

Health Up North

KEEPING STAFF INFORMED



MESSAGE FROM THE CHIEF EXECUTIVE

EDITION #191



The last couple of months have been nothing short of busy with the appointment of the new Board and our new Executive team. I have now met with all Board members and Executive Directors and they join us with a strong understanding of both the challenges and opportunities we have before us in improving health care in our region. Each and every one of the team share the vision we have for a bright future for our Health Service moving into the future. I look forward to working alongside the new Board and Executive Management Team to ensure we continue to Embrace a Healthier Future. I would also like to thank Terry Mehan who did a tremendous job as the Health Service Administrator for the past seven months and our thanks must go to Terry for his service to the community during his time as the Administrator and also his support to me as Chief Executive.

Earlier this year I was privileged to attend the launch of the new HealthPathways initiative at the National Rural Health Conference. HealthPathways is a web-based information portal aimed at supporting primary care clinicians to plan patient care through primary, community and secondary

health care systems across the Far North. Congratulations to the team that was involved with the launch.

Lastly, the annual Working for Queensland Employee Opinion Survey will soon launch. I would like to take this time to encourage each and every one of you to participate in this year's survey, which in turn will help myself and the new Executive Team develop a greater understanding of your work environment, what we do well as a Health Service, and identify areas where there is room for improvement. We rely on your feedback from the survey to make the Health Service a better place to work. The survey will open on 17th July for paper based responses. I look forward to seeing the results and working with you to ensure we are making this a great place to work.

Again, thank you for your continued hard work and dedication in providing exceptional health care to the Far North.

Clare Douglas,
CHHS Chief Executive.

*Clare Douglas
Chief Executive,
Cairns and
Hinterland Hospital
and Health Service*



HEALTH AT LOTUS GLEN



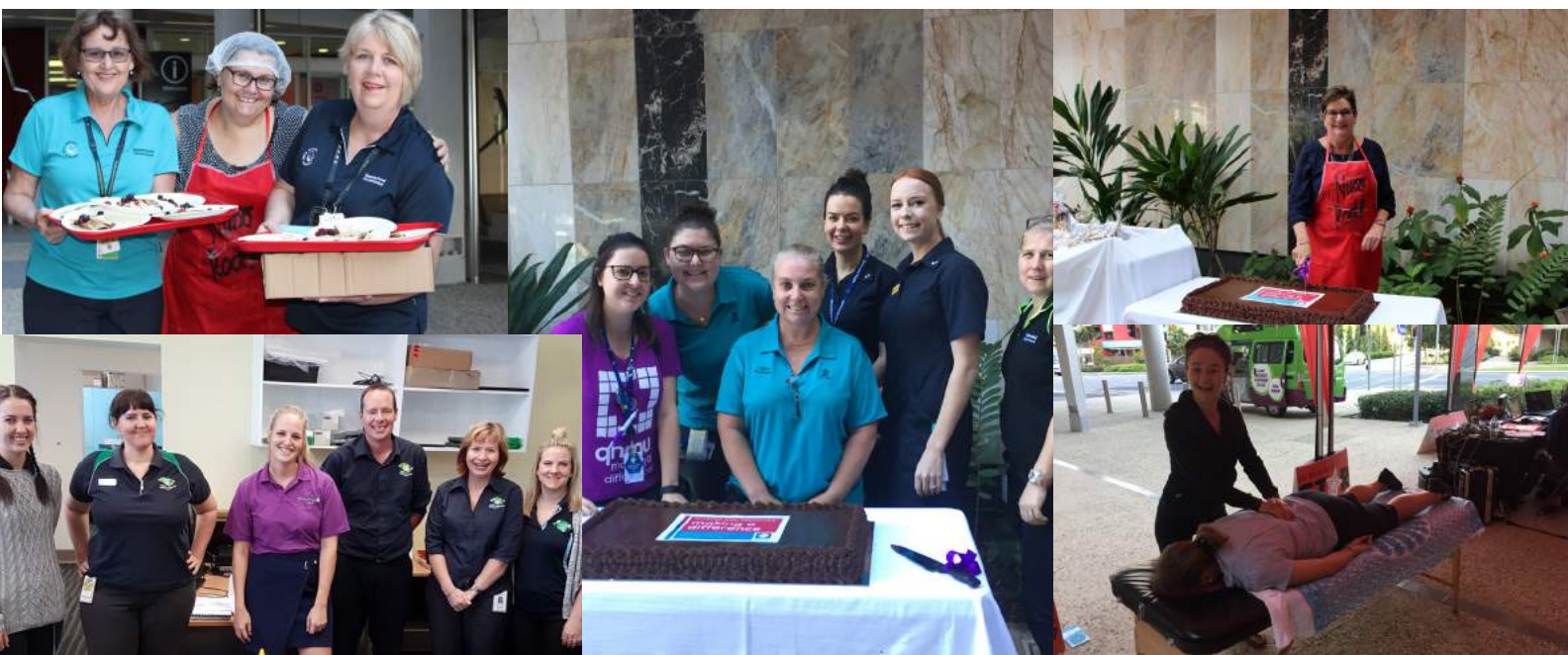
REGIONAL eHEALTH NEWS



HEALTH PATHWAYS LAUNCH



INTERNATIONAL NURSES DAY



INTERNATIONAL NURSES DAY IN MAREEBA



INTERNATIONAL DAY OF THE MIDWIFE

Midwives across Cairns and Hinterland Hospital and Health Service celebrated International Day of the Midwife early in May. The International Day of the Midwife is celebrated on 5th May each year to highlight the important role midwives play in the health of mothers and children. The theme for this year is “Midwives, Mothers and Families: Partner’s for Life!” The World Health Organisation, UN agencies and other international agencies have identified that midwives are the key to achieving reductions in maternal and new-born deaths and disabilities globally. There is substantial evidence to support the fact that Midwives Save Lives. The care that our midwives provide to our community on a daily basis is truly remarkable and I would like to formally acknowledge the incredible midwives and midwifery service that we have within the Cairns and Hinterland Hospital and Health Service. Without their dedication, care and compassion, we wouldn’t be able to deliver the outstanding midwifery services expected by the community.



INTERNATIONAL DAY OF THE MIDWIFE CONTINUES ON NEXT PAGE...



INNISFAIL CELEBRATES INTERNATIONAL DAY OF THE MIDWIFE



MAREEBA - WALK WITH THE MIDWIVES



INTRODUCING THE CAIRNS AND HINTERLAND HOSPITAL HEALTH BOARD

In mid-May the new Cairns and Hinterland Hospital and Health Board were appointed by the Minister for Health. The role of the Cairns and Hinterland Hospital and Health Board is to deliver the hospital services, teaching, research and other health services in the Cairns and Hinterland Hospital and Health Service.



Mr Clive Skarott AM (Chair)

Mr Skarott was Chairman of Ergon Energy and is currently acting as a Director to support the merger of Ergon and Energex into Energy Queensland. He is also the Chairman of JCU Dental and was Chairman of the Cairns Port Authority until June 2010. He has served as a Director of Advance Cairns; Treasurer of the Regional Development Australia Committee (Far North Queensland and Torres Strait) and Director and Chief Executive Officer of the Electricity Credit Union.



Mr Luckbir Singh (Deputy Chair)

Mr Singh became a Partner of MacDonnells Law in 2007, the youngest modern day partner appointment in the firm's 130 year-plus history. He has been recognised for his legal skills and client outcomes by Lawyer's Weekly as a finalist in the 2016 Australian Partner of the Year Awards. Mr Singh is also a Director and Chair of the Nominations Committee for North Queensland Primary Health Network; Director of Cairns COUCH Limited (COUCH); Chair of the Australian Institute of Company Directors Cairns regional Committee and Chair of the Chamber of Commerce and Industry Far North Queensland Regional Council.



Mr Christopher Boland

Mr Boland has been Chief Executive Officer of the Far North Queensland Ports Corporation (Ports North) since 2009 and previously the General Manager Seaport for Cairns Ports (formerly Cairns Port Authority). Mr Boland has two adult children both practicing as doctors in Brisbane and Mackay.



Professor Lee Stewart

Prof Stewart worked as a Clinical Governance Consultant to the Fiji Minister of Health and has written a variety of publications related to clinical governance and health care leadership. Prof Stewart has been Dean of the College of Healthcare Sciences at James Cook University since 2014. Prof Stewart was previously Associate Professor and Head of the School of Nursing, Midwifery and Nutrition at JCU and has held a variety of senior lecturer and director positions across the University since 2003. Prof Stewart started her career at Ipswich General Hospital where she received her General Nursing Certificate in 1975.

INTRODUCING THE CAIRNS AND HINTERLAND HOSPITAL HEALTH BOARD



Dr Sean McManus

Dr McManus is an Anaesthetist Consultant in the department of Anaesthesia, Perioperative Medicine and Intensive Care at Cairns Hospital. Dr McManus started his medical career as an intern at Royal Brisbane Hospital in 1994, before moving to Innisfail Hospital as Principal House Officer then undertaking his Anaesthesia/ICU traineeship at Cairns Hospital from 1998.



Ms Tracey Wilson

Ms Wilson is Owner and Director of Working Visions, a Queensland consulting firm specialising in strategy, communications and engagement with particular emphasis on public participation, facilitation, stakeholder engagement and issues management. Ms Wilson has experience as a crisis communications and engagement specialist and commenced her communications career in political offices.



Ms Jodi Peters

Ms Peters is Managing Director of The 20/20 Group, a North Queensland strategic consultancy specialising in business and marketing planning, community consultation, business services, public and media relations. She is General Manager of Peters Bosele Lawyers and has a Bachelor of Business degree. Ms Peters has chaired, sat on and consulted for several not-for-profit board, giving her a strong knowledge of executive reporting, financial and performance management.



Ms Nancy Long

Ms Long is an Indigenous health executive, holding various positions with Wuchopperen Health Service from 1989 including Chief Executive Officer, Director of Primary Health Care and Director of Business Development. Ms Long was inducted into the Queensland Aboriginal and Islander Health Council's Hall of Fame in 2010.

A DAY IN THE LIFE OF A HEALTH PROFESSIONAL IN A CORRECTIONAL CENTRE

Eleven doors guarded by metal detectors and biometric security, making them only accessible via fingerprints – this is just the everyday ‘norm’ for the thirty Cairns and Hinterland Hospital and Health Service staff who make their way to work at Lotus Glen Correctional Centre.

“It’s a little bit different coming to work each day compared to a normal health facility, but you get used to it after a while,” said Leeanne Waters, Lotus Glen Health Facility Nurse.

“Although it really is understandable as we need to be checked to ensure no one brings unauthorised equipment into the prison.”

For most of the doctors, nurses and allied health workers, it can be a very stressful job working in a jail where things can turn ugly at the drop of a pin and where they are quickly corralled into their staffroom in case of a riot.

But for nurses like Jesse Pardon, there are some perks to working in Lotus Glen.

“It’s much safer here than any Emergency Department out there,” he said.

“You’ll generally have one attack on staff during every shift in a hospital, whereas here, it doesn’t happen much, and (if it does) there are instant penalties.”

Figures based on reports by Jesse who is the Clinical Nurse Co-ordinator, said altercations between prisoners were far more common than assaults on himself and his colleagues.

“We see it nearly every day,” he said.

“It’s not so much someone being shanked, but there’s maybe a bit of biffing going on.

Every second day we’re stitching someone up, we just eyeball them, check them over.”

Lotus Glen’s medical staff performed 55,000 consultations with inmates last year, with as many as

six nurses working alongside a team leader each day. Clinical nurse Alan Snelson, who has worked at the jail for two years, said he frequently needed to check his emotions at the door while working on some of the more hardened criminals.

He said newcomers to the profession quickly learned that they “can be friendly to the inmates, but not friends.

“I have reflected on some of that, how some of these people, if they did what they did to my family ... then I might think differently about my job,” he said.

But at the end of the day, I have a job and a duty of care over these people.”

The most frequent presentations at the centre’s clinic is for dental treatment.

With a prison population of approximately 70 per cent indigenous inmates, many have come from rural and remote communities with poor awareness of dental hygiene.

Jesse said drug abuse also led to the increase in dental work needed by prisoners.

“They don’t look after themselves on the outside – they come in here to get healthy,” he said.

“After coming here it’s the healthiest they will ever be.”





CATH LAB TEAM UP WITH RFDS

Staff from the Cairns Hospital Catheter Laboratory recently visited the Royal Flying Doctor Service base to ensure they have the best understanding of transferring a critically ill patient with an Intra-Aortic Balloon Pump (IABP).

Staff who undertook the workshop said it is quite a complex process to transfer a critically ill patient with an IABP, which is connected to the patient inside the aircraft.

“A nurse from Cairns Hospital Cardiac Services escorts the patient to Townsville in addition to the RFDS staff to ensure smooth running of the IABP,” said Cairns and Hinterland Hospital and Health Service Acting Nurse Educator for Cardiac Services, Anita Basu.

“The nurse may be away from Cairns for anywhere from 5 – 23 hours depending on which aircraft (Cairns or Townsville) transfers the patient.”

Cairns Hospital transfers on average 5 - 6 patients per year to Townsville Hospital with the main reason being that the patient needs urgent Cardio-thoracic surgery.

The IABP used for transporting patients to Townsville was generously donated to the Cath Lab by the Far North Queensland Hospital Foundation.



HEALTH PATHWAYS LAUNCH

There was plenty of fanfare when Cairns celebrated the official launch of the Cairns HealthPathways website to a lively crowd of health professionals on 27 April 2017 at the Cairns Convention Centre, as part of the National Rural Health Conference.

The launch event included a live demonstration of the HealthPathways website and attendees were quick to provide positive feedback and comments.

Cairns HealthPathways Coordinator Helen Stoelhorst said the event was fun and solidified her belief in HealthPathways as a positive way to bring practitioners together.

"I'm really happy to see HealthPathways growing from strength-to-strength in

our region," she said. "It has potential to provide some exciting benefits to the community."

Attendees from across the Cairns and Hinterland Hospital and Health Service were joined by representatives from neighbouring regions, including Michael Walsh, Director General, Queensland Health, and Anthony Elliot, Chief Operating Officer, Northern Queensland Primary Health Network.

Cairns HealthPathways is a collaborative partnership between Cairns and Hinterland Hospital and Health Service, Torres and Cape Hospital and Health Service, Queensland Health Clinical Excellence Division, and Northern Queensland Primary Health Network.

Cairns HealthPathways at a glance:

- **118 localised live pathways**
- **Over 20 clinical areas including cardiology, orthopaedics, mental health, gastroenterology, and sexual health**
- **80 pathways currently being localised**





Erin Gallo Croydon OSO and Damian Orrell Director Of Nursing



PAEDIATRIC GENIUS COMES TO CROYDON

The community of Croydon raised almost six thousand dollars to buy a new Broselow Paediatric Cart and Tape for the Croydon Primary Health Centre.

Croydon's Director of Nursing Damian Orrell said it was through the hard work and determination of their Operation Services Officer Erin Gallo, along with the community that they were able to reach their target.

"With a population of only around 300 people, it was amazing to see them come together and raise such a substantial amount of much money for equipment at our facility," said Damian.

Erin started out with \$145 from a community member in December of 2016.

The Croydon Shire Council recently helped them to reach their target of \$5800, with a \$1000 donation.

"Erin has done a tremendous job of fundraising, including a car boot market once a month," said Damian.

The Broselow Tape is a colour coded tape used to simplify the treatment of children in paediatric medical emergencies.

During serious emergencies, medical staff must act quickly but not make critical mistakes that could harm. But especially with children, mistakes are easy to make.

"Nowhere is this more important than single nurse clinics where the nurse operates alone and often only with Non-Medical trained staff," said Damian.

"This cart will assist the nurses to make the correct decisions quickly."

This simple but effective color-coded tool determines body weight from body length and provides proper dosing and airway information for children.

Each drawer contains all the necessary pieces of equipment for the resuscitation of patient belonging to a specific height and age range, including drugs already dosed.



"I travelled from Mossman, could not find parking, the meter swallowed my \$12 without providing a ticket, got rained on, and was feeling quite frustrated by the time I arrived. I walked in during the awesome protest march and guru chance and it changed my mood, put a smile on my face and it set me up for a fantastic day of learning. Not distracting at all!"

"Creativity is key to learning - it gives us a point to remember the information by. I think you are very clever doing things this way. Sooooo refreshing."

ESSENTIALLY SEXUAL - DOING IT IN LARGE GROUPS IN THE NAME OF EDUCATION

Providing good sexual health services requires clinicians being comfortable in their roles. Factor in the diversity of clients and clinicians, as well as the geography in Far North Queensland and challenges abound. Take that reality, toss in innovation, creativity and a sense of humour and you have the birth of an unusual, slightly naughty, but engaging education workshop.

Cairns Sexual Health Service team members plan and facilitate an annual education day of presentations and interactive workshops to educate health professionals on relevant sexual health topics, providing them with tools and resources to assist them to be more effective in their respective roles in the communities they serve. Each annual event is built around a fun theme, maintaining the attendee's attention and participation in the most unusual manner. Keynote speakers and topic experts are enlisted to present and educate. These annual education events are supported by unrestricted grants from pharmaceutical companies.

Launched in 2012 as "Sex Essentials," the annual

education event has grown its audience from 100 attendees, to a peak of 230 in 2016. The audience is comprised of doctors, nurses, allied health professionals, health workers and rural health professionals. Themes are chosen that lend themselves to tongue-in-cheek humour, used throughout the day to help attendees feel comfortable with the subject matter, in addition to being entertained and educated. 2013's themes was "hot and sticky issues," which led to "the love boat" in 2014, "sex in the bush" in 2015, "the big bang" in 2016 and "the sexual revolution," held on 5 May 2017, themed as a 1960's summer of love, groovy, love fest, empowerment rally!

Since 2015 electronic survey data has been used to gather feedback. In 2015, 76.67% of respondents rated the day as "Excellent." In 2016, 86.84% rated the day as "Excellent" and in 2017, 94.74% rated the day as "Excellent!" The educational value of the day has also been validated by the fact that for the last 2 years, GP attendees have earned GP RACGP and ACRRM points for attendance.

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SEX ESSENTIALS CONTINUED...

Annually, attendees praise the fun themes and unusual delivery of very serious topics. Written and verbal feedback received about "Sex Essentials" validates the value that this education day provides. A lot of creativity and hard work goes into bringing this event to life each year, but the team at Cairns Sexual Health Service sees this day as their team building event, as well as an opportunity to support our colleagues in communities.

"I just love the energy and passion you all have for your work. You clearly build trust, rapport and compassion with your clients and this can only deliver better health outcomes for those engaging with you. Everyone who attends these workshops in infected by these qualities and I'm sure as health clinicians we walk away with a little more spring in our step."



COFFEE HELPS BUY EQUIPMENT

"The anaesthetists at Cairns Hospital are extremely grateful to the Hospital Foundation and all in the community who have donated and contributed to the work of the Foundation for providing us with the latest ultrasound technology."

Cairns Hospital Rehabilitation Physiotherapy acting Director Kere Donald said the Easystand was used on patients with neurological injuries such as stroke, head injury and spinal cord injury of any age. "The Easystand standing frame will enable patients who are more dependant, achieve standing earlier in their recovery and maintain standing for long periods of time," Ms Donald said.

Cairns Hospital clinical director of paediatrics Dr Neil Archer said his department was "exceptionally grateful" for the community and Foundation's support in buying the spirometer.

"It is of great importance for us in helping to manage children with chronic respiratory problems such as chronic asthma, bronchiectasis or cystic fibrosis where there may be changes to those volumes of air and obstruction to the flow. As such we can monitor their progress and assess the impact of interventions or any new treatments. The program includes some visual animation 'incentives' such as blowing out candles (or my favourite of a monkey trying to swing on a vine to grab some bananas) that helps children learn and maintain their technique as well as a database to keep a long term record of their results," Dr Archer said. Respiratory physician Dr Stephen Vincent said the nasal laryngeal portable fibrescope was invaluable for evaluating people with unexplained coughing and breathlessness. The equipment, worth more than \$14,000, also was important for assessing vocal cords. "From a respiratory point of view, this will probably be used daily – it will help reduce waiting lists and make for more efficient diagnosis of unexplained respiratory conditions," Dr Vincent said.



CUPS of coffee and carparking at Cairns Hospital have helped fund more than \$101,000 worth of equipment that has been handed over this week.

Far North Queensland Hospital Foundation CEO Tony Franz said the equipment was bought partially through donations and partially through the Foundation's commercial operations. "All the profit from our carpark and two cafes goes towards improving patient outcomes. All our costs are covered by our commercial operations which means we can provide more than \$1 million each year to improve patient outcomes," Mr Franz said.

The equipment includes an ultrasound for anaesthetics valued at \$74,800, physiotherapy equipment worth \$9693, a spirometer for paediatrics worth \$2530 and a nasal pharyngeal scope for thoracics worth \$14,363.

Cairns Hospital senior staff specialist anaesthetist Dr Andy Potter said ultrasound technology at the bedside helps anaesthetists perform many important bedside tests and procedures. "These procedures may include local anaesthetic injections being placed accurately around specific nerves to improve pain relief and comfort during and following surgery, the placement of drips especially in children, and detailed monitoring of the patient's heart and lung function," Dr Potter said.

Regional eHealth Project

The Regional eHealth Project is well underway, with a range of activities in progress including visits to CHHS primary healthcare facilities to engage with staff and the development of critical planning documents.

Over the last month, the project team have made several visits to primary healthcare facilities across the CHHS region including Babinda, Dimbulah, Chillagoe and Herberton. These visits are a great opportunity for CHHS staff to learn about the ReHP, but also to provide detailed information about their work environments and the processes they follow in providing care to patients in our region.

During the visits, staff were provided with information on the project, and encouraged to complete engagement surveys. The survey responses give insight into how staff are feeling about the introduction of a new electronic health record system, and also indicate what training and communication methods are preferred.

This contribution from staff is vitally important to ensure the ReHP team understands what is needed to support clinical and support staff in their roles, and will help to shape the proposed implementation of the new electronic health record

system.

ReHP Senior Change Officer Caitlin Williams said that visiting the healthcare facilities was enormously beneficial for the project team, but also assisted CHHS staff at the facilities to understand the project and what it involved.

“The most recent visits to Babinda, Dimbulah, Chillagoe and Herberton have been really helpful for us, giving us the opportunity to learn about each facility and how they operate, as well as find out how staff are feeling about the project,” she said.

“It is encouraging to receive so much positive feedback from staff about the need for the new system. Staff have been very welcoming and provided us with lots of information, and it is clear that many staff are looking forward to working with us to achieve the best outcome for patients.”

In the last two months, the Regional eHealth Project team has grown as the project continues to work through the Implementation Planning Study phase. The project team is now almost fully resourced, with clinical, technical and change additions, as well as consultants from the software provider.





Mareeba Community Health delivers “Spanner in the Works” Program at 2017 FNQ Rotary Field Day

Mareeba Community Health staff in collaboration with Mareeba Men’s Shed, FNQ Prostate Cancer Support Group, Valuing Mental Health and Wellbeing, James Cook University, Atherton Community Health and Mareeba Rotary delivered a successful “Spanner in the Works Program” at the recent FNQ Rotary Field Day. Over the course of the three day event, the nurses, medical students, Indigenous Health Workers and Allied Health staff screened over 100 men and provided health information to around 160 men. Mareeba Community Health has been involved with the “Spanner in the Works Program” at the biannual Rotary Field Day for the past six years and it continues to be an important event on their community engagement and health promotion calendar. “Spanner in the works” is a male friendly health information and screening program is auspiced by the Australian Men’s Shed Association. Participants complete a Type 2 Diabetes Risk assessment, Coping Skills assessment and can have their blood pressure checked along with waist measurements. The

health professionals are then available to discuss a broad range of men’s health issues and be provided with evidence based information and support. The Mareeba Men’s Shed assisted with recruiting participants, many who had travelled from remote areas across Far North Queensland. The field day provides an ideal opportunity for men from remote areas to access health information and chat to health professionals in a supportive and relaxed environment. For some of the men, they were found to have conditions that they were previously unaware of and subsequently advised to seek further investigation. Mareeba Community Health was well supported by the Mareeba Community group “Valuing Mental Health and Wellbeing”. They provided a range of activities and resources to help people improve and manage their mental health and provided positive initiatives to assist rural and remote men and families. It was a great opportunity for community health to work alongside a group who have made so many positive improvements in the local community.



DONATION A GENEROUS GIFT



MONEY fundraised through crazy hat days and

Valentine's Day by staff from the Department of Human Services has gone towards providing equipment for the renal clinic at Cairns Hospital. Nurse Unit Manager Janet Hole said the \$600 donation was greatly appreciated.

"The Renal Team discussed how best these funds can be utilised by the department and it was agreed the money should be allocated to the purchase of a camera and information booklets from Kidney Health Australia," Ms Hole said.

Funds were used to buy booklets about renal conditions, treatment and transplants to give to patients, as well as a camera to photograph patients.

"Dialysis clients are required to have a photo of themselves placed in their charts to provide a form of identification for hospital staff. The camera will be used to take the ID photo," Ms Hole said.

The role of the Renal department is to support clients who are transitioning from early diagnosis of

renal disease through to those requiring some form of dialysis treatment such as In-centre or satellite dialysis or a home base treatment which includes Peritoneal Dialysis and Home haemodialysis. Renal Transplantation and supportive care also are options that are available.

The booklets are given to the Cairns Hospital renal clients and contain invaluable information to help guide and inform the client on the best treatment modality and option for them and help these clients make an informed decision in their care.

The team from the Department of Human Services, Remote Region, Northern Queensland raised the funds over several months through various fundraising activities.

Their teams that work in Remote Aboriginal and Torres Strait Islander Communities have been fundraising hard to help those affected by health conditions in their region.

Photo: Left to right: Foundation fundraising and event co-ordinator Lindsay McDonnell, Sally Cahill, Janet Hole and Keri-Lu Equinox.

HAVE A LAUGH...



IN MEMORY OF BROCK BRYANT

Cairns Hospital Paediatric Unit sadly lost one of their most cherished long term patients last month when young Brock Bryant lost his battle to a rare medical condition. Nurses from the Paediatric Unit held a fundraiser in memory of Brock and in support of his family. Paediatric Staff would like to thank colleagues from the Cairns Hospital and the local community who made the fundraiser such a huge success. Our condolences to Brock's family and friends.



LIBRARY & KNOWLEDGE CENTRE CAIRNS HOSPITAL



A Block, Level 2
cairns_library@health.qld.gov.au | (07) 4226 6679
<http://cairns.health.qld.libguides.com/lkc-home>



Library & Knowledge Centre Celebrates

The Cairns Hospital Library & Knowledge Centre (LKC) has been celebrating during May! Library & Information Week is an annual event during which libraries showcase their industry, services and workplaces.

This year the LKC created a quiz that highlighted some of the many achievements CHHS staff have enjoyed over the past year. They also invited staff to share with us the reasons why they celebrate at work, and received submissions that exemplified our staff's commitment to PD, research and patient care.

Also in May, the LKC contributed a display to the Nursing and Midwifery in the Tropics Symposium, which was organised by two of CHHS's remarkable nurse educators, Sara Hurren and Maree Porch. The inaugural symposium saw more than one hundred delegates attend from across the state and further afield, to explore the challenges in caring for patients

in tropical regions. The LKC contributed information on a wide array of topics, so that participants could take it away and use to better inform their own practices.

May was a big month for our Current Awareness Service (CAS), too. LKC supplied 294 CAS to clients, on a range of topics including:

- Asthma
- Coronary heart disease
- Geriatrics
- Indigenous health
- Mental health
- Pressure injury
- Stroke

If you would like to receive any of these CAS, just request a CAS!

"A library is like an island in the middle of a vast sea of ignorance, particularly if the library is very tall and the surrounding area has been flooded."

- Lemony Snicket





MARK FITZGERALD

PROJECT OFFICER

HEALTH INNOVATION PROJECTS OFFICE

“I thought I had their total attention until I realised that my fly was undone...”

MEET A COLLEAGUE...

1. Why did you choose your profession?

I have always had an interested is applying technology to everyday issues, looking at what other industries do and applying it to real life situations that make a difference. My first employer created a position for me and that started my alternate career!

2. What is your dream job?

Ok this will sound bad, my career has been filled with many diverse jobs and industries, what I have now is the dream job! I have career and job pleasure now. Totally enjoy what I am doing and the feeling of making a difference whilst learning each day, this keeps me motivated and positive.

3. Where's your favourite place to eat in FNQ?

To be honest I think the best place for great food and atmosphere is the Green Ant Cantina, their food is awesome and heaps of it at a great price. Eat, play pool, catch up with friends, and great boutique drinks!

4. How do you spend your free time?

Love camping and 4 wheel driving, it is good to get to nature and there are so many fantastic sights to visit up here. There is nothing better than sitting at sunset, BBQ going and looking at the landscape, time to reflect, listen to nature and appreciate what life has brought me.

5. What are you most afraid of?

Yep snakes, always snakes!

6. What was your most embarrassing moment?

FYI....I stood up at a world congress in Geneva in front of over 3,000 guests and spoke about the differences of technology in Australia. I thought I had their total attention until I realised that my fly was undone, I moved to the lectern to do it um discretely, success! No one would know....until after I left the stage and saw the lectern was clear. I never got asked to present at that conference again.



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Click to go to our facebook page and like us to get updates on what's happening in and around Cairns and Hinterland Hospital and Health Service.

www.facebook.com/cairnsandhinterland

COCONUT PROTEIN COOKIES

- 1tbsp almond butter
- 1/2 cup rolled oats
- 4 tbsp. Protein powder
- 1/2 cup of desiccated coconut
- 1 free range egg
- 1/4 cup coconut milk
- 2 tbsp. Coconut syrup
- 1/4 raspberries



1. Preheat oven to 180 degrees and line a baking tray with baking paper
2. Combine the rolled oats, desiccated coconut and protein powder in a large bowl
3. Separately combine the milk, syrup, butter and oil in a bowl and pour into the dry ingredients
4. Add the cracked egg and mix together
5. Divide the mixture by 6, and using the palm of your hands roll the mixture into a cookie and place on the tray.
6. Bake in the oven for 20 minutes or until golden brown

COMPLIMENT OF THE MONTH

- GREG STARMER & CO.

“To Greg Starmer and all of his wonderful team (including Immunology). After my discharge, I was reflecting on the care and diligence shown by all of you working and staffing the cardiac unit. In terms of your attention to my needs and your concerns trying to reach a positive conclusion and diagnosis – I commend you all highly. My road to recovery continues. I take with me all of your positive gifts of healing and ministrations along with your much appreciated advice and recommendations. Whilst I enjoyed your company, I do hope that I should not see you again in the short term as an in-patient. Again, many thanks for your care and help during the time I spent with you.”

- A Patient.

FUN FACTS

Your body uses 300 muscles to balance itself while standing still.

FUN FACTS

A cough releases air that moves at speeds up to 95km/h, while sneezes can exceed 160km/h.

FUN FACTS

One in every 1000 babies is born with a tooth.

FACES IN PLACES





FAMILY DOCTOR DAY - BABINDA

General practitioners are at the forefront of quality primary healthcare delivery for all Australians. GPs are experts in prevention, diagnosis and systematic management of complex medical conditions including depression. In recognition of the important work carried out by GPs nationwide in particular related to depression, staff at the Babinda Multipurpose Health Centre celebrated World Family Doctor Day earlier this year.

GUIDE TO OFFERING STI TESTING

Offering STI testing to people under 16 and gaining consent can be challenging for clinicians, but is vital in the context of a syphilis outbreak across northern Australia predominantly affecting young Aboriginal and Torres Strait Islander people.

The new Guide to offering STI testing to people aged less than 16 years attending clinical services clarifies issues for clinicians when considering testing an individual aged less than 16. Its aim is to reduce the risks of undiagnosed STIs and their complications, but with an awareness of potential social and emotional impacts of testing and/or

a positive diagnosis.

The Guide to offering STI testing is applicable to all staff working in clinical settings and accessible on the Queensland Health's Information for sexual health practitioners webpage .

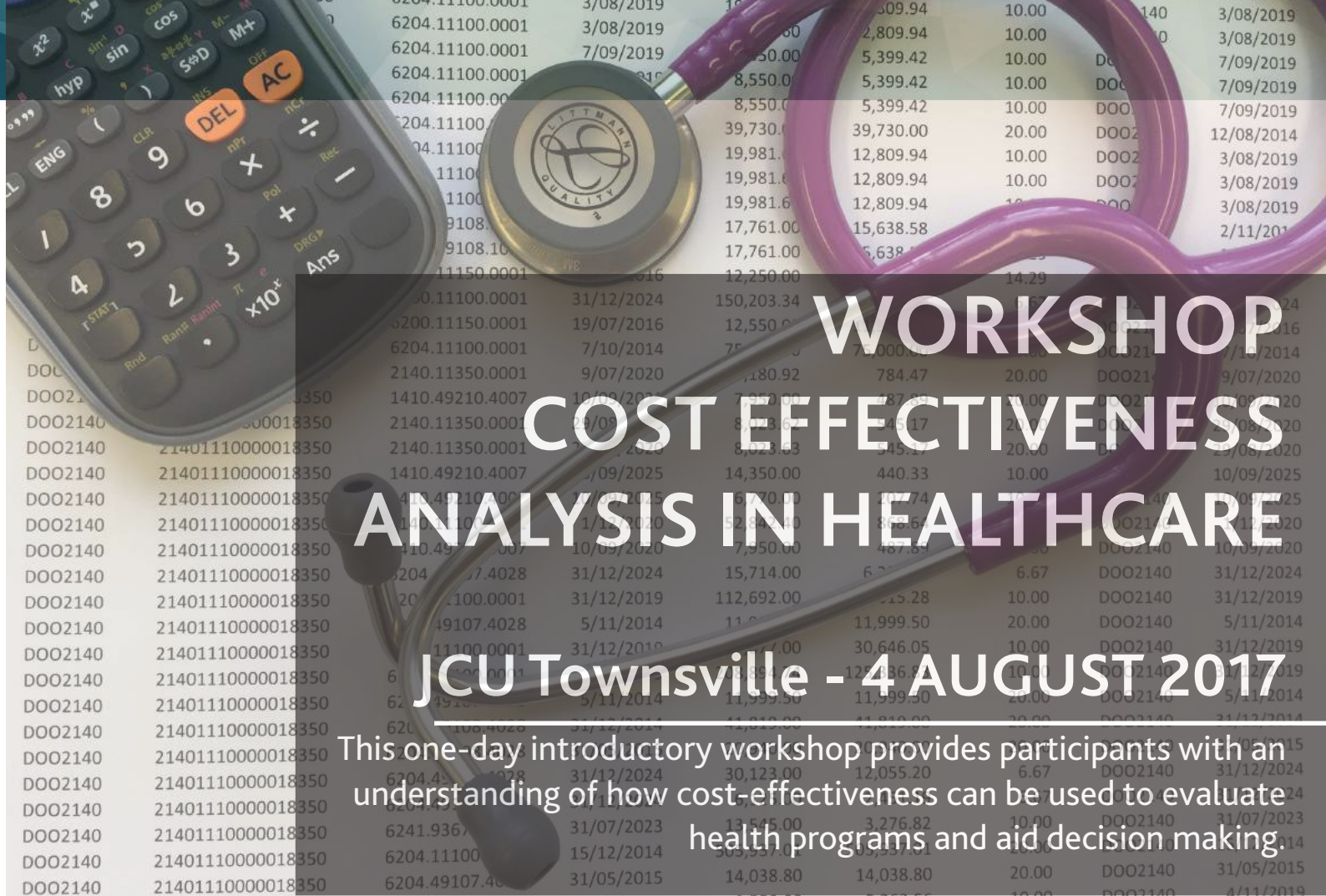
The development of this guide is an initiative of the North Queensland Aboriginal and Torres Strait Islander STI Action Plan 2016-2021. Any questions relating to the application of the guide, please contact Dr Annie Preston-Thomas, Tropical Public Health Services ph: 4226 5555.

TURN PAEDS PINK

Staff from the Cairns Hospital Paediatric Ward held a Turn Paeds Pink day in support of Woree State School in their vision to raise awareness about bullying and how to tackle the issue. Cairns Hospital Paediatric Ward Nurse Unit Manger Caroline Witter said by wearing pink they could help send a message of kindness.

“No matter our differences, kindness is a choice worth making,” she said. “Kindness is a universal trait we encourage everyone to openly express every day.”





WORKSHOP COST EFFECTIVENESS ANALYSIS IN HEALTHCARE

JCU Townsville - 2 AUGUST 2017

This one-day introductory workshop provides participants with an understanding of how cost-effectiveness can be used to evaluate health programs and aid decision making.

This workshop is for policy makers, clinicians, allied health professionals, researchers or managers working within the health field.

This workshop also suits those professionals who may be considering designing their own cost-effectiveness analysis, or those seeking to incorporate economic evaluations into their practice.

No previous economics knowledge is necessary.

Places are limited to 20 participants

Learn how to design your own cost-effectiveness analysis

Understand health economic evaluation and how it aids decision making

Acquire skills to quantify and analyse healthcare

Participants will be provided with hard copies of all workshop material

COST - Per person \$750 (GST inc)

REGISTER NOW! <http://bit.ly/2t0hOy6>



PRESENTER

The workshop will be delivered by Dr Emily Callander who leads the health economics team at the Australian Institute of Tropical Health and Medicine at James Cook University.

Attendees will have access to three health economics researchers throughout the day.



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Cairns
Singapore
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Are you a new researcher? The Health Practitioner Research Scheme (2018/19 funding round) is now open and we want YOU to apply!

Applications are now open for new researchers wishing to apply for research funds through the Health Practitioner Research Scheme. The total pool of funds available in 2018/19 is \$230,000 with a maximum allocation of \$30,000 per project.

Researchers wishing to apply for this funding must be employed in a Health Practitioner position as per Schedule 1 of the Health Practitioners and Dental Officers (Queensland Health) Certified Agreement (No. 2) 2016. The definition of a "new researcher" can be found on page 5 of the HPRS Application Guidelines.

The target area for this funding round is Health Practitioner service delivery / workforce models that improve patient access to care and health outcomes (i.e. models that enable timely access to care - decreasing patient waiting times or enabling care to be delivered locally through strategies such as the use of telehealth or expanding health practitioner scope of practice at the local site).

More information on the Scheme including the application form, launch presentation and a list of HP Research Fellows who have volunteered to provide mentor support is available on the Health Practitioner Research Scheme website.

If you are unsure whether you or your project meet the eligibility criteria this year, please contact the Allied Health Professions' Office of Queensland via email or call 3328 9304.

Do you want to learn more about allied health within Queensland Health? [CLICK HERE](#) to subscribe to the Allied Health eNews!



Queensland Health
Clinical Excellence Division



Health Practitioner Research Scheme

Improvement | Transparency | Patient safety | Clinician leadership | Innovation

Queensland Government

Hey you!

The Communications Team want to know how we are doing and need your feedback.

What would you like to see more of in Health Up North?

- Have you got any ideas for a new segment?
- How often would you like to see Health Up North?

Email us at CHHS-Comms@health.qld.gov.au and give us your feedback. We really want to make our communications better for staff and appreciate your help.



Have you taken a sneaky snap of your colleague? Send it to the Communications Team to add in Health Up North for a laugh.