



Health  
South Eastern Sydney  
Local Health District

The Sutherland Hospital  
430 The Kingsway  
Caringbah NSW 2229



Garrawarra Centre  
Old Princes Highway  
Waterfall NSW 2233



## Registered Nurse GradStart

### Aged Care Stream 2021

## The Sutherland Hospital/Garrawarra Centre Exchange

The Sutherland Hospital and Garrawarra Centre offers you a twelve month program which includes two clinical rotations, 6 months at Sutherland Hospital in areas such as Killara Acute & Killara Extension and Barkala & Aged Care Assessment Unit; and 6 months at Garrawarra Centre in the cottages such as Acacia, Banksia, Grevillea and Waratah. During this twelve months you will be supported by experienced Registered Nurses, Preceptors, Nurse Educators, Clinical Nurse Consultants as well as the Transition Coordinator.

The vision for South Eastern Sydney Local Health District (SESLHD) is 'Exceptional Care, healthier lives'. SESLHD is committed to enabling our community to be healthy and well, and to providing the best possible compassionate care when people need it.

**The Sutherland Hospital** (TSH) has a diverse Aged Care service with two dedicated acute aged care wards and a comprehensive community service. Aged care continues to pursue the best approaches to care, is actively involved in quality projects and research, and is affiliated with the major universities in Sydney and Wollongong. Each of the aged care wards have their own Clinical Nurse Consultants, Clinical Nurse Educators, and Clinical Nurse Specialists. These specialist staff offer education, guidance, mentorship and support to staff working in aged care, including Transitioning Registered Nurses employed in the 'Aged Care Stream' and Registered Nurses engaged in the formal 'Aged Care Career Pathway' program.

**Barkala** is a secure ward with a total of 23 beds catering for acutely unwell 'medical' aged patients. Care includes management of acute delirium, acute conditions on the back ground of chronic illnesses and in some cases, palliative care. Barkala also encompasses The Aged Care Assessment Unit (ACAU) which is a 9 bed unit (with 8 telemetry monitors). Patients who are admitted to ACAU have a rapid comprehensive workup with early interventions that may facilitate rapid discharge back home where appropriate. ACAU works under a Medical Assessment Unit (MAU) model of care, which has a 48 hour length of stay. This model of care has dramatically reduced the length of stay of older people within the Emergency Department, which has been demonstrated to improve patient outcomes in this patient cohort.

**Killara Acute ward** has a total of 27 acute 'medical' aged care beds and a purpose built 6 bed behavioural unit (Killara Extension). The Killara Behavioural unit, manages people with acute 'Behavioural and Psychological Symptoms of Dementia' (BPSD) who are often very anxious, agitated and at times aggressive. Killara Acute patients often have longer admissions due to the complexity of their issues, and require ongoing comprehensive multidisciplinary approach to manage their care. Care includes management of acute delirium, acute conditions on the back ground of chronic illnesses, chronic illness management, behaviour management and palliative care.

**The Garrawarra Centre** is an accredited 120 bed high care Dementia Specific public and teaching Residential Aged Care Facility (RACF), affiliated with major Sydney Universities and TAFE Colleges, and Wollongong University. The centre is located just south of Waterfall, approximately 24 kilometres south of Sutherland hospital and 38 kilometres north of Wollongong. Set in a beautiful natural bush setting, the centre is one of the few purpose-built dementia specific facilities

in New South Wales. Residents of the Centre live in one of four 30 bed Cottages. The Cottages each have their own garden areas and different living spaces. Garrawarra Centre endeavors to maintain a home-like appearance and atmosphere where residents are free to move around as they wish within a secure environment. Garrawarra Centre will appeal to nurses who have a particular interest in working within the complex specialty of dementia and who are committed to developing person centred care. There is a strong multidisciplinary team framework, nurses specialise in the safety, management and care of people in the end stages of this disease and work closely with the residents' families and friends to ensure the highest possible quality of life. Garrawarra Centre also provides and facilitates ongoing education for its staff including Transitioning Registered Nurses employed in the dedicated 'Aged Care Stream' and Registered Nurses engaged in the formal 'Aged Care Career Pathway' program. It is affiliated with the University of Wollongong as a teaching facility, as well as in research. The centre has Clinical Nurse Consultants, Clinical Nurse Educators and Clinical Nurse Specialists who provide education, support and mentorship to all staff.

Both TSH and Garrawarra Centre have a particularly friendly and supportive work environment, where all staff are considered valuable team members. We work together to provide our community with an excellent standard of health care.

### **Commencement date**

The proposed commencement date is February 2021.

### **Transition Framework**

The purpose of the transition program is to nurture and encourage you as a new Registered Nurse so that you develop and reach your potential. We aim to provide assistance in the workplace to ensure a smooth transition from university to the Registered Nurse role. We offer a supportive learning environment which provides you with a broad range of clinical experience. You will receive specialised orientation to the organisation and supernumerary status at the commencement of each of your clinical rotations. You will be employed on a 7 day rotating roster and we aim to allocate you a minimum of two weeks annual leave during your transition year.

To support your career you will be provided individualised learning and development opportunities and access to in-service and continuing professional education. As part of the Aged Care Stream you will attend allocated workshops that are specific to your practice within aged care with the aim to enhance your knowledge in working within this specialty area. TSH and Garrawarra Centre value lifelong learning and continuing education opportunities are provided to ensure you enhance your knowledge, skills and confidence.

A certificate is provided to you following completion of the Gradstart program and there will be opportunities to obtain ongoing employment based on position availability and successful application. There are many areas to consider for your future career as a nurse within the services offered to our community. Towards the end of the year, we will offer a series of professional development and career information sessions to assist you to be well positioned to continue your nursing career.

All staff have access to professional counselling services provided by Converge International and the 24/7 Nurse & Midwife Support service. Salary Packaging and Fitness Passport are also available to eligible staff members.

### **Accommodation**

There is no on-site accommodation at TSH. There is basic on-site accommodation available at Garrawarra Centre.

### **Transport**

If you wish to use public transport, TSH is a 10 to 15 minute walk to either Caringbah or Miranda railway stations. For further information you may wish to view the Transport Infoline. - <https://transportnsw.info/>

Please be aware that the Garrawarra Centre is not serviced by public transport; however there are plenty of car parking spaces available for you.

### **Information and contact**

If you require further information about The Sutherland Hospital, Garrawarra Centre or what our transition program offers, you are welcome to contact or email the Transition Coordinator:

#### **Alison Fowler**

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All enquiries welcomed!

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