



Kawana Waters State College
Health Education Unit eNewsletter

119 Sportsmans Parade
Bokarina QLD 4575
Subscribe: <https://kawanawatersssc.schoolzineplus.com/subscribe>

Email: info@kawanawatersssc.eq.edu.au
Phone: 07 5436 9388



Edition 1 Term 2 2022

Introduction

This is our inaugural first edition of the Health Education Unit newsletter. The Health Education Unit at Kawana Waters State College (KWSC) was opened in 2017 where we welcomed 18 students. Our college is the health hub for over 15 schools on the Sunshine Coast including three state high schools in Rockhampton. Today we have over 300 students enrolled and 6 dedicated teachers and trainers delivering these courses.

Students who are enrolled in the Health Education Unit courses can complete one or more nationally recognised certificates. These certificates are:

- **Certificate II** – Health Support Services
- **Certificate III** in Health Services Assistance
- **Certificate III** in Health Services Assistance (Assisting in nursing work in acute care)

We currently work with a number of aged care facilities on the Sunshine Coast and some of our Health Education Unit trainers work at these facilities as well. Our trainers work closely with Connect & Grow (Registered Training Organisation). These trainers ensure students are trained and competent when they complete their work placement in an aged care facility along with knowing they will be able to enter the work force confidently whether it be as an Assistant in Nursing (AIN), to pursue a career in other medical vocations or continue their studies at university.

http://www.youtube.com/watch?v=xm_N7wCGHfk

Meet the amazing Health Education Unit staff

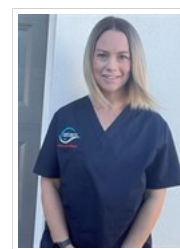
Helen Knowles – Registered Nurse and teacher

I have worked in an array of settings over the last 43 years of nursing including, plastic surgery, orthopaedics, theatre, and general medicine. I have worked as an EN, RN, Unit Manager, Nursing Director and Executive Director of Rockhampton Hospital for three years. I am still working as an RN (Registered Nurse) in Aged Care which I love, as well as teaching students in the health education unit at Kawana Waters State College.



Julie Tickle – Dual Registered Nurse, Mid Wife & teacher

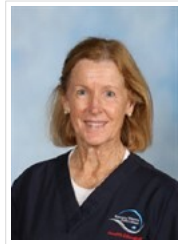
Hello, I am Julie Tickle and I have been on staff with the health unit for the past 3 years as a teacher. I am a dual registered nurse and midwife, currently practicing at the Sunshine Coast University Hospital in women's health. I am passionate about education and providing opportunity for students to master skills within a team environment. I have been privileged to work with our remote program in North Rockhampton and have been witness to incredible growth in the student's confidence, skills and community engagement.



The first cohort of Assistant in Nursing (AIN) students are set to go on placement this year and the grand opening of their purpose-built Health Unit will open at the end of this term. It's exciting to be a part of the start of a student's journey into a lifelong career within the health care industry.

Allison Lloyd-Rowe – Paramedic and teacher

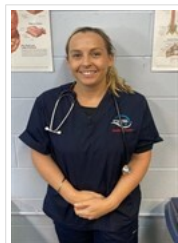
I have worked at the Kawana Waters State College Health Unit for a number of years and have enjoyed being involved in the improvement of student health literacy; and their personal and functional skills to participate in the health industry.



I bring both education, as a registered teacher, who has worked at executive management level and primary medical care, as a registered paramedic and First Aid Trainer. My work with the United Nations, as a short-term consultant, also provides me with personal and professional skills and knowledge on how hardship can affect a person's capacity to access health services and enjoy being able to interweave this into the Health Course.

Kim Trethowen – Clinical Nurse and Health Education Unit trainer

My name is Kim and I am a new member of the wonderful Health Education Unit at Kawana Waters State College. I am so grateful for this opportunity to share my knowledge and skills with students interested in a future in the health sector. My nursing experience spans 13 years- completing my degree in 2005, straight out of Highschool. Nursing has taken me all over the world- nursing in Canada and the UK and 4 different states of Australia. My main passion has always been in Paediatrics in which 10 of my 13 years was spent. In my recent years becoming a Clinical Nurse in the Paediatrics clinic, Telehealth and on the ieMR team as the Simulations coordinator. In my 'spare' time I still work casually in Paediatric emergency department at SCUH. I am eager to share my clinical knowledge as well as my health simulations skills to the students involved in our program.



Donna Halm – Registered Nurse and Health Education Unit trainer

I am really excited to join the Health Education Unit and looking forward to sharing my current knowledge and skills.

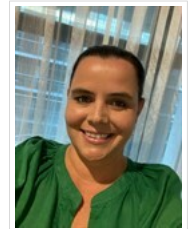
I am a Registered Nurse and I have been working in Aged Care for the last 20 years in clinical and education roles. I am working as an RN at Opal Kawana Waters and hopefully I will see some students there to complete their placement hours.



I have 2 boys and recently became a Nanny to my 6-month-old grandson Jaxon.

Karen Healey – Industry Liaison Officer

My name is Karen, I have recently joined the Health Education Unit. My role is to liaise with the aged care facilities, the college and students to ensure our students complete their work placements at quality facilities that will assist them with their future career pathways.



Prior to this role, I managed the enrolments for year 1 – year 12 at the college. I have worked in a number of schools both on the Sunshine Coast and in Canberra. After completing my studies in Hotel Management and Human Resources, I worked in a variety of roles including business development. I thoroughly enjoy working with the Health Education Unit staff, aged care facilities and students and look forward to seeing this program continue to grow and flourish.



*The wonderful Health Education Unit staff
From the left: Kim Trethowen, Helen Knowles, Allison Lloyd-Rowe, Julie Tickle and Donna Halm.*

First Aid Course

During Term 1 and Term 2 all students who are completing the Certificate III in Health Services Assistant participated in the new HLTAID012 Provide First Aid Course. The maturity of these students has been impressive as well as their genuine interest in learning new functional skills such as CPR, defibrillation, management of bleeding, snake bite, asthma, anaphylaxis and choking. The day long, hands-on course offered an opportunity for Health Trainees to interact, in scenarios, with patients in their time of need and it was encouraging to observe their genuine compassion and empathy for their patients.

Attention was given to develop understanding of the need to address their own safety as well as the safety and well-being of others with a focus on preventing or reducing the harm of emergencies. At the conclusion of the day students expressed personal satisfaction with their new skills and their increased confidence in assisting others in the community, at a time of need. All students passed their assessments with flying colours. Our health students are now prepared to step into any emergencies requiring first aid.



Above: Hannah applying a pressure bandage to Courtney's severe bleed.

Clinical Skills Workshop

Within the Certificate III Assistant in Nursing, lab skills are being performed on a weekly basis to teach students the practical knowledge required to this qualification. Students undertake a number of skills such as blood glucose recording, manual handling skills utilising full patient hoists, standing hoists and slide sheets, bed making, wound dressing and clinical observations.



Above: Alyssa at Opal Aged Care, Kawana Waters checking a patient's blood glucose level.

Assistant in nursing enrichment program

Enrichment = Opportunities

As an Assistant in Nursing (AIN) it is preferable that the individual is job ready and able to fulfil the role of an AIN when successful in gaining employment. In order to boost confidence and increase nursing skills within the AIN scope of practice, the more exposure a student receives can enhance an individuals' performance. Kawana Waters Care Community (Opal) and Kawana Waters State College have created a supportive enrichment program open to Kawana Waters State College Health Program students to gain invaluable training and skills within the area of aged care.

This program commenced at the start of term 2 this year and has allowed a number of students to attend on a Tuesday morning each week with Helen Knowles in attendance, to provide all activities of daily living for a number of elderly residents in the facility. The students assist in the provision of all cares such as, hygiene cares, assisting with mobility and mobility aids, technical skills, observational skills, assisting with food and fluids including the serving of food and assisting to feed residents in the dining room.

Students are accepted on the program via an Expression of Interest (EOI) process that is open to all health students studying in the Certificate III program.

Enquiries need to be directed to Helen Knowles - Senior Health Teacher

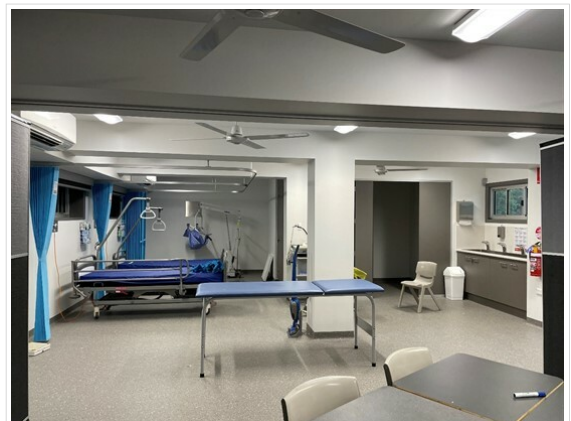
email: hxkno0@eq.edu.au



Above: Alyssa, Jordan, Helen Knowles and Margelina

Partnership with North Rockhampton State High School

Kawana Waters State College is focussed on ensuring all students have access to amazing programs! Currently we partner with North Rockhampton State High School to deliver our Health Program. Recently the school has undergone massive construction to create their own Health Education Simulated Ward. Our trainers conduct weekly Zoom meetings and also travel to North Rockhampton to ensure students have skills leading to real opportunities in the Health field. Students from Glenmore State High School and Rockhampton State High School also attend this program. In the latter part of Term 2 a team of Kawana Waters State College staff will be travelling to Rockhampton to celebrate the official opening of this amazing facility.



Below from left: Amanda Pearce (Deputy Principal – North Rockhampton State High School), Fiona Hebbard (Ramsay Health Care – Hillcrest Hospital – Chief Executive Officer), Kim Trethowen (Health Education Unit trainer), Julie Tickle (Health Education Unit teacher), Kim Henderson (Ramsay Health Care – Hillcrest Hospital 0 Director of Clinical

Services, Chloe Brown (Deputy Principal – Kawana Waters State College), Elly Gerbo (Acting Executive Principal – Kawana Waters State College), Kay Kirkman (CQ Regional Director), Kurt Goodwin (Principal – North Rockhampton State High School), Kerrie Huntly (Sponsor – Huntly’s Heave Equipment), Ella Smith, Brianna Bloomfield and Mia Robertson.

Above: Some of the students who are studying their Certificate II in Health Support Services.



Above: Some of the Rockhampton students who are completing the Health Education Unit courses by remote learning.

From the bottom left: Jasmine, Madison & Rebecca. Second row: Caitlin, Susan, Lilaha and Vanshika. Third row: Katelynn, Allyssa and Alula. Fourth row: Hayley, Montana and Bella. Back row: Teachers – Kelly McGuire and Elle Marie.

Health Education Unit Photo Gallery



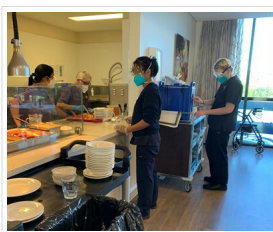
Above: Some of our wonderful Health Education Unit trainers, Julie Tickle and Elly Marie visiting the Health Education Unit students at North Rockhampton State High School.



Above: Students learning how to fit a collar and cuff for a potential spinal injury. Thank you Lillie for volunteering!



Above: Students doing an activity showing how micro organisms are transferred from surface to surface.



Above: Break time! Margelina and Alyssa in the café at Opal Aged Care, Kawana Waters.



Term 3 2022 Important Dates

Week 1: Monday 11 – Friday 15 July

- Monday 11 July - Visit to USC – Health Unit
- Some students commence one day per week placement at various Aged Care facilities

Week 3 – Monday 25 – Friday 29 July

- Friday 29 July – Visit to Gympie Hospital – only 35 students able to attend

Week 4 – Monday 1 – Friday 5 August

- Monday 1 August – Save the Date – Health Symposium (Health Heroes) at Kawana Waters State College

Week 9 – Monday 5 – Friday 9 September

- Last week of classes

School Holidays – September/October

- Monday 26 September - some students commence two-week placement at various Aged Care facilities