New guide on Borderline Personality Disorder

A NEW guide to assist health professionals to recognise and treat Borderline Personality Disorder has recently been launched. The Clinical Practice Guideline for the Management of Borderline Personality Disorder was developed by the National Health and Medical Research Council (NHMRC).

At the launch, Minister for Mental Health and Ageing Mr Mark Butler, said Borderline Personality Disorder (BPD) was the most serious and common of the personality disorders, affecting adolescents and adults.

“Borderline Personality Disorder is estimated to affect at least one per cent of the population,” Mr Butler said. “It is associated with a high risk of suicide and causes significant loss and grief for individuals, their families and friends.

“However, treatment for Borderline Personality Disorder is effective and people can recover and lead fulfilling lives.”

Mr Butler said the new guide was designed to improve understanding and recognition of BPD in health services and in the broader community.

“It includes 63 recommendations on diagnosis, management, and treatment and information for carers and families.”

The Clinical Practice Guideline can be viewed at: www.nhmrc.gov.au/guidelines/publications/mh25

International Award for Bethesda Hospital Hand Hygiene

BETHELSDA HOSPITAL has been announced as the winner of the Asia Pacific Hand Hygiene Excellence Award 2012/2013. Hospital representatives will now travel to Shanghai to receive the award and showcase their infection control initiatives to an international audience at the International Congress of the Asia Pacific Society of Infection Control.

The Hand Hygiene Excellence Awards were created in 2010 to recognize efforts made by hospitals in support of the WHO first Global Patient Safety Challenge: Clean Care is Safer Care.

As well as entering a formal submission for the awards in October 2012, the Claremont based private hospital was also subjected to a rigorous selection process by an expert panel. Once chosen as one of six finalists, the hospital was visited by auditors and was announced as the overall winner in March.

Bethesda Hospital’s commitment to hand hygiene commenced in 2009. Following a review based on the WHO and Hand Hygiene Australia (HHA) Initiatives, the hospital commenced their hand hygiene implementation project. This included education and training on the “5 moments of hand hygiene” product placement, hand hygiene auditing and feedback.

The hospital also promotes their hand hygiene project internally and externally through regular staff updates and training, posters, doctor newsletters, as well as patient engagement in the process.

Bethesda Hospital’s Infection Control Coordinator Helen Bucknell, who has been instrumental in facilitating the hand hygiene implementation process, noted, “we were the first private hospital in WA to report our annual compliance to HHA, and our results over the past five years have been impressive in their improvement.”

Hospital CEO Yasmin Naglazas said, “this international recognition is an amazing achievement for all of our staff and doctors, and we are honoured to showcase our hand hygiene initiatives with other health care providers next month.

“At Bethesda Hospital we are passionate about quality and safety, and we are confident that our patients are extremely well cared for during their stay with us.”

Bethesda is an independent 88 bed hospital in Claremont which has been providing outstanding surgical and palliative care and service to the Western Australian community for nearly 70 years.
Navigating mental health at work

WITH ALMOST half of Australians likely to experience a mental illness in their lifetime, it is highly likely that we all know someone affected by mental illness or will ourselves experience a mental illness at some point in our career.

Research by the national mental health charity, SANE Australia, found that a staggering 95 per cent of respondents said employers and managers needed education on mental illness, and training on how to manage its effects in the workplace.

“How do managers tackle the issue of mental illness at work? It’s a major problem throughout Australia, affecting many people and costing the economy over $6.5 billion every year,” explained SANE Australia’s CEO, Jack Heath.

“As the recent Report Card of the National Mental Health Commission highlighted, more is required to assist people once they are working,” Mr Heath added.

According to the Commission’s Chair Professor Allan Fels, employers have a role in raising awareness of mental health and treating it with the same understanding and openness as physical health.

A recent survey by SANE Australia found that a majority of the 520 people surveyed said that no support had been provided to them at work when mentally unwell, and less than half of managers (43 per cent) had an understanding of mental illness.

“It’s important to promote awareness about mental illness and the factors that contribute to it, such as bullying and work stress. Managers need to take the initiative and raise the topic of mental health in a routine team meeting, to ensure a neutral, open and non-stigmatising forum,” Mr Heath said.

“We need to understand it’s not a supervisor’s role to diagnose a mental illness nor should a supervisor be expected to be a counselor. They should however have the skills to respond to any early signs of mental health problems in the workplace.”

If a manager or supervisor notices concerning changes in an employee’s work or interactions with other staff, it is appropriate to discuss such changes with them. Consider these four steps, taken from SANE Australia’s Mindful Employer program:

1. Plan a meeting with the staff member – think about what you want to say and stay focused on work-related issues;
2. Set-up the meeting at an appropriate time and place, ensuring the employee feels comfortable and well-supported;
3. Express your concerns in a non-confronting and clear manner – it can be helpful to give examples of what you feel are concerning changes;
4. Offer support if required, including an employee assistance program (EAP) and how can it assist, suggest your employee visit their GP or discuss possible workplace adjustments.

“People may have numerous reasons why their work performance is being affected at a particular time, including physical illness or relationship concerns – not necessarily mental illness. We also need respect people’s privacy if they do not want to discuss personal issues.”

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APHA News

St John Ambulance Australia and MGSM appoint industry leader Mark Compton

Professor Mark Compton AM has been appointed as the next chancellor and national chairman of St John Ambulance Australia, taking effect from 24 June 2013.

Professor Compton has been a member of St John Ambulance Australia for almost 40 years, having joined as a cadet in 1974. He has held a wide range of appointments within St John during his membership, including receiver general (national treasurer), chairman of St John NSW, chairman of the St John Sydney 2000 Olympics Steering Committee and a member of many other St John working groups and committees. In addition he remains an active uniformed volunteer with St John providing care at a wide variety of events.

In addition to his various roles in St John Ambulance, Professor Compton brings to the position of chancellor extensive experience from executive and non-executive appointments to corporate and not for profit boards, both as a director and chairman, and various senior management roles in both private and ASX-listed companies in the healthcare and life sciences sectors. He is currently chief executive officer of St Luke’s Care, an organisation that delivers care across acute hospital, aged care, home care and retirement living environments.

Dr Neil Conn AO, retiring after six fulfilling years as chancellor of St John Ambulance Australia, said: “I am delighted that, after an extensive search process, Mark has been appointed to succeed me as our next chancellor. His obvious skills and experience, combined with his deep passion and clear vision for St John and its work will see him lead our organisation very well into the future, building on our many successes and further extending and developing the work of our great organisation in Australia and our region.”

Professor Compton said: “I am deeply honoured to be afforded this special privilege of being appointed as the next chancellor of St John. Our organisation has given a longstanding, extensive and valuable contribution to the Australian and international communities. Australia is a safer and more resilient community thanks to the efforts of our many volunteers and staff, but there is still much to be done. I look forward to working with our board and all members of St John and our partners to ensure we make first aid a part of every Australian’s life.”

Professor Compton was also recently named adjunct professor at Macquarie Graduate School of Management. Professor Compton is collaborating with the school to launch a healthcare elective for MBA students, entitled ‘Health Management and Leadership’.

With a long career in the healthcare and life sciences sectors, Mark is collaborating with MGSM on the new unit in order to make a further contribution to developing leaders and managers in these important areas.

He said: “MGSM is among the leading business schools in the world to offer a specific healthcare elective as part of its MBA program. The school is well-placed to provide this opportunity due to its physical proximity to many healthcare, life science, pharmaceutical and medical device organisations and also its relationship with the Macquarie University Advanced School of Medicine.”

Professor Compton was appointed in 2004 as a Knight of the Order of St John, was awarded the Centenary Medal in 2001 and was appointed Member of the Order of Australia in 2010.
Those with dementia stay in hospital longer, cost more

The average cost of hospital care for someone with dementia is more than 50 per cent higher than the general population, a new report released by the Australian Institute of Health and Welfare (AIHW) has found.

Dementia care in hospitals: costs and strategies was released in mid-March. It found that it costs, on average, $7,720 per episode for a hospital patient with dementia, as opposed to $5,010 for those without dementia.

AIHW chief executive officer David Kalisch said caring for those with dementia can be challenging due to difficulties in communication and the complex needs of some.

Speaking of a review conducted into how outcomes for people with dementia might be improved, Mr Kalisch said, “the greatest potential benefits to patients lie in a combined approach by hospital, mental health, residential aged care and community services.”

Appropriate staff training, discharge planning, dementia-friendly ward adaptations and mental health and ageing liaison services have been offered as measures that appear to reduce the length of stay for patients with dementia.

Blueprint for the future in Queensland Healthcare

PREMIER CAMPBELL Newman and Minister for Health, The Honourable Lawrence Springborg, have launched a new direction for health services across the Queensland.

The blueprint noted partnerships with public, private and not-for-profit health providers including:

• Royal Children’s Hospital site: market soundings for private sector involvement to create a planned surgical procedures centre will be taken in May. Expressions of Interest are to be sought in October, with tenders requested in January.

• Sunshine Coast University Hospital: A review of value for money offered by partnership models and commissioned from the accounting firm, KPMG, commenced on March 4.

• Gold Coast University Hospital: Expressions of Interest for the use of latent space at the facility and tenders for the provision of radiation oncology services have been previously sought.

STP 2014 STP Application Round is now open

THE COMMONWEALTH Department of Health and Ageing (DoHA) is now taking applications for funding under the Specialist Training Program (STP).

The application round will close at 2pm (EST) 1 May 2013.

The Specialist Training Program provides support to enable medical specialist trainees to rotate through an expanded range of settings beyond traditional public teaching hospitals.

This will be an open application round, and will support up to 150 new STP places to commence from 2014.

The level of funding available for training posts is a salary contribution of $100,000 (ex GST) per FTE. Posts in rural locations may also be provided with rural loadings, of up to $20,000 (ex GST) per FTE.

Applications must be made directly to the DoHA using the standard electronic application. 2014 guidelines, application forms and further details, can be found at the DoHA’s website: www.health.gov.au/internet/main/publishing.nsf/Content/Listing+of+Tenders+and+Grants-1

The 2014 application round will be for 2014 and 2015 training years. There will be no round in 2014.

All applications for Psychiatry training posts must be accompanied by a letter of support and/or accreditation from their respective State/Territory RANZCP Branch Training Committee http://stp.ranzcp.org/stp-application-round/accreditation-of-training-positions.

Further information is available at the RANZCP’s STP website http://stp.ranzcp.org/home.

For any queries, please email STP.Project@ranzcp.org