



## **Message from the Foundation**

There is nothing more rewarding than raising funds to purchase medical equipment that you know is going to save lives.

A former Cairns Hospital patient, now recuperating with his sister on the Gold Coast, would not be alive today if it wasn't for a piece of equipment called a portable intra-aortic balloon pump, worth \$101,000, which the Foundation was able to purchase recently for the hospital's Cardiac Care team.

What we didn't know when we bought the pump was that the Cardiac Care team would use it to make medical history as well (see story below)! The Far North is fortunate to have such a dedicated, highly skilled and pro-active team of specialist health carers on hand when we need them.

If you would like to help us provide the Cardiac Care team at Cairns Hospital with more new equipment (they have a bucket list), then please support the 2014 Mount Franklin Cardiac Challenge bike ride in late August.

The annual Cairns to Cooktown bike ride is the biggest event on our fundraising calendar and raises money specifically to improve cardiac care services in the Far North. You can sponsor a rider or join the ride yourself. You'll be in good company if you do come along - most of the Cairns Hospital Cardiac Care team will be riding beside you!

PS The end of the 2013-2014 financial year is almost upon us. As donations to the Hospital Foundation are tax-deductable, now is an excellent time to consider making a financial contribution to the Foundation's work.

Tony Franz  
CEO  
**Far North Queensland Hospital Foundation**

far north queensland  
**hospital**  
foundation

## **YOUR TAX-DEDUCTIBLE DONATION CAN HELP**

The end of the financial year (30th June) is fast approaching. If you are considering making a donation to the Far North Queensland Hospital Foundation, now is a great time to do it.

All donations over \$2.00 are tax deductible and remember a tax-deductible donation to the Far North Queensland Hospital Foundation is a healthy investment in your own future.

**Visit [www.fnghf.org.au](http://www.fnghf.org.au) to  
donate online or call 4226 6327**

## The right stuff

*If you give the right people the right equipment, it's amazing what they can do. The Cairns Hospital Cardiac Care team saves lives. Recently, they made medical history too.*

*They became the first cardiac care unit in Queensland – and possibly Australia – to use a high-tech piece of equipment known as a portable intra-aortic balloon pump, while in the air – aboard an emergency helicopter – to help a heart attack victim survive until he reached Townsville Hospital for life-saving open-heart surgery.*



*Cairns Hospital cardiologist, Greg Starmer*

*The pump, worth \$101,000, is the latest major piece of equipment purchased for the Cairns Hospital Cardiac Care Unit by the Far North Queensland Hospital Foundation, through funds raised by the annual Cardiac Challenge bike ride from Cairns to Cooktown, which will be held in August this year.*

When a 63-year-old man in the throes of a massive heart attack was rushed into the Cardiac Care Unit at Cairns Hospital late last year, the team swung into action.

An angiogram revealed the patient would require open-heart surgery to survive. The problem was keeping him alive long enough to receive it, since Cairns Hospital is not equipped to perform cardio-thoracic surgery and the patient would have to be transferred by air to Townsville Hospital for treatment.

"Getting patients from Cairns to Townsville is a challenging logistical exercise, especially when the patient is very, very unwell," observed Cairns Hospital cardiologist, Greg Starmer.

An intra-aortic balloon pump buys time for a patient in the throes of a major heart attack. The pump is essentially a cylinder-shaped balloon that is inserted via the patient's femoral artery and threaded through until it sits in the major artery leading to the heart – the aorta.

A computer-controlled mechanism is then used to rhythmically inflate and deflate the balloon with helium.

"Essentially, it increases the blood flow to the heart in an emergency situation, prior to the patient undergoing open-heart surgery," said Dr Starmer.

The downside to standard intra-aortic balloon pumps is their size ("about as big as a bar fridge"), which means they can only be used in fixed wing aircraft.

In addition, two pumps are required for one emergency transfer: the patient is connected to one pump during the ambulance journey to the airport, then disconnected and reconnected to a second pump onboard the plane for the flight.

The road trip to the airport, coupled with the time taken to transfer the patient from one pump to another, takes a total of four to five hours.

The portable model is almost half the size and weight, runs on batteries – and fits in a helicopter. Even though fixed wing aircraft travel faster, the ability of a helicopter to fly a patient directly from one hospital helipad to another, halves the transfer time.

"The time saved could mean the difference between life and death," confirmed Dr Starmer.

However, prior to December last year, the portable intra-aortic balloon pump was mainly viewed as a handy piece of equipment to maintain patient treatment during much shorter journeys – down hospital corridors, from one part of a building to another.

That all changed when the Cardiac Care team at Cairns Hospital found there was no fixed wing aircraft available to ferry their critically-ill heart attack patient to Townsville Hospital.

While other members of the team worked to stabilize the patient, Dr Starmer secured the services of an EMQ helicopter and alerted the flight crew – which included a doctor and flight paramedic – that they were about to venture into unknown territory: taking to the skies with a patient attached to a portable intra-aortic balloon pump.

Cardiac Care Registered Nurse, Rhiannon McDowall, who accompanied the patient, said the flight through rough weather "had its moments". Her own heart nearly stopped when the intra-aortic balloon pump deflated unexpectedly.

"Because this was the first chopper flight for the device, we didn't know that the balloon would automatically deflate, then re-inflate every 1000 feet we climbed, because the aircraft wasn't pressurized," she said.

One hour and forty-five minutes later, the helicopter touched down on the helipad at Townsville Hospital and the patient was wheeled inside.

"I told them to keep moving," said Ms McDowall. "By the time we reached ICU (the Intensive Care Unit), there was less than five minutes of battery life left in the balloon pump ..."

Soon after, the patient underwent successful heart bypass surgery and is now recuperating with his family.

"I have little doubt that particular heart attack patient would not be alive and recuperating well today were it not for our new portable balloon pump – supplied directly by the Hospital Foundation from money raised by the Cardiac Challenge.

"So I'll see you on the road to Cooktown," added Dr Starmer, who participates in the Cardiac Challenge himself every year – along with a number of other members of the Cardiac Care team at Cairns Hospital.

For further information about the 2014 Mount Franklin Cardiac Challenge, visit  
[www.cardiacchallenge.com.au](http://www.cardiacchallenge.com.au)

## Muster been good!

It may have been a trifle moist on the way up the Gillies Range Road, but the rain turned out to be a good omen for the 2014 Wayne Leonard's Motorcycle Muster, which raised plenty of "liquid assets" for the Hospital Foundation!

More than 60 damp, but determined riders and their pillion passengers raised a total of \$72,460 during the Cairns to Cooktown ride last month.

Thanks to their efforts, the Hospital Foundation can now purchase a portable Fast Scanner/ultrasound machine for the Emergency Department at Cairns Hospital.



*Motorcycle Muster 2014 participants in Cooktown*

The scanner will assist ED staff to identify potentially fatal internal injuries in a trauma patient. As it is portable, they will be able to wheel the machine to the bedside of the patient, saving precious minutes that would be otherwise lost if they had to transport the patient to another part of the hospital to undergo a scan.

Another beneficiary of this year's event was the winner of the Motorcycle Muster art union.

"I didn't think I'd own a Harley Davidson until I was 30 or something," exclaimed 20-year-old

Lachlan Lowther, who won first prize - a Harley Davidson Black Iron X883N - generously donated by long-term Foundation supporters, Wayne and Rhonda Leonard. The Trinity Beach resident, who works as a baggage handler at Cairns Airport, bought five art union tickets at the Smithfield shopping centre. The winning ticket was the first he purchased. Ticket cost: \$2. Value of new motorbike: \$13,900.

"I'm upgrading massively," said Lachlan, who previously owned a second-hand Yamaha XT660X.



*Wayne and Rhonda Leonard congratulate art union winner, Lachlan Lowther (centre)*

## Escape button

Sick and injured youngsters can feel overwhelmed in hospital emergency departments and probably wish they had an "escape" button. Now young patients at Cairns Hospital do.

The Ditto Lite is a hand-held console, equipped with touch screen and motion sensor technology, which enables children to immerse themselves in interactive games and stories during medical procedures that could upset them.



*Emergency Department patient, Karolyn Singleton-Mullins, aged 10, approves of the Ditto Lite*

The device not only distracts young patients during treatment, it also contains educational stories and games about medical procedures that help children prepare for treatment and understand what is happening – and why.

Developed by a Brisbane-based company called Diversionary Therapy Technologies, the Ditto Lite has been clinically proven to reduce pain and anxiety levels in young patients.

Thanks to a generous grant from the Queensland Country Credit Union, the Far North Queensland Hospital Foundation was recently able to purchase two Ditto Lite consoles, equipped with a range of games and stories, for the Paediatric section of the Emergency Department.

Worth almost \$4,700 in total, the Dittos will be invaluable for hospital staff keen to minimise the discomfort experienced by children visiting the ED.

Ditto devices can be used by children of all ages and with a range of medical conditions.

## Pallet-pleasing exhibition

A growing number of people who are savvy about recycling are taking up a highly pallet-able hobby – fashioning furniture, other useful items and even artwork from discarded wooden pallets.

Cairns residents will have an opportunity to view – and bid for – a range of creations crafted from pallets during *The Power of Pallets* exhibition and auction at the Cairns Cruise Liner Terminal on 23 August.

Event organiser, Kate Fern, sees the occasion as both a chance to raise money for the Far North Queensland Hospital Foundation and also a great opportunity to introduce Cairns residents and businesses to the potential of the humble pallet.

About 140,000 tonnes of wood pallets and crates become landfill in Sydney alone every year. Around half the pallets produced to help ship goods around Australia are intended to be used only once. Those pallets that end up in Cairns are no exception.

A sales representative for the Laminex Group, Ms Fern herself never thought much about the stacks of used pallets that made a one-way trip from the Laminex showroom in Manunda to the local dump – until her sister, Grace, a fashion designer, came up with an idea.

"Last year, Grace used pallets, which are made from untreated pine, would be the perfect material to make shop fittings for our mother, who owns three hairdressing salons in Cairns," said Ms Fern.

Her sister nailed it. She used the pallets to produce not only feature walls, but front counters, desks and stock stands.

Ms Fern is now hoping *The Power of Pallets* will inspire others to follow her sister's lead, and create pallet-pleasing items that can be exhibited, then auctioned at the event.

"Regional Queenslanders are known for their ingenuity when it comes to making the most of whatever resources are available to them," said Ms Fern, the proud owner of a pallet-based TV cabinet.

If you wish to knock up a pallet-pleasing item for *The Power of Pallets*, email [info@thepowerofpallets.org.au](mailto:info@thepowerofpallets.org.au) (by 31 July) to reserve an exhibition space.

If you are interested in bidding for a unique pallet-pleasing piece of furniture or art at the auction, tickets are available for \$39 per person online at [www.thepowerofpallets.org.au](http://www.thepowerofpallets.org.au). (The price includes nibbles and entertainment.)



Event organiser, Kate Fern



NEATO work-for-dole pallet project participant, Charvez Roissetter

## Lighten up babe!

All babies are little rays of sunshine, but some newborns require a little extra light to overcome jaundice. The Mareeba Hospital now has a new high-tech treatment system that literally swaddles jaundiced infants in light.

The BiliSoft Phototherapy System, worth \$9,000, uses LED fibre-optic based technology to deliver healing blue light to babies in a novel way – through a special phototherapy "blanket" attached to a fibre-optic cable.

Previously, babies with jaundice could only be treated when naked, lying in a cot under bright lights.

"It was hard to settle the babies because they were exposed and separated from their mothers," said Sandra Eales, Midwifery Unit Manager in the Maternity and Paediatric Unit at Mareeba Hospital. "It also caused difficulties establishing breast-feeding."

The BiliSoft "blanket" enables mothers to nurse their babies while the infants are receiving essential light therapy. The babies can be held, fed and even rocked while wrapped in the healing blanket.

"It's a kinder way to care for babies that need phototherapy," said Ms Eales.

The BiliSoft "blanket" was 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.



*From left: Mareeba Hospital midwife, Samantha Costa, Midwifery Unit Manager, Sandra Eales, and "light blanket" donors, Leslie and Anne Mills*

## Bail out!

"Unchain my heart"? Actually, it was a case of "unchain my wallet" when a number of Cairns notables agreed to be handcuffed to wheelchairs until they had raised at least \$1,000 to help the Hospital Foundation build a playground outside the children's ward at Cairns Hospital.

Sea FM's Chain Gang Challenge, staged on 2 June in Cairn's Munro Martin Park, marked the launch of the annual Give Me 5 for Kids Campaign.



*Cairns Mayor, Bob Manning, welcomes liberation*

Cairns Mayor, Bob Manning, Chamber of Commerce CEO, Deb Hancock, state Member for Cairns, Gavin King, and several other well-known locals helped to ensure the campaign got off to a lucrative start.

The wheelchair "prisoners" made a series of phone calls, quickly raised their \$1,000 "bail" – and went on to collectively raise more than \$13,000 for the Hospital Foundation.

"That's more than double our expectations and has certainly put us in a great position to achieve our goal of \$25,000 for the Foundation's Paediatric Playground Project," said 99.5 Sea FM Promotions Manager, Renee Accatino. "We've got some other really great events coming up this month and we hope the community will get behind them as well."

The fundraising detainees were eventually set free by firefighters armed with bolt cutters that made short work of the handcuffs ... although some of the detainees remained longer. "Some of the people contacted by the detainees actually donated money to keep them there longer, rather than release them immediately," quipped Hospital Foundation Fundraising Co-ordinator, Paula Campion.

For more information, and to donate online, visit [www.giveme5forkids.com.au](http://www.giveme5forkids.com.au)

# DRY JULY



Have a  
Dry July and  
help support  
adult cancer  
patients across  
Australia.

*Clear your head, make a difference®*

## DRY JULY FEATURES

*Golden Tickets | Designated Drinker®  
Go 'Head to Head' with mates or teams  
and set up penalty forfeits.*

## DRY JULY FEATURES

*With 37 cancer  
services across every  
State and Territory,  
we're delivering a truly  
'dry' challenge to  
Australia!*

## HOW TO GET INVOLVED

*Simply head to the Dry July website  
(dryjuly.com) and sign up to the  
challenge of a month off the booze.*

### CREATE

*Create your own profile page, even set  
up or join a team with friends, family  
and work colleagues.*

### SPREAD THE WORD

*Let everyone know you're going  
Dry for July and direct them to your  
unique profile page where they can  
make a donation and leave a  
message of support.*

 **DRYJULY.COM**

## Dry July

For one month a year, you can treat your liver to a holiday and make life a little easier for cancer patients undergoing treatment at Cairns Hospital.

Dry July challenges drinkers to give up alcohol for the month and raise money for local cancer care services through sponsorship and/or donations during their self-imposed drought.

Cancer patients in the Far North would certainly toast this fundraising effort. There has been a significant rise in cancer treatment rates at Cairns Hospital over the past two years: from 13,773 in 2012-2013 to an estimated 17,810 this financial year – an increase of 29 percent. Approximately 13 percent of patients come from Cape York or Torres Strait.

Terminally-ill cancer patients, especially those far away from home, need a place where they and their loved ones can relax in a comfortable, home-like environment. The new Cancer Care Ward at Cairns Hospital,

scheduled to open this month, will feature just such a space, to be known as the Tranquillity Room.

This year, the FNQ Hospital Foundation would like to raise enough funds through Dry July to install a special "virtual window", known as a Sky Window, in the Tranquillity Room. The Sky Window will employ digital technology to project soothing and luminously beautiful images across the window pane.

Visit [www.dryjuly.com](http://www.dryjuly.com) to sign up or contact FNQ Hospital Foundation Fundraising Coordinator, Paula Campion, on 4226 6723.

## 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.*

### A pie-ticular treat for winter!

As colder weather approaches, our thoughts turn to comfort food – those favourite dishes in our "food memory" that make us feel all warm and cuddly inside. Recently, on a fairly miserable rainy day, I knocked up a few chicken pot pies as quick as a flash. Here is a simple, hearty recipe that will certainly make you feel good – and the aroma while the pies are cooking will make you want to curl up on the couch and relax.

### Chicken pot pie

#### Ingredients

- 2 cups low-sodium chicken stock
- 2 tablespoons butter
- 2 carrots, diced
- 3 cloves garlic, minced
- 1 cup frozen peas
- 4 chicken thighs, cut into small chunks
- fresh thyme leaves
- 1 egg
- 1 cup whole milk
- 2 onions, finely chopped
- 3 celery stalks, diced
- salt and pepper
- 1 cup frozen corn kernels
- 1/4 cup plus 1 tablespoon all-purpose flour
- frozen puff pastry sheets



*Chicken pot pies ... mmmm*

#### Method

1. Pour the chicken stock and milk into a saucepan with the chopped chicken thighs. Simmer over medium-low heat until chicken is cooked. Cover and keep warm.
2. Melt butter in a pot over medium-high heat. Add onions, carrots, celery and garlic, and sauté until vegetables are soft. Season with salt and pepper. Add the peas and corn, and cook another 2 minutes.
3. Sprinkle the flour over the vegetable mixture and stir until combined. Pour in the chicken stock mixture and keep stirring until the flour has dissolved. Then add the chicken.
4. Place the mixture into a large oven dish or individual dishes. Sprinkle thyme leaves over the top. Cut the pastry slightly larger than the dish allows (to create an over-hanging crust) and cover the dish(es). Crimp to seal the edges.
5. Beat the egg with a little bit of water in a small bowl. Brush the egg wash over the pastry dough. Bake in a 375 degree oven for about 20 minutes or until crust is golden brown. Garnish with some thyme sprigs. Let cool for 15 minutes before serving.



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