



Dear colleagues

This week I'd like to recognise the work of all our staff who work in the mental health space and our Protective Services Officers. These teams work incredibly hard to care for vulnerable patients and their families and to ensure the safety and wellbeing of everyone, including our staff and visitors, amidst recent challenging times. Thank you for all that you do.

Mental health is an area of growing demand across our health service as we continue to see more patients with higher acuity needs. While we have great teams working hard to help our patients, it's important to look after our own mental health and wellbeing too. R U OK? Day is approaching on 12 September, and I encourage you all to check in with yourself and those around you ahead of the day and make your wellbeing a priority. It's important to ask these questions every day.

If you are unsure where to start when checking in with a colleague, you can access some great resources on how to have a conversation, [here](#). Don't forget we have 270 [Peer Responders](#) across Metro North Health who are trained in staff support and are here to listen if you need a chat.

Metro North Research Summit

I am pleased to announce we will host an inaugural Metro North Health Research Summit before the Research Excellence Awards this year.

This event will bring together expert minds across the healthcare sector, academic and industry based clinical research settings to hear from world leading guests and learn about new developments and innovations in health and medical research.

The summit will provide an excellent opportunity to not only hear from some of the leading experts in health and medical research, but also to network and engage directly with healthcare professionals across the medical, nursing and allied health professions.

Preservation of IV fluids

Our Directors of Pharmacy across Metro North are doing a great job of actively managing stock and communicating with units around preservation of IV fluids amidst a shortage. Thank you for the fantastic coordination on this front. For clinicians, I encourage you to continue to conserve IV fluid products where possible, including considering whether there is adequate indication for IV fluids. In some cases, you may be able to consider another route or switch to oral therapies when clinically appropriate. The pharmacy team is here to help so reach out to them for advice on this matter.

International Neonatal Nurses Day

Yesterday was International Neonatal Nurses Day, and Lyn is just one of our team who care for the littlest patients at Metro North Health. Lyn has spent 30 years in the RBWH NICU, where she has seen technology advance allowing us to help more families. Thank you Lyn and to all our neonatal teams for looking after these patients.

Regards,

Jackie



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We respectfully acknowledge the Traditional Owners and Custodians of the land on which our facilities are built. We also pay respect and acknowledge Elders past, present and the future.

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