

Metro North Health

Message from the Executive Director TPCH

Tami Photinos



Dear team,

We may already be halfway through January, but I'd like to wish you all Happy New Year! For those who had a break over the festive season, I hope you had a restful time with your loved ones. To those who worked, thank you for your ongoing hard work and commitment during what was a busy time for patients needing our care.

This is my first message following two months of leave late last year. I've returned refreshed, recharged and reminded of the value of taking time for self-care. The break afforded me the opportunity to reset both mentally and physically - something we often overlook amid the hustle and bustle of our daily lives.

In healthcare, where long hours and high-pressure situations are the norm, it can be easy to put self-care on the back burner. However, that comes at a cost to our health, energy and ultimately the quality of care that we provide. That's why taking annual leave is not just a benefit - it's a necessity. It's an entitlement that can help you prioritise your wellbeing. Remember, self-care matters. Make use of your leave to reset and recharge. It will not only make you a better healthcare worker but can also have a positive impact on your relationships outside of work.

As we embark on another year, let's continue to support each other and look after ourselves as we navigate our meaningful, yet demanding careers.

Health Minister visits TPCH

Last week, the Minister for Health, Hon Tim Nicholls visited TPCH to take a tour of our cardiac care areas. This was the Minister's first visit to our hospital since he started in the role following last year's State Election.

During the visit, he enjoyed having the opportunity to chat with patients and staff, while learning about the intricacies of the care we provide to patients across the state as the leading heart hospital in Queensland.

While on the tour with the Minister, I met cardiac patient Katri (pictured, below right) who has recently received a heart valve from us - just in time for her 92nd birthday. Katri and her daughter Marita had popped in for a check-up. Marita, who worked as a nurse herself for many years, said that her mum had always had a heart of gold, but it was now even better thanks to her new valve and our care.

I enjoyed having the opportunity to chat with Katri and Marita and it served as a great reminder to me of the difference we all make in people's lives every day.



Medical intern program

Since the last message from Geoff in December, we have seen a changing of the guard in medical intern cohorts.

Last year's cohort (pictured, right) recently came together to celebrate the end of their year-long program and to reflect on the experiences they've had in their placements across TPCH. From here, this group will now take up placements as Registrar doctors at various facilities, including some who are remaining with us. Congratulations to all on your success this last year, and good luck with the next step in your careers.

This week, we welcomed the class of 2025.



Mould prevention during warmer weather

As we enjoy (or endure, depending on your points of view!) another Brisbane summer, the moisture in the air caused by humidity can give rise to mould. Left unmanaged, this can cause health problems.

While the Operations and BEMS teams take the lead on mould management within the hospital, we all have a role to play. You can play your part by practicing good hygiene and housekeeping, including preventing and controlling water intrusion, monitoring excess moisture, reducing organic material such as paper, wood etc and cleaning mould contamination surfaces.

For more information or to report instances of mould, please contact [Patient Support Services](#).

Safety first at TPCH

The safety of patients and staff is our number one priority at TPCH. As part of this, it's important that any electrical items we're bringing into the workplace are tested and tagged. Before using external appliances on campus, please first ensure you have the permission of your NUM or director and then submit a BEMS Work Order request for the item to be tested and tagged. Once complete, the appliance may be used, with further testing to occur annually to ensure it remains in safe working order. Click [here](#) to learn more about the testing and tagging process. It's also important that tagged appliances are being used appropriately to reduce risk of fire. You can learn more [here](#) about items that may pose a hazard if used in microwaves. Thank you for following these processes to keep our facility safe for everyone.

Celebrating service milestones

As healthcare staff, what we do is much more than a job. It's a vocation where we've chosen to care for others. Today, I'm pleased to shine a spotlight on two of our staff members, Cathy Moore and Susan Prince, who exemplify that spirit and have both recently reached 40-years in their nursing careers.

Cathy Moore

Cathy knew from a young age she wanted to be a nurse. As a local to the northside, she aspired to work right here at TPCH! Early in her career, Cathy completed a coronary care course and has worked with hearts ever since. During her career she became the first Nurse Practitioner in Acute Coronary Syndromes in Australia and spent some time dabbling in cardiology research at Columbia University in New York,

Cathy then followed her heart back to TPCH and is the first Nurse Practitioner in the surgery program working in Post Op Discharge Support Service. Her colleagues describe her as a role model in the evolving and complex healthcare landscape who helps them understand the vital role nurses play in it.

Susan Prince

Susan completed her training at the then Royal Brisbane Hospital and has taken full advantage of the portability a nursing career offers, having worked in Adelaide and Melbourne. She became a NUM early in her career and has worked in that role in acute and sub-acute hospitals and in infectious diseases. Upon her return to Brisbane, she began working in the Thoracic Unit at TPCH and is now in Palliative Care.

Sue cites changes in technology as the biggest advances in her 40-year career, including electric beds and pumps for IV fluids. She's also seen doctors and nurses come to work more cohesively to manage patient care. Susan is also grateful for the advent of air conditioning in our facilities, with less than fond memories of working in hot wards at the Royal in the 1980s.

Congratulations to Cathy and Susan on such outstanding careers. You're important members of the TPCH community. We look forward to having you with us for many more years.



Cathy Moore and Susan Prince recently reached 40 years in their nursing careers.

In closing

It is with mixed emotions that our hospital is saying farewell to Dr Andy Teodorczuk, who has been appointed as the inaugural Medical Education Director of Mental Health for Metro North. Andy has been the Director of Clinical Training for the last four years at TPCH. He has been a strong advocate for junior doctor wellbeing, commencing the Friends of TPCH program and championing an educational framework for RMOs in cultural safety as well as developing the teaching program and faculty. During his time here, he has represented TPCH at multiple national meetings as well as presenting to statewide Medical Education forums. I'm sure I speak for us all in wishing Andy well for his exciting next challenge.



*Goodbye and good luck, Andy!
Also pictured, Dr Anthea Woodcock, Rosalind Crawford and Donna Faulks*

Kind regards,

Tami Photinos
Executive Director
The Prince Charles 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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