

Metro North Health

Message from the

Executive Director RBWH

Louise Oriti



Summary:

- Eat Walk Engage celebrates 10 years
- Mass Casualty Exercise
- RBWH Cognitive Impairment Action Plan
- Food services visit
- Art for recovery
- Christmas Decorating Competition.

Message feedback



Audience: All staff



Read time: 5 min



For: Information

Dear colleagues

Earlier this week, staff from across the hospital came together to celebrate 10 years of the Eat Walk Engage program. From its beginnings here at RBWH, the program is now active in 18 hospitals across 53 wards in Queensland.

Over its first decade, more than 100,000 patients have benefited from the evidence-based program that keeps patients moving, nourished and connected to the people and activities that matter to them. The key ingredients in preventing delirium and maintaining independence. For the health system, Eat Walk Engage improves patient flow by reducing length of stay and increasing discharges home.

Naturally, for such an auspicious occasion, there was a giant cake for Eat Walk Engage lead, Professor Alison Mudge and the team to cut (pictured below). Thank you to everyone who has contributed over the last 10 years. Together, we are making a difference and helping make sure every person in our care feels understood, supported and valued.



Mass Casualty Exercise

This week, RBWH hosted a successful Mass Casualty Exercise to test and strengthen our hospital's disaster response readiness. This exercise brought together frontline and operational teams together to practise, reflect, and build confidence in our coordinated response.

The exercise involved a hospital-wide Code Brown simulation, exploring how teams coordinate, adapt, and deliver care under surge conditions. Areas of focus included communication and coordination, patient flow, crowd management strategies, prioritisation of critical resources, and clarity of role and responsibilities under pressure.

The exercise involved multiple teams across the hospital as well as external stakeholders such as QAS and QPS. It was great to observe teams working together to ensure high quality care can continue to be delivered under surge conditions.

A big thanks to the TACT team who coordinated this important exercise and to all staff who participated. Your efforts will help further enhance RBWH's disaster response capacity and readiness. Well done all!





our new Cognitive Impairment Action Plan 2025-2030, which outlines priorities, goals and actions to better recognise and support those with or at risk of cognitive impairment.

Cognitive impairment, including dementia, delirium and acquired brain injury, affects one in three inpatients at RBWH and often leads to longer stays and higher risks of complications. Our action plan articulates cognitive-informed care as a strategic priority, ensuring that it is safe, person-centred and inclusive.

You can read the action plan to learn more [here](#). The team will also be visiting wards over the next few weeks to discuss the plan and provide the opportunity for you to ask questions to strengthen how we support these patients and their families.

Food services visit

Last week, I had the opportunity to tour our food services kitchen and meet members of the 220-strong team. During the visit, I learned some extraordinary facts: each year, the team serves more than four million meals, distributes 400,000 bananas, and uses four tonnes of lettuce. These impressive figures are made possible through careful preparation and precision, both of which were clearly evident throughout the tour.

A recent innovation in food services is the inclusion of QR codes on meal trays, allowing patients to provide real-time feedback. This enables the team to make timely adjustments as part of continuous improvement. For those curious, top-rated meals include roast beef, potato salad, and chocolate brownie for dessert.

The food services team also stood out in this year's Have Your Say Survey, showing significant improvements across many measures. These results reflect a renewed focus on encouraging staff feedback and acting on it, investing in training, supporting staff-led initiatives, and improving transparency in decision-making.

Thank you to the entire food services team for your dedication and the vital role you play in supporting our patients and hospital community.



Art for recovery

Across two days this week, the Re-engagement in Occupation (RIO) Market was held at RBWH, with proceeds supporting the Tess Crammond Centre and the RBWH Foundation.

Now in its fifth year, the market showcased handcrafted products created by 15 patients from the centre, made as part of their pain management and recovery programs. These items reflect not only creativity but also the therapeutic value of meaningful occupation.

Among the featured artists was Michelle, pictured with Pain Clinic Assistant Jolenta Jarman. Michelle draws inspiration from everyday items found in nature to create striking artworks. Through her creativity, she has discovered new ways to re-engage with life, transforming her condition into opportunities to build confidence and enhance wellbeing.



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Trans Awareness Week

Trans Awareness Week is observed annually from 13 to 19 November, leading up to Trans Day of Remembrance on 20 November.

This week is dedicated to raising awareness of transgender, gender diverse, and non-binary people, the challenges faced by these communities, and the ways allies can support meaningful change.

Across the week, members of Pride in Metro North have staffed a stand next to

the post office for people to learn more. They will also host a 'lived experience' session in the Auditorium on Thursday 20 November (or join [here](#) on Teams at 10.30am), where you can hear from RBWH transgender staff members to learn how to make our workplaces more inclusive.

By listening, learning, and advocating, we can help create a more inclusive, equitable, and respectful health system and society for these members of our community.

It's time to deck the halls

As we reach mid-November, it's time to start planning for the 2025 RBWH Christmas Decorating Competition. Work areas have until 28 November to register, with judging scheduled for 9 December.

To learn more about the competition, including this year's themes, please click [here](#). Don't forget to follow the [decorating](#) and [infection control](#) guidelines to ensure a safe festive environment.

I'm looking forward to seeing the hospital come alive with creativity in the coming weeks.

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.



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Government**

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