

Your health

Community health news
Issue 01 Summer 2014

We're celebrating

Beaudesert Hospital's
100th birth

Major expansion for
Logan Hospital

Queensland's first
nurse endoscopist



from the chair



Terry White AO Chair, Metro South Hospital and Health Board

The last few months have been busy and productive across Metro South Health.

The 100th baby born at Beaudesert Hospital since low risk birthing services re-opened gave us reason to celebrate in September. Since then we have also celebrated

Redland Hospital's first baby delivered under our new Private Practice Eligible Midwife model.

Metro South Health aims to deliver high quality healthcare while constantly finding new innovative ways to deliver services to our patients and communities. This new model is a great example of one of our new services and what can be achieved from working with other local organisations.

None of the great work done throughout our health service would be possible without our dedicated and talented workforce. With more than 13,000 employees, our biggest investment is our workforce and more frontline workers such as doctors, nurses and allied health practitioners were employed in 2013–14 to continue the services we are providing to our patients.

From the feedback we receive (some of it is detailed on page 6 in this issue), our patients are happy with the service they are receiving, but we always strive to improve. Keep up-to-date with our news and staff achievements via our website, Facebook page and Twitter accounts.

 metrosouth.health.qld.gov.au

 facebook.com/MetroSouthHealth

 twitter.com/MetSthHealth

Early detection saves lives

A breastscan every two years is a good way to maintain your breast health and the most effective way to detect breast cancer early.

BreastScreen Queensland encourages women over 50 to attend free breast cancer screening every two years. Women in their 40s are also eligible for a free breastscan.

Making an appointment is easy. Simply phone **13 20 50** and talk to one of our friendly staff. No referral needed.

Put yourself at the top of your to-do list and book your free breastscan today.



Metro South Health is the major provider of public health services in the Brisbane south side, Logan, Redlands and Scenic Rim regions. We employ more than 13,000 staff who provide specialist health care to a population of more than 1 million people, 23 per cent of Queensland's population. We have five major hospitals—Beaudesert, Logan, Princess Alexandra, QEII Jubilee and Redland—as well as a number of community and mental health centres and dental clinics.



Cover: Midwife Sheree Mitchell with the 100th baby to be born at Beaudesert Hospital, Lorenzo Cartwright (story, p.3)

100th baby born at Beaudesert Hospital

Beaudesert Hospital has celebrated the birth of the 100th baby to be born at the hospital, after birthing services were reintroduced on 5 March 2014.

Lorenzo Lewis Cartwright was born to parents Ammie and Peter Cartwright at 7.26pm on 12 September, weighing 3.49kg.

Executive Director Logan and Bayside Hospital Network Brett Bricknell said hospital staff and the community deserve to be proud of the birthing services provided at Beaudesert Hospital.

“The safe birth of the 100th baby born at Beaudesert Hospital is a real cause for celebration as it represents the successful return of an important service to the local community,” Mr Bricknell said.

“It is a testament to the dedication of the hospital staff, strong community support and a commitment by Metro South Health to providing low-risk birthing services at Beaudesert Hospital.

“We have already expanded the birthing services with a program of weekly visits by a consulting Obstetrician, giving mothers access to this type of care while reducing the need to travel.”

In-home visits for mums and bubs

Metro South Health’s Mums and Bubs program provides access to postnatal home visits and community clinics for all women for the first 12 months—whether the birth takes place in a public or private hospital. The visits provide new mums with general health and wellbeing advice, a physical assessment for the baby, breastfeeding support and advice on local community services. [For more information, visit \[www.gmsbml.org.au\]\(http://www.gmsbml.org.au\) and search “mums”](http://www.gmsbml.org.au)



Above: Mum Ammie with baby Lorenzo

Below (left to right): Beaudesert Hospital midwives Coral Wilkinson, Sheree Mitchell and Sarah Miller



New care option for expectant mothers



Proud parents Danielle and Stephen with baby Billy, and Redland Hospital’s Lorraine Stevenson and midwife Deborah MacGillivray

Redland Hospital is celebrating the birth of the first baby delivered under the new Private Practice Eligible Midwife model.

Billy Brierley was born at 8.19am on Friday 17 October 2014, weighing 3.82kg, to proud parents Danielle and Stephen of Thornlands. The Private Practice Eligible Midwife program was launched throughout Metro South Health facilities in July to allow admission of private patients with the provision of private midwifery services.

Logan Bayside Health Network’s Director of Nursing and Midwifery Services Lorraine Stevenson said the first birth under the model was a real cause for celebration as it represented a new era in maternity care.

“Previously women only ever had a choice of private obstetrics or public maternity, now expectant mothers can choose private midwifery services with the added benefit of utilising resources within our hospitals,” Ms Stevenson said.



Queensland's first

nurse endoscopist at Logan Hospital

Logan Hospital has welcomed the very first nurse endoscopist in Queensland as part of an innovative project to improve access to endoscopy services in Queensland.

Libby Shepherd completed the extensive training required in September to become the first nurse in the state credentialed to perform endoscopies.

Logan Hospital participated in an 18-month national project that developed the training program.

With an increasing demand for gastroenterology services, it's expected nurse endoscopists will go a long way in improving the waiting time for people who require endoscopy services.

Libby will be performing endoscopies as part of a multidisciplinary clinical team under the supervision of a gastroenterologist. Endoscopy services are performed successfully by nurses in other countries such as the US, UK, Canada and the Netherlands.

“Nurse endoscopists have been shown to be as safe and effective as medical endoscopists, and consistently have high patient acceptance and satisfaction rates,” Libby said.

“This new program ensures a safe, efficient, cost effective service to the community that also improves patient outcomes.”

Libby is pictured above with Dr Carolyn McIvor, Director of Gastroenterology at Logan Hospital

PA Hospital's transit lounge doubles in size

Princess Alexandra Hospital's new transit care hub is now open.

The hub is critical to the effective functioning of the hospital, providing a service for the movement of patients into and out of the hospital—including people awaiting discharge, admissions or procedures.

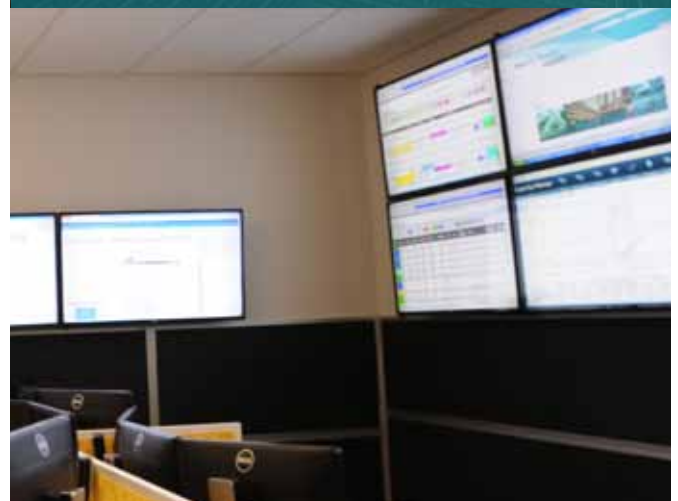
The new lounge is double the previous space and includes:

- 12 trolley/bed spaces, 18 recliners, 18 chairs
- improved drop off zones for transport and traffic
- dedicated staff kitchenette and beverage bar for patients
- more patient amenities
- closer access to the elevators for easier access from each clinical area
- a state-of-the-art patient flow centre.



Above: The new transit lounge

Below: State-of-the-art patient flow centre



Doors open to new facilities at Logan Hospital

After two years of planning, two years of construction and a busy final few weeks of adding the finishing touches, the new expansion of Logan Hospital is now open for business.

The new \$145.2 million building boasts an emergency department three times larger than the previous facility with dedicated adult's and children's emergency areas. We recruited for 200 new positions for both the emergency department and hospital expansion, including medical, nursing, allied health, surgery, rehabilitation and paediatrics.

Brett Bricknell, Executive Director Logan Bayside Health Network, said the focus of the investment was firmly on achieving better outcomes for patients.

"While it is easy to be impressed by the new building and equipment, extra staff and time-saving technology, it is also worth remembering that all this is about providing better healthcare outcomes," Mr Bricknell said.

"We now have one of the most modern EDs in Australia and can feel pride in the very real difference it will make to the quality of care we provide our community," he said.

		
<p>One of Queensland's busiest EDs with nearly 75,000 presentations a year</p>	<p>More than 200 new health professionals to staff the expanded facilities</p>	<p>The floor space of the new building is equal in size to 8 Olympic-sized swimming pools</p>



Alicia Roelofs with her children Isabelle and Joshua visiting the new dedicated children's emergency department before it opened



Improving access for people with a disability



The QEII Dental Clinic hosted a community tour for people with disability and their families, carers and support workers as part of Disability Action Week.

The dental clinic, located at QEII Jubilee Hospital, has been refurbished to specialise in providing dental treatment for people with a disability.

The clinic boasts a newly installed surgery with a dental chair that can accommodate wheelchairs. It's also staffed by a multi-disciplinary team who help make visiting the dentist as comfortable as possible

for people with an intellectual disability or psychiatric issues.

When visiting the clinic, local residents and potential clients learnt more about the service, met the friendly staff and built a positive perception of visiting the dentist.

Patients, families or carers can book an appointment by phoning 1300 300 850.

Pictured: Social worker Troy Hakala, Director of Oral Health Dr Helen Boocock, Metro South Health Board Member Dr Marion Tower, and Director of the Health Equity and Access Unit David Eastgate.

Support the Duck Festival is a quacker!

The banks of the Brisbane River were a sea of yellow as thousands flocked to West End to support the PA Research Foundation's annual Support the Duck Stop Cancer festival on Sunday 26 October 2014.

The Support the Duck Stop Cancer festival aims to raise funds for cancer research projects at the Princess Alexandra Hospital and to help our researchers and doctors provide early diagnosis, better treatments and long-term care with the ultimate goal to stop cancer.

Thousands of yellow rubber ducks took the plunge into the Brisbane River in a race for the finish line, with one lucky duck winning its owner a brand new car.

PA Research Foundation CEO Damian Topp said the hospital is the site of the world's first cancer vaccine, Gardasil.

"We think it's a fitting place to try and find the next one, and the Support the Duck Campaign is a way that we can all be a part of making that discovery a reality," Mr Topp said.

"In the fight against cancer every minute of every hour counts. The more we can support our researchers and clinicians, the more research minutes add up to hours and days—leading to life-saving treatments."

As we say goodbye to the flock of ducks for another year don't forget that research never stops, so if you would like to help continue the fight against cancer visit the PA Research Foundation www.pafoundation.org.au to donate.



\$405,469

raised for cancer research at the Princess Alexandra Hospital

“ Patient compliments

"All the staff were wonderful, professional and friendly. Nothing was too much trouble for them. I needed to have an unpleasant procedure, the doctor talked me through it all the way with kindness. Each time medical staff were warm and caring. I'm very happy to attend QEII again if need be."

– QEII Jubilee Hospital patient

"I was recently admitted for elective surgery and wish to express my sincere gratitude to all involved. From the admissions admin officer to the surgeon, the process was faultless. I was fortunate enough to meet four different shifts and each was as dedicated and compassionate as the next."

– PA Hospital patient

"All of the staff that I have had contact with have been very supportive and interested in helping me achieve good health."

– Redland Hospital patient

"I wanted to take this opportunity to give deserved accolades to the hospital staff—I'm sure many of us don't stop to appreciate the great work they do."

– Logan Hospital patient



Redland Hospital's Dr Jenny Stedmon.
Photo courtesy of Australian Red Cross.

Redland Hospital doctor returns from volunteering in West Africa

Redland Hospital anaesthetist and Australian Red Cross aid worker Dr Jenny Stedmon returned to Brisbane in September from Sierra Leone after spending a month treating Ebola patients and helping prevent further spread of the disease.

On her return, Dr Stedmon spoke to several media outlets about her challenging mission.

The health facility she volunteered in was established in tents as the largest Ebola outbreak in history had left Sierra Leone's hospitals unable to cope with the influx of patients. More than 6500 Ebola cases have been identified in Africa by the World Health Organisation.

Dr Stedmon described the conditions she worked in Sierra Leone as very different to Australia, with no air-conditioning and 'space suit' style personal protective equipment worn while tending to patients.

Dr Stedmon spent three weeks in quarantine on her return home. The team at Redland Hospital praised her courage and were pleased to welcome her back safe and sound.

Donations can be made to help provide humanitarian assistance to communities affected by Ebola virus via the Australian Red Cross: www.redcross.org.au

Prevent heat-related illness this summer

Queenslanders should be aware of the risks of heat stroke this summer and take precautions to avoid ill health.

Some people, including infants, the elderly, overweight and obese people, pregnant and breastfeeding women are at a higher risk of suffering heat stroke.

Use common sense this summer, and if you think someone is suffering heat stroke, provide them with water and call 000 immediately.

Heat exhaustion symptoms include muscle cramps, heavy sweating, paleness, dizziness, nausea or vomiting and fainting.

Heat stroke symptoms include extremely high body temperature; red, hot, dry skin; possibly some clamminess; a rapid pulse, headache and confusion.

For more information or support during hot weather or a heatwave call 13 HEALTH (13 43 25 84) at any time or speak to your GP.

Top four tips to stay cool

- 1 Drink lots of water, and don't wait until you are thirsty to drink
- 2 If you don't have air conditioning or a fan, visit a shopping centre or public pool
- 3 Take a cool shower, soak your feet in cold water or wet a bandana and wrap it around your head
- 4 Pace yourself and limit strenuous activity where possible



Delivering better care for our communities

Metro South Health clinicians are cutting waiting lists and delivering better healthcare to more people in south Brisbane, Logan, Bayside and Scenic Rim communities.

Below is a small snapshot of our achievements over 2013–2014. Read more in our *Year in Review*, available to download now from our website: metrosouth.health.qld.gov.au

Eliminating long waits for dental treatment

JUNE 2013
6758 ▼ **ZERO**



Improving emergency department waiting times

Emergency department patients who stay was less than four hours:

JUNE 2013
67% ▲ **73%**



Increasing frontline health professionals

▲ **5.3%**

increase in doctors, nurses and allied health practitioners



Are you eligible for free dental care?



Metro South Health's team of highly-trained dental professionals provide both routine and emergency dental care with **no out-of-pocket expenses** to eligible adults and children:

- ✓ **Adults**
who have a current Pensioner Card, Healthcare Card or Seniors Card
- ✓ **All students 4 years of age through to year 10**
- ✓ **Students in years 11 and 12**
who have a current Centrelink Card, Healthcare Card or Pension Card
- ✓ **0–3 year olds**
whose parents have a current Centrelink Card, Healthcare Card or Pension Card
- ✓ **2–17 year olds**
who are eligible for the Child Dental Benefits Schedule (CDBS). To check your eligibility visit the website at my.gov.au or phone 13 20 11.



To make an appointment, call the Metro South Oral Health Hub on **1300 300 850**.

A day in the life



I wake up at 5am to go for a run, press the snooze button and continue sleeping. At 6am I wake up again, get up and drive to work at 7am.

At the hospital, I buy a medium mocha from Let's Latte coffee shop (they're delicious!), then get a list of the patients for handover from the lovely ladies in Ward 3B and start my ward rounds. At 10am I send a patient with a heart attack to the PA Hospital for an angiogram. At 10:30 I shock a patient out of his heart arrhythmia; at 11am I tell him that it was a success.

What I enjoy most about my job is the interaction with people and playing Sherlock Holmes—putting all the pieces of a puzzle together to formulate a diagnosis.

I studied Medicine in South Africa. I loved working there. Although resources were scarce, I had the opportunity to perform caesarean sections, anaesthetics, take care of tiny neonates and see malnourished children go from tearful and pot-bellied to radiant little toddlers. Poverty, violence, HIV and tuberculosis are the great killers in South Africa, the burden of which is becoming overwhelming to public medical services.

If I had to describe the difference between working in South Africa and working here, it would be night and day. The modern facilities, resources, access to special investigations and constant presence of supervision at QEII are, to me, out of this world.

I spend the afternoon seeing patients in the clinic, reviewing results and completing another ward round. I discuss a topic with the registrar and consultant and learn something new (that happens almost every day!).

I leave work any time between 4pm and 7pm. Arrive home. Go for that run. Eat. Read. Sleep.



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