



TRACS WA E-BULLETIN December 2019

TRACS WA is the Western Australian Department of Health's
premier subacute care training unit

MESSAGE FROM THE TRACS WA COORDINATOR

Dear Colleagues,

The TRACS WA team were very pleased to recently welcome Jacqui Sawle as our new Unit Coordinator. Unfortunately Jacqui is not continuing in the position, due to personal reasons. It will be re-advertised in mid-January.

We are looking forward to welcoming a new team leader in 2020 and continuing to strengthen existing relationships with clinicians and other stakeholders, as well as developing new relationships with consumer advocacy groups to co-design learning modules for implementation state wide.

The past few months have again been busy with the [12th Cardiac Rehabilitation and Secondary Prevention \(CRSP\) session](#) in October on 'Heart Healthy Eating Recommendations', which was very well attended via multiple VC sites state-wide. We are pleased to welcome [Rural Health West](#) to join us in collaboration for future CRSP sessions, details of which will be available in the New Year. They have several helpful resources on their website including '[Distance is no obstacle podcasts](#)' which might be interesting summer listening.

The 5th National Disability Insurance Scheme (NDIS) Health Community of Practice (CoP) in November, focused on understanding disability related health supports. Tim Fettis from the National Disability Insurance Agency (NDIA) and Kate Bullock, Senior Social Worker with the Spinal Outreach Service, Fiona Stanley Hospital (FSH), both gave very informative presentations to the on-site and VC attendees, and question time certainly highlighted the need for ongoing sessions within this CoP to ensure thorough understanding of the NDIS by clinicians in the subacute care setting. We look forward to delivering more educational sessions in 2020 based on your feedback and needs.

Our dynamic and engaging Development Facilitators have delivered training to many different providers in the last few months, receiving very good feedback. We also seek feedback from attendees two months post training to see how they have implemented tools from the training sessions on their ward or in their community setting, and to understand the impact of their learning on care delivered. This feedback is important to us as it assists us when we are reviewing modules to ensure we meet our vision statement - *Western Australian clients requiring sub-acute care will receive co-ordinated, best practice care from skilled, engaged and committed clinicians*. We are always happy to hear from, and assist, clinicians who believe there is a gap in service provision, which may be addressed via training module development, establishment of a [CoP](#) or by supporting a [workplace learning fund application](#).

TRACS WA staff members Fiona Waller and Helen McLean kindly assisted with, and supported, the recent WA Stroke Symposium. This was very well attended and there were many interesting and innovative presentations over the weekend, which can all be viewed in the [Resources tab](#). Videos of the presentations will be uploaded shortly to our website.

We have also recently revised the video funded by TRACS WA and produced in collaboration with Busselton hospital, to create a generic short video - [Understanding Rehabilitation](#) -which describes a rehabilitation journey in an inpatient hospital setting. The video is designed to help a range of stakeholders understand more about inpatient rehabilitation.

We look forward to soon being able to announce our new Psycho-Geriatric Lead appointment and will be employing a new Development Facilitator in the New Year to add to our existing team. We have recently sent out training requests for 2020; if you did not receive this email and would like to see what we have on offer, please email us at tracsWA@health.wa.gov.au

TRACS would like to take this opportunity to thank you for your ongoing support in 2019 and wish you all a very safe and wondrous festive season. We look forward to working with you in the New Year.

Yours sincerely,

Barby Singer

A/Unit Coordinator

Allied Health Clinical Lead

TRACS WA

SUBACUTE CARE NEWS

Featured – [Practicing Compassion in your healthcare setting](#)

A big thank you to John Robinson, Lorna Davin and Alison Kirkman and all those who attended our Compassion in Healthcare Community of Practice (CoP) last week. It was an afternoon spent hearing about and exploring topics of Compassion in Palliative Care and how to have courageous open and honest conversations as well as gaining an understanding of the positive effects of mindfulness and emotional wellness on your positive health and cell function.

We appreciated the participant's time, commitment and energy in coming together and being part of thoughtful exploration and generating group questions and discussions. Thank you so much for your partnership and collaboration in the Community of Practice and we look forward to our journey ahead.

News items

- ['An Introduction to Inpatient Rehabilitation' video launch](#)
- [NDIS Community of Practice \(CoP\) 7 November](#)
- [Community of Practice \(CoP\) Focus Group](#)
- [Referral to rehabilitation project](#)
- [Tele-Mental Health – WA Country Health Service](#)
- [Recognising, Responding and Reporting the Abuse of Older People e-learning](#)
- [Brush up on your web-side manner](#)
- [New goal setting resources from Queensland Health](#)



GET IN CONTACT WITH TRACS WA

Email us via tracswa@health.wa.gov.au

"There is nothing in a caterpillar that tells you it's going to be a butterfly."

-Buckminster Fuller

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