



WINTER 2016

ORTHOPAEDIC trauma patients in the Far North are the first in Queensland to undergo surgery via state-of-the-art computer guided technology.

The Far North Queensland Hospital Foundation bought the \$398,000 technology for the Cairns Hospital to enable faster surgeries, quicker recovery times and less radiation exposure to staff and patients.

Cairns Hospital orthopaedic senior visiting officer Dr Chris Morrey said that in some cases, up to 50 x-rays are required during surgery, to ensure more precise placement of pins, screws and plates.

With the technology, a patient undergoes a CT scan before surgery and two x-rays at the start are uploaded onto the computer system and used by the surgeon to guide correct placement.

“Ultimately this leads to an improvement in the overall management of complex trauma cases – incisions are smaller, the patient is anaesthetised for a lesser time, they have less post-operative pain and they and the theatre staff are exposed to less radiation,” Dr Morrey said.

Use of the system also frees up the x-ray equipment and staff to undertake other work.

“I would envision we could use it at least daily – we normally fix up to two spinal and/or pelvis fractures a week,” he said. “Once all the data is loaded onto the system, the surgeon uses their finger on the screen, a bit like using a smartphone, to guide where they want the pins, screws and plates to go.”

Far North Queensland Hospital Foundation chairman Dr Ken Chapman said senior orthopaedic

surgeons in Cairns had been hoping to introduce the navigation technology for some time and the Foundation was delighted to be able to step up and make it a reality with this donation.

“The Brainlab surgical navigation system means serious trauma patients will now have access to the most advanced treatment possible,” he said. “It makes the surgery faster, safer and more accurate and this makes a big difference to seriously injured patients and to the staff who look after them.”

The donation has been supported by the fund raising efforts of the many volunteers and supporters of the Foundation including Freemasons and the Wayne Leonard Motorcycle Muster and by the earnings of the Foundation’s Sea Breeze Café and *dcafé* at Cairns Hospital.

# In chains for premie bubs

PREMATURE babies in the Far North might not be able to talk yet, but we are sure that if they could, they would say a big thank you to the Cairns community which gave so generously at the chain gang challenge in June.

More than \$17,000 was raised by hard working community leaders who were handcuffed to wheelchairs at Cazalys Cairns, and not released until they had raised minimum bail of \$1000 each.

Not only did all of the nine achieve their minimum bail, but two raised more than \$3000 on their own – CDRL's Pat Bailey (also on the board of the Far North Queensland Hospital Foundation) and Cazalys Cairns' Jason Salecich.

Other locals under self-imposed imprisonment include Sean Lord of Lord's Insurance Service, Gina Hogan, general manager of Southern Cross Austereo, Wayne Reynolds, general manager of the Reef Hotel Casino, Sonya Barber of Fitness Australia, Steve Corradi and Krystal King of I Want That Course, and Rowland Percy from Red Energy Promotions.

The challenge forms part of Sea FM's annual Give Me 5 4 Kids Appeal. This year's target was \$25,000 to buy a neonatal humidifier, blanket warmer, breast pumps, and neonatal stethoscopes for the Special Care Baby Unit of Cairns Hospital.



## New drill bought

THE latest technology in surgical drill at Cairns Hospital has been bought through the Far North Queensland Hospital Foundation.

Costing just over \$58,000, the Midas Rex Drill is more efficient and precise than previous equipment, and will save time in not having to be sent overseas for servicing.

Cairns Hospital Theatre Nurse Unit Manager Anne Hill said when the current drills, up to seven years old, are sent away for servicing or breakdown, the cost can be up to \$3000 and take several weeks to be returned.

"This new drill is electric, not pneumatic so it is more efficient and has greater control for the surgeon. It is used for spinal, general orthopaedics and for craniotomy and burr hole procedures," Ms Hill said.

As well, the new drill enables two cables and has 50 per cent more torque than previous versions.

"We are very very lucky that we have people in our community like you," Ms Hill said to Les and Anne Mills, regular Foundation donors who decided to help the theatre team with the purchase.

"I guess for us, we looked at what it would bring to that department as well as the fact that if you were in the position of needing that sort of surgery, you would want the best equipment," Mrs Mills said.

Foundation CEO Tony Franz said the couple had been generous benefactors for several years and he was confident patients and staff were grateful.

**PHOTO:** Cairns Hospital Theatre Nurse Unit Manager Anne Hill, Anne Mills, Tony Franz and Les Mills get up close to the new Midas Rex Drill.

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far north queensland  
**hospital**  
foundation





# Bikers show their community spirit

“REALLY? Really?”

“Yes, really Paul Rosman, you’ve won the Harley-Davidson.”

It took a couple of phone calls on Saturday night for Wayne Leonard to convince the Victorian man he had won the 2016 Black Iron worth almost \$14,000.

The news was greeted by a room full of motorcycle enthusiasts staying at the Mission Beach Resort for the charity fundraiser Wayne Leonard’s Motorcycle Muster.

Mr Rosman bought five raffle tickets when the art union was hosted at Stockland Shopping Centre.

Far North Queensland Hospital Foundation CEO Tony Franz, who also takes part in the event, said 2016’s event was the 15th time the fundraising ride had been held, and resulted in more than \$50,000 being raised.

Raffle tickets in the motorcycle formed the basis of the fundraising effort, with funds this year going to Cairns Hospital’s

Emergency Department.

“Funds this year are going towards a non-invasive ventilator and a video laryngoscope which we know will be very well used,” Mr Franz said.

The group of 36 registered motorcyclists and five cars enjoyed a relaxed journey in convoy from Cairns Hospital up the Gillies Range, along the back roads around Lake Eacham, morning tea provided by Lions at Millaa Millaa and lunch at Kurrimine Beach.

After a stunning scenic tour of the coastline at Mission Beach, they relaxed at the Mission Beach Resort where entertainment, award presentations and karaoke concluded official proceedings.

“Let’s have the best facilities and we don’t want to need to use them,” Mr Leonard told the assembled crowd on the big night. “It’s you people who do the work, it’s you who make this event successful,” Rhonda Leonard added.

# Cairns link to Harley win

IT was ironic that Paul Rosman’s visit to see his ailing mother in Cairns, resulted in him winning a motorcycle raffle that benefits health services.

Mr Rosman, an airline pilot living in Victoria, bought two lots of tickets in the Wayne Leonard’s Motorcycle Muster Harley-Davidson XL883N Iron motorcycle raffle, while visiting his mother earlier this year.

“Mum was in Gordonvale and we were up there for a few weeks so I actually bought two lots of tickets,” Mr Rosman said.

“She’d been in and out of hospital for a while and we saw that it was for the Hospital Foundation so we thought we’d buy a few tickets,” he explained.

He was simply stunned when he received a telephone call out of the blue on the night of the Muster in June, to say he had won the bike.

“I’d forgotten all about the tickets to be honest, I’d just put it out of my mind.”

He arranged to have the fabulous “cherished toy” trucked down to his home in Victoria but was pleased to be able to call into Wayne Leonard’s Motorcycles this week while in town for a work trip, to thank all involved.

Mr Rosman is originally from the area, having grown up at Freshwater and attended Trinity Bay High School.





# Jasmyne's our heart hero

SIXTEEN years ago, a baby girl was born at Cairns Base Hospital. We'd like to say she was healthy, but she wasn't.

Baby Jasmyne Stead was born with a rare heart malformation – Ebstein's anomaly. What it means is that her heart valves didn't form properly. And although she has had countless surgeries, it will be a condition she lives with and deals with, forever. Jasmyne has now endured two open heart surgeries, countless trips to the Cairns Hospital Emergency Department, numerous trips to Brisbane for other treatment, and about 10 sessions in the cardiac catheter lab for studies.

"We found out when she was 12 hours old," mum Tracey explains. "The first three or four years of her life were spent on oxygen 24-7, then we went to just nighty

oxygen and then only as needed. At the age of 14, Ben (paediatric cardiologist Dr Ben Reeves) started noticing some changes and that's when she had her second major heart operation which she's still recovering from. Before that surgery, she was a beautiful ballerina, she was into gymnastics. She danced every single genre. Now she's only going to school part-time because that's all she can manage."

Ask Tracey if she knows about the Mount Franklin Cardiac Challenge and it's clear she does. "You guys funded that echo machine didn't you? We'd be up the creek without a paddle if that wasn't in Cairns. We have so much stuff here that people just take for granted. What you guys do is amazing." Since her most recent surgery, Jasmyne has been seeing

Dr Reeves, the only paediatric cardiologist north of Brisbane, monthly, but it looks like that can now be downgraded to bi-monthly. "She has normal teenage moments, but she's awesome, she is just awesome. We don't give up. We're not that story."

A "quick" trip to Brisbane in January was required as her sternum wires had become infected. "We've often had the conversation about whether we move. But Cairns is definitely not the country hospital that it was 16 years ago. She is always a priority in there and we're very grateful for the people and services we have."

Dr Reeves says: "The echo machine was worth about \$180,000 and is used every day for children in the hospital aged from premature babies up to 18yo.



**BIG HEARTED HEROES:** Wuchopperen Warriors Tony Pappas, Keith Elaisa, Sharee Webb, Doris Ahmat, Henry Williams, Melissa Ernst, Natalie Forbes, Fred Mills and Michelle Dougan.

## Big man has big heart

HENRY Williams is a big man and he has a big heart to match – so big that he is gearing up for his second Mount Franklin Cardiac Challenge.

He is one of the founding members of the Wuchopperen Health Service Cardiac Challenge team and while he says the ride is a tough event, it is worthwhile not just for himself, but for the broader community. This year, Wuchopperen has a team of 11 participants, aiming to raise \$5000 for cardiac services in the Far North, between them.

Wuchopperen Health Service medical director Dr Vlad Matic, who was the highest individual fundraiser in 2015, said the organisation was passionate about this because the high rates of rheumatic heart disease in the Indigenous community as a chronic condition require numerous interventions.

The Wuchopperen team is comprised of staff from the corporate, dental, diabetes education, social emotional counsellors, doctor, bus drivers and family and parenting workers. The group trains together three mornings a week and has undergone specialised cycling skills training.

“I believe it has built a better working relationship with the colleagues at Wuchopperen, and it is an enjoyable, social way to improve fitness. Wuchopperen is a community based health service, and being involved in the wider community is great way to increase the stature of the service,” Dr Matic said.

“Cardiovascular disease is the leading cause of death for Aboriginal and Torres Strait Islander people, who experience and die from cardiovascular disease at much higher rates than other Australians.

“Aboriginal and Torres Strait Islander people, when compared with other Australians, are three times as likely to have cardiovascular disease; three times more likely to have a major coronary event, such as a heart attack; more than twice as likely to die in hospital from coronary heart disease; 19 times as likely to die from acute rheumatic fever and chronic rheumatic heart disease; more likely to smoke, have high blood pressure, be obese, have diabetes and have end-stage renal disease.”

## Doing her bit

BY day, she is a mild mannered administration clerk, mother and grandmother.

But one weekend a year, every year, Trish Sexton turns into a passionate motorist – and no she doesn’t make an annual pilgrimage to Bathurst.

Trish is an incredibly safety-conscious escort driver on the annual Mt Franklin Cardiac Challenge – possibly the longest serving in that role. “I guess it’s just about doing my bit for the community,” the mother of three and grandmother of one said.

Each pack of about 20 cyclists on the annual ride is accompanied by pack leaders (fellow cyclists) front and rear, and an escort vehicle front and rear. The ride also is accompanied by three police who help ensure the safety of the riders and that non-involved traffic is not unduly held up.

Mrs Sexton rode the first Cardiac Challenge back in 2007 but a health issue means these days she’s behind the wheel, possibly even helping keep her husband Peter Sexton, a pack leader, safe. “I go to support him and I look at it as my doing a good deed,” Mrs Sexton said. “You need to keep a cool head and really keep your wits about you – you’re looking in front of you, looking behind you, listening to the radio to see what other traffic is doing.”





**JUMPING FOR JOY:** Property Shop auctioneer Lance Edwards, Property Shop sales and marketing director Ben Johnston, Rachel Fennell, James Fennell and Foundation CEO Tony Franz.

## Building a better future

RACHEL and James Fennell might be in the building industry, but this week they helped build a better future for cancer patients in the Far North.

The couple, owners of Urban Properties, handed over a cheque for \$20,000 to the Far North Queensland Hospital Foundation, with a further cheque of \$5000 on its way from Ben Johnston from The Property Shop.

The funds are the end result of their initiative, the Millhouse Estate No-Reserve Charity Auction, held in May, with a percentage of proceeds donated towards men's cancers in the Far North.

Foundation CEO Tony Franz said the funds have been earmarked for

men's cancers which may lead to the purchase of a prostate-scanning device attached to the PET-CT scanner.

"We've been blown away by this event and the generosity of the people involved who really are passionate about health care in this region," Mr Franz said. "They know that their donation goes directly to its intended purpose and that it will make a real difference in people's lives," he said.

The Fennells' own lives have been directly touched by cancer, with Mr Fennell told five years ago, he had just 90 days to live as he was diagnosed with an aggressive blood cancer.

Successful treatment means he is alive to see his four children

growing as well as celebrate his 15th wedding anniversary – ironically on the day he wrote out the cheque to the Foundation.

Property Shop sales and marketing director Ben Johnston said in addition, he would donate his \$5000 commission from the transaction. "We are thrilled with how well this unique event turned out for the new owner of the block, who works within the health system, and the Foundation and the patients and staff it supports," Mr Johnston said. "We are all touched by cancer in some way through people we care about and we feel it's important to be part of helping our community."



**Yep, they work alright!**

Nicole and Glenys from our office were pleased to hand over these wheelchairs to Chris Walker and Adam Mitchell from Cairns Hospital's Operational Services division. The wheelchairs are the result of a \$1500 donation from the Rotary Club of Cairns. Thank you!



**“SOMEONE”** in this photo is looking a little cheeky - can you pick which one it is? Our beloved CEO Tony Franz (centre) has worn lycra as his office-wear on five occasions this year, after being sponsored by hospital volunteers to do so for his Cardiac Challenge fundraising. Each \$100 they raised equalled one day in the office wearing lycra. He is pictured here with vollies Betty Esmonde, Fay Jeffrey, Jan Holmes and Han Tay.



## Grateful recipients

THE Far North Queensland Hospital Foundation was a grateful recipient of a cheque for \$1938 from Building Active Connected Communities (BACC), recently.

CEO Tony Franz received the cheque from BACC board member Patricia O'Neill and FNQ Bendigo Bank strategy and performance senior manager Judy Blackall. Local non-profit community groups, charities, sporting and community clubs are collectively \$77,000 better off, thanks to BACC's recent presentations. More than 60 groups in the Far North benefitted from the grants through an income-sharing initiative with Bendigo Bank. Not-for-profit organisations, their members and supporters generate an ongoing income stream by meeting their banking needs through Bendigo Bank. The initiative is up to \$1 million in handouts since inception in 2009.



**PHOTO:** Alison Latemore RN, Josephine Anderson RN, Cheryl Shaw representative from the Innisfail Friends of the Foundation branch and enrolled nurse Rajwinder Singh.

## Donation recognised

VOLUNTEERS from the Friends of the Foundation Innisfail Hospital branch have done it again, this time donating three portable syringe pumps to give pain relief drugs to the hospital's palliative care patients.

The Niki T34 pumps, costing almost \$3500 each, give patients a small, continuous amount of medication and are small enough to be carried, giving patients the freedom to move about.

Innisfail Hospital Director of Nursing Leslie Harris said the pumps would enable nursing staff to give the best possible care to palliative patients.

“On behalf of the hospital, I'd like to thank the Friends of the Foundation Innisfail Hospital Branch for their donation,” she said.



## dcafe recipe

The humble eggplant is used in the cuisines all over the world. In Indian cuisine it is often described as the “king of vegetables”. It is often stewed, as in the French ratatouille, or deep fried as in the Italian parmigiana di melanzane, the Turkish karniyarik or Turkish and Greek moussaka.

## Eggplant Parmigana

### What you need

Two medium eggplant cut into 1cm thick slices, two teaspoons olive oil, one finely chopped medium brown onion, three crushed garlic cloves, half cup tomato paste, two x 400g cans diced Italian tomatoes with oregano and basil, half cup chopped fresh basil leaves, olive oil for shallow frying, 125g parmesan cheese, finely grated, three cups spinach.

### Method

Preheat oven to 180C (160C fan). Place eggplant in a colander. Sprinkle all over with salt. Set aside for 10 minutes. Rinse under cold water. Drain. Pat dry with paper towel. Meanwhile, heat oil in a medium saucepan over medium heat. Add onion and garlic. Cook, stirring for

5 minutes or until onion has softened. Add tomato paste, tomatoes, basil and half cup cold water. Stir well. Bring to a simmer. Reduce heat. Simmer, stirring occasionally, for five minutes. Add enough oil to a large frying pan to cover base. Heat over medium-high heat. Cook eggplant, in batches, adding extra oil to pan when necessary. Drain on paper towel. Spoon half cup tomato mixture over base of a 10 cup-capacity ovenproof dish. Arrange one-third eggplant over tomato. Sprinkle with one-third cheese and one cup spinach. Continue layering, finishing with cheese. Season. Bake for 15 to 20 minutes or until cheese is golden and melted. Serve sprinkled with basil leaves.

## We need you ...



IT might be August, but volunteers are already getting excited about wrapping thousands of Christmas presents. The Far North Queensland Hospital Foundation is looking for volunteers to help wrap presents at Cairns Central and The Good Guys from November 28. Foundation volunteer manager Anne Chirio said almost five kilometres of wrapping paper is used during the annual fundraiser. “In the month leading up to Christmas, 476 volunteers work hard wrapping thousands of odd-shaped presents for a gold coin donation,” Ms Chirio said.

To volunteer for Christmas Wrap, the hospital or our events, telephone Ms Chirio on 42268993.

- 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”.

Please name your region \_\_\_\_\_

- Cooktown    Mareeba    Mossman    Gordonvale
- Cow Bay    Cairns    Babinda    Innisfail
- Yes, please send me more information:  
 Fundraising    In Memoriam    Gift in Will Services

Phone for more info: PO Box 957 Cairns Queensland 4870  
P: 07 4226 6553 F: 07 4226 6663 E: [fundraising@fnqhf.org.au](mailto:fundraising@fnqhf.org.au)  
W: [www.fnqhf.org.au](http://www.fnqhf.org.au)

- Yes, I would like to help the Hospital Foundation with a donation of

\$  .

### PAYMENT METHOD

Visa    Mastercard    Cheque

or you can donate online: [www.fnqhf.org.au](http://www.fnqhf.org.au)

If you wish to receive a receipt please tick this box and it will be posted within 14 days.

Signature \_\_\_\_\_

Expiry date \_\_\_\_\_

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