

# CONSUMER SAFETY & QUALITY NEWSLETTER

April 2024



## Newland Street Specialist Centre

The Sydney Clinic for Gastrointestinal Diseases  
The Sydney Clinic for Ocular Diseases & Disorders

### BOWEL CANCER How to reduce your risk

Your diet and lifestyle choices, as well as screening and surveillance, can influence your risk of getting bowel cancer. Doing these things can help you stay healthy and reduce your risk.

#### Maintain a healthy weight

Stay within a healthy weight range and avoid weight gain around the waist.



#### Be active

Include 30 minutes or more of daily physical activity such as walking, running and swimming, and avoid sitting for long periods.



#### Get enough fibre

Eat three servings (a total of 90 grams) of wholegrains such as brown rice and wholemeal bread daily. Fill two-thirds or more of your plate with wholegrains, vegetables, fruits, beans and nuts.



#### Avoid smoking

Quit smoking and avoid exposure to tobacco smoke.



#### Have dairy or calcium supplements

Include dairy products in your daily diet or speak with your GP or nutritionist about calcium supplements.



#### Limit alcohol

Limit your intake of alcoholic drinks to less than two per day.



#### Limit red and processed meat

Limit red meat (less than 500 grams cooked per week) and processed meats.



#### Talk to your GP about aspirin

Talk to your GP about taking aspirin to reduce your risk of bowel cancer.



#### Get screened

If you are over 50, take part in bowel cancer screening programs like the National Bowel Cancer Screening Program. This can help to identify the early signs of bowel cancer and polyps.



AUSTRALIAN COMMISSION  
ON SAFETY AND QUALITY IN HEALTH CARE

For more information visit  
[safetyandquality.gov.au/prevent-bowel-cancer](http://safetyandquality.gov.au/prevent-bowel-cancer)



### SHORT NOTICE ACCREDITATION

Mandatory short notice accreditation assessments commenced in Australian hospitals and day procedure services in July 2023. **What is accreditation?** Hospitals across Australia must meet standards for safe and good quality care. During an assessment, consumers or their families may be asked to provide the assessors with information about their experiences of the health care they receive. Read about the [Healthcare Standards and Short Notice Assessments in this link](#).

### QUALITY IMPROVEMENT & CONSUMER ENGAGEMENT

At the Sydney Clinic for Gastrointestinal Diseases we strive for continuous improvement in the service we provide. We have a comprehensive schedule in place to monitor clinical and administration processes to make sure we comply with the National Safety and Quality Health Service Standards. These are the standards that all public and private hospitals and day procedure services in Australia are accredited against.

If **you** would like to **get involved** we have a Consumer Focus Group:

Contact Quality Manager on 02 9369 3666 or email [cathy@nssc.com.au](mailto:cathy@nssc.com.au)

### INDICATOR RESULTS 2023

We collect and benchmark a range of indicators to measure our performance

Indicator	Our Rate	Benchmark Rate
Medication Incidents	0.05	0.05
Clinical Complications	0.14	0.10
Infection Rate	0.00	0.00
Anaesthetic Incidents	0.07	0.07

### INFECTION PREVENTION AND CONTROL

**What is antimicrobial stewardship?** Antimicrobials are medicines used to treat and prevent infections. They include antibiotics and antiviral medicines. Infections are caused by organisms called microbes, such as bacteria. When microbes develop resistance to an antimicrobial medicine, the medicine will not work to treat the infection.

Using antimicrobial medicines only when they are needed, and using them correctly, is important to stop the spread of antimicrobial resistance.

The Antimicrobial Stewardship Clinical Care Standard contains eight quality statements that describe the care that you can expect to receive before and after starting medicines for infections. The fact sheet explains what the quality statements mean, and what you can do to have an active role. Use this link to read the [Consumer Guide to the Antimicrobial Stewardship Clinical Care Standard](#).