

Towards Healthy Families

AUTUMN 2018

*Ija Mulanggari, Goodtha Mulanggari
Thriving Mothers, Thriving Babies*



Presidents message

Autumn is an especially beautiful time to be in Canberra; the change in colour of the landscape is a gift to us all. I hope you have had the chance to enjoy the last flush of warm weather as we all adjust to 'standard time' and reset our summer clocks for winter.

While the mercury may begin to drop outside, we at CMS are certainly not considering any sort of hibernation!

In February the CMS Board met to reset the compass for 2018, CMS committees were reviewed and memberships renewed. We heard from the Programme Development Committee of the current CMS scholarship holders' progress, and the Committee's recommendation to award three new scholarships. The Board extends both congratulations to Tracey Harris and Margaurita van Oosten upon their successful completion of Masters in Child & Family Health, as well as our best wishes to the new 2018 scholarship recipients' for success in their chosen courses of study. The CMS Scholarship programme offers applicants the opportunity to undertake further studies and professional development with

the financial support of a scholarship and the Board encourages all CMS/QEII staff to consider making an application.

History was on the minds of the Community and Public Relations Committee when they met in March and in particular the CMS records. The ACT Historical Library currently holds the records of CMS and the Committee are considering the next tranche of material to join the archive.

CMS members and friends will be aware of the recent events within ACT Health: the resignation of the Director-General amidst the ACT Government decision to restructure and create two new entities; one to focus on the delivery of health services and the other on "strategic policy and oversee planning of the health system". The CMS Board is keeping a watchful eye on the proposed changes and in particular any implications that may affect the operating environment of QEII.

- Fiona Smith Tu Toit



Hydrangeas

We celebrated the beginning of Autumn with our first meeting of the year at Pollen. Pam Adams joined us for the first time and was greeted warmly by all, especially her colleagues who worked with her at QEII. We missed Rhodanthe Lipsett who wasn't able to join us - she was recovering following a fall earlier in the year. I've spoken to her in recent days and she's in fine form, sends her regards to all and is looking forward to joining us when next we meet. That meeting will be at **10.30am on 5th July** at the Arboretum. Do note the new venue for this Winter get together. We'll be back at the Gardens in Springtime.

- Lynne Johnson



Flu vaccination time

Vaccination is the single most effective way of preventing the spread of influenza in the community.

If you want to protect yourself and your children or grandchildren from the flu, you should get vaccinated every year, as the flu virus is constantly changing.

The flu vaccine is free under the Federal National Immunisation Program for those people who have the greatest risk of becoming severely ill from the flu:

- pregnant women (at any stage of pregnancy);
- people aged 65 years or older;
- Aboriginal and Torres Strait Islander people aged six months to five years;
- Aboriginal and Torres Strait Islander people aged 15 years and older; and
- people aged six months and over with medical conditions that mean they have a higher risk of getting serious disease;

Children can receive the flu vaccine from the age of six months. Some State and Territory Governments, including the ACT, are also offering free flu vaccination to children between six months and five years. Parents should tell their doctor the age of their child before vaccination, as flu vaccines are age specific.

Getting a flu shot also means you help to protect other people, including those who are too sick or too young to be vaccinated, as well as vulnerable groups such as babies, people over 65 years and pregnant women. The more people who are vaccinated in the community, the less likely the flu will be spread.

The best time to get the flu vaccine can be difficult to predict as the peak flu season is around July and August but can be variable and as early as May and as late as September.

This is important as research shows the effectiveness of the vaccine may begin to wane after three to four months. According to the Department of Health, the Government funded seasonal flu vaccines will be available nationally from mid-April. This matches recommendations from both the AMA and RACGP, who say the best time to get flu vaccination is towards the end of April and into the beginning of May.

You can get your flu vaccine from your local doctor, community health clinic, Aboriginal Medical Service or other vaccination providers.

For further information see your GP or go to <https://beta.health.gov.au/news-and-events/news/2018-influenza-vaccines-your-best-shot-at-stopping-the-flu>



Importance of hand hygiene



Every year on 5th May, the World Health Organisation (WHO) calls on health facilities to participate in a global hand hygiene campaign. This year's hand hygiene campaign is focused on the prevention of health care-associated sepsis through hand hygiene and infection prevention and control (IPC) action. As a clinical environment, we at QEII take hand hygiene practices very seriously, including mandatory annual hand hygiene training for all staff.

As we enter the cooler months, when colds and flu are on the rise, WHO Hand Hygiene Day also serves a timely reminder to the general community of the importance of hand hygiene in preventing the spread of infection. Many infections, including the common cold and the flu, are caused by spreading germs from person to

person. Good hand hygiene is the most effective way to stop infections spreading.

Even when your hands look clean they can still be carrying germs. This is why when we touch other people or objects we can spread germs without even realising it.

Hand hygiene means cleaning your hands with soap and water or an alcohol-based hand rub.

You should wash your hands properly and often, especially:

- before, during and after preparing food
- after going to the toilet or changing a nappy
- after you blow your nose, sneeze or cough
- when your hands are visibly dirty
- after smoking
- after handling or patting animals
- before and after taking care of someone who is sick
- when you enter and leave a healthcare facility.

International Day of the Midwife

May 5 is also the internationally recognised day for highlighting the work of midwives. Established in 1992 by the International Confederation of Midwives, the International Day of the Midwife is an occasion for every individual midwife to think about the many others in the profession, to make new contacts within and outside midwifery, and to widen the knowledge of what midwives do for the world. The theme for 2018 is "Midwives leading the way with quality care".

International Nurses Day

A week later, on 12 May, International Nurses Day is celebrated around the world, to mark the contributions nurses make to society. The International Council of Nurses (ICN) has marked this day since 1965. In 1974, 12 May was chosen to celebrate the day as it is the anniversary of the birth of Florence Nightingale, the founder of modern nursing. Each year, ICN prepares and distributes the International Nurses' Day Kit. The kit contains educational and public information materials, for use by nurses everywhere.

QEII is proud to be a quality service built on the hard work and dedication of many Nurses and Midwives.

Curtin Autumn Fair



Following the success of last year's Fair, the Curtin Residents Association is working hard towards this year's Autumn Fair on Saturday April 14th from 10.00am to 2.30pm in the Curtin Square. There will be stalls aplenty including the CMS stall at which the Wednesday Knitters will be selling their wares, mainly winter woollies, preserves and interesting odds and ends. The Fair will feature Children's and Adults' Interactive Art Activities along with sausage sizzle and busking.

The organising committee is keen to gather a few extra volunteers to help out for an hour or two on the day. Lynne Johnson is the contact for potential volunteers and would love to hear from anyone who can help out – lynnejohnson@grapevine.com.au or 0417 665 861.

CMS is a proud sponsor of the fair.

Please follow us on social media

Our Facebook and Twitter pages are updated weekly and we would love your support to grow our network. Links can be found on our website www.cmsinc.org.au or you can go directly to:

Facebook - <https://www.facebook.com/QEII-Family-Centre-472155609517857/>

Twitter - <https://twitter.com/QE2FamilyCentre>



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