.

Congratulations to Sophie – a world champion in our midst.

RESEARCH MATTERS

More present, more available

Timothy Wand has led an evaluation of a nurse practitioner-led mental health liaison service based in the emergency department of Royal Prince Alfred Hospital. This is a role he is most familiar with having worked in the job for over a decade. Now the emergency department has a team of mental health nurses based in the department 16 hours a day, seven days a week.

In collaboration between mental health services, the emergency department and the University of Sydney, the nurse practitioner-led team is being evaluated for its ability to reduce waiting times, provide effective treatment and coordinate care for patients presenting to the ED with mental health concerns. The evaluation is part of a nationwide program exploring the expanded scope of practice for nurses in emergency departments. Funding for the program is provided by Health Workforce Australia.

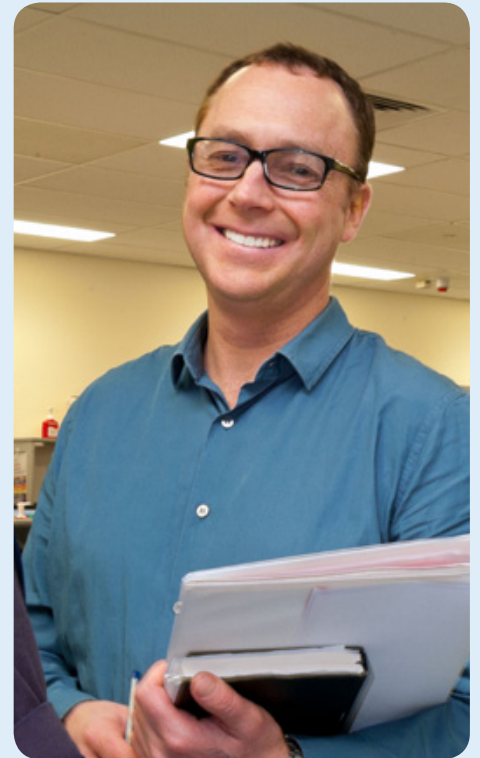
Dr Wand said the mental health liaison nurse role had many benefits.

"Using specialist knowledge of mental health, these nurses ensure patients get timely access to mental health care and appropriate follow-ups, so that people don't fall through the cracks," Dr Wand said.

"Key to its success is a close working relationship and good integration of mental health liaison nurses within the ED. This is especially important to help raise mental health awareness among ED staff.

"Our next step is to smooth out some of the differences being experienced in the structure and operation of this model across EDs. This includes reporting mechanisms, referral, and follow-up processes.

"From our findings, we hope to develop a model of care and related training resources that can be transferred across ED settings both in metropolitan and rural contexts," he said.



Mental health liaison nurse practitioner at RPA's emergency department Timothy Wand.

A rapid solution to stroke



Professor Craig Anderson.

A breakthrough study led by researchers at the George Institute for Global Health and Royal Prince Alfred Hospital has found that intensive blood pressure lowering in patients with intracerebral haemorrhage, the most serious type of stroke, reduced the risk of major disability and improved chances of recovery by as much as 20 per cent.

The head of the neurology department at Royal Prince Alfred Hospital, Professor Craig Anderson, led the study which involved almost 3,000 patients from 144 hospitals in 21 countries, including RPA.

Intracerebral haemorrhage is spontaneous bleeding within the brain most often due to hypertension. It affects about 6,000 Australians annually with one third dying as a result, and 65 per cent of survivors left with a disability.

"Thanks to this study, we now have strong evidence of a treatment that stands to help millions of people worldwide, and significantly improve the outcomes of this illness," Professor Anderson said.

"By rapidly lowering blood pressure, we can slow bleeding in the brain, reduce damage and enhance recovery.

"We now hope our findings will prompt changes to how stroke is managed in emergency departments across the world," he said.

Neurologist at RPA Dr Judy Spies said this was an exciting development and a simple treatment that could be given in any hospital.

"The key, however, is to get medical attention right away if a stroke is suspected," she said.

The study attracted news coverage on channels 7, 9, 10 and SBS.

Getting engaged in Aboriginal health equity



This NAIDOC Week (7-14 July), Sydney Local Health District celebrated with an event at Canterbury Hospital featuring cultural performances, speeches and a barbecue, with special guests, Aboriginal Elders from Canterbury and Bankstown.

NAIDOC Week is a fantastic opportunity for all Australians to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander people.

The event was a chance for the District to demonstrate its commitment to Aboriginal health equity, and also call on the local Aboriginal community to get involved and engaged with Canterbury Hospital and local health services.

A suggestion box and questionnaire is located in the foyer of Canterbury Hospital for members of the community to provide their ideas and feedback on local health services and the hospital. All ideas are welcome, so please fill in the form and drop it in the box.



ANZAC symposium

The ANZAC Research Institute will hold its 13th annual symposium on Friday, 6 September, from 9am to 4pm at the Medical Education Centre, Concord Hospital.

The theme of the day is 'Frontiers in Bone Biology and Osteoporosis Research', and will feature keynote speakers:

- Professor Roland Baron, Harvard Medical School, Boston, USA; and
- Professor Clifford Rosen, Maine Medical Centre, USA.

For further information, please contact Julie Taranto at (02) 9767 9191 or jtaranto@anzac.edu.au

Dedicated to dentistry



The head of Specialist Services at Sydney Dental Hospital, Dr Phil Kelly, has been honoured for his outstanding contribution and leadership in oral health services with a recent election as a Fellow of the International Honor Dental Organisation, the Pierre Fauchard Academy.

A specialist in the area of prosthodontics, Dr Kelly has served in the Royal Australian Air Force for 20 years, based in Australia and Malaysia. He also holds the post of Specialist Dental Officer, Royal Australian Air Force Specialist Reserve.

Fellowships to the Academy are by invitation only and are awarded to highly ethical dentists that support the advancement of dentistry at an international level.

The chief executive of Sydney Local Health District, Dr Teresa Anderson, said Dr Kelly was a true embodiment of professionalism, integrity, and ethics, and well-deserving of this highly prestigious accolade.

Know your NGOs: Sydney Indo-Chinese Refugee Youth Support



Turning the tide on isolation through team sport.

For more than 11 years, Tri Minh Vu has been working with disenfranchised and isolated young people to help them feel engaged and connected to the community and to life.

Working at the Sydney Indo-Chinese Refugee Youth Support, Mr Vu plays an active role in supporting and caring for new arrivals to the country that have been referred to the service due to distress and mental health concerns.

Through a number of programs, such as after-school activities, workshops and holiday camps, Mr Vu spends time with young people offering support and friendship, and helping them feel like a valued part of the community.

“The most rewarding part of my job is seeing young people that came here in despair going on to do well with their lives, such as getting jobs and getting married,” Mr Vu said.

Honorary secretary John Burchett said the service, and particularly Mr Vu, had helped many young people who lacked confidence to settle into their new lives in Australia and participate in school.

“Thanks to activities, such as team sports, we have seen many kids that displayed anti-social behaviour and were at risk of dropping out of school increase their attendance and go on to lead productive lives,” Mr Burchett said.

“The service also does follow-ups with young people to maintain the positive progress made and keep them on-track.”

About Sydney Indo-Chinese Refugee Youth Support

A mental health early intervention program for newly arrived young people experiencing psychological distress, predominantly referred by intensive English centres.

Provides:

- Holiday programs;
- Follow-up camps and monthly youth group for previous camp participants;
- Casework;
- After-school activities;
- Social skills workshops;
- Increasingly working with Sudanese and other African youth in addition to Vietnamese and Khmer-speaking young people; and
- Strong links with Rivendell and other NGO services.

 The Chris O'Brien Lifeshouse at RPA



After a great deal of hard work from Brookfield Multiplex, existing Lifeshouse staff moved into one completed floor of the facility at the end of May.

It was a significant milestone and great for the team to come together to connect and collaborate in preparation for the opening.

While it's exciting to all be in the new building, Lifeshouse is about so much more than this brand new facility. It's about the passionate people, the culture and the values that staff will live by.

Building work is on track and you may have noticed that all of the building hoardings have come down and final works are happening around the building such as paving and signage.

For more information, visit the Lifeshouse at RPA website www.lifehouserpa.org.au

A tweet to heart health

A research collaboration between the George Institute for Global Health, the Centenary Institute, the University of Sydney and Royal Prince Alfred Hospital, has found that Twitter is a powerful tool in the prevention of heart disease and improvement of health practices.

The study, published in the Journal of the American College of Cardiology, examined the reach of health-related tweets via the re-tweeting trend and found that through its inherent networking, social media sites like Twitter have the potential to enhance education, awareness and overall management of cardiovascular disease.

The Head of the Molecular Cardiology group at the Centenary Institute and cardiologist from RPA, Professor Chris Semsarian, was a lead author and said recent studies had also reported significant growth in the use of Twitter for social networking and micro-blogging about medical information, including quitting smoking and managing epileptic seizures.

"Our study sought to investigate the growth, reach, and content of Twitter accounts for international professional organisations and prominent scientific journals associated with cardiovascular medicine," Professor Semsarian said.

"Our findings illustrate the emerging role and benefits of Twitter to raise awareness and education about cardiovascular health quickly, efficiently and on a worldwide scale," he said.

~ Thanks to Maya Kay from the George Institute for Global Health for this contribution to HealthMatters.



Professor Chris Semsarian knows all too well the power of a tweet.

Glebe team in US brain research



The clinical director of the Department of Forensic Medicine, Professor Jo Duflou.

Staff at the Department of Forensic Medicine have played a role in an international study looking at the link between high-impact sports and dementia.

The research, being conducted at Boston University, involves analysing brain matter from deceased former athletes who played high-impact contact sports, including American football and ice hockey. Researchers are testing specimens for a condition called chronic traumatic encephalopathy, believed to be caused by repeated hits to the head.

The first Australian brain in the study, belonging to former NSW Waratahs rugby coach Barry "Tizza" Taylor, who died in late April, was donated by his family, with the help of staff at the department.

Barry Taylor played 235 games for the Manly Rugby Club before moving on to coaching. He began showing signs of early dementia in his

50s and his condition worsened until his death at the age of 77.

The clinical director of the Department of Forensic Medicine, Professor Jo Duflou, said honouring the family's request to donate Mr Taylor's brain to the research project required quick action and strong collaboration.

"We needed to liaise with many partners – from Mr Taylor's family to the funeral director, the team at Boston University, the international courier service and staff at the Royal College of Pathologists Australasia," Professor Duflou said.

"And we had to do it swiftly and with sensitivity for the Taylor family, who had just lost their loved one and needed to prepare for his funeral.

The story will be featured on Channel 7's Sunday Night program next year.

~ Thanks to Carina Bates from NSW Health Pathology for this contribution to HealthMatters.

Thank you A2

A thank-you morning tea was held with children and staff to celebrate A2 Dairy Products' generous donation of \$15,000 to Royal Prince Alfred Hospital's children's ward. The money has been used for audio-visual equipment to host movie sessions for kids to enjoy during their recovery, and for staff training, education and tele-health, and fold-out sofa beds for parents to stay over, with a portion going towards the purchase of a paediatric life support training mannequin.



(From L-R) The nurse unit manager of the children's ward, Mary-Louise Egan, the clinical manager of Women's Health, Neonatology and Paediatrics, Karen Redrup, the chief executive of A2 Dairy Products, Peter Nathan and the general manager of Royal Prince Alfred Hospital, Deborah Willcox, with children.

Ten years of improved surgical outcomes



The founder, director and head of SOuRCe, Professor Michael Solomon, and executive director Professor Jane Young.

The Surgical Outcomes Research Centre celebrated its 10 year anniversary with the launch of its Triennial Report (2010-2012). The report includes research highlights and achievements from the last three years, and celebrates 10 years of promoting an evidence-based approach to improving clinical practice and achieving the best possible outcomes for patients. For more information, visit www.source.org.au

Get kidney conscious

One in three Australians are at an increased risk of kidney disease, and more than 50 Australians die a day due to kidney related disease – that's more than breast cancer, prostate cancer or road deaths.

Royal Prince Alfred Hospital got right behind Kidney Health Week (26 May to 1 June, 2013) with a week-long display in RPA's foyer and free check-ups.

"Getting involved in this campaign was important to spread the message to get a kidney check-up, as early detection can increase the life of your kidneys and help improve your health before it's too late," said case manager from RPA's renal unit Jane Nicholson.



The nurse unit manager of RPA's dialysis unit, Lillian Lai, checking up on RPA dietician Sonia Lane.

An apple a day

June was bowel cancer awareness month, with the challenge set for all Australians to eat a red apple a day to help prevent the disease.

Continued from cover page...



Clinicians from Concord Hospital, including clinical nurse consultant, colorectal care coordinator Sonia Khatri, handed out apples to members of the community at Rhodes Shopping Centre, with apples kindly donated by fruit shop Oriens.



Operating theatre nurses from Canterbury Hospital Natasha Sparrow, Liz Grabtree and Jessica Pryce take a crunch to raise awareness for bowel cancer. (image courtesy of the Canterbury Express newspaper).



Opening of Dame Eadith Walker residential care facility... the head of neurology and neurosciences at St Vincent's Hospital, Professor Bruce Brew walking in with the facility's nurse unit manager Kerry Foley... the chief executive of Sydney Local Health District, Dr Teresa Anderson... manager of the District's harm minimisation program, Kate Reakes... and Dame Eadith Walker's niece Anne Lee-Warner with clinical director of the facility Dr Roger Garcia.

Baking up a storm

Staff at Sydney Dental Hospital were busy baking for the Biggest Morning Tea held on Wednesday, 19 June.

The morning was a great success, with colleagues coming together over a plate of yummy treats and donating their gold coins (and more) to the Cancer Council of Australia.

Thank you to all those involved in organising, baking and donating for this great cause.



Graduate management trainee Madeline Kitchener with administrative assistant Katherine Richardson.

Caretakers, coffee and dementia

At just 50 years of age, Sue has been diagnosed with dementia. Sue believes she knows everyone and will offer hugs to total strangers. Most people are uncomfortable with this gesture but not this group of people at K's Kokoda Cafe in Rhodes Park. In fact, they love it.

Once a month, carers of people with dementia and the person they care for, gather to share their stories over morning tea. Now in its fourth year, the dementia cafe groups are run by the Sydney Local Health District Inner West Dementia Advisory Services in Concord, Steele Park Cafe in Marrickville, Ashfield Baptist Homes and one for people under 65 at Envy Café in Summer Hill.

Anne Tunks has been running dementia cafes since 2008.

"The idea of the cafe was for people with dementia and their carers to get together informally, have coffee and meet others in the same situation," Ms Tunks said.

"It's a great opportunity for carers to socialise with each other.

"A lot of carers want to do activities with the person with dementia but they want to do it in an environment that's fairly supportive. The cafes are a great place for that," she said.

Carers are also able to talk to various health care professionals who visit the cafes such as social workers, nurses and geriatricians in an informal setting outside of the hospital. Ms Tunks says the cafes are also a great opportunity for new carers to get practical advice from carers who have already been through the experience.

Dementia is the third leading cause of death in Australia and the greatest cause of disability for people over 65-years old. Dementia is the general term used to describe various conditions that distort brain function and is generally (but not always) synonymous with memory loss. It also affects other cognitive capabilities such as learning, reasoning and socialising.

There are approximately 1.2 million Australians caring for someone with dementia and there will be an estimated shortage of more than 150,000 paid and unpaid carers for people with dementia by 2029.

"Keeping busy and finding something for them to do can be difficult," says one carer whose



A chat and a cup of tea...at the dementia cafe group.

husband is in the later stages of dementia and who has both attended the cafes for over a year. She says that by undertaking this role as her husband's full-time caretaker she has accepted "a devoted path to him" and it is something "you have to accept graciously."

Ms Tunks also runs two dementia carer support groups in Haberfield and Canterbury specifically designed for the carer to gain practical and emotional support. Slightly less

casual than the cafe setting, carers are provided a forum to express problems they're faced with and opportunities to solve these in a respectful environment.

For more information, please contact Anne Tunks on (02) 9378 1258.

~ Thanks to Karren Vegara, a participant of the dementia carer support group, for this contribution to HealthMatters.

Farewell, but not goodbye

A volunteer, an avid traveller and a singer and choir director, Christopher Coad is a laboratory manager with a difference.

After 37 years of dedicated service in the Institute of Haematology at Royal Prince Alfred Hospital, he is bidding the laboratory and staff he has come to know so well a fond farewell as he ventures towards retirement.

He started his career at Tasmania's Calvary Hospital in Hobart, and went on to work in haematology labs in London and Scotland, taking in the sights and exhausting his travel bug as far as possible.

In 1976, he moved to Sydney and started at RPA swiftly rising through the ranks to become laboratory manager and principal hospital scientist.

Over his career, he has seen major advances in technology, perhaps the greatest being the move from examining every slide under a microscope to computerised rules and delta checks. This led to only 25 per cent of the full blood counts needing slides, allowing a much more efficient process of identification and diagnosis.

Mr Coad is credited with developing an automated ordering system that generates



Signing adieu... Principal hospital scientist and laboratory manager Christopher Coad leading the RPA choir (far right).

requests and tracks orders coming in and out of the lab, eliminating the need for manual requisitions.

He may also be familiar as a founding member of the RPA choir, which for more than 25 years has featured at RPA Easter and Christmas events, market days, the gift of life ceremonies and staff memorial services.

He approaches retirement with mixed emotion, taking with him memories of a fantastic culture and cohesive long-term team that holds

fundraisers, celebrates birthdays and social events, but he goes safe in the knowledge that they will all keep in touch.

On entering this next stage of life, he looks forward to more travel, spending time with his new grandchild, gardening, volunteering and a come-back appearance with the RPA choir for Christmas carols.

We wish Mr Coad the very best for a well-deserved break.

National acclaim for dietitian

Merran Findlay has been honoured as a national leader in nutrition for cancer patients.

The dietitian from Royal Prince Alfred Hospital has been awarded the prestigious Advanced Accredited Practising Dietitian credential by the Dietitians Association of Australia.

Ms Findlay has been recognised for her work in developing internationally endorsed evidence-based practice guidelines.

Through her pursuit of excellence in clinical practice and dedication to University of Sydney training programs, she is committed to ensuring patients have access to skilled dietitians in delivery of high-quality, comprehensive cancer care.

"I've been very fortunate that my career has provided me with the opportunity to work among the leading cancer clinicians in Australia," Ms Findlay said.

"The new credential provides both recognition for my professional contribution and a sense of personal achievement."

The Director of Cancer Services at Sydney Local Health District, Associate Professor Philip Beale, said he was proud to have Ms Findlay in his team.

"Merran is an extraordinary dietitian and we are very proud of her achievement. She is a major asset to our multidisciplinary team at RPA and is most certainly considered a leader in her field," he said.



Senior oncology dietitian from RPA Merran Findlay.

In the spotlight

Dean Cosgner

- Post mortem assistant (forensic technician), NSW Department of Forensic Medicine

The best thing about my job is... Every day presents new challenges and fascinating cases. I'm able to be an integral part of a dedicated team entrusted with the responsibility of providing answers to the State Coroner, NSW Police, family and friends of the deceased. And I can give the deceased a 'voice' after death, knowing the information we uncover has the potential to save lives.

A typical day at work for me involves... General mortuary duties, specimen collection and assisting pathologists with external examination of the deceased. Assisting pathologists with a post-mortem which includes removing organs from the deceased, taking measurements, photography and reconstructing the body following autopsy. I also perform some radiography, and the day wouldn't be complete without lots of cleaning.

When I'm not at work I like to... Spend quality time with family and friends and dodge housework.



When I was a child I wanted to be... A chef – although I've come to realise I enjoy eating food far more than preparing it.

A little-known fact about me is... I have an irrational fear of clowns.

The last book I read was... *The Name of the Wind*, by Patrick Rothfuss.

My top three movies are... The Shawshank Redemption, The Great Escape, The Lord of the Rings (trilogy).

If I had to describe myself in three words or less they would be... Easy-going, helpful, inquisitive.

My colleagues would describe me as... "Wears too much aftershave."

If I won the lottery I would... Probably keep working – although with a bigger smile on my face, which may look inappropriate considering what I do.

It's not fashionable but I love... My ugg boots.

I'm at my happiest when... I'm sipping down a great coffee and filling up with a big brekkie at my local cafe on the weekend.

My guilty pleasure is... No surprise to anyone that knows me, but chocolate of course. It's at the bottom of the food pyramid right?

I'd love to learn... Spanish.

The best advice I've ever been given is... Be yourself and don't try to change others.

Our workplace keeps on giving



A driver has been employed and ambulance purchased to transport maternity patients in Tanzania thanks to the Workplace Giving Program.

At the start of this year, Sydney Local Health District donated \$100,000 to the Barbara May Foundation raised through our staff Workplace Giving Program.

Just six months later, the program continues to give with an additional \$50,000 donated to the Foundation on behalf of Sydney Local Health District and South Western Sydney Local Health District.

This fantastic contribution of \$150,000 will go towards funding of an outpatient area and storage facilities.

The chief executive of Sydney Local Health District, Dr Teresa Anderson, said that the work being done in improving maternal healthcare by the Barbara May Foundation is held in the highest esteem by members of the workplace giving program.

The program is such a success that NSW Health has rolled out a similar program to staff.

- 2,740 (or 23 per cent) of Sydney Local Health District staff currently donate to the Workplace Giving Program.
- For just \$1 a week from your pay you can help make a life changing difference to the mothers, babies and communities in the regions where the Barbara May Foundation operates. Join today, visit: <http://intranet.sswahs.nsw.gov.au/SSWAHS/WGP/default.html>