

JHH UPDATE #19: COVID-19 SITUATION

27.4.2020

Dear Staff,

Thank you to everyone for your ongoing efforts to respond to the COVID-19 pandemic and commitment to providing high quality care to our patients and community.

Current Situation

I am very pleased to report that there are currently no COVID positive patients admitted to JHH.

Patient Experience Week 27 April – 1 May 2020

I am excited to share NSW Health have purchased an organisational membership to the [Beryl Institute](#). Membership to the Beryl Institute gives you and your teams access to the Institute's full library of patient experience white papers, research reports, webinars (including the archive of past webinars) and topic calls.

A webinar to introduce to the Beryl Institute and the benefits of membership has been scheduled for 5 May at 10am. You can [register for the webinar](#) online.

Staff Wellbeing

Mindfulness sessions with Dr Jennie Broughton will now be running on Tuesday and Thursdays for 20 minutes at 12:30 and 13:00 live on zoom.

Staff can join using this link:

<https://zoom.us/j/887029400?pwd=ZkFFM1lqSjFiMIB5NjFCejRSQXNqZz09>

ICU Registered Nurse, Mark Freund was the lucky winner of last week's SUBO giveaway. Congrats Mark, I couldn't think of a better recipient!!

The weekly draw for all health care workers at JHH continues with another winner to be drawn by SUBO this afternoon.

To enter, register using this link:

<https://mailchi.mp/841a74d183d9/suboathome>.



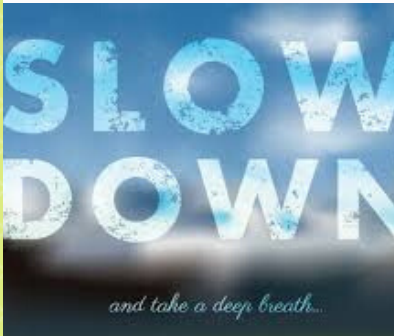
Communication

The next JHH staff information Broadcast is scheduled for Wednesday 29.4.2020 at 10.30am, staff can join this information session from any PC or mobile device browser by following this link: [Join the meeting](#)

Project Connect || April 2020

The first edition of the John Hunter Health and Innovation Precinct Newsletter can be accessed via this link: <https://sway.office.com/qUKuPLf0hIJqIQk?ref=Link>. This newsletter has been developed for the staff of the John Hunter and John Hunter Children's Hospitals as a way of keeping you connected with the redevelopment project and give you an opportunity to read some good news stories.

5 piece breath & movement routine



Step 1: Stop for a moment and check in

How is your energy right now? Out of 10?

How are you feeling right now? Bored? Stressed? Energised?

Take note of what is happening for you



Step 2: With your breath, stretch through the neck

On your inhale lift your chin up to ceiling. Exhale, draw your chin down towards your chest x 2. Bring your head to centre. On an exhale draw left ear to left shoulder. Draw up. Exhale over to right. Inhale up x 2

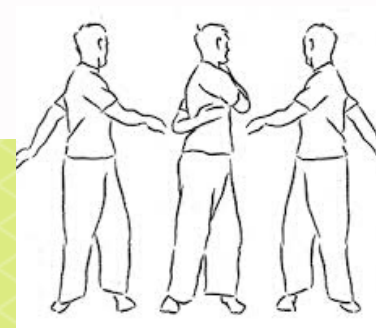
Stop. Take notice. How do you feel? In body, mind, energy?



Step 3: Open chest and hang forward

Standing straight open your arms out wide puffing out your chest on an inhale, exhale with bent knees roll down to hang forward. Hang for 3 breaths. Inhale drawing the body up, arms out wide x2. Gently roll up to finish.

Stop. Take notice. How do you feel? In body, mind, energy?



Step 4: Swing your arms from side to side to loosen up through your back

Stand with your feet about hip width apart, with bent knees swing your arms from side to side twisting your body as you move with the breath

Stop. Take notice. How do you feel? In body, mind, energy?



Step 5: Shake your body and breathe

Finally jump up and down, have a jig and shake

Finish your practice with 3 deep breaths

Stop. Take notice. How do you feel? In body, mind, energy?