USYD Faculty of Medicine Annual Staff Retreat - 20 & 21 October, Broken Hill UDRH

The USYD Faculty of Medicine recently held its annual Staff Retreat in Broken Hill. The BH UDRH hosted the function and there were 75 participants plus some partners — all of whom were officially ‘Welcomed to Country’ by Maureen O’Donnell (Paakantji Elder) on arrival at the UDRH. That evening a special Mayoral Reception was held at the BH Regional Art Gallery & Sully’s Emporium followed by dinner at the Astra hotel later that same evening. Day 2 began early for a contingent of almost 50 who opted for breakfast at the Sculptures (shared with many flies), then back to the UDRH for Friday morning’s program and at lunchtime all were bused to the local BH Golf Club where they feasted overlooking the greens. After the close of the program that afternoon most of the Retreaters flew back to Sydney on their chartered plane. The few that remained for the weekend attended a relaxed BBQ with UDRH staff at the rustic venue of Mulberry Vale farm. The BH UDRH hopes that all the members of the Retreat had a very enjoyable and unique experience.

Opposite: Retreat goers in the new UDRH Auditorium with a photography collage of Broken Hill scenes screening in the background - photos were taken by UDRH staff/ Gaynor Heading.

Improving Mental Health Knowledge of Health Service Staff

A lunchtime trivia competition was held on Friday 14th October (Mental Health Week) in the Mitchell and Remote clusters of GWAHs. Eleven teams registered from health services across the region and included wards from the Broken Hill, Tibooburra, Menindee, Narromine, Dareton and Lightning Ridge Health Services. Sadly a technical hitch meant the Child & Family Community Health Centre, the Population Health team and a contingent from Research lost video contact and could not join in the competition.

Dr Peter Lyall from the RFDS demonstrated his incomparable skill as Question Master. Questions had been put together by Aboriginal Mental Health students from Maari Ma and Nursing students from the University of Wollongong. The teams were very close together at the end, demonstrating a good knowledge of mental health matters, but the espresso machine was won by the Broken Hill Emergency Dept with an almost perfect score.

Thanks to all who helped organise the event and special thanks to Sharyn Cowie and Justin Files for their help on the day.

Elizabeth Martin -
Clinical Nurse Consultant ,
ED/Mental Health, Broken Hill Health Service/UDRH.
Ph: 08 8080 1320 mornings (ED)
or 08 8080 1507 afternoons (UDRH)
or mobile 0418 459 295.

Dr Peter Lyall (far right) and trivia participants.

New Publication

Health in the Murdi Paaki

The Centre for Remote Health Research (a joint initiative of the Greater Western Area Health Service and the University Department of Rural Health) is proud to announce the publication of Health in the Murdi Paaki.

Health in the Murdi Paaki provides an account of the health status of the population of the Murdi Paaki Region. The publication is an essential resource for anyone interested in the health status of our local communities.

Copies of Health in the Murdi Paaki can be ordered by contacting Ctr. Manager Helen Cameron on 08 8080 1281.

Dr Peter Lyall (far right) and trivia participants.
Indigenous Primary Health Care Diploma

The Broken Hill Department of Rural Health offers Indigenous people the opportunity to undertake a Diploma in Indigenous Primary Health Care to develop their knowledge and skills in primary health care and community development. Graduates of this course are employed as Aboriginal Health Workers, Primary Health Care Workers and in a variety of other health care roles.

The course is ideal for people who have not had any formal training and wish to develop skills in primary health care and community development. NOTE: Students are required to attend three one-week block intensives per semester at Broken Hill UDRH.

For additional information and an application package please contact Lyn Singleton (Administration Officer) or any staff member of the Primary Health Care team on 08 8080 1200.

Tony Kickett - Aboriginal Programs Support Officer

Broken Hill UDRH Skills Lab

2003 and 2004 have seen a 10% increase in usage at the UDRH Skills Lab, primarily by the RFDS personnel, medical students and Diploma in Indigenous Primary Health Care students.

Recently there have been additions to the available teaching resources including a whiteboard and digital projector. The installation of reverse cycle air-conditioning has also made the area more comfortable during the summer months. Sessions for October and November included the Outback Nursing Course, Clinical sessions for Third Year nurses on placement and Education sessions for the pre-enrolment for the Diploma of Nursing.

Just a reminder that if anyone wishes to book the Skills Lab for meetings etc please contact Lyn Singleton on 08 8080 1200 or alternatively on e-mail LSingleton@gwahs.health.nsw.gov.au.

Lindy Hunt - PHC Health Ed. Officer

PUBLICATION 4 SALE

Alcohol Handbook for Frontline Workers

By the Broken Hill Centre for Remote Health Research.

The 184 page, illustrated handbook offers frontline workers straightforward, practical information and advice about doing brief intervention for alcohol use.

It gives information about when and how to do brief intervention, including what to do and say when working with people to help reduce alcohol related harm.

The content is structured according to the priority of topics that frontline workers themselves identified during the writing process.

The handbook retails for $27.50 per copy (+ $5.50 postage per order). Further details are available from the BH UDRH Librarian, Don Keast - contact via e-mail DKeast@gwahs.health.nsw.gov.au or ph 08 8080 1210.

Tony Kickett - Aboriginal Programs Support Officer

Report from the Centre for Remote Health Research

The Broken Hill Centre for Remote Health Research has two new staff members - Margie Lesjak (top right) has come on board as Senior Epidemiologist/Lecturer and Associate Professor Gaynor Heading (bottom right) has joined the Centre as Senior Academic Leader.

Margie has extensive experience in the field of epidemiology and has worked in epidemiology in both the Greater Southern Area Health Service and the Former Far West Area Health Service. Margie is also a keen runner and great chef.

Gaynor has a strong interest in the sociology of health and illness and has taught research methods and sociology at University of Newcastle, directed the Newcastle PHCRED program, and has undertaken research and evaluation in rural and remote health. Her current research is in the areas of diabetes and overweight/obesity.

Currently the Centre for Remote Health Research is rapidly building its research capacity and is involved in 3 successful NHMRC bids:

- Mental Health and well-being in rural and remote NSW. This bid is in collaboration with the NSW Centre for Rural and Remote Mental Health and the Australian Rural Health Research collaboration.
- Phase 2 of the Antecedents of Renal Disease in Aboriginal Children study in collaboration with School of Public Health and Sydney Children’s Hospital.
- Lead, intelligence and behavioral problems in children in collaboration with the Women’s and Children’s Hospital Adelaide.

Ms Margie Lesjak top right and Professor Gaynor Heading bottom right.

CONTACT US

University of Sydney Department of Rural Health - Corrindah Court PO Box 457 BROKEN HILL NSW 2880
Phone: 08 8080 1200 Fax: 08 8087 0051 or 08 8087 5240 Web: www.drh.med.usyd.edu.au