



COVID-19

METRO NORTH WRAP-UP

ISSUE 6: 1 MAY 2020



WELLBEING STRATEGY UPDATE

SOCIAL WELLBEING



MESSAGE FROM SHAUN

Queensland has had an excellent week with only 9 new confirmed COVID-19 cases and low numbers in our virtual and inpatient wards at Metro North. Our virtual ward is looking after its lowest number of cases since it's conception. As we head into the long weekend, thanks to those who will be at work delivering care.

This weekend some of our restrictions will ease across Queensland. We will now be allowed to walk in national parks, use boats and motorbikes for recreational purposes, have a picnic at a local park, shop for non-essential items, and take a drive up to 50km from home. Let's not take this bit of freedom for granted and ensure we are still complying with social distancing rules, practicing excellent hygiene and staying home as much as possible.

This week we recommenced some Category 2 and Category 5 procedures. This has been a small step in Metro North gradually returning to activity as usual. Next week we'll be booking some dental appointments as well. We'll play it by ear and adjust as needed. We are more than prepared to flex these services up and down as our pandemic response demands.

Keep up the excellent work and remember, Metro North's response to COVID-19 is working and you are a huge part of that success. Thank you.

Kind regards,

Shaun Drummond

Chief Executive

Metro North Hospital and Health Service



In response to COVID-19, the entire world has been told to practice social distancing. It's an important part of our steps towards stopping the spread, but the term 'physical distancing' is better suited. The importance of maintaining social connections during the pandemic is paramount. Without them, we would feel even more isolated than we already do. It's vital to keep reaching out to your connections; have a catch-up with your friends via zoom, check in on your elderly family members with a regular phone call, join a friend for a walk outside or have a picnic with your household.

For those working from home, use Microsoft Teams to check in face-to-face at least once a day for a team meeting or simply a team coffee catch up.

Have a look at our [COVID-19 staff wellbeing portal](#) for some great tips and tools for maintain your social wellbeing. There are even resources for parents and carers to support you during COVID-19.

RUOK? COLLEGIATE SUPPORT NETWORK

RUOK?
A conversation could change a life.

Our Workforce Culture and Engagement team have been running training sessions to staff who have volunteered to become RUOK'ers. Since we launched the program two weeks ago, 125 staff have completed the training and are ready to help their colleagues where needed. Supporting each other is a huge part of our response.

If you can, get involved in the collegiate support network. The more RUOK'ers spread across Metro North the better! See the [wellbeing portal](#) for further details.



Queensland Government

MAJOR PROJECTS UPDATE

While many of us have been focussed on Metro North's COVID-19 response, our infrastructure redevelopment teams have continued to reshape our physical landscape.



New Mental Health Short Stay Unit opens in Caboolture

People in the Moreton Bay region now have better access to mental health services closer to home thanks to the Palaszczuk Government.

Minister for Health and Ambulance Services Steven Miles said the first phase of an innovative new \$5.4 million Mental Health Short Stay Unit is now open at Caboolture Hospital to provide care for people requiring urgent mental health treatment.

STARS gardens take shape

More than 15,000 plants will be planted in and around the Surgical, Treatment and Rehabilitation Service (STARS). When construction wraps up later this year, this space will be a relaxing place to enhance the wellbeing of our patients, staff and visitors.



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Visit metronorth.health.qld.gov.au/extranet/coronavirus for our latest COVID-19 updates

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