

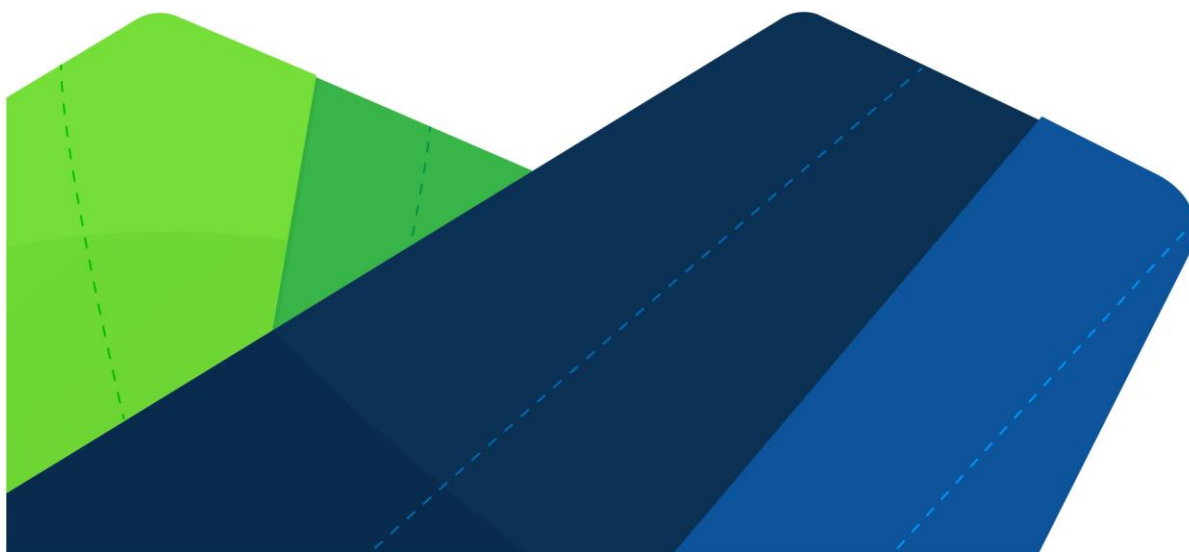


Hosted by Dr Jeannette Young and Lisa Davies Jones



Achieving joint outcomes

2018 *Partners in Prevention* Forum Report



Contents

Summary	4
Background.....	5
Attendance.....	8
Program.....	10
2018 forum evaluation results	15
Appendices	16
Appendix 1 – Forum Program.....	16
Appendix 2 – Key take-aways from the interactive group sessions.....	20
Appendix 3 – Forum evaluation results.....	24

Summary

This report provides an overview of the *2018 Partners in Prevention Forum*, including: program highlights, attendee reflections, key takeaways, and the evaluation results.

The annual forum provides an opportunity to share, learn and network, strengthening Queensland Health's collective ability to prevent the development of chronic disease. The forum aims to identify and promote a range of prevention initiatives led by Queensland Hospital and Health Services (HHSs) and provides attendees with the opportunity to engage face to face with their health and wellbeing and cancer screening colleagues across the state.

The second annual forum was held in Brisbane on 12 and 13 September 2018, attracting 96 attendees representing: HHSs; Department of Health; Office of the Minister for Health and Minister for Ambulance Services; Queensland Primary Health Networks (PHNs); and non-government organisations. A further 62 representatives joined the live webcast of the event.

The focus of the forum shifted in 2018 from the previous year moving from assessing priorities and future actions to showcasing the HHS champions leading the way by: sharing innovation and resources, forming strong cross sector partnerships, and embedding change within existing processes to improve system infrastructure.

"A lot of the solutions are simple. It's about connecting the dots. identify intersections and taking those opportunities to overlay the complexity."

A reflection shared by one HHS representative

Event organisers in the PHB were successful in building on the momentum generated by the forum in 2017. Abstract submissions and attendance more than doubled in 2018, with 40 submissions received compared to 17 and 96 attendees compared to 40 in 2017. Evaluation results from the attendee survey showed an improvement in 2018 across all indicators including: intention to take future action, opportunities to network, and relevance to their work.

Attendees recognise the forum as a unique opportunity to explore untapped partnerships and share knowledge and resources from a prevention perspective. Feedback from attendees revealed overwhelming support and appreciation to PHB for delivering the event.

Background

The *Partners in Prevention Forum* (the forum) brings together representatives primarily from Queensland Health and the Queensland Primary Health Networks. The forum is relevant for staff in decision-making roles and preventive health practitioners, including: Chief Executives, Executive Directors of Workforce, Directors of Public Health, Program Managers and other officers.

The forum was co-hosted by Dr Jeannette Young, Chief Health Officer and Deputy Director General, Prevention Division and Ms Lisa Davies Jones, Chief Executive, North West HHS.

The PHB has taken responsibility for delivery of the event, recognising the opportunity to enable effective preventive health activity across the health sector by providing the opportunity to connect, disseminate learnings and build capacity.

The 2017 forum

The first forum was held across two days in June 2017 in Townsville, attracting 42 representatives from across the state.

A professional facilitator was engaged over the two days. A range of preventive health initiatives were showcased and interactive group sessions were held to discuss and assess priorities to determine future actions in preventive health and encourage and support engagement and networking between colleagues. These sessions were designed to elicit feedback regarding the perceived prevention priorities.

The forum program was specifically designed to consider broad target audience groups (patients, workforce and community). A number of key presentations and interactive activities were conducted for each of the three focus areas. Key themes and anecdotal feedback from attendees focused on:

- **Support for ongoing collaboration** between the department and HHSs
- Concerns of **lack of funding** for prevention
- **Lack of clarity**, regarding the role of the Department and the HHSs to fund preventive health initiatives.

Planning the 2018 forum

In planning the 2018 forum, consideration was given to what worked well in 2017 and what could be improved on. Key differences in 2018 included:

- Hosting the event in Brisbane, at a more central location (QUT Gardens Theatre)
- Live streaming was made available for staff unable to travel to the event
- Ensuring the event did not coincide with events attracting the same audience e.g. the Clinical Excellence Queensland Showcase
- Ensuring presenters had enough time to deliver their presentations and answer questions from the audience
- Inviting abstracts on cancer screening topics
- Focusing interactive activities on building joint consensus on action and identifying key learnings, resources and opportunities, rather than identifying issues
- An MC was engaged rather than a facilitator
- Eventbrite was used to manage registrations

To minimise the travel burden and cost to HHSs outside of South-East Queensland, the forum was scheduled to follow the Department Strategic Leadership Forum (SLF) on Tuesday 11 September 2018 in Brisbane. The Prevention Division offered to reimburse one night of accommodation for Health Service Chief Executives remaining in Brisbane to attend the forum, and travel and accommodation costs for two nominated staff from each HHS.

Four Chief Executives registered for the event, however only Lisa Davies Jones attended. The other Chief Executives sent their apologies due to last minute competing priorities. In total, 43 HHS staff attended, with 28 staff travelling from outside South-East Queensland.

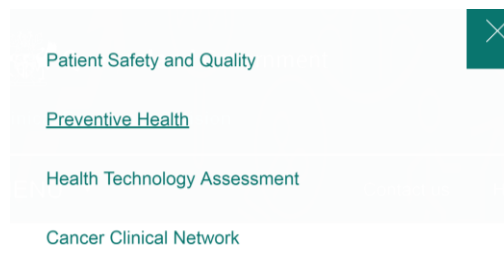
The Improvement Exchange

All 16 HHS led initiatives showcased at the 2018 forum are featured on the Improvement Exchange which includes access to key contacts and project details.

Participants of the 2017 forum suggested PHB scale and spread important preventive health initiatives both within Queensland Health and with existing or potential partners.

In April 2018, Clinical Excellence Queensland launched the Improvement Exchange. The web-based resource aims to spread-the-word about innovative work that is being undertaken in the healthcare system. The collaboration site is designed to connect people who share similar interests and generate conversations about small and large-scale projects being undertaken throughout the health sector.

As a result of the need identified in the 2017 forum, PHB engaged Clinical Excellence Queensland to add a preventive health focus on the Improvement Exchange site to effectively share and promote preventive health initiatives which aim to improve the health and wellbeing of Queenslanders. It also provides added benefit by preventing knowledge drain as employees move between projects or exit the Department.



Let's Shape Up! Inspire Your Tribe

The Mackay Institute of Research and Innovation (MIRI) is leading behaviour change in the Mackay Hospital and Health Service (HHS) through the Let's Shape Up! Project. The innovation behind the...



Using Project ECHO™ to Address Childhood Overweight and Obesity

Project ECHO™ is an innovative model of telementoring and case based learning, designed to "democratise medical knowledge" and deliver practical medical care to patients in communities that lack...



Smoking Clinic Targeting Indigenous Maternal Smokers

Aboriginal and Torres Strait Islander women are more than three times more likely to smoke during pregnancy than non-Indigenous women, greatly increasing the risk of poor birth outcomes.

Attendance

The forum attracted 96 attendees representing: HHSs; Department of Health; Office of the Minister for Health; Queensland PHNs; and non-government organisations. A further 62 representatives joined the live webcast of the event.

Therefore, a total of **158 people** participated in the 2018 forum.

Invitations were sent to:

- HHS Chief Executives, inviting up to four staff to attend and showcase initiatives from that HHS that had a prevention focus
- Commissioner of the Queensland Ambulance Service, inviting up to two staff to attend
- Chief Executive Officers (CEOs) of the Queensland PHNs, inviting up to two staff to attend
- Deputy Director Generals of the Department, the CEO of Health Support Queensland, and the CEO of eHealth Queensland, inviting up to two staff from each Division or organisation to attend
- CEO of Health Consumers Queensland, inviting up to two staff to attend.



Dr Young welcomes attendees of the 2018 Partners in Prevention Forum

HHS attendee summary

Forty-three representatives from 14 of the 16 HHS attended the forum.

HHS	# Representatives
Children's Health Queensland	3
Central Queensland	3
Central West	2
Darling Downs	2
Gold Coast	3
Mackay	2
Metro North	3
Metro South	4
North West	4
Sunshine Coast	2
South West	4
Townsville	3
Wide Bay	4
West Morton	4

Representatives from Torres and Cape HHS and Cairns and Hinterland HHS did not attend the forum in Brisbane. HHS representatives included Executive Directors, Directors of Public Health, General Managers, and health practitioners and other officers.

PHN attendee summary

Representatives from four of the seven PHNs attended.

PHN	# Representatives
Brisbane South PHN	2
Central Queensland, Wide Bay, Sunshine Coast PHN	1
Darling Downs PHN	1
Western Qld PHN	2

Department of Health attendee summary

Thirty-seven representatives from across the Department attended.

Division	# Representatives
Office of the Director General	2
Prevention	25
Clinical Excellence	3
Strategy Policy and Planning	2
Healthcare Purchasing and System Performance	2
Health Support Queensland	1
Queensland Ambulance Service	1
eHealth Queensland	1

Other representatives

Nine representatives from other areas of government and non-government organisations attended.

Organisation	# Representatives
Office of the Minister for Health and Minister for Ambulance Services	1
Non-government health organisations	4
Universities	3
Workplace Health and Safety Queensland	1

Program

Theme

The theme of, 'achieving joint outcomes' framed the event to focus on and highlight initiatives that were successful at working across different levels of government and existing funding models to achieve collective impact. Abstract submissions were invited to feature cross-system, collaborative prevention initiatives, recognising that greater investment in prevention, coupled with greater investment in capacity-building systems infrastructure can maximise the future of health.

Presentations from HHSs on initiatives that highlighted cross system collaboration within and between HHSs, different levels of government, agencies and sectors were encouraged. Initiatives could be HHS specific or part of a state-wide initiative.

The full program can be viewed at **Appendix 1**.

Day one overview

Day one of the forum focused on highlighting the value of strategic partnerships across the health sector. The day featured a welcome address by Dr Jeannette Young, a leadership panel discussion, a keynote presentation by Kirstan Corben, from VicHealth and a range of presentations from a number of HHSs showcasing their innovative partnerships and community engagement.

Welcome address by Dr Jeannette Young, Chief Health Officer, Queensland

Dr Young's welcome address focused on why a greater sector shift from illness treatment to health and wellbeing management is important to sustain our future health system. Dr Young discussed the gains Queensland has made by investing in prevention and the critical importance of working in partnership.



Dr Jeannette Young

Panel discussion: What can we learn from the regions about the value and impact of collaboration and partnership?

The purpose of the panel discussion was to identify the opportunities and challenges HHSs experience in achieving preventive health outcomes and to explore effective ways to collaborate and engage with partners. Panellists were invited to provide insight into, and examples of their work, in order to identify the most effective means of forming and making the most of these partnerships.



Panel members and moderator, Kaye Pulsford

Key themes of the discussion included:

- integrated approaches between PHNs, HHSs and agencies
- Place-based, community level implementation
- Achieving long-term sustainability.

The four panellist members were:

- Paul Woodhouse, Chair of the North-West Hospital and Health Board's Executive Committee.
- Rhonda Fleming, Executive Manager – Practice Capability and Innovation for Western Qld PHN
- Paul Stephenson, Chief Executive Officer of Apunipima Cape York Health Council
- Lyn Hamil, Program Director for the *My Health for Life Program*

The panel was moderated by Kaye Pulsford, Executive Director PHB.

Interstate keynote speaker, Kirstan Corben

Keynote speaker, Kirstan Corben, Executive Manager at VicHealth, brought an interstate perspective to the program and provided the opportunity for Queensland HHSs to hear key insights and lessons learnt from her work with Alfred Health, one of Melbourne's major metropolitan Health Services who are well recognised leaders in prevention. The health service was the first in Victoria to introduce the 'Totally Smokefree' policy and comprehensively implement the Government's Healthy Choices nutrition guidelines.



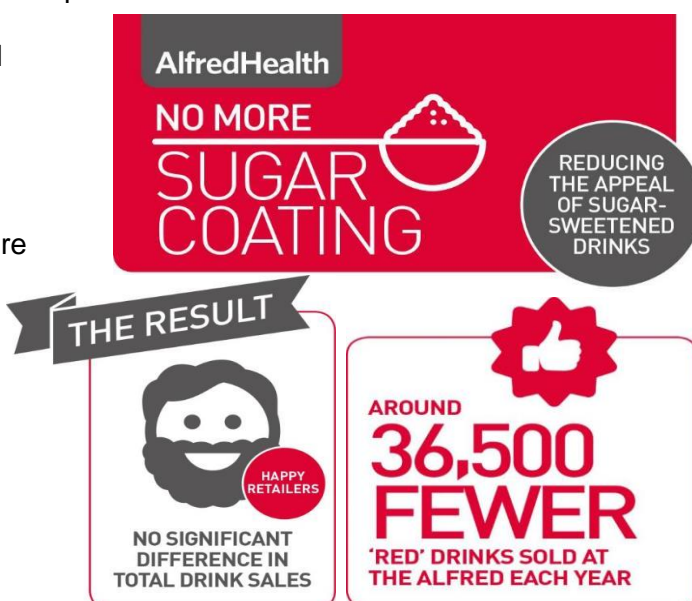
Kirstan Corben, Executive Manager, VicHealth

Key insights on **what** action to take included:

- Discrete, reversible trials can create big gains
- Integration of new practices is key
- The 'package' of interventions is as important as the single interventions
- Truly effective partnerships require seeing multiple perspectives
- Effective partnerships can take you way beyond contractual requirements
- Behavioural insights and nudges can work on individuals (and on organisations).

Key insights on **how** to take action included:

- 'Front foot' leadership creates supportive expectation
- When taking risks, share the credit and assume the blame
- Be simple to be clever.
- Actually understand human rights, where they exist and where they don't
- Prepare your response to nanny state challenges, influencing versus manipulating choices
- Move beyond individual responsibility to collective responsibility.



Day 2 overview

Presentations on day 2 were grouped into three sessions relating to:

- Our Future State – Give all our children a great start
- Patient focused prevention initiatives
- Healthier food and drinks in healthcare facilities. This session featured a panel discussion on the healthier drink in healthcare facilities.

Interactive group sessions

Interactive group sessions were held after each session and were designed to allow for reflection on the previous presentations. Participants were asked to identify and discuss their key learnings and discuss potential opportunities for future action in their own work.

Attendees were asked to debrief with others at their tables, sharing their key takeaways from the previous session.

Takeaways could include something new they learned or an identified opportunity to explore and apply in their work. Attendees had approximately five minutes to discuss and write down their key takeaways on butchers' paper. Each table nominated a speaker who had no more than 45 seconds to share the three key takeaways.

Key themes related to:

- The importance of **collaboration and partnerships** (including cross-sector and the whole of government)
- **'Working smarter'** by sharing innovation and resources, utilising existing investments and avoiding duplication
- The importance of **strong leadership**
- **'Joining up health care'** by embedding in existing processes to improve system infrastructure

Transcripts of key reflections and takeaways from each session, can be viewed at **Appendix 2**.



Attendees jointly reflect on their key their key takeaways from the previous presentations

2018 forum closing remarks

The 2018 forum was officially closed by Lisa Davies Jones, who provided an overview of her key reflections from the two days.

Paul Woodhouse, Chair, North West Hospital and Health Board, also delivered closing remarks noting the importance of the work presented and encouraged the audience to make sure their Board Chairs were aware of their work in prevention.

Following the event, Mr Woodhouse provided a communique to Dr Jeannette Young on behalf of the 2018 forum attendees, to:

- Recognise her consistent leadership and work of the Prevention Division for their ongoing efforts to prevent illness and promote health
- Recognise the passion and persistence of all forum presenters for displaying inclusive and positive initiatives and outcomes across Queensland.
- Provide support for further investment in prevention where possible to deliver the government's and Minister's own vision for a healthier Queensland.



Co-host, Lisa Davies Jones



Paul Woodhouse, Chair, North West Hospital and Health Board

2018 forum evaluation results

The forum evaluation survey was completed by 43 participants, achieving a 45% response rate. This was an improvement on the 28% response rate from the previous year. Attendees of the 2017 and 2018 forums were given the same post event survey to complete. This allowed for the comparison of results across both years.

Key feedback:

- Support and appreciation of PHB for delivering the event is strong
- Overall feedback from the event was very positive
- The results show an improvement in attendee satisfaction in 2018, compared to 2017, in all areas of the evaluation, including: intention to take future action, opportunities to network, and relevance to the work of the attendees
- Written feedback revealed that the Improvement Exchange was well received and a welcome solution to effectively sharing information, resources and contacts
- Unlike the 2017 evaluation, concerns of lack of funding for prevention and lack of clarity regarding the role of the Department and the HHSs to fund preventive health initiatives were not raised
- Feedback showed that by showcasing the champions leading the way in prevention, it decreases the risk of isolation of those working in preventive health within HHSs and improves motivation to drive change
- Suggested considerations for future events included:
 - widening the call for abstracts from HHSs to include PHNs and non-government organisations
 - including consumer representatives in the program.

Written feedback extracts:

“I really enjoyed the two days. It is great to hear what others are doing in the prevention space. Can't wait to have a look at the Improvement Exchange.”

“I just wanted to thank you for the past 2 days. It was a great size and great to be in Brisbane so we could attend from the regions. This is so important to the future of health care. Great work Preventive Health Branch. Your support is amazing. I will be back for next year. Many thanks.”

“Thank you for organising the forum. It is important for those in frontline services to recognise and celebrate efforts being made and the opportunity to learn from other HHSs.”

The full survey results, including verbatim responses, can be viewed at **Appendix 3**

Appendices

Appendix 1 – Forum Program



Day 1: Wednesday 12 th September	
Time	Session
9.00am	Registration open
Official opening	
9.30am	<p>Welcome to Country <i>Speaker:</i> Songwoman Maroochy of the Turrbal People</p> <p>Welcome <i>Speakers:</i> Lisa Davies Jones, Chief Executive, North West Hospital and Health Service and Pip Russell, MC</p> <p>Opening address <i>Speaker:</i> Dr Jeannette Young, Chief Health Officer and Deputy-Director General, Prevention Division</p> <p>Investing in prevention <i>Speaker:</i> Mark West, Director, Preventive Health Branch</p>
10.20am	<p>Leadership panel discussion: What can we learn from the regions about the value and impact of collaboration and partnership?</p> <p><i>Panellists:</i> Paul Woodhouse, Board Chair, North West Hospital and Health Service; Rhonda Fleming, Executive Manager, Western Queensland Primary Health Network; Lyn Hamill, Director, <i>My Health for Life</i>; Paul Stephenson, Chief Executive Officer, Apunipima Cape York Health Council <i>Moderator:</i> Kaye Pulsford, Executive Director, Preventive Health Branch</p>
11.15am – 11.45am	Morning break
An interstate perspective	

11.45am	<p><i>Opportunities for prevention: Experiences from the Victorian Health Services</i></p> <p><i>Speaker:</i> Kirstan Corben, Executive Manager, VicHealth</p>
Queensland's innovative partnerships and community engagement	
12.25pm	<p><i>The Lower Gulf Strategy: Integrating care, improving health outcomes</i></p> <p><i>Speakers:</i> Ruth Heather, Executive Director, North West Hospital and Health Service; Rhonda Fleming, Executive Manager, Western Queensland Primary Health Network; Mel Riordan, Director, Gidgee Healing</p>
12.50pm	<p><i>Be Healthy and Safe Maranoa</i></p> <p><i>Speaker:</i> Kathy Morrow, Healthy Lifestyle Coordinator, South West Hospital and Health Service</p>
1.10pm – 2.00pm	Lunch
2.00pm	<p><i>Gold Coast Active and Healthy City Strategy</i></p> <p><i>Speaker:</i> Helen Clifford, Senior Health Promotion Officer, Gold Coast Hospital and Health Service</p>
2.25pm	<p><i>Snapshot survey of health promotion activities within Wide Bay Hospital and Health Service</i></p> <p><i>Speaker:</i> Dr Margaret Young, Director of Public Health, Wide Bay Hospital and Health Service</p>
2.50pm	<p><i>Let's Shape Up! Inspire Your Tribe Initiative</i></p> <p><i>Speaker:</i> Dr David Farlow, Executive Director, Mackay Institute of Research and Innovation</p>
3.15pm – 3.30pm	Afternoon break
3.30pm	<p><i>10,000 Lives smoking cessation project</i></p> <p><i>Speaker:</i> Caron Williams, Senior Project Officer, Central Queensland Hospital and Health Service</p>
3.55pm	<p><i>The Mackay vs Rockhampton Challenge</i></p> <p><i>Speakers:</i> Kelly Corry, Research Officer, Central Queensland University and Rob Simpson, Program Manager, Mackay Hospital and Health Service</p>
Day one closing remarks	
4.20pm – 4.30pm	<p><i>Reflections on today</i></p> <p><i>Speaker:</i> Dr Jeannette Young, Chief Health Officer and Deputy-Director General, Prevention Division</p>
4.30pm – 5.30pm	Networking function

Day 2: Thursday 13th September	
Time	Session
8.00am – 8.30am	Optional group walk through the City Botanic Gardens led by the Heart Foundation. To participate, please meet at the Forum venue at 7.50am
8.30am	Registration open
9.00am	Welcome <i>Speaker:</i> Lisa Davies Jones, Chief Executive, North West Hospital and Health Service
Our Future State - Great start	
9.15am	<i>Our Future State – Give all our children a great start</i> <i>Speaker:</i> Mark West, Director, Preventive Health Branch
9.25am	<i>Smokers Clinic Targeting Indigenous Maternal Smoking</i> <i>Speaker:</i> Johanna Bou-Samra, Indigenous Health Outcome Pharmacist, Darling Downs Hospital and Health Service
9.50am	<i>Tackling childhood overweight and obesity within Aboriginal and Torres Strait Islander people</i> <i>Speakers:</i> Heidi Atkins, Principal Policy Officer, Children’s Health Queensland Hospital and Health Service and Dr Lisa Vincze, Lecturer, Griffith University
10.15am	<i>Project ECHO – Addressing overweight and obesity: a practical and integrated approach</i> <i>Speakers:</i> Professor Robyn Littlewood, Director of Health Services Research, Children’s Health Queensland Hospital and Health Service
10.40am	<i>Group interactive session</i> <i>Moderator:</i> Pip Russell, MC
11.00am	Morning break
Patient focused prevention initiatives	
11.30am	<i>Setting the scene: Patient focused prevention initiatives</i> <i>Speaker:</i> Michael Tilse, Director, Preventive Health Branch
11.45am	<i>Innovative cancer screening initiatives</i> <i>Speaker:</i> Carolyn Brown, Health Promotion Officer, Metro South Hospital and Health Service
12.10pm	<i>Get Set for Surgery</i> <i>Speaker:</i> Dr Carl De Wet, General Practice Liaison Lead, Gold Coast Hospital and Health Service

12.35pm	<p><i>From Bust to Boom – Supporting staff to educate their clients with mental health issues about managing or ceasing smoking</i></p> <p><i>Speaker:</i> Beth Jarvinen, Clinical Nurse, West Moreton Hospital and Health Service</p>
1.00pm	<p><i>Group interactive session</i></p> <p><i>Moderator:</i> Pip Russell, MC</p>
1.15pm – 2.00pm	Lunch
Healthier food and drinks in healthcare facilities	
2.00pm	<p><i>Nutrition standards in health care facilities</i></p> <p><i>Speaker:</i> Roger Meany, Manager, Health and Wellbeing Unit, Preventive Health Branch</p>
2.10pm	<p><i>Healthier drinks initiative panel discussion</i></p> <p><i>Panellists:</i></p> <p>Dominique Ryan, Dietitian, Sunshine Coast Hospital and Health Service</p> <p>Annabelle Stack, Project Officer Healthy Choices, Metro South Hospital and Health Service</p> <p>Debbie Carroll, Chief Operating Officer, Wide Bay Hospital and Health Service</p> <p>Rohan Ballon, Community Nutritionist, South West Hospital and Health Service</p> <p>Ayala Rogany, Dietitian - Clinical Leader Obesity, Children's Health Queensland Hospital and Health Service</p> <p>Andrea Cruickshank, Project Officer Nutrition, West Moreton Hospital and Health Service</p> <p><i>Moderator:</i> Simone Braithwaite, Advanced Public Health Officer, Preventive Health Branch</p>
3.15pm	<p><i>Group interactive session</i></p> <p><i>Moderator:</i> Pip Russell, MC</p>
Closing remarks	
3.25pm – 3.40pm	<p><i>Reflections on where to from here</i></p> <p><i>Speaker:</i> Lisa Davies Jones, Chief Executive, North West Hospital and Health Service</p>

Appendix 2 – Key take-aways from the interactive group sessions

‘Prevention is the future of healthcare. We won’t be able to sustain public health without it.’

On day two, attendees were asked to debrief with others at their table and share their key takeaways from the previous presentations, whether it be something new learned or an identified opportunity to explore. Attendees had approximately five minutes to discuss and write down these key takeaways on butchers’ paper. Each table nominated a speaker who had no more than 45 seconds to share the three key takeaways.

Session 1: Our Future State - Great start.

The theme of the key takeaways from the first session focused on the importance of collaboration and partnerships (not just within a health service but across different sectors) and sharing resources and information.

Collaboration and partnership:

- *‘It is now a government priority, not just a ‘health’ priority and we are moving in the right direction. Finally, the realisation that health sits beyond health departments.’*
- *‘We have confidence in knowing that Queensland Health supports and encourages a multifactorial approach to health across all stakeholders and partners. That strong leadership is encouraged. We need more passionate people and tribal leaders to effect change.’*
- *‘Involving different people across the patient journey, particularly GPs via PHNs.’*
- *‘We need to share learnings, particularly with PHNs to upskill our workforce.’*
- *‘There are partnerships that have been established based on trust that are out there in our community. We need to build on these and leverage off these as well.’*
- *‘It takes a community (multiple tribes) to effect change. We need to have a shared goal and all take ownership to make a change.’*
- *‘Important to work together with partners to have a consistent message we are getting across to consumers’*
- *‘Untapped potential for partnerships in the room and through the Improvement Exchange, whether they already exist and whether we can strengthen them further.’*

Sharing resources:

- *'We can share innovation, and it doesn't have to cost a fortune. Existing resources and evidence based best practice is available to share.'*
- *'Really impressed with the ECHO model and it's use across different disciplines.'*
- *'There are very useful resources out there.'*
- *'Love the power of education of the broader community workforce (GPs, community dietitians), looking at the role of the PHN.'*
- *'Also acknowledging the resourcing issues some people have. This doesn't mean putting your hand out for money but working smarter and sharing resources.'*
- *'Impressed with the ECHO project and saw it as expandable to tackle other issues. It addresses the issues of geography in Queensland.'*

Session 2: Patient focused prevention initiatives

The group takeaway themes from this session focused on: the importance of strong leadership, systems and infrastructure, and how to make a start.

Strong leadership:

- *'Importance of strong leadership and passionate people on the ground in order to make a difference. Making sure that everyone feels empowered and know the role they need to play.'*
- *'A small amount of funding with passionate people can go a very long way.'*
- *'Persistence and passion was a common characteristic from all presenters.'*

Systems and infrastructure:

- *'A lot of the solutions are simple. It's about connecting the dots. Identify intersections and taking those opportunities to overlay the complexity.'*
- *'Workload neutral – embedding in existing processes. It doesn't take that much to do it. We don't always need more resources, often it's about tweaking our own work and some of our processes.'*

- *'Connecting with community pharmacy (looking at pre-booked or the one booking system) reducing 'fail to attends'. Economies of scale and saving money.'*
- *'While we don't have a dedicated health promotion workforce, there certainly is capacity out there. We need a system that's better defined to support that.'*
- *'We need implementation plans to support new projects so that everyone knows the role they need to play.'*
- *'Joined up healthcare – Get set for surgery (linking what's out there between acute and community and using our existing resources).'*
- *'Reframing language to be positive when having difficult conversations. Again, it's small tweaks that seem to work.'*

How to make a start:

- *'Start with your own workforce.'*
- *'You must start somewhere. Progress doesn't have to mean perfection.'*
- *'Embracing the 'Acceptable, Feasible and Useful' paradigm.'*
- *'Empowering patients to their own health and giving them options.'*
- *'Giving people permission to fail where possible.'*

Session 3: Healthier food and drinks in healthcare facilities

The group takeaway themes from this session focused on: commencing efforts to improve healthier food and drinks in healthcare facilities and the importance of strategic engagement.

Commencing efforts:

- *'Hopeful, inspired and confident that it can be done. We're motivated to just go and do it.'*
- *'By identifying the champions that are leading the way in implementing the healthier drinks initiative it decreases the risk of isolation.'*
- *'It must be done as part of a broader agenda.'*
- *'You need to know your community and plan your approach carefully as it's not one size fits all.'*

- *'This is what our community is talking to us about. We have a mandate to listen to them and a responsibility to act.'*

The importance of strategic engagement:

- *'The importance of strategic engagement with all stakeholders including staff and retailers.'*
- *'Importance of accessibility to healthy choices i.e. the provision of food 24 hours a day.'*
- *'We need to listen to our staff that raise concerns and give them alternative options i.e. providing a box of fruit rather than selling chocolate bars.'*

Appendix 3 – Forum evaluation results

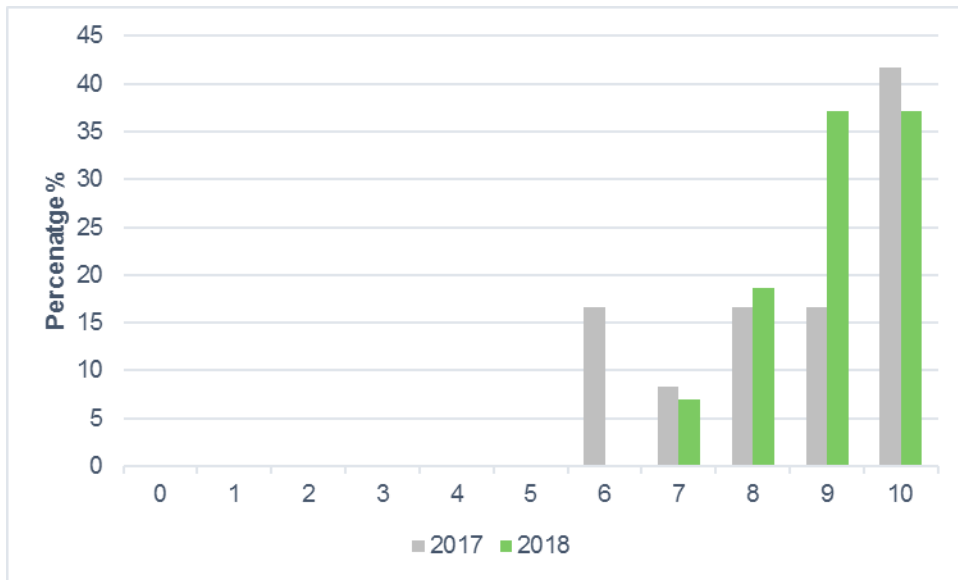
In planning the 2018 forum, feedback from the 2017 event was used to build on the successes of this event and ensure continuous improvement. Attendees of the 2017 and 2018 forums were given the same post event survey to complete which allowed for the comparison of results across both years. The survey asked attendees to rate the statements in the table below on a scale of 0 (Strongly disagree) to 10 (Strongly agree).

A summary of the survey results is in the following table. The results show an improvement in the attendee satisfaction in 2018 compared to 2017 for all statements.

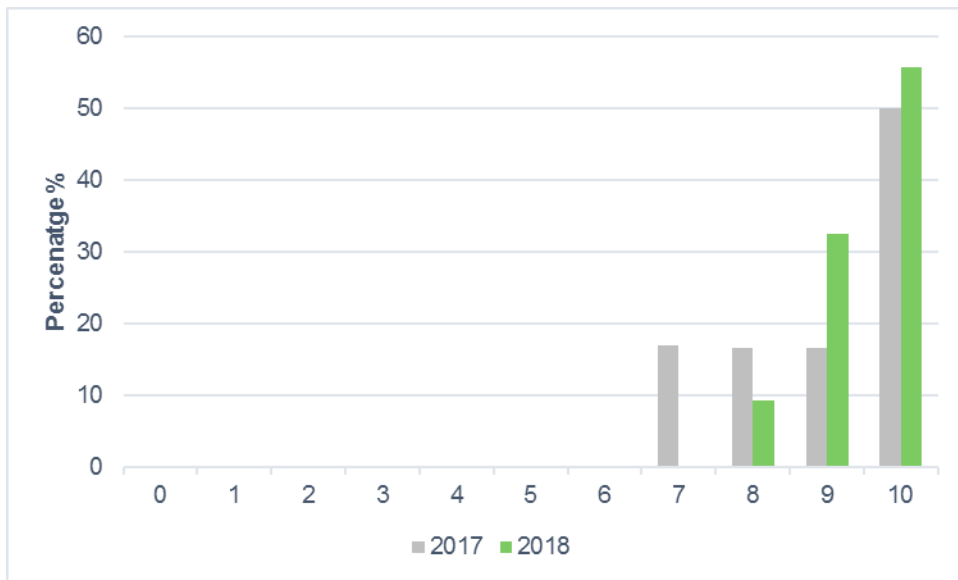
Statements	2017 average score	2018 average score	-/+
Overall, I was satisfied with the event	8.6	9.0	+0.4
I was provided with the opportunity to network with other attendees	9.0	9.4	+0.4
The event was relevant for my work	7.4	9.1	+1.7
Meeting colleagues/exchanging information in a state-wide context was beneficial	9.0	9.4	+0.4
The event was a good length	8.1	9.1	+1.0
Expertise in prevention and promoting wellbeing across the state was recognised and celebrated	8.2	9.3	+1.1
I will take future action on something that I heard or learnt during the forum	8.6	9.2	+0.6
The opportunities for participants to interact during the event were appropriate	8.2	9.0	+0.8
The time dedicated to presentations was appropriate	7.3	8.9	+1.6

The following graphs compare the attendee responses from 2017 and 2018 for each statement in the post event survey.

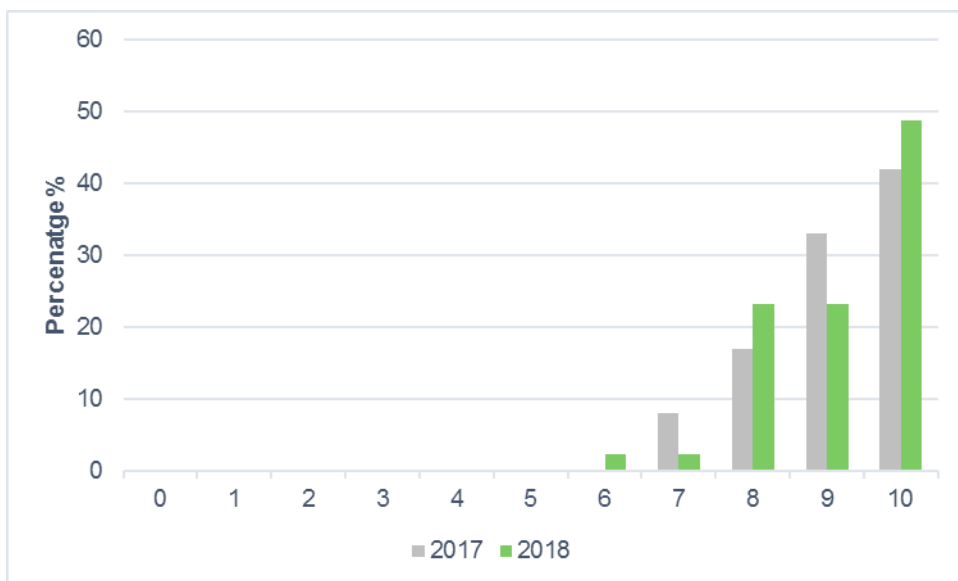
1. Overall, I was satisfied with the event



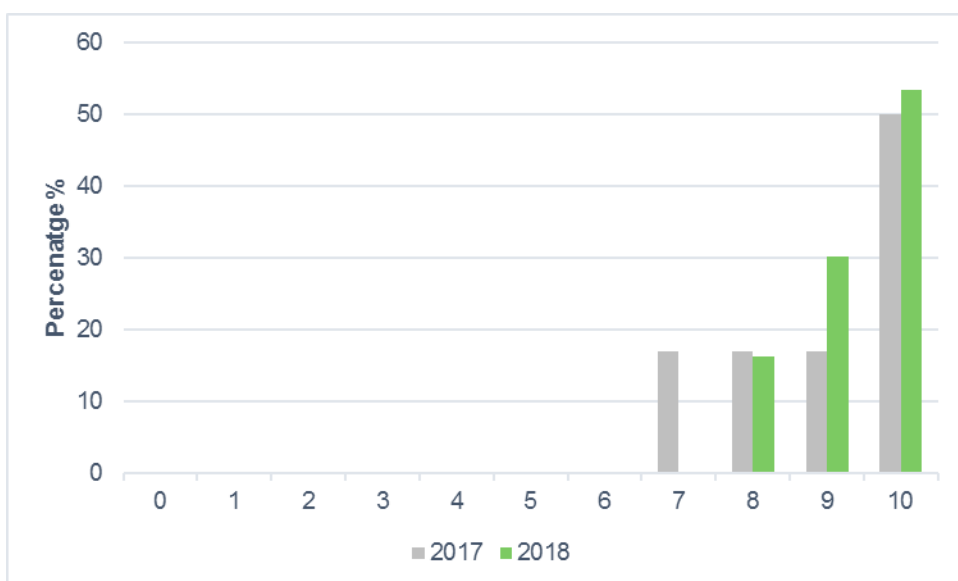
2. I was provided with the opportunity to network with other attendees



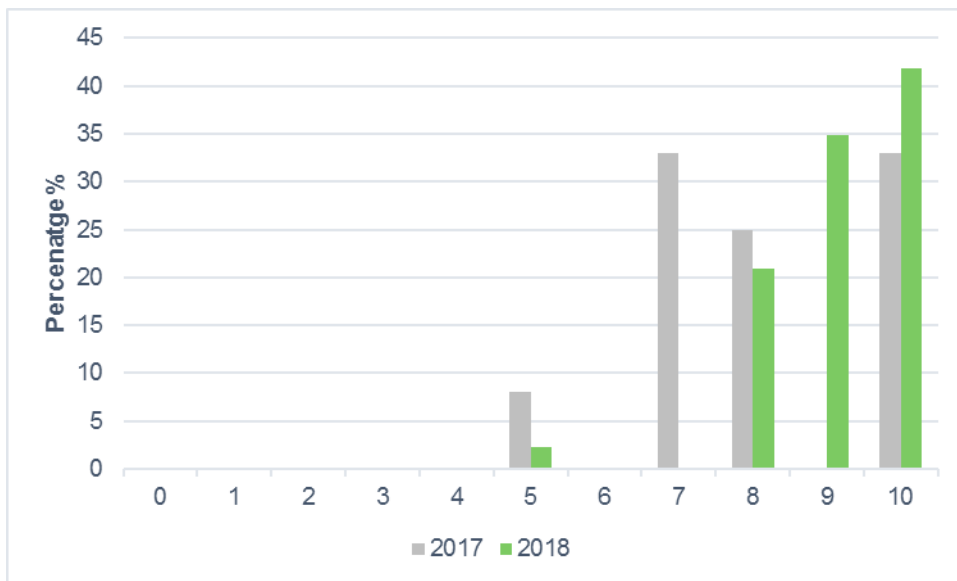
3. The event was relevant for my work



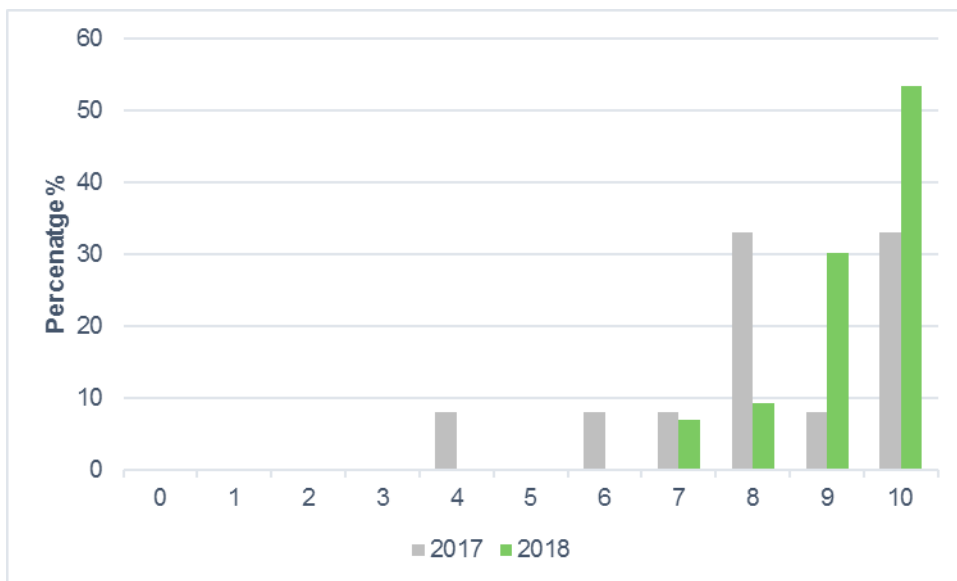
4. Meeting colleagues/exchanging information in a state-wide context was beneficial



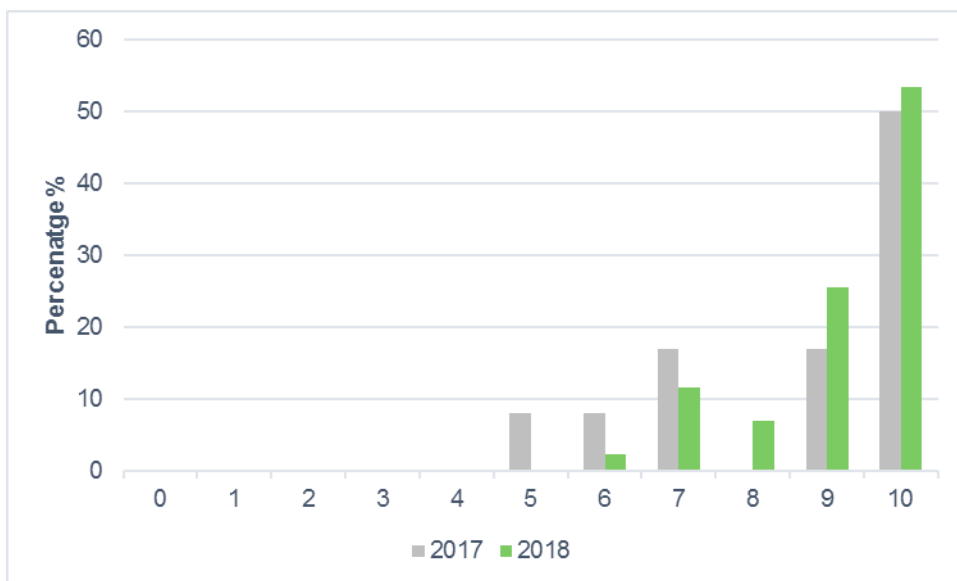
5. The event was a good length



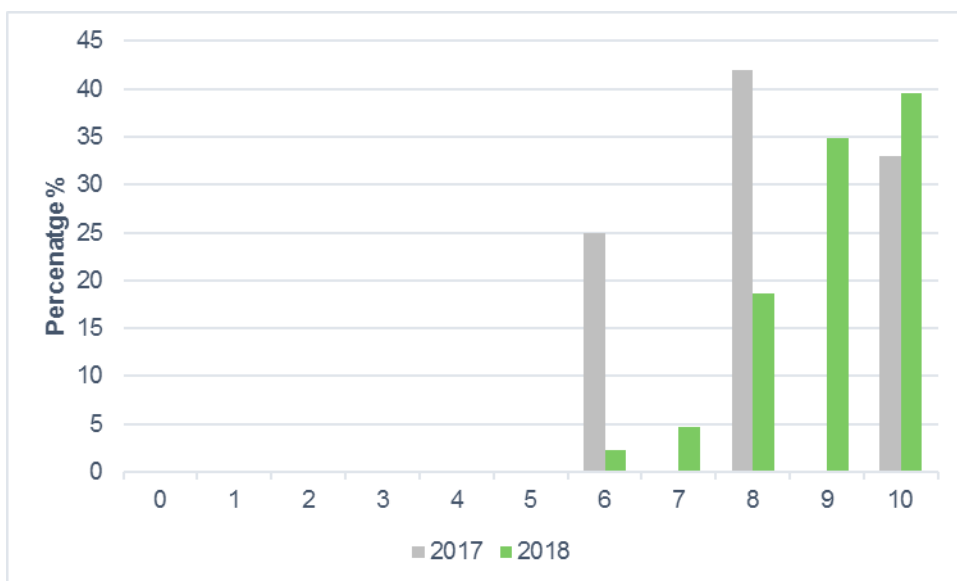
6. Expertise in prevention and promoting wellbeing across the state was recognised and celebrated



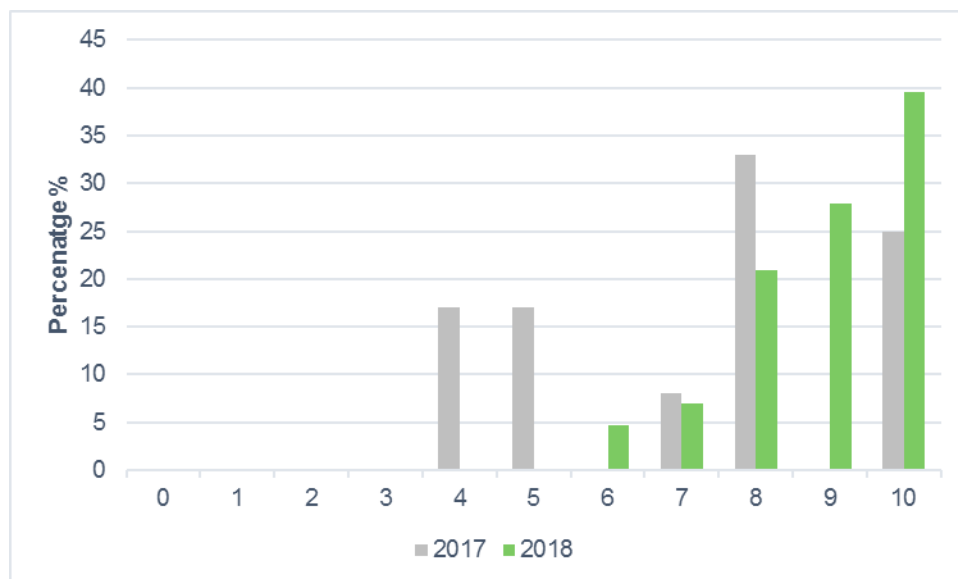
7. I will take future action on something that I heard or learnt during the forum



8. The opportunities for participants to interact (have questions answered, share concerns, experiences etc) during the event were appropriate



9. The time dedicated to presentations was appropriate



Future actions

Most survey respondents indicated future actions they would take following the forum.

Verbatim responses:

- *Connecting with other colleagues to progress and share new ideas.*
- *Follow up with Project ECHO, Gold Coast Health and VicHealth Health in obesity and diabetes and the child health regarding Indigenous child obesity strategies.*
- *Quit smoking initiative with pregnant (antenatal) women - partner with core people to make this an action outcome. Go back and communicate with partners in a long-term project.*
- *Taking back, feeding back to my HHS. Using improvement exchange. Lots of great networking that we can use in the future.*
- *Looking for opportunities to initiate more community collaboration. Linking acute age, peds units into child health for developmental checks - create a referral pathway.*
- *Follow up emails to new contacts. Look back over presentations and share with work colleagues.*
- *Continue to push the prevention / health promotion agenda, knowing that this is starting to have traction - finally!! Great stuff!*
- *Learn more about the ECHO program and how it could be implemented in my area.*
- *To bring more prevention into my working environment.*
- *Staff focus on healthy eating and lifestyle as a priority. Looking into how 'Get set for surgery' can be transferred into our HHS.*
- *I would like to see healthy drink and food options education being rolled out in mental health services in community.*
- *Spread the knowledge and access to the Improvement Exchange.*
- *Promoting transferable strategies/activities to different settings.*

- *Make a concerted effort to connect with others. Celebrate success more and communicate widely.*
- *Health questionnaire before surgery.*
- *Dive into the Improvement Exchange and start planning new initiatives.*
- *Implement Get Set for Surgery.*
- *We will role My Health for Life within our WBHHS for all our staff first and then our clients. Do more in the prevention space in our HHS. Get on the My Health for Life Program myself. Contact a number of people at the workshop next week.*
- *I have several ideas to take back to my team. Networking was fabulous. I have several new contacts now.*
- *More opportunities to stand up/break.*
- *Further look into prevention in Qld. How our program can assist. Follow up with some contacts.*
- *Progress initiatives with partners that fallen off my radar.*
- *Workshop to be held in SWHHS to develop a preventive health strategy*
- *Healthier food and drink implementation. Share improvement exchange. Look into Project ECHO.*
- *To follow up some of the speakers for resources and examples to share with colleagues.*
- *To continue working towards healthier food and drink supply in healthcare facilities with the knowledge there is plenty of support.*
- *Contact speakers with similar projects to gain insight and feedback for our research and evaluation.*
- *Use the improvement exchange (show and share). Don't be afraid to lead and advocate for better health/prevention strategies.*
- *Follow up on a number of contacts and ideas.*
- *I have a number of ideas to takeaway and implement. Also, I intend to contact the networks I have made contact with.*

Further feedback/comments

Feedback was overwhelmingly positive and constructive. Verbatim responses:

- *Well done!*
- *Wonderfully well-coordinated event. Information Exchange great concept and well executed as well. Fantastic - Well done - Perfectly done!*
- *The agenda was very well organised. Did a fantastic job. Great cross section of attendees.*
- *This forum has provided me with the motivation to keep playing the long game - progress!*
- *Day 1: Presentations were too long between breaks. Make it an expectation for everyone to change tables e.g. am/pm session change tables to initiate conversations/networking. Offer a light snack on the first morning for staff that have flown in from out of town.*
- *Presentations could have been shorter.*
- *Thank you. Very professionally run event. Great venue.*
- *Thank you for putting a spotlight on health promotion/prevention. It has been provided hope and motivation for staff working in the prevention field within HHSs.*
- *Some of the snacks/lunch could have been warmed eg. Quiches. Thank you for the inspiring forum.*

- *Very informative and well set out 2 days. Pip did an amazing job as MC, please pass onto Pip.*
- *Thank you for organising the forum. It is important for those in frontline services to recognise and celebrate efforts being made and the opportunity to learn from other HHSs.*
- *Great event. Great MC!! Well organised.*
- *I really enjoyed the two days. It is great to hear what others are doing in the prevention space. Can't wait to have a look at the Improvement Exchange.*
- *Very well run and professional.*
- *Fantastic couple of days. Networking is the key.*
- *Thank you for all your hard work and passion to improve the health of our Qld community.*
- *Great forum. Great presenters and the right people in the room!*
- *Well-coordinated. Congratulations.*
- *I just wanted to thank you for the past 2 days. It was a great size and great to be in Brisbane so we could attend from the regions. This is so important to the future of health care. Great work Preventive Health Branch. Your support is amazing. I will be back for next year. Many thanks.*
- *Good food and engaging presenters and contacts.*
- *Great food provided.*
- *Thanks very much - great day!!*
- *Pip did a super job as MC.*
- *Please include some consumers next year, both in the organising and as speakers/attendees. Their stories and experiences are really valuable often inspiring. Engage with health Consumers Qld.*
- *Really well organised panel discussed, thank you Simone.*
- *Excellent facilitator, MC lovely, venue conveniently located.*
- *Brilliant MC and food. Thanks a million for the fantastic forum.*
- *Congrats on a really great 2 days. Well done. Suggestion: Next year why not create opportunities for HHS/NGO/PHNs to put forward ideas on prevention initiatives to seek partners.*

