

BRAMS

Sept 2022

NEWSLETTER





Broome
Regional Aboriginal
Medical Service

BRAMS *September 2022* NEWSLETTER

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CEO Report



The COVID-19 situation continues to evolve, and while we are still operating our respiratory clinic and providing services and support to affected people, there has been a reduction in cases across the Kimberley, and BRAMS has been able to transition away from our response plan to the recovery stage.

In early September we held an all-staff workshop. These six-monthly workshops have been extremely valuable in bringing staff together to discuss our successes and challenges, and identify ways that we can continue to improve our service delivery across the organisation.

This month we said farewell to Dr David Atkinson, who is retiring. He will be missed. On a personal note, I would like to thank David for all of his support, particularly when I first started at BRAMS and had to make some important changes to how we operated.

Cassie



New Staff

BRAMS is delighted to welcome the following staff to the Team:

Julia Wilson - Occupational Therapist

Where you are from / How long you been in Broome for ?

I have spent most of my life in Victoria and moved to Broome 2 years ago with my family. I have three children aged 10, 8 and 6 and we all love Broome so much. I have been working as an Occupational Therapist in Broome for the last 2 years, and feel so proud to have recently started working at BRAMS, which is such a highly regarded organisation for so many people in Broome, including me! The staff here have made me feel very welcome.

Role at BRAMS:?

I am working as an Occupational Therapist in the Aged and Disability Team at BRAMS. My role is to support older people to get back to doing things they enjoy after time in hospital, as well as helping people to keep their independence at home. I can also support people with disabilities to do the things they want to do, and to help them find equipment that might assist them to be as independent as possible in their daily activities. You may also see me in some of the support groups that are offered here at BRAMS. I am looking forward to meeting and working with the many wonderful BRAMS clients.

What you enjoy doing outside or work?

I love going camping and reading a good book on the beach whilst my kids and husband go fishing.



Welcome Julia !!

Employees of the Month

Grace Brown

"Grace hit the ground running 6 months ago and hasn't stopped. She works so hard to provide a genuine, reliable, flexible, empathetic and personalised service to each NDIS participant and their families. She is super thoughtful within her team and is always smiling, happy and looking out for others."



Joe Fong

"Joe did an amazing job single handedly looking after our Chronic Disease services for two weeks while his colleagues were away. He has been a revelation since joining BRAMS, and has quickly become an integral and valuable member of the team. He has a fantastic attitude and is keen to learn new skills. Keep up the great work Joe!"



World Asthma Week

September 1st - 7th was Asthma Awareness Week

The Chronic Disease team were busy performing additional spirometry (lung function test) to help guide treatment and management, and it was also a great opportunity to check in with our clients who have asthma, go over their inhaler technique, and offer an asthma action plan.

Asthma Week may have concluded, but we encourage anyone with breathing-related concerns to come and see us.

Finally, it's still really important to make sure you're up-to-date with your flu and COVID-19 vaccines. - Jonno

ASTHMA WEEK

CONFIDENCE IS USUALLY MISPLACED

3 in 4 people are **confident** they use their inhalers correctly...

...But only 1 in 10 people use them correctly

Come to BRAMS for your asthma check-up >

 Broome Regional Aboriginal Medical Service

08 9194 4800
2 Dora St Broome WA 6725
www.brams.org.au



Advance Life Support Training

KAMS recently ran an advanced life support (ALS) course and a basic life support course (BLS), which was a great opportunity for the BRAMS team to stay up to date on these vital skills.

Four of the clinical team completed the whole ALS course, five completed the refresher course, and a further four completed their BLS training.

We are very grateful that we often don't need to use these skills, but of course it is really important everyone remains familiar with the right techniques. It was great fun and everyone learnt a lot.

Thank you to KAMS - Jonno & Solly



Staff Workshop

We had a productive day at our all-staff workshop on 2 September.

BRAMS introduced these gatherings in 2021, and now hold them every 6 months, using the occasion to reflect on the work that we do and identify ways to improve our service delivery.

It's an important forum which gives all employees a voice in the way we care for the local community, and I want to thank all members of the team for their input and contributions.

It was particularly pleasing to see the progress that BRAMS has made over the past 12 months implementing our Model of Care.



R U OK DAY

R U OK Day is a national day of action when we remind Australians that every day is the day to ask a friend or loved one, "are you OK?"

It's important that we all have the confidence to start a meaningful conversation with people we care about who might be struggling with life.

To mark the occasion this year, the SEWB Team held a morning tea for staff which encouraged open conversations around the different ways to ask someone if they're OK.

Later that afternoon, TIS and SEWB staff teamed up to set a stall up promoting BRAMS' services at BSHS.

The activity set was a canvas painting of the words "R U OK?", where students will write, paint or draw something about help-seeking or self-care, or write a short message on how to check in on their family/peers.

At the conclusion of both events, staff and students will have the confidence to check in on someone who may be feeling down, and have conversations that can help others through difficult times in their lives.

RUOK?

A conversation could change a life.



RUOK?



Healthy People

STRONG COMMUNITY

BRIGHT FUTURE



Dr Jared Watts – The Prevent Project BRAMS Visit

On 5th September, BRAMS hosted WACHS Gynaecologist Dr Jared Watts, who demonstrated a new point-of-care cervical screening test which provides a result within 45 minutes, allowing for further testing to be done promptly.

The machine was only on-site for one day as part of a pilot program, but it presented a good opportunity to remind all women to get screened, which can now be done with a self-collect test. -Jonno



David Leaving

It was a sad day on 29 September when Dr David Atkinson officially started his retirement.

David dedicated over 20 years of his career to Aboriginal health in the Kimberley. He has been a wealth of knowledge at BRAMS, and mentored many GP's and students during his tenure.

We wish David all the best in his new adventures in Perth.



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NDIS Workshop

On 20 September, the Kimberley Consortium held a co-design workshop with the NDIA to discuss the successes of our Early Childhood Support Program, and how we can continue to work together to deliver this important program across the region.



BRAMS Fitness Challenge Updates

BRAMS conducted an 8-week fitness challenge for our staff which commenced on the 22nd August.

The challenge involves 40 staff members, and is a great way to create stronger relationships with colleagues, while also keeping fit and healthy!

We have had challenges with prizes along the way, including lunches, fitness sessions, boot camps, step challenges, and many more to come.

Follow us on Facebook for updates >>>



Healthy People

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TCP Evaluation

On 28 September, IPS Management Consultants attended BRAMS to commence the evaluation of the Pilot Project for the Transition Care Program.

Some of our participants attended the discussion and provided positive feedback on how the program assisted them to rebuild their independence after being discharged from hospital



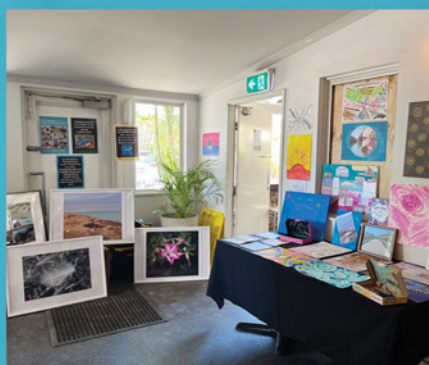
SEWB Workshop

The SEWB Forum was held in Derby on 20-22 September and was a chance for all SEWB teams and programs to connect, network, learn, and hear about the different programs and services being provided.

Stacey and Kara presented a session on the Art Therapy groups the SEWB and NDIS teams have been delivering this year, including an explanation of what art therapy is, how the groups are run, and the program's aims, art directives and outcomes.

The event was also a great opportunity to network with other organisations and learn about the different work that is being done across the Kimberley. It was lovely to get to know the Halls Creek SEWB team, and canvas the possibility of future collaborations between the two organisations.

It was fascinating to learn more about the work of the Traditional Healers, and look forward to seeing how we can incorporate it into our services for those clients who are seeking this kind of cultural support. The information on vaping was also very informative.





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