



Metro North Community News

September 2015

Metro North Hospital and Health Service *Putting people first*

From the Board Chair and the Chief Executive	2
Free community care and mental health events	3
Joanna's new born dreams	4
Resource kit helps women with intellectual disability	5
Collaboration is key to successful health reform	6
Stroke patients get a new grasp on life	8
European honours for pharmacist	9
Specialist outpatients kick wait list goals	9
Pine Rivers orthopaedic patients get moving sooner	10
Funding boost for mental health	10
Improving health for Baby Binungs	12
Centre of Research Excellence in Chronic Kidney Disease	14
Tissue bank pays dividends for brain cancer research	15

Above: Richard Kidd shares his ideas on health reform at the second annual Metro North Health Forum. Read full story on page 6.

Intensive care services now available in Caboolture

Critically ill patients requiring highly specialised intensive care can now be treated at Caboolture Hospital following the opening of an Intensive Care Unit.

The two-bed unit is a significant boost for health services in Caboolture and across the whole of the Moreton Bay region.

Continued on page 3 >





Dr Paul Alexander AO
Chair, Metro North Hospital and Health Board

Board Chair's message

Metro North Hospital and Health Service has recorded another outstanding year in 2014-15.

Our achievements wouldn't be possible without the support and dedication of our staff who continue to drive improvements across all areas of Metro North.

We have continued to strengthen our delivery of high-quality healthcare through our commitment to develop responsive and integrated patient-centred services. We are committed to improving equity of access and health outcomes for the people and communities we serve.

One of the key projects of the past year has been the development of the Metro North Hospital and Health Service Health Service Strategy 2015-20. The development of the Strategy was a 12-month journey involving consultation with a large number of clinicians, and staff, our community and community and health partners.

It represents considerable investment in a wide range of improvements to facilities and services across Metro North.

Prioritised health strategies are focussed on our ability to increase service capacity to support our growing population, the mental health and rehabilitation needs of our community and strengthen our partnerships to better connect care across the system.

Projects already delivered under this Strategy include the provision of Intensive Care Unit beds at Redcliffe and Caboolture hospitals, the provision of non-complex Ear Nose and Throat (ENT) services at Redcliffe Hospital, enhanced paediatric allied health services at Caboolture Hospital and a state-of-the-art facility at the Prince Charles Hospital for patients living with cancer.

Metro North will continue to engage with our healthcare partners, staff and consumers to drive improvements in health service delivery.

This year our Community Board Advisory Group (CBAG) has been involved in many initiatives, including the development of the LINK (Leading Innovation through Networking and Knowledge-sharing).

The focus of this \$1million initiative is to support partnership projects that collaboratively address the areas of hospital admission and discharge practices, and avoidance of unnecessary hospital admissions and readmissions. The aim is integrated and connected care ensuring Metro North works in partnership to deliver the right care, at the right place, at the right time.

The Board looks forward to announcing the successful LINK projects soon.

Dr Paul Alexander AO
Chair, Metro North Hospital and Health Board



Ken Whelan
Chief Executive, Metro North Hospital and Health Service

Message from the Chief Executive

As the largest and most diverse Hospital and Health Services in Australia, Metro North has considerable opportunities to connect patients with a range of services and expertise.

Like all Hospital and Health Services, we face the challenge of providing sustainable, quality public healthcare solutions both now and into the future.

This challenge goes beyond the hospitals' walls and our ability to increase service capacity and maintain a highly-skilled and committed workforce. Although we are large in size and service, Metro North is also a part of a larger healthcare picture.

Our growing and ageing population, increasing community expectations and lifestyle-related chronic disease are all putting additional pressure on our healthcare system.

To able to deal effectively and efficiently with these expectations and pressures, we need to work in partnership to better connect care across the healthcare system and to respond to key government reforms.

The bottom line is that quality healthcare cannot be delivered solely in a hospital setting. It requires an integrated approach that can reduce duplication, provide cost-effective care while maintaining safety and which leads to greater continuity of care, which is especially important for those with chronic or complex care needs.

Metro North is a willing partner with key health agencies such as Brisbane North PHN, non-government organisations, government departments and the community to improve people's health and wellbeing and better support patients in the community.

We will continue to build upon these partnerships and involve and engage patients and consumers to deliver greater equity of access to healthcare and embed patient-centred care principles and approaches to healthcare.

Ken Whelan
Chief Executive
Metro North Hospital and Health Service

Metro North Hospital and Health Service (MNHHS) Board Chair Dr Paul Alexander said the additional intensive care services form part of Metro North’s Health Service Strategy, which is focussed on building health services and infrastructure in the Moreton Bay region.

“The extension of ICU services at Caboolture will allow the hospital to manage more than 150 patients each year who are suffering serious trauma or medical conditions,” Dr Alexander said.

“These increased intensive care services are also a stepping stone to further expand inpatient and outpatient services across Caboolture and Redcliffe Hospitals in the areas of elective surgery, emergency and medical services.

The opening of the two-bed Intensive Care Unit at Caboolture Hospital follows the introduction of two additional ICU beds at Redcliffe Hospital on July 1.

Redcliffe and Caboolture Hospitals’ ICUs will work under a combined service model where highly trained clinicians work across both hospitals to deliver intensive care, supported by innovative telehealth technology.



Metro North Hospital and Health Board Member Professor Cliff Pollard joined Senior Staff Specialist Tim Warhurst, Executive Director Critical Care Colin Myers and Director of Intensive Care Dr Hamish Pollock to celebrate the opening of a unique model of intensive care between Caboolture and Redcliffe Hospitals where CT infrastructure and Telehealth are vital enablers of the CRICU model.

Free community care and mental health events

As part of its strategy to build capacity and encourage innovation within the community aged care and mental health sectors, Brisbane North PHN will host several free forums in September and October this year.

More than 170 attendees have already registered for the second annual Brisbane North Community Aged Care Forum, on Thursday, September 24, at the Victoria Park Golf Course function centre, Herston.

The forum will be an opportunity for service providers from across North Brisbane and the Moreton Bay region to hear from industry leaders about recent changes in aged care.

Consumer representatives, staff from the Australian Government Department of Social Services and from Regional Assessment Service organisations across the Greater Brisbane region are among those scheduled to speak.

This event has primarily been designed for community and residential aged care service providers and acute care service providers.

The agenda will focus on explaining the aged care reforms, including:

- the changing face of assessment services (Regional Assessment Services and Aged Care Assessment Teams)
- the evolution of the Commonwealth Home Support Program
- the impact of Consumer Directed Care on the way services are planned and delivered and what this means for the future.

Registrations close on Friday, September 18. Call 3630 7300 for more information or visit Brisbane North PHN’s website to register: <http://www.brisbanenorthphn.org.au/page/news-and-events/events/>.

Partners in recovery

For the third year in a row and in support of Mental Health Week, Brisbane North PHN will host its annual North Brisbane Partners in Recovery forums.

The first of these forums will be on Tuesday, October 6, at the Mon Komo Hotel, Redcliffe; the second will be at Riverside Receptions in New Farm on Wednesday, October 14.

The forums focus on supporting people living with a mental illness and helping them on their road to recovery. This year’s theme is *Working Together to Support Recovery: Shaping the Future*.

The National Disability Insurance Scheme and a range of other issues affecting the mental health sector will be covered at the forums.

Both events are open to Partners in Recovery consumer and carer representatives, volunteers, peer workers and management committee members.

Frontline mental health workers, other community workers with an interest in mental health, health and community service managers, researchers and policy makers are also encouraged to attend are.

Attendees will be asked to help devise solutions to the system failures facing people with a mental illness, and will be encouraged to share knowledge, contacts, and experiences of innovative practice.

Visit the North Brisbane Partners in Recovery website to register: www.northbrisbane.pirinitiative.com.au/pir-forum/.



Brisbane North PHN will host several free forums in September and October this year.

Joanna's new born dreams

The Prince Charles Hospital celebrated 25 years of cardiac transplants in June. Since its introduction more than 360 people have been given a second chance at life with the support and generosity of organ donors.



Transplant patient Joanna Chambers is expecting her first child in October.

For many years, Joanna Chambers dreamt of the day she could one day walk down the street without becoming totally exhausted. But because of a heart transplant, her dreams are now set on life as a mother.

Expecting her first child in October and in good health, Joanna realises the gift of life that a transplant has provided, or in her case, the gift of two lives.

Joanna's heart problems began in childhood. Chemotherapy treatment for leukaemia at the age of 10 caused a gradual deterioration in her heart function during her teenage years.

"When I was first diagnosed with heart failure the doctors thought that I had asthma and, because of my young age, they prescribed inhalers. The possibility of breathlessness due to heart failure didn't even cross their minds until one doctor ordered a chest x-ray," Joanna said.

Like the majority of heart failure patients, Joanna was prescribed various medications by various doctors to help manage her condition. By the age of 20, Joanna had developed severe cardiomyopathy (heart failure), a condition that left her barely able to walk.

"I was working full time as a laboratory assistant and had to park in a disabled parking spot very close to work. People used to look at me and judge because on the outside I appeared to be young and healthy."

Joanna was eventually referred to TPCH's Advanced Heart Failure and Cardiac Transplant Unit and was managed by the team with medications and internal defibrillators for a few more years and was then finally listed for a transplant in 2010.

"I was very fortunate to receive a transplant match within about six months, and received my new heart in early 2011," Joanna said.

"After my transplant I was able to gradually recover to live a normal life with my husband doing the things that we love to do like travelling overseas, camping and swimming. I also studied, changed careers and became a disability support worker.

"Before the transplant, I never considered having a baby. I always wanted to be a mother but my health never allowed this to be an option for me. I spoke with the transplant team about the possibility of having a baby after transplant. They said that it was possible but we needed to get through the transplant and recovery first.

"I was very fortunate to have a fantastic match and did not experience any major rejection episodes in three years. I approached the doctors again regarding the possibility of trying to get pregnant."

Doctors referred Joanna to an obstetrician at the Royal Brisbane and Women's Hospital who specialises in high risk pregnancies. Fortunately, Joanna managed to fall pregnant naturally within a few months.

Director of TPCH's Advanced Heart Failure and Cardiac Transplant Unit Dr George Javorsky said that when Joanna became pregnant, her medications were modified to minimise the risk to her unborn baby.

While Joanna admits the whole experience of expecting a baby is quite surreal, she is excited and content with the next stage in her life.

"So far, I'm travelling well. I feel fantastic and can't wait to meet my little one."

Joanna is openly appreciative of her gift of life, attending the annual Services of Remembrance held by Donate Life and proudly donning her red ribbon to thank all donors and their families.

"My donor family and I have exchanged letters through the Heart Transplant Unit and I am looking forward to giving them an update in the near future with our happy news.

"I would also like to thank all of the staff at The Prince Charles Hospital for their amazing support, taking fantastic care of my health and wellbeing over the years," Joanna said.

SAVE THE DATE

North Brisbane Mental Health
Community Resource Expo 2015

Have a Chuckle...

Laughter is Great Medicine for Mental Wellness!

Thursday 1 October 2015 | 10am - 2pm
Strathpine Community Centre

More details available soon

Enquiries: MentalHealthExpo@health.qld.gov.au

North Brisbane Mental Health
Community Resource expo





BreastScreen Queensland Northside Health Promotions Officers Doreen Orchard (left) and Nadja Ibrahim (right) with Wise Women “project champion” Narelle Armstrong.

Resource kit helps women with intellectual disability be breast aware

A new education tool to help women with an intellectual disability make informed decisions about their breast health has been launched by BreastScreen Queensland’s Brisbane Northside Service.

The Wise Women: Your guide to having a breast screen resource kit was developed for women with an intellectual or learning disability and their family, friends and carers.

The project was funded by the Metro North Hospital and Health Service, and developed in collaboration with women with an intellectual disability and disability support agencies.

Medical Director of BreastScreen Queensland Brisbane Northside Service, Dr Jane Brazier, said women with an intellectual disability are a vulnerable group in terms of their health and access to health care.

“They are more likely to have poorer health than the general community and, due to a variety of physical, mental, literacy and social issues, are less likely to take part in organised health screening programs,” Dr Brazier said.

“They should have access to breast cancer screening on the same basis as other women and we hope this resource kit will help them to make more informed decisions about their breast health.”

Dr Brazier said research indicates that the uptake of breast cancer screening in women with an intellectual disability in Australia is significantly lower than in the general population.

“We hope that by using this resource kit, women with an intellectual disability better understand what’s involved in having a mammogram and why it is important to have regular breast screens,” she said.

The Wise Women project was funded through Metro North Hospital and Health Service’s Support Explore Excel and Deliver (SEED) program.

Queensland Health’s BreastScreen Queensland Program provides free high quality breast cancer screening for women aged 40 years and over. Women aged 50 to 74 years are strongly recommended to attend for a breast screen every two years.

To book an appointment for a BreastScreen, contact 13 20 50.

Laughter is medicine for mental wellness

The sixth annual North Brisbane Mental Health Community Resource Expo will be held on Thursday 1 October from 10am–2pm at Strathpine Community Centre.

The expo will bring together government, non-government and private sector services in the one place to share their resource information with the community.

Stalls will provide information on carer, health, education, housing, employment, lifestyle support, recreation, veterans, youth, advocacy, multicultural, Aboriginal and Torres Strait Islander and social support services available in our local community.

The theme of this year’s expo is “Have a Chuckle... Laughter is Great Medicine for Mental Wellness”!

Guest speaker this year will be comedian and media personality Greg Sullavan.

Recovery from mental illness is a complex individual process. For many, noticing the lighter side of life has been useful to recovery journeys as well as for those supporting and caring for people with mental health issues.

Laughter, like a smile shared, potentially can provide not only comic relief, but a way to unite us as a society in breaking down stigma in mutual joyful experiences, and empathy.





Metro North Hospital and Health Service Executive Consultant Terry Mehan delivered the opening presentation at the Metro North Health Forum. Photo courtesy Damian Caniglia Photography.

Collaboration is key to successful health reform

Some of the brightest minds in health, aged and community care gathered in Brisbane recently for the second annual Metro North Health Forum.

The forum was hosted by Metro North Hospital and Health Service (MNHHS) and Metro North Brisbane Medicare Local, now Brisbane North PHN (Primary Health Network).

The forum was designed around the theme, Reform. Ready. Set. Go, and covered recent national health reforms, explained what they meant for the sector and provided vision for the future.

The diverse agenda covered primary and acute care, aged and community care, mental health and the National Disability Insurance Scheme.

MNHHS Executive Consultant Terry Mehan delivered the day's opening presentation.

Mr Mehan explained that the HHS knew it was a "big" participant in the local health system, but also recognised it was just one part of the system and depended on partnerships to achieve reform.

"We now accept that being big is important, but we are big in something that is bigger," Mr Mehan said, to underscore the organisation's commitment to consultation and cooperation.

Another key speaker was Telstra Health Managing Director Shane Solomon, who described the rationale behind the company's venture into eHealth.

Mr Solomon discussed overseas examples of successful eHealth systems and noted that "doctors will not go to two or three screens" to access patient medical information.

"There will never be one electronic health record – there will be many," he said.

Council on the Ageing (COTA) Chief Executive Ian Yates provided a consumer perspective about the reforms in aged and community care and discussed the National Aged Care Alliance and its "blueprint" for aged care reform and called for a much stronger interface between the health and aged care sectors.

During a concurrent session, Mental Health Australia CEO Frank Quinlan spoke about reform across the mental health sector, including the impact of the National Disability Insurance Scheme and the recommendations to come from the National Mental Health Review.

Among the other presenters were Fiona Anderson from the National Disability Insurance Agency, Dan Minchin from the Silver Chain Group, and Executive Director of Metro North Mental Health Associate Professor Brett Emmerson.

To close the forum, Medicare Local CEO Abbe Anderson delivered a presentation on the Australian Government's primary healthcare reforms and the transition to the new Brisbane North PHN.

"Cross-sector collaboration is key to successful reform and I am confident this event has shown very clearly what we can achieve by working together."



Telstra Health Managing Director Shane Solomon talks about eHealth. Photo courtesy Damian Caniglia Photography.



Delegates to the Metro North Health Forum included Tracy Zammit, Belinda Barrett, Nickie Morton and Narlean Townner.



Andrea Turvey and Glen Harriss.



Metro North HHS Executive Director of Allied Health Mark Butterworth with Shirley Darlison and Suzanne Lister from the Department of Housing and Public Works.



Anne Gore and Jacqui Cameron.



Dan Minchin, Head of Strategy and General Manager, Silver Chain Group (left); Jeff Cheverton, Deputy CEO, Brisbane North PHN; Terry Mehan, Executive Consultant, Metro North Hospital and Health Service, and Abbe Anderson, CEO, Brisbane North PHN



Stroke patients get a new grasp on life

Being able to brush your teeth or hold a coffee cup are simple, everyday tasks most of us take for granted.

For stroke patient Russ Noyes, they are significant milestones on the rehabilitation road.

Russ suffered a devastating stroke in September 2013, which left him paralysed on one side of his body and unable to speak or walk.

Nearly two years on, he made significant progress in his recovery and regained lost independence thanks to a rehabilitation program managed by occupational therapists and physiotherapists from Brighton Health Campus and a mechanical arm.

The arm now has been added to the rehabilitation program for patients who have suffered a stroke or another neurological condition. It uses dynamic and static splinting systems to allow stroke or serious brain injury patients retrain their muscles and brain to regain lost function.

Clinical Lead Physiotherapist at Brighton Health Campus Paul Bew said the rehab unit acquired the new technology for use in occupational therapy (OT) and physiotherapy sessions to help patients recover sooner after seeing the success Russ was achieving with its use.

“Being able to provide our patients with this technology will have a huge impact on their rehabilitation,” Paul said.

“We’ve already seen some great results and we have patients practicing for up to 90 minutes on the device as part of their daily rehab program.”

Paul said the device is capable of teaching the brain to re-program itself and allows patients to re-learn how to use their hands through functional repetitive activity.

“It enables patients to regain use of their arms and hands, giving them back independence and improving their quality of life.

“As well as doing traditional therapy exercises, clients will be able to immediately use their hands to perform everyday tasks, which we hope will advance their recovery.”

Russ, and his wife Kerry, purchased their own mechanical arm late last year and have set up a rehab program at home to progress Russ’s recovery and enhance his monthly OT and physio session at Brighton.

“It’s important to keep up the routine,” Russ said.

“I have the self-motivation to push myself, and with my wife’s support I keep achieving goals. I keep improving. I couldn’t even touch my nose before, now I can.

The rehabilitation unit at Brighton Health Campus now has nine devices available for stroke and neurological patients.

Paul said people who are up to 20 years post neurological injury show improvements in proximal strength and control of their affected arm.

“It is a great experience to take many years of clinical research and use it to directly influence the lives of individual patients and their families,” Paul said.

Stroke patient Russ Noyes has made significant progress in his recovery and regained lost independence thanks to a rehabilitation program managed by occupational therapists and physiotherapists from Brighton Health Campus and a mechanical arm, which allows him to incorporate hand functionality in therapy and at home by supporting the weakened wrist, hand and fingers.



Metro North staff weigh in on obesity crisis

Metro North staff have joined a statewide conversation on obesity prevention.

The Queensland Clinical Senate and Health Consumers Queensland forum—‘Every K over is not okay – putting the brakes on obesity’—brought clinicians and consumers together to canvass strategies to stop the state’s obesity epidemic.

Redcliffe Hospital Intensive Care Unit Director Dr Hamish Pollock, Royal Brisbane and Women’s Hospital Surgery and Perioperative Services Nursing Director Sue Cadigan, and Prince Charles Hospital Senior Dietitian Jack Bell took part in the 31 July meeting at the Brisbane Convention Centre.

Doctors, Anthony Bell, Liz Kenny, Jeff Rowland, Stephen Morrison and Rebecca Kimble, who represent various statewide clinical networks on the Senate, also attended.

Senate chairperson Dr David Rosengren said the need to denormalise obesity was a critical issue for Queensland.

“It is not OK that more than 65 per cent of Queensland’s adults and 25 per cent of the state’s children are overweight or obese,” he said.

“We need to intervene now so that our kids have the best opportunity to step up in life and enter adulthood as healthy young people.”

More than 160 clinicians and consumers attended the forum. From the discussions it was clear that Queensland needs:

- a systems approach to obesity prevention with the establishment of a whole of government policy agenda
- a strong statement of intent from the health system in Queensland demonstrating a commitment to a healthy workforce and healthy community
- clinicians and consumers working in partnership to develop and implement strategies so that monitoring weight is accepted by the community and incorporated into standard health care delivery.

Recommendations are expected to be finalised soon.

For more information about the Senate, visit:

<http://www.health.qld.gov.au/clinical-practice/engagement/clinical-senate/default.asp>



European honours for pharmacist

Professor Jason Roberts, a consultant pharmacist at Royal Brisbane and Women’s Hospital, was presented with the Young Investigator Award, presented in Copenhagen. The award acknowledges excellence in research and aims to stimulate further high-quality research.

Senior Intensive Care Consultant Pharmacist at Royal Brisbane and Women’s Hospital (RBWH) and University of Queensland clinical scientist, Professor Jason Roberts, has won a prestigious European award for potentially life-saving antibiotic drug therapy research.

Prof. Roberts said the European Society of Clinical Microbiology and Infectious Diseases Young Investigator Award was an important acknowledgement of the work created by a network of researchers.

It was awarded in recognition of Prof. Roberts’ research into preventative treatments for dangerous multi-drug resistant bacteria, or superbugs, as part of his work on immunity and infectious diseases at UQ’s School of Medicine and the UQ Centre for Clinical Research (UQCCR).

His research was part of a growing body of work that aims to combat the rising global threat superbugs posed to public health.

“Our research seeks to stop people dying from infection in the ICU, but also to minimise the emergence of superbugs,” Prof. Roberts said.

“Antibiotic dosing is a key component of this, and we aim to develop antibiotic doses that will stop the emergence of superbugs, which are a threat to modern healthcare.”

Prof. Roberts said the research outcomes should result in better healthcare and ways to safeguard precious antibiotics.

Specialist outpatients kick wait list goals

The Specialist Outpatients Department at Caboolture Hospital has significantly reduced people on long wait lists to see a specialist.

Nurse Unit Manager Pauline Rolph said the Specialist Outpatients Department has had many achievements in the past 12 months, the most impressive of which is the drastic reduction in long wait patients for specialist services.

“In January 2014, there was an average of 800 patients on the wait list in both category 2 and category 3,” she said.

“In January 2015, this had been reduced to less than 100 patients for category 2 and under 200 patients for category 3.

“What an amazing effort by the Specialist Outpatient Department.”

Pauline said SOPD still had a lot more up their sleeve for wait list reduction. They are also introducing SMS notification for appointments, including the ability for patients to confirm their appointment via SMS.

“This will greatly reduce the amount of ‘Failed to Attend’ appointments and confusion with patients attending appointments that had not been confirmed,” Pauline said.

Pine Rivers orthopaedic patients get moving sooner

More than 550 patients with complex musculoskeletal conditions have been seen under the Orthopaedic Screening in Primary Care Service (OSIP) at Pine Rivers Community Health Centre since the program started in May 2014.

The service targets non-urgent patients with Category 2 and 3 musculoskeletal conditions who would otherwise wait long periods for hospital orthopaedic outpatient appointments.

The OSIP service provides comprehensive assessment and management planning by a post-graduate qualified Musculoskeletal Physiotherapist experienced in screening patients on orthopaedic and neurosurgical waiting lists. The service can also facilitate access to co-ordinated multidisciplinary treatment options including physiotherapy, nutrition and dietetics and psychology.

Both patients and GPs have welcomed the service, with 47 per cent of new patients seen since June 2014 referred to the service directly by their local GP. Patients are offered an appointment within approximately one month of referral and communication from the Musculoskeletal Physiotherapist is made to referring GPs following each consultation.

Clinical outcomes of the OSIP service have been positive, with 68 per cent of patients successfully managed in the community with no further need for a hospital orthopaedic service. In 13 per cent of cases, the patient's initial referral was escalated as a result of their review in the OSIP service.

Local GPs have provided positive feedback on the service, with one commenting, "My patient has received excellent service, I am very happy with the outcome."

Patients suitable for referral are those with non-urgent (Category 2 and 3) musculoskeletal conditions which are becoming (or may become) chronic or complex, such as low back pain, rotator cuff tendinopathy and knee and hip osteoarthritis, who would otherwise be referred to hospital orthopaedic outpatient services.

Full referral guidelines and service details are available by contacting the Orthopaedic Screening in Primary Care team.



Orthopaedic Screening in Primary Care

Fax: (preferred) 3817 6377

Post: Pine Rivers Community Health Centre, 568 Gympie Road, Strathpine QLD 4500

Phone: 07 3817 6357

Email: osippinerivers@health.qld.gov.au

Funding boost for mental health

More than \$500,000 will be given to four system reform projects to better support the recovery of people with long-term, severe mental illness and complex needs.

The North Brisbane Partners in Recovery (PiR) Innovation Fund supports collaborative activities that reform the human services system to improve the lives of people with mental illness.

Brisbane North PHN leads a 13-member consortium, which collectively oversees the PiR initiative in Brisbane North and the Moreton Bay region.

Brisbane North PHN Deputy Chief Executive Jeff Cheverton said that to be eligible for funding, Innovation Fund projects needed to contribute to achieving one of four system reform outcomes.

"Projects addressing the physical health needs of people with mental illness were a key focus and a collaboration led by PCYC Qld was successful this year," Mr Cheverton said.

"This is an important area because the evidence tells us rates of chronic illness, including obesity and diabetes, as well as tobacco use, are much higher for people with a mental illness."

Funding was also available for projects that support people who have a dual diagnosis of a mental illness and a substance use disorder.

A project led by the Queensland Network of Alcohol and other Drug Agencies Ltd successfully applied for funding under the dual diagnosis category.

Carers, family and informal support was another key outcome area. Next Health Pty Ltd and 'Isis' – The Eating Issues Centre and Eating Disorder Association – were the successful lead agencies under this category.

"Caring for people with mental illness often falls to family and friends, usually over a long period of time, and this can result in significant strain," Mr Cheverton said.

"We want to build a service system that involves and supports carers in the care of adults with severe and persistent mental illness who have complex needs," he said.

For more information about North Brisbane Partners in Recovery, visit: www.northbrisbane.pirinitiative.com.au.



Brisbane North PHN Deputy Chief Executive Jeff Cheverton



Fresh food at the push of a button 24/7

Staff, patients and visitors to Royal Brisbane and Women's Hospital (RBWH) now have better access to fresh, healthy eating options at the press of a button.

City Pantry provides a range of wholesome food 24/7. The customised vending machines are stocked daily with seasonal fruits and vegetables, nuts, ready-made snacks, healthy meals, Greek-style gourmet yoghurts, fresh salads, smoothies and gluten-free savoury snacks.

RBWH Acting Commercial Services manager Ralda MacGregor said City Pantry was a welcome addition to the hospital's services.

City Pantry includes the Banana Bar and Fruitbar as well as the gourmet meal and snack range. A preparation station with microwaves is adjacent to the vending machines.

City Pantry's customised vending machines offer 24/7 access to a range of seasonal fruit and vegies, fresh salads, yoghurts and gluten-free savoury snack. The locally grown produce is selected by Colin Follett.

October is Breast Cancer Awareness Month and a timely reminder for eligible women to take advantage of the free BreastScreen Queensland Program.

Dr Jane Brazier, Medical Director of BreastScreen Queensland Brisbane Northside Service, said breast cancer will affect one in eight women by the age of 85.

"The good news is that finding breast cancer at an early stage increases the chances of successful treatment and wellbeing," Dr Brazier said.

"A breastscan is the best way of finding breast cancers early, even before they can be felt or other signs are noticed.

"This investment in your health takes just 30 minutes every two years. "

Dr Brazier said all BreastScreen radiographers are women and no doctor's referral is needed for this free service.

She also reminded women to be breast aware and to see a doctor as soon as possible if they notice any breast changes.

"It is important for all women to get to know the normal look and feel of their breasts. You don't need to be an expert or use a special technique to check your breasts," she said.

"Changes to look out for, include: a persistent lump, lumpiness or thickening, changes to the nipple such as crusting, ulceration, redness or drawing in of the nipple, discharge from the nipple, any change of the shape, feel, size or colour of the breast, dimpling or puckering of the skin, unusual breast pain which is not associated with a monthly menstrual cycle or any other breast changes that concern you."

BreastScreen Queensland encourages women aged 50 to 74 years to have regular two-yearly breastscans. Women in their forties, and 75 years and over are also eligible to attend.

Brisbane Northside services are available at Chermiside, Brisbane City, Keperra, Kippa-Ring, North Lakes and Indooroopilly. After-hours appointments are offered including early morning and some Saturday appointments. Eligible women can book an appointment at their nearest service by phoning 13 20 50.

FREE Breast Cancer Screening at a location near you

Are you a woman? Are you getting older? Is your health important?

Yes? If you are 50 or over, spare 30 minutes every 2 years to visit BreastScreen Queensland for your free breastscan. Women in their forties are also eligible to attend.

Make an appointment today! Call 13 20 50

Early detection saves lives
www.breastscreen.qld.gov.au



Deb, veteran renovator, camping enthusiast and mum of three boys.



Improving health for Baby Binungs

Healthy Hearing Program team members at the Royal Brisbane and Women's Hospital (from left) Jane Powell, Lisa Lightfoot, Rhonda Maloney and Merrill Kuskie, launched their Deadly Ears Program during NAIDOC Week. Pictured with them are Bonny Marsh (left) and Leanne White (right) of the Deadly Ears Program, which aims to reduce high rates of conductive hearing loss attributable to middle ear disease in Aboriginal and Torres Strait children.

Healthy Hearing midwives and nurses have a new tool to improve health outcomes for Aboriginal and Torres Strait Islander children with the introduction of the Baby Binungs project at Royal Brisbane and Women's Hospital.

'Binungs' is an Aboriginal word for 'ears'. The Baby Binungs project involves providing culturally responsive resources to parents of Aboriginal and Torres Strait Islander newborns about the signs and symptoms of middle ear disease. These resources are provided at the time of the newborn hearing screen.

The project also includes providing training for midwives and nurses on how to use these resources to engage in conversations with parents about ear health and monitoring their baby's hearing. Healthy Hearing is working in conjunction with the Deadly Ears program to deliver this project.

Aboriginal and Torres Strait Islander children currently have the highest rates of middle ear disease in the world. Ear and hearing health is a major public health concern because the impact of middle ear disease and hearing loss can have lifelong consequences.

Speech pathologist Bonny Marsh said when middle ear disease occurs during infancy and early childhood it affects a child's developmental, social and educational opportunities, but it can be prevented.

"Parents need to ask their GPs or Child Health Nurses to check their bubbas' ears to catch it early," she said. "

All kids can have ear infections at some time, but we need to educate families regarding what to look for and what to do."

Deadly Ears Health Promotion Officer Leanne White said it's important for health professionals to be aware of the early onset and impact of ear disease from infancy for Aboriginal and Torres Strait Islander children and ensure they have the capacity to discuss ear health with families.

Baby Binungs resources are provided to parents of Aboriginal and Torres Strait Islander children at the time of the newborn hearing screen. The project empowers families to be advocates for their children's ear health.

Royal Brisbane and Women's Hospital is one of eight sites participating in the Baby Binungs project and trialling the resources. Merrill Kuskie is the Healthy Hearing site coordinator for the hospital.

"We encourage all parents to monitor their babies hearing, as hearing can change," Ms Kuskie said.

"It is important that parents are aware of ear disease and know how to seek help."

The team hopes the evaluation of the Baby Binungs project will inform a rollout across all Queensland maternity sites from next year.



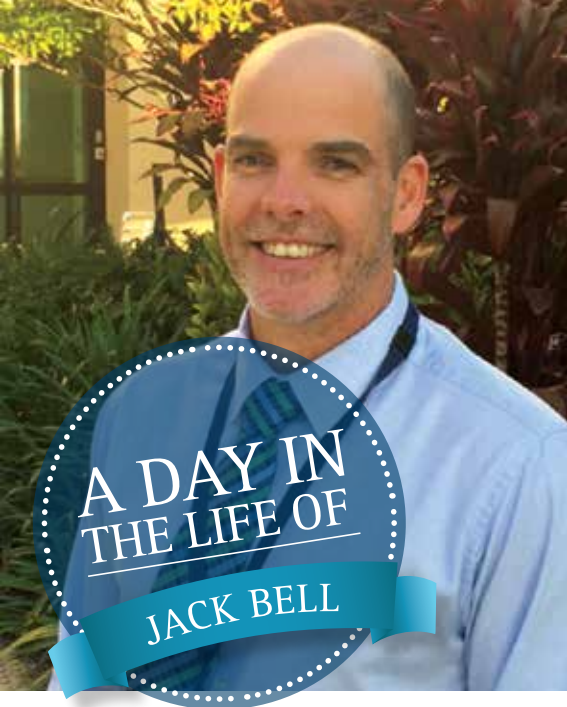
Herston Dialysis Unit refurbishment

The Herston Dialysis Unit at the RBWH is undergoing a facelift to enhance the environment for patients who spend many hours in the unit receiving treatment.

The project will be in phases to allow for continued service. The work includes replacing ceilings, sinks and lights, painting the walls and buffing the floor throughout the clinic areas, the offices and the dialysis unit.

The renovation began on 20 July and is expected to take up to 24 weeks.

The Herston Dialysis Unit has 21 beds including five for acute patients. Dialysis services are also offered at The Prince Charles and Redcliffe Hospitals, North Lakes, Nundah and North West health centres, and Stafford Kidney Health.



TPCH Dietician Jack Bell was recently acknowledged as one of Australia's leading dietitians when he was awarded the Advanced Accredited Practising Dietitian (AdvAPD) credential for 2015. The highly-regarded credential, which is endorsed by the Dietitians Association of Australia (DAA), recognises proactive leaders who integrate high level nutrition and dietetic skills to influence the health of the community.

Position/job title:

Senior Dietitian, The Prince Charles Hospital

How long have you been in the job?

I've worked at TPCH for around four years after almost 15 years at RBWH.

What does your role involve?

As a senior dietitian, my role involves balancing multidisciplinary patient care, clinical education, research and strategic clinical service management, and representative roles such as TPCH Clinical Council and Queensland Clinical Senate.

What does a typical work day look like?

When I first arrive, I check my emails and other correspondence over a coffee. From there, I do a Ward 2CD multidisciplinary board round and subsequently plan the day with our nutrition assistant and students. Next up, I see patients and also supervise the students. Generally I have at least one meeting to attend during the day. And in there, I have some cake! At lunch, I do a sneaky gym session (to help burn off the cake) and then return to the office where I spend some time writing parts of a research manuscript. After this, I return to the ward to see some more patients and work with the multidisciplinary team for patient care / discharge planning, deliver some professional development, check with the nutrition assistant on delegated tasks, plan next day discharges, sort out emails and then go home.

How did you get into a career in health?

I loved biochemistry and human physiology, scientific process and speaking to people so a health related job was in my sights. However, I didn't have the means to buy my own medical or vet practice. And furthermore, working as a roof tiler, I found it quite hot in summer... so given my love of food, Dietetics it was!

Is it your first career or have you made a change from another work environment?

I've worked as a roof tiler, chef's assistant, farmhand, professional crayfisherman, library clerk, web publisher, safety and quality senior project officer, and for Arthur Murray School of Dance.

What's the best part of your job?

Working with and learning from patients and the very eclectic group of local, national, and international people I work with day in, day out. I really enjoy the many opportunities I have to represent patients, taxpayers, dietetics and allied health, and broader healthcare service providers when planning and reviewing how clinical services can be developed and delivered locally and more broadly.

Any particular highlights for you in 2015?

Work-wise it was nice to be recognised with the Advanced APD credential. I also am enjoying active involvement in the Queensland Clinical Senate. Mind you, two week holidays 'snow camping' with the family ("best holiday ever" unsolicited independent quotes from both kids) is hard to beat as a highlight.

What do you enjoy doing outside of work – how do you relax?

My life focuses on church and family. So you could see me (wait for it) singing in the choir on Sunday, team leading paving / concreting, camping up the beach, fishing, riding skateboards, or even taking my wife out on a date to 'The Hills' pub. Yep, I'm multi-talented, and clearly all class. Did I forget to mention Ugg boots in winter and 'pluggers' in summer?

As a Dietician, what is your favourite food?

Toss up between pizza or smoked Czech sausage on a fresh bread roll with onions, both of which are perfectly matched with a cold beer.



In front of the display are (from left) Clinical Nurses Renae McMillan, Jenny Reuterink and Katie Bone, Nurse Unit Manager Kerrie Garrad and Nurse Educator Judy Brady.

Increasing patient safety with transparent tool

One of the walls of the rehab unit at Redcliffe Hospital has been transformed into a board that displays up-to-date key performance indicators and milestones achieved by the unit.

Staff at the rehab unit have introduced the innovative patient safety tool to increase efficiencies and acknowledge staff performance.

Given the types of patients treated in the rehab ward, the unit works to 10 standards and has to deal with a number of issues such as falls, pressure injuries, clinical handover, medication safety and infections.

Nurse Unit Manager Kerrie Garrad said the system had been introduced to display these clinical standards and to detail the improvements to show the staff's continual commitment to improving patient safety and outcomes.

The board also displays results on staff wellbeing and patient experience and feedback.

"It's really all about showing people how we are going as a unit," she said.

Kerrie said the inclusion of patient feedback was an important part of the new system.

"We're very good here at collecting patient feedback, so it's important to us to have that up on the board as well," she said.

"It's a great tool to promote safety and to help us become more efficient in our care."



Australia's first Centre of Research Excellence in Chronic Kidney Disease

The first annual meeting for the Centre of Research Excellence for chronic kidney disease (CKD) was hosted at the Royal Brisbane and Women's Hospital Education Centre in July. The meeting provided a platform to outline and discuss the five year research plan and expected outcomes, and included research capacity building and education, and patient advocacy and engagement. Funded by the National Health and Medical Research Council, the NHMRC CKD. CRE, the Centre is based at the RBWH campus. The centre is headed by Professor Wendy Hoy from the University of Queensland (left), pictured here with Professor Jeff Coombes, and UQ researchers Donna Reidlinger and Alicia Morrish.

Kidney Health Australia's Tim Mathew, Allan Collins, Anne Revell, Anne Wilson (CEO), Amber Williamson, and patients Graham Jones, Kylie Randall, May Vincent



Prof Wendy Hoy, Jeff Coombes and UQ researchers Donna Reidlinger and Alicia Morrish



CKD Qld's Julie Kirby, Joanna Sudak, Zaimin Wang



Geoff Mitchell, UQ General Practice, and Zoltan Endre, head of Nephrology at Prince of Wales Hospital Sydney

Boost to Cancer Genetics Services in Queensland



Cancer patients throughout Queensland now have improved access to genetic counselling via telehealth.

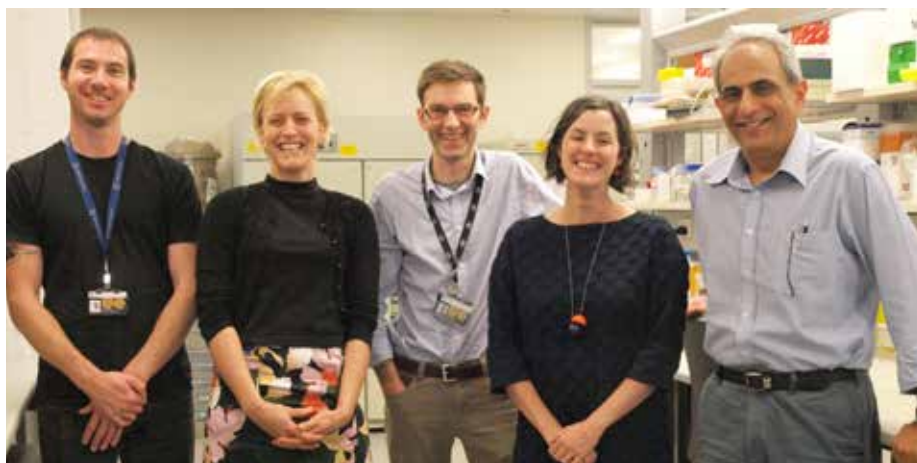
Genetic Health Queensland is expanding its statewide telehealth service with a Women's Cancer Genetic Service dedicated to supporting women with breast, gynaecological and other cancers.

The expanded service allows for increased testing and includes two new positions, Genetic Counsellor Karen Crowe at Nambour Hospital and Associate Genetic Counsellor Camron Ebzery at Genetic Health's RBWH offices.

Karen and Camron, with support from the cancer genetics specialists, will deliver services to regional Queensland, initially focussing on areas which have previously had the longest waiting times. Since the new service started in June, they have already supported patients in central and far north Queensland including Cooktown, Atherton and Charters Towers.

Genetic Health Queensland's Director Julie McGaughran said the service will provide significant benefits to regional patients as they are seen close to home avoiding lengthy travel times and costs.

"We hope to expand this service in the future to include additional medical and administration support to further decrease waiting times," she said.



Kaltin Ferguson, Jodi Saunus, Jodi Peter Simpson, Amy Reed and Sunil Lakhani from the from the UQ Centre for Clinical Research are researching treatment options for metastatic brain cancer.

Tissue bank pays dividends for brain cancer research

Checking what's in the bank – the Brisbane Breast Bank that is - has paid dividends for University of Queensland cancer researchers.

Dr Jodi Saunus and Professor Sunil Lakhani, from the UQ Centre for Clinical Research at Herston, have worked with rare metastatic brain tumour samples to discover genetic information that could lead to new cancer treatments.

Metastatic brain tumours – cancers that have spread to the brain from another tumour – are currently incurable, with life expectancy ranging from a few months to a few years after diagnosis.

Dr Saunus said their study was the first of its kind to use genome sequencing to examine a cohort of secondary brain tumours.

"This study deepens our understanding of secondary brain tumours and highlights opportunities for new drug targets," she said.

"We have identified particular genes and inter-related networks of genes linked to the development of brain metastases.

"We have also found potential drug targets in a large proportion of the tumours, including a molecule called HER3 that we had already been investigating."

Dr Saunus said new treatment options for metastatic brain cancer patients were desperately needed.

"Identifying new targets could have a huge impact on fighting this disease, as it lays a foundation for the development of new treatments," she said.

"With the incidence of brain metastases increasing, the burden of this complication is now greater than any individual cancer type.

"Despite being responsible for most cancer-related deaths and illness, secondary cancers are not a current focus of large-scale cancer genome sequencing studies.

"However, with increasing development of more effective cancer treatments, there could be new opportunities to explore."

Dr Saunus said the discoveries would not have been possible without the valuable samples provided by the Brisbane Breast Bank, as metastatic brain cancer tissue samples were not easy to come by.

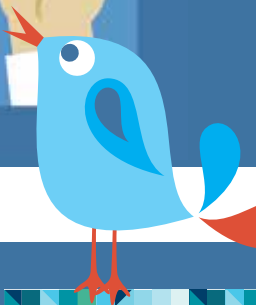
She said the research team anticipated the data from the study would be more extensively analysed by the international research community.

Researchers worked in collaboration with Royal Brisbane and Women's Hospital, pathology Queensland, UQ's Institute for Molecular Bioscience and the QIMR Berghofer Medical Research Institute.

The study is published in *The Journal of Pathology*.

Are you following us on social media?

Metro North Hospital and Health Service (MNHHS) is on Facebook, Twitter and LinkedIn. Like us to get updates on what's happening in and around your hospital and health service.



[facebook.com/
MetroNorthHHS](https://www.facebook.com/MetroNorthHHS)



[twitter.com/
@MetroNorthHHS](https://twitter.com/MetroNorthHHS)



[Metro North Hospital and
Health Service](https://www.linkedin.com/company/metro-north-hospital-and-health-service)



<http://creativecommons.org/licenses/by/2.5/au/>
© State of Queensland (Queensland Health) 2015

Produced by Metro North Communication
Phone: (07) 3647 9514 or (07) 3647 9516
Email: MetroNorthEngage@health.qld.gov.au