

MAY NEWSLETTER



DIRECT ENDOSCOPY

Hi Everyone,

It is already May and the year is flying. As you know we had our Fire and emergency training across February and March 2025 and I will be putting together an action plan in response to their findings and additional training where required. I thank you all for participating.

We had our annual infection control audit by Steam Consulting for all sites and i will be distributing the audit results to each site and providing a copy of the corrective action plans , which i will discuss with the NUMS at each site during my visits to each site.

So please take the opportunity to read these results, so we can all work together to improve our processes.

At the end of May, all the nursing staff registrations expire, and you will have received an email or letter to renew. Please don't forget to do so by the 31st of May 2025.

We are now fast approaching the peak flu season of June and July. As you can see from the media, influenza has already hit some of the other states i.e. Queensland badly already. It is a mandatory requirement for all clinical staff, whom have any patient involvement to have their Flu vax. I have already had mine and so have a few of the nursing staff and the VMOs. But I do recommend everyone to have one to protect yourself and your families and of course our patients.

Eileen Quinlivan

Executive Director of Nursing

Congratulations Dr Badov DHA Board Appointment

We're thrilled to congratulate Dr. Badov on his appointment as Director to the Board of Directors of Day Hospitals Australia and to the Inter-Governmental Policy Reform Group Australian Government Department of Health and Aged Care.



Featured Podcast

Dr. Badov with Prof. David Sinclair on Longevity & Preventive Care

In a fascinating new episode, Dr Badov sits down with Professor David Sinclair, Harvard geneticist and author of Lifespan: Why We Age – and Why We Don't Have To, to explore the science of aging and how it's being redefined.



Topics Included

- Why aging may soon be treated as a disease
- How epigenetics, gut health, and diagnostics impact your lifespan
- Prof. Sinclair's personal longevity routine and supplement regimen
- The future of preventive care and early detection in Australia

This conversation is a must-watch for anyone interested in health span, anti-aging, and the power of screening to transform lives.

Autumn Playlist



Snuggles, pumpkin spice lattes, sweaters — Autumn is hands-down the best season. We created a playlist that perfectly captures the essence of Autumn.

Chicken with Creamy Red Pesto Risoni (Orzo)



One-pan chicken and pasta in a creamy sundried tomato pesto sauce.

You won't believe how easy this is!
[Check full recipe here.](#)

Meet the new faces of Direct Endoscopy! Welcoming Amanda Ebbott and Serena Lim



Serena, Amanda and Eileen

Amanda

- 1. Where did you grow up, and what's your favorite memory from there?**
Melbourne – Ferntree Gully. Playing lots of weekend sports and living close to family.
- 2. What's something you're really passionate about?** At work – making people feeling comfortable and cared for.
At home – being a supportive and loving mom to my 2 kids!
- 3. If you could travel anywhere in the world right now, where would you go and why?**
Japan, with my family. It seems like a beautiful country, friendly people, yummy food. And we would have to visit Disneyland.
- 4. What's your go-to comfort food?**
Salty chips!
- 5. What's a hobby or activity you do in your free time that might surprise people?**
Watching or going to the footy with my son – we follow Collingwood!



Dr Gabriel Chan, Christine, Serena and Amanda

Serena

- 1. Where did you grow up, and what's your favorite memory from there?**
Glen Waverley. Getting some bread and bubble tea with friends.
- 2. What's something you're really passionate about?**
Coffee. ☺
- 3. If you could travel anywhere in the world right now, where would you go and why?**
Japan. Love the food, coffee, public transport and nature (hot springs!!)
- 4. What's your go-to comfort food?**
Anything with cheese ☺
- 5. What's a hobby or activity you do in your free time that might surprise people?**
Coffee table testing and café hopping.