



MAKE A DIFFERENCE: INTERNATIONAL GAMES DAY AT SOUTH WEST HEALTHCARE

SWH Stan Carroll librarian Josella Chan, AALIA (CP), and library staff member Hannah-Lee Obst, AALIA

The Stan Carroll Library, a medical library located at South West Healthcare's Warrnambool Base Hospital in south-west Victoria, supported International Games Day 2015. JOSELLA CHAN and HANNAH-LEE OBST tell us more.

'Laughter is the best medicine' is a saying that reflects a holistic approach to medical care. Hospital patients often feel isolated, with little control over their lives, but games can provide play therapy and companionship. Participating in International Games Day 2015 provided us with another opportunity to show we care about the mental wellbeing of our patients, their families and our work colleagues.

We initially targeted children in our paediatrics unit, but there are few paediatric patients over the weekend (International Games Day fell on a Saturday) so we turned our attention to patients in our rehabilitation, stroke and medical units. We also invited people waiting their turn to visit family members in our Intensive Care Unit to take part.

Planning involved discussion and coordination with library staff, the hospital's community partnerships manager, unit managers, the volunteers coordinator and volunteers. We also collaborated with our dietitians and dentists to use the Kahoot! online game technology to create participant-focused health educational games. Enthusiastic library employee Hannah-Lee Obst also loaned her vast collection of 100 board games. The event was advertised internally on our intranet, by email and flyers and externally on our website and Facebook page.

The event was held in a café area in the hospital's main foyer and allowed us to promote the diverse roles of Stan Carroll Library. Twenty people, including patients

and volunteers, took part. We received great support from unit managers, doctors, nurses and other hospital staff, patients and the community. One doctor thought it such a commendable initiative that he encouraged patients to become involved as our volunteers, and called by their rooms to see if they'd like to join in.

Participants welcomed this fun-filled distraction therapy. One patient so enjoyed playing cards with our volunteers that she insisted she be collected from her room after lunch to resume the game. Even if we had made a positive impact on only one patient's hospital stay it would have been worth it.

Stan Carroll Library, by hosting International Games Day 2015, reached out to patients and their families and supported hospital staff in our shared pursuit of patient-care excellence. We forged stronger relationships with hospital unit managers, who now want to collaborate with us on future events, which include our library's core business learning programs.

This successful event provided opportunities for tremendous community outreach and the promotion of our library's activities and resources. 🌟

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