



Summary:

- R U OK? Day
- Wound care mini expo
- Walk in Your Shoes
- World Physio Day
- Meet the staff / favourite dish
- PODSS and August Staff Shout Outs

Message feedback



Audience: All staff



Read time: 5 min



For: Information

Dear colleagues,

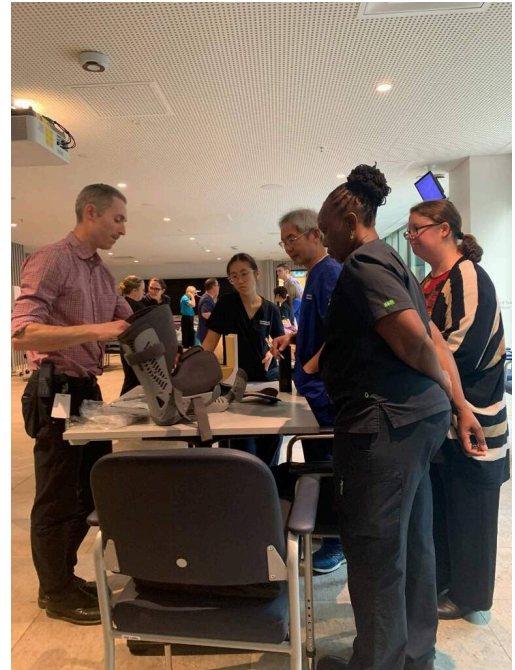
Last Thursday we celebrated R U OK? Day at STARS, a great reminder of the positive impact this question can have on someone going through a tough time.

We also announced our 2025 STARS R U OK? Day Champions: Adrienne Makutu, Helen Stonell and Lee Hunter. Congratulations and thank you for championing the R U OK? message every day at STARS.

Wound care mini expo

In recognition of Wound Care Awareness Week, the education team and clinicians at STARS recently hosted a wound care mini expo to highlight strategies for preventing and managing pressure injuries, an ongoing hospital acquired complication.

The expo, coordinated by Shilta Devi, Amy Jones, Cecelia Orford, Ashlee Downs and Geerthika Galister, featured interactive stations on wound dressings, pressure-relieving equipment (including air mattresses, off-loading footwear and cushions), and best practices in maintaining skin integrity. Staff appreciated the opportunity to engage in hands-on learning and strengthen their wound care management skills in a practical and fun environment.



Walk in Your Shoes initiative

One of the themes of the recent Have you Say survey across Metro North is greater visibility of the Executive Team. Following the 2023 HYS survey, STARS implemented a bi-monthly 'Brief the Boss' initiative, similar to that held at the RBWH. However, the feedback we received was it was difficult for clinicians and other staff to find the time in their busy schedules to attend the sessions.

Therefore, starting next month, I would like to launch a new initiative – 'Walk in Your Shoes'. Individuals or teams can nominate for me to come to their area to experience what you do during your shift. It will provide an opportunity to share your day-to-day experiences and challenges on a day and time that is convenient to you. Please email your nominations to STARS_ExecDir@health.qld.gov.au with your name, unit and preferred day and time.

Celebrating World Physiotherapy Day

Last Monday we celebrated World Physiotherapy Day, a chance to reflect on the vital role physiotherapists play in delivering patient-centred care across the globe. This year's theme, falls and frailty, inspired a creative collaboration among Metro North Health physiotherapists, resulting

in a parody video of Elton John's classic 'I'm Still Standing'. The video highlights the brilliant work being done across our health services in assessing, preventing, and managing falls and frailty.

You can [watch the video here](#).



RBWH Foundation grants

There is still time to apply for the latest [RBWH Foundation Grant Round](#) before applications close on 3 October. With almost \$500,000 in funding available, it's a wonderful opportunity to action your ideas for patient care innovation and medical or health research. The Foundation Grant Rounds are open to every employee across RBWH and STARS, as long as you can demonstrate impact on patient outcomes.



Learn more about previous recipients at the RBWH Foundation [Project Hub](#).

Meet the staff and their favourite dish

This week the STARS Food Services Team held their first 'meet the staff and their favourite dish' event, featuring Gina's minestrone. The initiative showcases the Food Services Team by having members share their favourite dish with the patients.

Gina has been working in Food Services for 33 years, the last five as a valued member at STARS. Known for her warm smile and dedication, she brings care and flavour to every meal she serves.

"I chose minestrone as my dish because it reflects my Italian heritage and the values of simplicity, nourishment and comfort. It is a wholesome, healthy meal that I believe can bring patients both nutrition and a sense of warmth, just as it has done for my family over generations".



Thank you for sharing your dish with the patients Gina, and thanks to the Food Services Team for such a wonderful initiative.

Shout out to PODSS

I would like to share a message from the ACS Clinical Support Manager for Continuous Quality Improvement to the PODSS team for their showcase to the American College of Surgeons webinar.

"Your work was engaging, thought-provoking and impactful. We truly appreciate the time and effort you dedicated to delivering such a high-quality presentation. Beyond the event itself, we are inspired by the larger impact your project has on advancing surgical quality across Australia, and the promise it holds for influencing global practice."

Since being piloted at STARS, PODSS has been rolled out across 13 Queensland sites and has received interest from other states in Australia and internationally.

STEPtember update

It has been a big week for the STEPtember teams, with only 11 days to go. At last count the top three teams were Stepping with Braditude, Trailblazing STARS and SERA-ous Stepologists.

A special mention to the following staff who have been averaging over 20,000 steps per day: Kyle Gardiner, Shekinah De Guzman, Daniel Boles, Pedro Lima, Hannah Ladru, Campbell Oram, Kong Soon Yow and Nicholas Saunders.

The tip for this week is to incorporate music on your walk, run or work out - having a great soundtrack is a fantastic way to keep the pace up.

August Staff Shout Outs

Congratulations to staff and teams that received a Staff Shout in August: Calvin Merckel, Chelsie Reilly, Zana (Zirafeta) Balic, Fiona Jamieson, Dr Vikram Joshi, Crystal Cooper, Stephanie Andrews/Bojar, Norfarehah Khairiluanar, Dr Sarju Vasani, Michelle McGrath, Ronnie Parek, Natalie Halligan, Lily Lee (Ya Lu Lee), Kevin Lah, Morgan-Leigh Taylor, Renaye Halliday, Amy Hewitt, STARS Corporate Services Team, Rehab Engineering Team and STARS OPD Admin Team.

You can nominate an individual or team for the September Staff Shout Outs [here](#).

Kind Regards

Dale Dally-Watkins
Executive Director
STARS

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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