

# Diversity Health Newsletter

## October - December 2023



**DISABILITY INCLUSION WEEK 2023**

Disability Inclusion Week was held at Sydney/Sydney Eye Hospital from 4-8 December 2023 to coincide with the International Day for People with Disability (3 December). Disability Inclusion Week at SSEH focussed on educating clinical staff about ensuring that patients with physical, developmental, or intellectual disabilities receive equitable healthcare throughout their healthcare journey at SSEH. Some of the week's highlights included a roaming Education Trolley; whereby staff could answer a few short quiz questions and win a prize, the interactive experience with Vision Australia and the Guide Dog Australia education.

**L-R: Yael Rottanburg, Diversity Health Coordinator and Danielle Morgan, A/Deputy Manager, Orthoptics with the Disability Awareness Week Education Trolley**



If you did not have an opportunity to participate in the Disability Awareness Week quiz, click [here](#) to have a go!

### Reasonable Adjustments in a healthcare setting

For health care services to be accessible and safe for people with a disability, adjustments need to be made. In practice, 'reasonable adjustment' means removing barriers for people with disabilities to ensure they have the same access to healthcare services as other people.

#### Some examples of 'reasonable adjustments'

- adjusting communication methods by considering the patient's communication needs
- addressing the patient's ability to cope with different environments, changes in routines, unfamiliar procedures, and unfamiliar staff
- allowing extra time to provide the support that is required

To read more about 'reasonable adjustments' and other ways healthcare staff can provide patient-centred care for a patient with a disability, click on the cartoon or scan the QR code on the next page.



### Admission2Discharge (A2D) Together tool

The Admission2Discharge (A2D) Together tool was developed to improve the hospital experiences of people with a cognitive disability, their carers, families, and disability support staff. The tool was designed to reduce communication errors and improve the hospital experience for patients with an intellectual, cognitive, or psychosocial disability.

#### How does the A2D Together tool help to reduce patient concerns?

- ✓ inform staff how a patient likes to be supported
- ✓ inform staff how they communicate
- ✓ explain behavioural triggers
- ✓ prevent family/carers from having to repeat handover information

#### **Admission to Discharge Together tool in action!**

**Starring our very own Deputy Director of Nursing, George Bayeh!**

Watch this short video (7 minutes) to see how effective the A2D Together tool is in providing patient-centred care throughout the patient's journey! Click on the image below or scan the QR code to watch it.



For more information and resources, click on the A2D image below or scan the QR code.





The symbolism and colours of the Aboriginal and Torres Strait Islander flags are an essential part of the identity of the First Nations people.

### The meaning behind the Aboriginal and Torres Strait Islander flags



**Black:** represents the Aboriginal people of Australia  
**Yellow:** represents the Sun, the giver of life and protector  
**Red:** represents the red earth, the red ochre and a spiritual relation to the land



**Green:** represents the land  
**Blue:** represents the Sun, the giver of life and protector  
**Black:** represents the Torres Strait Islander people

**Do not forget to ask every patient if they identify as an Aboriginal or a Torres Strait Islander!**

**We must not assume that just because a person does not 'look' Aboriginal, they do not identify as such.**

### Why do we need to know?

If a patient identifies as an Aboriginal or Torres Strait Islander, then we can:

- refer them to the Aboriginal Hospital Liaison Officer (Aunty Linda)
- provide culturally appropriate care

If you or your staff still need to complete the online *Asking the Question* training on HETI, click the image below or scan the QR code.

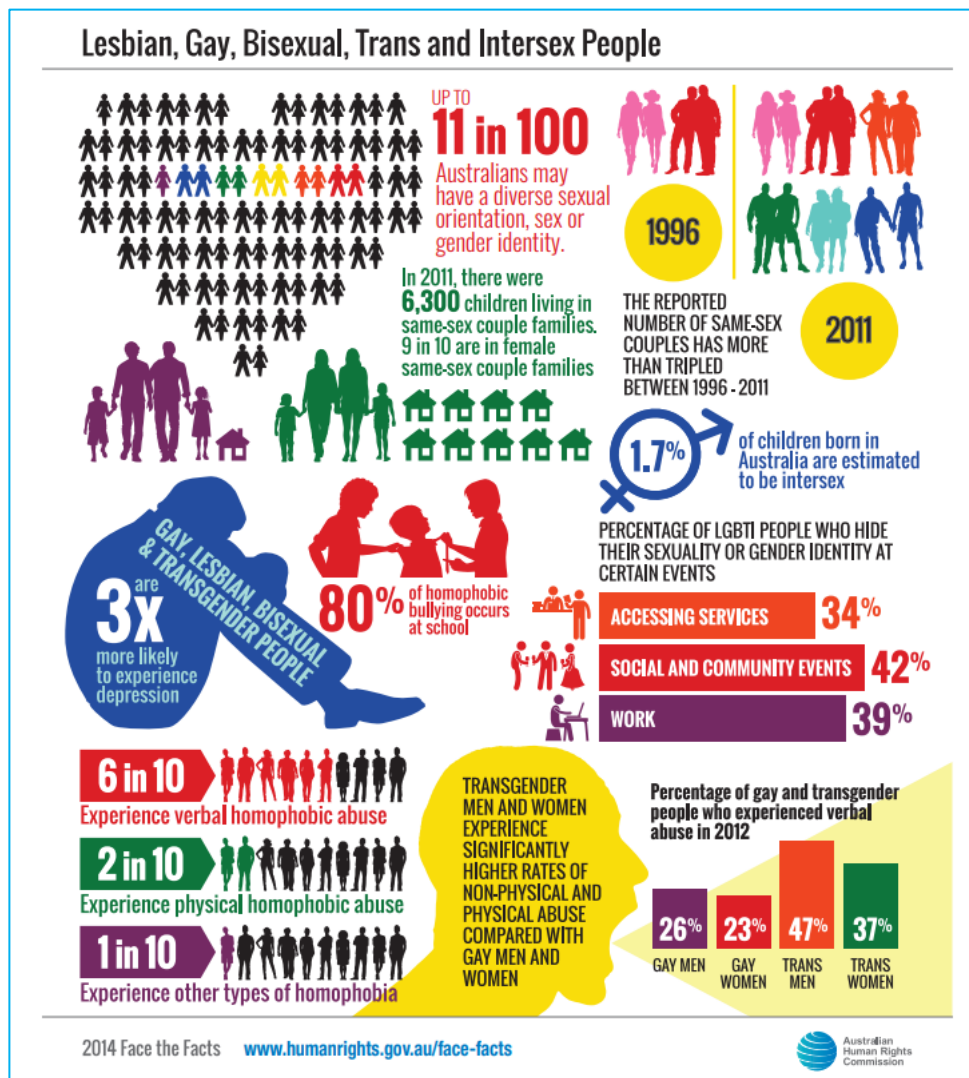




## GENDER DIVERSITY

Evidence shows that LGBTIQ+ people experience poorer health outcomes than the general population due to the stigma and discrimination they face in the health system. One way to help bridge this gap is to learn the correct language and terminology, which supports recognition, trust and safety.

### Did you know?



The NSW LGBTIQ+ Health Strategy 2022-2027 provides direction to all NSW Health organisations and staff so that collectively, we can deliver the best care to LGBTIQ+ people and work with them to achieve optimal health and wellbeing, including the health, wellbeing and safety of our health workers who identify as LGBTIQ+. To read the Strategy, click on the Pride Flag or scan the QR code.



Pride Celebrations 2024	
Monday 26 February – Friday 1 March 2024	
<b>Monday 26 February</b>	Catch the Diversity Health Education Trolley, answer some Pride-themed quiz questions, and win a prize
<b>Tuesday 27 February</b>	Showcase your baking skills in the SSEH's annual Pride Bake-off competition
<b>Friday 1 March</b>	Pride Rainbow Scrub Friday
<b>Throughout the week</b>	Wear the Pride ribbon (supplied by your manager)



## A TASTE OF HARMONY

The Clinical Nurse Consultant Ophthalmology Community Liaison, Suzana Stefanovic grew up in Serbia eating Cornbread with Cheese. Just the aroma of the bread baking in her kitchen brings back memories of cold winter mornings when she was woken up by the aroma of cornbread coming from the kitchen. The origin of the cornbread recipe is linked to the Native Americans however the recipe has been modified amongst Serbian people and by adding local products it enabled a new, enhanced, unique, and authentic taste and flavour. It is a regular dish in Serbian cuisine, and it represents a part of everyday menus in Serbian kitchens.

To access the recipe, click on the image below or visit the SSEH'S Diversity Health page and navigate to to [A Taste of Harmony – recipes from Sydney/Sydney Eye Hospital](#).



## DO YOU NEED MORE INFORMATION, OR WOULD YOU LIKE TO MAKE A CONTRIBUTION TO THIS NEWSLETTER?

If you would like more information about any resources in this newsletter, or would like to book a training session, please contact Yael Rottanburg, the Diversity Health Coordinator via email at [yael.rottanburg@health.nsw.gov.au](mailto:yael.rottanburg@health.nsw.gov.au) or calling her on extension 27409. If you would like to contribute to the next quarterly newsletter regarding Diversity Health information, related projects or achievements in your ward/department, please email the details to [yael.rottanburg@health.nsw.gov.au](mailto:yael.rottanburg@health.nsw.gov.au) by Thursday 14 March 2024.