

# Your health

Community health news  
Issue 05 Summer 2016

## Our people, our future

Funding boost for  
Logan Hospital ED

A vision for better  
health care in Wynnum

Community Care Units  
to support mental health

  
Logan Hospital  
Emergency Department  
Registered Nurse



# from the chair



## Terry White AO Chair, Metro South Hospital and Health Board

**Metro South Health is shaping up for another successful year, following on from the many innovations and improvements across the health service in 2015.**

The Logan Hospital emergency department will benefit from a funding boost of \$11.4 million

to meet the needs of our patients in the area. Logan City is one of the fastest growing parts of Queensland and to keep up with the population growth, the emergency department will receive extra beds and more staff to cater to the local community. The funding will also increase the nurse-to-patient ratio in the paediatric unit, meaning we will have even more committed nurses caring for our young patients.

Logan Hospital has also welcomed the arrival of a CO2 laser machine to the facility's Ear Nose and Throat department. The new technology is an exciting move forward for patients who can now undergo specialised laser surgery in their local area.

Metro South Health has been busy working on a plan for better health care in Wynnum which includes a significant boost to services and access to round-the-clock care for the community. The new Wynnum Integrated Health Care Centre will be a purpose built, state-of-the-art facility designed to better meet the needs of our patients in the Wynnum-Manly community.

We recently celebrated the 300th baby born at Beaudesert Hospital and the arrival of the 30,000th baby at Redland Hospital. These are important achievements for both hospitals and shows how dedicated our staff are in offering exceptional birthing services to local families.

It's our people that make Metro South Health the truly great organisation it is and our passionate staff are committed to delivering the highest standard of care for our patients. Together, we look forward to building on our successes in the coming year.

Keep up-to-date with our news and staff achievements via our website, Facebook and Twitter accounts.

 [metrosouth.health.qld.gov.au](http://metrosouth.health.qld.gov.au)

 [facebook.com/MetroSouthHealth](https://facebook.com/MetroSouthHealth)

 [twitter.com/MetSthHealth](https://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 screenings 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: Nurses in the Logan Hospital emergency department which will receive a funding boost to cope with the city's growing population.  
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# \$11.4 million funding boost for Logan Hospital ED

The emergency department at Logan Hospital, one of the state's busiest, will receive an \$11.4 million funding boost to provide extra beds and more staff to cope with population growth in Logan City.

The cash injection will bring in 41 new staff and provide an extra 11 beds, two in the paediatric unit and nine in the adult section, to cope with the 15 per cent surge in presentations to the hospital's emergency department this financial year.

Several new initiatives will also be implemented to ease the pressure in the emergency department and enable patients to be seen sooner.

There will be a physiotherapist in the adult acute and short stay areas, while a team dedicated to identifying and transferring patients from acute beds to wards will also be established, freeing up capacity.

Metro South Health Board Chair Terry White welcomed the funding, which he said would enable the emergency department to better meet the needs of the local community.

"Increasing resources into our paediatric and adult emergency departments will ensure we can better manage the growth in the number of patients," Mr White said.

"These initiatives will improve the flow of patients through Logan Hospital and improve the emergency department experience for patients and staff."



## Free dental appointments for children



Parents in Logan, Bayside and south of the Brisbane River are encouraged to book an appointment now to take advantage of free dental appointments for their children.

Children are eligible for free dental if they are:

- aged between 4-16 years and still completing Year 10
- aged 0-3 years and have a parent who holds a current Centrelink Card, Healthcare Card or Pension Card
- aged between 2-17 years and eligible for the Child Dental Benefits Schedule
- in Year 11 and 12 and hold a current Centrelink Card, Healthcare Card or Pension Card.

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



Artist's impression only

# A vision for better health care in Wynnum

**The people of Wynnum-Manly are set to benefit from a new, state-of-the-art health care centre.**

Metro South Health has announced plans to build the Wynnum Integrated Health Care Centre, which will replace the existing Wynnum Health Service (formerly Wynnum Hospital) at Lota.

All services provided at the existing Wynnum Health Service will remain in the local community and the Integrated Health Care Centre will also offer expanded and new services.

Expanded services will include increased opening hours for BreastScreen, a dental clinic with double the capacity, a 24-hour Primary Care Clinic and more allied health services.

New services will include specialist outpatient clinics, a mental health service and Hospital in the Home.

The new health centre will be located on the corner of Wynnum Road and New Lindum Road—just 3km from the existing health service. It will be easier to access with better public transport options, including a wider range of buses.

Metro South Health Chief Executive Dr Richard Ashby said it is time to build for the future in Wynnum-Manly.

“The new Integrated Health Care Centre will provide a significant boost to health care for the Wynnum-Manly community,” Dr Ashby said.

“The existing Wynnum Health Service has served the community well for 35 years but now the building is costly to maintain and coming to the end of its life.

“The new health care centre will be located in the heart of the community and deliver services in a purpose-built, welcoming setting that is designed to meet the needs of local people now and into the future.

“The new centre is an exciting development and part of our commitment to provide the best possible health care.”

24-hour primary care will be reinstated in Wynnum following feedback from the local community. The Primary Care Clinic will treat minor injuries and illnesses round-the-clock, providing a 24-hour safety net for the community.

The Primary Care Clinic at the existing Wynnum Health Service will move to a 24-hour service and then relocate to the new health care centre.

Existing palliative care services will also remain in the local area.

Metro South Health is consulting the local community about the new health care centre, including the options for delivering palliative care and the name of the new health care centre.

For more information and to have your say, please visit [www.health.qld.gov.au/wynnum](http://www.health.qld.gov.au/wynnum)

## Expanded services

- ✓ **24-hour Primary Care Clinic**  
Round-the-clock treatment for minor injuries and illnesses
- ✓ **BreastScreen**  
Increased opening times including out-of-hours appointments
- ✓ **Oral Health**  
Dental clinic with double the existing capacity
- ✓ **Allied Health**  
Services including physiotherapy, podiatry, dietetics and speech pathology

## New services

- ✓ **Specialist Outpatients**  
Six consultation suites and antenatal care
- ✓ **Mental Health**  
Consultation suites and observation room
- ✓ **Hospital in the Home**  
Four-person service hub and procedure room

# Surgery assisted by 3D printing of broken bones

**Princess Alexandra Hospital is using innovative 3D printing to reduce unnecessary surgeries for complex trauma patients.**

Deputy Director of Orthopaedics at Princess Alexandra Hospital Dr Nicola Ward said this 3D approach is changing the way surgeons look at complex orthopaedic surgery.

“Surgical planning involves extensive analysis of each fracture to minimise potential complications and additional surgery, and thus decrease recovery time for our patients,” Dr Ward said.

“Using 3D models helps our doctors to visualise complex fractures and where to place screws and plates to hold bone in position while it heals.”

Dr Ward said sophisticated imaging technology coupled with the 3D model adds a layer of preparation which could change the outcome for individual patients.

“Our goal is to get every patient back to their pre-injury function as much as possible after a significant injury,” she said.



*Orthopaedic patient Katie Harmsen and Deputy Director of Orthopaedics Dr Nicola Ward with a 3D printed pelvis*

Princess Alexandra Hospital orthopaedic patient Katie Harmsen had a complex pelvis fracture as a result of a motorbike accident, which led to a three-month hospital stay.

“Dr Ward said my fracture was like an explosion inside my body,” Ms Harmsen said.

“I now have six plates and 21 screws on my left side but a normal X-ray would just show a bunch of metal in my hips.”

Princess Alexandra Hospital is now working with information technology for more extensive purposes such as 3D printing of crowns, bridges and surgical guides in oral surgery, custom printed prosthetics for amputees and surgical guides for clinician training.

## Laser surgery first for Logan Hospital



*Logan Hospital patients can now receive specialised laser treatment locally*

**Patients at Logan Hospital now have access to specialised laser throat surgery after the arrival of a CO<sub>2</sub> laser machine at the facility's Ear Nose and Throat (ENT) department.**

Logan Hospital Director of ENT Dr Bernard Whitfield said the arrival of the new technology was an exciting move forward for patients, who could now receive this treatment locally.

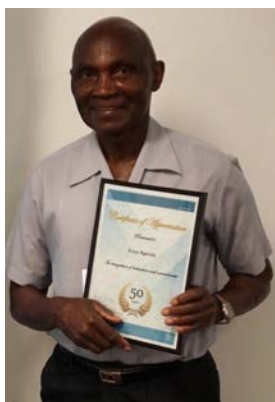
He said he expected around three to four laser surgeries would be performed at Logan Hospital every month.

“The machine will mainly be used for day-case microlaryngeal surgery,” Dr Whitfield said. “It's much more precise than traditional techniques.”

Patient Stephen Benallach said he had been having surgery on laryngeal papillomas for the last 10 years and was excited to see what difference the new technology would make.

Dr Whitfield said patients undergoing the laser surgery recovered quickly and usually experienced little to no pain following the procedure.

# Half a century of service



**Eddie Ngenda, an Enrolled Nurse at Princess Alexandra Hospital, is one of Metro South Health's longest-serving employees, having recently celebrated an incredible 50 years working at the hospital. Eddie reflects on five decades of caring for local people.**

*What job do you do at the moment?*

I'm currently an Enrolled Nurse in the Spinal Injuries Unit at Princess Alexandra Hospital. I started

working at the hospital in 1965 and I've worked there ever since!

*What do you enjoy most about your work?*

I really enjoy caring for people and it's great to be helping the long-term patients in the unit—you really get to know them.

*How have things changed since you started working?*

There have been some big changes for the better since I started working in Queensland in the 1960s. The main changes are big advances in medicine and improvements in technology.

*Why have you worked in healthcare for such a long period?*

I never considered doing anything else once I became a nurse. It's an important job. Everyone will be sick at some point so you need people who love their job to look after you.

*Before moving to Australia you worked as a nurse in East Africa. How did health services there compare to Australia?*

I trained as a nurse in Kenya and Uganda and worked in both of those countries. The principle of nursing—caring for people—was the same as in Australia but the supply of equipment and the arrangement of care was less efficient in Africa.

*What are your most memorable moments from the past 50 years?*

I used to help organise charity fun runs for the PA Research Foundation. As I'm a marathon runner, it was great to be involved with this. I've been a marathon runner for 25 years and I'm still running.

*You recently received an award for 50 years' service at the 2015 Length of Service ceremony. How do you feel about this?*

I thought it was an achievement to be proud of. I'm happy to have contributed to the work of Metro South Health for so many years.

*Where do you see yourself in the next few years?*

At present I'm still working in the Spinal Injuries Unit. I do volunteer community work with an organisation for amputees so I hope to be more involved in local community needs when I retire. Doing the things I love helps to keep me in good shape.

**Congratulations to all staff who received a Metro South Health Length of Service Award recently. Your hard work, caring attitude and dedication are reflected in the many thanks and positive comments received from patients every day.**

## Birthing milestones



*Baby Sven Hampel, with mum Kirsten, was the 30,000th baby born at Redland Hospital*

**Both Beaudesert Hospital and Redland Hospital celebrated exciting birthing milestones recently.**

Little Harper Bass was the 300th baby born at Beaudesert Hospital after birthing services were reinstated in 2014.

Harper's parents, Jimboomba couple Chloe Valzacchi and Michael Bass, described their experience as perfect and said it was an honour that their first child was the hospital's 300th baby.

Staff at Redland Hospital were also celebrating after the arrival of the 30,000th baby since it opened its birthing service in 1999.

Born to Kirsten and Karl Hampel of Wakerley, Sven is the second child for the couple whose first child, Sascha, was also born at Redland Hospital three years ago.

Mellissa Knox, Nursing Director, Women's and Children's Services, said 30,000 births was an important achievement for the hospital and the Bayside community.

"We believe we offer a great birthing service at Redland," she said. "Our midwives are dedicated to providing continuity of care to our mothers and it is a great privilege for all of our midwives to share the important journey from pregnancy through to a child's first moments of life with local families."

Number of births...

**300**  
at Beaudesert  
Hospital

**30,000**  
at Redland  
Hospital

# Innovative projects

## see positive outcomes for patients

Metro South Health's commitment to making innovation happen is resulting in positive outcomes for our patients and the community. Some of our latest projects include:

- **My Care, My Choices** – there is now another way to clearly communicate your future health care decisions, to help ensure your wishes are respected if you are unable to make or communicate your decisions. You can complete an Advance Care Plan using the Statement of Choices form found on our website [mycaremychoices.com.au](http://mycaremychoices.com.au)
- **Smoking Cessation** – support to quit smoking and manage withdrawals is offered to patients while in hospital, resulting in a record number of patients being offered Nicotine Replacement Therapy and seeking referral to Quitline.
- **Cardiac Rehabilitation** – improvements for cardiac patients including an online app for patients who can't travel to attend group rehabilitation programs, and extra staff to manage the demand for the service and improve the referral process between hospitals and the cardiac rehabilitation team.

These innovations are being supported by Metro South Health's Transformation and Innovation Collaborative—a network of skilled people who understand innovation and how to make it happen.

Metro South Health Chief Executive Dr Richard Ashby said, "We recognise that staff have great innovative ideas that will provide tangible benefits for our patients, but might need a bit of help to get these ideas off the ground.

"This is where the Transformation and Innovation Collaborative can help," he said.

### Explore our projects

To see how Metro South Health is improving health services and outcomes for patients, the community and staff, visit [metrosouth.health.qld.gov.au/innovationcentral](http://metrosouth.health.qld.gov.au/innovationcentral)



PA Hospital Radiation Oncologist Associate Professor Matthew Foote and his team with the Gamma Knife® machine

## Queensland patients first to benefit from Gamma Knife treatment at PA Hospital

Queensland patients are the first to benefit from Australia's first publicly funded Gamma Knife® treatment, which began operation at Princess Alexandra Hospital in late 2015.

Gamma Knife® technology is a non-invasive alternative to neurosurgery which uses radioactive sources to treat brain tumours and other neurological conditions.

The new service is a technological triumph which will see multiple benefits for patients with reduced recovery time and fewer side effects than traditional neurosurgery.

Princess Alexandra Hospital's Chairman of Neurosurgery Dr Bruce Hall said Gamma Knife® surgery is a well-established method involving a one-session day procedure which does not require any cutting or shaving of hair.

"Very precisely focused beams of radiation are directed to the treatment area in the brain and the shape and dose of the radiation is designed to hit only the target without damaging surrounding healthy tissue," Dr Hall said.

Minister for Health and Ambulance Services Cameron Dick officially opened the Gamma Knife® Centre of Queensland on 16 December 2015 and said the new service complemented Princess Alexandra Hospital's reputation for cancer treatment and would establish a world-class radiosurgery facility for Queenslanders.

## “ Patient compliments

"I would like to thank the wonderful staff at Beaudesert Hospital emergency department for their exceptional care of my son. He broke both bones in his wrist and was in a lot of pain when we presented there. The doctors, nurses and radiographer should all be commended for their skills, professionalism, and most of all their genuine caring and understanding of the needs and fears of a young patient. I'm so grateful for the care that we were given."  
– Mother of Beaudesert Hospital patient

"I am sincerely thankful for the wonderful care I was given during a routine day procedure. In my 50 years I've never been admitted to hospital so I initially felt slightly out of sorts. The care and consideration I was given far exceeded what I expected. Princess Alexandra Hospital is lucky to have such talented, caring and professional staff. I felt well looked after from start to finish. Thanks so much."  
– Princess Alexandra Hospital patient

"The new children's emergency at Logan Hospital is great—I felt very safe taking my son there. We were welcomed straight away by a lovely nurse who made my son very safe and comfortable and she kept me well informed on what she was doing and what was going to happen at every point. I have since told everyone about the amazing experience we had at such a stressful and scary time."  
– Mother of Logan Hospital patient



The Bayside Community Care Unit can accommodate up to 20 residents in one-bedroom apartments

# Community Care Units offer crucial support during mental health recovery

**Metro South residents recovering from a mental illness can stay close to home and their families thanks to the service’s network of Community Care Units (CCUs).**

The Logan, Bayside and Coorparoo CCUs have been designed to provide short-term housing and support to people who are recovering from mental illness and are in the process of transitioning into the community, after they have learnt new coping skills and built resilience.

Professor David Crompton, Executive Director Metro South Addiction and Mental Health Services, said the CCUs provide many benefits to the local community.

“The Community Care Units are designed to support people who are already part of our community, people who may be a family member, a friend or neighbour,” Professor Crompton said.

“Clinical evidence suggests that supporting people who are recovering from a mental illness during their transition into the community reduces the likelihood of a relapse.”

Professor Crompton said the CCUs are staffed by clinical professionals and peer workers 24 hours a day.

Residents are supported by clinicians and peer workers who provide therapeutic interventions with medication management and advice that supports the development of independent living skills.

“The value of the CCUs lies in their ability to provide individually tailored programs, creating opportunities for consumers that enhance quality of life and assist in a transition to an increased level of independence,” he said.

For more information about the CCUs visit:

- Bayside: [www.health.qld.gov.au/mhexpansion/bayside](http://www.health.qld.gov.au/mhexpansion/bayside)
- Logan: [www.health.qld.gov.au/mhexpansion/logan](http://www.health.qld.gov.au/mhexpansion/logan)
- Coorparoo: [www.health.qld.gov.au/mhexpansion/coorparoo](http://www.health.qld.gov.au/mhexpansion/coorparoo)

## A day in the life



I’m not really a morning person. I try to get up as late as possible while still getting to work on time.

Breakfast is a travel mug of coffee in the car on the way to work and I start work at 7.30am.

My first patient is usually around 7.50am and I work through seeing patients all day until 4.00pm.

Three days a week I treat children at Kingston Oral Health Centre. This is generally a range of dental treatments including check-ups, fillings, extractions, plates and root canal treatment etc. Two days a week I have theatre sessions at Logan Hospital where I carry out dental treatment on children under general anaesthetic. This could be for children who are too young to be able to cope with treatment in the clinic, children with special needs or children requiring complex treatment like minor oral surgery which is too difficult for them to manage in the clinic.

My favourite part of the day is getting home to my acreage. I unwind by taking the dogs for a walk to the paddock where they chase the ball while I feed my horse and two cows. This is my therapy after the day and I love it!

One of my biggest achievements was to complete my Doctorate in Paediatric Dentistry whilst still working for Metro South Oral Health. I was fortunate enough to be granted a Queensland Health scholarship to undertake this postgraduate study. It was a really difficult and challenging three years but was so worthwhile in terms of developing my knowledge and skills in paediatric dentistry.

The thing I’m most proud of in my work is the amazing team of staff that I work with on a daily basis. The admin team, dental assistants, oral health therapists and dentists, as well as the theatre staff at Logan Hospital, are a really special group of people who put in a huge effort day after day to get the best treatment outcomes for our kids.