

Executive Message

Metro North Health



Chief Executive Adj. Prof. Jackie Hanson



Dear colleagues,

Today is R U OK? Day, a day to inspire and empower everyone to meaningfully connect with the people around them. The day follows World Suicide Prevention Day, held earlier this week on Tuesday. Both of these days encourage action to check in on those around you and provide a listening ear, as it could save a life.

But we know that one day of awareness is not enough to make a difference. The theme of this year's event is 'Ask R U OK? any day.' Let's all set ourselves that challenge.

While I encourage you to do this with your family and friends, it's also important we check in on each other in the workplace. Working in healthcare brings many days filled with challenge, stress and high emotion. It's important we recognise that and take care of one another.

If you see someone struggling, or not themselves, ask them how they are going and be the listening ear they might so desperately need.

We have been promoting R U OK? Day across all of our facilities, with many staff (and four-legged) ambassadors raising awareness around the importance of today. From wearing yellow and therapy dog pats to interactive sessions on how to have the conversation – we want to make sure you know how to check in on those around you, and importantly, that at Metro North Health we care about you. Below are some snaps from our teams at Redcliffe Hospital, STARS, TPCH, Herston and Caboolture Hospital who have been busy sharing the message.

For those of you that can make it, there is a training session on 'How to ask' at Herston today in the RBWH Education Centre, Seminar Room 2. From 3:30pm – 4:30pm, Metro North Culture and Wellbeing Coordinators Rita Rush and Anna Jonsson will be taking you through the nuances of having R U OK? conversations.

If you can't make it, there are some awesome resources [online](#) as well as on our [newsroom](#),

as Anna has shared her tips ahead of the day.

Please remember, being 'not okay' *is okay* – we are here to help you. We want our staff to feel supported enough to speak up and seek out the resources they need. We have our Peer Responders available at all our facilities who you can contact remotely, and Benestar also provides free psychology services to all staff.



Health Equity community consultation

On Wednesday I joined over 150 community members at the Health Equity community consultation event at Kallangur. There were many valuable discussions had which will allow us to focus our efforts in our Health Equity Plan and make sure we remain on track for the next stage of our strategy.

I also announced funding for new projects as part of the *Our Journey Towards Health Equity funding program*.

The key theme of Our Journey Towards Health Equity funding program includes co-designing and joint decision making with community. Shortlisted applicants were required to pitch their project or initiatives to members of the Aboriginal and Torres Strait Islander Oversight Committee and community members. I'd like to acknowledge and thank Elders Aunty Denise Proud, Uncle George Elarde, Aunty Patricia Elarde, and Aunty Florence Ash, for their contributions to this process.

The following successful projects will enhance our efforts towards achieving health equity parity.

- Building capacity to address institutional racism and implement Cultural Capability Framework.
- Growing Community Connections – Diabetes Wellness.
- Provide accessible and culturally safe kidney care.
- Ngarrama Redcliffe Midwifery Group.
- Expansion of Health Workers in Emergency at RBWH.

I look forward to sharing further updates on these projects as they progress.

Kind regards,
Jackie

Chief Allied Health Practitioner
Mark Butterworth



As the Chief Allied Health Practitioner I have the wonderful opportunity to see the broad diversity of roles health practitioners fill to help people live better lives. Despite ten years in Allied Health, I am still meeting new clinicians and teams. Last week I met, for the first time, some enthusiastic Sleep Psychologists at The Prince Charles Hospital (TPCH) who explain a little of what they do.

The TPCH Sleep Psychology service see a variety of patients with insomnia and other sleep disorders. Using individual and group interventions, sleep psychology helps patients address the underlying cause of some sleep disorders (e.g., Cognitive Behaviour Therapy for Insomnia), and to manage the impacts of others, including narcolepsy and providing motivational interviewing for CPAP adherence in sleep apnoea. Sleep Psychologists manage clinical caseloads, supervising trainee psychologists, and assist with research.

I was pleased to see the service has an impressive track record of research funding success for innovative programs including a direct referral pathway for sleep psychology (Dr Sara Winter) and to explore extended scope of practice in the sleep psychology setting (Dr Daniel Sullivan).

Regards,
Mark

Pictured: Mark Butterworth, Dr Daniel Sullivan – Senior Psychologist (Sleep Psychology), Sara Crocker – Senior Psychologist (Sleep Psychology)



Chief Nursing and Midwifery Officer
Adj. Prof. Alanna Geary



Dear Colleagues,

Over the past four weeks, we've seen a decline in both attendance and admissions for acute respiratory illnesses, including influenza. As a result, Metro North will transition to Tier 0, or business as usual, in our Acute Respiratory Illness Response Plan starting Tuesday, 17th September 2024.

As we make this transition, please continue to:

- Wear masks in clinical areas as per PPE guidelines.
- Keep your flu and COVID-19 vaccinations up-to-date and complete your annual fit testing.
- Stay current with all mandatory training.
- Stay home if you're unwell and inform your line manager using the Smart Leave form on MyHR.
- Check with your line manager for any specific requirements related to the Acute Respiratory Illness Response Subplan in your area.

Visitors will still be encouraged to wear masks, use hand sanitiser, and avoid the facility if they have respiratory symptoms. Masks and hand sanitiser will be available at facility entrances.

We will remain vigilant, as a new wave of acute respiratory illness could arise at any time. Our commitment to monitoring and preparedness continues.

Thank you for your hard work, dedication, and positive attitude over the past few months. I'm proud to be part of such a fantastic team.

Regards,
Alanna

Metro North Health





We uphold our commitment to health equity through our Values in Action
Respect | Integrity | Compassion | High performance | Teamwork

Metro North Health acknowledges the Traditional Custodians of the Land upon which we live, work and walk, and pay our respects to Elders both past and present.



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