



“Those who have come through the direct referrals have had significant benefits.”

Metro North Community News

June 2016

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Stuart Bennett and Diabetes exercise physiologist Scott Quigg

Partnership with QAS helps bridge gap in diabetes care

For more than 40 years Kallangur resident Stuart Bennett has been living with type 1 diabetes. For most of that time, he’s managed the condition with daily insulin, staying active and watching his diet.

Stuart has been coaching and playing football and futsal for more than 25 years, keeping more fit and active than the average 70 year-old. But last year when he found himself having sudden drops in blood sugar, he had to call an ambulance for help.

“When you’re stable and you have a hypo, you start to get symptoms like tingling, numbness and confusion,” Stuart said.

“I had got to the point where I wasn’t getting the early signs. I would quickly degenerate.”

After several trips to the emergency department, Stuart refused another and through to a partnership with Metro North’s Diabetes Service paramedics were able to refer him directly to a clinic at North Lakes.

“The ambulance officer wanted me to go to the hospital but I said no. I didn’t want to waste time and resources,” Stuart said.

“I got a referral to the diabetes clinic and from there on it was very good.”

The Diabetes team was able to help Stuart get his condition back under control so he could go back to managing it himself, with support from his GP as required. He’s back coaching and playing the sports he loves.

Diabetes Nurse Unit Manager Janice Kerrigan said the partnership with QAS has not had big numbers of patients, but those who have come through the direct referrals have had significant benefits.

“One hypo can make you quite unwell for 48 hours. You can’t drive; you’re confused,” Janice said. “The partnership has worked really well to bridge the gap where patients can slip through.”

Metro North has Queensland’s only community based multidisciplinary diabetes service where all types of patients can be managed.



Dr Robert Stable AM appointed Chair of Board

Metro North Hospital and Health Service has welcomed Emeritus Professor Robert Stable AM as the new Chair of the Board.

Professor Mary-Louise Fleming, Bonny Barry, Mike Gilmour, Philip Davies and Geoff Hardy have also been appointed to the Board and will serve alongside Dr Margaret Steinberg AM, Dr Kim Forrester, Associate Professor Cliff Pollard AM and Professor Helen Edwards OAM.

Dr Stable currently serves on a number of other health-related Boards, including the Board of the Royal Flying Doctor Service (Queensland Section), and works in general practice.

Former appointments include Vice-Chancellor and President of Bond University on the Gold Coast, Director-General of Queensland Health and a Member and Chair of the Australian Health Ministers' Advisory Council.

Dr Paul Alexander AO, Vaughan Howell and Professor Nicholas Fisk have finished their term of appointment and we thank them for their service.



Metro North Board back row (l-r): Mr Philip Davies, Dr Kim Forrester, Mr Mike Gilmour, Ms Bonny Barry, Associate Professor Cliff Pollard AM, Professor Helen Edwards OAM. Front row (l-r): Dr Margaret Steinberg AM, Emeritus Professor Robert Stable AM (Chair), Professor Mary-Louise Fleming. Inset: Mr Geoff Hardy.



Dr Robert Stable AM
Chair, Metro North Hospital and Health Board

Message from the Board Chair

I am delighted to be appointed as Chair of the Metro North Hospital and Health Service Board.

My family has a great sense of connection with Metro North.

Both my parents trained, worked and even met at the then Brisbane General Hospital and our Neonatal Intensive Care Nursery is named after my late father, Dr Grantley Stable OBE, in recognition of his lifetime of dedicated service.

As a medical student back in 1971, my first job in health was as a part-time Nursing Orderly at the then Royal Brisbane and Royal Children's Hospital. More recently, I was Medical Superintendent at The Prince Charles Hospital and subsequently Chief Executive of the northern part of the then Brisbane North Regional Health Authority in the early 1990s.

Having worked in health for more than 40 years, I appreciate the importance of collaborative relationships being developed with our primary healthcare partners to drive improvements in integrated care.

I would like to take this opportunity to publically express appreciation to the retired Directors, Dr Paul Alexander AO (Chair), Vaughan Howell (Deputy Chair) and Professor Nicholas Fisk. In just four years, the Board set a strong direction for our Metro North Hospital and Health Service upon which the new Board can build.

Dr Robert Stable AM
Chair
Metro North Hospital and Health Board



Ken Whelan
Chief Executive, Metro North Hospital and Health Service

Message from the Chief Executive

All of us who work in the health system recognise the importance of working together.

Integration must be at the heart of everything we do if we are to respond effectively and efficiently to healthcare reforms and meet the increasing complex health needs of our community.

Metro North is in a good position to lead the way when it comes to integrated care. Our size and diversity provide considerable opportunities to leverage funding opportunities and work in partnership across sectors. But we can't do it alone.

We need to harness opportunities to work more closely with our NGO and private sector providers. Technology-based solutions – such as data sharing – also have the potential to change the way patients interact with hospitals, doctors and each other and support the delivery of high standards of care outside of a hospital setting.

One of our most exciting initiatives in this area has been the launch of the Patient Access Coordination Hub (PACH) in partnership with the Queensland Ambulance Service (QAS).

This system provides real time data across our emergency departments, QAS community and inpatient services so we can see who's arriving, who needs to go where, and identify any blockages or delays in treatment and take actions to clear them.

Collaboration with our community partners is also important as it enhances our understanding of the needs of particular patient or consumer groups to ensure the best care and patient experience.

Our \$1 million LINK fund continues to foster new pathways and models of care to reduce unnecessary hospital visits, enhance referrals between public and private practices and ensure appropriate and timely care in a primary healthcare setting.

It's all about partnering to design better connected care across our system.

We are all in this together.

Ken Whelan
Chief Executive
Metro North Hospital and Health Service

Health Needs Assessment now available

A comprehensive assessment examining the health needs of Metro North’s catchment communities and the services available has been released by Brisbane North PHN.

Brisbane North PHN Deputy CEO Jeff Cheverton said the Health Needs Assessment would help the PHN prioritise its activity to address identified needs.

“Development of this document has been a major undertaking and I want to acknowledge the contributions of the local service providers, consumers and health professionals we consulted as part of this process,” Mr Cheverton said.

“The Health Needs Assessment breaks our region down into five subregions and proposes health reform activities across five main themes,” he said.

“Moreton Bay North, which includes places like Morayfield, Caboolture and Deception Bay, is categorised both as a subregion and a priority theme.

“Our research indicates the population of Moreton Bay North experiences poorer health outcomes than other parts of the PHN region.

“This situation is influenced by factors often referred to as the social determinants of health, such as employment and education status, and the level of household income, for example.

“Access to health services is also far more limited in this subregion. In other words, there are fewer health services in Moreton Bay North and consequently fewer health professionals working there.”

Other priority themes identified in the Health Needs Assessment include:

- **Health promotion:** strategies that reduce health risk factors that contribute to chronic conditions and ill health.
- **Preventable hospitalisations:** Attendances which could have been prevented if there was better health literacy (both among individuals and healthcare professionals) and better service navigation available.
- **Mental health:** There is a clear disparity between the northern and southern parts of the PHN region and higher rates of mental distress in Moreton Bay North.
- **Aboriginal and Torres Strait Islanders:** Significant health inequalities across a number of indicators which is resulting in poorer life expectancy than the population as a whole.











“Brisbane North PHN has recently completed two workshops where we engaged local stakeholders to co-design solutions to the health priorities in our region,” Mr Cheverton said.

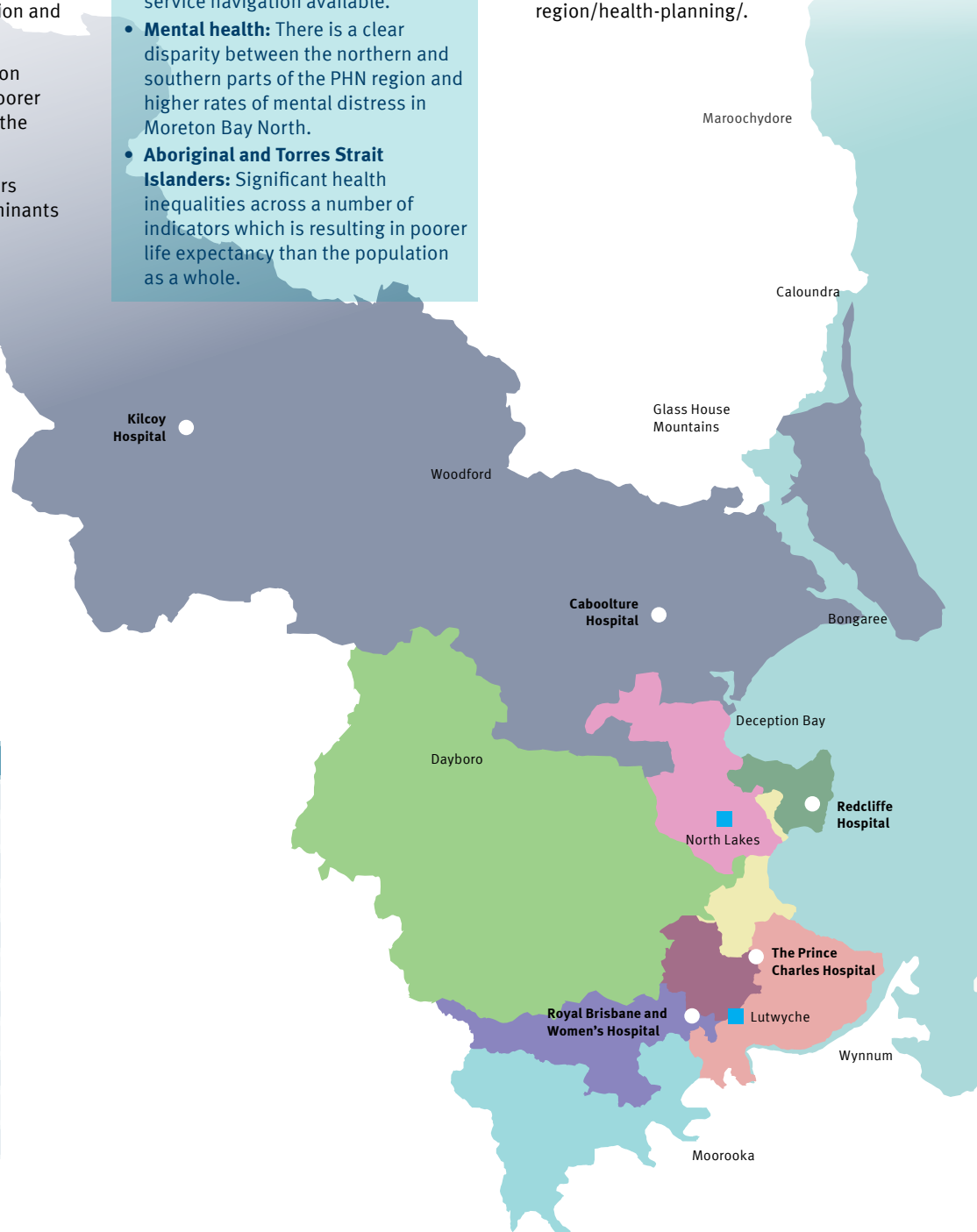
“The workshops, which took place in Herston and Caboolture, are an important part of our health needs assessment process,” he said.

The PHN is also developing specialist needs assessments for mental health and suicide prevention and for alcohol and other drug treatment services.

To read the Brisbane North PHN Health Needs Assessment, go to: www.brisbanenorthphn.org.au/page/about/our-region/health-planning/.

Metro North Brisbane local region and local areas

Legend	
	MNBML office locations
Locality	
	Brighton
	Caboolture
	Chermside
	North Lakes
	North West
	Nundah
	Pine Rivers
	Redcliffe
	Toowong





seconds with...

Shannon Dawson is Metro North's NDIS Project Officer. Queensland is getting ready to transition to the NDIS over the next few years, starting from 1 July this year. Shannon's job is to be the font of all Metro North NDIS knowledge. She assists patients and clinicians to understand how the NDIS will benefit people with disabilities and the specific steps needed to prepare.

Prior to this project, Shannon has worked for several years in Metro North's Mental Health Service as an occupational therapist and project officer.

What is your personal philosophy? I am a big advocate for partnership models to support health care delivery. PARTNER: Please Always Remember To Nurture Every Relationship

What three traits define you? Genuine, Enthusiastic, Do-er

How do you define success? Love what you do. I am lucky to have this role, and the opportunity to support people with disability through this transformational period of change.

What was your earliest childhood career aspiration? I always wanted to be a physiotherapist or paramedic, but I found my calling in Occupational Therapy.

In your job/specialty area, what question are you most often asked? What is the NDIS? Isn't it years off? Why do we need to start now?

What would you want to learn if given the chance to learn it instantly? Coding and web design to develop a community based health service navigation app.

What's one thing you couldn't live without? My labrador pup, Harvey. I am hopeful with the right training he will become a therapy dog.

Where is your favourite place to be? On holidays! I love to travel - At the moment I am dreaming of another trip snowboarding in Japan.

What are you listening to/reading these days? Aside from the QLD NDIS Bilateral Agreement as some 'light' bed time reading, I am really enjoying a book by Marie Kondo called 'The Life Changing Magic of Tidying Up'.

Something not many people may not know about me is... I can communicate in AUSLAN (Australian Sign Language) and have a basic qualification through Deaf Services Queensland.

Our best and brightest researchers

The breadth and depth of research across Metro North was celebrated at the hospital and health service's inaugural Research Excellence Awards.

The awards acknowledged our best and brightest researchers and highlighted the valuable relationships we have with research partners.

Professor Scott Bell, MNHHS's Executive Director of Research, said the vision was to expand Metro North's already excellent reputation for health research and raise the profiles of emerging researchers.

"Research gives us better treatments – it gives us better practice – it drives innovation and enables us to continually improve our delivery of evidence-based care," Prof. Bell said

The top award – Researcher of the Year – went to Professor Michael Breakspear for his ground-breaking use of neuroimaging to understand brain network disturbances in psychiatry.

His work will help address some of our biggest mental health challenges such as depression, bipolar disorder and dementia.

"Research gives us better treatments – it gives us better practice – it drives innovation and enables us to continually improve our delivery of evidence-based care."

AWARDS

Improving patient outcomes in an acute care setting

- Professor Alison Mudge, "Improving health outcomes for older patients in the acute care setting"

Highly Commended:

- Joan Webster and the RBWH Nursing Research team, "IV access interventions to improve patient outcomes"
- Dr Jonathon Fanning, "Protecting the brain while treating the heart - stemming devastating neurological injury caused by the management of aortic stenosis"

Promoting Healthy Minds and Bodies

- Professor James Scott, "Improving the mental health of Australian youth"

Innovation and Creativity

- Associate Professor Daniel Chambers and the Queensland Lung Transplant Service Research Team
- Highly Commended: Professor Barbara Leggett and the Gastroenterology Research Team, "Advancing research in molecular genetics of colorectal cancer"

Chronic disease and community care

- Dr Helen Healy & the CKD, QLD Collaborative "Improving management of Chronic Kidney Disease (CKD)"
- Highly Commended: Dr Nicole Andrew, "Advancement in chronic pain management"

Technology & Biotechnology

- Professor Michael Breakspear, "Using neuroimaging to understand brain network disturbances in psychiatry"

Highly Commended:

- Professor Emma Duncan, "A leading light in translating the genetics revolution into clinical practice in Queensland and the world"

Integrated care – Health Service Research

- Professor Louise Cullen and the Emergency Cardiology Research Group Improving ED assessment of chest pain

Rising star - Early Career Researcher

- Dr Dylan Flaws, "Acute Coronary Syndrome Pathway improving outcomes"

You can read more on the awards at: [INSERT LINK](#)

Our best and brightest researchers
Continued from previous page



Alison Mudge and James Scott celebrate their respective awards.



Metro North Board Chair Dr Robert Stable (left) and CE Ken Whelan (right) congratulate Professor Michael Breakspear who is our inaugural Researcher of the Year.



John Fraser with our Rising Star Early Career Researcher Dylan Flaws.



Joan Webster and the RBWH Nursing Team celebrate their Highly Commended award.



Executive Director Allied Health Mark Butterworth congratulates Professor Louise Cullen and who accepted the Integrated Care Health Service Research award on behalf of the Emergency Cardiology Research Group.



Gregory Scalia and daughter and fellow researcher Isabel.

New online tool helps mums-to-be GLOW

Antenatal education has entered the digital age at Royal Brisbane and Women's Hospital.

GLOW is a new online tool that is offered to all pregnant women during their booking in appointment.

Clinical Midwife Consultant Libby Ryan led the project, which provides women an alternative to the traditional face-to-face antenatal classes.

"I really enjoyed the videos and it's great to learn information about what to expect during my time in the hospital."

"We're thrilled to be able to offer women online learning which provides a flexible way to access antenatal information," Libby said.

"Everyone who signs up to the program will have online access for a year. It gives women the opportunity to go back to topics of interest like breastfeeding where the information is more useful once you're home with the baby," Libby said.

Mum-to-be Katrina Clamp said the program was really simple to use.

"I really enjoyed the videos and it's great to learn information about what to expect during my time in hospital," Katrina said.



Mum-to-be Katrina Clamp checks out the new online antenatal education tool

Early screening is vital

Robert Basnett is living proof that early screening for bowel cancer is vital.

The 60-year old Strathpine resident recently had a malignant tumour removed from his bowel following a positive Faecal Occult Blood Test (FOBT) completed through the National Bowel Cancer Screening Program.

"I strongly encourage everyone who is eligible for the program to undergo the necessary screening as soon as they receive the kit."

Robert said he first received the screening kit after turning 55, but put off undertaking the test.

"I didn't like the whole idea of doing the test, but finally decided to go ahead and just get it done," Robert said.

"I realised I had put it off for longer than I should have, and thought enough was enough.

"I have known a few people who have suffered from cancer, and I didn't want to be one of them."

While Robert was fortunate to have a low grade cancer, he realises that things could have been much worse if he'd deferred the test any longer.

"Bowel cancer can be prevented through early screening. People just need to get it done to prevent further health problems in the future," he said.

"I strongly encourage everyone who is eligible for the program to undergo the necessary screening as soon as they receive the kit. People shouldn't hesitate."

During Bowel Cancer Awareness Month in June, Robert can celebrate being one of the fortunate ones. Others are not so lucky. Around 80 Australians die each week from bowel cancer, but if found early, it is one of the most curable types of cancer.

The National Bowel Cancer Screening Program (NBCSP) aims to help detect bowel cancer early and reduce the number of Australians who die each year from the disease.

The NBCSP invites men and women turning 50, 55, 60, 64, 65, 70, 72 and 74 to screen for bowel cancer around the time of their eligible birthday.

The FOBT is a simple test which looks for tiny amounts of blood in a bowel motion, a possible symptom of bowel cancer.

Susie Netterfield, Gastroenterology Nurse Coordinator for the Metro North catchment of the Queensland Bowel Cancer Screening Program, urged those eligible for the program to take part.

"In the first two months of 2016, the Metro North catchment undertook 108 consultations for patients who had a positive result to their bowel screening test," she said.

"Of these 108 consultations, about 10 per cent of people had a cancer detected. Within all of these people, timely screening meant their cancers were detected early and could be treated.

"Bowel cancer can develop with few, if any early warning symptoms so it is essential people complete the kit when it arrives."



Robert Basnett knows the importance of screening for bowel cancer.

SYMPTOMS OF BOWEL CANCER MAY INCLUDE:

- Bleeding from back passage, or any sign of blood after a bowel motion
- Recent and persistent change in bowel habit, severe constipation of needing to go to the toilet more than usual
- Unexplained tiredness (symptom of anaemia)
- Abdominal pain
- Weight loss

Further details about the screening program are available at <https://www.health.qld.gov.au/public-health/cancer-screening/bowel/national/default.asp> by phoning the National Bowel Cancer Screening hotline on 1800 118 868.

(Mon-Fri, 9am-5pm EST).

Working together to improve health

Integrated care and health reform were on the agenda at the third annual Metro North Health Forum this month.

The forum is co-hosted by Metro North Hospital and Health Service and Brisbane North PHN and this year attracted more than 300 health professionals, service providers and consumer representatives.

The keynote address was given by Dr Stephen Duckett, Health Program Director for the Grattan Institute, who said that bringing the nation's healthcare system together will require a greater focus on regional systems of management.

He told the audience that local tailored responses are needed to reduce health inequalities in priority areas.

In his address, Metro North HHS Chief Executive Ken Whelan highlighted the importance of working together.

Mr Whelan said that although integrated care is extremely challenging, connecting care is something that's very achievable and that's the journey we're on.

"If we are to make a difference at a system level, [the] HHS needs to have its act together and be very clear about what it does, what it doesn't do, and how it's going to work in partnership with those people that can provide healthcare, in some cases better than Metro North," he said.

Brisbane North PHN Chief Executive Abbe Anderson said potentially preventable hospitalisation was one of the main reasons for the creation of PHNs and it was a focus which aligned with Brisbane North PHN's core goal of keeping people well and out of hospital.

She said the Commonwealth, states and territories had now broadly agreed that the Health Care Homes concept was "the way of the future for chronic disease care in general practice".

"So we're hopeful to be part of that and we're hopeful to be working closely with the Federal Government to define what that actually means," Ms Anderson said.

"In this region, together with our HHS, we've been ready to roll this out for some time now," Ms Anderson said.

"Over a year or two ago, we started looking very closely at data from the hospital about their frequent presenters," she said.

"We know, for example, from the 2014/15 data, we had 464 patients in this region who were admitted to the hospital six or more times with potentially preventable admissions, and we know where they're from.

"We can also, with a little bit more work, identify which general practices, if any, these patients belong to and try to get better supports in place for them," she said.

Dozens more speakers were engaged at this year's forum across three concurrent streams covering the National Disability Insurance Scheme, mental health, and initiatives to help people access the right care, in the right place, at the right time.

Among the other VIPs contributing to the program were Mental Health Australia's CEO Frank Quinlan and Professor Nick Lennox from the Queensland Centre for Intellectual and Developmental Disability.



▲ Dr Jayne Ingham from GP Partners with MNHHS GLPOs Dr James Collins and Dr Michael Hamilton.



More than 300 people attended the forum.



▼ Metro North HHS Chief Executive Ken Whelan talks about the importance of connected care.



▲ Linda Bertram, Metro North Oral Health Services, (standing) with (from left) Andrea Hurwood, Mobile Rehab; Odette Pagan, Carramar Consulting, and Chrissie Norton, Health Developments Corporation



▲ Brook Cowie (left) and Amanda Smith, from Caboolture Hospital with Metro North's Executive Director Allied Health Mark Butterworth.



▲ Brisbane North PHN CEO Abbe Anderson welcomes keynote speakers Mental Health Australia CEO Frank Quinlan (left) and Health Program Director, Grattan Institute

Fellowship stimulates Parkinson's research

Ground-breaking neuroscience research is offering new possibilities to help patients with Parkinson's disease.

Dr Philip Mosley, a staff psychiatrist at Royal Brisbane and Women's Hospital, and a researcher at QIMR Berghofer, has been awarded a \$180,000 Advance Queensland Research Fellowship for his work on overcoming the negative impact of Deep Brain Stimulation (DBS) treatment on some people with Parkinson's disease. Dr Mosley has received additional support from QIMR Berghofer and industry totalling over \$500,000 to progress this research.



Dr Philip Mosley's research aims to prevent psychiatric problems some Parkinson's disease patients encounter after undergoing a surgical procedure to improve motor function.

Parkinson's disease is the second most common neurological condition in Australia after Alzheimer's dementia. It is diagnosed on the basis of 'motor' symptoms including tremor, stiffness and slowness, although sufferers commonly also experience 'non-motor' psychiatric symptoms including depression, anxiety, psychotic symptoms and impulse control disorders.

DBS is a surgical procedure used to treat the movement symptoms of Parkinson's disease that involves implanting electrodes in both sides of the brain which are then programmed to deliver continuous electrical stimulation.

"DBS is a wonderful treatment for most people with Parkinson's disease, but unfortunately up to 20% of patients develop significant psychiatric symptoms in the early months after DBS.

These commonly include changes to personality and decision-making, such as loss of empathy and recklessness" Dr Mosley said.

Working as a neuropsychiatrist, Dr Mosley said the motivation for his research was driven by the trauma and suffering this cohort of patients and their families endured.

"My research aims to find a reliable method of predicting which patients are at risk before they undergo the DBS procedure," he said. "In addition, once the electrodes are implanted, we aim to work out which brain regions are stimulated through their neuronal connections with the surgical target."

"Using the state-of-the-art brain imaging technology at the Herston Imaging Research Facility (HIRF), we'll produce a map of connections within the brain that are associated with psychiatrically safe stimulation.

"This knowledge will help to guide DBS electrode programming and improve the safety profile of this important therapy, which has been used to treat over 100,000 patients worldwide."

3D technology helps get Daniel back to the beach

A Rockhampton man is back at the beach, thanks to the creative team of Rehabilitation Engineers at Royal Brisbane and Women's Hospital.

Mum Maryanne approached the Rehabilitation Engineering Centre last summer looking for a way to help her son Daniel enjoy time by the water. The result is a custom seat for a beach wheelchair.

Rehabilitation Engineer Oliver Mason said Maryanne had secured funds through Carer's Queensland for the modification and he was keen to take up the challenge to help Daniel enjoy the lifestyle many of us take for granted.

"We'd never made seating that has to deal with extended exposure to salt water and UV light," Oliver said.

"We also had to figure out a way to copy the very complicated backrest shape of Daniel's current wheelchair backrest."

The team created a 3D model of Daniel's existing back rest using about 45 photos taken at various angles and entered them into a specialist software package to create a miniature scaled model.

"We confirmed the design using the 3D model before sending the backrest to a company on the Gold Coast to be made using a big robotic arm," Oliver said.

"We'd never made seating that has to deal with extended exposure to salt water and UV light."

The seat helps reduce pain and decrease the risk of pressure sores which is important for Daniel who relies on wheelchairs to get around.



The customised beach wheelchair.

With a little bit of time and know how, Oliver and the creative rehab engineering team make and adapt personalised equipment unique to each patient they see.

Outpatients campaign to increase vaccination rates in pregnancy

Metro North and Metro South Public Health Units have been working with obstetricians and public hospital antenatal clinics to promote pertussis (whooping cough) and influenza vaccination during pregnancy.

Metro North and Metro South Public Health Units have been working with obstetricians and public hospital antenatal clinics to promote pertussis (whooping cough) and influenza vaccination during pregnancy.



As vaccination is often not available to women in the outpatient hospital setting, hospital antenatal care providers are supplying women with a written recommendation to be vaccinated in primary care.

Caboolture Hospital has begun issuing written recommendations and general practices in the area may start to see women present for vaccination with Referral for Vaccination forms.

The seasonal influenza vaccine is recommended and funded for pregnant women under the National Immunisation Program. It can be given at any time during pregnancy.

The adult dTpa vaccine is recommended for women in the third trimester of pregnancy. It is funded for pregnant women by Queensland Health.

Both inactivated seasonal flu vaccine and adult dTpa vaccine are safely administered in pregnancy and are effective for preventing disease in the pregnant woman and, subsequently, her newborn.



Caboolture Hospital Staff Specialist Dr Iain Borthwick (Left) and ED Doctor Christine Waller welcomed the news that the hospital will receive a 32 bed adult inpatient ward.

Extra beds at Caboolture

Caboolture Hospital will receive an additional 32 beds in 2017 under a planned \$13.39 million expansion.

A purpose built 32-bed adult inpatient ward will enable an additional 2,500 medical patients to be treated each year.

Caboolture Hospital's Staff Specialist Dr Iain Borthwick and Emergency Department ED Doctor Christine Waller welcomed the funding announcement and the opportunities it presented for enhancing patient treatment and services.

"This new ward will provide better care for patients suffering from dementia and other complex medical conditions," Dr Borthwick said.

"Once complete, we will also be able to provide more specialised care to patients who have suffered a stroke."

The number of inpatient beds at the hospital will increase to 265 and the number of adult patient beds to 123, which gives the hospital the ability to treat more patients than ever before.

The extra beds will be distributed across a range of adult specialties, including coronary and cardiac care, as well as general medicine.

Caboolture Hospital currently has three adult inpatient wards, as well as specialist inpatient areas for surgery, emergency medicine, critical and intensive care, paediatrics, mental health and maternity.

Experts explore palliative care for people with Huntington's

Huntington's is a disease perhaps like no other. A late onset genetic condition, it gradually destroys neurons, presenting as a triad of movement, psychiatric and cognitive symptoms that progressively worsen and are ultimately terminal.

Each offspring lives with the daunting reality that they have a 50/50 risk of inheriting the mutated gene for Huntington's, which has no cure.

There are currently around 350 Queenslanders with Huntington's Disease and those with advanced stages are most likely to be living in residential aged care facilities, despite often being younger than 65 years of age.

Maximising quality of life and comfort for people with advanced symptoms of this debilitating condition will be the subject of an upcoming professional development forum at the Royal Brisbane and Women's Hospital (RBWH) Education Centre, Herston.

To be held on 18 August, this free event is targeted towards nursing, medical, and other healthcare professionals, and will be presented by local experts in Huntington's Disease and palliative care.

Neurologist Dr John O'Sullivan who heads up the RBWH Huntington's Disease Outpatient Clinic is the confirmed key note speaker and will provide an overview of advanced Huntington's Disease symptoms and treatment options.

Each offspring lives with the daunting reality that they have a 50/50 risk of inheriting the mutated gene for Huntington's, which has no cure.

Huntington's Queensland, the RBWH and Brisbane North PHN have partnered to organise this event, which offers GPs and health professionals the opportunity to earn professional accreditation points.

To view the entire program or to register for the event, go to news and events page at www.brisbanenorthphn.org.au

Meet General Practitioner Liaison Officer James Martin

Dr James Martin is a GPLO working with Brisbane North PHN and Metro North Hospital and Health Service (MNHHS) in the area of rheumatology.



GPLO Dr James Martin is working to improve rheumatology services at Caboolture Hospital.

He presented on the topic “Going with the flow – a GPLO’s experience of clinical streaming” at the recent GP Liaison National Conference.

Tell us about your work

For eight years I have been a full time GP in a small family –owned practice at Sandstone Point in the Moreton Bay North region. The majority of our patients are either retirees or from disadvantaged socio-economic groups, presenting challenges that we rely on an outstanding practice team to address.

I have been a GPLO for almost three years and am most closely allied to Caboolture Hospital. I have particularly focussed on trying to improve rheumatology services in the area.

The advent of clinical streaming and creation of the dynamic and enthusiastic rheumatology sub-stream has allowed the specialty to design and enhance its own service delivery and greatly improved my opportunity to contribute to this.

What prompted you to be involved in the GPLO program?

I always gain most satisfaction from my work when it is not restricted to clinical General Practice. When asked if I would like to be a GPLO it seemed a good opportunity to find out more about health care delivery, think creatively and try something varied and different.

What have been some of the highlights from working as a GPLO?

I have enjoyed the autonomy of the roles as well as meeting and working with a variety of dedicated and enthusiastic colleagues in the PHN, MNHHS and community.

Having first-hand experience of how a process like streaming can lead to rapid, cost-effective benefits to patients and clinicians has also been very interesting and rewarding.

Tell us about your conference abstract – “Going with the flow”

I spoke about the streaming process, its effectiveness and the benefits of embedding a GPLO within the group. Streaming grants the specialty genuine power to shape itself and its future.

It provides a regular forum to highlight issues of genuine concern, formulate solutions in consultation with key stakeholders and collaborate to achieve these. This is often what we are trying to do as GPLOs but in a piecemeal fashion.

In streaming meetings, I have access to key MNHHS rheumatology staff at a time they have set aside to consider service improvement.

I can contribute usefully both as a GP and GPLO to discussions and am aware of relevant developments at the PHN and within other specialties through my GPLO colleagues.

I am able to use my GPLO time outside the meetings to progress certain projects in a more timely fashion.

All GPLOs I have spoken to find effecting change within a health service feels like battling upstream. Using streaming often feels like one can achieve the same objectives much less stressfully by “going with the flow”.

Keeping the mind active

Activities to keep the mind active are supporting older patients to a faster and better recovery.



Nursing staff Meaghan and Kelly work with patients Kevin, Nancy and Bernie to create paper poppies for Anzac Day as part of the Eat Walk Engage program.

Clinical Dietitian Breony Kurtz said nursing staff from the 9BS Internal Medicine Ward at Royal Brisbane and Women’s Hospital initiated the weekly sessions as part of the Eat Walk Engage Program.

“These sessions are thoroughly enjoyed by patients as they provide an opportunity for friendly conversations between patients and staff over afternoon tea and group craft or games,” she said.

“It’s part of a focus on ensuring our older patients recover and return home faster.”

Breony said themed sessions such as St Patrick’s Day and Anzac Day have been especially successful.

“Involvement in these events is a great way to provide meaning and a connection with the outside world for older patients who often feel isolated, and has been shown to reduce delirium,” she said.

As part of Anzac Day activities, 9BS nursing staff coordinated a poppy making session for patients over a cuppa and a chat. The poppies were displayed in a collage on the ward notice board for all patients and staff to see and enjoy.

Health Care Home key to a sustainable health system

Brisbane North PHN has welcomed the Federal Government's response to the Primary Health Care Advisory Group (PHCAG) review.

PHN Chair and a PHCAG member, Professor Claire Jackson, said the announcement of trials of the Health Care Home model was exciting.

"We are very supportive of the Health Care Home. It benefits patients by allowing them continuity of care, enhanced care access and control of their healthcare," Professor Jackson said.

"The model means patients with chronic and complex conditions will be able to voluntarily register with a general practice that will be responsible for the ongoing coordination, management and support of their care.



Claire Jackson

"It also makes our healthcare system more sustainable, because it is far more cost effective to treat patients in the community rather than in hospital."

Professor Jackson said treating patients in the community can detect illness early and prevent the need for hospitalisation.

"For it to be successful, resources will have to be directed to primary care to build capacity in general practices, so they can deliver

the additional support that patients with chronic conditions need," she said.

"GPs in our region are ready to trial this innovative new model.

"The PHN and its predecessor organisations have been helping GPs, other primary care clinicians and their patients for a decade through our Team Care Coordination program.

"This program provides tailored support for people with chronic and complex conditions and is backed by our local Hospital and Health Service.

"We are ready to build on these years of work to ensure general practices in Brisbane North are leaders in the transition to an effective Health Care Home model in Australia," Professor Jackson said.

Alliance strengthens Caboolture health community

Local kids with learning disabilities are being given an extra helping hand thanks to the launch of a new Caboolture Health Care Alliance, which is seeing the hospital, Caboolture Super Clinic and local organisations working together.

Caboolture and Kilcoy Hospital Executive Director Dr Lance Le Ray said the care we provide to patients and their children doesn't need to stop when they leave our hospital.

"Already, we've been able to support 26 families who have children who suffer an intellectual impairment, have behavioural problems or development delays through this unique partnership," he said.

For Morayfield parents Tracey and Neville Welsh, the alliance has been a godsend for their son Scott, who now sees a regular Paediatrician at the Caboolture Super Clinic.

"Having a specialist doctor for Scott has been great," Mr Welsh said.

"The doctor has gone into depth about our son's diagnosis and has actually gone out of her way to seek and get more information for us and identify other care options.

"Through this paediatrician we now know what is the appropriate medication to support Scott's condition; to calm him down and help him sleep better at night."

As part of the alliance an inaugural Charter of Support was signed by nine local community organisations and health care providers.

"The doctor has gone into depth about our son's diagnosis... to seek and get more information for us and identify other care options."

For further information about the Alliance, please contact: Caboolture.Engage@health.qld.gov.au



Caboolture Hospital's Meaghan Poulton, parents Tracey and Neville Welsh, and Caboolture Super Clinic's Dr Luke Edwards have joined forces to help their son.





Clinical Nurse Consultant Ilse Berquier with Dr Jeff Rowland at the Queensland Clinical Senate meeting.

Supportive kidney care in the spotlight

A new support program is ensuring appropriate, timely and holistic care for patients with kidney disease.

The Kidney Supportive Care Program (KSCp) is a collaboration between Metro North Hospital and Health Service's Kidney Health Service and RBWH's Palliative and Supportive Care Service.

Clinical Nurse Consultant Ilse Berquier said the program offered a care pathway for patients with kidney disease who experienced high symptom burden and faced complex decision making about what kidney treatment would suit their individual circumstance.

"The goal of this model of care is to support these patients with the complex decisions around which kidney care pathway will be the most beneficial to them, whether it be dialysis, transplantation or a supportive care pathway," Ilse said.

"This program promotes patient access to conservative care of high clinical quality, which prioritises quality of life and minimises interventions that have no clinical benefit."

Ilse said that if the model has the potential to be a viable option for kidney services state and nation-wide.

The program was showcased at the recent Queensland Clinical Senate (QCS) value-based healthcare meeting.

QCS chair Dr David Rosengren said the meeting aimed to shine a spotlight on value-based healthcare programs under way around the state.

"As a healthcare system we must continually look at how we can improve the patient experience and outcome, while at the same time consider the future sustainability of the health system," he said.

Consumer workshop

Ideas and opportunities to strengthen engagement and partnerships across Metro North were discussed at workshop facilitated by Metro North Hospital and Health Service and Health Consumers Queensland.

Consumers in advisory roles attended the educational workshop to learn more about the health system and MNHHS, principles of effective partnerships, opportunities to partner and influence change and resources available to support them in their roles.

They also had the opportunity to review and provide feedback on the draft MNHHS Strategic Plan 2016-2020.

As one consumer advisor said: "To be an effective consumer, one needs to understand the background of what is to be achieved; the role in question, how to be an effective committee participant, giving feedback, looking after yourself as a consumer and very importantly to network".



Partner with us

Metro North has a network of people who are interested in helping us design and deliver better hospital services.

We encourage people with recent experiences in using our services to register and get involved.

Register your interest by:

Email: metronorthengage@health.qld.gov.au

Website: www.health.qld.gov.au/metronorth/get-involved/mnconnect

Funding partnership helps Russell get home

When Russell Schulte woke up one morning on the floor beside his bed, his first thought was that he must've had a big night. That was until he realised he couldn't move.

Fortunately his wife Noeleen recognised the signs of a stroke.

"It was really quite a shock to us both," Noeleen said. "Russ had no warning signs of a stroke coming – he wasn't stressed, his blood pressure was fine, he was enjoying his work."

At first Russ's condition was so serious, he wasn't expected to live. The couple also was told Russ might never walk and may have to move to a nursing home.

But determination and a new partnership to help long-stay patients with a disability move back into the community has seen Russ go home after 14 months in hospital.

Russ was eligible to receive funding through the Joint Action Plan, a partnership between the Queensland Government departments for Health, Housing and Disability Services to enable long stay patients with disability to move out of health facilities back into the community.

Joint Action Plan (JAP) funding for disability support has provided the couple with assistance to remodel their three-storey family home of more than 35 years to accommodate Russ's physical needs.

It also allowed Noeleen to go to work, rather than being his full-time carer.

Russ also receives personal care support in the mornings and afternoons. An extra four hours a week has meant Russ can go to the movies, shopping, and to his regular physiotherapy appointments. The support

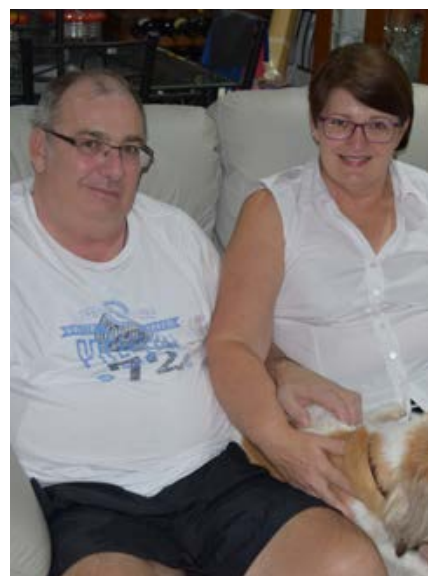
"It would have been very hard without the support. We will continue with the JAP until we transition to the NDIS."

also gives Noeleen some assistance around the house, so she can have a few hours a week to have some 'me time'.

"It would have been very hard without the support," Noeleen said. "We will continue with the JAP until we transition to the NDIS."

The next goal is for Russ to regain movement in his arm so he can return to work. Russell told his daughters he'd one day be able to walk them down the aisle and next month he's going to prove he was right.

"I'm very glad to be home," he said.



Russ Schulte is back at home with wife Noeleen after receiving assistance through the Joint Action Plan partnership.

For more information on the Joint Action Plan, visit [here](#).

Information about the NDIS in Queensland is available [here](#).



Paul sets his sights on Olympic gold

It's a long way from Redcliffe Hospital to Rio, but nurse graduate Paul Adams has his sights firmly set on gold at the Olympics.

Paul will make his Olympic Games debut for Australia in skeet shooting. Having narrowly missed selection for the 2012 London Games, he is so determined to do well he will skip the opening ceremony to complete his training in Texas before flying down to Rio.

The 23-year-old automatically qualified for the team with a gold-medal performance in the men's skeet at the final selection event in March, but had to wait until the official team announcement a month later to publically share the news.

"I was over the moon," Paul said of his selection. "Even though I knew I had made the team it didn't quite hit until I was there with the rest of the team for the official announcement".

Adding to Paul's resolve to bring home a medal is the disappointment of just missing bronze at the 2014 Glasgow Commonwealth Games.

Paul was introduced to the sport at the age of 10 by his grandfather, Ian Mathieson, who is still his coach, and competition has taken him around the world, including a recent trip to Rio where he able to take a look at the facilities.

He is following in his mum's footsteps by taking up a career in nursing.

"They are very supportive of me," he said of his colleagues at Redcliffe.

For details on how you can send messages to support to Paul, visit [here](#).

Aiming high... Redcliffe Hospital's Paul Adams will make his Olympic debut in August.

Where would we be without our volunteers?

Metro North is privileged to have the services of more than 500 volunteers across our facilities.

This small army of men and women makes a huge difference in the lives of our staff, patients and visitors.

Each of them plays a vital role in improving the hospital experience by providing customer service, a friendly face, companionship and comfort to patients and their families, fulfil a number of administrative support roles and raise funds for additional hospital amenities.

We value our vollies!

Charlie's Angels
Sana and Bill
add a little
sunshine to the
lives of our staff
and patients.



Maree holds the fort at
Redcliffe Hospital Auxiliary.



Did someone say cheese? Our St John volunteers at Caboolture Hospital always have a smile on their dial.



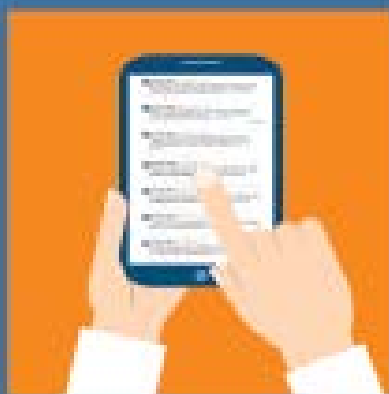
Sharon and Nola are the first smiling faces visitors see when they visit our North Lakes centre on a Tuesday.



RBWH's 100 volunteers give more 60,000 hours of their time each year! Myra, Barbara and Ros love greeting patients at the front desk and helping them on their way!

Are you following us on social media?

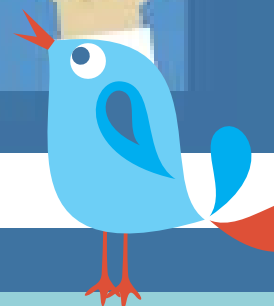
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