

# Health UP NORTH

Edition 192

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## FROM THE CHIEF EXECUTIVE

In July, members of the Executive supported by the Learning and Development team launched our new organisational values – Compassion, Accountability, Integrity and Respect. The feedback has been nothing other than positive, particularly with our values Compassion and Respect striking a chord with many of the clinical staff. It has been wonderful to see staff embracing the new values as the norm and standing by them in their daily work.

In August, I accompanied some of our new Board members to visit some of our rural facilities – Croydon, Georgetown and Forsyth. It was great to meet our staff in these areas and gain an insight into the inner workings of our regional facilities. Their work in the rural areas is very different to ours closer to the coast. Most are sole nurse practitioners and do everything, from driving the ambulance, retrieving and treating patients, to being on call 24/7. They all do a tremendous job in caring for their community, and it is wonderful to see how respected they are by the communities they serve.

I would like to congratulate our hard working staff at the Cairns Hospital for achieving Baby Friendly Hospital (BFHI) accreditation, which is a UNICEF initiative that requires a minimum of 75 per cent of new mothers exclusively breastfeeding. I am proud to say we were the first public hospital in Queensland to achieve BFHI accreditation in 2002 and have since re-accredited every 3 years.

And lastly, I would like to thank those of you who took the time to participate in the 2017 Employee Opinion Survey. The Executive Team is looking forward to seeing the finalised results and what you have to say about our organisation, and how we can make this a better place to work going forward.

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

**Clare Douglas**  
Chief Executive

*Health up North* is an internal staff newsletter produced and distributed by the Cairns and Hinterland Hospital and Health Service Communications and Engagement Team. These stories would not be possible without the input of the Health Service. If you have a picture or articles you would like featured please submit them to [chhhs-comms@health.qld.gov.au](mailto:chhhs-comms@health.qld.gov.au)

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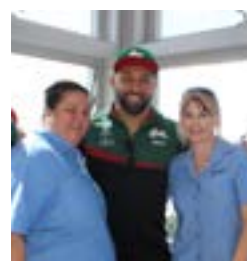
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## SUBMIT YOUR STORIES

Please submit any news or articles to [chhhs-comms@health.qld.gov.au](mailto:chhhs-comms@health.qld.gov.au).

## Colourful crowds gathered for Relay for Life

A group of nurses from the Cairns Hospital Theatre's participated in the 2017 Relay for Life, held at Barlow Park earlier this year.

Clinical Nurse Consultant Elizabeth Walker said this year's theme was musical.

"So of course we chose - Priscilla queen of the Theatre!" said Ms Walker.

"We have entered a team in the Relay for Life for over 10 years now, and this year we won the fashion on the field trophy for the best team costumes."

The group of nurses raised over \$2000.



## Cairns and Hinterland Celebrate NAIDOC Week

**With fidget spinners all the rave with children this year, kids flocked to the Tropical Public Health Unit (TPHU) tent during NAIDOC Week's family fun day.**

Cairns Communicable Disease Control team gave our more than 300 fidget spinners to those children who were up-to-date with their vaccinations, while the Cairns Immunisation Public Health

unit continued to *push their successful campaign Are all your bubba's jabs up to date.*

The Dengue Action Response Team (DART) kept the fun coming with an interactive display of the world's deadliest animal – the mosquito.

"The kids got to learn about mosquito breeding sites and ways to prevent

dengue spreading via the catchy tip it, stow it, throw it phrase," said members from DART.

And of course the Cairns Sexual Health Team were out in force again this year arming children with health promotion messages and bags of goodies.



The year Mareeba Hospital has won the following categories

- 1st place Best Western Style Dressed by Staff
- 1st place Best decorated Large Foyer
- Overall winner for 2017

## Mareeba Hospital wins again

While other towns have the Annual Show, Mareeba is known for The Great Mareeba Rodeo, and what better way to get into the spirit of it by decorating the hospital with cowboys and cowgirls.

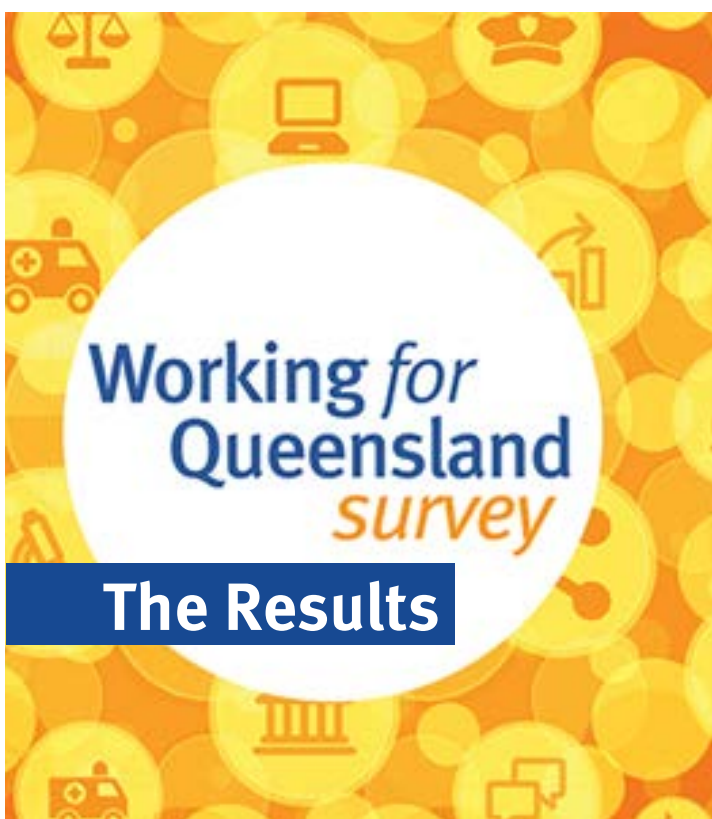
The Mareeba Hospital have been entering the Rodeo competition since 2011, winning the overall prize in 2016, and again this year.

Mareeba Hospital Director of Nursing Vickye Coffey said staff from medical records, pharmacy, COAG and the front office spent many nights and weekends giving up their family

time to decorate and sew costumes.

“The community and patients, local and interstate have always commented on how wonderful it is to see the hospital decorated,” said Vickye.

**“Staff love dressing up and it increases morale, brings happiness to patients which provides positive feedback about our hospital and staff.”**



Thank you for completing the 2017 Employee Opinion Survey. The final response rate for the whole of CHHS was 41.4 per cent.

Broken down into services the response rates were:

Medical Services	63.2%
Caïms Services	22.2%
Allied Health	87.4%
Rural & Remote Services	29.1%
Chief Finance Officer	44.2%
HR & Engagement	100.0%
Nursing & Mid-wifery	67.7%
Chief Executive	63.3%

Highlight reports for teams will be distributed in early October and also posted to the Intranet.

The Public Service Commission will hold a debrief with the CHHS Executive Team in early October, after which key priorities will be set as a result of the survey results.

The Public Service Commission will then debrief the Executive Team for action planning in late October.

## Open day a hit with the Cairns community

More than twenty people flocked to the Cairns Community Child Youth and Family Health Open Day early in June.

The Cairns North team shared information with their consumers and stakeholders to give them an insight into the service they provide.

The waiting area and clinic rooms were set out with displays and demonstrations, including Hearing Health with indigenous health workers giving participants a video look at the inner ear, sleep and settling with hands on demonstration from child health nurses, eating well with lots of visual handouts for our consumers, and infant massages with a demonstration and a chill out zone.

The area was well manned with all staff to provide on hand information to those who attended.

The afternoon was finished with light refreshments and the feedback received proved the day to be a valuable event for stakeholders and consumers.



## COVER FEATURE

### Cairns Hospital achieves Baby Friendly Hospital accreditation

Cairns Hospital has once again achieved its “Baby Friendly Hospital” accreditation, a UNICEF initiative which requires a minimum of 75 per cent of new mothers exclusively breast-feeding. Cairns was the first public hospital in Queensland to achieve BFHI accreditation in 2002 and has since proudly re-accredited every 3 years.



## 2017 Patsy Bjerregaard Award for Excellence

### in Patient Care in Allied Health

PHOTO: Patsy Bjerregaard, Kelly McCafferty and Clare Douglas

**A psychologist, nominated for her dedicated and innovative leadership to deliver 'excellence in Patient Care' has taken out the Far North's top allied health award.**

Kelly McCafferty received the Patsy Bjerregaard Award for Excellence in Patient Care in Allied Health at a ceremony at Cairns Hospital on 30 June.

Kelly works as the Director of Psychology and the Allied Health Team Lead for Child Youth and Families and line management of Community Child Health, Safe Kids, the Child Development Service and the newly created access unit.

Kelly was nominated by her colleagues for her dedicated leadership to redesign within the Child Youth and Families.

"Throughout the redesign process Kelly has held the patient journey and experience at the forefront and addressed many of the issues that impede patient movement through paediatric outpatients

and highlighted the valuable contribution of allied health to the work flow," said her fellow colleagues.

It is also said by her colleagues that Kelly shows tireless dedication and innovation in her vision and work and always looks outside the box for solutions.

Kelly was presented the award by former Executive Director of Allied Health Patsy Bjerregaard and CHHHS Chief Executive Clare Douglas in front of about 60 colleagues.

The Patsy Bjerregaard Award for Excellence in Patient Care in Allied Health was established to honour and recognise the work of Patsy Bjerregaard, AM. The award recognises contributions of excellence from staff performing an Allied Health function within the Cairns and Hinterland Hospital and Health Service. It is designed to highlight the outstanding contributions to the provision of Allied Health services by clinicians who are passionate about their work.

The awards also extended to six other categories to recognise excellence in research, rural and remote health, innovation, education and training, early career, and leadership.

**Overall:** Kelly McCafferty

**Research:** Michelle Rothwell

**Rural & Remote Practitioner:** Pauline Lawrence

**Innovation:** Joel Dunstan

**Education, Training/Supervision:** Lori Ford

**Early Career Practitioner:** Fiona Carroll

**Leadership:** Monica Minisini

Congratulations to you all for providing the highest level of care to the Health Service and for your passion in providing excellence in patient care.

# Mareeba Hospital receive new medical equipment

**More than \$60,000 worth of medical equipment for Mareeba Hospital will be a significant parting gift for a local couple.**

Leslie and Anne Mills are soon to leave their Tablelands home to move closer to family in Cairns but said they wanted to make one last significant donation to their local hospital of the past 38 years.

Since 2012, they have donated \$160,000 worth of equipment to Mareeba Hospital.

Funded through the Far North Queensland Hospital Foundation, the equipment includes an i-STAT machine for theatre/maternity, two vital signs monitors, a hoist to help lift frail elderly people, a bladder scanner and a hoverjack for bariatric patients.

Mareeba Hospital Director of Nursing

and Midwifery Vickye Coffey, said staff and patients were very grateful for the purchases.

“Donations such as these help us continue to provide exceptional care to the Mareeba community,” Mrs Coffey said.

“This equipment uses the latest technology on a number of levels – the vital signs monitor provides accurate, up-to-date and efficient patient data to ensure ongoing patient safety when observations are taken. This helps us make timely decisions about patient care changes when needed. Having the latest technology provides on-the-spot information so that decision-making supports best practice care.

She also said having a new bladder scanner ensures patient comfort, supports bladder health and helps prevent bladder damage.

“The hoist and lifter ensure patient comfort and adds to the pleasure of being able to care for patients with the latest equipment,” she said.

Far North Queensland Hospital Foundation CEO Tony Franz said it was rewarding to see community-spirited donations like this, making a real difference to patient outcomes.

“And it’s important to show that the Foundation not only supports the Cairns Hospital, but also the outlying centres. These purchases can mean less people have to be transported to Cairns in critical conditions – they can stay in their home community surrounded by loved ones for longer, and it’s less physical stress on the staff as well. We are eternally grateful to Mr and Mrs Mills for their generosity to their community,” Mr Franz said.





PHOTO: Dianne Moller-Nielson inside the Babinda Hospital storeroom

## Behind the scenes with those unknown people who help to keep our hospitals running

**While sitting in the Emergency Department getting stitched up, you often don't think about where those sutures came from, nor do you think about the person who makes sure they are at the hands of the doctor.**

Well, you're about to find out. Meet Diane Moller-Nielsen, an Enrolled Nurse at Babinda Hospital.

Diane spends most her days on the ward helping patients, but every Wednesday you'll find her couped up inside a storeroom making sure the hospital is up-to-date with everything from cleaning products to IV infusion equipment.

"With such a variation of patients coming through our doors, the amounts of medical products we need go up and down from week to week," said Diane.

When asked how she knew how many dressing products she would need for the week, Diane said she had been doing the

job for such a long time, she simply just knew.

"I can't tell you, it just comes second nature to me and I just know how much we need!" she said.

"It's great that I get to work on the ward so as I can keep track of supplies while I'm not in the storeroom."

Babinda Hospital itself goes through more than 30,000 gloves per week.

Diane also said during the flu season the hospital's need for facemasks goes up.

"You can definitely tell when it's the flu season, not just by the coughs and splutters from everyone, but I tend to have to double the orders for facemasks and IV therapy equipment," said Diane.

Like most regional hospitals, Babinda is still working with paper records.

"We have so many different forms – from

discharge papers to patient charts, I'm constantly having to order reams of the different forms," said Diane.

Babinda Hospital acting Director of Nursing Carolyn Wedding said without someone managing our clinical supplies, the hospital wouldn't run.

"Every patient that comes through our doors requires medical documentation so without Diane making sure we are up-to-date with our stock of clinical forms, our nursing staff and doctors would find it very difficult to provide the necessary care and the hospital would not run as efficiently," said Carolyn.

"We have a 24 hour emergency department, we have to be fully stocked every minute of the day, so it's very important to have someone like Diane behind the scenes ensuring we have absolutely everything we need for our patients and our community."





## Mareeba Hospital using Tai Chi in falls prevention

**Mareeba residents have cottoned on the health benefits of Tai Chi, with the weekly classes run by the Mareeba Hospital being more popular than ever.**

Mareeba Community Health’s Clinical Nurse Mal Fraser said the Tai Chi program has been a huge success among the elderly.

“We can’t keep up with the demand, and now have a waitlist,” he said.

Studies show that Tai Chi is found to reduce falls in older adults and is one of Mareeba Hospital’s strategies in falls prevention.

“The impact of just one fall in the community can be quite significant and can cost the public health system around fifteen thousand dollars,” said Mr Fraser.

“If this program helps prevent just one fall, then we have done our job right for that person’s quality of life and for the community.”

The program has been running for more than nine years on the Atherton Tablelands and four years now in Mareeba.

Mareeba resident and Tai Chi regular Jeanette Hartley, said she has been attending the Mareeba classes for two years now.

“If I could come every week I would,” she said.

“It’s great for us oldies and helps us tremendously in our aging process.”

“Tai Chi isn’t just for the bones and balance, but when you’re learning and remembering the moves, it helps with your mind and your memory too.”

Tai Chi is a gentle form of exercise focusing on slow, controlled movements.

Studies show benefits can include improvements in strength, posture, balance, mental relaxation and breath control.

## Generous donation to lift spirits

**A palliative care patient at the Gordonvale Memorial Hospital left a lasting memory with a donation of twelve of his paintings before his passing.**

Staff said as an inpatient Ralph Pickles found the rooms a little clinical with only a clock to look at prompting his wife to offer his wonderful collection of paintings to the hospital.

Gordonvale Memorial Hospital Nurse Unit Manger Denise Edwards said this is a lasting memory of a gentleman who was instrumental in sharing his knowledge of painting in north Queensland, especially the Mossman area.

“Provision was made for picture hooks to be installed in each room and the paintings are on display for all to enjoy,” she said.

“It is wonderful that other inpatients can now enjoy these paintings in their rooms.”



## Rugs galore at Gordonvale Memorial Hospital



Photo: Nell Riccardi CWA, Anne Joyce Nurse Practitioner and Denise Edwards Nurse Unit Manager

**Gordonvale Memorial Hospital has been presented a selection of handmade rugs from a number of ladies across the Far North.**

Thanks to the ladies of the Earville CWA Branch and Barbara Lavis of Edmonton the hospital is now kitted with a selection of crochet rugs, socks and beanies.

Gordonvale Memorial Hospital Nurse Unit Manager Denise Edwards said Anna Carrick and Friends from FNQ Crochet for Cancer donated individually packed rugs and beanies.

“These are placed on vacant beds as special gifts for incoming patients,” she said.

“The generous donation of these rugs is comforting to the patients on both wards at the Gordonvale Hospital, and are appreciated by the staff.”

Margaret Wemyss from Mareeba also has recently donated handmade rugs.



PHOTO: Justine Crossley A/NUM Endoscopy Unit, Patient - “Roy” Goodman, Dr Geogry Peter-Kini, Gastroenterologist Cairns Hospital Debra Whittaker Nurse Practitioner candidate, Endoscopy Peter Vardanega.

## Cairns Hospital’s first PillCam patient

**The Cairns Hospital Endoscopy Unit has commenced the PillCam service for imaging the small bowel.**

Gastroscopy and colonoscopy do not allow for visualisation of the whole small bowel and in obscure gastrointestinal bleeding a pill cam is indicated.

Previously this procedure was outsourced but now Cairns Hospital have three data units.

Starting on 8 August, two patients successfully ingested a pill returning with the data recorder for analysis.

The pill cam takes at least two images per second, around 100,000 times during the 8 hour study.

Dr Geogry Peter-Kini is currently training to read the images and lead this service.

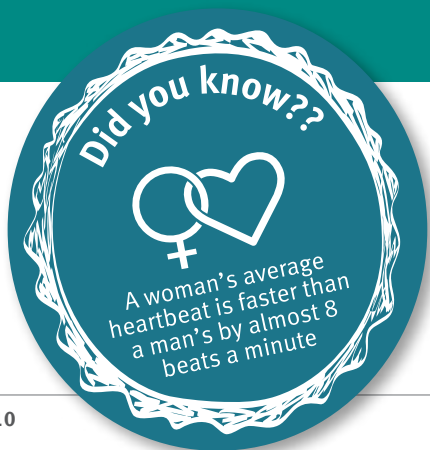
**CARDIOVASCULAR SERVICES**

## 15TH ANNUAL CAIRNS HOSPITAL CARDIOVASCULAR SYMPOSIUM

Friday 13th October 2017  
Cairns Convention Centre  
Cost: \$100  
Register via [www.fnqhf.org.au](http://www.fnqhf.org.au)

Keynote speakers:  
Director Phillip Tideman  
Associate Professor John Atherton  
Dytor Teresa Carrette

- **Acute coronary Syndrome** - update on teh IMPACT project & Leison assessment
- **Heart failure** - updates in latest management
- **Overcoming Distance** - providing outreach cardiac care
- **Dangers of Paradise** - marine stingers and effects on the heart
- **Great Debate** - Coffee, red white & chocolate are good for the heart





*“I will continue to encourage staff members to live these values in the workplace.”*

## Staff welcome new CHHS Values



Cairns and Hinterland Hospital and Health Service executives kicked off their rural roadshow in Mareeba to launch the new set of CHHS Values - Compassion, Accountability, Respect and Integrity.

Following five months of consultation with staff, patients and community members, the new values will now guide staffs' behaviours, organisation culture and decision making in the workplace.

Mareeba Hospital's Director of Nursing Vickye Coffey said the staff at Mareeba Hospital have been very welcoming and open to the new values and behaviours.

“By staff being able to vote and choose these values, they have seemed to resonate more with them now than before,” she said.

“Compassion and respect has really struck a chord with many of the nursing staff, but overall many of the employees in all streams of work are very excited to live these new set of shared values.

“I will continue to encourage staff members to live these values in the workplace.”

Cairns and Hinterland Hospital and Health Service Chief Executive

Clare Douglas said with the recent welcoming of new members to the Board and Executive Leadership Team, now is the right time to start living these shared values in the workplace so they are meaningful and resonate with everyone.

“Our shared values are a compass that define and guide our preferred behaviours at the Health Service and underpin our daily work,” said Ms Douglas.

“These values and behaviours are now the norm for everyone across the Health Service.”

Ms Douglas also said this will make a difference with patient and staff interactions.

“Our patients are at the centre of everything we do and these new values reflect this,” she said.

The Executive team continued their rural roadshow across the Health Service and attended Innisfail, Atherton, Herberton, Tully, Mossman and Babinda facilities.

The new set of values were launched in Cairns at the July staff forum.

## ‘Baby friendly’ hospital celebrates breastfeeding

*Local mums and bubs joined staff at Cairns Hospital to celebrate World Breastfeeding Week at a special morning tea.*

World Breastfeeding Week (WBW) is a World Alliance for Breastfeeding Action (WABA) initiative which aims to promote breastfeeding and to support women to effectively feed and care for their young children.

Cairns Hospital Lactation Consultant Mary Mulcahy said this year’s theme was “Sustaining Breastfeeding Together” which calls for support from government, employers, media, community, healthcare as well as the mother’s family and partner to help achieve sustainable developmental goals all linked to breastfeeding.

“The celebration was a time to congratulate and thank all mothers for creating a healthier future generation, while we continue to protect promote and support breastfeeding,” said Ms Mulcahy.

“Breastfeeding is natural, affordable, of highest quality with immediate and long term value for infants and their mothers, but regardless of feeding choices and circumstances, every woman is supported to care for her baby in the best and safest way possible.”

Recent studies show that babies who are exclusively breastfed for six months are less likely to develop a wide range of illness from ear infections, respiratory and digestive problems. They also have less incidence of SIDS, Diabetes: Type 1 and Type 2, leukaemia, obesity, asthma and lymphomas.

“Mothers also gain health advantages from breastfeeding, including reduced risk of developing cancer, obesity,

osteoporosis and diabetes,” said Ms Mulcahy.

Mary said a lot of women tend to give up breastfeeding because of problems with positioning and attachment, and returning to paid work and not feeling adequately supported.

“We want to let our local mothers know that Cairns Hospital has skilled midwives and lactation consultants to help them initiate and maintain breastfeeding,” said Ms Mulcahy.

Local women who experience any difficulties in breastfeeding are able to access Midwives and lactation services after they leave the hospital through home visits as well as speak to child health nurses and lactation consultants at the Community Health Centres in Cairns North and Edmonton and Smithfield.



## Indigenous youth land a healthy head start



**A new group of six Indigenous students have officially been welcomed to the Cairns and Hinterland Hospital and Health Service recently after successfully landing individual traineeships.**

Health Service Chief Executive Clare Douglas said it was a wonderful day for the Health Service.

“Cairns and Hinterland Hospital and Health Service started the full-time Indigenous Trainee program in 2015 and 19 trainees have completed the program so far, with an 85 per cent completion rate to date.

“All our trainees have made valuable contributions to the various departments they worked with. This is demonstrated by the increased level of interest being shown by departments wanting to host future trainees.”

Health Service Senior Advisor (Learning and Development) Erin Peters said that she was looking forward to following the development of the new group of trainees and seeing their progress into the future.

“We are delighted to welcome the new cohort of trainees to our Health Service.

“They have recently completed a pre-employment program through VTEC & Skill360, and are embarking on a 12-month learning journey across various departments, including nutrition and dietetics, physiotherapy, speech pathology, oral health, Aboriginal and Torres Strait Islander health, and organisational development.

“The trainees will be closely supported by Learning and Development and will meet on a regular basis to monitor progress and achieve learning goals together.”

The trainees were sourced as part of the Skill360 Indigenous Advancement Strategy program.

Jacinta Perry, Skill360’s Employment Programs Manager said they were very proud to be involved.

“Working in partnership with Cairns Hinterland and Hospital Service, Skill360 has provided expertise and support in the areas of Indigenous recruitment and training built up through many years of helping Indigenous job seekers find sustainable employment.

“Everyone at Skill360 wishes the trainees

the best for their future and we are looking forward to supporting them as they begin their new careers.”

We are delighted to welcome a new cohort of 6 trainees to CHHHS this week. The trainees have recently completed a pre-employment program through VTEC & Skill360, and are embarking on a 12-month learning journey with the following departments:

- Organisational Development** - Ameliah BULLIO
- Nutrition & Dietetics** - Thuwaal FEWI NGS
- Physiotherapy** - Loreena TIM-GHEE
- Speech Pathology** - Jade SALAM
- Aboriginal and Torres Strait Islander Health** - Esmee TAFE
- Oral Health** - Kiara CARTER

## Research capacity building workshop in lead up to Research and Quality Symposium

Health professionals from across the Health Service and team members from Wuchopperen Health Service participated in workshops designed to strengthen research skills as part of the program of activities leading up to the 2017 Research and Quality Symposium.

Workshops on abstract writing, designing poster presentations and preparing oral presentations were conducted by Professor Christian Gericke, Associate Professor Ruth Barker, Dr Desley Harvey and Dr Linton Harriss.

The workshops had application beyond the symposium with one attendee commenting - "I attended 2 pre-symposium workshops but not presenting at the symposium. While workshop information was targeted at symposium presenters, the content of the symposium and the workshops were all relevant to my work, so very beneficial".

A feature of the 2017 pre-symposium program was a workshop conducted by

Professor Lynne Parkinson, Professorial Research Fellow at Central Queensland University and Editor in Chief of Australasian Journal on Aging. The workshop titled Writing for scholarly journals: getting published was held on 8 August, and was attended by nurses and allied health professionals from across a variety of service areas.

### Award Winners:

#### QSuper Awards

**Best Podium Presentation:** Michelle Rothwell, Senior Pharmacist, Atherton Hospital

**Best Poster Presentation:** Magreda Beacham and Sue Charlesworth, Wuchopperen Health Service

**Best First-time Symposium Presenter:** Nicola Hinton, Nurse Unit Manager, Cairns Diabetes Centre

#### CQUniversity Award

**Early Career Researcher:** Dr Andrew Foster, Surgical Intern, Cairns Hospital

#### FNQ Hospital Foundation Award

**People's Choice:** Manjunath Rajashekhar, Dental Officer, Wuchopperen Health Service



## Mossman Hospital radiographer wins 2017 Pyramid Run

**Mossman Hospital radiographer Jimmy Hilton came first in the Pyramid Run in August, battling 30 degree temps to complete the course in just over one hour and twenty minutes. Here's his account of the race:**

"The Pyramid Run is a 12km race for the adventurous type, involving an endless 3km climb to the top of Walsh's Pyramid 922m in height. This is then followed by a downhill free-fall and back to Gordonvale Country Fair.



"For some insane reason I have completed the race for the past four years and successfully finished ahead of the rest. This year was my toughest yet. It was a hot day and not a single cloud in the sky. The rock face track up the mountain is protected from any breeze and tends to radiate heat and cook its competitors. I managed to scramble to the top in first place and on descent took a wrong turn, multiple tumbles, slid off a cliff face before I got back on course to attempt to make up some lost time. I had nothing left in the tank and basically collapsed over the finished line with great relief. Very difficult race to consume fluids while you are starved of oxygen. I am absolutely ecstatic with my success and label this as one of my greatest sporting accomplishments in life."



## Japanese nursing graduates visit Innisfail Hospital

A group of Japanese nursing graduates visited the Innisfail Hospital giving them an insight into the inner workings of a regional hospital in Australia.

Twenty-eight students from the Anan Gakuen School near Osaka were welcomed by staff from the Innisfail Hospital and were given a tour of the Emergency Department, and the General Medical and Maternity wards.

Japanese nurse graduate Sota Yokoyama said health in regional Australia is very different to Japan.

“I am surprised patients have single rooms with a shower and toilet. In Japan there are four patients to one shower and toilet,” said Sota.

“Also, staff are all very friendly and happy towards each other and to the patients here, whereas in Japan everyone is very serious.”

Innisfail Hospital Director of Nursing Lesley Harris said it was great to be able to interact with other health professionals from another country and learn their ways.

“We were able to tell them how our hospital operates in a small town and in return they shared their stories of what it’s like to work in a hospital in regional Japan,” said Ms Harris.

The group spent four days in Cairns and the surrounding areas visiting a number of health facilities, including the Cairns Ambulance Station.



## Lions step in to help

**WHERE there is a need, there is a Lion, and nowhere is that more true than at Tully and Mission Beach.**

The Tully and Mission Beach Lions Clubs have once again put their fundraising might to good use, and provided two electric lift recliners for the Tully Hospital.

The two chairs were provided at a cost of \$5475 for the 12 bed Tully Hospital.

Tully Club secretary Irene Braddick said the Club has previously provided furniture for the hospital’s mental health unit, quilts to new mothers at the hospital.

“This is our local hospital and where there is a need, there is a Lion,” Ms Braddick said.

Fundraising occurs via selling tickets at the goose club on Friday nights for meat trays, a stall at the Tully Show, and their annual Christmas Raffle.

“Along with our colleagues at Mission Beach, we also donated 10 High Back Day Chairs to Tully Hospital a couple of years ago at a cost of more than \$3000,” she said.

Mission Beach Lions Club spokesman Des Roberts said their fundraising efforts include collecting aluminium cans and old car batteries, as well as raffles, barbecues, sausage sizzles and an annual charity golf day.

“Once the decision was made to purchase by Mission Beach Lions Club, we contacted our colleagues at Tully Lions Club who readily agreed to split the funding 50/50,” Mr Roberts said.

“The reason for buying the chairs was made after consultation with the therapy department at Tully Hospital as to what equipment they needed to make life better for their patients,

along the lines of our philosophy of serving our community (The Lions Motto is “We Serve”),” he said.

Tully Hospital’s Acting Director of Nursing Sue Williams said some patients have difficulty/discomfort spending all night in bed it is so good to offer them a comfortable option.

“We like to encourage people to get up and sit out of bed, it is important for their recovery and now it will be much better with a comfortable option. We have nothing similar so it is a huge benefit to our clients,” Ms Williams said.

Far North Queensland Hospital Foundation CEO Tony Franz said it was very pleasing to see two Lions Clubs join forces to support the improvement of health care in their local community and their combined donation to the Foundation was very much appreciated.



*Photo: Back left to right: Des Roberts of Mission Beach Lions Club, Occupational Therapist Alison Salleras, Tully Lions Club’s Martin Braddick. Seated: physiotherapist Karen Hawkins, Tully Lions Club’s Irene Braddick*

**None of us like to think about death and dying, but for a special group of people at the Cairns Hospital, it is part of their daily work.**

Mortuary Attendants Kerrie Cameron and Lucille Craig often prepare loved ones, who have died, for their families to view, as part of their regular daily duties.

“We do set up for a lot of viewings here at the Hospital and up until now only had standard Hospital quilts to utilize. We just wanted to be able to present people as nicely as possible for their families.” Ms Cameron said.

“No one likes to come down to the Mortuary, but we try and make it as nice an environment for them as we can. We had an idea to improve the appearance of our viewing beds and thought the fantastic craft ladies, who work with the Hospital Foundation, may be interested in our idea.” Ms Craig said.

So contact was made with the Far North Queensland Hospital Foundation volunteer manager Anne Chirio. Ms Chirio in turn asked regular “craft lady” volunteer Betty Rodney if she would like to make some quilts for Mortuary viewings.

Mrs Rodney said she has been making quilts for at least 20 years, including for the past 16 years for the Foundation.

“I was quite honoured actually and I was very surprised by how appreciative the staff were of them. My mother lost several children and I know she would have been proud of me,” Mrs Rodney said.

Ms Chirio said the Foundation has a group of wonderful volunteers who make memory blankets for birth suite at Cairns Hospital.

“These new bereavement blankets are made on a similar basis as the quilts, but very small so parents can wrap their baby in it after a baby has passed away. Some parents bury their little one in the blanket, others keep it as a keepsake,” Ms Chirio said.

“Not everyone felt comfortable with the process of the blankets being used in the mortuary, but I personally felt it was a real honour for the Foundation to be asked if we could help.

“Betty makes the most beautiful children’s clothes for our weekly craft stall and when I asked her if she may be interested in helping, I knew I had struck gold,” Ms Chirio said.

*PHOTO: Foundation volunteer Betty Rodney is thanked by mortuary attendants Kerrie Cameron and Lucille Craig.*

## Thanks for special blankets







## MH & ATODS News

**The Cairns and Hinterland Hospital and Health Service in partnership with the Northern Queensland Primary Health Care Network (PHN) and the Far North Queensland Alliance hosted a collaborative planning forum on 3 August to explore ways to work together to deliver high quality mental health alcohol, tobacco and other drugs services across the Cairns and Hinterland region.**

Over 90 people were involved including consumers, clients, carers, families, service providers, GPs and health service staff to discuss their vision for Mental Health services in the region and to agree a path forward for true co-design.

The forum was opened by the Chair, of the CHHH Board (Mr Clive Skarott) who gave a commitment that Mental Health Services remained a priority for the Board.

Following a warm and rousing welcome to country by Jeanette Singleton on behalf of the Yirrganydji people, the Commissioner for Mental Health (Mr Ivan Frkovic) acknowledged that we have come a long way and now is the opportunity to challenge ourselves and think innovatively about how we plan and deliver services.

Gillian Yearsley from the PHN reminded us of the needs within our community and identified some interesting models of integrated mental health services. She also reiterated the clear need to provide

more culturally safe and appropriate services to meet the needs of our communities.

Associate Professor John Allan from the Department of Health spoke about the National Mental Health Service Planning Framework and what opportunities this opens up for developing future mental health services within our region. He challenged us to be more creative and to work with the whole service system to deliver real value to the community.

Anna Davis presented on behalf of Health Consumer Queensland (HCQ) who unfortunately could not join us on the day. Anna shared the experiences of the HCQ in implementing a co-design model in the development of the new Barrett Centre. Whilst there were many challenges throughout the process, participants genuinely felt they had contributed to both the design of the new service and the models that sit behind it.

The afternoon was full of candid and challenging discussions about a new vision for mental health in this region and developing a clear action plan for taking this forward. It was agreed that this group would meet again within the next six months to discuss progress and continue to develop our new approach to mental health service planning.

There is a long way to go to be the best at delivering regional mental health services however the forum was a great success and a great first step.

## Cairns Hospital welcomes first baby to the new Family Birthing Centre

Gianna Mae Vozzo officially claimed the title of the very first baby born at the Cairns Hospital Family Birthing Centre.

Mum Julie Vozzo said having her third child in the new centre allowed for her husband to have a more active role in the birth by helping her through labour on the double bed.

“I felt like I was almost giving birth at home, but with everything you need there and with the midwife next to you,” she said.

“Compared to the normal birthing suites, you’re not restricted and you can do your own thing.”

Julie said giving birth in the Family Birth Centre elevated the birthing experience.

“It was so much nicer to birth here, I just loved it and I was so much more relaxed,” she said.

Expectant mothers wanting to use the Cairns Hospital Family Birth Centre need to register to be part of the Midwifery Group Practice by self-referring to the Cairns Hospital neonatal unit.





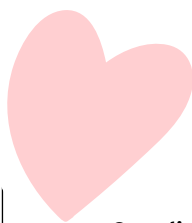
### Compliment 1 - Cairns Hospital Emergency Department

My friend was cared for by the Cairns Hospital Emergency Department having sustained a small pelvic fracture and was kept overnight. The admission staff were kind and helpful.

All nurses were kind to her, but particularly later in the day around 6pm the two nurses attending her were also extremely kind to me. Since I am 75 years old and she is 88 years old, we appreciated the respect and concern. She was initially assessed by Dr Rob who was extremely professional, and at the same time sympathetic, understanding and very kind. When my friend's X-rays were assessed it was noted that she did have a fracture, and Tom Collins the Physiotherapist came to assist her.

Tom is quiet, thoughtful and professional. However he has that extra something which he gave my friend. Tom was respectful and extremely helpful to both of us. He also contacted my friend's immediate family - a number of times - and put their minds at rest. She saw Tom both days she was in hospital. Tom arranged all the medical flight forms that she needed and when we left the hospital we felt very confident that all would be well.

I write for my friend as she is incapacitated, but please pass on my personal thanks to all and to Tom especially as he is, in my opinion, a superb medical professional.



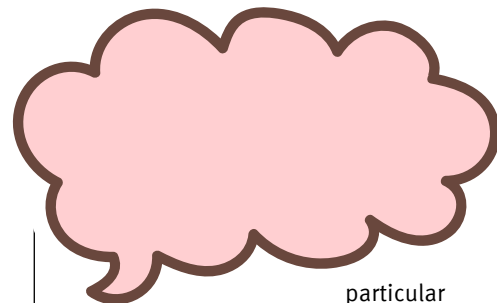
### Compliment 2 - Cairns Hospital and Pediatric Unit

To the wonderful Nurses and Doctors of Cairns Hospital and Paediatric Services,

Our young 10month old son was recently admitted to Cairns Hospital on advice from a Dial-a-Doctor call during our short holiday up North. He was diagnosed to have laboured breathing and seeing we were 2,000km from home, the Dial-A-Doctor advised us to take him to Cairns Hospital to be on the safe side.

Although the hospital was the last place we wanted our son to experience on our holiday, the staff of Cairns Hospital were truly amazing. He was assessed in Emergency and although there were numerous doctors evaluating his condition, they were all extremely mindful of our situation and had his very best interests in mind. The nurses in Emergency went above and beyond their duties and did their best to make our little boy as comfortable and calm as possible given the circumstances. There was one nurse in particular whose name escapes us but moved from Liverpool, Sydney a few years ago, who was an angel- she took us up to the Children's ward and we did not get to thank her for all she did.

Moving up to the Children's ward, the nurses again made our time at the hospital as great as it could have been. We cannot thank them enough for the way they looked after our little boy, and us for that matter too. They were sympathetic, understanding, informative, helpful, accommodating and truly helpful for the two nights that he needed to be on oxygen and monitored. There was two nurses in



particular that helped our boy recover as quick as he did, with attention and smiles and laughs- that are truly the best forms of medicine. I believe their names are Fiona and Stacey. We cannot thank them enough for helping us through a difficult event and they are truly an asset to Cairns Hospital.

Can you please pass on our thanks to the entire team there, that were never too busy to smile or say hello or offer assistance or generally make our stay as pleasant as possible.

Although we much preferred the end of our holiday by the pool with our little boy splashing and laughing, we cannot thank the staff mentioned above for all that they did for us and especially for nursing our boy back to good health and allowing us to enjoy our time in North Queensland.

I am sure they all think that they're just doing their job, but to us it makes a world of difference. Thank you!

### Compliment 3 - Cairns Hospital Intensive Care Unit

Thank you Cairns Hospital for the urgent intervention of a serious problem I had. It required urgent surgery after being transported by ambulance there. I spent two days in the Intensive Care Unit, where I had the best care anyone could wish for. Fantastic nurses and 24-hour care. Many thanks for the physios for their expertise for helping me breathe and assist me emotionally. I also make special mention of Dr Mousa, (Dr Hartsliel) the surgeon) and Ann Stover (nurse unit manager). I am now at home recovering after 11 days in hospital and I am extremely grateful for all the care I was given.



**The Cairns Hospital Library and Knowledge Centre (LKC) celebrated Library and Information Week earlier this year.**

The annual event enables libraries to showcase their industry, services and workplaces.

LKC Manager Juliet Marconi created a quiz that highlighted some of the many achievements CHHS staff have enjoyed over the past year.

“We 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,” she said.

“We would like to thank everyone who joined in.”

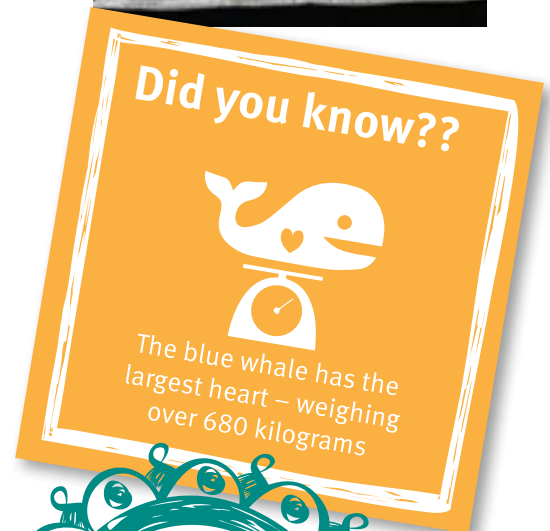
The LKC contributed a display to the Nursing and Midwifery in the Tropics Symposium, which was organised by two of the Health Services’ nurse educators, Sara Hurren and Maree Porch.

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.



“ *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





Wesley Schrieke from the Townsville Hospital who has transferred to Support Services here in Cairns Hospital and is about to complete his first Helicopter Transfer with his mentor Vikki Duncan. The Security Officer hiding in the background is Kevin Swinburn.



Visit from the US Navy to Cairns Hospital



Babinda ladies say goodbye to CN Ann Balbi



Board members visit Cairns Hospital kitchen



Croydon DON Damien Orrell and Clare Douglas



Patient flow unit



Nitro circus visits paed



Margaret Grasso, Research Governance Officer clutching at straws



Rabbitohs visit Cairns Hospital



Orthopedic's annual team photo



CHHHS CE and Board Chair, tour Croydon Primary Health Centre



## Sugar Free Banana Bread

### Ingredients

#### Dry ingredients

- 1/2 cup buckwheat flour
- 1/2 cup almond meal
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp cardamom
- 2 tsp cinnamon
- 1 tsp ginger
- 1/2 tsp all spice
- 1/2 tsp nutmeg
- 1/2 tsp vanilla powder (or 1 teaspoon vanilla extract)
- 1/2 tsp sea salt

#### Wet ingredients

- 2 large eggs
- 1/4 cup melted coconut oil
- 1/4 cup your choice of milk (full-fat or nut milk)
- 1 tsp apple cider vinegar
- 3 medium very ripe bananas

#### Topping

- 1 cup pecans
- 1 tbs activated buckwheat groats
- 1/4 tsp cinnamon
- 1 tbs coconut oil

### Directions

1. Preheat oven to 180°C / 350°F / Gas Mark 4 and line a loaf tin with baking paper.
2. In a large mixing bowl, combine all the dry ingredients.
3. In a separate bowl, whisk together eggs, coconut oil, apple cider vinegar and milk. Add in bananas and mash into the wet mixture with a fork. Don't mash into purée though, leave a few chunky banana pieces.
4. Add the wet mixture into the dry and fold through until just combined.
5. Pour the mixture into the prepared loaf tin. Sprinkle the pecans and activated buckwheat groats on top of the mixture. Then sprinkle with cinnamon and drizzle over coconut oil.
6. Place loaf on the bottom shelf of the oven. Cook for 45 minutes or until a skewer inserted comes out clean. If you find your pecans are browning too quickly, place a piece of foil on top while the remainder of the loaf cooks.
7. Once cooked through, allow loaf to cool slightly before removing from the tin and slicing into 12 slices. Serve with a slather of butter if you like.



*Teresa Forster has just completed her Certificate II in Health Services Assistance with Diversity Education as part of the EB8 OO Incentive Fund. Please congratulate Teresa when you see her.*



*Congratulations to Justin Crossan for the Wardperson/Bedwasher of the Month Award.*



*A massive congratulations to Bronwyn Hayes today from the events of the RSA conference last week, Bronwyn was awarded the RSA Federal Nomination award for outstanding*

*contribution to the Renal Society of Australasia, and then was given the overall RSA Award. This award was a peer nominated award so that is a huge congratulations. To top the conference off Bronwyn was also awarded the People's Choice award for the Best Oral Presentation.*

