

Quality Account 2017 - 2018



WELCOME



e are proud to present this year's Orbost Regional Health Quality Account to Orbost and the East Gippsland community.

This is our way of reporting to the community annually on how we have performed in relation to the quality of care and safety of services we provide and how we meet the standards required for our Multi Purpose Service.

This report has been produced for you, our community, in partnership with our Board of Directors, the Quality of Care Committee, staff and consumers. We also congratulate our dedicated staff, doctors and volunteers for the achievements and improvements they have made to deliver exceptional services for our community, with many of them highlighted in the report.

This year has seen our services achieve outstanding results across five separate accreditations and their associated standards, which covered the majority of our services. We achieved 17 Met with Merits, the highest rating

that can be achieved within the National Standards. The common theme from the surveyors was the outstanding culture of improvement demonstrated by staff.

We have expanded the range of services we provide, with a new supportive therapies clinic established, a visiting GP specialising in obstetrics and women's health, a Rural and Isolated Practice Registered Nurse and a new simulation room for staff education has been constructed.

Orbost Regional Health has a new strategic plan 2017-2022 which provides the key objectives to ensure we focus on achieving our revised vision of providing outstanding rural healthcare; leading our community to a healthy future

Another key initiative is the transition to a new digital program which integrates resident assessments, medications and medical notes. This was achieved by a strong investment into staff education across Lochiel House and Waratah Lodge staff.

No clients have accessed the interpreter service.

Consumer feedback is important to us and we have a variety of ways you can provide feedback, including by phone, writing, in person, online and via Conversations with our Community cards.

Our inaugural 'pop up shop' in the main street was such a success in getting the quality account out into the community and also to provide some topical health messages, that we are doing it again this year.

We hope you find this report interesting and informative and we encourage you to provide feedback on this year's report. The report is available at front reception, waiting areas throughout Orbost Regional Health buildings and on our website at orbostregionalhealth. com.au.

Meryn Pease Chief Executive Officer

Elega Pena

BOARD OF DIRECTORS



Abby Ilton



Alastair Steel



Damien Courtier



Deb Miller



Liz Mitchell



Narelle Macalister



Peter van den Oever



Robyn Francis



Stan Weatherall

WHAT DID WE DO







































Recently our father, Eric, was transferred from Bendigo Health to Orbost Regional Health as he wanted to get back home to his small farm at Nowa Nowa and to sit on his front deck one more time. The team at Orbost and the doctor were happy to receive Eric as a palliative patient and do all they could to make his end of life plan a reality. This was such a relief for us as a family.

Upon Eric's arrival, he was treated with such wonderful, professional care that was second to none. We had been through a harrowing 12 week journey with his illness, transferring to and from many hospitals. Even though the Orbost hospital is small, the doctor, nurses and domestic staff were understanding and professional above and beyond the call of duty.

They were polite, friendly and helpful, doing their utmost to make us all as comfortable as possible.

When Eric arrived at ORH on the Saturday night, we expressed his wishes and were told that due to his condition, a trip to Nowa Nowa may not be a reality, however they would do all they could to accommodate his wishes.

After a meeting with the Nurse Unit Manager and consult by the doctor, Eric was on his way to Nowa Nowa. By two o'clock that afternoon, he was sitting on the front deck of his home. The day was overcast, but with the help of many prayers, the sun even came out, mission accomplished. The hour Eric spent on his front deck was a

dying man's wish and we cannot thank you all enough for assisting to make this possible.

Then back to ORH to the waiting staff for the remainder of a very tough week. Again, the staff did everything they could to keep Eric and us as comfortable as possible. Even with the NUM's very busy schedule, she still made it a point to call by and keep us up to date with Eric's medication and health plan each day.

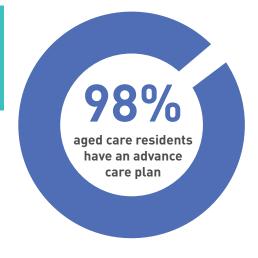
The nursing staff were so helpful and gave Eric as much dignity as humanly possible. Even to the very end, all the staff supported Eric and his family with compassion. We were blown away by the staff at ORH.

ADVANCE CARE PLANNING

Key staff have attended training

All admitted patients are asked whether they have an Advance Care Plan

Advance Care Planning is discussed at meetings to increase staff and consumer knowledge



PATIENT SATISFACTION

Patient experience is measured through the Victorian Health Experience Survey. Our highest ratings include:

Confidence and treatment by nurses and health professional

Explanations they could understand

Help was provided within a reasonable time



felt they were treated with respect and dignity



were satisfied with their care and treatment



indicated easy to understand explanations were given prior to operations or procedures



said the hospital room, toilets and bathrooms were very clean

Consumer representatives identified three patient experience areas for improvement.

IRCH 2017



of patients said staff treating them introduced themselves and their role



of patients said they received enough information about medications given while in hospital



of patients felt they were involved in decisions about their discharge from hospital

Hourly rounding with patients

Key words at key times introduced to encourage nurses to introduce themselves each time they enter patient room

Nurses and doctors reminded to provide consumer information to patients regarding any new medications

We asked some consumers how easy was it to read and understand the medication information sheets Developed a checklist to include what is relevant for each patient to take with them when they are discharged

Further work is happening due to drop in result

CEMBER 2017

†90%

178%



DISCHARGE PLANNING

MARCH 2017 DECEMBER 2017



69% of patients said they had follow up with doctors or other health professionals after they were discharged





87% of patients said when they left hospital adequate arrangements were made for any services they needed (e.g. transport, meals, mobility aids)

Proved Results 92%



99% of patients said on the day they left hospital their discharge was not delayed

Similar Results
98%

was brought to the hospital by ambulance and I found the quality of care, bedside manner, compassion and support impeccable. I cannot find fault with any person or procedure in any shape or form. No task was too difficult nor an obstacle.

At no stage did I need for anything. All staff were

extremely professional, respectful, supportive and extremely affable. As a patient, I felt totally comfortable and 'safe' despite the anxiety of having coronary issues.

I cannot praise your staff's work ethic and level of care highly enough. They should all be highly commended for the way they approach their tasks. I

Consumer Story

would be happy to be taken to ORH for any health issues and know I would be in extremely capable hands.

GROWING AND COOKING HEALTHY FOOD

ommunity Home Support Services have been providing meals to clients homes for many years. Despite this program being incredibly valuable, it was not always meeting the needs of everyone. Clients expressed they would like to still be able to participate in their meal preparation and would like to have more choice in what they ate, but needed some more skills and guidance to do it. The focus of this project was about increasing a person's independence, skills and choice.

The Healthy Home cooking project is a 6-12-week program that involves working closely with, and supporting clients with education and advice about:

preparing and eating healthy and nutritious meals

how to shop and cook good meals on a budget

how to store and reheat meals that have been prepared in advance

The program also aimed to assist clients to build on their abilities and independence by:





improving confidence in practical cooking skills increasing skills and knowledge about how to organise and prepare meals of their choice support with
shopping, preparing
lists, ordering
over the phone or
assistance to get to
the supermarket

increasing social contact and engagement with their community

OCCUPATIONAL VIOLENCE



8 THIS YEAR OCCUPATIONAL VIOLENCE INCIDENTS

CODE GREY EDUCATION ON DE-ESCALATION

- Code Grey policy was reviewed and a structured response refined for Occupational Violence and Aggression incidents.
- The Memorandum of Understanding with Orbost Police was updated.
- Front line staff participated in education and the Code Grey team had refresher training.
- Posters widely displayed throughout Orbost Regional Health.

LAST YEAR OCCUPATIONAL VIOLENCE INCIDENTS

OCCUPATIONAL VIOLENCE AWARENESS

- Occupational Violence (OV)
 awareness has included
 Worksafe education distributed
 to staff, the development of a
 short incident form to capture
 OV incidents and guidelines
 following an OV incident.
- Occupational violence and aggression module has been included in the mandatory learning package for all staff.

OUR STAFF STORY

ome time ago an act of aggression was directed at me. A disgruntled consumer became very aggressive over the reception counter and was verbally abusive towards me. This was quite embarrassing, as it was a very busy morning in the reception area and a lot of people were around listening to him and what he was saying to me.

I asked the consumer to not speak to me in that manner and that his behaviour was not acceptable. After he had left the building, I filled out an incident on Riskman which noted the act of aggression.

A Manager met with me to let me know that a letter and brochure regarding consumer behaviour had gone out to the consumer. couple of months ago my aunty was taken into the hospital at Orbost after suffering a stroke. Later that morning it was decided that she would be transferred further down the line. That night she was admitted to a room and the following day, on my request, was transferred back to Orbost Regional Health for palliative care

I just want to share my experience and outline some of the wonderful care provided by the staff. I was feeling quite overwhelmed at the time, but the professional and caring way the nurses carried out their work made a difficult situation much easier.

Initially in the Orbost hospital the staff took time out to explain to me what was happening. They spoke to my aunty regularly and I am sure she was comforted by the familiar voices around her. My aunty's aunt

is currently residing in Waratah Lodge, so I asked the staff if it was possible for her to visit. The staff at Waratah Lodge didn't hesitate and brought her down straight away. I appreciated this a lot as they had a very close friendship.

Before my aunty was transferred by ambulance, I was taken aside and given lots of information and advice about what may happen once she was transferred. This meant a lot as it gave me time before I got to the next hospital to process what had happened and prepare myself for what may happen next.

I was so relieved when my aunty was transferred back to Orbost. The room was quiet, private and comfortable. The staff came in regularly to check on her, each time explaining what they were doing. They took time out to talk to us about how we were going, if visitors were to be restricted and just to



make sure we were comfortable with everything.

The staff at all times were professional and caring. I felt as though they did everything they possibly could to make sure my aunty was comfortable.

When my aunty passed away I also received a follow up phone call to see how my family and I were going and to let us know of counselling services available.

We would like to thank you all for the wonderful job you do.

OUR VOLUNTEERS



WHY VOLUNTEERS DO WHAT THEY DO:

- "I think I have the skills that can help others."
- "Found it interesting and have done further studies to help me in my volunteering."
- "It makes me feel part of the community."
- "I enjoy the satisfaction of helping others."
- "Volunteers were always there to help me when I was younger in my sporting clubs."



58 No. of Volunteers



1,209
Volunteer



Suppose Suppos



234
No. of medical appointments transported to



2,560
Fresh Meals on
Wheels delivered

CONSUMER FEEDBACK

eedback from our community is considered valuable as it helps us understand what we are doing well and what we need to improve.

HOSPITAL

YOU SAID

Concern expressed about patient care provided by nursing staff.

WE DID

Feedback provided to nursing staff and education specific to dementia rolled out to team. Dementia specific education provided and senior nurses mentored more junior members and offered support.

MEDICAL CLINIC

YOU SAID

Appointment for fitting of halter monitor to attend appointment by the time reception staff had realised the problem. Had to be





WE DID

- ✓ Medical Clinic reception staff reminded Change made to booking recording system to avoid re-occurrence.
- Discussion with GP involved to improve

SERVICES



WE DID

YOU SAID

services.

YOU SAID



The gardens appear untidy

GARDENS



WE DID

Continued garden works

Compliments received

Complaints received

Conversations with our Community cards

COMPLAINTS

t's always a pleasure to pass positive feedback on to staff. Negative feedback is always investigated. We respond to the consumer when they provide us with their

name and contact details.

- **Clinical Care**
- Process or system

Behaviours

- **Facilities**
- **Diversity or** Culture

CONSUMER FEEDBACK

Brian's Story

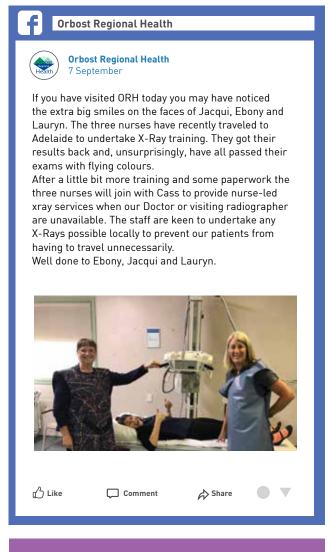
ome years ago I was diagnosed with Parkinson's Disease. Just before Christmas 2017 I was living in my own home with my family. My Parkinson's Disease had really slowed me down and it had become more difficult to walk. My family recognised that my mobility problems had made it unsafe for me to be at home alone because at any moment I could have a serious fall.

My daughter contacted Orbost Regional Health to organise care for me at home, while she was at work or away on holidays, and we completed an Aged Care Assessment. The options were limited. My greatest wish was to stay in my own home but of course with my debilitating illness this was impossible which changed my situation. I was a little pissed off.

I moved into Waratah Lodge where the team of nurses support me every day. Now I see the advantages; familiar staff who help me whenever I need it; quick medical help and support from my doctor and my specialist in Melbourne. Things move quick when you need help.

A feeling of safety and security surrounds me and my family now, that if a fall should happen, and the possibility is still high, that staff will immediately come to my aid.

I have lived in Waratah Lodge for 10 months and have learned to accept my situation with the fantastic support of my family and staff.



Lochiel House residents state
'They can taste the love' that is
going into food preparation. They
love the more interesting morning
and afternoon teas.



ORH posted 106 times on Facebook



511 people followed ORH Facebook page



On average each photo reaches 1,039 people



493 people liked the ORH page

QUALITY ACCOUNT 2016-17 PROMOTION - POP UP STORE

rbost Regional Health set up a Pop Up Store in a shop front in the CBD of Orbost for one day in November 2017. The idea sprang from feedback received from community representatives who thought this would be a good way to get our annual Quality Account out there and to get some feedback on it.

We offered the opportunity to win a veggie box for people willing to complete a questionnaire on the publication. Health promotion activities were also on show and included consumer blood pressure and blood sugar checks, together with nutrition information.



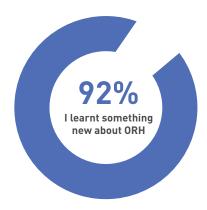
75
Quality Accounts



12
Questionnaires
completed









FEEDBACK:

- "We need to be aware of what help there is."
- "Great things happening, community are well cared for."
- "Next year you could include connections with other community services."
- "It seems things change all the time."

FAMILY VIOLENCE OUTREACH SERVICE

The Family Violence Worker continued to provide case management outreach support for victims of violence, including practical and emotional assistance and crisis support.

People have been helped with safety planning, court support, advocacy and information, obtaining safe and secure accommodation and referrals to other support services.

Orbost Regional Health is participating in the rollout of the Strengthening Hospital Responses to Family Violence model.



Extensive planning to deliver a fully comprehensive training package next year to all staff.

Risk assessment training for staff.

Updated policies and procedures to support staff to understand the best ways to identify family violence and help those in the workplace, or in the community, who need

OUR COMMUNITY DEMOGRAPHICS

Our 2016 health needs survey highlighted lifestyle factors such as smoking, harmful use of alcohol and being overweight or obese, as the main reasons for poor health. Social connection, access to counselling and mental health care were also identified as high needs in our community.



Top presentations to both hospital and medical clinic are related to chronic diseases such as: diabetes, airways disease and heart health



3.8% of our population speak a language other than English at home



Population aged 70 years and over is projected to increase 60% by 2031

Homelessness and

food insecurity are

issues for our

community



communities have poorer health than metropolitan areas



4.7% of our population identify as Aboriginal or Torres Strait Islander



3.8% of our population have a profound or severe disability



Median weekly income is \$458 well below Victoria's \$644



Basic food costs 38% of weekly family income



27% of the population completed their education at Year 10 or below



IMPROVING CARE FOR ABORIGINAL



AND TORRES STRAIGHT ISLANDER PEOPLE

Aboriginal child health checks

Aboriginal dental procedures in theatre

Aboriginal Urgent Care visits 102

Visits to medical clinic GP's 1155

Health Assessment Completed 108

Orbost Regional Health works continuously to improve the health and wellbeing of Aboriginal and Torres Strait Islander people.

ENGAGEMENT AND PARTNERSHIPS

- Regular Moogji Aboriginal Council/ORH partnership meetings.
- Cultural awareness training for staff.
- Aboriginal membership on the Diversity Committee.

ORGANISATIONAL DEVELOPMENT

- Service planning with Moogji Aboriginal Council.
- Diversity Framework and Policy reviewed.
- Planning underway for new signage and aboriginal artwork with associated stories.
- Developed a courtyard area with indigenous plants and bush tucker to promote a culturally welcoming environment.

WORKFORCE DEVELOPMENT

- 2% of Orbost Regional Health staff are Aboriginal and Torres Strait Islander people.
- Supervised training and placement provided for two Moogji Aboriginal Health Worker trainees.
- New GP employed undertaking Remote Vocational Training Scheme to specifically work with Aboriginal people.
- Koori Health Liaison Officer enrolled in a tertiary nursing qualification.

SYSTEMS OF CARE

- Mums and Bubs program continues to operate successfully.
- 100% increase in Moogji Aboriginal Council Medical Clinic sessions.
- 21% increase in Aboriginal health assessments completed as a result of strengthened partnership between Orbost Regional Health and Moogji Aboriginal Council.
- Each adult aboriginal health check had a follow up visit scheduled with the Aboriginal Health Worker.

PEOPLE MATTERS SURVEY

Staff are asked to give feedback each year on the culture of Orbost Regional Health through an anonymous external survey.



The higher the staff participation, the greater the staff engagement in the workplace. This is a continuing focus of the organisation.



94% Patient safety culture score



67% of staff represented





20% above state average



- 190%
 - A comprehensive range of on-line education modules
- Mandatory training

83% Skill development activities helped the staff member to do their job better

- **1**90%
- Regular team meetings held in all departments
- Monthly newsletter
- Staff forums

60% My manager keeps me informed

STAFF RECOGNITION:

For always being professional and helpful regardless of challenges faced in satisfying patients and staff demands.

Human Resources
staff are the quiet
achievers who
work tirelessly
to firstly ensure
that we are all
paid, but perhaps
more importantly,
to provide sound
advice, support
and assistance to
anyone who asks.

Such a caring and compassionate nature with all our community clients.

ACCREDITATION STATUS



ORGANISATION WIDE

National Safety & Quality in Health Service Standards



DISABILITY SERVICES

Early Childhood Intervention Standards



DISABILITY SERVICES

Human Services Standards



HOMELESSNESS SUPPORT

Human Services Standards



FAMILY VIOLENCE SUPPORT

Human Services Standards



COMMUNITY HOME SUPPORT

Home Care Standards



MEDICAL CLINIC

Royal Australian College of General Practitioners Standards



RADIOLOGY

Diagnostic Imaging Standards

n the last 12 months Orbost Regional Health has been through the accreditation process five separate times.

FEEDBACK FROM OUR SURVEYORS:

- "There is an understanding of the community and engagement that is reflected in the strategic plan and services offered."
- "Quality and safety is hard wired at Orbost Regional Health."
- "Staff live and breathe the values of the organisation."
- "Wonderful feedback was received from clients of the services."

- "There is a lot of double checking to keep everyone safe."
- "Staff go beyond what is required of them to achieve the very best possible outcomes."

The Medical Clinic is fortunate to have the expansive support services available through Orbost Regional Health.

17 Met With Merit results against National Standards







QUALITY MEASURES

ur staff are continually looking for ways to improve the quality and safety of the care that we offer. From the basics such as hand washing, to more complex issues such as managing falls and pressure injuries in our frail and ageing residents – quality and safety improvements are always in mind. Improvements in the last year include:



Medications now stored at patient bedside



New bedside lockers in acute ward



New over-bed tables to improve patient safety



Screening tools implemented to identify patients at risk from falls, pressure injuries, weight loss





Hourly patient rounding where nurses check on patients' needs on a 1 or 2 hourly basis

HOSPITAL PATIENT INDICATORS

Staphylococcus Aureus Bacteraemia Infections

Pressure

injuries

0

Medication incidents

Blood and blood product incidents

0

Falls 7

Infection control incidents

CLEANING STANDARDS

100%
Cleaning compliance

FOOD SAFETY

100% Food safety program audit

BLOOD & BLOOD PRODUCTS

100%
Required staff have undertaken mandatory training on the use of blood and blood products

HAND HYGIENE

99% staff have completed mandatory hand hygiene education

EFFECTIVE HAND WASHING

Benchmarking shows we perform well above average in effective handwashing

92.9% Orbost Regional Health

QUALITY AND SAFETY

Total Incidents and hazards by severity ratings:

82%

No harm/near miss

10%

Mild Harm

6%

Not Rated (Hazards)

2.0%

Moderate Harm

Less than 1%

Severe Harm

Top 3 incident types:

42%

Falls

21%

OHS

21%

Medication





MATERNITY SERVICES

r Laura Linden, GP Obstetrician, has attended the Orbost Medical Clinic 13 times during 2017/18 and met with 109 maternity patients.

The small team of midwives

continues to undertake training and education to ensure that the care we provide is safe and effective. Even though Orbost Regional Health is no longer a birthing service, our staff practice the skills required to manage unplanned births and emergency situations, as well as the training to provide high quality care before and after childbirth.

Last year our staff undertook maternity training in:



Baby heart rate monitoring



Baby and mother resuscitation



Unplanned birth

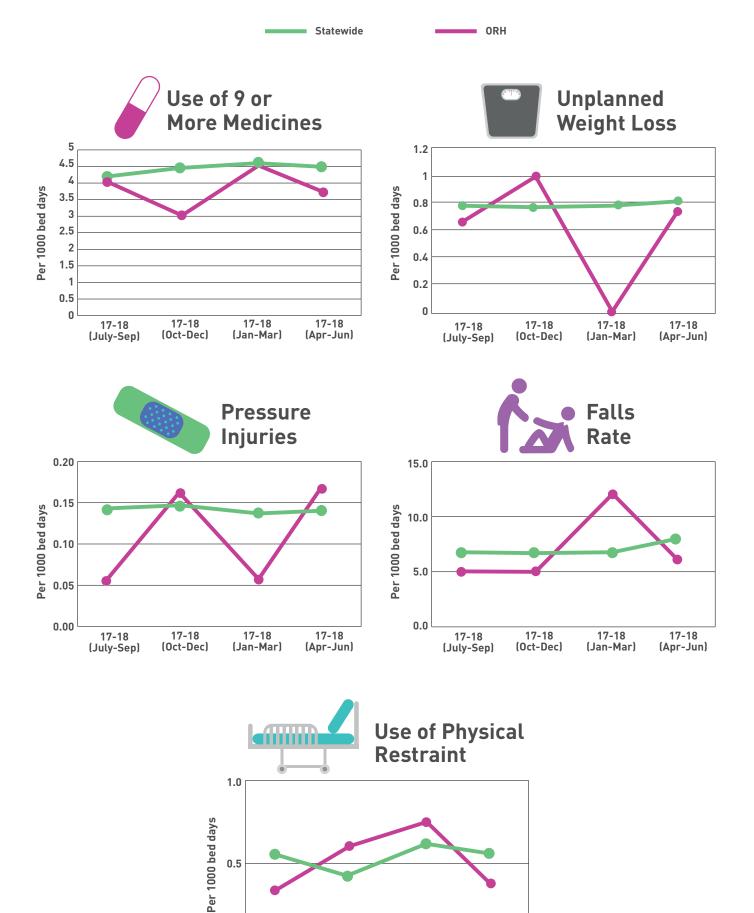


Labour ward



Managing bleeding after birth

AGED CARE QUALITY MEASURES



17-18

(Jan-Mar)

17-18

(Apr-Jun)

17-18

(Oct-Dec)

17-18

(July-Sep)

0.0

PATIENT ESCALATION OF CARE

rbost Regional Health periodically asks their patients or family members if they know how to escalate care.

100%

of patients audited
were able to
describe how to
escalate care:

- press call bell
- ask for a nurse
- ask to see the doctor.

was working at the gas plant at Corringle when I experienced pains in the chest, arms, neck. I advised my manager and we decided to drive into Orbost in my car – in hindsight, should have called the ambulance.

My pain level was about 6/10 and by the time I arrived at the Urgent Care Department it was about 9/10. I advised reception that I felt a bit crook and think I'm having a heart attack.

I was ushered into a cubicle and from then on everyone did their job. The nurse was fantastic, very calm and never got to the point where it seemed stressful.

A decision was made for me to be transferred and by the time I reached the helicopter, I had no pain.

The service was second to none and I received good service all

Swnon's Story

the way through from diagnosis to transfer by helicopter to Bairnsdale.

There is not one thing I could be critical of and the service I received at Orbost Regional Health saved my life.

When attending a check up with my specialist recently, he told me that because the diagnosis and treatment I received was so quick, there are no real signs of having had a heart attack. I am on minimum medication already.



his patient presented with text book heart attack symptoms. We followed Orbost Regional Health procedure and got things done in a timely manner, including getting him to Bairnsdale for further investigation and treatment.

The patient expressed a couple of times that the worst he felt was 'overwhelmed' – he was in an unfamiliar health service with his only contact being his wife, via phone – due to working away. I remember thinking (we were some way into treatment)

that I realised we hadn't specifically told him he was suffering from a "heart attack". We then went on to speak to him in terms he was able to understand and this resolved his anxiety.

He was a very nice man and was pretty calm throughout which made for a very controlled situation. He was very willing to just let us do our thing. We are however, still waiting for our cheesecake.

MEDICATION MANAGEMENT IN AGED CARE

Orbost Regional Health implemented an electronic documentation program (iCare) in aged care. It included tracking of resident daily care needs, incidents and administration of medications. The electronic medication administration program allows for a safer way to monitor and document medications given to residents.

In collaboration with our nurses and PCA's, doctors, and the local pharmacy, the iCare program was implemented between April and June to replace the paper based charts and old software system.

A significant investment by Orbost Regional Health. Staff who use the system every day led by change and reviewed several systems to guide the purchase. Purchased multiple i-pads to enable staff to access the program wherever the resident is located within the building.

Invested extensive staff training.

Worked closely with local pharmacy to improve medication safety.

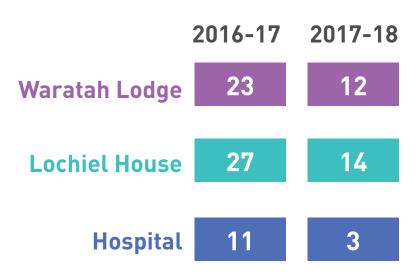
Staff feedback about iCare:







Medication incidents over the last two years show a significant reduction:



HOURLY ROUNDING

ife in a hospital is often busy and noisy and sometimes patients do not want to press their buzzer to ask for the nurse as they think the staff are too busy. We recognise this and have implemented a program known as patient rounding that will ensure that a nurse checks on each patient at least once every one or two hours, or more often if needed. Patient rounding is best practice in providing safe, consistent quality of care at the hospital.



This rounding check may include:

- your blood
 pressure,
 temperature,
 heart rate,
 respiratory rate
 and oxygen
 levels.
- giving you
 your regular
 medications.
- providing an explanation of the care that is required for you to feel better.



The nurse will also check:

- your pain levels.
- ask you if you need anything.
- check that the items you need are within easy reach.
- ask if you are comfortable or need help with repositioning.
- staff will also check any equipment in use, as well as quickly looking at your room to make sure that it is free of hazards, tidy and safe.



The check finishes with:

- "Is there anything else I can do for you? I have time right now, or I will be back in about an hour. If you need anything in the meantime, feel free to use the call bell."
- The nurse will then document in your folder any necessary information about your care.

DENTAL SERVICE

- 389 Children treated
- 73 Dentures made
- 707 Adults treated
- Total appointments
- Aboriginal people treated

0% teeth pulled out after 12 months following root canals (State Target 3.1%)

O% denture remakes within 12 months (State Target 1.8%)

66

The new dental team are extremely awesome.



4.7% adult teeth requiring treatment within 6 months of filling (State Target 6.9%)

FEEDBACK



I had my wisdom tooth removed today. Great service, really impressed! Happy with the quality of work, would highly recommend ORH Dental Services to anyone.

1.1% children's teeth requiring treatment within 6 months of filling (State Target 2.8%)

YOU SAID



WE DID



Travelled an hour to come in and pay my dental account in cash and it had a sign up saying 10 minute wait. Waited 30 minutes, still no-one.



New signage developed that shows what is actually occurring, e.g. back in 10 minutes or back in 1 hour.

OUR SERVICES

