

MESSAGE FROM THE ACTING EXECUTIVE DIRECTOR STARS

Metro North Health

Jayne Stevenson



Thank you to everyone for making me feel welcome during my short time as Acting Executive Director. Walking around the facility I observed so many friendly staff who go out of their way to say hello. I commend you all on providing a welcoming environment for staff and consumers alike.

On Monday, we celebrated Mabo Day, the final day of National Reconciliation Week. Mabo Day commemorates Mer Island man Eddie Koiki Mabo and his successful efforts to recognise the rights of Aboriginal and Torres Strait Islander peoples as the traditional owners of their land. You can read more about the Mabo decision and its significance, [here](#).

Tier 1 Acute Respiratory Illness (ARI) plan

On Thursday, Metro North made a planned transition to Tier 1 in our Acute Respiratory Illness (ARI) response plan due to an increase in emergency department presentations and hospitalisations for COVID-19.

All staff are encouraged to:

- wear masks in line with the PPE guidelines ([click here for more information](#))
- ensure flu and COVID vaccinations and annual fit testing are up to date
- stay home if you're unwell, let your line manager know and submit your leave form as soon as possible via the Smart Leave form on MyHR
- check in with your line manager for any other requirements in your local workplace under your directorate Acute Respiratory Illness Response Subplan.

Visitors will continue to be encouraged to wear a mask, sanitise hands when coming and going, and stay away if they have respiratory illness symptoms. Masks and hand sanitiser will be provided at facility entrances.

For more information, please access the Metro North [Acute Respiratory Illness Response Plan Tier 1](#).

Crazy Socks 4 Docs Day

If you saw staff donning bright socks today it is all part of the annual Crazy Socks 4 Docs Day, an initiative that raises awareness of the mental health of doctors and health practitioners around the world. The aim of the day is about normalising conversations around mental health.

Studies have shown that healthcare professionals, including doctors have higher rates off depression, anxiety, and stress compared to the general population. Crazy Socks 4 Docs provides a great opportunity for people to reflect on their mental health and hopefully reach out for help if they need it.

Just a reminder that if you or a colleague need support, you can contact our STARS Peer Responder network via [QHEPS](#). You can also contact our Staff Psychologist, Allison Welch who provides face-to-face sessions, onsite drop-in clinics, phone or Teams consultations. Staff can make a booking by calling **3647 9673** or emailing MNStaffPsychology@health.qld.gov.au. Staff can also access TELUS (formerly Benestar) for up to six free sessions per calendar year with mental health professionals. More information can be found on the website link [Employee assistance program | Metro North HHS \(health.qld.gov.au\)](#) or on 1800 604 640.





Some of the wonderfully bright socks on display for Crazy Socks 4 Docs Day.

Brief the Boss

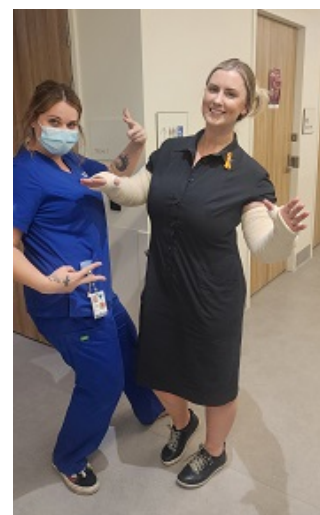
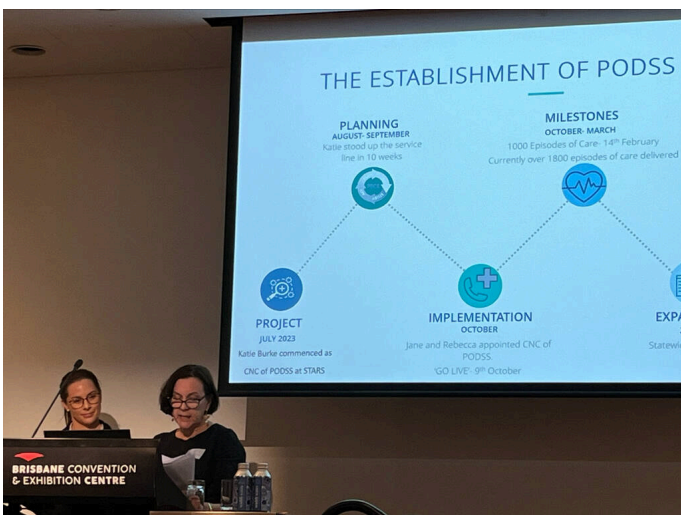
Michelle Stute joined me for Brief the Boss on Thursday. Brief the Boss is a great opportunity for staff to come and have an informal chat with the Leadership team about any ideas or feedback they have. For the next Brief the Boss we will try a different location, so look out for details in the Staff Bulletin.

Staff Shout Outs

Congratulations to the Post-Operative Discharge Support Service (PODSS) who presented learning and achievements since the service's inception in July 2023, at the Perioperative Medicine Workshop in Brisbane this week. Clinical Nurse Consultants Rebecca Pickering and Jane Holt's presentation was a standout and received excellent feedback by all those attending.

A big thank you to Sophie Wade, Sinead Murphy and Anh Nguyen who demonstrated teamwork and collaboration to fill shift vacancies. A wonderful display of going above and beyond for patient care.

Congratulations also to the STARS outpatient orthopaedic team who are nearing completion with their casting training. This initiative will enable a more seamless journey for STARS patients.



(Left) PODSS Rebecca Pickering and Jane Holt presenting at the Perioperative Medicine Workshop (Right) STARS outpatient orthopaedic team trying out their casting training skills.

Metro North Research Excellence Awards

Nominations are now open for Metro North's annual Research Excellence Awards. These Awards provide an opportunity to acknowledge and celebrate the achievements of our research community across STARS and Metro North. This year, the Metro North Research Excellence Awards event as well as the inaugural

Metro North Research Summit will be held on Thursday, 5 September.

Nominations are open to all researchers of all stages including early career, well-established, and anywhere in between. Researchers are also encouraged to nominate themselves and share their accomplishments. **Nominations close on Friday, 26 June at 5 pm.**

[NOMINATE NOW](#)

Please read about some of the excellent work happening across Metro North in the annual [Research Snapshot](#).



Herston Health Precinct Symposium

The Symposium is being held again this year on 2-4 September and there is currently a call for oral and poster presentations. Submissions close on 12 July 2024. If you would like to more about the Symposium or to submit an abstract, [click here](#).

Media coverage

One of the exciting research projects highlighted in the Metro North Research Snapshot is looking at how virtual reality and education can improve pain and pain-related fear of movement. This research is a collaboration between Royal Brisbane and Women's Hospital (RBWH), the Surgical, Treatment and Rehabilitation Service (STARS) Education and Research Alliance (SERA), The University of Queensland's RECOVER Injury Research Centre, Griffith University, and the Tess Cramond Pain and Research Centre.

Lead researcher Peter Window and research participant Cyndi Joe-Lind were recently featured on Channel Seven news discussing the research, which was funded by The RBWH Foundation, ahead of their Giving Day on June 12. You can watch the news segment [here](#).

RBWH Foundation Giving Day

The RBWH Foundation Giving Day is fast approaching – next Wednesday 12 June. There are lots of opportunities for staff to get involved, including being part of crowd during the Sunrise live crosses (from 5.30 am – 7.30am in the RBWH foyer).

STARS are also holding a bake sale on the day, Level 3 from 8am until the food sells out. We would love our STARS bakers to get onboard and bake goods for the bake sale. Items can be dropped off to Level 1, room 106 before the start time or directly to the stall after 8am on the day.

If you are feeling fit, you can also participate in the Tour de STARS, a cycle challenge where you can see how many virtual laps you can do around the hospital in 15 minutes. Challenge yourself or a work colleague. There are also prizes for best dressed on the bike and top fundraiser. You can [register to ride here](#).

Kind regards

Jayne



STARS BAKE SALE

12 June
8am until sold out

Donated goods can be dropped to
Level 1, Room 116 prior to the bake sale
or directly to the stall after 8.00am.



All proceeds go to the Royal Brisbane and Women's Hospital Foundation.