

Nursing and Midwifery Year in Review 2023





Acknowledgement of Country

We pay our respect to these lands that provide for us. We acknowledge and pay respect to the ancestors that walked and managed these lands for many generations before us.

We acknowledge and recognise all Aboriginal people who have come from their own country and who have now come to call Darkinjung country their home. We acknowledge our Elders who are our knowledge holders, teachers and pioneers.

We acknowledge our youth who are our hope for a brighter and stronger future and who will be our future leaders.



Nursing and Midwifery Year in Review 2023

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Message from the Acting District Director Nursing & Midwifery



Dear Colleagues,

The Nursing and Midwifery Year in Review is now in our fifth year of publication with the close of 2023 providing another opportunity to look back and celebrate the nurses and midwives of Central Coast Local Health District.

Through the pages of this Year in Review we celebrate the extraordinary contributions of our nursing and midwifery workforce and reflect on the moments of compassion, professionalism, resilience, and excellence that define our team.

The nurses and midwives of the District demonstrate excellence in so many ways: in clinical practice, education, research, leadership, innovation and advocacy. The dedication of our nurses and midwives has been inspiring, showcasing the remarkable impact they have on our patients, their families, and our broader community.

I would like to extend my sincere appreciation to our nurses and midwives for their knowledge, skill, expertise, and dedication to providing compassionate quality care. Together we look forward to continuing our journey of nursing and midwifery excellence.

Regards

A handwritten signature in black ink, appearing to read 'Melissa Pickering'.

Melissa Pickering

A/District Director Nursing and Midwifery &
Health Service Functional Area Coordinator (HSFAC)

At the end of 2023 we farewelled Lynne Bickerstaff, our District Director of Nursing and Midwifery. Her parting message to the nurses and midwives of CCLHD:

Tomorrow I will be saying goodbye to a four-decade plus career in public health across NSW and Victoria, it is with a somewhat exciting, but nervous step that I will be entering the next chapter of my life.

I have loved being a nurse and feel privileged for all the opportunities that this career has provided me. A career of service is a privilege and an honour and when I think about the amazing friends and colleagues that have been or continue to be in my life, I genuinely feel a very blessed person.

To you my colleagues and all the teams across the CCLHD, you have kept me inspired and proud to be part of our team since 2017. I am truly fortunate that I have had the opportunities and pleasure to work with or alongside so many amazing individual and teams especially during our local and state-wide COVID-19 response where we worked tirelessly with commitment and expertise to keep our community safe.

I thank you and acknowledge your ongoing commitment to the health and wellbeing of our community here on the Coast and I wish you all the very best for all future opportunities and challenges as you continue to make our health service a centre of excellence.

Please take care of one another and strive for the stars.

Best wishes,

Lynne



We extend our heartfelt gratitude to Lynne Bickerstaff, for her unwavering dedication and exceptional service to public health. Her leadership has been instrumental in shaping our District's healthcare landscape and improving the lives of countless individuals.

As we bid farewell, we warmly welcome our incoming District Director, Wendy Stanbrook-Mason, who commences in 2024. Wendy brings a wealth of experience and enthusiasm to the role. We look forward to working under her guidance to continue advancing the health and well-being of our community.



Our Year in Numbers



(at November 2023)



3,878

nursing and midwifery staff

Assistant in Nursing	179
Enrolled Nurse	359
Registered Nurse year 1-4	705
Registered Midwife Year 1-4	33
Registered Midwife Year 5-8 & Clinical Midwife Specialist 1	142
Registered Nurse year 5-8 & Clinical Nurse Specialist	1,180
Clinical Nurse Specialist 2	184
Clinical Nurse Educator	93
Nurse Educator	7
Clinical Nurse Consultant	85
Clinical Midwife Consultant	3
Nurse Practitioner	11
Nurse Unit Manager & Midwifery Unit Manager	104
Nurse Manager / Midwifery Manager	84
Other	19



154

New Graduate Nurses



10

Graduate Midwives



22

Enrolled Nurse Transition
to Professional Practice



258

Casuals onboarded



2940

Births in CCLHD



14

Peer support sessions



Welcoming GradStart nurses



Pictured: Graduate Nurses and Midwives during the first day of O-Week at the University of Newcastle Ourimbah Campus.

In February, we welcomed 133 GradStart nurses at O-Week, the District's newly launched orientation program for new nurses. Held off-site at the Ourimbah University campus, O-Week is a structured program designed to help newly graduated nurses transition from the academic setting to the professional clinical environment. The program was designed to address the challenges faced by novice nurses, including bridging theory-practice gaps, refresh technical skills, and build an awareness of the critical decisions they confront early in clinical practice. O-Week focuses on emotional support, collegiality and meeting other new graduates, and continuous education as pivotal factors for nurturing professional growth and fostering long-term retention. It aims to equip new nurses and midwives with the knowledge and skills they need to provide safe, effective, and compassionate patient care.

The new starters were supported by our nursing leadership team and senior colleagues as they embarked on their professional journeys. District Director of Nursing and Midwifery, Lynne Bickerstaff, passed on some words of guidance to the group that she has carried with her since she was a first-year nurse.

"I'd like you to be the nurse that you would want caring for someone you love. If you carry that with you every day, you will never take a wrong step."

Throughout the year, participants in the GradStart program engaged in a series of thirteen tutorials facilitated by Clinical Nurse Specialists and Clinical Nurse Educators. The tutorials were available live and recorded on TEAMS to accommodate participants unable to attend in real-time. This innovative approach was adopted to ensure inclusivity and accessibility for all involved in the learning process.

Monthly peer support sessions were provided for our GradStarts, facilitated by the Education Consultants and Simone Dring, the acting GradStart Clinical Nurse Educator (CNE). Attendees universally expressed feeling a sense of support and derived significant benefits from engaging in peer-to-peer learning during these sessions.

After finishing the GradStart program, an impressive 85% of the February 2023 graduate intake chose to continue their employment with CCLHD, demonstrating strong commitment and the success of the program.

For information about O-Week and the GradStart program, contact Louise Waymouth, Nurse Manager, Workforce & Strategy, Nursing and Midwifery Directorate. Louise.waymouth@health.nsw.gov.au

O-Week Trade Show

The trade show is a key feature of O-Week, providing an excellent opportunity to showcase District services to our GradStart nurses – explaining their roles, referral processes, demonstrating any necessary clinical or non-clinical skills, and fostering networking opportunities.

Many services participated, including Wyong Medicine, Chaplaincy, VAT Team, Stomal Therapy, Clinical Governance, Community Based Nursing, Youth Health, Sexual Health, Mental Health Services, and Infection Control. External industry partners, such as Salary Packaging, Maxxia, University of Newcastle, Australian College of Nursing, and 3M also joined the event.

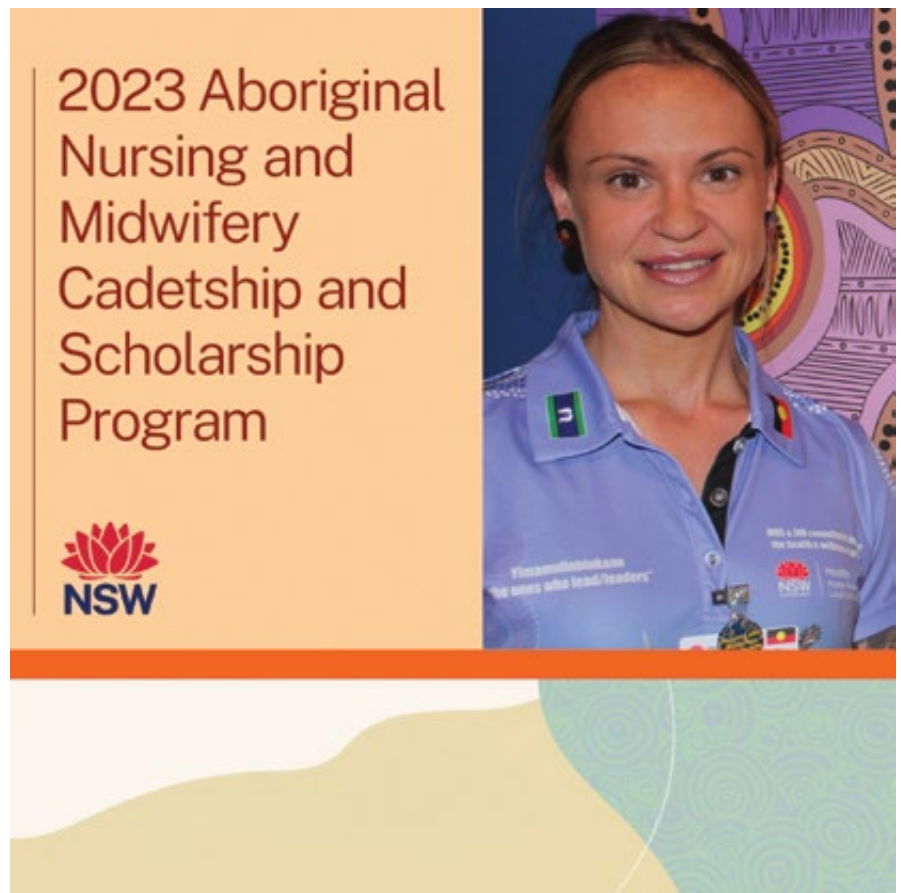




Aboriginal Nursing and Midwifery Cadetship Program

Aboriginal employment pathway programs such as School-Based Traineeships and Cadetships are vital programs that support the District to 'grow our own' workforce and build a more culturally diverse and responsive workforce, to best support our community.

The Aboriginal Nursing and Midwifery Cadetship Program is an initiative led by the NSW Aboriginal Nursing and Midwifery Strategy. The program provides Aboriginal students who are completing a bachelor's degree in nursing or midwifery with additional opportunities to consolidate their skills, knowledge and experience over the duration of their degree. CCLHD have hosted cadets for over 10 years and has seen many of our current workforce graduate and benefit from the program. In 2023, the District onboarded three cadets which took the total number of cadets to five. One cadet graduated from the program late 2023 and secured a part time new grad position as a Registered Midwife within the District. CCLHD intends to recruit more cadets in the first quarter of 2024.



Aboriginal School-Based Traineeship Program

The CCLHD Aboriginal School-Based Traineeship (SBT) Program commenced in 2014 as a targeted employment pathway program for local Aboriginal school students. The program provides Year 11 and 12 students who are interested in a career in the health sector, the chance to gain valuable work skills and experience at CCLHD while still at school. It provides hands-on experience for students in various roles including nursing and midwifery, completing at least 100 days of paid work experience over a two-year period.

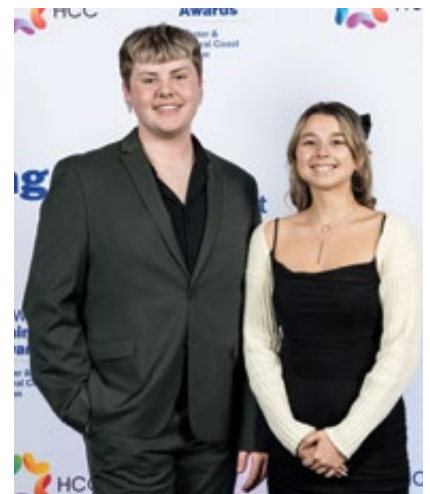
In 2023, CCLHD onboarded 16 School-Based Trainees who commenced their traineeships as Health Service Assistants, with 11 of them continuing to their second year

of the program in 2024. Furthermore, 2023 saw an additional four School-Based Trainees graduate from the Program as Health Service Assistants. These Trainees are now qualified Assistants in Nursing and have all gone on to undertake further studies at university in 2024.

(Pictured) Christian (Nursing) and Zali (Allied Health), finalists in the 2023 NSW Training Awards, Hunter & Central Coast Region. Zali taking out Aboriginal Trainee of the year for the region.

Thank you to all involved in nurturing our future nursing and midwifery workforce in Darkinjung Country.

For further information on these programs, contact Linda Tanner and Nathan Bramston, Aboriginal



Workforce Development, Talent & Capability, People & Culture
CCLHD-SchoolBasedTrainee@health.nsw.gov.au

Highlights from the Casual Pool

CCLHD casual pool nurses and midwives are a professional and dedicated team of talent that work in partnership with the nursing and midwifery services across the district. CCLHD recognises the invaluable contribution of this unique workforce in meeting our staffing requirements - and acknowledges their significance as a crucial asset to our healthcare workforce.

In 2023, the casual pool staff for nursing and midwifery consistently fulfilled shifts across our various sites and services.

Position	Number of employees
Assist In Nursing (Student). Midwifery	5
Assistant In Nursing	138
Enrolled Nurse	75
Registered Midwife	43
Registered Nurse	463
Grand Total	724

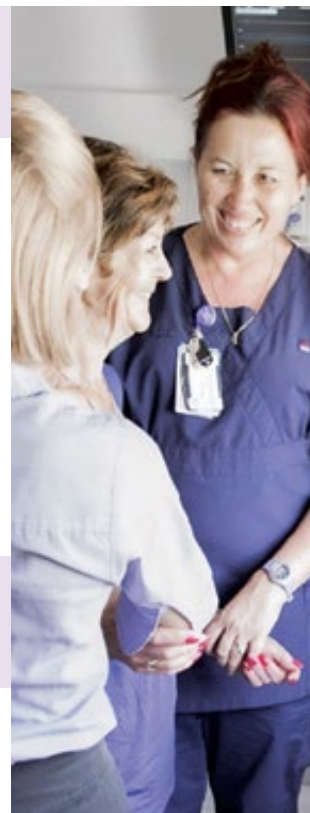
Nurses and Midwives onboarded or transferred onto the casual pool in 2023:

Position	Number commenced in 2023
Registered Nurse	159
Enrolled Nurse	22
Assistant in Nursing	64
Registered Midwife	6
Assistant in Midwifery (Undergraduate)	7
Grand Total	258

Highlights for 2023 include:

- The completion of 238 Performance Development Reviews (PDRs) for our casual nurses.
- Provision of 1.6 FTE CNEs to assist with the education support of our casual nurses across the District.
- Delivery of a focused casual nursing education evening.
- Mandatory training of casual pool staff was also supported by utilising trained assessors from the casual pool.
- Permanent appointment to Nurse Manager Nursing and Midwifery Programs to support the supplementary workforce.
- Monthly publication and distribution of the Casual Pool Newsletter.

For further information on the Casual Pool, contact Clare Harris Nurse Manager Nursing and Midwifery Programs-Casual Pool, Nursing and Midwifery Directorate 4320 2553 clare.harris@health.nsw.gov.au



Supporting our Staff



Embark on the Preceptorship Learning Pathway

Our Education Consultants conducted four successful iterations of our preceptor program, featuring an engaging 8-week blend of live sessions and self-directed components. Out of 160 enrolments in 2023, an impressive 85 have completed the program, with the remainder expected to finish in early 2024. Positive feedback from RNs to CNEs showed they enjoyed the program's flexibility and content with 100% of respondents reporting the course equipped them for their role. Preceptors play a crucial role in guiding and mentoring others and contribute significantly to the growth and development of new staff by sharing their knowledge and expertise. Their unwavering commitment to excellence in this role is a valuable asset to CCLHD.

For further information on the Preceptor program, contact Rachel Newell, Education Consultant, Nursing and Midwifery Directorate. rachel.newell@health.nsw.gov.au



SIM Day

The highly impactful SIM Day co-designed with SIM Centre staff ran ten times with CNE support. This immersive experience covered crucial aspects such as clinical reasoning, the detection and escalation of care, graded assertiveness, and a refresher on clinical assessment techniques. The program also delved into manual handling of bariatric patients and the vital consideration of sepsis. All GradStarts successfully completed this training, further exemplifying our commitment to excellence in education and professional development.



Feedback has been positive:

"Learning is better when you can be up, moving and getting hands on! So, thanks"

"Very interactive and educational"

"Thank you for taking the time to explain things in detail"



Picture: CNE Simone Dring teaching GradStarts Nasogastric tube insertion in the simulation environment.

Innovation in student nursing placements- K9 Dedicated Education Unit Pilot



Pictured: DEU end of clinical placement celebrations. Jo Vine K9 NUM (centre), Mary Kelly (Nurse Manager Clinical Practice) Julie-Anne Olaisen (Education Consultant) and staff, University of Newcastle Bachelor of Nursing students, Melissa Pickering A/EDONM (far left).

A Dedicated Education Unit (DEU) was piloted in K9 in Gosford Hospital for 4 weeks in October 2023 through a collaborative partnership between the University of Newcastle School of Nursing and Midwifery, Gosford Hospital K9 and the Nursing and Midwifery Directorate. A DEU is a collaborative model of clinical teaching and learning between tertiary education providers and healthcare institutions that differs from the preceptor model, which is primarily a one-to-one relationship between preceptor and student.

University of Newcastle Bachelor of Nursing students completed four weeks of their second-year clinical placement in K9 DEU. There, they worked alongside the nursing team who took on the clinical teaching role enthusiastically, mentored the students and modelled best nursing practice. The students were also supported by a dedicated Clinical Nurse Educator and university facilitator, who were embedded on the ward supporting them to translate knowledge into practice and gain mastery of knowledge and clinical skills.

DEUs have been shown to deliver an overall enhanced experience of clinical placement to nursing students with improved outcomes around clinical knowledge, skills and competence compared to a traditional model of student placement. The K9 DEU experience was rated highly and overall reported to be a positive experience for the students and the K9 nurses with some comments from students included below:

Student 1

"I had an amazing shift today. I had a 4-patient load with Kim. It felt great to have some more autonomy over patient care. With Kim's help, I did all the medications, assessment, IVs and handed over. Also got to assist with a bellovac dressing in the afternoon. I feel I have learnt so much this week. The handover simulation session was also really helpful and concreted my learning on what the expectations are for handover. An all-round amazing day."

Student 2

"Today I felt like a real nurse, I was put with Andrew who let me lead the way, I took a patient load of 4 patients and handed over those patients. The RN let me plan out the day and figure out what needed to be done next. He would test my thinking on meds and if we would give/what they were for a patient as they had low blood pressure. I was able to see a more holistic view of nursing through clustering my tasks like bowel charts, VIP scores, skin assessments. He took me along the process of how to put a JMO task, how to fill out a blood form, how to get a patient set up for a blood transfusion. I also assisted with a VAC dressing which I am feeling more comfortable and confident with each dressing I do. And many other things that helped my clinical thinking throughout the day that help to piece many things".

For further information about the DEU project, contact Mary Kelly Practice Consultant, Nursing and Midwifery Directorate via mary.kelly@health.nsw.gov.au

Commendable commitment to In-Charge of Shift training

We acknowledge the commitment of 136 dedicated nurses and midwives who successfully completed the In-Charge of Shift training day. This program focuses on developing leadership qualities, refining decision-making skills, and effective communication strategies. The goal is to foster smooth coordination among the nursing and midwifery team, maintaining a safe environment for patients, women, and their families. Heartfelt appreciation is extended to the presenters whose invaluable contributions played a key role in the success of this transformative program.

RN/RM as Teacher

In 2023, a significant milestone was the introduction of our new online RN/RM as Teacher eLearning module. This module plays a crucial role in supporting staff to understanding the responsibilities of the RN/RM as educators, and the importance of fostering a learning environment for all. The online module highlights our commitment to flexible educational initiatives. 768 RN/RMs have successfully completed this transformative module, reinforcing CCLHD's dedication to fostering continuous learning and excellence in the nursing and midwifery professions.

Leadership Development

We had the privilege of having staff from the NSW Nursing and Midwifery Office join us over two days in 2023 to launch the Nurse/Midwife Unit Manager Leader Success Profile and the Clinical Nurse/Midwifery Educator Leader Success Profile. The Leader Success Profiles define the leadership elements required to be an

outstanding NUM/MUM or CNE/CME and can be used to inform better decision making across the career and talent development lifecycle. The CCLHD Nursing and Midwifery Unit Managers Leadership Development Pathway aligns to the Leader Success Profile and was also launched at the events.



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A range of professional and leadership development resources were created by the Nursing and Midwifery Directorate team in partnership with stakeholders in 2023 to provide staff with options in their development. A few stand outs include the Novice to Expert Pathways and the Nursing and Midwifery Unit Manager Development Pathway.

For further details please visit the [Nursing and Midwifery Directorate Intranet Page](#)

Nursing and Midwifery Research Operational Plan 2022-2026

In February 2023, the Nursing and Midwifery Leadership Committee endorsed the Nursing and Midwifery Research Operational Plan 2022-2026. This pivotal plan is designed to empower our nurses and midwives to actively contribute to the District's overarching Strategic Research Plan for the period 2022-2026. At its core, the plan aims to establish a foundation for nurses and midwives across CCLHD to assume leadership roles and engage meaningfully in diverse research endeavours.

Acknowledgment is due to the crucial role played by the Nursing and Midwifery Research Advisory Group in shaping the Nursing and Midwifery Research Operational Plan. Their invaluable insights and contributions ensured alignment with the overarching objectives and priorities of the nursing and midwifery community.

The Plan is accessible on the [Nursing and Midwifery intranet](#). For further information, contact Dr Jennie King, Nurse Manager Nursing and Midwifery Research, Nursing and Midwifery Directorate jennie.king@health.nsw.gov.au



Celebrating our nurses and midwives



International Nurses Day

As the single largest workforce group, nurses and midwives are there at every turn, making a real difference to the care and experience of patients, women and their families and carers. International Nurses Day is celebrated each year on 12 May, on the birthday of Florence Nightingale, the founder of modern nursing.

On International Nurses Day, we acknowledged the compassion, professionalism, and round-the-clock commitment of nurses caring for patients in the public health system. Celebrations were held across our sites and services.



International Day of the Midwife

A message from the Lynne Bickerstaff, District Director Nursing & Midwifery, on the International Day of the Midwife 2023:

On 5 May we take time to reflect, acknowledge and celebrate the contribution of midwives to the women and families within Central Coast, New South Wales, Australia and across the world. The theme for International Day of the Midwife 2023 was "Together again: from evidence to reality".

This time of celebration enables us to reflect on the ongoing progress in midwifery and that every day our amazing midwifery teams come work together to strive to make the experience for our mothers and babies memorable and safe with care and compassion.

I would like to take this opportunity to thank each and every one of you for your ongoing commitment to high quality midwifery care and the dedication, skill and compassionate care you provide to women and their families here on the Central Coast.

I encourage you to reflect as individuals and as teams on your own career journey and take pride in your contributions and knowing that you are part of the 'bigger picture' of the future of our community here on the Coast.



Pictured: Nadine Bridget DONM,
Wyong and Long Jetty Hospitals



Celebrating Nurse Practitioner Day

On December 12, CCLHD Nurse Practitioners celebrated Nurse Practitioner Day. The year's theme was Leading, Shaping and Strengthening Healthcare. The District pays tribute to all our Nurse Practitioners acknowledging their commitment to patient care their professionalism and the expert care they provide to our Central Coast community.

Pictured: Jacqueline Jagger, Elsie Mari, Anne Purcell, Emilia Serban, Nicole Flannery, Naomi Fenton, Helen Kingsland Judith Jacques, Helen Smith, Catherine Blackamore.





Launch of the Home Birth Model

On 26 October, a new model of care was launched in Maternity services, the publicly funded home birth model. This is a significant milestone for CCLHD, our Midwives and community. The first home birth occurred on 25 November 2023, with the joy and excitement of the woman and her family a gift to be celebrated.

Central Coast Midwifery Group Practice (CCMGP) offers safe, publicly funded homebirth to women on the Central Coast. Homebirth is an extension of CCMGP birthplace choices, ensuring continuity of care throughout pregnancy, birth and the postpartum journey and is provided in the comfort of home.

For further information on Home Birth, contact the midwifery team: CCLHD-Homebirth@health.nsw.gov.au or 0414 193 132.



Photo: Karen Kennedy A/OMM, Lynell Hill Director Women Children and Families & Kelley Lennon NaMO Principal Advisor Midwifery

Nurse/Midwife-Led Research Initiatives

Nursing and midwifery research is booming! In 2023 there has been a significant 88% rise in nursing and midwifery projects with research ethics and/or governance approval. This number increased from 17 in 2022 to 32 in 2023, with five more literature reviews underway. Additionally, an impressive total of 15 papers have been published in peer-reviewed journals, clear evidence that our Nursing and Midwifery Research Operational Plan is being actioned.

Project information is available in the *Nursing and Midwifery Research Projects* document on the [Nursing and Midwifery intranet page](#). Some project examples are provided below.

Current projects to December 2023	No. projects
LHD nurse/midwife-led research projects	26
<ul style="list-style-type: none"> • Ethics/governance approved (10) • QI with Research Office review (11) • Literature review (5) 	
Projects in collaboration with CCLHD	10
<ul style="list-style-type: none"> • Ethics/ governance approved (10) 	
Nurse/midwife-involved research projects	1

Keeping it CLEEN

The CLEANing and Enhanced disinfection (CLEEN) study: A randomised control trial investigating the effect of improving the cleaning of shared medical equipment on healthcare associated infections.

CCLHD Honorary Conjoint Scholar, Professor Brett Mitchell is working with the District on the NHMRC funded CLEEN trial.

Healthcare-associated infections (HAIs) are a common, costly, yet largely preventable complication impacting patients in healthcare settings globally. Improving routine cleaning of the hospital environment has been shown to reduce the risk of HAI. Contaminated shared medical equipment presents a primary transmission route for infectious pathogens yet is rarely studied.

The CLEEN study commenced at Gosford Hospital in March 2023. The project aims to assess how enhanced cleaning of shared medical equipment affects the rate of HAIs in a tertiary hospital setting. The initiative is an evidence-based approach combining staff training (technique, product choice), audit and feedback to environmental services staff to enhance cleaning practices. The study is supported by a 2021 NHMRC Investigator Grant.

Principal investigator: Professor Brett Mitchell, CCLHD Honorary Conjoint Scholar. Co-investigators: Katrina Browne, Nicole White, Peta Tehan, Philip L Russo, Maham Amin, Andrew Stewardson, Allen Cheng, Kirsty Graham, Gabrielle O'Kane, Jennie King, Martin Kiernan, David Brain.



Midwifery led project: Help for Hyperemesis Gravidarum (HG)

Clinical Midwifery Consultants, Rachael Petherbridge and Jane Peters (pictured), led a special project to enhance support and care pathways for pregnant women facing the challenges of hyperemesis gravidarum (HG). HG, characterised by severe nausea and vomiting, significantly impacts women's physical and mental health.

The NSW Ministry of Health HG Project Initiative aimed to improve the integration between hospital, community and primary care providers by transforming pathways to care with service redesign. The District has created a new care model in response to this initiative: HG HiTH (Hospital in the Home). Local service needs were assessed by examining quantitative service data, and consumer engagement with women to understand their lived experience of HG. Key stakeholder collaboration included the existing HiTH service, the emergency department, obstetricians, midwives, primary care and the Ministry of Health.

The model offers streamlined referral pathways, personalised care plans, and a flexible approach to service delivery. Women can access personalised HG care through symptom assessment and goal setting, with options for outpatient or in-home IV fluid rehydration and medication review. The service also utilises digital health applications



via smart phone for remote support, ensuring accessibility for women during pregnancy.

Rachael emphasised the importance of recognising HG's impact on daily life. The redesign focuses on improving quality of life through personalised care. Jane commented, "We are very excited to be offering new ways to help pregnant women with HG – both in the hospital and at home." Acknowledging the difficulty of dealing with HG, Rachael and Jane want those affected to know they are not alone, as local help and support are readily available.

Future research will focus on evaluation of the service with Patient Reported Outcome Measures (PROMs), and data analysis to determine impacts on hospital presentations, quality of life scores, and goal attainment.

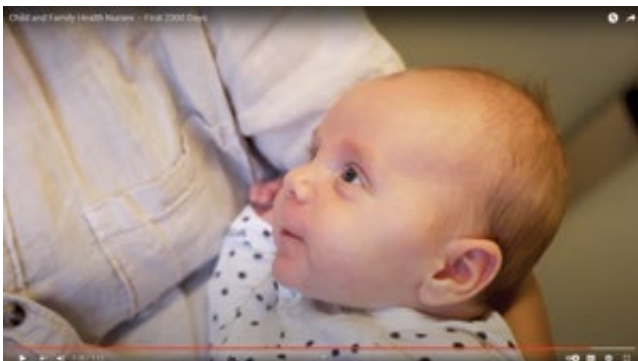
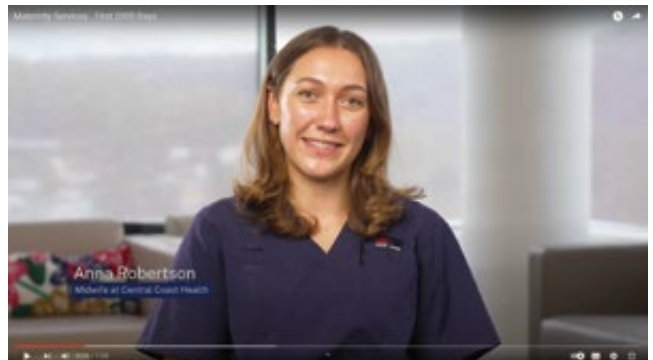
Launch of the First 2000 Days video series

On 10 August 2023, we proudly launched the First 2000 Days videos, a collaborative endeavour between Maternity Services and Child & Family Health. With thanks to a funding grant from the NSW Ministry of Health, the project team created four impactful short videos. These videos promote the crucial importance of the first 2000 days, spanning from conception to age 5, a period of rapid brain development in a child's life. A child's environment and experiences during this critical timeframe have a lasting impact on the child's development, learning and overall wellbeing.

Associate Professor Elisabeth Murphy from the Ministry of Health launched the videos and delivered a compelling presentation, articulating why the first 2000 days of a child's life should be recognised as a collective responsibility for all.

The videos can be viewed in the links below.

- The Importance of the First 2000 Days of Life <https://youtu.be/xVPiLKvt5yk>
- Maternity Services-First 2000 Days <https://www.youtube.com/watch?v=SdhSzRPU3yM>
- Child & Family Health Nurses-First 2000 Days <https://www.youtube.com/watch?v=QqWi0M6Ayqk>
- Ngiyang -First 2000 Days https://youtu.be/yzsjGcY_kU



Focus on Falls Prevention

In April, the District had an exciting focus on falls prevention as part of April Falls month, and it was inspiring to witness the high level of engagement from staff across our nursing services.

A range of activities occurred across sites as part of the month, some highlights being:

- 'Orange Wednesday' with all staff encouraged to wear orange to highlight falls prevention.
- The CCLHD Falls Symposium featuring a range of education and QI project talks
- Promotion of the hospitals' community channel
- Fun Falls activities at safety huddles
- People's choice poster competition

Pictured: Gosford April Falls Celebrations



Paediatric Behavioural Triage Clinic

As we review the accomplishments of the past year, the Paediatric Behavioural Triage Clinic stands out as a beacon of success in our commitment to comprehensive care. This clinic has consistently demonstrated the incredible benefits of multidisciplinary, multi-agency collaboration for children who would otherwise remain on a waitlist without initial investigation, support, and assessment while waiting for formal review.

The clinic will continue to be a service to watch throughout 2024 as we undertake the evaluation of its performance and patient outcomes from the past few years of pilot work. The Paediatric Behavioural Triage Clinic received funding from the Commonwealth to develop and evaluate the service. Consequently, we welcomed Julie Draper to the Health Services Manager role, and soon we will be welcoming an additional Care Navigator position to expand the clinic.

The Quiet Pathway

A standout achievement in our efforts to support children with significant behavioural issues is the successful trial of the 'Quiet Pathway.' The goal is to streamline admission procedures for quick patient turnover in a calm environment, especially for behaviourally challenged, severely autistic or aggressive nonverbal patients. Executed through D4, this initiative has been a source of collective pride for the entire team. Witnessing the pathway's success, we are pleased to observe its utilisation and refinement. The 'Quiet Pathway' has proven to be an invaluable resource, with more children and clinicians accessing and requesting this specialised service pathway.

Older Persons' Patient Safety Program

Wyong Hospital partnered with the Clinical Excellence Commission to improve the care and experience for older persons and reduce hospital acquired complications, particularly falls. Two inpatient units, 2C and 4A, stormed ahead in 2023 with their ideas and strategies for improvement.

2C Improvement Strategies included:

- **Snack Pack:** This initiative is designed to stock the ward with a small selection of individual patient appropriate snacks that can be offered to patients outside of normal meal-times. This initiative is designed to de-escalate high falls risk patients who would attempt to get out of bed or go to the kitchen for a snack.
 - **TV Tokens:** This initiative provides patients with a TV token when their behaviour is escalating, increasing their falls risk and increasing their aggression to staff. This occurs particularly when they desire to watch TV shows but lack an active TV token.
- 4A Improvement Strategies Include:
- **Communication Boards & Team Allocation:** There is a current trial of improved use and layout of the patient bedside communication boards, and the staff are exploring options of changing the Team allocations to allow improved access to patient and care delivery.

Nadine Bridgett, Facility Lead and DoNM Wyong and Long Jetty, said, "I would like to take this opportunity to acknowledge and thank all of the staff involved in 2C and 4A in keeping the momentum of the program and leaping ahead into action."

Any questions or feedback please contact Nadine Nadine.Bridgett@health.nsw.gov.au

Celebrating our achievements



Excellence in Nursing and Midwifery Awards

2023 CCLHD Excellence in Nursing and Midwifery Awards

The 2023 CCLHD Excellence in Nursing and Midwifery Awards were announced on 11 May 2023. The virtual ceremony was an opportunity to recognise and celebrate the outstanding efforts of nurses and midwives who are exemplars in their profession, and who make a difference to the health and wellbeing of Central Coast communities.

Congratulations to the following winners for their outstanding excellence in nursing/midwifery:

Nurse of the Year

- Emily Giltinan, Registered Nurse, IPU, G5 Gosford Hospital

Highly commended

- Kirsten Evans, CNE Medicine, Wyong Hospital
- Andrew McLachlan, AIN IPU K2, Gosford Hospital

Midwife of the Year

- Teneille Thurston, Registered Midwife, Midwifery Group Practice

Highly commended

- Tanya Edwards, Registered Midwife, Birthing Suite Gosford Hospital

Nursing/Midwifery Leader of the Year

- Lynelle Hill, Operational Midwifery Manager, Women Children and Families

Highly commended

- Emma Hornsby, Program Manager, Hospital in the Home (HITH)
- Benita Bolcina, CNC Rapid Response/Intensive Care, CCLHD

New to Practice Nurse of the Year

- Megan Spear, Registered Midwife, Midwifery Group Practice

Nursing Team of the Year

- Hospital in the Home (HITH), Community Chronic & Complex Care

Highly commended

- Substance Use in Pregnancy and Parenting Service (SUPPS), Drug and Alcohol Service, Community Chronic & Complex Care

Midwifery Team of the Year

- J7 Maternity Ward, Gosford Hospital

Highly commended

- Clinical Midwifery Education Team, Women Children and Families



Pictured: Nurse of the Year - Emily Giltinan (left) and Midwife of the Year - Teneille Thurston (right)



Pictured: Midwifery Leader of the Year -Award Morning Tea -Lynelle Hill



Pictured: : New to Practice Nurse/ Midwife of the Year -Megan Spear



Pictured: Award Morning Tea -Teneille Thurston and Megan Spear



Pictured: Nursing Team of the Year -Hospital in the Home (HITH), Community Chronic & Complex Care



Pictured: Midwifery Team of the Year -J7 Maternity Ward, Gosford Hospital



Excellence in Nursing and Midwifery - NSW State Awards



CCLHD's **Dr Jennie King**, Nurse Manager Nursing and Midwifery Research, was recognised for her exceptional lifetime contribution, and named as a finalist for the Judith Meppem Lifetime Achievement Award at the NSW Health Excellence in Nursing and Midwifery Awards 2023.

This award recognises the contribution of an outstanding nurse or midwife who, throughout their career, has had a positive and sustained influence on patients, the health system, and their profession.

Jennie is an inspiring leader dedicated to evidence-based practice. Over many years, she has driven nursing and midwifery research activities to improve patient care on the Central Coast. She was acknowledged in Federal Parliament by Dr Gordon Reid, Member for Robertson, who congratulated her on this recognition, stating "her commitment to health care and research highlights her dedication to her community."

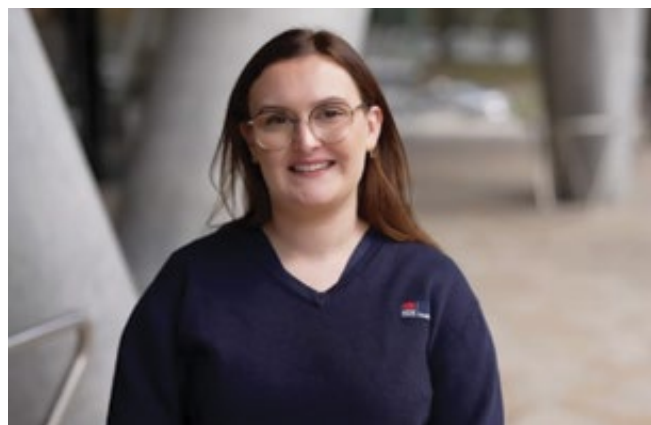
On learning that she was a finalist, Jennie commented, *"I'm feeling truly humbled and honoured to be selected among so many deserving nurses and midwives."*



Emily Giltinan was recognised as an outstanding nurse and named as a Nurse of the Year finalist. Emily goes above and beyond to give exceptional care to her patients and her enthusiasm inspires and motivates others.

Emily enjoys the fast pace of G5 surgical ward at Gosford Hospital and loves seeing patients progress under her care. *"Our patients come in for major surgeries and we see them at their most vulnerable. While it's sad when they leave, it's great to see them back on their feet and ready to go home and get on with their lives,"* said Emily.

While Emily's skills as a nurse are now being celebrated, she remembers all too well her nerves as a student and embraces opportunities to support students and colleagues in training. Congratulations Emily! We're sure your nomination will inspire nursing students and graduates across the Central Coast!



Congratulations to **Megan Spear**, a Registered Midwife who was nominated for the New to Practice award due to her outstanding performance. As a Group Practice Midwife, one of Megan's key strengths lies in her ability to tailor her care to meet the individual needs and wishes of the families she works with.

She is committed to providing woman-centred care.

"I'm passionate about protecting the space for women.

Pregnancy, birth and the postpartum period are pivotal for women. I want to give women choices, and support and empower them to make the right choice for them," said Megan.

Megan's nomination took her by surprise but she enjoyed the "nice, fuzzy feeling" of being recognised for her hard work!



Pictured: Megan Spear, Melissa Pickering and Jennie King at the Award Ceremony in Parliament House in Sydney.

Nursing Hall of Fame

Professor Brett Mitchell, CCLHD Honorary Conjoint Scholar and Professor of Nursing and Health Services Research Avondale University, was honoured at the 34th International Nursing Research Congress in Abu Dhabi, United Arab Emirates, held in July 2023. He joins 21 others — and 292 since the inception of the Hall of Fame — who have achieved “significant and sustained national or international recognition” and whose research has “improved the profession of nursing and the people it serves.”

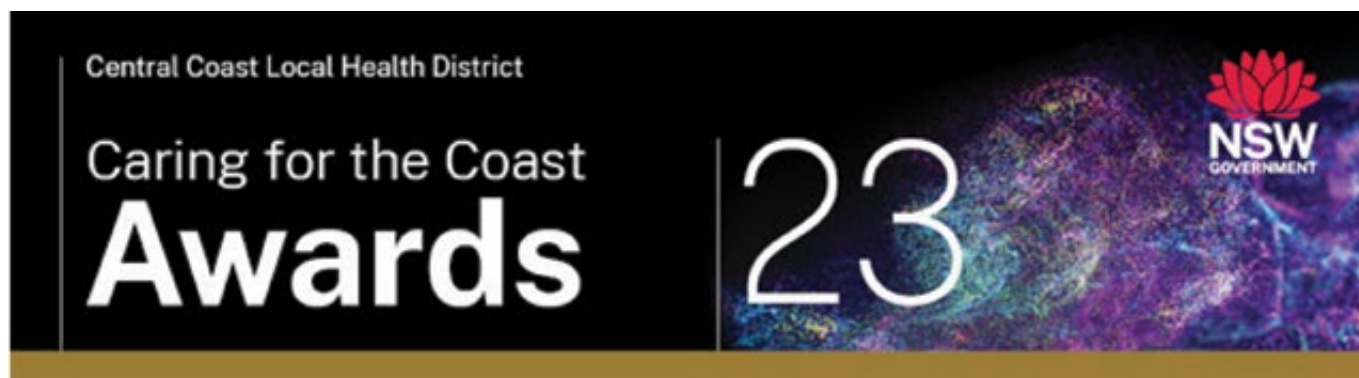
The induction provided Brett another opportunity to raise awareness of infection control and prevention.

“I feel passionate about it because I see the impact on patients and health services — saving lives and reducing the burden of healthcare-acquired infections.” While infection control and prevention involves a range of disciplines, the Hall of Fame award highlights “the important contribution nurses make.”

Congratulations to Brett on this prestigious career milestone. This recognition is a testament to Brett's unwavering dedication and exceptional service, particularly in the field of infection prevention and control.



2023 Caring for the Coast Awards winners and finalists



Congratulations to our nursing and midwifery **WINNERS** and finalists in the Caring for the Coast Awards for 2023.

Staff Member of the Year

Catherine Palmer CME – Finalist



Cath is legendary for her wealth of knowledge about the care of postnatal women and newborn infants. In her role as a Clinical Midwifery Educator, she supports many staff and facilitates training and education days.

Cath is passionate about improving the care and experiences of women. She provides support to midwives in becoming accredited in the Comprehensive Check of the Well Newborn (blue book), is working to implement changes in the way the Midwifery Support Program (MSP) documents care and has championed the use of expressed breast milk by midwifery staff.

Cath empowers all midwives to be their best. Cath is calm, approachable, has a can-do attitude and is highly regarded by her colleagues.

Patient Safety and Experience Award

CNC-pharmacist referral pathway to reduce falls, delirium and polypharmacy – Winner



The Drug Burden Index (DBI) is a clinical risk assessment tool that measures an older person's total exposure to medicines with anticholinergic and sedative effects that impact physical and cognitive function. Patients with a high DBI are more likely to suffer falls, delirium and medication misadventures. This initiative created a pathway whereby clinical nurse consultants (CNC) refer patients with a high DBI for a priority medication review by the ward pharmacists with the aim of deprescribing and reducing DBI.

Of the referrals to date, more than 70 per cent received an immediate pharmacist review. There were opportunities to deprescribe in 80 per cent of cases and 75 per cent of these patients had a reduced DBI score at discharge. Where deprescribing was not possible in inpatient settings, goals were shared with primary care teams. This unique referral pathway ensures the patient receives timely, patient-centred, multidisciplinary care.

Improving paediatric pathways to care - Finalist

This innovative collaboration between Wyong Paediatric Unit (WPU) and Child and Family Health nurses (CFHN) identifies children on the WPU waitlist with common early childhood issues that could be addressed by Child and Family Health nurses. Families are contacted and offered a CFHN appointment. Following the CFHN appointments some clients are discharged, others remain on the waiting list, while others are referred to additional services for assessment or support.

The waitlist and wait times have been reduced since the project commenced. In July 2022 there were 231 children on the waitlist – this number was only 27 in April 2023. The reduced wait time will have significant health impacts with early recognition and intervention pivotal to improving the wellbeing of children and their families.



K8 falls prevention project - Finalist

The K8 team implemented an initiative in response to patient falls on the ward. Investigations revealed that patient falls were occurring in or on the way to bathrooms. Analysis of patient experience audits indicated that three quarters of patients were not aware of their individual falls risk.

Adjustments were made to patient communication boards to include individual risk status and mobility function. Standard practice was changed to highlight the communication boards and include a discussion about a patient's risk status with the patient or family during bedside handover. The K8 team also prioritised staying with high-risk patients in the bathroom. There has been a 68 per cent reduction in patient falls over a 12-month period.



Research, Innovation and Sustainability Award

The Dino Op Program – Finalist

A distressed or anxious child can cause significant operating theatre delays. The novel Dino Op program familiarises children with the process of having an operation in a fun and child-friendly way. Children read the Dino Op book before their operation, staff caring for the child wear a name and role sticker that matches their character in the book and a scavenger hunt activity distracts children on their way to theatre.

The Dino Op program has resulted in reduced perioperative anxiety and distress, reduced the time taken to manage anxiety and distress and created cost savings by reducing theatre delays. There was also a reduction in the use of pre-meds and post op analgesia. The team is looking to embed the program into standard practice and other Districts have expressed interest in adopting the program. The project team are Kate McGill, Justine Roberts, Jennie King, Penny Owens, and Shuyan Lai.



Team of the Year

Nursing and Midwifery Directorate – Finalist

The Nursing and Midwifery Directorate (NMD) is made up of nursing and midwife leaders who work across the District providing leadership and expertise in nursing and midwifery programs, professional development, research, education and clinical practice. They are a small team but their output and impact is significant, playing a pivotal role in promoting positive cultural change, collaboration and shared learning.

In the last year they have worked to improve and enhance clinical documentation, novice to expert pathways, NUM development pathways and NUM self-assessment against the professional practice framework. The NMD used creative and innovative ways to attract and increase the workforce of casual nurses and midwives and developed supported transition programs for nurses, midwives and nursing assistants. A recent standout achievement was the creation of the innovative 'O Week', an orientation event for graduate nurses launched in February 2023.



Funding Success

SLAM-B project – In 2023, the SLAM-B research study ‘Self-administration of Bortezomib for patients with myeloma’ achieved notable success by securing two research grants:

- NSW Regional Cancer Research Network grant \$40,199
- Crestani Foundation Scholarship \$15,000

The project focuses on assessing the feasibility, safety and acceptability of a novel model of care, allowing eligible myeloma patients to self-administer Bortezomib chemotherapy in the comfort and convenience of their own home. Progress has been steady with all patients now enrolled in the pilot study.

These grants play a crucial role in supporting the study by funding data collection and analysis. Additionally, they will facilitate the commencement of the qualitative patient stories phase and an economic evaluation scheduled for 2024. The primary objective is to reduce hospital visits and enhance the overall patient experience. Encouragingly, early feedback from participants indicates a positive impact.

The research team, led by Jacqui Jagger Haematology Nurse Practitioner, shared preliminary findings at two significant conferences: the 6th Australian Nursing and Midwifery Conference held in May 2023, and the 3rd Asia Pacific Conference on Integrated Care in November 2023. This progress marks a significant step forward in our ongoing efforts to transform patient care and contribute to advancements in nursing research.



Caring for our Future Research grant 2023

In December, the 2023 Caring for our Future Research grant recipients were announced.

Congratulations to Dr Karen Myors CNC Child & Family Health who was awarded \$13,480 for the research project titled “Development and Evaluation of a Community Breastfeeding Assessment Tool”. The project aims to develop and evaluate a Community Breastfeeding Assessment Tool to support breastfeeding assessments conducted by Child and Family Health Nurses. The tool will be embedded in an infant weight loss guideline.



Acute Stroke Team Strikes Gold

Our Acute Stroke Team was awarded another Gold Status Angel Award from the World Stroke Organisation (WSO) in recognition of their ongoing commitment to improving care and treatment options for stroke patients.

“The impact stroke has on individuals, families and society is incalculable, but we’re achieving great things here on the Central Coast,” said Margie, Clinical Nurse Consultant in Neurology.

Our dedicated and passionate team works in collaboration across all disciplines in pursuit of achieving the highest standards of care for our stroke patients. This results in positive patient outcomes and experiences and increases the likelihood of survival and stroke recovery.

“We are delighted with our Gold Status Angel Award and have our awards proudly displayed outside The Acute Stroke Unit at Gosford so everyone can see our success and be reassured that they are receiving the most up-to-date, world-class treatment and therapies.”

Congratulations to our Acute Stroke Team on this fantastic achievement!





6th Australian Nursing and Midwifery Conference *Celebrating our Successes: Transforming Practice for the Future*

In May 2023, the Central Coast Local Health District co-hosted the 6th Australian Nursing and Midwifery Conference in partnership with Hunter New England and Mid North Coast Local Health Districts and the University of Newcastle. The event, held at the Newcastle Exhibition and Convention Centre, featured an outstanding program that highlighted innovations in clinical practice, research, and education led by nursing and midwifery professionals.

We take particular pride in the active participation of our Central Coast nurses and midwives, who delivered nine oral presentations and presented several posters, showcasing their dedication and expertise. The conference also featured an exceptional Keynote Address by our Honorary Conjoint Scholar, Professor Brett Mitchell.

With over 250 delegates from across Australia, the conference served as a valuable platform for networking and knowledge exchange. It provided an opportunity to celebrate the collective accomplishments of clinicians, researchers, and educators in the field.

Representing CCLHD on the Organising Committee were Dr Jennie King (Co-Chair) and Mary Kelly Practice Consultant. The District is a Platinum sponsor supported by the District Director of Nursing and Midwifery. Plans are already underway for the next conference, scheduled to take place in 2025.

6th Australian Nursing and Midwifery Conference Oral presentations

Patients' experience of a new model of integrated specialist wound management

PRESENTER: Jonathan Brinton, Nursing & Midwifery Directorate

Development of a community breastfeeding assessment tool

PRESENTER: Dianne Zammit, Child & Family Health

Subcutaneous Immunoglobulin (SCIg) Home-based Therapy Program – Community pharmacy collaboration

PRESENTER: Rachel O'Neill, Clinical Safety, Quality & Governance

Optimising school readiness: a mixed methods study exploring enablers and barriers for families to attend child health checks

PRESENTER: Karen Myers, Child & Family Health

The Dino Op Program: An integrated approach to reducing children's perioperative anxiety

PRESENTER: Kate McGill, Gosford Operating Theatres

Self-administration of subcutaneous chemotherapy: Preliminary findings from a feasibility study

PRESENTER: Jacqueline Jagger & Emma Parr, Cancer Services

Palliative care model for people with Behavioural and Psychological Symptoms of Dementia

PRESENTER: Alex Bowman, Mental Health (co-presented with Jenny Ford Mid North Coast and Maree Gallop Hunter New England LHD)

Development of an Essential Nursing Care Prioritisation Framework

PRESENTER: Colleen Vandy, Director of Nursing and Midwifery

Hyperemesis Gravidarum: Innovations in care through a 'Hospital in the Home' program

PRESENTER: Rachael Petherbridge & Jane Peters, Maternity Services

Poster presentations

Use of video by healthcare professionals for procedure support: a scoping review.

PRESENTER: Jackie Colgan, Critical Care Services

World Breastfeeding Week Art Competition 2020 & 2022

PRESENTER: Karen Myers, Child & Family Health



Successful "Meet our Nursing and Midwifery Research Experts" Event

On 17 October 2023, the Level 10 Collaborative Space buzzed with intellectual energy as we hosted the "Meet our Nursing and Midwifery Research Experts" networking event at the Central Coast Research Institute. The event provided an opportunity for our esteemed nursing Honorary Conjoint Scholars and research health professionals to share their wealth of knowledge and experiences with local staff. The informative session included short presentations by two distinguished Honorary Conjoint Scholars and three accomplished clinician researchers. The line-up featured:

Professor Alison Hutton

School of Nursing and Midwifery,
University of Newcastle

Dr Sarah Yeun-Sim Jeong

Senior Analyst NSW Health &
Adjunct Associate Professor,
University of Sydney

Elsie Mari

Nurse Practitioner Aged Care (PhD
candidate)

Jane Peters & Rachael Petherbridge
CMCs Hyperemesis Gravidarum

These presentations highlighted the diverse and impactful research initiatives undertaken by our dedicated professionals, showcasing the breadth of expertise within our nursing and midwifery community.

Following the presentations, the event transitioned into a lively networking morning tea, providing an informal setting for attendees to engage in meaningful conversations, exchange ideas, and establish valuable connections. The collaborative atmosphere fostered a sense of community among our researchers and practitioners.

We extend our gratitude to all who contributed to making this event a success and look forward to further enhancing our collaborative research initiatives in the coming year.





Publications

Congratulations to our nurses and midwives for their valuable contributions to evidence-based practice through the publication of professional works. Here is a compilation of publications authored or co-authored by CCLHD nurses or midwives and affiliates (**highlighted in bold**) in 2023:

- **Mary-Ellen Barker, Jennie King, Brett G Mitchell**, Dawson A, Crowfoot G. The effect of hospital volunteering on empathy in nursing and medical students. *Collegian*. (Accepted for publication 15 Nov 2023)
- **Brett G Mitchell**, Stewardson AJ, Kerr L, Ferguson JK, Curtis S, Busija L, Lydeamore MJ, Kirsty Graham, Russo PL. (2023). The incidence of nosocomial bloodstream infection and urinary tract infection in Australian hospitals before and during the COVID-19 pandemic: an interrupted time series study. *Antimicrobial Resistance & Infection Control*, 12(1), 61. <https://doi.org/10.1186/s13756-023-01268-2>
- Ryan H, **Brett G Mitchell**, Gumuskaya O, Hutton A, Tehan P. (2023). Moisturizers, emollients, or barrier preparations for the prevention of pressure injury: A systematic review and meta-analysis. *Advances in Wound Care*. <https://doi.org/10.1089/wound.2023.0002>
- **Oliver Higgins** & Wilson RL (2023). Commercial determinants and therapeutic chatbots: A mental health nursing perspective. *International Journal of Mental Health Nursing*, n/a(n/a). <https://doi.org/10.1111/inm.13199>
- Orvad H, **Jacqueline Colgan**, Paull G, Proctor R, Chalmers J, White S, ... Carr B (2023) Synchronising to the Continued Beat: Development of State-Wide ECG Online Learning Modules. *Heart, Lung and Circulation*, 32, S332. <https://doi.org/10.1016/j.hlc.2023.06.484>
- **Jacqueline Colgan**, Bromley PI, Mclvor D, Proctor R, Greenwood M (2023) Practice Standards for Australian cardiovascular nurses: An electronic Delphi study. *Collegian*, ISSN 1322-7696, <https://doi.org/10.1016/j.colegn.2023.03.003>
- Wilson RL & **Oliver Higgins** (2023). Editorial: The continued importance of mental health nurses engaging with social media and related emerging technologies. *International Journal of Mental Health Nursing*, n/a(n/a). <https://doi.org/10.1111/inm.13129>
- Browne K, White N, Tehan P, Russo PL, **Maham Amin**, Stewardson AJ, Cheng AC, **Kirsty Graham**, O'Kane G, **Jennie King**, Kiernan M, Brain D, **Brett G Mitchell**. (2023) A randomised controlled trial investigating the effect of improving the cleaning and disinfection of shared medical equipment on healthcare-associated infections: the CLEaning and Enhanced disinfection (CLEEN) study. *Trials*. 24(1):133. <https://doi.org/10.1186/s13063-023-07144-z>
- Browning S, Davis JS, **Brett G Mitchell**. (2023) Have gloves and gowns had their day? An Australian and New Zealand practice and attitudes survey about contact precautions for MRSA and VRE colonisation. *Infection, Disease & Health*. <https://doi.org/10.1016/j.idh.2023.03.006> Epub ahead of print (15 April 2023).
- Wilson RL, **Oliver Higgins**, Atem J, Donaldson AE, Gildberg FA, Hooper M, Hopwood M, Rosado S, Solomon B, Ward K, Welsh B. (2023) Artificial intelligence: An eye cast towards the mental health nursing horizon. *International Journal of Mental Health Nursing*. 32(3):938-944. <https://doi.org/10.1111/inm.13121> Epub 2023 Jan 30.
- Lewis S, Triandafilidis Z, Curryer C, **Sarah Yeun-Sim Jeong**, Goodwin N, Carr S, Davis D. (2023) Models of care for people with dementia approaching end of life: A rapid review. *Palliative Medicine*. 0(0) <http://doi.org/10.1177/02692163231171181>
- **Oliver Higgins**, Short, B. L., Chalup, S. K., & Wilson, R. L. (2023). Interpretations of innovation: The role of technology in explanation seeking related to psychosis. *Perspectives in Psychiatric Care*, ID 4464934. <https://doi.org/10.1155/2023/4464934>
- **Oliver Higgins**, Short BL, Chalup SK, Wilson RL. Artificial intelligence (AI) and machine learning (ML) based decision support systems in mental health: An integrative review. *International Journal of Mental Health Nursing*. Epub ahead of print (2023 Feb 6) <https://doi.org/10.1111/inm.13114>
- **Brett G. Mitchell**, McDonagh J, Dancer SJ, Ford S, Sim J, Kate Browne,... Kiernan, M. (2023). Risk of organism acquisition from prior room occupants: An updated systematic review. *Infection, Disease & Health*. <https://doi.org/10.1016/j.idh.2023.06.001>
- Thottiyil Sultanmuhammed Abdul Khadar B, Sim J, McDonagh J, McDonald VM, **Brett G. Mitchell**. (2023) Air purifiers for reducing the incidence of acute respiratory infections in Australian residential aged care facilities: A study protocol for a randomised control trial. *Infect Dis Health*. S2468-0451(23)00037-8. <https://doi.org/10.1016/j.idh.2023.05.006> Epub ahead of print.



Central Coast Connections Expo

To celebrate Human Experience Week the team from the Nursing and Midwifery Directorate hosted a stall at the 'Central Coast Connections Expo' to showcase Nursing and Midwifery on the Central Coast.

Human Experience Week recognises that the experiences of our patients, their families and carers cannot be separated from the experiences of our caregivers – staff and volunteers.



Pictured: Members of the Nursing and Midwifery Directorate team



Showcasing a Nursing and Midwifery Career at CCLHD

In 2023 the Nursing and Midwifery Directorate Nursing and Midwifery Programs Nurse Managers, attended five University career expos to highlight CCLHD as an employer of choice for graduate nurses. Attendance at these career expos contributed to CCLHD having the highest number of GradStart nurses in NSW in 2024.



Pictured: Nurse Manager Nursing and Midwifery Programs Alison Read

GradStart Evening

In June, we conducted an online information forum for graduating nurses and midwives to explore the GradStart programs available here on the Central Coast.

The session featured speakers from various specialty areas – including Emergency, Maternity, Paediatrics, Community, and Mental Health – who discussed both direct entry 12-month programs and general entry programs.

For further information about the GradStart Program, contact Louise Waymouth, Nurse Manager, Workforce & Strategy, Nursing and Midwifery Directorate. Louise.waymouth@health.nsw.gov.au

Supporting Future Nurses and Midwives

In response to Wadalba Community School's request for decommissioned beds to support their inaugural VET nursing course, we were delighted to offer our assistance.

These beds now form a crucial part of the school's simulated hospital environment, providing students with hands-on experience as they pursue their Certificate III in Individual Care. Upon graduation, these students have the option to continue their education at TAFE or university, working towards a future career in nursing.

We are thrilled to see these repurposed beds contributing to the training of the upcoming generation of nurses.



