



ISSUE 4, 2017

PATIENTS, staff and volunteers of Cairns Hospital are sitting on top of the world lip syncing and dancing to one of Australian singing sensation Delta Goodrem's singles.

The video, released in November, brings awareness to helping improve health outcomes in the Far North.

Far North Queensland Hospital Foundation chairman Dr Ken Chapman said the song was an inspirational example of the close partnership between the Foundation, Cairns Hospital staff, volunteers and patients.

"It really is an amazingly heart-warming snapshot of the incredible people we work with every day, and what can be achieved," Dr Chapman said.

"We hope that people will see this,

be inspired, share it and we can help even more patients in the Far North 'sit on top of the world,'" he said.

"The project is something the team had wanted to create for a long time, but it was a chance meeting with a connection with the Sony Foundation that really sparked the fire," Dr Chapman said.

Videographer Norbert von der Heidt and director Brad Newton donated 2.5 days to filming the project, and the Foundation had incredible support from staff, volunteers and patients. The whole video actually was produced by 92 amazing local people.

"We know some of the hospital staff said to us they found it to be a great team-building project and it's really wonderful for people to be having

fun, and supporting a great cause."

Patient Skye Vass, mum of three, said the video was exciting to be involved in.

"After the twins arrived I was in hospital for a little while and used a piece of equipment the Foundation had bought, so it really brought home to me how important it was to be involved and make a difference," she said.

"I always feel like I receive really amazing care at the Cairns Hospital. Everything is really focussed on the patient, which is wonderful."

To see the video, visit www.fnqhf.org.au; www.facebook.com/fnqhf.org.au or www.youtube.com/watch?v=pcTCo8iKpyI

Upcoming Events

May 5-10, 2018 - R'n'R MTB Adventure
www.rnrmtbadventure.org.au

June 17, 2018
- Arrow Experience.
website to come.

September 22-24, 2018
Mount Franklin Cardiac Challenge
www.cardiacchallenge.com.au

October 20-21, 2018
Wayne Leonard's Motorcycle Muster.
www.motorcyclemuster.com.au

NEW board members have been welcomed to the Far North Queensland Hospital Foundation.

Chairman Dr Ken Chapman welcomed Ali Davenport, Dr Edward Strivens, Jodi Peters and Clive Skarott AM at its November meeting.

They join fellow members Professor John McBride, John Andrejic, Pat Bailey, Steve Russell, Clare Douglas and Desley Boyle.

“We’re very pleased about the new board members and the skills they bring to our already accomplished board,” Dr



Chapman said.

Previously the board farewelled long-time supporters Charlie Marino and Mario Calanna as well as Anita Veivers.

PHOTO: Back, left to right: Ali Davenport, Steve Russell, Prof John McBride, Dr Edward Strivens, Jodi Peters. Front left to right: Clare Douglas, Dr Ken Chapman, Clive Skarott, Desley Boyle. Absent: Pat Bailey, John Andrejic.



THE Older Persons Ward (OPERA) at Cairns Hospital held annual training and a morning tea for volunteers working in OPERA in the REVIVE Program (Recruitment of Volunteers to Improve Vitality in the Elderly). From the hospital: “Our volunteers are a much appreciated part of ward life in OPERA and make a big difference to how patients experience being in hospital and how well they recover. The work of the volunteers complements the work of the therapy team and we are fortunate to have such great volunteers from the Foundation.”

Research helps youth at risk

HELPING young people learn skills to deal with crisis, reduce damaging behaviour and improve relationships is the aim of a research project funded by the Far North Queensland Hospital Foundation.

The \$17,000 grant will enable an audit of a long-running youth mental health program that aims to prevent self-harm and suicide.

Dr Richard Lakeman, Adolescent Mental Health Nurse Navigator at Cairns Hospital, said in 12 months, 170 adolescents who had self-harmed presented three or more times to Cairns Hospital Emergency Department. Since the program started in May 2017, 30 individuals have progressed to assessment, 20 being engaged in either weekly pre-commitment therapy or the full program (of individual therapy, skills group attendance and telephone coaching) and two weekly skills groups being run in tandem.

He won the grant after explaining the importance of the Youth Empowerment Towards Independence (YETI) program.

Dr Lakeman said the Youth Empowerment Towards Independence (YETI) program has been running for eight years and the grant would enable researchers to verify what they already suspect – that it is making a difference to the lives of young people. “This research grant will also enable them to continue the program and



Photo: Foundation chairman Dr Ken Chapman, board member Professor John McBride, YETI psychologist Stacey Anderson and Dr Richard Lakeman.

evaluate its effectiveness,” Dr Lakeman said.

Foundation chairman Dr Ken Chapman said the mental health of young people was of vital concern to everyone in the community.

“Anecdotal evidence indicates this program is working, but this research will hopefully verify that, with the aim of continuing its good work,” Dr Chapman said.

“The Foundation is working to help move Cairns Hospital towards becoming a tertiary hospital and we are pleased to announce that in future we will be doubling our research grant budget each year,” he said.

“From next year, the Foundation will offer two research grants of \$25,000 and a number

of small grants to a total of \$150,000 each year. We know it is important to keep research happening in the tropics and we can provide a conduit for some life-saving research to occur,” Dr Chapman said.

Foundation board member and JCU Professor in Medicine, Prof John McBride said since 2009 the Foundation has provided more than \$213,000 to research in the Far North. “That includes last year’s box jellyfish venom project, and smaller grants for gestational diabetes, evacuation response, quantifying cannabis use in Indigenous people and exploring how facial information is processed by young people,” Prof McBride said.

Far North Queensland Hospital Foundation

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Pallets contribute to facility

JUST under \$30,000 was raised for the second cardiac catheter laboratory at The Power of Pallets fundraising event in November.

Celebrity guest MC Jamie Durie led 200 assembled guests on a night of fun, frivolity and fundraising.

Acclaimed chef Catherine Pacey worked behind the scenes for months on menu planning and sourcing volunteer hospitality workers for the event.

“I have always enjoyed event co-ordination and food plays such an important part when bringing people together,” Ms Pacey said.

Former executive chef at Thala Beach Lodge and currently chef and owner of Cairns Cooking School, Ms Pacey said the Hospital Foundation supports the whole community so she felt the whole community should support it in return.

“I’ve actually been involved with The Power of Pallets since it began four years ago and I just love it.”

She sourced 25 hospitality workers to donate their time for the lead-up and the big night.

“I’ve really been overwhelmed by the response not only of the volunteer staff but also of the suppliers,” she said.

Total Food Network has supplied all the fruit and vegetables for the event, and ISP Seafood has supplied \$1000 worth of product.

Volunteers cooked 10kg of Arborio rice, prepping more than 200 desserts, as well as 60kg of tomatoes, as an example of the work done.

“The menu is going to be amazing, we’re really excited.”

This year’s The Power of Pallets presented by The Property Shop, will contribute towards a second cardiac catheter laboratory at Cairns Hospital.

Far North Queensland Hospital



Photo: Cairns Hospital director of cardiology Dr Greg Starmer, Kate Fern, Dr Ken Chapman, Curtis Pitt, Sharon Hine, Allan Lee.

Foundation fundraising and event co-ordinator Lindsay McDonnell said the Foundation was fundraising \$1.4 million for the second cath lab project.

“This is important because some of the cardiac issues in the Far North are the worst in the country,” Ms McDonnell said. “Hospital admissions for acute myocardial infarction are the highest in Queensland at 905 per 100,000. This is 3.5 times higher than the national average,” she said. “The Power of Pallets is an amazing event and we are looking forward to working together to raise as much as we can for this important project.”

BUYING tickets in a gala ball and buying fabulous furniture made out of disused timber pallets, will help keep cardiac patients in FNQ.

The Power of Pallets founder Kate Fern and heart patient Richard Hawes inspected some of the pieces that were made, ahead of the exhibition opening.

Mr Hawes, 65, had his aortic valve and part of his aorta replaced, and a pacemaker implanted in

May this year, after suffering some breathlessness.

“My wife finally got me to go to the doctor and they discovered a murmur so I was sent to Townsville Hospital where they did all this work on me and I was in ICU for 17 days and I’m so grateful,” Mr Hawes said.

Since then he has undergone Cairns Hospital’s cardiac rehabilitation program, with great results.

“I’m back to work now doing quite physical work and I’ve got four grandchildren including one who lives with us, so I can look forward to watching them grow up and get married,” he said.

“Anything we can do to help keep heart patients close to home and having procedures at Cairns, then I think we should do our utmost to do it.”

Meeting Mr Hawes was an inspiration for Ms Fern.

She instigated the event four years ago as a way to do something tangible and productive for the community with items that would otherwise go to landfill.



For the kids

One of our favourite things to do is receive cheques that we can put towards buying equipment, research and training to improve health outcomes in our region.. Here's our Lindsay, receiving a cheque for \$13,067 from Maddy and Mark at Triple M Cairns for Give Me 5 for Kids 2017. A large portion of this will be used to buy furniture and teaching aids for the paediatric speech pathology department. They treat babies and children with a wide variety of conditions and difficulties.

Giving back

DID you know we have some simply awesome supporters? Recently, our sponsors Event Cinemas came along to the Paediatric Playground at Cairns Hospital, to put on a movie for the kiddies in hospital. Andrew McNicol, Deanne Clark and Ruby Hedrick were on hand to help with the *Despicable Me 3* movie, as well as provide popcorn and choctops to brighten the night of kids in hospital. We'll be telling you more about our awesome relationship with these supporters soon.



Thank you!

WE always love being the recipient of funds that we can put to good use to help others. Here's fundraising and event co-ordinator Lindsay McDonnell with Trish O'Neill from BACC (Building Active Connected Communities), receiving some cheques! The first of \$1353 will go towards our second cardiac catheter lab project. Thank you very much BACC for approving our \$2000 grant application which will go towards assisting our fundraising volunteers.



Improving patient outcomes

A \$300,000 community investment is improving patient outcomes at Cairns Hospital.

The Far North Queensland Hospital Foundation contributed the money through donations from the community, towards the overall \$1.5 million budget of the vital signs monitors.

Cairns Hospital ieMR clinical leader Cam Stewart said 100 vital signs monitors were bought, as well as software to upgrade a further 100 devices that were already in place.

The monitors use WiFi to transfer a patient's vital signs or "observations" – temperature, blood pressure, heart rate and oxygen saturations into the patient electronic observation chart.

"The vital signs monitors automatically upload that information into a patient's electronic medical record – rather than a nurse having to write it

down on a chart, or a scrap of paper, or type them manually into the computer," Mr Stewart said.

"The biggest outcomes are less transcribing mistakes, significant time savings for nurses and we can better identify and track if a patient is deteriorating so we can act more quickly to address that," he said.

"Already in just three months we're seeing time savings of up to 2 minutes per set of observations most nurse do 10-12 sets of vital signs a shift, so if you extrapolate that across the whole hospital, there is a lot of time invested back into quality care."

And a survey of staff who have used the technology indicate almost 90 per cent of them, found it easy to use and more than 70 per cent said they found it saved time.

"At the Princess Alexandra Hospital in Brisbane where this has been running for 2.5 years, they found in some areas earlier

response and recognition of clinical deterioration and we're very confident that Cairns Hospital will follow that trend."

The vital signs monitors are being used in most wards of the hospital, with a couple of wards yet to "go live".

Foundation CEO Tony Franz said it was incredibly heart warming to know that community donations were going to improving patient outcomes.

"This technology is incredible to watch in action and we are confident it will save nurses time, save potential errors and mean better patient care in the long term," Mr Franz said.

Photo: Cairns Hospital nurse India Talbot and ieMR clinical leader Cam Stewart demonstrate the vital signs technology to Foundation CEO Tony Franz.

Generous group gives back

NO ONE likes to think of kids in hospital, but a new playground open at the Mareeba Hospital will make their stay a little easier to bear.

Funded through the Mareeba Friends of the Foundation, the playground officially opened recently, much to the delight of staff, patients and the broader community. The Mareeba Friends of the Foundation is a branch of the Far North Queensland Hospital Foundation, fundraising specifically for the Mareeba Hospital.

Mareeba Friends of the Foundation chair Ida Portella said the \$140,000 playground came about through a grant from the Mareeba and Dimbulah Bendigo Community Bank, Mareeba Rotary and the Mareeba and District Fruit and Vegetable Growers, in kind donations from local businesses and the entire community.

“The Mareeba Friends have worked on this project for more than four years and it is evident that we continue to receive overwhelming support. Our purpose is to raise funds to provide additional equipment which improves services for patients and staff at the Mareeba Hospital,” Ms Portella said.

Cairns and Hinterland Hospital and Health Service Board chairman Clive Skarott AM said he was proud to see new facilities added to help improve the experience of hospital patients, both young and old.

Mareeba Hospital facility manager and director of nursing and midwifery Vickye Coffey said she wanted to thank all who contributed to the development and construction. “This wonderful playground will benefit the inpatient children and families of the Mareeba community. It is a wonderful example of what a community can do to achieve excellent results,” Ms Coffey said.

Mareeba Hospital maternity nurse unit manager Michelle Bombardieri said the playground was ideally



for children aged up to 5 and featured garden beds (completed thanks to a Rotary working bee).

“Before, that area was quite run down and not really used for anything, but now it’s one of the best features of the hospital,” Ms Bombardieri said.

Far North Queensland Hospital Foundation chairman Dr Ken Chapman said the playground was an example of the community working together for a common goal. “This will be a wonderful space for Mareeba children – the Foundation now has achieved two childrens playgrounds in a short space of time and we know both of them are well used and help make the hospital experience a little easier to bear, for kids in hospital,” Dr Chapman said.

The Foundation completed and opened its \$1.2 million playground adjacent to the children’s ward at Cairns Hospital, two years ago.

Photo: Mareeba local Izzy Price gives the new playground a test run.

A photograph of a family of three (a man, a woman, and a child) playing on a beach at sunset. The man is carrying the child, and the woman is running alongside them. The sky is orange and pink. Overlaid on the right side of the image is the text: "LEAVE THE ULTIMATE GIFT TO YOUR FAMILY THE GIFT OF HEALTH" in large, white, sans-serif capital letters.

For more information about leaving a gift in your will, please contact 07 4226 6327
PO Box 957, Cairns, QLD 4870 | www.fnqhf.org.au



dcafe recipe

Australian peaches are available between October and April. Rich in vitamins A, C and E and a great source of dietary fibre and potassium, Australian peaches are some of the world's best eating fruit. Our warm climate and hot, dry summers promote sweeter, juicier summer stone fruit. Peaches bruise easily so look for smooth, unblemished fruit and handle with care. They generally arrive in the shops in a firm condition and will have flesh that crunches when eaten. This is a simple and easy dish perfect for Christmas. Enjoy.

Grilled peaches with ricotta

What you need

4 just-ripe peaches, halved, stone removed; 1 orange zested and retain $\frac{1}{2}$ the juice; 200g fresh ricotta cheese; 1tbspn icing sugar; pinch ground cinnamon; 100g toasted muesli - slightly crushed or crushed ginger nut biscuits; 4 tbspn warm runny honey to serve.

Method

1. Preheat grill on medium-high heat. Line a baking tray with non-stick baking paper. Place the peaches, cut side up, on the tray.
2. Place ricotta, cinnamon, icing sugar, orange juice and zest in a bowl and stir until well combined. Spoon mixture into peach cavities. Sprinkle over toasted muesli or ginger nut biscuits. Grill peaches for 4 to 5 minutes or until crumbs start to brown.
3. Spoon peach halves onto plates. Drizzle with honey and serve. Add a good quality vanilla ice cream.



Grateful recipients

THE increasingly popular Entertainment Book is a fabulous way to gain discounts on eateries and accommodation not only across the Far North, but around the nation.

When you buy your copy of the Entertainment Book, you can do so through the Foundation, ensuring 20 per cent of the sale proceeds goes to us. In the past year, the Foundation received almost \$1500 – every cent makes a difference to improving health services in Far North Queensland.

www.entertainmentbook.com.au/orderbooks/9118k34

Yes, please keep me informed about activities at the Foundation.
 Yes, please send me more information about becoming a volunteer with the Foundation.

Yes, please send me more information about the "Friends of the Foundation".

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PAYMENT METHOD

Visa Mastercard Cheque

or you can donate online: www.fnqhf.org.au

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