Queensland Milk Bank celebrates five years of saving the state’s tiniest patients

The Queensland Milk Bank at Royal Brisbane and Women’s Hospital (RBWH) celebrated its 5th birthday this year, a momentous milestone for a service that has already saved nearly 1500 little lives.

The bank, now the largest and fastest growing in Australia, currently supplies milk to 11 other hospitals around the country.

Speaking to the crowd of staff, donors, mums and bubs, RBWH Director of Neonatology Dr Pieter Koorts said the bank had come a long way since its early beginnings when it was just a single freezer and a handful of donors.

“Since we started, the service has received over 4200 litres of milk donations from over 400 donors for over 1400 premature babies all over the country,” Dr Koorts said.

“We know using donor milk increases survival rates by almost 70 per cent, so this service is absolutely critical.”

Queensland Milk Bank manager Karen Langford said the success of the bank was dependant on the generosity of mothers, with over 400 women on the books as donors.

“Some mothers have lost their own babies and give during a period of great loss, while other mums have used this service and want to give back,” Karen said.

“And then there are other generous mothers in the community who give for the sake of giving. I can’t overstate how important your gift is to us and so many families around the state.”
Message from the Board Chair and Acting Chief Executive

Dear Colleagues,

As 2017 draws to a close, it’s an opportunity to reflect on our achievements during the year and to thank each and every one of you for your valuable contribution as a member of the Metro North Hospital and Health Service team.

Despite the increased demands over winter due to the severe flu season, our hospitals and health services continued to provide high quality care. Our Year of the Frail Older Person has helped us implement a range of great initiatives including the introduction of the Clinical Frailty Scale, the Geriatric Outreach Assessment Service and Older Persons Assessment Liaison Service, the Green Blanket, and a range of improved discharge and admission processes. Next year, we will continue to focus on older frail patients as part of our business as usual.

Royal Brisbane and Women’s Hospital celebrated its 150th anniversary at Herston this year. As the state’s oldest hospital, it has touched the lives of thousands of staff, cared for millions of Queenslanders and delivered more than 500,000 babies.

The Prince Charles Hospital’s critical care and general medicine services celebrated their 10th anniversary this year as well. In the past decade, the ED at TPCH has become the busiest in Metro North, providing a valuable and much needed service for the Brisbane northern suburbs. TPCH has also been leading the way in the care of older people, with expertise in geriatric rehabilitation and dementia care.

The Caboolture Hospital redevelopment made excellent progress with the opening of the new carpark and Ward 3. Caboolture is in a growing region and the redevelopment will continue next year to provide expanded services. Kilcoy Hospital also finished its redevelopment which has improved amenity and allowed for additional services closer to the community.

Community, Indigenous and Subacute Services have undertaken a massive program to better align their services with community health needs so we can better bridge the gap between primary care and hospital services. Community based services are crucial to ensuring people are supported to stay healthy at home longer.

Next year is already shaping up to be busy and exciting and we look forward to sharing it with you. From the Board and Executive, we wish you all a safe and happy festive season.

With very best wishes,

Shaun Drummond
Acting Chief Executive, Metro North Hospital and Health Service

Dr Robert Stable AM
Chair, Metro North Hospital and Health Board

The National Disability Insurance Scheme (NDIS) transition will go live in Brisbane from 1 July 2018.

From 1 January 2018, Brisbane residents will be able to apply for access to the NDIS.

Improving the health of Aboriginal and Torres Strait Islander people needs a different approach

By David Rosengren
Chair of the Queensland Clinical Senate

The health of Aboriginal and Torres Strait Islander peoples is one of the greatest health challenges in Australia today. While progress is being made in Queensland thanks to some great services across the state, the statistics remain concerning.

An average 10-year life expectancy gap between Aboriginal and Torres Strait Islander and non-Indigenous Queenslanders is simply not acceptable.

The Clinical Senate recently partnered with four of Queensland’s peak health bodies to host a statewide forum to find out how we can make a difference to the health and wellbeing of Aboriginal and Torres Strait Islander children.

The focus of the Growing Deadly Families forum was to listen to Aboriginal and Torres Strait Islander women, elders and health workers’ stories and experiences of using the health system and their thoughts on how we could do better.

Among the standout messages were the need to do things differently, to stop doing things that aren’t working and to design services in partnership with the local community.

Recommendations from the forum focus on the importance of partnerships between local communities, Aboriginal Community Controlled Health Services (ACCHSs), primary health networks, hospital and health services and other key local stakeholders to identify goals, design, implement and evaluate integrated services that empower patients.

We have challenged organisations to build a workforce that reflects the community and its needs by increasing the number of Aboriginal and Torres Strait Islander people employed across all professional streams and nurturing and developing their leadership skills.

And we are asking health system leaders to be innovative and active in developing and implementing strategies to embed cultural competence and cultural safety in their organisations.

At an individual level, we have to build a comfort and confidence in providing care to our Aboriginal and Torres Strait Islander patients and their families – I believe this will go a long way in breaking down the barriers to care.

To read the report and the full list of recommendations visit: https://www.health.qld.gov.au/clinical-practice/engagement/clinical-senate/recommendations

* The Growing Deadly Families forum was a partnership between the Queensland Clinical Senate, the Queensland Aboriginal and Islander Health Council, Queensland Health, Health Consumers Queensland, Professor Cindy Shannon, The Institute for Urban Indigenous Health.

LINKing with our community

Complex health issues require a collaborative approach, with acute hospitals and various other organisations working together to improve patient care.

Introduced in 2015, the Metro North Hospital and Health Service (MNHHS) $1 million Leading Innovation through Networking and Knowledge-sharing (LINK) program provides financial and project management support for innovative staff and projects partnering with other organisations and groups to deliver the best possible outcomes for patients in our care.

In 2018, five LINK projects will be funded across a range of topics.

Initiatives such as the ‘Community Links in Caboolture’ partnership between Open Minds and Caboolture Hospital, provides an enhanced model of integrated care with alternatives for people who frequently access hospital services either as inpatients or presentations to the emergency department.

The program aims to prevent unnecessary presentations, admission or re-admission to hospital and reduce patient’s length of stay within the hospital.

Other 2018 LINK funded projects include the development of a ‘Stroke Portal app’ through the collaborative partnership between MNHHS, Queensland University of Technology and the Stroke Foundation.

The app will enable patients to access their health records, an individualised discharge care plan related to their post stroke.

New online wound services directory

A chronic or long term wound may need regular specialist care to ensure it’s clean, properly dressed and healing well.

To make it easier for people to find a wound service in the community, Metro North Hospital and Health Service (MNHHS) have partnered with Brisbane North PHN to create an online directory for people looking for wound care services.

To find wound care services in your local area, visit https://www.health.qld.gov.au/metronorth/health-professionals/chronic-wounds-directory
Praise for focus on mental health recovery

Metro North Mental Health’s commitment to recovery focussed services has been commended by the Mental Health Coordinating Council (MHCC).

MNMH’s Director of Recovery Lisa Jones invited the MHCC to undertake a ROSSAT (Recovery Oriented Service Self-Assessment Toolkit) Consultancy to identify potential areas for improvement and build capacity for implementing recovery oriented services.

It was the first time such an assessment has been carried out in a public mental health unit.

MHCC commended MNMH on a number of initiatives including the appointment of a Director of Recovery.

Lisa Jones, who was appointed to the role in July 2015, is the first member of the Executive team to bring a lived experience of recovery from mental illness to the Executive table.

“My role is pivotal to the future planning of our mental health service,” Lisa said.

“Inviting the voice of the consumers, carers and families to the executive table is a clear indication that the Mental Health Executive team supports consumer and carer engagement at all levels.”

Lisa said MHCC was impressed by the service’s informative and engaging website and its Safewards initiative.

“We were also commended on the development of our Prospectus – Mental Health Recovery and Clinical Programs: July – December 2017 publication that describes the comprehensive range of recovery focused courses and programs being provided by both government, community managed and primary healthcare organisations within our service area,” she said.

The assessment report also noted MNMH’s strong focus on consumer engagement and the establishment and growth of the Consumer and Carer Team and Resource Team that are major mental health reform implementation change agents in championing recovery oriented service provision, as well as the development of Recovery Champions Awards, and the transparency of Consumer/Client Feedback Management Reporting.

Good report card for service

Consumers and carers have rated Metro North Mental Health highly in the Your Experience of Service (YES) Statewide Report 2016.

The report was released recently by the Mental Health Alcohol and Other Drugs Branch.

The branch’s Executive Director Associate Professor John Allan said the YES survey initiative was an opportunity for consumers and families to tell us how well we are achieving our goal of improving the consumer experience and consumer outcomes.

MNMH participation for the survey was 24 per cent, higher than the state average of 21 per cent.

The overall experience of care score for YES within MNMH was 85, indicating a consumer rating of Excellent or Very Good.

The Family of Youth overall experience of care score was 82, again demonstrating that most families/carers rated MNMH highly.

Guiding a healthy future for our elderly

Metro North Hospital and Health Service (MNHHS) and Brisbane North PHN have released a new five year health care plan to keep older Queenslanders happier, healthier, and more independent for longer.

With the elderly population expected to increase substantially, it is important to ensure services are meeting the demands of a growing patient cohort.

The plan aligns with the health service’s already ongoing initiatives implemented during the Year of the Frail Older Person across 2017.

MNHHS Executive Director of Clinical Services Dr Liz Whiting said improving the care of elderly patients has already made forward strides, with many successful initiatives already in place.

“Many of our elderly in the community accessing health care will have complex health conditions, may be frail and vulnerable to rapid deterioration in their health,” Dr Whiting said.

“Our service delivery will support everyone in our community to age well, to stay in their home for longer and remain connected with their community.

“This plan aims to ensure that Brisbane North health care providers are best placed to meet the needs of a growing and ageing population.”

The PHN and MNHHS is committed to implementing this plan over the next five years and will actively work in partnership with private, community and non-government providers to progress the service directions across settings across Brisbane North.
Caboolture Hospital new car park opens

Central Admissions Team Supervisor Leanne Cunningham is often one of the first people that patients, visitors and the members of the community speak with when they visit Caboolture Hospital.

“People previously said how difficult it was to find a parking space at Caboolture Hospital, but since the new car park opened they’re now saying how much easier it is to find one,” Leanne said.

“The new staff car park at the rear of the hospital has freed up hundreds of spaces in the front car park near the main entrance to the hospital for patients and visitors, which is very popular with the community.”

The new 300 space car park for staff opened in early November, about six weeks ahead of schedule, thanks to a lengthy spell of dry weather in August and September.

At the same time, the staff car park, on the north-eastern side of the campus, was also opened up for general use, adding a further 100 car parking spaces, meaning 400 extra spaces for the community.

A second staff car park near the Executive Centre remains with more than 50 spaces available. However, it now opens at 10.45am, specifically for staff working afternoon and evening shifts.

The new all-weather ambulance access road is also rapidly taking shape and expected to open in January. It will also provide much easier access to the new staff park, reducing congestion in surrounding streets.

A further 55 spaces will be available in early 2018 as part of the new Specialist Outpatient Building, bringing the total number of car parking spaces on the hospital campus to well more than 1000.

“The new car park, outpatient building and other improvements underway at Caboolture Hospital are all part of our vision to improve the health of our community by Caring Together,” Leanne said.

New Ward 3B

It’s not often you can say a sledgehammer was used to help build a hospital—but that’s exactly how construction started of Caboolture Hospital’s new ward 3B in 2016.

In a move that will enhance specialised care and experience for older patients, Caboolture Hospital’s new 3B ward opened in April this year with 32 new beds.

Patients admitted to this ward are generally elderly and requiring geriatric evaluation and management. It provides inpatient services for patients with acute medical conditions.

Ward 3B is also home to the Gentlemen and Ladies Aging with Dignity (GLAD) Unit which enables closer observation of patients suffering from cognitive impairments, dementia, delirium or confusion.

From the beginning, consultation was held with health consumers and other stakeholders to develop a unique model of care and ensure the unit was purpose-built to meet contemporary standards for dementia care.

Care in the GLAD unit closely aligns with Metro North’s Year of Frail Older Person guidelines that promote independence, well-being and quality of life for older people.

Ward 3B and GLAD Unit has been under the watchful eye of Nursing Unit Manager Simon Thomas since it opened.

Renowned Geriatric Physician Ian Sturgess toured the hospital’s Emergency Department, Ward 3B and the GLAD unit earlier this year.

Dr Sturgess was impressed by the innovative solutions available to care for elderly patients being rolled out as part of Metro North’s Year of the Frail Older Person.

Ward 3B has increased the number of inpatient beds at Caboolture Hospital from 233 to 265 and seen the number of adult patient beds rise from 91 to 123.

150 years set in stone

A 150-year-old artefact from the original Brisbane General Hospital, and fitting reminder of the hospital’s anniversary year, has been saved from the heritage precinct of the Herston Quarter redevelopment site.

The stone was first saved many years ago by former Royal Children’s Hospital Matron and RBWH Nursing Superintendent Elizabeth-Anne Stuart Abell OBE around the time the Tower Block of the General Hospital building was decommissioned in 1969.

RBWH Executive Director of Nursing and Midwifery, Adjunct Associate Professor Alanna Geary said the Tower Block stone is a special reminder of our proud 150-year history of providing healthcare for Queenslanders.

“The stone which was originally one of two, sat on the side of the original Brisbane Hospital’s central tower, known as the Tower Block,” Assoc Prof Geary said.

“Earlier this year as works got underway on the site of the Herston Quarter redevelopment, this important piece of history was relocated from the construction site to a prominent place between RBWH and the Block 7 building, which is the site of the original hospital.”

The stone will feature as an exhibit in the RBWH Museum of Nursing History’s monthly Heritage Trail and continue to be a part of the living heritage story at Herston for the community to appreciate.

The Museum of Nursing History presents a unique collection of displays that depict nursing stories from the late nineteenth to late twentieth centuries and is open to the public between 10 am – 2 pm Tuesday, Thursday and Friday.

On 28 October 2017, members of the Metro North Board, Nurses Association and Nursing Museum volunteers attended a private afternoon tea with Miss Abell to view and celebrate the installation of the Tower Block stone public art memorial.
A look ahead to 2018 for Herston Quarter

The finalisation of the Development Scheme for the Herston Quarter Priority Development Area (PDA) was deferred following the announcement of the State Election.

The Herston Quarter Interim Land Use Plan (ILUP), which was due to expire on 17 November 2017, was extended under s. 39(2) of the Economic Development Act 2012 as a Development Scheme for a PDA cannot be made during the caretaker mode. The ILUP may remain in effect until mid-January 2018, or until a final Development Scheme can be made.

Herston Quarter development partner, Australian Unity, will await the finalisation of the Development Scheme before commencing consultation on the final master plan with Herston Health Precinct staff and the community in early 2018.

Meanwhile, the footprint for Metro North’s new specialist public health facility, being delivered as part of the Herston Quarter redevelopment, has been revealed after more than three months of works on the former Royal Children’s Hospital site. These works saw on average 70 tonnes of material removed from the site each day, including more than 2000 tonnes of recyclable metal.

Construction of the new facility is permissible under the ILUP and commencement is anticipated from March 2018.

Creative outlets making a difference for patients

For Former Royal Brisbane and Women’s Hospital (RBWH) mental health patient Chelsea Johnson, a simple pencil and paper made her feel the most at ease during her time as an inpatient.

Chelsea’s artwork, pictured right, featured in the Window to Our World (WOW) Exhibition in RBWH’s Artspace this year.

“I have been painting and drawing all my life, and as an inpatient in a hospital, the only time I was comfortable when I was drawing or painting,” Chelsea said.

“It’s comforting and you don’t feel alone. Hospitals can be scary, so having something to do and something to focus on is fantastic.

“That’s why WOW is so important. You can make other people happy with the work you have created, and it gives you an insight into how people feel.”

WOW has been a reoccurring exhibition for over a decade.
Patient Care at Centre of new Redcliffe oncology and renal services

Patient care is at the centre of the custom-designed and state-of-the-art oncology and renal health facilities at Redcliffe Hospital.

Officially opened in October, the $8.1 million new facilities are spread across three floors of Redcliffe Hospital’s Moreton Bay Integrated Care Centre (MBICC).

Redcliffe Hospital Executive Director, Louise Oriti said hospital staff were very proud of the new facilities, and the high standards of patient care and comfort they provide.

“For more than ten years, both Cancer Care Services and Kidney Health Services have shared a space on level six of the hospital tower.

Now in MBICC, each service has their own entire floor, which has been custom designed with patient care in mind,” Louise said.

Louise said the successful move, and design of the new facilities was achieved through strong patient engagement, and a focus on patient care throughout.

“Kidney Health Services, which is provided at Redcliffe in conjunction with the Royal Brisbane and Women’s Hospital, provides around 120 treatments per week to patients; while Cancer Care Services treats provides 250 outpatient appointments each week and treats around 150 patients.

“To ensure as little disruption to patient care throughout the process, both Kidney Health and Cancer Care Services worked hard to communicate the changes to patients.

“In the days and weeks after the services had moved, patients were well-supported by our wonderful hospital volunteers, who helped make sure patients knew where the new services were in MBICC.”

Metro North Hospital and Health Service Chief Executive, Shaun Drummond said the new facilities in MBICC were part of Redcliffe hospital’s continued modernisation.

“These two services moving into MBICC also means Redcliffe hospital can redevelop a wing of level 6 of the hospital tower, a space that will become a new 26-bed ward,” Shaun said.

Nursing exchanges: Building clinical careers

Registered Nurses like Andrew Hughes and Kylie McQuillan are broadening their career horizons thanks to the Nursing and Midwifery Exchange program.

Andrew has been a RN since 2014 and has spend most of his career working at Redcliffe Hospital.

It’s a similar story for Kylie McQuillan. Kylie has been an RN since 2015. After completing her studies in Toowoomba, Kylie went back west to Charleville where she has worked in the local aged care home and the town hospital ever since.

As part of the first cohort of the Nursing and Midwifery Exchange Program, Andrew and Kylie have swapped places for 12 weeks, and they’re now both experiencing what it’s like to be working in very different clinical settings.

Before leaving for the exchange, Andrew said he was looking forward to experiencing the community out west and getting joining in with local community life during his time in Charleville.

“I think it’s going to make me a better clinician as well,” Andrew said.

Now a few weeks into the exchange; Kylie says that she’s seen things at Redcliffe Hospital that she doesn’t usually see at home.

“For starters, I’m working with a much larger team at Redcliffe, and that’s expanding my professional skills and my professional networks.”

“Working in the Emergency Department at Redcliffe means I’m also working in an environment with new technology, like Pyxis machines,” Kylie said.

Kylie says there are ideas and ways of doing things that she’s looking forward to taking back to Charleville too.

Nursing Unit Manager at Redcliffe Hospital’s Emergency Department, Fiona Packwood says she’s not surprised by that.

“I’m sure too that when Andrew comes home to us next year, he’ll bring back new ideas too, and we’re looking forward to welcoming that,” Fiona said.

“The nursing and midwifery exchange program is about strengthening the nursing and midwifery workforce.”

“The more experience our nurses have of different clinical environments, and community settings, the more value they bring to their team, wherever they may be working,” Fiona said.

Top occasions of service in HHS
1. Caboolture ......................... 847
2. Redcliffe ............................. 469
3. Zillmere ................................ 412

Top occasions of service outside HHS
1. Rockhampton .................. 183
2. Woorabinda ...................... 165
3. Bundaberg ......................... 105

3,376 the number of patients we’ve delivered services to.

9,497 Cultural Support including relationship building, advocating and men’s and women’s business

874 Transport Support

Discharge Against Medical Advice (DAMA)
27 Hospital
34 Follow-up

Engagement Services
3,515

780 face to face in-services delivered by the Cultural Capability Officers
The QAS Indigenous paramedic program started in 2012 and is designed to create pathways for Aboriginal and Torres Strait Islander people to become paramedics in their communities. The QAS Principal Consultant for Cultural Capability, Patricia Murray, said the idea of the program was to give the opportunity of employment to Aboriginal and Torres Strait Islander people who have expressed interest in the pre-hospital and health industry.

“We currently have 27 Indigenous students visiting Brisbane. The six students working at TPCH have obtained a Certificate 4 in Ambulance Health Care and are ready to start university next year,” Ms Murray said.

“Most of these students are from discrete communities so being in this type of environment is challenging for them, let alone having the experience of seeing non-stop patient flow coming into the emergency department from paediatrics through to high trauma resuscitation.”

The experience has allowed the students to learn how to communicate with other health peers and engage with a broad spectrum of patients.

The program with Metro North Hospital and Health Service is expected to continue into the future, with Indigenous students placed twice a year during May and November at the TPCH ED.

Established to lead the development of the CISS Reconciliation Action Plan (RAP), the CISS RAP Working Group held a design workshop recently to develop the first draft of the plan.

In line with the Reconciliation Australia RISE framework, the Working Group identified actions in three key areas as being critical to helping to achieve reconciliation between Indigenous and non-Indigenous Australians:

- actions which enable CISS to demonstrate respect for Aboriginal and Torres Strait Islander peoples, culture, lands, waters, histories, and rights
- actions which build strong relationships between CISS and Aboriginal and Torres Strait Islander people, communities, and organisations
- actions which provide greater opportunities to Aboriginal and Torres Strait Islander peoples or businesses through employment or procurement opportunities within CISS

Some of the suggested actions included reviewing the Cultural Practice Program to make it more job specific and reflective of the local community, providing CISS staff with regular opportunities to visit Indigenous communities, establishing Indigenous specific entry-level recruitment pathways into CISS, and holding an annual NAIDOC Week art competition.

A first draft of the RAP will be presented to Reconciliation Australia for feedback by the end of the year, with the plan to be publicly released during National Reconciliation Week in May 2018.
Deception Bay resident Barry Hedges said Community, Indigenous and Subacute Services’ (CISS) Pulmonary Rehabilitation program had helped him quit smoking and return to the job he loves—painting.

“The eight week program has helped me in so many ways, but in particular how I manage my breathing and my attitude to exercise,” Barry said.

“I was a painter for 50 years and worked on some amazing farms, homesteads and buildings throughout the state until I retired about two years ago.

“Thanks to the program I have been able to quit smoking and now am back at work three days a week doing something I love.”

The program has been instrumental in improving Barry’s fitness and confidence in managing his respiratory condition thanks also to additional educational classes delivered with allied health and nursing professionals in person or via telehealth.

ICIF COPD Project Principal Project Officer Sharon Hodby said the pilot project was having significant outcomes for our participants with improved health and wellbeing, but importantly improved measures of fitness and quality of life scores.

“It is seeing participants get back to activities they love, and continue to gain healthy life skills even in their golden years,” Sharon said.

The pilot is part of a Metro North strategy to ensure that care is shared by hospitals, GPs and community health networks. A further six eight-week COPD Rehabilitation programs will be rolled out in key areas of need across Metro North in the months leading up until June 2018.

“The CISS girls’ support has been fantastic, and they have given me some great techniques to help me breathe well, and better understand my condition and how to manage it.”

As part of the eight week satellite Pulmonary Rehabilitation program, Barry undertook two sessions each week participating in a range of exercises including resistance training, weights and rowing, and walking tests.

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COPD pilot making waves for our golden oldies

Golden results are being delivered at Burpengary’s Oak Tree Retirement Village with a fabulous program which has increased participants’ fitness and quality of life.

Pioneering cardiologist Dr Dorothy Radford is retiring from a medical career spanning half a century.

A woman with a generous heart

Dorothy Radford’s significant contribution to cardiology has transformed the lives of thousands of people across the world.

Queensland’s first female cardiologist and a pioneer in paediatric cardiology, Dr Radford will soon retire from The Prince Charles Hospital (TPCH) and a medical career spanning more than half a century.

Among her many achievements are the development of the Paediatric Cardiology Unit and Echocardiography at TPCH.

In 2008, following the successful treatment of thousands of infants with heart conditions, Dr Radford opened the Adult Congenital Heart Unit where she followed her patients into adulthood.

“I’m most proud of looking after the paediatric patients; seeing them as little blue newborn babies and following them into adult life,” Dr Radford said.

“I’ve treated people who were a few hours old and very ill, and I’ve followed them ever since, as they graduate from high school, get married and have children.

“That’s a nice part to see them over such a length of time.”

Having spent over 40 years at TPCH, Dr Radford has seen some incredible changes and advances in life-saving technology.

“We started cardiology at TPCH with a funny, big echo machine that we couldn’t transport anywhere that took ‘blur-o-gram’ pictures of the heart,” Dr Radford said.

“Now the technology is down to desktop or even little handheld echo machines that we can take to the country clinics and which give us wonderful pictures. “You can make virtually all your diagnosis on the echo now and send the patient to surgery with the echo data - that’s all such a change.”

In retirement, Dr Radford plans to spend more time on her other interests including travelling, walking and photography while maintaining her lifelong interest in medicine and research.
Men’s Shed keeps minds and bodies active

The community partnership between the Sandgate & District Men’s Shed and Community, Indigenous and Sub-Acute Services (CISS) is continuing to provide some great dividends for not only the local community, but for staff, patients and our residents.

Each day, the gentlemen from the Men’s Shed are creating invaluable aids and sensory items for our patients recovering from trauma and residents to help them remain active in mind and body.

CISS Executive Director Chris Seiboth said the Men’s Shed were such an integral part of the CISS community, and the care we provide to our residents and patients.

“Les and the willing members of the Men’s Shed have been working with our Allied Health staff and putting their collective minds together to create a range of helpful items to support the care we provide,” Chris said.

“This has included dressing aids, games and sensory items to help with coordination for our residents, and rehabilitation aids such as step-up blocks.”

In addition, the Sandgate & District Men’s Shed have opened their doors to residents as a friendly place for them to come to spend some time, to interact, complete projects, and ultimately remain active.

“The Men’s Shed is keeping people active, and is advancing the well-being and health of its members and our residents by encouraging social inclusion,” Chris said.

The Sandgate & District Men’s Shed moved to the Brighton Health Campus one year ago and the partnership has grown from strength to strength with membership increasing by about 170 per cent.

The Sandgate & District Men’s Shed is a not-for-profit organisation which also creates fabulous traditional toys, furniture and memorabilia for the community.

New artwork to welcome Aboriginal and Torres Strait Islander peoples to The Prince Charles Hospital

A special artwork unveiling was held during Charlie’s Week celebrations of the ‘Wedgetail Eagle Spirit – Biliyana Mooroop’ painting commissioned by Don Williams.

Don Williams and the staff who cared for him as a lung transplant patient

The idea being to show an appreciation of the service he has received from the doctors, nurses, Indigenous Hospital Liaisons and all the staff over the past 11 years, and also to welcome other Aboriginal and Torres Strait Islander patients to our hospital.

“It’s my contribution to say thank you, to show how proud peoples we are and to say thank you to the Indigenous staff in the hospital and the transplant team,” Don said.

“Words aren’t enough, but it’s my contribution that will be there for a long time.”

Don is a long term patient at The Prince Charles Hospital (TPCH). His journey started 11 years ago in 2007 after he received a lung transplant in TPCH. In 2007 he received a lung transplant at TPCH. He is a proud campaigner for Donate for Life and is particularly passionate about helping Aboriginal and Torres Strait Islander people start the conversation around organ and tissue donation. He also organises a murri ride to raise awareness and regularly donates to the TPCH foundation.

Don even commissioned a young Aboriginal artist to paint an artwork to show his appreciation for the hospital’s doctors, nurses, Indigenous Hospital Liaisons.
Caboolture Hospital community partnerships

Caboolture Hospital’s strong links with local partners continues to improve the health of the community.

Our clinical and non-clinical teams are experts at providing care while patients are in hospital but once they are discharged and return home, it is the role of family and community to look after them.

The inaugural ‘And Family’ month earlier this year featured 10 guest speakers sharing their experience with colleagues to highlight the value and support the role of family had in a patient’s care.

It was followed by the ‘And Family’ Community Services Market Day which featured several local community services that could assist patients after their discharge from hospital.

Our ‘Caring Together 2 Breath Easy’ integrated care trial for people with Chronic Obstructive Pulmonary Disease (COPD) who have a high risk of being re-admitted to hospital won acclaim.

By working closely with local GPs, consumer consultants, Queensland Ambulance Service, local GPs and other healthcare providers, Caboolture Hospital continues to make real improvements to the health journey for people with COPD.

The COPD trial received international recognition, winning the outstanding innovation prize at the 2017 Health Roundtable held in Christchurch, New Zealand, earlier this year.

It was also well received recently at the first Asia Pacific Integrated Care Conference in Brisbane.

Our Health Care Alliance is the hospital’s official connection to the community. It meets regularly and now has 10 local partners that work to improve the health of the community.

One of the local partners, Caboolture Sports Club, hosts the hospital volunteer’s Christmas Party to say thank you for the valuable role this important group of people provide each day.

Another local partner, St Columban’s College, is hosting a reconstruction of the new Caboolture Hospital Emergency Department resuscitation bays.

The reconstruction is a result of collaboration between the College, Caboolture Emergency Department and the Clinical Skills Development Service.

It has allowed emergency clinicians to provide feedback into the redevelopment process and rehearse their care in the new environment. The ED team has also worked with college students to provide them with a valuable insight into health care.

Our long-standing connection with Caboolture Showgrounds was also utilised this year. The hospital was able to access land for staff car parking and a shuttle bus pick-up area which helped to ensure as many spaces as possible were available at the hospital for patients and visitors.

With demand for many hospital services growing by about five per cent each year and the Moreton Bay region population expected to grow by more than 50 per cent by 2031, it’s important the hospital and our local partners continue to work and care together to improve the health of the community.

No mountain high enough for research funds

While most of us take some time out over the festive holiday period, Royal Brisbane and Women’s Hospital (RBWH) medical oncologist Matthew Burge will be taking on the biggest physical and emotional challenge of his life.

Just days after Christmas Dr Burge will begin a three-week ascent of the massive 6960-metre Aconcagua in Argentina – the highest peak outside of the Himalaya.

And he’s doing it all for his patients with gastro-intestinal (GI) cancers, such as bowel, stomach and pancreatic cancers.

GI cancers are the most common cancers, claiming one Australian life every 45 minutes, yet they don’t share the high profile of other cancers. At RBWH Cancer Care Services almost 100 cases of GI cancer are diagnosed each month.

Having witnessed the devastation these cancers cause, Dr Burge is prepared to put his mental and physical capacity to the limit in the hope of improving research breakthroughs and improved quality of life for his patients.

“The prognosis for patients diagnosed with GI cancer is not good and the treatments can be very demanding,” Dr Burge said.

“Although we have seen advances in the treatment of other cancers like melanoma and lung cancer in the past few years, in particular treatments that can boost the immune system these improvements have largely bypassed GI cancers.

“Additional research funding will help us refine current treatments and investigate new treatment options to give patients hope and more chance of beating these devastating cancers.

“Aconcagua will be tough. It will be very cold, hard and challenging climb but the experience will be nothing compared to what my patients go through. They are a great source of inspiration to me.”

Dr Burge is a member of the Australasian Gastro-Intestinal Trials Group (AGITG) and all funds raised by his Aconcagua Gutsy Challenge team will support vital research into these very complex cancers.

If you’d like to help him conquer GI cancer, you can donate at: https://donate.grassrootz.com/gicancer/the-aconcagua-gutsy-challenge/matt

Medical oncologist Dr Matthew Burge will swap the clinic for the challenging 6960m Aconcagua to raise funds for GI cancer.
What Christmas means to me

With the festive season upon us, we asked some of our staff what the festive season means to them.

DAVID LIDDY
Redcliffe and Caboolture Manager Learning and Development

I won’t be at work but I will still be working—on major renovations to an investment house.
I’ll take a break for Christmas Day, which will probably be barbecue lunch or dinner at the beach with my wife’s family.
For me, Christmas is about catching up with family and usually spending lots of time on the water with skiing and wakeboarding being regular events.

ALICE PLATH
Pharmacist, Redcliffe Hospital

Christmas means spending time with my family, eating amazing seafood, and driving around to see the Christmas lights.

SHERADENE SOLIEN-SENGE
Indigenous Hospital Liaison Support Officer

I will be enjoying my two week break with my family.
My parents are visiting for Christmas from Darwin, so I’m very excited to spend the festive time with them, as it is my first Christmas away from home (Darwin). I think it’s going to be a fabulous day/night spent with loved ones and of course scrumptious food!
In terms of our Indigenous Hospital Liaison room for patients, we will begin decorating the area on the 1st of December, ensuring that our visitors feel the Christmas spirit. I’m not sure about the other staff, but I will be in my Christmas shirts and earrings as I do yearly and the office will be full of colour, sparkles, and Christmas cheer!

JODIE FANNING
The Prince Charles Hospital Switch

Christmas is the one day of the year totally devoted to family and friends, doing nothing but relaxing and enjoying the day for what it is. This year’s celebration will be a big gathering of friends and family at Chinchilla.
I have a friend who is unwell with cancer, so my Christmas wish is for her to have a better year in 2018.

DAVID HUGHES
Senior Pharmacist, Emergency and Trauma Centre, Royal Brisbane and Women’s Hospital

I am working a late shift on Christmas Day and the days leading up to it as part of the Emergency and Trauma Centre (ETC) Pharmacy Team.
This is the first time that RBWH has had pharmacists working in the ETC on Christmas Day (now 365 days a year, 7am-11pm) so despite working Christmas Day, I think it will be good to be working as part of great team of staff on the day, providing crucial services to those who need it.
My day will probably involve a sleep in followed by a Christmas Day breakfast with family, then I’ll be off to work and join the other dedicated staff members of the ETC in what I expect will be a good-spirited work day!
My Christmas wish? Tough question, but I think it would be to spend some quality time with family over Christmas and into 2018, and to have some time off after a busy year!

A place for people of all faiths
The Prince Charles Hospital has opened a Multi-faith Centre for patients, their families, visitors and staff.

Pastoral Care Coordinator Tanya Richards said the centre established by the Pastoral Care Team in conjunction with the hospital to create a space that welcomes people of all religions.
"Being ill in hospital can cause some patients and their families much anxiety," Tanya said.
"They often seek alternate ways to heal, to complement the medical treatment they receive.
"The centre provides a place where people can seek solace and emotional comfort during their hospital stay, away from the busy ward environment."
The Multi-faith Centre opening was attended by leaders from Jewish, Hindu, Bahai, Sikh, Buddhist, Islamic and Christian communities, who each gave a blessing.