

Message from the Foundation

In 2013, the Hospital Foundation will engage in the final push to achieve its biggest ever financial goal - the \$1.2 million required to build a state-of-the-art playground for children in the Cairns Base Hospital.

Sick and injured children from throughout Far North Queensland - and as far afield as Papua New Guinea - are referred to the Cairns Base Hospital for treatment.

Youngsters with serious and/or chronic conditions may spend a significant portion of their childhood in the second-floor Paediatric Ward, which currently looks out onto a barren concrete deck.

To date, the Foundation has raised three-quarters of the amount required (i.e. almost \$900,000) to transform the deck into a bright adventure land, where children with varying levels of physical mobility and sensory skills can escape - at least temporarily - the clinical reminders of their ill health.

A number of our fundraising activities in 2013, including Wayne Leonard's Motorcycle Muster (18 and 19 May), will be dedicated to turning the Paediatric Playground Project into a reality.

This year, the Foundation will also host its inaugural Friends of the Foundation Conference at the Cairns Base Hospital on 16 March.

The Friends play a vital role in the fundraising efforts of the Foundation, and we are keen to both acknowledge their achievements and learn how we can further assist each other to continue improving health care services in Far North Queensland.

Regards

Glenys Duncombe

Fundraising & Marketing Manager, Far North Queensland Hospital Foundation



far north queensland
hospital
foundation

Paediatric Playground Project



Target:
\$1.2 million

Raised:
\$890,601.84

The Paediatric Playground will be a brand new, all weather playground designed to change the way children heal at the Cairns Base Hospital and provide a retreat for parents, a release for siblings and a sanctuary for sick children.

DONATE NOW

Reducing pain can be child's play

A new hand-held play device is offering young patients a fresh way to "escape" pain during potentially uncomfortable medical procedures at the Cairns Base Hospital.

Just about every parent has faced the unnerving task of trying to distract their child while they are in pain or about to experience pain.

It is a regular challenge for staff in the Paediatric Ward at the Cairns Base Hospital, who are called upon to administer – and help children cope with – painful medical procedures, sometimes repeatedly.

However, help is literally "at hand" for the hospital staff and their young patients now, thanks to ditto™, a diversionary therapy tool designed to reduce anxiety-related pain.

The Foundation recently obtained \$9,000 from The Courier-Mail Children's Fund to allow the Paediatric Ward to purchase two portable ditto™ consoles.

The devices, equipped with touch screen and motion sensor technology, enable children to immerse themselves in interactive games and stories during medical procedures that could upset them.

Paediatric Ward Nurse Unit Manager, Caroline Witter, said the ditto™ devices had been clinically proven to reduce pain and anxiety levels in young patients.

"They also include educational games and stories to help children understand why they must undergo certain medical procedures," she said.



Teesha Wheeler, aged three, enjoys playing with the ditto™ during visits to the Paediatric Oncology Treatment Room at the Cairns Base Hospital

Turn on to tune out

Five to six hours per day, three days a week, 10 patients undergo the crucial, but tedious process of renal dialysis at the Cooktown Hospital, with just one television to alleviate their boredom and distract them from their clinical surroundings – until now.

The Cooktown Friends of the Foundation sought assistance from the Foundation, which successfully applied for a Reef Hotel Casino Community Benefit Fund grant on behalf of the FoF, enabling the group to purchase eight new flat screen televisions worth \$9,590 for the hospital.

The ceiling-mounted television system, which includes new entertainment handsets, will be integrated into the nurse call system for patients in the Renal Unit.

"The new TV system will allow each patient to select what they want to watch, while listening to their TV through headphones," said Nurse Unit Manager, Karen Coad.



Cooktown Hospital Renal Unit staff (from left), Endorsed Enrolled Nurse, Debbie Slater, and Nurse Unit Manager, Karen Coad, are looking forward to providing their patients with individual TV access.

The Foundation aims to continue funding similar projects for rural hospitals in Far North Queensland.

Friendly get-together

The Foundation will hold its inaugural Friends of the Foundation Conference at the Cairns Base Hospital on 16 March – in recognition of the growing role that Friends play in the fundraising efforts of the Foundation.

There are currently five Friends of the Foundation (FoF) groups, located at Cooktown, Mareeba, Cow Bay, Gordonvale and Innisfail.

"These tireless volunteer groups are committed to helping the Foundation improve health care facilities and services within their own communities," observed Ken Chapman, Chair of the Foundation Board.

"They are a resoundingly positive endorsement of the adage that "charity begins at home" and a sterling example of what can be achieved by regional residents prepared to invest their time and energy on such a crucial cause."

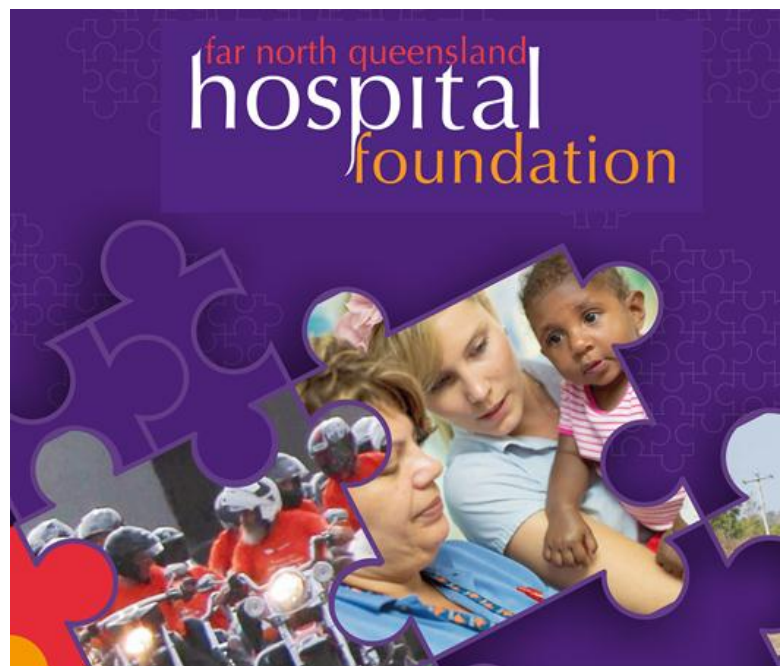
The conference aims to provide Friends of the Foundation groups with an opportunity to get to know each other; exchange information and advice; discuss issues of mutual interest and/or concern; and meet Foundation staff and board members.

FoF group members who wish to attend the conference should RSVP Anne Chirio by 8 March on 4226 8993 or email volunteer@fnqhf.org.au.

Lunch and refreshments will be provided. The event will run from 10.30 am until 3.00 pm.

Far North Queensland Hospital Foundation Inaugural Friends of the Foundation Conference

10.30 am – 3.00 pm
Saturday 16 March 2013
Cairns Base Hospital



A rewarding friendship

On the receiving end for once! Innisfail Friends of the Foundation were acknowledged for their fantastic fundraising efforts with an Australia Day Achievement Award from the Cassowary Coast Regional Council in January.

"It's lovely to know that a person you know – or might one day know – is getting what they need in terms of health care," said Estelle Kopp, a founding member of the Friends of the Foundation group in Innisfail.

"Every cent we raise goes directly towards improving health care services and facilities in our own community."

Mrs Kopp said the Australia Day Award was a wonderful first birthday present for the dedicated group members..

"I am very proud of my bunch," she said.



Innisfail FoF members take centre stage at the Australia Day Awards ceremony.

Patients – and staff – breathe easier

thanks to Foundation Friends in Innisfail

It's a situation that hospital staff dread – what to do when you have two patients who both desperately need to use the same piece of live-saving equipment.

The Innisfail Hospital owned one portable ventilator when two patients arrived in equally urgent need of respiratory assistance – an elderly couple, both suffering from carbon monoxide poisoning.

The pair had accidentally inhaled a toxic level of fumes produced by their home generator, after they lost power during Cyclone Yasi.

Fortunately, the hospital had borrowed another portable ventilator (known as an Oxylog), from the Cairns Base Hospital, as part of their emergency preparations for the cyclone, so both patients received swift and successful treatment.

"But it was sheer chance that we could cope so smoothly with both," observed Lesley Harris, Director of Nursing at the Innisfail Hospital.

If a second Oxylog had not been available, staff would have been forced to hand-ventilate one of the patients – a nerve-racking and exhausting emergency procedure.

It's a situation that will not happen again, thanks to the Friends of the Foundation in Innisfail.

The tireless fundraising group purchased an additional Oxylog (worth \$26,000) for the hospital in August last year. And they haven't stopped there.

Since the Friends, now two-dozen strong, formed in January 2012, they have raised enough money to help the hospital acquire:

- A pair of water-filled palliative care chairs to help terminally-ill patients avoid pressure sores and other pressure-related injuries (\$6,000)
- An oxygen analyser to monitor oxygen levels in baby humidicribs (\$2,200), and
- A BiPAP respiratory support machine which provides ventilation via a nasal or mouth mask: the Friends supplied \$18,000 towards the purchase of the \$36,000 machine (pictured).

"Thanks to the hard work of this group, we have been able to improve both patient care and safety at the hospital," said Ms Harris.



Cruisin' for a cause

It will soon be time for bikers to start revving – and fundraising – for this year's Wayne Leonard's Motorcycle Muster from Cairns to Undara on 18 and 19 May!

As usual, the 2013 Muster will allow riders to combine their passion for biking with the opportunity to help the Foundation achieve important health care goals for residents in Far North Queensland.

This year's riders will be cruising for a children's cause – to raise money for the Foundation's Paediatric Playground Project, which aims to build a special playground for young patients in the Paediatric Ward at the Cairns Base Hospital.

Participants will embark upon a scenic 390 km journey via the rainforest-shaded curves of the Kuranda Range Road and the lush, rolling hills of the Tablelands, to Undara, which boasts the longest and oldest lava tubes in the world.

Prizes will be awarded to the highest fundraisers during a special presentation dinner at the Undara Resort, which offers

a range of accommodation options. Muster participants will return to Cairns the following day (after a hearty campfire breakfast).

The registration fee for the event (\$60) can be paid online at www.motorcyclemuster.com.au. Each biker is also required to raise at least \$300 for the Foundation.

For further information about Undara, visit <http://undara.com.au>.



Pictures speak louder than words

A special kit developed to help children identify their emotions is now being used by mental health workers to assist troubled youngsters living in remote Indigenous communities in the Cape York region.

Child and Youth Team workers within the Rural & Remote Area Mental Health Service recently obtained nine Safe from the Start kits, funded through a \$5,000 grant from the Foundation.

"Younger children don't have the words to articulate their feelings," said Cairns-based team leader, Judy Skalicky.

"These kits are designed to help traumatised children express what they are experiencing through the use of visual aids such as hand puppets with faces that display different moods, as well as activity cards, stickers and work books."



Mental Health worker, Jill Cutler, uses a puppet to help a young client express her feelings.

The Child and Youth Team, which includes a child and youth psychiatrist, three health workers and six clinicians, cares for more than 150 emotionally troubled children living in Cape communities.

Team members visit the communities on a fortnightly or monthly basis and liaise closely with other government and non-government agencies in the region, including schools.

"Younger children often develop behavioural issues as a way of acting out their distress," said Ms Skalicky. "Schools are ideally placed to detect children with behavioural problems."

The mental health workers conduct clinics at local hospitals or other health care facilities, but are also willing to visit patients and their families at other locations.

"It is vital to work with both the children and their families so they can find better ways to express their emotions and deal with issues," said Ms Skalicky.

In the swing

Young patients with mobility problems will soon be into the swing of things thanks to the arrival of a state-of-the-art sling hoist in the Paediatric Ward at the Cairns Base Hospital.

The Maxi Move Sling Hoist, worth more than \$11,500, was purchased by the Foundation, following a generous donation from long-term supporters, Anne and Leslie Mills, of the Mills Family Foundation.

Paediatric Ward Senior Physiotherapist, Lauren Phillips, said the hoist would prove invaluable when it came to assisting hospital staff and parents to move children with physical disabilities during hospital stays and visits to outpatient clinics.

"We often care for older, larger children with conditions such as cerebral palsy, muscular dystrophy, spina bifida or other spinal injuries or diseases that restrict their ability to move voluntarily," she said.

"A sling hoist makes it much easier to safely and comfortably transfer these children from wheelchair to bed, bath or toilet. It can also allow us to reposition children in bed to prevent bed sores."

"This equipment is literally going to take the weight off our shoulders," she said.

The new hoist can also weigh patients to assist medical staff to calculate medication dosages based on weight.



Paediatric physiotherapist, Sian Spencer (centre), demonstrates the new sling hoist to Foundation donors, Anne and Leslie Mills.

Sporty volunteers – on your mark!

You don't have to be an athlete to experience the excitement and adrenalin of the Cairns Airport IRONMAN Cairns on 9 June. Just flex your muscles as a volunteer!

The Far North Queensland Hospital Foundation is looking for volunteers to help athletes participating in the event, which attracts hundreds of competitors from interstate and overseas.

The triathlon features a 3.8 km swim, 180 km bike leg and a 42.2 km run.

This year, Foundation volunteers will be stationed at Smithfield to assist athletes who have just completed the gruelling bicycle stage and are about to embark on the run.



The Foundation is also keen to recruit motorcyclists prepared to transport film-makers and photographers along the triathlon road routes, so they can capture the competitors on film!

If that sounds too strenuous, you may prefer to help prepare breakfast for participants in the Fun Run on 7 June, which will also need volunteers to provide road directions to the public.

For further information, contact Anne Chirio on 4226 8993 or email anne.chirio@fnqhf.org.au



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CBH Paediatric Playground Project



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(1 December 2012 - 28 February 2013)**

\$1,000	Piccones Shopping Village
\$2,100	Cairns Australian Football League Social Club
\$9,592	Office of Liquor and Gaming Regulation
\$34,540	Office of Liquor and Gaming Regulation
\$2,481	Michael Aw, The Good Guys
\$1,000	BDO (North Queensland)
\$1,900	QHA Hotel Care
\$10,000	Woolworths Ltd
\$1,197	Civic Theatre

thank
you!



putting the pieces together
for a **healthier** north



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