

# Health Up North

KEEPING STAFF INFORMED



EDITION #190

## MESSAGE FROM THE CHIEF EXECUTIVE

I would like to start off by thanking each and every one of you for your efforts during the week of the Accreditation Periodic Review. There was an incredible amount of work from all involved and I was pleased to see the continued excellent standard of care that was provided across the Health Service. I would like to reiterate that this does not mean we can rest easy, but rather keep accreditation in the back of our minds at all times and continue with business as usual. Again, thank you to all who contributed to the success of our Periodic Review.

It was also a month for reflection in our Health Service, with 20 March marking 20 years since the beginnings of the Far North Queensland Hospital Foundation. Every year, more than one hundred FNQ Hospital Foundation volunteers give up almost 25,000 hours of their time to support patients, visitors and staff at the Cairns Hospital. Since formation, the Hospital Foundation has donated more than \$14 million worth of equipment to the Cairns Hospital. The Cardiac Challenge alone has raised more than \$2.5 million, which supports a variety of cardiac services in the region. More than one hundred people attended the ceremony on 20 March at the Cairns Hospital Auditorium to say Happy Birthday and enjoy some birthday cake. It was a wonderful

ceremony to be a part of and a great opportunity to thank the volunteers for their tireless work over the years.

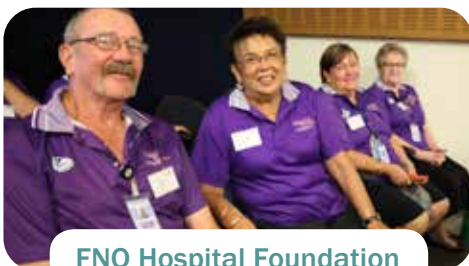
I would also like to extend my sympathies to those affected by Tropical Cyclone Debbie, and the flood affected areas of South East Queensland and Northern New South Wales. As Far Northerners, we are all too familiar with the devastating effects of cyclones. Every year it seems we are seeing cyclones later in the season and it is vital that everyone in our Health Service is aware of the plans that are in place to respond in the event of an emergency. As a Health Service we have a critical role in keeping our communities safe during times of emergency and the events of the past couple of weeks have again demonstrated the importance of vigilance.

I hope you enjoyed the Easter long weekend and ANZAC Day public holiday with your family and loved ones. I would also like to acknowledge those who worked over this period for their dedication to caring for our community.

Clare Douglas.



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



**FNQ Hospital Foundation  
Birthday**



**Digital Hospital Turns  
One**



**Purple Day for Epilepsy**

# AUSTRALIA DAY AWARDS

Australia Day gives many of us the opportunity to celebrate all that is great about Australia, and being Australian. Awards are an integral part of Australia Day. They recognise and honour the outstanding achievement of Australians and celebrate Australian excellence in our community.

In that spirit, the Health Service recognised 17 extraordinary Cairns and Hinterland Hospital and Health Service employees at a formal ceremony in the Cairns Hospital Auditorium on Wednesday 25 January.

The 17 award recipients all humbly accepted their awards at the ceremony.

It was clear from the submissions for the 2017 CHHHS Australia Day Awards that the recipients inspire their colleagues through their achievements and behaviours.

The nominations fell into the following categories: Courageous; Customer's first; Empowers People; Ideas into Action; and Unleash Potential.

## **Be Courageous:**

- Cameron Stewart – Nursing Director eHealth
- Dr Greg Starmer – Director Cardiac Services
- Suzanne Riach – Community Care Unit Team Leader

## **Customer's First:**

- Alison Smith – Clinic Leader Orthopaedic Physiotherapy Screening Clinic
- Janine Boundy – Pharmacy Assistant Mareeba Hospital
- Dean Ryder – Ward Polo
- Helen Kulas – Acting Nurse Unit Manager for Nurse Navigator Service
- Susan Santariga – Dental Assistant Cassowary Coast

## **Empower People:**

- Liza Hodges – Indigenous Liaison Officer Cardiac/Cardiac Care Unit and Oncology
- Robert Suthers – Director of Nursing Babinda Hospital
- Mary Streatfield – Divisional Director Integrated Medicine and Emergency Services

## **Ideas into Action:**

- Jason Hurren – Clinical Nurse Consultant Transition Care Program
- Leona Hall-Matthews – Occupational Therapist Transition Care Program
- Tara Watters – Remote Pharmacist
- Rhonda Prerost – Registered Nurse Cairns Hospital Emergency Department
- Jason Black – Advanced Oncology/Haematology Pharmacist

## **Unleash Potential:**

- Keiko Bowles – Nurse Unit Manager Blood Transfusion



# AUSTRALIA DAY AWARDS



# MICHELLE ROTHWELL ANNOUNCED AS SHPA RURAL ADVISER

The Society of Hospital Pharmacists of Australia (SHPA) has appointed Senior Pharmacist for the Tablelands region, Michelle Rothwell as SHPA's Rural Adviser and Chair of SHPA's Rural and Regional Advisory Group.

Michelle is an experienced rural and remote practitioner based at Atherton Hospital in Far North Queensland and is passionate about rural pharmacy and the delivery of safe, effective, equitable healthcare for all.

She studied pharmacy at Aston University in the UK and whilst working at Cairns Hospital completed her Clinical Pharmacy Research Masters through distance learning with the Queens University, Belfast.

Michelle chairs the Rural Director of Pharmacy Services Advisory Committee of Queensland and she is the rural observer on the SHPA Queensland Branch Committee.

Michelle said she feels honoured to be elected as SHPA's Rural Adviser.

**“I am very excited for the chance to lead the SHPA rural agenda and to advocate for Australia’s rural and remote pharmacists and the patients we care for,” she said.**

Michelle is continuing to strive in her career as she has been accepted to present at the World of Rural Health Conference later this month covering the Antimicrobial Stewardship Telehealth Model of Care from Atherton to Tully and Babinda sites.

Michelle will also present at the 14th National Rural Health Conference on Malanda Inpatient Home Telehealth Work. **The 14th National Rural Health Conference will be held at the Cairns Convention Centre from 26 to 29 April 2017.**

The biennial event has a unique reputation as a meeting place for people involved with the health care of people who live in the diverse communities of rural and remote Australia.

There has been huge interest in the Conference with more than 500 abstracts received. This has resulted in a Conference Program that will include 49 concurrent sessions containing presentations of selected contemporary reports on health status in rural areas and on a wide range of approaches to the well-known challenges that exist.

For information go to [aworldofruralhealth.org.au](http://aworldofruralhealth.org.au)

# DIGITAL HOSPITAL TEAM REFLECTS ON FIRST YEAR

The Cairns Hospital, community health and renal satellite units have marked their first milestone as a digital hospital following the one year anniversary of the ieMR digital release.

Nursing director of ieMR Cameron Stewart said reaching the one year mark was a momentous occasion.

“We have achieved so much in our first year and I am incredibly proud of our team and staff,” he said.

“Some highlights include establishing the bi-directional pathology interface, view only access throughout the district and managing four major downtimes without any clinical incidents.

“Other achievements include the automated access provisioning and emerging clinical reports.”

Cameron said there were some impressive figures associated with one-year anniversary; demonstrating just how far they have come in a single year.



“We have trained 1941 staff in use of ieMR across 590 classes and have initiated the Just in Time Training,” he said.

“We’ve received over 1940 calls to our dedicated support line and have installed more than 370 All-in-One PCs and 200 laptops.”

Cameron said while the program was only one year in, that the ieMR team were always looking for ways to improve.

“We have received plenty of feedback from our users and have had 42 changes successfully managed and implemented into the program this year alone, and 80 more validated enhancements to come in over the next couple of months,” he said.

Cameron said in commemorating the first birthday that the digital hospital team wanted to thank all ieMR users for the success of ieMR.



“We did this by providing staff with celebration cakes to as many staff as possible across the hospital and health service community including the renal satellite units,” he said.

“It was a great opportunity to thank staff for their support of ieMR in its first year.”

Cameron said he looked forward to working further with staff throughout the health service on developing and growing ieMR even further.

# RARE DISEASE DAY

COWABUNGA! Some of our Cairns Hospital Paediatric Ninja nurses and patients who were raising awareness for Rare Disease Day by walking on the Cairns Esplanade in March.



*Patient Dante and her brother Rumi and Mum Bek with Denise one of the Rns*

*Patients Samson Hunter and Brock Bryant with Sam's mum*

*“Did you know that there are more than 8000 known rare diseases affecting approximately two million Australians (of which up to 400,000 are children).”*



*Team ninja getting ready for take off*

# PERSONAL EXPERIENCE PUTS ANN ON THE PATH



Atherton Hospital's Director of Nursing Ann Aitken has graduated from James Cook University with a philosophy doctorate (PhD) focussing on experiences of rural nurses treating cancer patients.

With her thesis titled 'Too close to home: The lived experiences of rural Queensland nurses who have cared for people with cancer who have died', Ann has used her personal experiences as a rural nurse to inform her PhD.

"I spent many years at the Royal Brisbane Hospital and the Queensland Radium Institute as it was then known caring for patients having chemotherapy, radiotherapy and palliative care," she said.

"What stood out to me about this time was the large degree of anonymity you have outside of work when you work in a metropolitan setting. This is vastly different for rural oncology."

Ann said that anecdotal evidence showed many rural nurses were not likely to choose oncology nursing as a long-term career choice.

"However because of the nature of their work they accept the often advanced needs of these patients and their families," she said.

"In many instances, this care for rural and remote nurses caring for patients with cancer often extends to caring for friends and some cases family in an emotional capacity all because they inhabit one small community.

"This was something I wanted to explore further in my PhD."

Ann interviewed twenty nurses from around rural Queensland to further help her to understand their experiences and make recommendations relating to supporting nurses in rural setting who care for patients with cancer.

"In my twenty years as a nurse working in rural and remote settings I have observed rural nursing colleagues care for patients and support them with compassion and skilled care until the end of their life," she said.

"Many staff experience this several times a year and many several times in their careers as rural nurses and there is quite often little time to recover from the stress of providing that care and of losing a friend before being called to support another."

Ann said she hoped the recommendations from her PhD could also be applied to nurses in rural areas caring for patients with chronic and complex conditions who have extended or frequent hospital stays.

"The information can be used by team leaders and members alike to identify and manage situations that may lead to staff distress," she said.

"Other recommendations relate to grief management, ways to separate home and work situations to ensure staff members receive time apart from the care of their patient, and ways to manage the expectations of the patient, their family and the community in general in the rural setting.

"Common themes also provide reassurance for nursing staff in similar situations who may have in the past struggled with their own feelings and reactions to the loss of a patient with cancer."

Ann said she was proud of the work that went into completing her thesis.

# HAPPY BIRTHDAY TO THE FNQ HOSPITAL



IMPRESSIVE figures and results are being celebrated by the Far North's largest local charity as it celebrates its 20th birthday.

The Far North Queensland Hospital Foundation has contributed more than \$14 million to improving health services in that time.

Foundation chairman Dr Ken Chapman, who has been at the helm since the beginning, said he was thrilled with the achievements of volunteers, staff, sponsors and donors.

"This is really something worth celebrating – this community has contributed a massive amount to improving health services in the past 20 years," Dr Chapman said.

The most public donation was the Paediatric Playground Project, at a cost of \$1.3 million, as well as the Integrated Patient System at \$1.6 million, \$700,000 towards the PET-CT scanner and almost \$400,000 for the brainlab spinal and trauma equipment in theatres.

The Foundation's first major purchase was the paediatric transport which cost \$135,000 and was bought in 2003. Recently the cot was replaced by a newer model and donated by Cairns Hospital to Papua New Guinea. Dr Chapman said the achievements were the result of hard work by volunteers, staff, sponsors and fundraisers.

"This is really a time when we say 'Thank you' to everyone who has worked so hard to achieve these outcomes," Dr Chapman said.

The Foundation was established in March 1997 under the Hospitals Foundations Act 1982 and various Acts of Parliament.

It is a non-profit charity that supports Cairns and Hinterland Hospital and Health Service, Torres and Cape Hospital and Health Service, or in geographical terms - from Cardwell to the Torres Strait and west to Croydon. This area includes nine hospitals, two multi-purpose health services and 53 primary health centres and encompasses a population of about 270,000 people.

"Our hospital and health service primary care areas: womens, paediatric, indigenous, men's, cardiac, thoracic and mental health, orthopaedics, general, emergency and tropical medicine, cancer care, medical research, rural and remote, health education including preventative lifestyle strategies," Dr Chapman said.

"Our volunteers, sponsors, donors and staff all know they are making a difference in what they do, every day and we couldn't do it without the community's support," he said.





# HAPPY BIRTHDAY TO THE FNQ HOSPITAL

## Other impressive figures:

- Annual Motorcycle Muster commences in 2002 and has raised \$729,000 to date
- About 1000 motorcyclist participants riding a combined half-a-million kilometres
- Annual Cardiac Challenge cycle ride to Cooktown starts in 2007 and has raised \$2.5 million
- 1614 cyclist participants riding a combined total of approximately 868,000km
- Annual Give Me 5 For Kids total of \$330k
- Jet-Ski event has raised a total of \$167k
- Annual Christmas wrapping has raised \$165k
- Estimated 200,000 presents wrapped using about 100km of wrapping paper

## Volunteer program:

- 409,000 volunteer hours contributed to the Cairns Hospital which represents 103,500 shifts
- Christmas wrapping 23,500 volunteer hours which represents 7300 shifts
- We currently have 760 active volunteers

## Other purchases:

- 2 x Intra-aortic balloon pumps
- 3 x Omnibeds
- 4 x BiPAP ventilators
- 5 x Vein illumination devices
- 5 x Pneumatic walker casts
- 6 x Bladder scanners
- 9 x Electric beds
- 10 x Dialysis machines
- 11 x Phototherapy units
- 12 x Breast pumps
- 15 x Wheelchairs
- 19 x Ultrasound machines
- 19 x Defibrillators
- 50 x Bassinet mattresses
- 53 x Pressure relieving mattresses
- 115 x monitoring devices
- 209 x specialist chairs.



# DRY JULY SAVES LIVES



PHOTO: Acting Nurse Unit Manager Rebecca Johnson chats with leukaemia patient Jim Colbert while he rests in a treatment chair.

A MONTH off the booze for 65 Far North fundraisers will mean earlier diagnosis for some cancer patients in the region.

Not only that, but since the Liz Plummer Cancer Centre started using the CADD pumps that the Dry July fundraisers helped buy more of, they have saved more than 300 inpatient bed days and \$240,000 in drug costs to the hospital.

The Far North Queensland Hospital Foundation received \$28,905 in funding from Dry July, enabling the purchase of a treatment chair for the oncology day unit, six chemotherapy pumps for administering chemotherapy at home and a moisture meter to measure swelling in some cancer patients.

Liz Plummer Cancer Centre advanced pharmacist Jason Black said CADD chemotherapy administration pumps make a huge difference to the patient experience.

“The use of these pumps allow patients to be treated at home rather than have to come into hospital for several days. I actually had no idea how big an impact they would have, until I had one patient who had booked in to see a psychologist and arranged to take anti-depressants because the hospital experience can be so intense. We administered his chemotherapy using the CADD pump and treated him as an outpatient. He told me his experience was vastly improved and didn’t require any of his psychology interventions anymore. They help allow the hospital to keep inpatient beds for patients who most need them.”

A moisture meter which also has been bought, allowing staff to assess swelling in patients with breast and head/neck lymphoedema. Liz Plummer Cancer Care acting advanced oncology occupational therapist Caitlin Ryan said they had not previously been able to offer this service.

“The ability to obtain these measurements will allow our therapists to not only detect these conditions earlier for our clients, but provide more accurate assessment of their swelling over time and between therapists. This in turn will ensure any increases in swelling can be detected earlier and addressed promptly to ensure the best possible outcome for these clients. I would like to sincerely thank the Foundation and the local community who have worked so hard to raise the funds required to purchase this moisture meter for our clinic.”

In addition, another treatment chair has been bought for the oncology day unit.

Oncology Day Unit acting Nurse Unit Manager Rebecca Johnson said patients often spend long hours in the chairs receiving treatment, and it was important they feel comfortable during their stay. “The treatment chair is also extremely practical for staff, who are required to perform tasks at various heights, as the chair is fully automatic and allows the patient to recline in various positions. The funding that was raised from the community during your Dry July campaign has certainly been put to good use,” Ms Johnson said.

Foundation CEO Tony Franz said the Foundation had received more than \$130,000 from Dry July since 2012, and it was rewarding to know it was going directly to help those who needed it.

“We’ve all been affected by cancer in some way but Dry July is an easy and fun way for people to fundraise with their friends to make a difference – potentially to their friends’ lives,” Mr Franz said.

# DAMIAN ORRELL WINS CITIZEN OF THE YEAR AWARD IN CROYDON



Our very own Croydon Director of Nursing Damian Orrell was a well-deserved recipient of the Croydon Citizen of the Year in January.

Damian arrived in Croydon two years ago and has done many wonderful things for the local community.

He has ensured that the Croydon Clinic has been brought up to a high standard, including being the lead in upgrade of the hospital morgue, outside waiting area (new pergola and garden area), power supply system, security system and refurbished furniture.

Damian also actively fundraised and purchased the Transilluminator Vein Viewer for the comfort of patients for ease of inserting needles.

Damian is said to go above and beyond the call of duty, a friendly compassionate and outgoing person who always makes time for others in need.

Croydon is fortunate to have Damian as their Director of Nursing. He is an inspirational role model and has selflessly given his time to the Croydon community.

## TRIBUTE PAID TO VOLUNTEERS



INTERNATIONAL Volunteers Day was an apt occasion to share some shots of our hospital volunteers at our annual Christmas celebration and awards ceremony.

Special congratulations to Thelma Bryan and Maud Way, who celebrated 25 years of volunteering at the Cairns Hospital.

Thanks to our board chairman Dr Ken Chapman and board member Steve Russell for helping pay tribute to these special people.

You might also note our cheeky commercial operations manager Steve McGuinness photobombed a couple of shots! New Cairns and Hinterland Hospital and Health Service chief executive Clare Douglas also attended.



# COMPLIMENT CORNER

## **Mossman Hospital**

*Dear all the nurses, I am writing in to say how happy and grateful for looking after the patients who are on dialysis. You all do a great job caring for each and every one of us. I would like to say thank you for caring for us so much it seems to me we are on big happy family in this hospital. We find you nurses so loving and kind, that we would not want any other nurses to be here with us. We love you all!*

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## **Edmonton Community Health Centre**

*Following a fall at a local Bowls Club, I had lost my confidence and was frightened of falling again and being on my own. Thanks to the Balance Program at Edmonton Community Centre, I am back on track with full confidence in walking, driving, shopping, as well as home and garden activities. I would like to thank the staff at Edmonton for the teaching they provided around the importance of correct stance and the use of core muscles. Due to this, my balance and also my incontinence issues have improved out of sight. As a result, I am now more motivated to join other groups for exercise. Thanks to all involved – keep up the good work because you make old people's lives all the more worthwhile.*

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## **Innisfail Hospital**

*We were away for the long weekend when my daughter fell ill quickly. We went to the closest GP in Mission Beach who after assessing her referred us to the Innisfail Hospital. When we arrived at Innisfail ED they were expecting us and assessed my daughter immediately. The doctor that treated her was so great with babies and put a very anxious mums nerves to rest. They started her on medication straight away and reassured us that if I was concerned to bring her back. Great experience and great outcome. I thankfully have a little girl recovering from pneumonia that was caught early. Please pass on my sincere thanks.*

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## **Cairns Hospital and Tully Hospital**

*A beautiful hospital but the hospital is only as good as its staff. I take this opportunity to congratulate and thank all members of the extensive and professional team that looked after my needs. From the Emergency Receiving Team, the Surgical Southern Ward Team, Catering Staff, Cleaning Staff and all in the Transit Lounge who did all they could to arrange suitable transport back to Tully.*

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## **Cairns Hospital Renal and Respiratory Ward**

*I would like to express my deep gratitude to the nursing and medical staff on the Respiratory and Renal ward for their excellent care and professionalism. Their kind attitude and attentiveness went a long way to making my stay a pleasant and comfortable one. Their competence and confidence allowed me to be calm and comfortable during my procedure.*

# GRANDDAD GIVES JETSKI TO FAMILY

SUPPORTING a cancer fundraiser has resulted in an unexpected surprise for retiree Ron Macey.

Mr Macey bought two tickets in the Trinity Powersports Sea-Fari jetski art union, and was stunned when he received the phone call that he had won.

"I bought them when it was at Smithfield Shopping Centre – we always support cancer fundraisers because my wife's had cancer twice," Mr Macey said.

"I've never won anything in my life and then we got this phone call out of the blue last week to say that I'd won," he said.



Photo: Glenys Duncombe and Rowland Burns congratulate Ron Macey and his grandson Luke.

Mr Macey won a Sea-Doo GTI 130 jetski, including trailer and 12 months' registration, donated by Trinity Powersports. Trinity Powersports product manager Rowland Burns said they were honoured to provide the art union prize.

"We encourage other local businesses to get involved and help those who can benefit from the funds raised for much-needed equipment," Mr Burns said.

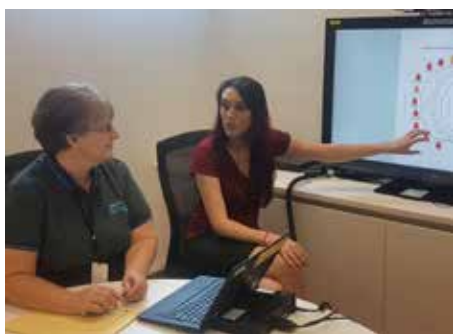
The Trinity Powersports Sea-Fari is a jetski-powered island hop through the Great Barrier Reef's iconic northern waters – between Yorkeys Knob and Port Douglas, on Australia Day. Considered one of the most spectacular jetski routes in the world, the event raises money for the Cancer Care Ward at Cairns Hospital, via donations to the Far North Queensland Hospital Foundation.

Sea-Fari is in memory of Cairns Hospital cancer patient Brian "Unit" Wilson, whose vision for an aquatic fundraising event has generated more than \$176,000 since its inception in 2011. Foundation fundraising and marketing manager Glenys Duncombe said everyone in the community was impacted by cancer.

"This year we had a record number of jetski's registered at 35, and we raised more than \$36,000 which was a great achievement," Ms Duncombe said.

"It's really lovely to see the jetski go to someone like Mr Macey and we are assured his grandchildren will make great use of it," she said.

## REGIONAL EHEALTH PROJECT COMPLETES INITIAL ASSESSMENT



PICUTRE: Senior Business Analysts Joleen Fegan and Therese Reade at work

The Regional eHealth Project has continued to meet its targets for the development of a locally focussed eHealth solution for primary and community healthcare services across our region. It has completed the initial assessment of the shortlisted partner

organisations. Three in depth assessment processes have been undertaken with important contributions from CHHS and TCHHS staff.

The Project Director, Scott Pickard said they are very happy with the high standard of the proposals received from shortlisted partners.

"We are very confident of bringing a high quality solution to

our region," said Scott.

"This will be coordinated with our ongoing mapping of local work processes."

When asked about the background of the project Scott said they were carefully evaluating organisations to partner with them to tailor an eHealth system to best meet the needs of patients and clinicians across the whole of the Far North Queensland region.

"It will allow enhanced and secure access to patient information so that we are able to provide better patient care and improve the delivery of local healthcare services," said Scott.

Caroline Taunton, the Principal Business Analyst said an important part of developing a locally focussed system is understanding as much as possible about the work that is done across our region.

"Our team has been boosted with Therese Reade joining us. Therese worked as the Business Manager at Mossman MPHS for three years and most recently as a Project Liaison Officer on the Cairns Hospital Redevelopment," said Caroline.

# SMITHFIELD SCHOOL DENTAL: HEALTH PROMOTIONS

Smithfield School Dental team have kept themselves busy decorating the Smithfield Community Health Clinic waiting room over the last couple of months.

"We decorated the waiting room to be full of eye catching images and as a reminder on how to best manage your Oral Health to raise awareness with our clients," said Dental Therapist Katrina Whittaker.

Katrina said the team believes it to be successful.

"During Christmas a busy time filled with family gatherings, and special nights out with friends, we find ourselves celebrating, and often indulging in more frequent sugary, acidic foods and drinks, (and snacks ) and engaging in "not so healthy" habits as our normal routine is interrupted," said Katrina.

"So in December our theme was Don't Let Your Tooth Brush Take a Holiday, with additional advice on how to best prepare and keep Oral Health in check over Christmas time."

The January and February promotion provided a follow on, with inspiration for all the New Year's resolutions that happen with the beginning of each New Year.

Oral Health as well as Overall Health and Well Being were the focus, with suggestions to "Make your 2017 Great!"

The Smithfield team remains committed to providing the best and most up to date knowledge to assist each and every client (and their families) to achieve success at improving and managing their ongoing health, fitness and quality of life.

Does your 2017 health resolutions include some of the following?

- Eat more fresh fruit and veg
- Eat less sugar, highly processed and refined foods
- Get more Sleep
- Relax more
- Spend more quality time with family
- Exercise more
- Drink more water
- Quit smoking
- Regular dental checks with attention to daily tooth brushing and flossing



# FRIDGES LATEST GENEROUS DONATION



Photo: Sharon Thompson and son Hugh, say thanks to Michael Aw for his generous donation of breast milk fridges.

INDIVIDUAL fridges for premature babies' milk at Cairns Hospital will keep a mothers' breast milk at the correct temperature at the cot side ready for use thanks to a donation of 28 individual fridges from The Good Guys Cairns to Far North Queensland Hospital Foundation.

Cairns Hospital Special Care Nursery Nurse Unit manager Jonelle Mayers, said the 28 individual fridges worth \$5600, will be used for new mums staying in the unit to store their breastmilk. The fridges provide a new convenience for mums as they won't have to leave their baby's side to retrieve their milk.

"Each fridge is placed directly next to their baby's cot so there is no chance of milk from one baby being given to another baby, inadvertently," Mrs Mayers said.

"Mothers can then participate in discussions regarding the available milk for their baby and take ownership of the supply, because it is so visible.

"Nurses prefer the individual fridges because we only keep the milk belonging to that baby, in the baby's

environment. The individual fridges contribute towards best practice."

Mum Sharon Thompson says the fridges have been invaluable for her baby Hugh. "He was born 10 weeks early and I express milk several times a day at home and also when I come in to feed him. He's exclusively breastfed via a nasogastric tube at the moment but he's doing really well. He's amazing me with his progress," Ms Thompson said.

The Good Guys Cairns Store Executive Manager, Michael Aw, said his team was honoured to support its local cause partner, Far North Queensland Hospital Foundation, in a big way this year. "The Far North Queensland Hospital Foundation goes to great lengths to support local residents and families, especially those welcoming a newborn into the world," he said.

The Good Guys Cairns is committed to doing good and making a difference in the local community, and we hope this donation will keep local mums comfortable and well equipped for the duration of their stay with our friends at Far North Queensland Hospital."

Far North Queensland Hospital Foundation fundraising and marketing manager Glenys Duncombe said The Good Guys Cairns had been extremely supportive of the Foundation for a long time.

"We always hold a Christmas gift wrap at The Good Guys Cairns store and the team has been very generous in making donations, in both cash and kind, and providing special gifts to families in need, over the years. This latest donation brings The Good Guys Cairns' donations to the Foundation to \$100,000, which is very generous," Ms Duncombe said.

## PURPLE DAY FOR EPILEPSY

Cairns Hospital's Neurology Department held a morning tea in the name of charity in late March. The Day marked Purple Day for Epilepsy and is a global initiative dedicated to raising epilepsy awareness.



# MAKING TRACKS ARTWORK OFFICIALLY UNVEILED



The Emergency Department is one of the critical entry points to Cairns Hospital. Over the past two years, clinical leads from the ED and Cultural Capability Team from Aboriginal and Torres Strait Islander Health Management Unit (ATISHMU) have been closely collaborating to improve the cultural capability and accessibility for Aboriginal and Torres Strait Islander patients.

In light of this year's Close the Gap Day, Yirrganydji Traditional Owner Jeanette Singleton endorsed the significance of displaying the artwork and CHHHS commitment to helping Aboriginal and Torres Strait Islander patients feel more comfortable when they are unwell and need to access health services.

## **Making Tracks Artwork Story**

This artwork represents the Aboriginal and Torres Strait Islander cultures in Queensland.

It speaks of the importance of traditional and cultural sensitivities, how these are communicated in the modern day health system and how health professionals can best provide health services for Indigenous people through best practice.

The central circular motif represents Health in Queensland, and the meeting place where people come to trade knowledge about best health practices and procedures. The pathways leading both in and out of this central motif represent people travelling from different professions, different communities and different country, and the importance of everyone contributing equally to this journey.





# HOME TOWN TREATMENT NOW OFFERED



Photo: Tolga patient Patricia Santacaterina receiving treatment with the new piece of equipment at Atherton Hospital.

DIABETES and skin cancer patients in the Far North can now have more treatment in their home town rather than having to travel away, thanks to the Far North Queensland Hospital Foundation.

Foundation CEO Tony Franz said the charity bought almost \$88,000 worth of equipment for Cooktown, Atherton and Innisfail Hospitals.

Diabetes equipment provided to each of Cooktown and Atherton hospitals will mean less need for patients to travel to Cairns for treatment they can have in their home town.

A skin grafting machine for Innisfail Hospital, funded by the Innisfail Friends of the Foundation, will allow patients to have skin grafts there, rather than having to travel to a larger centre.

Mr Franz said the equipment, at a total value of \$87,724, was a result of fundraising and commercial activities by the Foundation and its volunteers. "We've contributed \$13 million to improving health services in the past 20 years and this is a great way we can improve outcomes for patients in the region."

Cooktown Renal Service Nurse Unit Manager Karen

Coad said the Sonosite Turbo had been an awesome addition to their unit. "This amazing little piece of machinery makes the lives of our patients a lot easier. When their veins become difficult to cannulate, our brand new Sonosite means we may be able to prevent unnecessary travel to Cairns for our patients. It is really good for us – I use it on up to four patients a day."

Atherton Renal Satellites and Home Therapies acting Nurse Unit Manager Karen Brown said the equipment enables nurses to monitor veins on site, rather than the patient having to travel to Cairns for further investigation. "Patients with difficult cannulation often have to present to Cairns. With the aid of ultrasound guidance, the patient will be able to remain in Atherton. In short it will enable patients to remain in their centre of care and not have to travel or put a strain on the Cairns unit. It also prevents damage to fistula's through improving success rates on needling and enables the nurse to identify problems that may interfere with dialysis before they become a problem. Early detection leads to less invasive treatments for the patient. We are feeling very lucky to have such amazing community support and are grateful for this amazing piece of equipment which will change the patient journey in such a positive way."

Innisfail Hospital Theatre Nurse Unit Manager Donna Low said that due to public awareness of skin cancers, staff were seeing an increase in patient numbers who need surgery.

"Our new Zimmer Air Dermatome allows the surgeon to preform skin grafting to skin cancer with minimal disturbance therefore helping the healing process. Currently patients are often required to travel to a larger centre, to have their procedures performed, when we now are unable to provide a service locally," Ms Low said.

## FUN FACTS

Every 36 hours the lining of a human stomach is replaced.

## FUN FACTS

The approximate length of a human esophagus is 25 centimeters.

## FUN FACTS

Exercising on a empty stomach in the morning can burn 20% more fat.

# CHHHS DONATORS HELPING OUT GOOD CAUSE

Acting NUM of the Cairns Hospital General Medical Ward Trent Bassmann would like to thank all the staff for donating more than \$3000 towards his fiancée Rachel and her sister, who partook in this year's World's Greatest Shave.

Trent said that Rachel herself had raised \$2000.

"The best part is that all of this money came from our wonderful Health Service," said Trent.

"Cleaners, Support staff, Nurses, Doctors, Allied Health, you name it and all from different departments, ED, Gen Med, Surgical etc, donated money."

You can still donate at the [www.worldsgreatestshave.com](http://www.worldsgreatestshave.com) until 20 June.



## GUESS THE OBJECT?



Do you have any idea what this object is?

Answer: A fork!

# COUCH WELLBEING CENTRE ONE STEP CLOSER THANKS TO MASONIC CHARITY DONATION OF \$500K

Since the formation of Action Group COUCH in 2006, Charles and Pip Woodward have been leading the campaign for better services for people living with cancer and their families in the Cairns region.

Today, their vision of a COUCH Wellbeing Centre in Cairns is one step closer to being achieved with the announcement of a \$500,000 donation from Hand Heart Pocket the Charity of Freemasons Queensland towards this life-changing project.

The COUCH Wellbeing Centre, is a proposed development for the Far North Queensland region which will deliver services that provide a holistic approach to cancer care with the primary goal of improving the quality of life for people living with cancer (and beyond) as well as their carers.

“The COUCH Wellbeing Centre will be modelled on the successful Bloomhill Cancer Care Centre located on the Sunshine Coast which has been operating for 20 years. The COUCH Wellbeing Centre will be a great addition to the cancer facilities available for people affected by cancer in the Cairns region,” said Charles Woodward, Chairman Cairns COUCH Ltd.

The funds will specifically go towards the construction of a large double pavilion, the first of the pavilions to be built on the Manoora site, which will house specialist and support service providers.

Hand Heart Pocket Chief Executive Officer, Gary Mark, said that the decision to support this project was made in consultation with the Freemasons in the District, who helped to identify a deserving cause that Hand Heart Pocket could support and would

benefit the people of Far North Queensland long into the future.

“This Centre will be the first of its kind in Cairns and will without a doubt be an asset to the region. Hand Heart Pocket is proud to support this regional initiative that will help to empower people living with cancer and their families, improving their quality of life,” Gary said. The Woodward family, who also donated 2.1 hectares of land for the proposed Wellbeing Centre, are well known for their commitment to the development of the region, dating back over 100 years.

“Charles, Gordon and Jack Woodward, were integral in the early development of the Carpentaria Freemasons’ Homes in the 1970s and Woodward Retirement Village in the 1980s, both previously owned by Masonic Care Queensland. Gordon and Jack were Freemasons and the donation is also a great way for us to continue to support the charitable work of Freemasons in the District,” said Gary.

Hand Heart Pocket is the Charity of Freemasons Queensland and provides sustainable support that delivers positive outcomes by giving a hand up not a hand out to communities, to other charities and to individuals. It works with its network of Masonic Lodges to identify grassroots needs in local communities around Queensland.

“Although we are one step closer, more funds are needed to ensure our vision is achieved,” said Charles. For more information or to donate visit

[www.couch.org.au](http://www.couch.org.au).



Photo: Hand Heart Pocket Chief Executive Officer, Gary Mark, Hand Heart Pocket Chairman, Tom Wiltshire, COUCH Chairman, Charles Woodward and COUCH Director, Ron Holden.

## UNA RETIRES



A Cairns-based psychiatrist who helped establish the Tablelands first mental health outreach service has called it a day.

Dr Una Stephenson was farewelled by friends and colleagues at Atherton Primary Health Care Centre after more than 20 years working in the region.

Dr Stephenson, who arrived in Cairns from New Zealand in the early 1990s, soon found herself up the mountain working with a small team to establish a mental health outreach service and transitioning from hospital-based care to community psychiatry.

“We’ve gone from really nothing to a pretty good service. But we could still do with being an awful lot bigger,” she said.

“If you sit in a clinic, you might as well bring your knitting because not everybody is going to be able to come in.”

Dr Stephenson often visited patients across the Tablelands during her stint in the region including a Herberton, Malanda, Milla Milla, Ravenshoe, Innot Hot Springs and Mt Garnet.

“I hope the team keeps up the good work and keeps reaching out and going out to these people,” she said.

“Staying in offices may save time but if you don’t have that outreach service you never get to see how they’re living and how they’re coping.”

Nowadays, Dr Stephenson’s Atherton-based team of mental health clinicians is about eight-strong, working on weekdays with a variety of children, teens and adults.

“I’m going to miss my friends and colleagues because this is a lovely team,” she said.

The grandmother-of-four plans to do more bird watching now that she’s retired.

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## REHP WORKING ON TECHNOLOGY



In collaboration with eHealth Queensland, the Regional eHealth Project has commenced technical investigations and analysis of the ICT infrastructure in place across Far North Queensland.

The current acting Technical Delivery Manager Brad Skerman said limited availability of ICT services can cause issues for staff across Far North Queensland.

“Particularly at the most remote facilities and we are considering ways to deliver solutions suitable for these environments,” said Brad.

When asked about current activity Brad has some advice.

“An important part of what we are doing is getting an understanding of the current ICT environment at each facility in the project scope.

Working with eHealth Queensland we will soon start analysing the Wi-Fi network currently available at facilities and begin negotiating plans for upgrades to meet future needs. Over the next couple of months you will see technical staff spending time testing the Wi-Fi networks to identify where we need to do more work,” said Brad.

Picture. Brad Skerman, acting Technical Delivery Manager, undertaking Wi-Fi survey work

# UPCOMING EVENTS

## 14th World Rural Health Conference

29 April - 2 May  
Cairns Convention Centre



## Nursing and Midwifery in the Tropics Symposium: Expanding your Horizons

When: 11th & 12th May  
Where: Pacific Hotel, 43 The Esplanade, Cairns  
For more information [click here](#)

## Business Skills Workshops

In partnership with Training Capability, we are proud to offer 2 exciting programs for CHHHS cost centre managers who are keen to improve their business skills and capabilities. These courses are designed to deliver a better understanding of finance, governance & human resources, particularly around how the use of resources affects patient care and business outcomes.

Program 1 – Introduction to Business Skills (2-day Workshop)

Program 2 – Advanced Business Skills (2-day Workshop)

For more information on dates and course overviews [click here](#)

## Research and Quality Symposium 2017

August 9 Cairns Hospital Auditorium  
Abstracts OPEN April 24-May 29  
For more information [click here](#)

# MAGIC BEAN CHOCOLATE CAKE



## Ingredients:

420 g can kidney beans or butter beans,  
drained & rinsed  
1 tablespoon water  
(the original recipe says “or coffee”)  
1 teaspoon vanilla extract  
70 g raw cacao (or cocoa powder)  
1 teaspoon GF baking powder  
1/2 teaspoon bicarbonate of soda  
1/4 teaspoon salt  
125 g Butter  
5 eggs  
140 g rapadura or coconut sugar

## Method

**Step 1:** Puree the beans in your food processor, with the water/ coffee, 1 egg and vanilla until smooth.

**Step 2:** Pour the mixture into a separate bowl and set aside.

**Step 3:** Without washing the bowl, beat the butter and sugar for 30 seconds.

**Step 4:** Add the remaining eggs & beat for 20 seconds

**Step 5:** Add bean mixture and mix 5 seconds.

**Step 6:** Add the cocoa powder, baking powder, baking soda, and salt and blend for 10 seconds.

**Step 7:** Pour batter into greased ring tin pan and bake at 180 degrees for 30 minutes (or until a toothpick inserted in the middle comes out clean).

You can also make it in muffin tins which take about 20 mins to cook.

## INNISFAIL SAYS GOODBYE TO STAFF JOKER



“The pub, that’s where you’ll find me for a while.”

Those were the words of Innisfail BEMS staff member and all round joker, Gary Doyle as he hung up his mower keys for the last time in 20 years of working at the Innisfail Hospital. Gary’s fellow colleagues at the Innisfail Hospital farewelled him with an afternoon tea last month, and treated him to some memorable photos.

“Gary was well known for his hilarious antics around the place,” expressed the Innisfail BEMS team.

“He will be dearly missed around this place, but all the best for your retirement Gary.”



# FACES IN PLACES



# OPERATIONAL SERVICES AWARDS

Congratulations to some of our Cairns Hospital Operational Service staff who won awards at the State-Wide Operational Services Excellence Awards.



Judith Cleghorn



Lotus Love



Wayne Wilton

*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](mailto: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.*