

23 October, 2012

## South Eastern Sydney Local Health District innovative projects win NSW Health Awards

Two innovative South Eastern Sydney Local Health District projects were among the winners at the NSW Health Awards, presented on Friday 19 October, 2012 at the Australia Technology Park.

The *Active Play at Playgroup: Addressing Child Obesity* took out the top prize in the *Keeping People Healthy to Avoid Unnecessary Hospitalisation* Category. This Health Promotion project addresses childhood obesity in newborn to five-year-old children from disadvantaged backgrounds.

South Eastern Sydney Local Health District Health Promotion Officer, Libby Powell said the main aim of the project is to build the capacity of supported playgroup staff by providing them with training and resources to make active play a priority.

“The project has provided opportunities for the improved health and wellbeing for more than 1,500 children and their families and aims to enhance what the playgroup centres do every day to ensure active play becomes part of their daily business,” Ms Powell said.

“It’s great a project focussing on prevention has been recognised at the NSW Health Awards, especially given it concentrates on a group of young children who need it most,” she said.

Another winning project, involving clinicians at the Royal Hospital for Women, *Tiny Infant + Mighty Nutrition = Healthy Beginning*, received the top prize in the *Collaboration – Working as a Team* Category.

According to Director, Newborn Care, Royal Hospital for Women, Associate Professor Kei Lui, very sick newborn babies are set to greatly benefit from intravenous nutrition formulation, thanks to collaboration between Royal Hospital for Women Neonatal Intensive Care Unit clinician Dr Srinivas Bolisetty and clinicians from other NSW Neonatal Intensive Care Units.

“Previously there were 32 different neonatal Parenteral Nutrition (PN) formulations for very sick newborn babies being cared for in Neonatal Intensive Care Units in NSW. Consensus forums at the Royal Hospital for Women, involving all NSW Neonatal Intensive Care Units have developed common PN formulations based on best clinical evidence,” Professor Lui said.

“These intravenous nutrition formulations comprising all essential nutrients, minerals and vitamins will optimise the growth and development of these most vulnerable babies. Importantly, this formulation has been adopted by many Neonatal Intensive Care Units across Australia and New Zealand, as well as some units overseas,” he said.

A South Eastern Sydney Local Health District mental health project called *Access to Meaningful Work: Changing Attitudes and Practices*, which successfully supports mental health consumers in achieving meaningful employment outcomes, was also a Finalist in this year’s Awards.

Terry Clout, Chief Executive, South Eastern Sydney Local Health District said it was pleasing to see a strong representation of the innovation and excellence in our health system being recognised as part of the NSW Health Awards.

“The programs submitted, particularly those aimed at giving young children a healthy start to life, creating better patient journeys and improving healthcare, are real examples of how the patient’s health and wellbeing are at the core of decision making and how health professionals are working diligently to improve the patient experience in our hospitals,” Mr Clout said.

Mr Clout said that the Awards highlight the outstanding achievements made by healthcare workers, while also providing a forum for sharing knowledge to further support the advancement of healthcare provision in NSW.

“The NSW Health Awards are an important vehicle for presenting improvements in the quality of healthcare being provided in our health system,” Mr Clout said.

More than 160 programs from across the NSW Health system were entered under 11 categories, with 35 Finalists selected in this year’s NSW Health Awards.

To judge the entries, 48 representatives were selected from across the health system, including Non Government Organisations, universities, public and private sector and the community.

**South Eastern Sydney Local Health District**

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