

Metro North Health

Message from the

## Executive Director RBWH

Louise Oriti



### Summary:

- R U OK? Day at RBWH
- Staff forum focuses on safety
- Staff Profile - Dr Anthony Deacon
- Cancer care shuttle
- A new way to connect

Message feedback



**Audience: All staff**



**Read time: 4 min**



**For: Information**

Dear colleagues

Today is R U OK? Day, a day to take some time to check in with each other to see how we are doing. The R U OK? movement aims to foster a culture where discussions about emotional and mental well-being are the norm and people are encouraged to reach out for support when they need it.

Our jobs in healthcare are challenging, and starting a conversation with a friend or colleague could be just what they need to open up and share what they're dealing with. If you're concerned about how to respond if someone says they're not okay - remember, you don't need to have all the answers, just providing a supportive ear can make a big difference. However, it can also be helpful to know what support services are available so you can guide someone if they do need support. You can learn more on [QHEPS](#) or the [R U OK? Website](#).

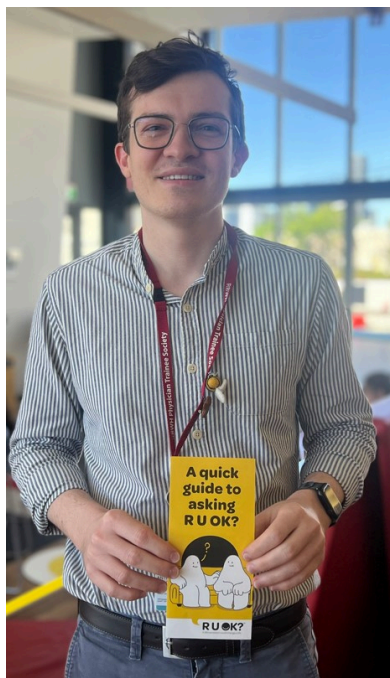
It was great to see teams across RBWH hosting R U OK? events today where they came together to start conversations. Remember that while today is R U OK? Day, we aim for a culture where people are asking R U OK? Any Day.



At the session, I discussed the multi-pronged approach we are taking to address these complex issues. Initiatives include funding for a project and research to better understand the drivers around instances of aggression and violence that arise from cognitively impaired patients and those who present to us with special care needs. I will keep you updated as this work progresses.

On the broader subject of campus safety, Peter King, Director of Facility and Support Services and Sgt Jacob Cranston, Officer in Charge of the RBWH Police Beat, joined the session to provide an update on safety measures. These include additional QPS patrols of areas where staff travel to their vehicles after hours, and recruitment for a night concierge to be located in the atrium near the main entrance to better manage who accesses the hospital overnight.

If you missed the forum on Wednesday, you can watch the recording [here](#).



### Staff Profile - Dr Anthony Deacon

Consultant Gastroenterologist, Dr Anthony Deacon, is passionate about the well-being of healthcare staff. That's why he's a strong supporter of the R U OK? movement.

"All of our roles at RBWH are challenging and for different reasons, that's why it's really important to check in with yourself and each other," Anthony said.

"Reaching out isn't a sign of weakness – it's simply saying you'd like to talk. And that's OK."

Across his decade at RBWH, Anthony has seen cultural shifts make it easier for staff to open up.

"Early on, people were less likely to admit when they weren't doing well. Today, more colleagues speak openly after a tough day. It's not always easy, but the more we normalise those conversations, the stronger our culture becomes."

Away from the hospital, Anthony finds balance in the simple things – spending time in his garden and with his cavoodle, Olive.

## Cancer care shuttle

Cancer Council Queensland now offer a handy free weekday shuttle to help people in the Caboolture area get to and from their cancer care at RBWH.

The service is made possible thanks to contributions from the Hornery Family, RBWH Foundation, RBWH Cancer Care Services and Cancer Council Queensland.

If you have a patient you think may benefit from the service, you can refer them to it. Subject to availability, they can also bring one additional person. For more information about the service and how to refer patients, click [here](#).

## A new way to connect

Finally, for today, I am pleased to announce a new way for you to connect with me and other hospital executives - '**Exec Connect.**' These in-person sessions will replace 'Brief the Boss' and are an opportunity for you to let us know what's on your mind. The first session will be happening in the coming weeks. Look out for more information soon.

Thank you all for everything you do for our community.

Kind Regards

**Louise Oriti**

Executive Director,  
Royal Brisbane & Women's Hospital

**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.

### **Metro North Health's vision**

Creating healthier futures together—where innovation and research meets compassionate care and community voices shape our services.



**Queensland  
Government**

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