

Metro North Health

Message from the

Executive Director Community and Oral Health

Glynis Schultz



Summary:

- Cardiac rehab continues to deliver care closer to home
- Brighton 80th Facts - Talking about the combustible oven
- Farewell to Catharine
- Mobile duress update
- Dying to Know Day resources
- A Good Read - Wholistic grounding brings better navigation

Message feedback



Audience: All staff



Read time: 5 min



For: Information

Dear Team,

We have seen a lot of expansion of community-based services over the past few decades.

Recently the Cardiac Pulmonary Program, which is part of the Complex Chronic Disease Team, came together to celebrate the establishment and 20-year anniversary of cardiac programs expanding to Caboolture and Redcliffe.

This vital program, which is about exercise and education teaches people with heart conditions the skills they need to build healthy heart habits and to help with recovery after a cardiac event, has grown significantly since its inception, and its initial staffing of a part-time physiotherapist and nurse.

Twenty years ago, the program expanded from Chermside Community Health Centre to include Redcliffe and Caboolture with the aim of bringing care closer to home.

This was a necessary step at the time due to the expanding population. It continues to grow and provide support to more patients each year thanks to the use of telehealth technologies and has expanded its services remarkably to Norfolk Island and the Central West Health Service.

Congratulations on another important milestone.





**CELEBRATING
80 YEARS BRIGHTON
HEALTH CAMPUS**

Thursday 1 October 2026
 10:00 – 11:30am at Brighton
 Health Campus (Auditorium)
 All current and former staff and
 volunteers are welcome

EMAIL YOUR INTEREST

Brighton 80th Facts - Talking about the combustible oven

With the number of residents numbering 700 to 800 in the 1950s and 60s, it is intriguing to have a look back at the way Brighton Health Campus ran, especially in the kitchen.



Obviously, things have changed a lot since then and we are no longer reliant on combustible ovens as pictured below.

Thankfully our staff have the luxury of fridges, freezers, food plate lines, computerised fan forced ovens and a patient menu management system to keep procurement optimised and the food fresh and nutritious for our patients and residents.

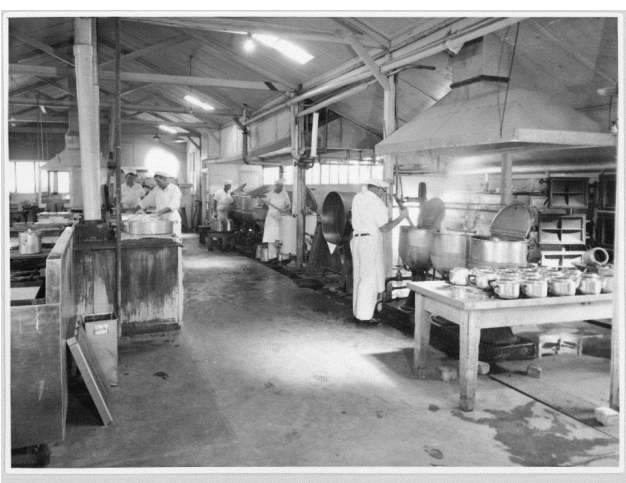
Currently, Food Services provides inpatient food services to four bedded services with 120 beds across Rehabilitation, Interim Care and Eddbtide. A further 100 residents at Cooina and Gannet House also benefit from their nutritious and highly complimented meals and food.

This equates too around 900 meals a day and approximately 400,000 meals a year!

And, with a close link between food satisfaction of patients and health, we know that when a patient reports a positive food experience a positive patient outcome usually follows.



MAIN KITCHEN IN EARLY DAYS WITH COMBUSTION TYPE STOVES



A SECTION OF MAIN KITCHEN - KITCHEN STAFF FROM LEFT - NORM WRUCK, BRIAN KRAUSE, ARTHUR LINDLEY, BILL BOW, RON WALE

It is with great sadness that we share the news of the passing of our former colleague, Catharine Garrigan.

Cathy began her career with Metro North in 2009 as a Patient Administration Coordinator at Redcliffe Hospital before joining the COH Finance team in September 2013 as an Assistant Business Manager. She remained a valued member of the team until her official retirement in January 2023.



We acknowledge her years of service and the contribution she made during her career with Metro North.

Our thoughts are with Cathy's family, friends and all who had the opportunity to work alongside her during this difficult time.

Mobile duress update

The safety of our staff remains a priority, particularly for those working in community, outreach and lone-worker settings. Following extensive staff consultation, Community and Oral Health is progressing a mobile duress solution to strengthen staff safety and support timely assistance when needed.

Staff feedback has played an important role in shaping the requirements for the future solution. This work is being undertaken alongside our existing Occupational Violence Prevention (OVP) training and broader workplace safety initiatives.

Mobile duress technology is intended to complement, not replace, the skills, processes and support systems already in place to help keep staff safe. A formal Mobile Duress procurement process is currently underway.

While we cannot discuss specific products or suppliers at this stage, we can confirm that planning for implementation, training and service rollout is well advanced. It is anticipated that deployment will occur in the coming month, commencing initially with select services in Home Hospital, before broader implementation across in-scope COH services.

We look forward to providing further updates as the program progresses.

Dying to Know Day resources

Providing compassionate, confident end-of-life care is an important aspect of our work. The results of the 2024 COH All-Clinical Staff Survey identified three key areas where staff would like greater support and confidence when caring for a person who is dying:

- Symptom Management
- Knowing when to use the Care Plan for the Dying Person (CPDP)
- Communicating about death and dying.

In response, the COH End-of-Life Sub-Committee has reviewed educational resources from across Australia and pulled together a suite of high-quality videos and learning activities designed to strengthen knowledge and confidence in these areas.



Please see the [attached flyer](#), which includes links to the recommended resources and information on how to access them.

These resources provide an excellent foundation for all clinical staff, whether you are new to end-of-life care or looking to refresh your skills. For those wishing to build more advanced knowledge and expertise, additional learning modules are also available.

We encourage all clinical staff to take advantage of these resources and continue developing the skills that help us provide safe, compassionate, and person-centred care at the end of life.

A Good Read - Wholistic grounding brings better navigation

For Jess Nolan, dealing with critically ill patients as well as those needing ongoing care and support in the community or their home, has been a great grounding for her new role as a nurse navigator.

Jess currently works in Community and Oral Health's Referral and Navigation Service and supports the transition of Metro North Health hospital patients into longer-term community care.

"I have more than six years' experience in the acute health care system as I have worked in the Intensive Care Unit and Coronary Care Service at The Prince Charles Hospital," she said.

[Read more ...](#)

Glynis Schultz
Executive Director



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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