Family-friendly event celebrates Aboriginal and Torres Strait Islander culture

Members of the community are invited to join Metro North staff and patients to celebrate Aboriginal and Torres Strait Islander culture at the Caboolture Family Fun Day on Tuesday 9 July at St Columban’s College during NAIDOC Week.

National NAIDOC Week runs from 7-14 July.

The day will feature a Welcome to Country from the Kabi Kabi group, traditional dancing, art and cultural workshops and various community organisations and government departments holding health promotional stalls.

Keynote speaker will be Joe Williams, a former NRL player and professional boxer turned mental health advocate. Joe was a finalist in the 2017 National Indigenous Human Rights Awards for his work with suicide prevention and fighting for equality for Australia’s First Nations people.

The family fun day is fast becoming the biggest NAIDOC Week celebration on Brisbane’s northside, attracting more than 2,000 people and 70 stallholders in 2018.

The 2019 NAIDOC theme is VOICE, TREATY, TRUTH.

As well as a free BBQ lunch, there will be plenty of activities for children including face painting, an animal farm, jumping castle, sports and rock climbing.
Message from the Board Chair and Acting Chief Executive

Dear colleagues,

Healthcare is always challenging, but with the flu season now in full swing, this is our most challenging time of year. The annual flu vaccination is the best protection against the flu and we'd like to thank everyone who has already been vaccinated – around 76% of Metro North staff, which is more than last year.

Another way we manage the flu season at Metro North is through Metro North Patient Access Coordination Hub (PACH). PACH monitors real time data across to monitor and coordinate patient arrivals, admissions and departures and manages the influx of flu presentations to provide the right care at the right time. The service is celebrating three years of helping our hospital flow, not only during flu season, but all year round.

Last year, Metro North made the ambitious decision to host a conference that would provide leaders with the skills to connect, inspire, transform and their healthcare career. In May, the inaugural #Nextcare Health Conference came to life and was an incredible success.

Delegates from around the world came to the Brisbane Convention and Exhibition Centre to hear from 25 renowned speakers, including Acting Metro South Chief Executive Shaun Drummond, award-winning documentary maker Todd Sampson and change-maker Phill Nosworthy. Feedback from all attendees has been exceptional and we look forward to hosting the conference again in 2020.

We had more award winners at the Metro North Research Excellence Awards, which were also held in May. The Research Excellence Awards are our chance to recognise and celebrate the exceptional research done by our researchers that is changing clinical practice not only within our health service, but across Australia and the world.

Congratulations to all winners, highly commended and finalists. A special mention to Chief Executive Award winner, the recently retired Professor Joan Webster, who was recognised for her stellar nursing research contributions to Royal Brisbane and Women's Hospital.

Regards,

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

Jackie Hanson
Acting Chief Executive
Metro North Hospital and Health Service

Registrations open for Metro North Health Forum

Registrations are now open for the 6th annual Metro North Health Forum at the Royal International Convention Centre in Bowen Hills on Wednesday 16 October.

Hosted by Metro North Hospital and Health Service and Brisbane North PHN, the forum program will focus on the theme, Our way to wellbeing.

This year’s forum will provide even greater opportunity for engagement, information sharing and collaboration amongst attendees.

The draft program will be available on the forum website in late June 2019.

The focus of the event is networking and will include an interactive exhibition complemented by short presentations on the main stage and two plenary sessions. It will also feature an exhibition of local for-profit and not-for-profit health organisations.

Early bird registrations cost $169 per person and include all day catering, access to the exhibition and stage presentations as well as keynote speakers in the plenary sessions. Click here to register online.

For more information visit www.health2gether.org.au. For further enquiries, please email info@health2gether.org.au.
TPCH launches restaurant-quality room service

Patients at The Prince Charles Hospital (TPCH) can now order all-day hot breakfasts, burgers, stir frites or even pancakes on demand, under Queensland’s Health’s first public hospital Room Service initiative.

Under the new room service model, patients can order meals anytime between 6.30am and 7pm through their bedside phones or own mobile devices.

The new model provides patients with greater flexibility and choice with meals, allowing them to choose what they want to eat, when they want to eat it.

With a mammoth 768,000 meals to prepare fresh in-house each year, TPCH has unveiled its newly-renovated commercial kitchen, boasting everything from induction cooktops and turbo chef ovens to state-of-the-art griddle plates, cappuccino machines and a cold larder station to prepare sandwich combinations at each patient’s request.

TPCH Dietitian Team Leader Food Services Bianca Neaves said the kitchen has even incorporated induction charging bases that will keep meals hot until they reach the patient’s bedside.

“Food is an integral part of each patient’s clinical care, so we are really excited to be rolling out a model that improves nutritional outcomes, which in turn helps patients recover better and get home sooner,” Ms Neaves said.

Delivering individualised food choices means that in addition to improving our patients’ overall experiences, we’re significantly reducing plate waste, which is more efficient economically and environmentally.

It also means all our patients, or family members on their behalf, will be able to plan their meal times better around clinical treatment or tests.

Car park changes put patients and visitors first

A reconfiguration of car parking at Redcliffe Hospital has provided additional spaces just for hospital patients, visitors and volunteers.

Car Park Project Officer at Redcliffe Hospital Wendy Nicholas said the reconfiguration of car parking was part of the hospital’s preparation for the construction phase of the new multi-storey car park on the hospital campus set to get underway later this year.

“The changes have included more patient-only car spaces near the hospital’s North Block clinics and Antenatal Clinics,” Ms Nicholas said.

“We’ve also provided reserved car parking outside the hospital’s Palliative Care Unit for families and visitors to use 24 hours a day.”

Ms Nicholas said the hospital was also encouraging hospital staff to park in off-campus car parks further away from the hospital, to give patients better access to car parking on the hospital campus.

“When construction of the multi-storey car park gets underway later this year, we’ll be strongly encouraging hospital staff to park in temporary staff car parks at the Redcliffe Showgrounds and at the Harness Racing Club.

“When the multi-storey car park was finished, there’ll be around 1,100 car parking spaces available on the hospital campus for everyone.”
Caboolture Hospital keeps on growing

The Caboolture community is growing rapidly and demand for health services is expanding with it.

Patient presentations at Caboolture Hospital’s Emergency Department have been at unprecedented high levels recently. That’s why Metro North is working on an interim expansion to the hospital’s ED.

Caboolture Hospital ED Medical Director Dr Sean Keogh said the floorspace would soon double to more than 1800sqm under an interim expansion this year, prior to a major redevelopment of the hospital starting construction in 2020.

“The first phase of the interim redevelopment will deliver 18 new treatment spaces by August, including six Fast Track beds, eight new Short Stay beds, four Short Stay chairs, CT and X-Ray room and waiting area,” Dr Keogh said.

“The second phase includes refurbishing the existing waiting room, reception and triage, three assessment rooms, a dedicated mental health area, plus a dedicated paediatric assessment area which includes its own waiting area with four beds.

“This second phase is due to be completed later this year.”

The project continues to progress well with fit-out of high level services, cabling and internal walls now underway.

This temporary expansion will cater for expected patient demand until the new four-storey clinical services building – including a new, purpose-built ED – is open in 2023.

RBWH NICU and Special Care hopping with excitement

Each year, the Neonatal Intensive Care Unit (NICU) and Special Care Nursery units at Royal Brisbane and Women’s Hospital participate in a very special, extra snuggly event.

The Kangaroo-a-thon is a two-week long international campaign running from 15-29 May which encourages parents and carers of newborns to log as many hours of ‘Kangaroo Care’ or skin-to-skin contact during the period.

Skin-to-skin contact has a range of benefits for both babies and parents including physiologic stability, brain development, improved immune system function, weight gain, better sleep and greater bonding. Even little ones who are unable to leave their cots while they grow big and strong can be involved, with modified Kangaroo Care such as hand and head holding included in the time tally.

This year, parents and carers of newborns in NICU and Special Care Nursery have recorded a huge 671 hours of Kangaroo Care during the Kangaroo-a-thon! Thank you to all the staff who worked so hard to promote the importance of skin-to-skin contact, and the mums, dads and carers who enjoyed many hours of cuddles with their babies.
Hope for early detection of bowel cancer

Australia has one of the highest rates of bowel cancer in the world, with one in 23 Australians developing it during their lifetime. It is also Australia’s second largest cancer killer. But there is hope. With early detection, treatment has a 90 per cent success rate.

During Bowel Cancer Awareness Month in June, Metro North has teamed up with the National Bowel Cancer Screening Program. The initiative sends free test kits to Australians aged 50-74 to screen for bowel cancer in the privacy of their own home.

Royal Brisbane and Women’s Hospital Executive Director Cancer Services Associate Professor Glen Kennedy said that currently only 40 percent of bowel cancers are found in the early stages.

“We want to discover more bowel cancers in the early stages when they are easier to treat and cure,” Assoc. Professor Kennedy said.

“While the test involves collecting tiny samples of poo, the potentially life-saving test is clean, fast and easy to do.

“Through partnering with the program, we are encouraging as much of the Metro North community within the age range as possible to prioritise their health and take the test.”

The tests have the potential to find bowel cancers before there are any symptoms. At present only 40 per cent of test recipients take the test, however by increasing participation by just 10 per cent, there is a potential to save 16,800 lives between 2015 and 2040.

If you’re within the age-range, make your health a priority and take the test today!

Saturday screening now available at BreastScreen Northside

BreastScreen Queensland Brisbane Northside Service is now offering Saturday screening appointments.

The availability of Saturday appointments provides more opportunities for eligible women to attend for a screening mammogram and meets customer needs and expectations of flexible appointment times.

We encourage all eligible women, particularly those aged between 50 and 74 years, to make an appointment at one of the many BreastScreen Queensland services. A breast screen is the most effective method of detecting breast cancer at a very early stage even before a lump can be felt or seen. Finding breast cancer at an early stage gives a woman the best possible chance for successful treatment and wellbeing.

Saturday screening appointments will be available at the Chermside service from 22 June 2019 and the Indooroopilly service from 6 July 2019.

To book, phone 13 20 50 or visit the website.

Saturday screening now available at BreastScreen Northside

To celebrate International Patient Experience Week 2019 in May, Compassion Café was opened at Royal Brisbane and Women’s Hospital for patients to enjoy a free ‘cuppa and cupcake’ and a chat with RBWH staff and consumer representatives.

At its very heart, Compassion Café is about giving our patients and their families a moment of respite from the busy hospital surrounds.

RBWH Consumer Advisory Group Chair Gary Power said it was rewarding experience and opportunity to hear great stories and feedback from patients and their families.

“Compassion Café is about putting our values into action and allows us to do something small to make a big difference for the thousands of people who visit RBWH each day,” Gary said.

Compassion Café is an initiative facilitated by RBWH Quality, Innovation and Patient Safety Service (QIPSS) and is hosted in partnership with RBWH Consumer Representatives, RBWH Foundation and staff.
Renal cancer patients access care closer to home

Meet Jethroe and Billy-Bob.

For patients in the Caboolture area who are critically-ill with renal cancer, Jethroe and Billy-Bob are the key to them receiving much-needed treatment at their local hospital - close to family, friends and their community.

The two Continuous Renal Replacement Therapy (CRRT) mobile units can be easily manoeuvred to any Intensive Care Unit (ICU) bed.

CRRT replaces the normal blood-filtering function of the kidneys when they are not working well.

Patients who required renal replacement therapy were previously transferred to another facility and many struggled to travel while acutely unwell.

Thanks to Jethroe and Billy-Bob, they can now receive treatment closer to home.

All Caboolture ICU staff have been trained on the new machines, which included face-to-face, online, self-directed learning and eight hours of hands-on learning at the Redcliffe ICU.

CRRT is the second renal service to start at Caboolture Hospital in recent months.

The Keeping Kidneys Clinic service at the Caboolture Community Health Centre is part of a network of General Practitioners with Special Interest (GPwSI) clinics in Metro North.

The clinic focuses on identifying people with kidney disease in its early stages and working with them to try to interrupt disease progression.

About 90 per cent of people are unaware they have the condition until it is well advanced and harder to manage.

The clinic now includes a pharmacist who reviews patient medications to ensure they are up-to-date and appropriate.

Caboolture Hospital ICU Clinical Nurse Pat Andre, Clinical Nurse Consultant Luke Tung and Nurse Educator Katrina Cook with “Billy-Bob”.

Check out the latest edition of Your Voice @ The Royal.

This newsletter is written by consumers for consumers and brings you all the latest news and important information from Royal Brisbane and Women’s Hospital.

Robbie is living life to the full

We all just want to do the things we love, and for Robbie Van Allen it hasn’t always been that easy or even safe for him.

Now, thanks to the National Disability Insurance Scheme (NDIS) and persistence from his care team at Metro North, he is now able to enjoy life and do a lot more things that he loves.

Metro North Registered Nurse Eva Kinross said having 24-hour support through a disability support worker, allows Robbie to live a more independent, confident and happy life of his choosing.

“His lifestyle has changed dramatically over the past year and he can now do a lot of things more regularly or participate in extra activities such as ten pin bowling, or going to the library or to the Gabba,” Eva said.

For mum Pippa Wiles, having access to 24-hour support has given her greater piece of mind that Robbie was not only enjoying his life but was a lot safer when he was out and about.

“Having someone there to encourage him and watch out for him makes it a lot safer for Robbie,” Pippa said. “He is also more settled and happy.”

When asked, Robbie happily tells you his favourite thing to do is to be part of the cheer squad at a Brisbane Lions’ game.

In addition, Robbie is more easily able to get to the café where he works and football practice on the Sunshine Coast.

Eva said the extra disability support has helped Robbie live independently and stay on track with his daily tasks such as cooking for himself (and the family), cleaning, eating healthy and looking after himself.

Find out more about the NDIS here or speak to a social worker.
STARS one step closer to completion

It has been one year since construction commenced on the Surgical, Treatment and Rehabilitation Service (STARS), with the front structure now at full height.

The $340 million specialist public health facility will support the future demand for specialist rehabilitation, elective surgery, endoscopy and ambulatory care services across Metro North Hospital and Health Service.

Due to open in early 2021, STARS will comprise 184 beds including 100 rehabilitation beds and 84 in-patient beds, seven operating theatres, three endoscopy rooms and specialist consulting rooms. The first of its kind in Queensland, STARS will also have a specialist rehabilitation unit with 20 beds for major trauma, burns and complex rehabilitation patients.

The nine-level facility will feature an internal landscaped courtyard, access to the adjoining future public realm, food and beverage outlets and open spaces, and access to Royal Brisbane and Women’s Hospital with a connection through the skybridge walkway.

The standalone specialist public health facility will complement the existing facilities at Herston, ensuring more patients have greater access to services and reduce patient wait times for specialist rehabilitation and elective surgical services.

STARS will be operated by Metro North Hospital and Health Service and is being delivered as part of Australian Unity’s redevelopment of Herston Quarter. Check out the progress so far and keep up to date here.

New robotic technology to give patients faster recovery after surgery

A state-of-the-art robotic arm is assisting patients at The Prince Charles Hospital (TPCH) to undergo more accurate surgery, with reduced pain and faster recovery.

The orthopaedic robotic-arm system, which can be used by orthopaedic surgeons for partial knee, total knee and total hip replacements, has the potential to improve the accuracy of surgery, speed up recovery, and decrease the number of days spent in hospital.

This next-generation orthopaedic health technology gives our highly-skilled surgeons the chance to customise planning to each patient’s individual anatomy, which can give patients better results and allow some to go home as early as the same day as their surgery.

There were more than 12,000 total knee replacements and 8,000 total hip replacements performed in Queensland last year alone and the demand is only growing – 800 of those surgeries were at TPCH – the largest amount in any one facility in the state.

TPCH will now be the first hospital in Queensland to offer the revolutionary technology to public patients, thanks to $2 million in funding from The Prince Charles Hospital Foundation – the largest single donation in the charity’s 30-year history.

Foundation CEO Michael Hornby said the Foundation’s continuing support for areas such as joint disease including arthritis, has only possible through the remarkable generosity of everyday people – the mums and dads, individuals and businesses who donate to the foundation, and share its passion for making the world better.

“This funding comes from the community, and it’s because of them we are able to continue to support research, initiatives and new equipment to improve patient outcomes and their experiences,” Mr Hornby said.

Members of TPCH orthopaedic surgery and Executive team with Health Minister Steven Miles and patient Fiona Neal, who was one of the first patients at TPCH to undergo surgery for a double hip replacement using the new orthopaedic robotic-arm technology.
Staff, patients and community members are invited to come together to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander people during NAIDOC Week (7-14 July 2019).

The 2019 theme – VOICE. TREATY. TRUTH – invites you to walk with us in a movement of the Australian people for a better future. The Indigenous voice of this country is over 65,000 plus years old. Let’s work together for a shared future.

The family fun day, held at St Columban’s College at Caboolture, will feature a Welcome to Country, Aboriginal and Torres Strait Islander dancing and singing, cultural workshops and plenty of health stallholders.

For further information contact (07) 3139 3235 A_TSIHU_MNHHS@health.qld.gov.au

PLUS

• A FREE SAUSAGE SIZZLE, FRUIT AND SALAD ROLLS
• HEALTH & COMMUNITY STALLHOLDERS
• ANIMAL FARM
• JUMPING CASTLE
• ROCK CLIMBING
• FACE PAINTING
• FOOD STALLS

The event is proudly supported by the MNHHS Aboriginal and Torres Strait Islander Health Unit and St Columba’s College.
#NextCare Health Conference wows delegates

Metro North hosted more than 400 delegates from across Australia and overseas at the inaugural #NextCare Health Conference last month.

The conference, held at Brisbane Convention and Exhibition Centre, was an extraordinary two days of development and learning for healthcare delegates from around the world looking to connect, inspire, transform their health careers.

Delegates had the opportunity to hear from 21 renowned speakers, including health service executive Shaun Drummond, change-maker Phill Nosworthy, award-winning documentary maker Todd Sampson, health digital transformation enthusiast Dr Clair Sullivan, and healthcare leadership expert Jan Phillips.

Speakers looked at healthcare and leadership from a variety of angles, including leading for innovation, inspiring the next generation, journeys to leadership, and leadership at any level.

The conference was sponsored by GE Healthcare, Novartis, BDO, Australian Unity, QSuper and Union Health.

Feedback from delegates has been exceptional and we look forward to hosting the conference again in 2020.
We value our vollies!

Metro North is fortunate to have the support of a strong and dedicated volunteering community.

During National Volunteer Week in May, our facilities paid tribute to our volunteering community, presenting certificates of recognition and hosting special morning teas.

At Redcliffe, more than 100 people belong to the hospital’s volunteering community, and their service makes a world of difference.

Redcliffe Hospital Executive Director Louise Oriti said the morning tea was one of several events the hospital held each year to celebrate the dedication of its volunteer community.

“Over the past year, these wonderful people have provided more than 20,000 hours of their time to support patients and staff,” Ms Oriti said.

“From welcoming patients and visitors at the front counter to supporting families in our Palliative Care Unit – we’ve been blessed to have so many volunteers who are dedicated to our patients as our clinicians are.”

“We’re also grateful for the generosity of the hospital’s Auxiliary, which raises funds and donates equipment for the benefit of our patients and visitors each year.”

Thank you to all our volunteers!

A celebration of research excellence

Research is vital in driving change in clinical practice to improve patient outcomes and our annual Metro North Research Excellence Awards are an opportunity to recognise some stellar accomplishments.

Our Researcher of the Year was awarded to Professor Paul Colditz.

Professor Colditz, who has worked at Royal Brisbane and Women’s Hospital since 1991, and has an exceptional record of research, overseeing the growth of the internationally regarded Perinatal Research Centre.

His contributions to the improved care of premature babies have been unparalleled both locally and internationally.

RBWH colleague, Professor Joan Webster, was presented with the Chief Executive’s Award.

Professor Webster was the Nursing Director of Research at RBWH from 1991 until her retirement earlier this year.

In that time, she not only contributed personally to research but also mentored and guided the research careers of many nurses and midwives in Metro North.

In addition to her work at RBWH, Professor Webster is a Professor in Nursing and Midwifery at Griffith University, Adjunct Associate Professor at UQ and QUT, and an Honorary Visiting Professor at the University of York.

Her commitment to nursing research is so great that even in her retirement, she will continue working part time in an honorary capacity as a research mentor.

Other winners were:
- **Rising Star** – Associate Professor Andrew Mallett
- **Research Support** – Dr Frances Kinnear
- **Discovery & Innovation** – Cardiology Clinical Research Centre – CATHARSIS
- **Complex Health Challenges** – Network for Orthopaedic Fracture Education and Research (NOFEAR) Unit
- **Clinical Research** – The Metro North Early Psychosis Service
- **Health Services & Implementation** – Nursing and Midwifery Research Centre Vascular Access (NMVA) Research Team

The awards were sponsored by Union Health, QSuper, Health Professionals Bank, The Prince Charles Hospital Foundation and RBWH Foundation.

Metro North’s Snapshot of Research, a publication showcasing the rich diversity of Metro North research, is also available online.

Are you following us on social media?

Metro North Staff News provides information about what’s happening across Metro North Hospital and Health Service, including new initiatives, staff profiles, patient stories and details of upcoming events. Contributions for articles are appreciated. Please send them to the Communications team – phone (07) 3647 9525 or email MetroNorth-Communications@health.qld.gov.au

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