

# Health • Promotion • Service

SOUTH EASTERN SYDNEY AREA HEALTH SERVICE

## Health Promotion traverses South East Health

*In supporting South East Health staff to incorporate a health promotion approach to their work, the Health Promotion Service established Service Agreements with St Vincent's Community Health, The Sutherland Hospital and Prince of Wales Community Health in 2002.*

As part of the Service Agreements each organisation received funding and assistance for projects that could incorporate a population health approach or encourage environments that support health.

### St Vincent's Community Health

At St Vincent's Community Health an interest group came together in July 2002 to consider the major health issues for the local community and how they could be addressed using a health promotion approach.

The group focused on mapping the physical activity opportunities available for older men and women which allowed community health staff to appropriately refer clients to the right local service.

A one day event, 'Feeling Safe - Being Safe: What does this mean for you as an older woman?' was also held in mid 2003. "The Feeling Safe Day provided 45 older women in the community with a chance to discuss

safety issues and the best ways to address them," Lara Shelton RN, St Vincent's Community Health said.

The Older Women's Network theatre group also presented a challenging piece on their experiences of violence.

**Contact:** Pat Walsh on 9369 0404 or Richard Zoeller on 9382 8110.

### Sutherland Hospital

In 2002 The Sutherland Hospital Health Promotion Committee developed a plan that identified key areas for health promotion action. Focusing on quality improvement, education sessions on evaluation of health promotion were organised for Committee members and health promotion texts were purchased for the Hospital library.

The Health Promotion Committee is also sponsoring two small projects. The first is an evaluation by the Southcare team of their 'Out and About' group to review its impact on

community based mobility and falls prevention. The second is managed by the Sutherland Dental Service and is looking at management of Xerostomia (dry mouth), which can be caused by some medications, cancer therapy or disease.

The Sutherland Hospital school health nurses were also active in facilitating an area committee to promote drinking water in schools.

**Contact:** Sarah Ramsey (Health Promotion Committee Chair) on 95408300 or Nick Knowles on 9382 8155.

### Prince of Wales Community Health

In response to the increasing rate of falls related injury in the community Prince of Wales Community Health and the Health Promotion Service have worked together on the SureStep Falls Prevention Project. A multidisciplinary committee was established to support adoption of a uniform approach to identification and management of falls injury risk factors.

Jenny Blennerhassett, Prince of Wales Community Health said: "SureStep has developed valuable tools to assist staff identify clients at risk of falls and develop appropriate interventions. Surestep's greatest success has been in mainstreaming falls prevention activities into client assessment, staff education and orientation."

A Falls Risk Identification Tool, a Falls Injury Prompt List, Management of Falls Risk Factors for Health Professionals and a Health Promotion Resource List have all been developed as part of the project.

**Contact:** Jenny Blennerhassett (POWCH) on 9382 8054 or Nick Knowles on 9382 8155.



Promoting, protecting and maintaining the health of the local population are statutory requirements of all Area Health Services and a key goal of

South East Health. One of the strategies to achieve better health is to provide a mix of both prevention and treatment services.

The Health Promotion Service contributes to the work of the Area Health Service through direct action to improve health and by working with

Area partners to support and enhance their health promotion efforts.

This edition focuses on support for health promotion in community health. The Service also supports the work of clinical divisions, the health promotion committees at Sutherland, War Memorial and Sydney Children's Hospitals; and is developing strong working links with the HARDU health promotion team.

If you would like to know more please call me on 9382 8147. ✨

Jo Mitchell  
Director of Health Promotion



Ray has new-found confidence in living as a result of SureStep.

## A SureStep Success

*As a client of Prince of Wales Community Health, Ray (pictured left) is a SureStep success story. An aged care assessment, including the SureStep Falls risk Assessment Tool, has led to vast improvements in his quality of life.*

Since the assessment and subsequent action Ray's home unit has been cleared of hazardous clutter, safety equipment and rails make it easier for him to attend to personal care tasks and a walking aid increases his mobility and allows him to go out with his carers. Telephone hearing aids have also helped him communicate better with the outside world. Incidentally Ray has had less hospital admissions in this time.

Before SureStep and the Community Health intervention Ray admitted he was quite depressed about his situation - now that he is less isolated and more mobile Ray says he is 'happy to be alive'. \*

## Brenda Hill retires to a Baltic adventure

*Long term devotee to Health Promotion, Brenda Hill has recently retired after more than 20 years service to the NSW Health system. Brenda's varied and challenging career began in Melbourne as a community health educator in East Ringwood, Victoria.*

Some of the highlights of Brenda's career include her ground-breaking work as part of the NSW Health HIV/AIDS project team in the early eighties when the virus was first identified and presented a political and social health challenge to Australia; her work with the Healthy Older People Program which resulted in a World Health Organisation three month international study tour in 1991 and her work on tobacco and health issues for South East Health over the past six years.



Brenda Hill.

Brenda is also recognised for her long term commitment to equity and community participation in health. Brenda will be sadly missed by all in Health Promotion and we wish her well as she tackles her first retirement adventure to the Baltic States, Russia and Prague. \*

## Happenings

**School canteen workshops:** Health Promotion is supporting the Fresh Tastes @ school, canteen strategy with free workshops to support school communities to provide healthy food in their canteen. State schools are required and other schools are strongly encouraged to implement the NSW government strategy by Term One 2005. For details call Polly Price or Dian Tranter on 93502273.

**Australian Health Promotion Conference:** the 15th National Health Promotion Conference will be held on 13-16 March 2005 in Canberra. The theme of the conference is reflecting on the past and creating a vision for the future. For details see [www.healthpromotion.org.au](http://www.healthpromotion.org.au).

**Chinese Saturday School:** Health Promotion will participate in the Chinese School open day at Beverly Hills in September to talk to parents and grandparents about smoke free homes. \*

**Contact:**  
Monique Hauber-Davidson  
Health Promotion Service  
ph: 9382 8124

