



AUTUMN EDITION

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Message from the Foundation

The cyclone season is almost over and the Hospital Foundation is saddling up for the first major outdoor event on its annual fundraising calendar - Wayne Leonard's Motorcycle Muster, on 17 and 18 May!

This year, Muster participants will be riding from Cairns to Cooktown to raise money to purchase a portable Fast Scanner/ultrasound machine for the Emergency Department at Cairns Hospital.

The sooner ED staff can identify potentially fatal internal injuries in a patient, the sooner they can start trying to save that patient's life. This scanner would be a valuable addition to their diagnostic tools as it can be wheeled to the bedside of a trauma patient, saving precious minutes that would be otherwise lost if staff had to transport the patient to another part of the hospital to undergo a scan.

If donning a motorbike helmet is not your thing, but you live in the Cairns area and would still like to help the Foundation raise money for that scanner, then our Volunteer Program Manager, Anne Chirio, would love to hear from you. She is currently looking for volunteers to sell Motorcycle Muster raffle tickets in local shopping centres. (Her contact number is 4226 8993 or email anne.chirio@fnqhf.org.au).

We are in the home stretch regarding our fundraising goal of \$1.28 million for the Paediatric Playground Project, which will establish a fantastic playground outside the Cairns Hospital children's ward, for sick and injured youngsters with varying levels of physical and sensory abilities.

We are just \$150,000 short of our target figure, so if you would like to help us get over the line and bring this very special project closer to fruition, please donate now!

Tony Franz
CEO
Far North Queensland Hospital Foundation

Supporters saddle up for Muster

For more information about Wayne Leonard's Motorcycle Muster or to make an online donation to one of the riders, please visit: www.motorclemuster.com.au or contact Far North Queensland Hospital Foundation Fundraising and Marketing Manager, Glenys Duncombe, on 4226 6327.

Lawyer in leathers

At the end of the working week, Queensland Police Service Senior Prosecutor, Michelle Emeleus, swaps her conservative suits for motorcycle leathers.

Lawyer, mother-of-two and motorbike rider, she has no problem wearing different hats (or helmets) at different times during her busy life. In fact, she enjoys it – which is why she is looking forward to taking part in Wayne Leonard's Motorcycle Muster with her husband, Jack, for the sixth time, in May.



Jack and Michelle Emeleus at the 2012 Motorcycle Muster

Every year, "Nanna flies up from Sydney" to care for her grandsons, Ben, aged 7 and William, 5, while the Brinsmead couple climb aboard Jack's motorbike and take off on the annual ride, which raises funds for the Far North Queensland Hospital Foundation. This year, they will be travelling from Cairns to Cooktown.

"It's really different to what I normally do and I meet really different people as well," observed Mrs Emeleus. "Riding through town together in our orange Motorcycle Muster t-shirts and waving at everyone is a lot of fun."

Although she has a motorbike license, she prefers to ride as a pillion passenger, which allows her to "sit back, relax and enjoy the ride".

Thirty-four year-old Michelle and Jack, 35, a career firefighter, have been together since high school in Sydney. "Jack got his motorbike license as soon as he could," she remembers. "He used to give me a lift to university on his bike."

Although the couple have been together for 18 years, Mrs Emeleus remains vague about the kind of technical details revered by her husband. She has no idea of the make and/or size of the first motorbike that he bought.

"I know it was purple," she said.

His current bike is "blue" ... or at least one of them is.

"There may be another three or four in the shed," she said vaguely. "He's had a lot of bikes over the years, in various states of disrepair. He likes tinkering with them. At one point he had seven – some in pieces."

Luckily, young Ben is keen on motorbikes and will soon be old enough to talk the torque, so to speak, with his dad. At present, he can't wait to turn 10, when he will be legally allowed to ride as a pillion passenger on Jack's bike.

Then both he and his mum will be vying for the pillion seat during the 2017 Motorcycle Muster!

A happier ending

Some motorbike enthusiasts might be tempted to explore other recreational options, if the day ever came when they found themselves impaled on the handle bars of their own bike.

But Atherton-based generalist counsellor, John Huntly, who regularly assists his patients to deal with a range of traumas, is pretty blasé about his own close encounter with a Harley handle bar, and can't wait to take part in this year's Wayne Leonard's Motorcycle Muster, between Cooktown and Cairns, on 17 and 18 May.



Coming over the top of a blind hill in Brisbane in 2000, Mr Huntly was surprised to encounter a stationary car in the middle of the road. There was no time to take evasive action. His Harley hit the back of the car at around 45 km per hour.

Both the bike, "which only had 900 km on the clock" and the rider (who had 40 years on the clock) did not fare well.

Mr Huntly flew up in the air and came down on one of the smashed bike's handle bars, which entered his rectum and emerged through his stomach.

Luckily there was an ambulance attending an elderly patient living in the same street, so Mr Huntly didn't have to wait long to be transported to the nearby QE II Hospital. Not that he was impatient – he wasn't even conscious.

"By the time I woke up, I was in a hospital bed, covered in splints and bandages." he said chirpily. (He also smashed both bones in his right arm during the accident.)

Mr Huntly spent four months in hospital, followed by three months at home confined to bed. The colostomy bag came out after three months, but the steel rods in his arm are there to stay.

As soon as he was able, the battered biker hobbled back to the motorbike dealer who had sold him his "late" Harley and ordered another one.

Apart from the steel rods in his arm (and a – no doubt – impressive scar lower down), the crash left Mr Huntly with a keen appreciation of the role that hospitals play in patching up accident victims such as himself.

He is looking forward to take his Harley out for a spin to better equip Cairns Hospital's Emergency Department (ED).

This year's Motorcycle Muster aims to raise \$70,000 to enable the Far North Queensland Hospital Foundation to purchase a portable Fast Scanner ultra-sound machine for the ED.

Now screening ...

Mareeba Hospital staff can now be confident they won't miss a beat as far as patient observation is concerned, since the arrival of four new cardiac monitors worth a total of more than \$70,000.

Until recently, the hospital possessed only one monitor, which meant that medical staff were unable to observe more than one patient at a time – and any additional patients who require cardiac monitoring have been obliged to travel to Cairns Hospital for treatment.



Donors Leslie and Anne Mills (in background) inspect the new monitors with Nurse Unit Manager, Robyn George

The new cardiac monitors were purchased by the Far North Queensland Hospital Foundation, following a generous donation from long-term supporters, Leslie and Anne Mills, on behalf of the Mills Family Foundation.

Nurse Unit Manager, Robyn George, said the new monitors would significantly improve patient care.

"The new machines can take a tracing of the heart at the push of a button and provide medical staff with real-time data on the patient's condition," she said.

"The old monitor does not have this capacity. We had to wheel in a second machine – an ECG – and attach it to the patient to obtain the same data."

The new, wall-mounted monitors, which are connected to a central computer, will also boost staff efficiency, according to Ms George.

"It will be terrific for our nursing staff to be able to be able to observe all four monitors from one central location at the nurses' station," she said.

Paediatric Playground Project update

Jhett flight

Sadly, for some children, a trip to hospital is not a one-off event. Cairns toddler, Jhett, aged two, was born with serious heart defects and other health issues, which mean he is a regular patient in the children's ward at Cairns Hospital and also flies to Brisbane for treatment with his mum, Claire.

"Having a lovely playground outside the children's ward will transform hospital visits for Jhett," she said.



The Lions' share

"Big kids", with big hearts ... Barrier Reef Lions Club members (see right) "test" some of the old play equipment outside the paediatric ward at Cairns Hospital, after donating \$5000 towards the planned construction of a very special new playground on the site.

The Far North Queensland Hospital Foundation is now just \$150,000 short of the target figure for the Paediatric Playground Project – \$1.23 million – which will transform a barren concrete deck outside the children's ward into a playground designed to cater for children with varying sensory and physical abilities.

The playground will incorporate play equipment that is accessible from ground level, as well as items that can be reached by children in wheel chairs.

"Play is a vital stepping stone in the recovery process for sick or injured children," observed Hospital Foundation Fundraising and Marketing Manager, Glenys Duncombe.

"And a playground is also a refuge from clinical reminders of health problems. It's a place where they can remember they are children, not just patients."

Barrier Reef Lions Club chairperson, Rachel Davey, said the club was happy to get behind such a worthy cause.

"Most of us have children and grandchildren, so we realise how much this playground will mean to families in the region."

We took the wrap!

The Hospital Foundation was "wrapt" when staff at Myer, Cairns Central, nominated the charity to run a Christmas gift wrap service in the store last December to raise money for the Paediatric Playground Project.

"What's not to like about assisting a local project that is going to mean so much to sick children and their families," said Myer Community Fund Officer, Jessica Brady. The gift wrap raised \$2,110!



Great sense of focus!

A group of Cairns optometrists didn't have to look far to find a great project to support! The locally-owned Specsavers stores at Earlville, Smithfield and Cairns Central recently donated \$800 to the Paediatric Playground Project.

"You can't go wrong supporting something that will benefit kids," said Suzanne Smith, co-owner of Specsavers Earlville. "This hospital playground is going to be awesome!"



New dialysis machines for Cooktown

The Far North Queensland Hospital Foundation has purchased two additional dialysis machines, worth a total of \$35,500, to help Cooktown Hospital's Renal Service cope with the growing number patients requiring dialysis.

Prior to acquiring this new equipment, the Renal Service was operating without a spare machine to provide back-up if one of the machines in use experienced system failure.

Nurse Unit Manager, Karen Coad, said that the increase in dialysis patients had put greater pressure on the Renal Service to avoid any disruption to treatment resulting from machine faults.

The number of patients receiving regular dialysis treatment at Cooktown Hospital jumped from three in 2009 to 12 in 2012. The current figure is nine.

"Before the two new dialysis machines arrived, we were relying on three machines on loan from Cairns Hospital to help us meet the dialysis needs of patients," said Ms Coad.

Patients attend the Cooktown Hospital three times a week for dialysis treatment – a procedure that takes five to six hours per visit.

The Hospital Foundation has previously purchased two dialysis machines for the hospital (one in 2010 and another in 2011), as well as four dialysis chairs and a ceiling mounted television system.



All in vein!

Inserting a needle into a patient's vein can be a challenging procedure for medical staff and a painful one for the patient. It can also be a matter of life or death.

The Innisfail Friends of the Foundation recently received an \$8,400 donation from the Cowley Beach Fishing Club which has enabled them to equip the Innisfail Hospital Emergency Department with a revolutionary device that literally makes light work of inserting needles.

The AccuVein, which resembles a hand torch, emits an infrared light that immediately illuminates the veins beneath the skin like a road map, when it is shone over the surface of a patient's arm (or other part of their body).

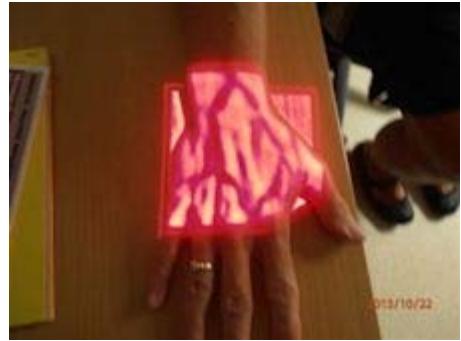


Acting Nurse Unit Manager, Anna Hope, checks out the AccuVein, in the company of members of the Innisfail FoF and the Cowley Beach Fishing Club

"The staff of the Emergency Department are very excited about this new piece of equipment," said Acting Nurse Unit Manager, Anna Hope.

"It will reduce patient discomfort by reducing the number of attempts that have to be made to locate and insert intravenous needles."

Medications are delivered intravenously to treat a range of emergency conditions, such as anaphylactic shock, cardiac arrest and haemorrhages. Any delays in finding a vein and successfully inserting the needle can have a dramatic outcome on the patient's chances of survival.



"D" best place to eat

The Hospital Foundation's new cafe, due to open in June, will be a boon for visitors, patients and busy Cairns Hospital staff, who have a lot on their plate and need a fast, but nutritious, "food injection" during the day.

The light, bright and airy eaterie, to be located on the ground floor of the new Block D hospital development, will be known as (surprise, surprise) ... D Cafe.



Artist's impression of the new cafe

It will feature an express "Grab and Go" section, with a selection of light meals, snacks and hot dishes for those in a hurry, as well as a self-ordering kiosk that allows customers to order and pay, without having to queue.

As for the menu, customers are in for an ever-changing range of gastronomic treats, including:

- Tasty, tailor-made sandwiches: choose from a variety of tempting fillings and an assortment of breads, including wraps, ciabatta bread, focaccia and panini.
- A colourful, fresh salad bar: put some crunch into your lunch, with cafe favourites, as well as exciting new combinations.
- Tastebuds on tour: explore savoury sensations from around the world, including hot pots, stir fries, curries and casseroles, served on steamed brown rice.
- Pizza perfecto: get all fired up about the range of wood-fired pizzas.
- Full of beans: choose from two different blends, depending on your personal tastes and how much caffeine you crave.
- Get the drop on healthy beverages: sample some of the delicious and nutritious smoothies and freshly-squeezed fruit juices on the menu.

Food for thought

FNQ Hospital Foundation Commercial Operations Manager and self-confessed "foodie", Steve McGuiness, who oversees the menu at the Foundation's Sea Breeze cafe, is a firm believer in culinary creativity.

Hot potato, hot potato!

When the weather changed recently, we got two weeks of rainy days that made me really hunger for winter-type comfort food – like the simple baked potato, which you can easily transform into a flavour-packed treat.

Baked Potato with Chick Pea Korma is quick to make, really cheap, and very tasty. Chick peas are high in protein as well as vitamins and minerals, and an excellent source of dietary fibre. Try with salad or coleslaw on top or

sprinkle with cheese or bacon. Last night's leftovers warmed up and placed on a hot baked potato also makes an easy, nutritious meal.

Baked Potato with Chick Pea Korma

(Makes four one-cup serves)

Ingredients

- 8 washed potatoes (unpeeled)
- 1 large onion, diced
- 1 tablespoon oil
- 2 cloves garlic, crushed
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric
- 2 tablespoons honey
- 2 spring onions, chopped
- 2 x 400-gm cans chopped tomatoes
- 200 mls coconut cream
- 1 x 400-gm can chick peas
- low-fat yoghurt



Method

1. Preheat oven to 180°C. Scrub potatoes with a brush. Pat dry with paper towels. Using a fork, pierce potatoes in about six places. Place directly on oven rack in the centre of oven. Bake for 50 to 60 minutes or until tender when a skewer is inserted into the centre.
2. In a fry pan cook the onions with the oil for about 5 minutes until clear
3. Add spices and mix for about 30 seconds
4. Add tomatoes and bring back to the boil
5. Add honey, chick peas, coconut cream and salt, bring back to the boil and reduce till slightly thickened
6. Cut a cross into the top of each potato and squeeze until the base opens like a flower
7. Top with korma, yoghurt and spring onions

[**Click here to download and print the recipe**](#)



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