

HEALTH MATTERS

Health Consumers' Council WA (Inc) Newsletter

Winter 2013

New Look Health Matters

Welcome to the new look Health Matters. Due to a number of factors this is our first edition in quite some time. We hope that you enjoy the new layout and design and the move from our old blue on white print to colour. We would be pleased to receive your feedback on the style of the new look Health Matters and to hear what issues you would like to see covered.

Our organisational review in 2012 showed that while our members believed that Health Matters was important there was an opportunity to revamp it and the other ways in which we communicate and interact with our members and stakeholders. The 'new' Health Matters will endeavour to highlight local issues facing health consumers and will also be reduced in size to allow it to be more easily read and used as a resource.

The new Strategic Plan allows us to focus on becoming more proactive and to develop multiple ways for interaction between the HCC, our members and other stakeholders.

To this end we are upgrading all of our communications. We have revamped our fortnightly E-news so that those with e-mail or web access are easily able to read the information included. We are working to improve our new website, which provides access to information for all Western Australian health consumers. We also see the website as a valuable resource to enable us to build tools to seek information and to gain feedback from members and other stakeholders. In addition we are developing plans to better utilise our Facebook and Twitter feeds.

In recognition that not all our members are able to easily access electronic communications or prefer to receive paper based communications we will continue to publish Health Matters.

In addition we will be continuing to hold public forums, workshops and meetings for consumer representatives and others to share information and knowledge.

I hope you enjoy reading this edition and look forward to hearing from you and seeing you at future events.

Mitch Messer



In This Issue

- Letter from our Acting Executive Director
- Health Issues Group changes
- Advocacy: How does it work for consumers?
- New premises for HCC
- Notice of AGM 2013

Meet the HCC Team

HCC Board of Management

Lorraine Powell - Acting Chairperson

Alan King - Treasurer

Nigel D'Cruz -Secretary

Michelle Atkinson de-Garis - Member

Tony Addiscott - Member

Phillip Gleeson - Member

Tom Benson - Member

Glenn Pearson - Member

Elizabeth Kada - Member

Sally-Anne Scott - Member

Staff

Mitch Messer - Acting Executive Director

Frank Prokop - Executive Director (on extended leave)

Laura Elkin - Aboriginal Advocacy Program Manager

Shirley Johnson - Aboriginal Advocacy Program Officer

Pieter Di Marco - Senior Advocate

Chrissy Ryan - Advocate

Vidya Rajan - Advocate

Louise Ford - Consumer Participation Programme Coordinator

Sophie Rabana - Receptionist

Amy McGregor - Operations Manager

Welcome

Since the last edition of Health Matters there have been many staff changes.

We thank & wish all the best to the staff who have moved on from HCC.

A big welcome to all the new staff members - It's great to have you on board!

Get to know Mitch Messer

Mitch has been a health consumer advocate for over 30 years, working at local, state, national and international levels and has vast experience dealing with business, community and government.

In his previous roles
Mitch's responsibilities
included strategic
planning, project
management, advocacy,
policy development,
community and
government partnerships,
contract management
and fundraising.

Letter to Members

Dear member,

I would like to start by offering my apologies for the time it has taken to send out this latest edition of Health Matters. I can say that we have continued to work hard to ensure the HCC continues to provide advocacy and a strong health consumer voice in Western Australia. There have been many changes over the last few months, both in staff, and, most recently, moving across the courtyard to a larger and more practical office space which is more suited to our services and staff requirements.

This letter is to advise you, our valued members, of some very recent changes the Board believes are important for you to know.

Unfortunately our Executive Director, Mr Frank Prokop, has needed to take extended leave due to medical reasons. The Board is aware that it is important to ensure that the Council is able to maintain the implementation of the Strategic Plan that was unveiled at the last AGM and ensure the continuity and consistency of the great work of the Health Consumers Council. The Board saw the need to appoint someone who understands the organisation and who has the necessary experience to take on the role of acting Executive Director during Frank's extended leave.

At a special meeting of the Board on May 29, various options were discussed. Given the requirements of the HCC, the Board asked me to step into the role of Acting Executive Director during this period, effective immediately. I should note that I was not in the room or involved in the discussion. As I have agreed to take on the role I have taken a leave of absence from the Board.

During my leave of absence from the Board, Ms Lorraine Powell will be acting Chair of the Council

For you, as a valued member of HCC, this should have no impact on the work we do, your involvement with us, and the quality of our ongoing advocacy for consumer rights in Western Australia.

I, along with the Board and staff, and on behalf of all our members wish Frank a speedy, safe and quality recovery, and I am sure we will see him back with us fighting fit and better than ever.

Kind regards

Mr Mitch Messer A/Executive Director

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HEALTH ISSUES GROUP CHANGES

For a long time, the Health Consumers' Council (HCC) has had a group called the Health Issues Group (HIG). It has had an important role in the past and was seen as an avenue for the individual to raise issues that they wanted to see progressed.

In later times, it has had some challenges and was identified as needing attention as part of the recent overall organisational review.

The challenge for the HCC is to check in with members about important issues, but to also be aware of where they sit in terms of the strategic directions, priorities and available resources of what is still a small organisation. The HIG had, on occasions, created an unrealistic expectation in some people's minds that once they raised an issue, it would be solved and their job was done.

Given that the HCC represents all health consumers, there was a clear need to review our systems to better align with our strategic priorities. There was also a need to better engage with regional issues, those of some groups or interests not represented through the HIG and to ensure a 'solution', rather than a problem focus.

At its April Meeting, the Board disolved the HIG. The Board has written to the previous Chair and Deputy Chair to inform them that a new process will be used. The HCC will take a much more proactive stance on issues. We will be holding workshops and seminars to canvass member views on specific issues. We will also be seeking the views of regional consumers and those of other, allied organisations as we move to a much stronger presence in policy development and engagement rather than issues management.

The HCC remains committed to solving individual problems with our long-standing and successful Advocacy Program and our Aboriginal Consumer Partnerships Program. The Board feels this is the best avenue to address individual issues and this will allow the HCC to concentrate on systemic issues that have the potential to benefit consumers in the future.

We ask members to stay tuned as we explore issues, such as ways to improve our Consumer Representation Program, examine oral health related issues and aged care management strategies. All of which have been raised by consumers, members and our other stakeholders. We are looking to broaden our input through the use of these new strategies.

The Board would like to sincerely thank all those members who participated in, and contributed to the HIG over the years and we all look forward to your future input on health related matters.

Consumer Representative Network- Meeting Dates

NB: All meetings will occur on Tuesday between 12 and 2.00 pm in Unit 6 Wellington Fair, 40 Lord St, East Perth

August 27th
October 18th

December 20th

Community Advisory Council Roundtable - Meeting Dates

NB: All meetings will occur on Friday between 12 and 2.00 pm Unit 6 Wellington Fair, 40 Lord St, East Perth

August 16th CAC Chairs Roundtable

October 18th CAC Combined Roundtable

December 20th CAC Chairs Roundtable

MESSAGE FROM EXECUTIVE DIRECTOR — FRANK PROKOP

The Health Consumers' Council (HCC) is one of those essential but largely under-appreciated organisations. When it is good, it is believed to be 'just doing its job', but when it doesn't achieve startling results, then well, it isn't applauded.

But the Health Consumers' Council also clearly fights out of its weight division. With a small staff, dedicated Board and members who frequently make significant personal sacrifices to help other consumers, it does a wonderful job.

And it is into this environment that I took on the mantle of only the second ever Executive Director of the HCC. The indefatigable and dedicated Michele Kosky was at the helm for an incredible 18 years – fighting the good fight and getting the Consumer voice recognised and included in the discussions. It is an honour and a privilege to be able to follow in Michele's footsteps and they are large shoes to fill.

As often happens, there was considerable change associated with Michele's decision to step down from the role of ED. Rosemary, Gio and Caroline have also left, as did Billy from the Aboriginal Partnership Program. There was a large changing of the guard at the Board level, with Anne McKenzie being required to step down from the Board and receiving life membership from the organisation.

Some members weren't sure why the HCC would hire someone better known for commentary on fishing than on health or who was remembered from an ABC radio show on Saturday mornings in the dim, dark past.

So, please allow me to introduce myself. My name is Frank Prokop, I am the eldest of six children, and was born in Detroit, Michigan USA in 1960. My dad was a maths lecturer (it skipped a generation) and my mum was a primary school teacher. We moved a lot in the States and when I was 13, we moved to Wollongong as one of the very last assisted passage migrants (I am a very strange version of the £10 Pom). My first memory of Australia was at the migrant hostel in Wollongong, going to the beach and having Sunny Boy ice blocks.

For the next 25 years, I did badly at Sydney University, but my wife Sonja was my next door neighbour at Wesley College, so it was worthwhile. I eventually began working for NSW Fisheries at Narrandera breeding endangered fish species. I finished my Uni Science degree and moved to Grafton in northern NSW.

I spent a year as a national parks ranger in the Hunter Valley and got a job at head office in Fisheries right next to Central train station. I was moved to Orange and then back to Sydney before moving to Perth in 1992, with WA Fisheries.

I did a Master of Business Administration degree at UWA part time and spent 6 months working for the Perth Wildcats to prepare basketball for the change from a winter to a summer season.

In 1998 I got the job as the Chief Executive Officer of Recfishwest, where I worked for the next 14 years, including volunteer stints on the ABC radio show and on the Boards of the WA Sports Federation, Perth Wildcats and Basketball WA.

While this may have prepared me for managing an organisation like the HCC, it wasn't heavy on health consumer matters. That changed in 2001 when I went in for routine hernia surgery and came out with a diagnosis of *Pseudomyxoma peritonei* – also known as cancer of the appendix or jelly belly cancer.

I have now had five de-bulking surgeries, the first one at Royal Perth and four more at St George Hospital. Each involves 10+ hours on the table and heated chemo, and for the last four surgeries chemo infused into my abdomen after the surgery. It is a very rare and non-metastasising (my version at least) form of Cancer. I am currently on a waiting list for surgery number 6 and the chance to top 60 days with a naso-gastric tube.

My mum was the first person in the world to be diagnosed with juvenile rheumatoid arthritis when she stopped walking at about 20 months of age. My mum passed away in 1996, not from the effects of her arthritis, which were considerable, but from emphysema caused by smoking. One sister was born missing a tarsal bone in her foot and had to have her leg lengthened when she was 11 years old. She was very brave.

MESSAGE FROM EXECUTIVE DIRECTOR — FRANK PROKOP (CONTINUED)

And finally my wife was in a very serious car accident in 2010, which meant that I became familiar with the Royal Perth trauma unit and the wonderful people at Shenton Park and my poor kids have spent more time in Intensive Care units with both parents than they should.

Overall, I have met many dedicated and caring people. We are lucky in Australia to have a very good health care system, but we cannot forget that there are always plenty of opportunities to make it better.

It may surprise you that I think fishing and health have quite a bit in common – and the waiting isn't what I'm thinking about. Both have huge stakeholder groups. Both have very personal expectations of what they think should be delivered. And both groups need more concerned people to step up to the plate and to work constructively to make things better.

One of my personal beliefs is to try and 'do today that which in 5 years will be proven correct'. That simply means that I like to look into the future, to predict what the community needs are and then work really hard to make sure that the policies and facilities are available when the needs become more apparent.

You will find that I am very much a big picture person. If you have joined the HCC to push a personal agenda or to seek redress for something that happened to you, we have an advocacy service to assist you. That is not my job and you will be disappointed. It is my job to change policies, to get greater engagement and recognition of the needs of all Western Australian health consumers, and to maintain and enhance the quality of life that is so valued and precious to us all.

I ask you to support me over the next couple of years as we strive to get our voices heard, our needs met and our future catered for. This will not be an easy journey, but with your help, and that of the dedicated Board which you elect – we can give effect to one of my other sayings – "The impossible only takes a little longer."

From the Frontline

Being a receptionist in this organisation is paramount as I get to speak to the consumer first before anyone else does.

HCC gets to assist health consumers who face all sorts of medical problems; some distressing and some not so much. The one good thing about this job is the satisfaction I get when a consumer pops into the office or rings up to say "thank you".

And it's not only that; this job has taught me a lot of things as well - to be patient, caring and more attentive to other people's problems.

Somewhere down the track I will become health consumer myself and will need the assistance of a nurse, a GP, a doctor or even a surgeon and would want things to go smoothly. If the outcome isn't what it is supposed to be, I would know where to turn to: HCC – the voice for the health consumer.

Sophie Rabana



healthdirect Australia

If you have a health concern and you're not sure what to do, simply call 1800 022 222* and speak with a registered nurse. You'll get fast, expert advice about any health issue, helping you make an informed decision about how to manage it.

*Calls from landlines are free, mobile charges may apply

ADVOCACY

How does it work for consumers?

The Advocacy Service at Health Consumers' Council employs a team of three staff. The Service provides short and sharp interventions that aim to assist consumers in overcoming obstacles and barriers in health services. This includes issues with public and private hospitals, medical centres, and specialist services, as well as dental care and allied health services. The team deals with a wide and diverse range of consumers' health concerns. Our focus is to assist health consumers in resolving these problems. Advocates only perform actions with the consent of the health consumer.

"Consumers should feel free to consult an advocate and discuss any concerns about their health care or provider."

Advocacy is not only for complaints when problems have occurred. Consumers should feel free to consult an advocate and discuss any concerns about their health care or provider. The consumer may want to know what questions need to be asked about a procedure, for example, before attending a health service provider. This early contact will often avoid potential problems that could arise at a later time.

Advocates are able to assist health consumers in various ways. For example:

- Make representation to a health service provider
- Assist consumers with letter writing to a health service provider.
- Complete and lodge official complaints to an appropriate authority
- Assist consumers to make an application under Freedom of Information from both public and private hospitals
- Liaise with different agencies as required

Each year the Health Consumers' Council Annual Report provides a detailed summary of the Advocacy Services. This report includes a breakdown of the issues affecting health consumers' in rural as well as urban WA. This information, together with the input of health consumers, is vital to the advocates' ability to remain current and to improve the service.



National Apology for Past Forced Adoptions



On 21st March 2013, the then Prime Minister Julia Gillard made an apology to people affected by past forced adoption practises, in the Great Hall at Parliament House in Canberra.

"Today, this Parliament, on behalf of the Australian people, takes responsibility and apologises for the policies and practices that forced the separation of mothers from their babies which created a lifelong legacy of pain and suffering," she said.

"We acknowledge the profound effects of these policies and practices on fathers and we recognise the hurt these actions caused to brothers and sisters, grandparents, partners and extended family members."

A Senate committee conducted a national inquiry, which received submissions from hundreds of people who still suffer the effects of forced removals. Their inquiry found that these practises were widespread throughout Australia and that many mothers and children are still trying to piece their lives together today.

I was fortunate to attend as a WA delegate of the National Stolen Generations Alliance who held a national forum the day before. To be in the Great Hall among 800 other people who had been directly affected by forced adoptions was an incredible experience and one I will remember for the rest of my life. The Government acknowledgement and shared understanding from everyone I met during the trip was an important and healing experience. I was proud to represent the NSGA and the Health Consumers' Council at this historic event.

Laura Elkin

Aboriginal Advocacy Program Manager

WANT FOR INFORMATION?

For further information on the National Stolen Generations Alliance: www.sgalliance.org.au

For support: Adoption Jigsaw Perth provides search, mediation and counselling services to anyone involved in adoption and/or separated from family through fostering, stepfamilies or reproductive technologies: www.jigsaw.org.au

Council commenced operations in 1994 there have been considerable changes in many areas that impact on the Programme. The health sector has become increasingly diverse, mental health has gained greater recognition, technology and our use of it has changed vastly, our demography has altered considerably, increasing numbers of health providers are recruiting their own consumer representatives and the life style of many West Australians has undergone change.

Today the majority of women work outside the home, the age of retirement has increased, young people leave school later, electronic media is used for both personal and business communication, health care providers are requesting patients take greater responsibility for their health and well-being, health consumer voices have greater recognition than previously and there is now a requirement that boards and committees in the health sector have consumers actively participating as members.

What do these significant differences mean to the Programme? The Programme must be flexible and responsive to change to avoid stagnating. Therefore it will need to accommodate different methods of gaining consumer input and diversify its demographics. In order to uphold access and equity it will need to provide greater opportunities for the 'voiceless' to have a voice; existing partnerships will be built on, new ones developed and there will be opportunity to work in strategic partnerships with a broader range of other organisations and government agencies.

It is vital that the Programme has the ability to adapt in order to meet the needs of both a community and health system that are undergoing change. It is an exciting time of opportunity for the Programme and I look forward to playing a role in its metamorphosis.

Louise Ford

Consumer Participation Programme Coordinator





Australian Healthcare — Find your way & Have a say!



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Find your way

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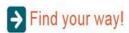
Consumer Rep support



OUR HEALTH IDEAS AND STORIES ARE MAKING A DIFFERENCE

See how having a say can improve Australian healthcare

Have a say!





Find your way to consumer organisations and info to help you use the health system. Read about how we choose this list.

Share your health system experience to help make a difference to Australian healthcare.

Our Health, Our Community Website

Our Health, Our Community is an initiative of the Consumers Health Forum of Australia - the not-for-profit national organisation that works to towards better healthcare for all Australians.

Ourhealth.org.au is a place where patients, carers and families can share views and ideas on how to improve healthcare in Australia. The Our Health, Our Community Project is funded by the Australian Government Department of Health and Ageing. View the website at: http://ourhealth.org.au/

HEALTH CONSUMERS' REPRESENTATIVE SKILLS DEVELOPMENT WORKSHOP

Would you like to use your experience as a health consumer to improve the quality and delivery of health services in WA?

Wondering how you can do this?

If so read on....

Topics covered in the workshop include:

- Consumer Participation in the health sector
- Consumer Representation on Committees and/or Boards
- Understanding and applying Systemic Advocacy
- Report writing



On completion you will have a better understanding of how to effectively contribute a consumer perspective and of your rights and responsibilities in a consumer representative role.

What you will need to bring to the workshop:

- Experience of being a health consumer e.g. self or family member
 - Willingness to contribute objectively to meetings
- Ability to attend committee meetings (some are held during working hours)
 - Notepaper and pen

People from all age groups and backgrounds are welcome to attend

Cost: No Charge

When: Wednesday, 21st August, 2013, 9.30am to 2.00pm

Where: Health Consumers' Council, Unit 6 Wellington Fair, 40 Lord St,

East Perth

Morning Tea and a light lunch are provided.

All day (pay) parking is available in Royal Street.

Please book on line or email to info@hconc.org.au, contact Louise or Sophie on 9221 3422 with any queries.

Health Consumers' Council WA (Inc.) - www.hconc.org.au

NEW HCC PREMISES!

The Health Consumers' Council have moved premises... But don't worry, we just moved across the courtyard to **Unit 6**. (where the red star is on the map)

What does this mean for you?

It means we can now have workshops & training within our premises.

If you are coming to reception, please

*

press on the key pad to sound the door bell and a staff member will let you in.



Please note our new address:

Unit 6 Wellington Fair 40 Lord Street East Perth WA 6004

All our other contact details have remained the same. If you have further queries, please contact the office on (08) 9221 3422.

For our members who do not have access to a computer or internet connection, we're happy to announce that we've been able to set up access for you in our new premises.

Subscribe to our HCC Enews! It's free and each week you will receive:

- Interesting health consumer articles and tips
- Opportunities to have a say regarding various aspects of the Health System
- The latest news and events happening at the Health Consumers Council

Subscriptions can be made by emailing info@hconc.org.au or contacting the office on 9221 3422

Join the HCC

As a member of the Health Consumers' Council you will

- receive free Health Matters magazines and fortnightly Enews
- be kept up to date about health issues

can

- have your say on health policy as a Consumer Representative
- work with community groups and health-related organisations
- work to make the health system more responsive to consumers

The council has three categories of membership - Individual, Organisation and Associate. Individual membership is free. There's a small fee for Organisation and Associate membership (invoices are sent out at the beginning of the financial year).

Contact us on 9221 3422 or via info@hconc.org.au to register your interest!



The Close the Gap campaign says three crucial commitments this year will make or break the achievement of Aboriginal and Torres Strait islander health equality by 2030.

Social Justice Commissioner, Mick Gooda said this year is the juncture of three developments that together will give a strong indication if this target can be met.

"This year will see not only a Federal Election and the implementation of a new National Aboriginal and Torres Strait Islander Health Plan but also the need for all governments – including states and territories – to recommit to the National Partnership Agreement (NPA) on Closing the Gap in Indigenous Health Outcomes," he said

"We need solid assurances from all parties that this funding – already providing tangible outcomes – will continue.

"This year's Prime Minister's report on Closing the Gap report comes amidst some promising signs of improvements in Aboriginal and Torres Strait Islander health - a key focus of the Close the Gap Campaign, made up of Australia's peak health and human rights bodies, which today publishes a 'Shadow Report' on the government's progress to close the gap.

The campaign welcomed specific gains including:

- the target to halve the mortality rates for children under five appears to be on track
- significant increase in Aboriginal and Torres Strait Islander peoples accessing health services for chronic disease which is the basis of the significant gap in health outcomes
- The work already underway to develop a long term health plan in partnership with Aboriginal and Torres Strait Islander peoples
- Meeting the target for early childhood education access in remote communities

"Closing the Gap in Aboriginal and Torres Strait Islander health and life expectancy is a multi-decade commitment that will span policy cycles, funding agreements and governments. The Prime Minister noted the enormous challenges of meeting the life expectancy target. But, the nation expects commitments to be maintained and crucial investment to continue, until we close the gap," said Commissioner Gooda.

Congress Co-Chair Jody Broun said implementing a new National Aboriginal and Torres Strait Islander Health Plan is vital for the long term outlook.

"Implementing the plan mist see a recommitment to the \$1.57 billion Health National Partnership Agreement, which underpins all of the programs and services provided by Government and our own community-controlled organisations.

"The multiparty support shown through the Close the Gap Statement of Intent provides the basis for ongoing efforts and investment from all of the parties which must be continued over the long term, "she said.

Read the Close the Gap Steering Committee's Shadow Report at Oxfam.org.au/closethegap or http://www.humanrights.gov.au/ social justice/health/index.html#shadow

Media contacts:

Neena Mairata 0417 957 525 (for Commissioner Mick Gooda)

Liz Willis: 0457 877 408 (for Co-Chair Broun)

Source: http://www.humanrights.gov.au/about/media/media_releases/2013/8_13.html





Would you like to improve your mental health and wellbeing?

Mentally Healthy WA has developed the Act-Belong-Commit Guide to Keeping Mentally Healthy "A Great Way To Live Life"! The guide includes self-assessments, activities, ideas and tips to help you increase your Act, Belong, Commit activity levels.

The Guide is for a broad audience of people, including people who are already mentally healthy but simply want to learn more about keeping that way; people who feel 'just ok' or a 'bit down' and wanted to enjoy life more or find more meaning and purpose in life; and people who have - or have had - a mental illness or mental health problem and who are looking for positive ways to build their mental health in addition to any medication, counselling or treatment they might be receiving.

Do you fall into any of these categories or know somewhere who does and would like to trial the guide?

Simply send us an email (katy.robinson@curtin.edu.au) or call us (08 9266 1873) and we will send you a copy of the Guide. We will ask you to complete the self-assessments within the Guide and work through it at your leisure. Two months later we will contact you and ask you to re-do the self-assessment questionnaires and get your feedback on the guide.

By taking part you will go into the draw to win an iPad 2 (16GB)

Email or call to request your copy of the guide katy.robinson@curtin.edu.au



HCC Annual General Meeting 2013



Guest Speaker - Professor Bryant Stokes, Director General, Department of Health

Wednesday 25th September 2013

5.30pm - 7.00pm

Department of Health Theatrette 'D' Block 189 Royal Street, East Perth

We are proud to announce that Professor Stokes will be the guest speaker at our AGM on Wednesday 25th September 2013.

Professor Stokes is the Chairperson of the South Metropolitan Health Service Governing Council, although as our members will no doubt know, he has currently stepped aside from that position to take on the role of Acting Director General of the Dept. of Health. In addition to his current role he has recently completed a major report on mental health for the State Government, which is known colloquially as 'The Stokes Report' and also a review of the Peel Health Campus.

Professor Stokes has had a highly distinguished career and is a neurosurgeon who holds three professorships at WA universities, headed the State Neurological Service for 15 years, and was the State's Chief Medical Officer from 1995 to 2001.

We hope to see as many members as possible at the AGM to hear Professor Stokes and his insights into healthcare in WA.

HCC - independent voice, advocating for patients in Western Australia

Contact Us

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