



Dear colleagues,

### **NAIDOC Week**

Spanning from this Sunday 7 July to Sunday 14 July, 2024, NAIDOC Week will celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC Week has been held since 1975 and every year provides an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth.

This year's theme chosen by the National NAIDOC Committee, is 'Keep the Fire Burning! Blak, Loud & Proud'. Fire is a symbol of connection to Country, to each other, and to the rich tapestry of traditions that define Aboriginal and Torres Strait Islander peoples. The theme highlights the enduring strength and vitality of First Nations culture.

This year's NAIDOC Week event guest speaker presentation at RBWH is 'A Healing Journey – an Aboriginal & Torres Strait Islander Experience' by Uncle David Wragge. A proud, Wakka Wakka man from Cherbourg, Uncle David shares intimate details of his experiences of, growing up as a 'Domo Boy' at the former Cherbourg Boys' Dormitory. The presentation includes a 25-30-minute video specially produced on the youthful and adult life of Uncle David's personal journey and strengths to overcome outstanding life experiences, trauma, social and cultural and community issues.

It is a deeply moving presentation that I recommend you see.

**NAIDOC Week event:** A Healing Journey – an Aboriginal & Torres Strait Islander Experience, guest speaker presentation

Venue: Auditorium, Education Centre, RBWH

When: 11 July 2024

Time: 11.00 to 12.00 noon, followed by meet and greet with Uncle David Wragge and light luncheon

Event registration: Audience self-schedule, no formal attendance registration.

### **RBWH Foundation Grant Round 2 announced**

In exciting news, the recipients of the RBWH Foundation Grant Round 2 have been named.

Congratulations to the following:

#### **Research**

- Dr Emma Seed - Women's and Newborn Services, RBWH
- Gill Noreiks - Women's and Newborn Services, RBWH
- Associate Professor Helen Healy - Kidney Health Service, RBWH
- Dr Karen Davies - HeIDI and STARS
- Associate Professor Krispin Hajkovicz - HeIDI, RBWH

- Dr Michelle Cottrell - Physiotherapy, RBWH
- Dr Peter Window - Physiotherapy, RBWH

### Patient Care

- Angela O'Malia - Social Work, RBWH
- Brooke Wadsworth – Physiotherapy, STARS
- Catherine Ryan - Safety and Quality, RBWH
- Karen Lee-Steere - Internal Medicine and Aged Care, RBWH
- Karina Charles - HeIDI, RBWH
- Kate Dickson - Critical Care and Clinical Support, RBWH

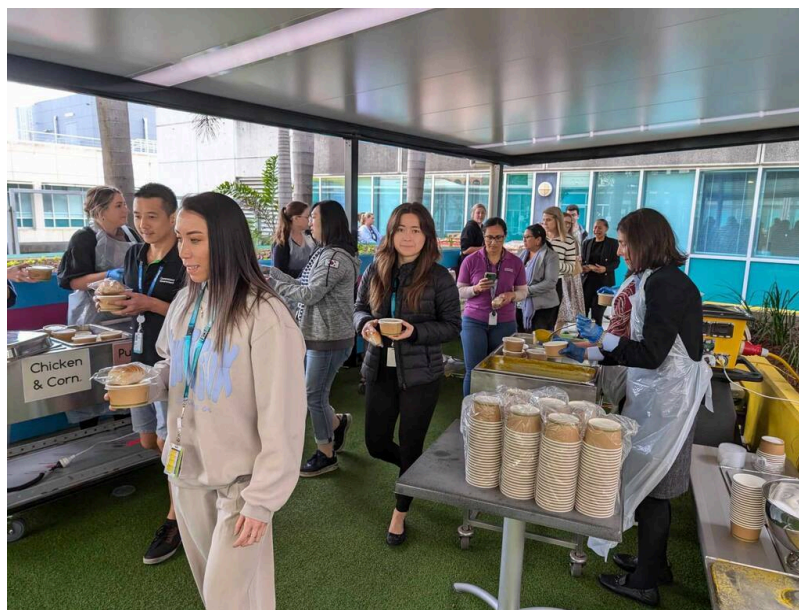
Special guest RBWH Infectious Diseases patient Adam Freeman provided an inspirational perspective on the need for faster testing, detailing his life-long and often life-threatening struggles with infection caused by a genetic immune deficiency called Chronic Granulomatous Disease. He made reference to the 'Right First Time' whole genome sequencing project, led by Associate Professor Krispin Hajkowitz.

Adam told us research funded through the RBWH Foundation and the care by exceptional clinicians saved his life. He described a hospital stay when he was very near death, he had to make the decision to “fight” by putting all the negative emotions and issues “in a box” and lock them away. He had to focus on what he had to do to get well. His gratefulness to the clinical teams who went above and beyond with innovative treatments to help him fight was evident as was his cleverness and sense of humour.

“When you talk about impacts on people's lives, it's not just about saving us, but also about the quality of life that you can retain or give patients by identifying these things earlier.” That's what world class research, great clinicians and supporting staff can do with the funding assistance of the RBWH Foundation.

### Winter Warmer

Yesterday was Team Royal's much-anticipated annual Winter Warmer, where lunch was served by the RBWH Executive and Senior Management as our way of saying thank you to all of you for your dedication. On the menu this year was a cup of soup and a bread roll and it was wonderful to hear so many staff stopped by for a meal and a chat – it's always a lovely way for people to mingle with colleagues and the Executive. Unfortunately for me I was unwell and could not attend.





### **Qld Health smoking ban**

There has been a recent incident on the Herston Campus where a Metro North staff member activated a fire alarm due to vaping in a toilet. Please be reminded that laws in Queensland ban smoking at public hospitals and health facilities or within 5 metres beyond their boundaries, including the toilets. This ban includes tobacco products, herbal cigarettes, e-cigarettes and personal vaping products (vapes).

### **Reducing patient falls**

RBWH registered nurse Jacob Haberley recently spoke to the [Five Things Nursing Podcast](#) about the impacts of hospital falls and, crucially, what can be done to prevent them.

Falls tend to add to a person's time in hospital – which leads to a stacking effect on the patient, staff, resources and other patients.

There are some practical strategies beside nurses can implement to prevent falls, according to Jacob:

- Exercise clinical judgement. The majority of patients can mobilise and it's important to facilitate mobility wherever possible.
- Ensure adequate pain management. Patients will be more willing to mobilise in a way that is safe if pain is under control.

- Prevent inpatient functional decline as much as possible. 900 steps is the daily requirement to prevent functional decline due to bedrest.
- Be mindful of any changes in medications.
- Keep the environment as clutter-free as you practically can.
- Make sure the patient is able to access their buzzer.

I hope you can have a listen to the whole episode for more great tips like the above.

Thank you for your ongoing commitment to the care of patients and our community.

Kind regards,

Louise Oriti

Executive Director

Royal Brisbane and Women's Hospital

We respectfully acknowledge the Traditional Owners and Custodians of the land on which our facilities are built. We also pay respect and acknowledge Elders past, present and the future.



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