



Dear colleagues,

It has definitely been feeling more wintry and with this inevitably comes more acute respiratory illness. Flu rates, for example, are currently 28% higher than for the same period last year. If you haven't already received your flu vaccination you can do so from a GP, pharmacy, community clinic, or another vaccination provider.

Also, remember to :

- Practise good hand hygiene and respiratory illness etiquette.
- Maintain familiarity with transmission-based precautions including PPE and cleaning requirements.
- Stay at home if you are unwell.
- Ensure you stay up to date with requirements in the Metro North procedure, [Exclusion Periods for Healthcare Workers \(staff\) with Infectious Illness 007213](#)

### Yarning Circle

At this month's Yarning Circle, attendees heard from Elsja Dewis, an Aboriginal and Torres Strait Islander Advocate from ADA Australia. Elsja spoke to the group about how the service can help advocate on behalf of the elders with My Aged Care, including advocating for further assistance, reassessments or more culturally appropriate care.

The Elders spoke about how the upcoming changes to My Aged Care Home Care packages were causing a lot of anxiety and misinformation in the Aboriginal and Torres Strait Islander community. It was agreed that it would be beneficial for Elsja to come to a future Yarning Circle once the changes were in place.

### Have Your Say

The results for the Have your Say survey are expected in August. This week a Manager's vidcast was held on 'Goal Setting and Taking Action'. If you were unable to make the vidcast you can find a recording on the [Manager Toolkit QHEPS page](#). This page has a wealth of resources and information available for managers so they feel prepared to communicate the results at a team level and get the most out of the survey.



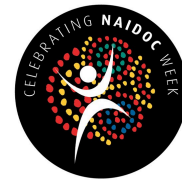
### Anti-racism ambassadors

In preparation for the upcoming launch of the anti-racism policy and campaign, Metro North recently onboarded over 30 anti-racism campaign ambassadors, including Allison Welch and Sabriya Abdeen (STARS) and Rajni Nair (VECS). The ambassadors will be responsible for championing our anti-racism agenda across the directorates, providing awareness and leading brave conversations. The anti-racism policy and campaign will be officially launched on 1 July 2025.



### NAIDOC Week event

Please join us for STARS' NAIDOC Week celebration on **Wednesday 9 July from 10.00am-12.00pm on the Lady Lamington Lawn** (up the top of the Spanish Stairs). The theme for this year's NAIDOC Week (6 – 13 July) is '*The Next Generation: Strength, Vision & Legacy*', which celebrates the bright future ahead as young Aboriginal and Torres Strait Islander leaders forge a vision for the future while remembering the legacy of their ancestor's achievements.



**THE NEXT  
GENERATION:  
STRENGTH,  
VISION &  
LEGACY**  
6-13 JULY 2025

### Compassionate Care Principle Two

Principle Two of the Metro North Compassionate Care Principles is: Care in the right setting according to patient wishes.

As hospitals move toward improved integration across the system of care, there are increased incentives to deliver the right care, in the right place, at the right time. Alternatives to hospitalisation/ hospital avoidance are to be discussed with every patient/carer every time where clinically appropriate.

Services within Metro North Health that enable care provision in the right setting include:

- Hospital Avoidance - Pathways for Hospital in the Home, Rapid Access Radar, Community home based palliative care, Virtual Care.
- Community Interface nurses are employed in emergency departments.
- Geriatric Emergency Department Initiative Nurses working in emergency departments across Metro North to identify frail/aged patients > 65 years.
- Clinical Frailty Score used in all Metro North emergency departments.
- Strong and diligent sepsis screening on admission.
- Delirium assessment and management.

For more information you can see the [Metro North Compassionate Care Principles](#).

### Staff profile - Ryan Bonnefin

I love hearing about our staff's achievements - we have a very talented staff group at STARS, not just professionally but in pursuits outside of work as well. This week we are profiling Ryan Bonnefin who has recently won an 100km ultramarathon!

STARS Senior Podiatrist Ryan knows a thing or two about feet, which has put him in good stead for one of his chosen sports, ultramarathons.

Ryan was recently the overall winner in the 100km Ikara Ultra which takes places along the iconic

Heysen Trail in the Finders Ranges in South Australia.

"I wasn't really a long-distance runner previously. I always liked running in the wilderness and wanted to do something with my friends. The length of the ultra was not really what I was drawn to," said Ryan.

"It has been really gratifying knowing that my body can run the 100 kilometres.

Ryan joined STARS in September last year, previously working in public health at Alice Spring for eight years, followed by a stint on Thursday Island.

"Healthy feet are very important to a person's overall health, affecting their balance, posture and overall mobility and independence. It is rewarding knowing that my work as a podiatrist can have such a positive impact on a patient's life."

You can read the full staff profile [here](#).



### **Staff recognition**

Our wonderful staff continue to be profiled on Metro North's Facebook page. Most recently, Bette-Anne from our Brain Injury Rehabilitation Assessment and Triage Service was profiled on Metro North's Shout Out Saturday. The post received over 300 likes and it is clear from the lovely comments how well respected Bette-Anne is by staff and patients. Thank you, Bette-Anne for all you do for our patients. You can see the full post [here](#).

I was also very honoured to have my work in trauma care profiled in the 40 Strong Stories as part of the RBWH Foundation's 40<sup>th</sup> Anniversary. You can listen to Lady Lamington's Trowel and other stories [here](#).

### **Patient compliment**

This fortnight's compliment is from a patient who had cataract surgery at STARS, giving her experience a ten out of ten.

*"Everyone was happy and very thorough in their duties. I was made aware of every step of my procedure and it put me at ease. What could we have done better - nothing - which is a big call for me as I believe nothing is perfect but my time at STARS was 10/10."*

Kind regards

Dale Dally-Watkins.