



Our Purple Angels

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SPRING 2014

The 2013-14 financial-year proved to be another successful year for the Hospital Foundation.

The Foundation posted an operating surplus, before distribution of grants, of \$1.59 million. The Foundation's strong financial performance ensured that it achieved the main objective of the organisation's strategic plan – to grow and maximise the benefits of the principal activities. This figure was supplemented by the incalculable value of the many services and tasks undertaken by the Foundation's volunteer team, as well as its staff. Many of the services provided by the Foundation have become an integral part of hospital life. One can only imagine the total financial value of these services to the community, if they were costed appropriately.

The Foundation's grant funding totalled \$0.9 million, however, the Foundation has committed in excess of \$2.1 million in 2014-15 to cover the Paediatric Playground Project, the Foundation's contribution of \$0.7 million towards the purchase of a new PET/CT Scanner, and \$134,000 has been set aside to fund the electronic ultrasound mapping software Viewpoint for Obstetrics/Medical Imaging at Cairns Hospital.

The Foundation made a number of significant contributions during the course of 2013-14, including the purchase of a STORZ Navigation System, an innovative optical-based image guidance machine, designed specifically to aid in ear, nose and throat surgeries at Cairns Hospital at a cost of \$100,000.

The Foundation also funded the purchase of a \$78,000 point of care ultrasound tool for the Cairns Hospital Cardiology Unit.

In addition, the Foundation spent \$68,000 on cardiac monitoring equipment for the East Ward at Mareeba Hospital, bought three VersaCare and two CareAssist beds at a cost of \$47,000 for the Oncology Unit at Cairns Hospital and funded two dialysis machines for the Cooktown Renal Service at a cost of \$31,000.

The Foundation once again funded the annual research small grant awards with 12 successful applicants sharing in a total of \$33,000 in grant funding.

The continued achievements of the wonderful Friends of the Foundation (FoF) groups ensured that the Foundation met another objective – to continue to expand services throughout Far North Queensland. This achievement also enabled the Foundation to demonstrate its support of the Queensland Government's values, including the desire to improve health outcomes for Queenslanders by providing better health care in the community and empowering local communities with a greater say in their hospital and local health services. Collectively, the FoF's raised more than \$181,000 towards the improvement of health care services in their respective communities; Innisfail, Gordonvale, Mareeba, Cow Bay and Cooktown.

I would like to extend my heartfelt thanks to all of our very valued supporters, volunteers and staff whose contributions have enabled the Foundation to continue to work towards its vision of superior health care in Far North Queensland.

Tony Franz | **Foundation CEO**

Community Breathes Easier

Far Northern residents are breathing easier thanks to a highly sophisticated machine which was donated by the Far North Queensland Hospital Foundation.

The \$100,000 STORZ Navigation System which is an innovative optical-based image guidance machine, designed specifically to aid in ear, nose and throat (ENT) surgeries is now up and running at Cairns Hospital.

This new state-of-the-art equipment is set to dramatically reduce waiting times for patients requiring ear nose and throat surgery.

Cairns ENT specialist Dr Philip Jumeau said the new equipment would provide an important training tool and reduce patient risk.

Dr Jumeau said this remarkable piece of technology will allow surgeons to undertake complex surgical cases with the added assistance and security of image guidance.

“We can do cases via simple approaches (such as endoscopic or keyhole) rather than major surgeries,” he said.

“The system loaded detailed 3D CT scans and images onto a screen during the surgery to allow easier navigation through what is commonly a tricky area.”

Welcoming the new system, Cairns and Hinterland Hospital and Health Service Nurse Unit Manager, Anne Hill said the Cairns community and hospital staff will benefit greatly from the new technology.

“For the past three years, we have had to absorb the hiring costs which have been very expensive, so this is just wonderful,” she said.

Cairns woman Kim Foster was the first patient to benefit from the new system after suffering from a sinus infection for 18-months.

“I had chronic headaches and constant pressure on the brain all the time,” she said.

“Then quite literally within a few hours I woke up and it had gone. There have been no complications or pain since. I love this machine!”

Foundation Chief Executive Officer, Tony Franz said he is thrilled the machine has already started to make a positive impact.

“Without the continued support of the community, the Hospital Foundation could not continue to improve the standard of health care for the Far Northern community,” he said.

New Vital Device for Day Unit

Patients admitted to the Day Surgery & Peri-Operative Overnight Stay Units (DSU & POSU) at Cairns Hospital are already experiencing more efficient health care thanks to a new device donated by the Far North Queensland Hospital Foundation.

The Bladder Scanner enables hospital staff to quickly and accurately perform non-invasive urological examinations on a wide range of patients.

Mr Rob Pavich, Nurse Unit Manager of the DSU and POSU said he was very grateful the Hospital Foundation was able to donate the vital piece of equipment.

“The Bladder Scanner is an essential piece of equipment that enables staff to efficiently aid the discharge process for our patients,” Mr Pavich said.

“Our unit is focused on early discharges to help with patient flow and bed numbers.

“The DSU and POSU have high numbers of urology patients and due to the quick turnaround of patients, delays in discharges can lead to bed-block.”

The portable 3D ultrasound instrument can non-invasively measure bladder volume and help assess urinary retention and post-operative urinary retention. It can also prevent unnecessary catheterisation, which eliminates undue trauma to patients and differentiates between types of incontinence to determine appropriate care.

Mr Pavich said there are simply not enough bladder scanners around and it was very difficult to gain access to the device because the demand was so high.

“Many wards rely on borrowing this piece of equipment, meaning delays in discharge when equipment is unavailable,” he said.



Michelle and Hayley from the Day Surgery and Peri - Operative Overnight Stay Units with the new Bladder Scanner.

Healthy Hearts



Over 260 riders from across the globe flocked to the Far North to participate in the Foundation's annual Mount Franklin Cardiac Challenge.

Rotary Exchange students from Denmark, France and Sweden joined locals from Cairns and the Tablelands to pedal 335 km from Cairns to Cooktown, raising over \$238,000 for cardiac health care in Far North Queensland.

Although some riders were disappointed, the eighth annual challenge began in Kuranda after the decision was made to omit the Kuranda range in view of the safety of participants.

The riders powered through to Mareeba where they were greeted by the Mareeba Rotary Club and President Natasha Srhøj presented the Foundation with a cheque for \$1,000.

"We are proud to donate to such a great cause," said Ms Srhøj.

The riders stopped at Mt Molloy for lunch before continuing to Mt Carbine where they set up camp for the night.

They then rode up the grueling Desailly Range to Palmer River Roadhouse, before arriving in Lakeland on Saturday afternoon to stay overnight at the state school. The riders were treated to an entertaining cultural performance by the local community.

Perfect conditions greeted riders as they rolled into Cooktown just after noon on day three. One of the pack leaders, Peter Sexton said the community support received was "fantastic."

"It was great to see the Cooktown community cheering us on as we cavalcaded down the town's main street," he said.

"We were officially welcomed by the Mayor Peter Scott and council representatives on the foreshore before having lunch together under the gumtrees – it was a great afternoon."

Pack leader, Tony (Superman) Nastasi, said the event is always great fun and this year was no exception.

"Getting my pack through day two was so satisfying," Nastasi said.

"Seeing them achieve something like the Desailly Range is just a great feeling."

Having been on every challenge since it began in 2007, Tony believes anyone can do the challenge if they put their mind to it.

"Even if you're not a cyclist, it's a life changing experience," he said.

Fundraising and marketing manager Glenys Duncombe said the event was again a huge success. "I couldn't believe how smoothly the weekend ran" she said.

"It was just fantastic, everyone had a really good time.

"The event wouldn't be possible without the support of our major sponsor Mount Franklin. A big thank you to the Queensland Police Service, the SES, Rotary and all of our sponsors, supporters, volunteers, families and friends."

Next year's Mount Franklin Cardiac Challenge will be September 19 – 21 2015. Save the date!

View more photos on the Cardiac Challenge Facebook page.



Play Time

The Far North Queensland Hospital Foundation has reached its million fundraising target to build a state-of-the-art Paediatric Playground at Cairns Hospital.

Foundation Chair, Dr Ken Chapman saw an opportunity to hit the \$1.2 million target in this year's Sea FM Give Me Five For Kids fundraiser.



Health Service CE Julie Hartley-Jones, CA Architect Carlo Amerio and FNQ Hospital Foundation Chairman Dr Ken Chapman.

“We had just \$40,000 to go so I issued a challenge to the community; I would match donations dollar for every dollar up to \$20,000 until we hit our mark,” he said.

“The response really was overwhelming, I can't thank everyone enough who contributed, not just in that final week, but throughout the years.”

Cairns and Hinterland Hospital and Health Services Chief Executive, Ms Hartley-Jones, said she couldn't have asked for a better result.

“The quality of life for sick children and their families throughout the Far North will improve as a direct result of this new facility,” she said.

Mr Chapman said the facility was much more than just a typical playground.

“We are not just talking about a set of swings and a slippery dip, this will be a state-of-the-art facility unlike anything we have seen,” he said.

Construction on the project has already begun.

News from our Friends of the Foundation

The Friends of the Hospital Foundation Innisfail Branch have been very active lately. The Foundation received \$350 from Bendigo Bank and \$500 from the South Johnstone Mill and prizes for their Golf Day which was held last month.



Dell Steve from the Innisfail Friends of the Foundation receives a cheque from South Johnstone Mill Manager Phil Miskin.



Cheryl Shaw from the Innisfail Friends of the Foundation receives a cheque from Bendigo Bank.

Driving Success

The fourth annual Golf Day fundraiser for the Innisfail Branch of the "Friends of the Foundation" was held on Sunday, 1 September at the El Arish Golf Club.

The weather was perfect, the field was amazing and the members exceeded the expectations of the golfers by providing an amazing lunch, followed by a splendid auction handled by local auctioneer Peter Grevien, who kindly donated his services.

Without the wonderful sponsors, 19 teams of golfers and dedicated members we would not have been able to run this successful event. The event raised a profit of just over \$9,300 which will enable the purchase of vital equipment urgently required at our local Innisfail Hospital.

We would like to thank all who supported this fund raising event as well as all the players and bidders at the auction. Most importantly we would like to thank the whole community for supporting us in fund raising for the hospital.

Maria Vasicek - Branch Treasurer



Fresh, Fun, Fast dcafé

The Far North Queensland Hospital Foundation is proud to open dcafé as part of the Cairns Hospital re-development.

dcafé offers exciting, healthy and nutritious meal options for patients, staff and visitors at the Cairns Hospital in a relaxed and modern setting.

The fresh and delicious menu is derived from Queensland Health's Better Choices Strategy, which aims to create an environment that provides a greater option of nutritious food and drinks, promoting healthy choices.

Customers can choose from an abundant selection of freshly prepared wraps and rolls filled with tasty flavour combinations.

From mild spiced exotic lamb crisp salad, zesty rice and minted yoghurt to a traditional caesar salad, dcafé offers flavours from around the world to satisfy anyone's taste buds.

For hungry people in a hurry, the 'grab and go' range is filled with mouth-watering delights featuring a changing array of salad combinations including Vietnamese noodle salad and fresh tropical fruit salad with mint and vanilla.

Daily specials include stir-fries or curries served on brown rice or quinoa and spinach salad.

Delicious smoothies and frappes, freshly squeezed juices and frozen yoghurt are all healthy additions to the dcafé.

Coffee lovers can enjoy the smooth blend of 100% Arabica organic coffee and not have to wait in line with the new tap and go system.

Far North Queensland Hospital Foundation commercial operations manager, Steve McGuinness said the café is one of the first of its kind in Cairns to have a self-serve kiosk.

"We are embracing the new technology available," he said.

"Customers are able to order hot beverages, freshly squeezed juices or smoothies without queuing, thanks to a new state of the art self-serve kiosk."

"The system is quick, easy and user friendly."

Like the Sea Breeze Café, which is closed for refurbishment, profits from the dcafé will go towards improving health care services across Far North Queensland.

Foundation CEO, Tony Franz said the café is an integral part of the Foundation.

"Not only does the café provide a service to patients, staff and visitors at the hospital, it also generates funds which are used to improve health care in Far North Queensland," he said.



Now open from 7.00 am Monday - Friday and 8.30 am Saturday & Sunday.



Achieving Our Aims

During the past year, the Foundation donated more than \$900,000 towards health care services in this region.

Improvements to health care services at Cairns Hospital

- A Clinitek Status Plus urine chemistry analyser for the Orthopaedic Ward
- Six Connex vital signs monitors complete with mobile stands for the Orthopaedic Ward
- A hand held AV400 AccuVein vein illumination machine for the Surgical Ward
- A STORZ Navigation System to aid in ear, nose and throat surgeries
- Two Ditto diversionary therapy consoles for the Emergency Department
- Two MAC 5500 electrocardiographs for the Emergency Department
- Four televisions for the rooming-in rooms in the Special Care Nursery
- A linear probe for the Cardiology Unit
- A point of care ultrasound tool for the Cardiology Unit
- Three VersaCare beds for the Oncology Ward
- A Connex Integrated Wall System vital signs monitor for the Oncology Ward
- Two Care Assist beds for the Oncology Ward
- A Righton Retinomax K-Plus 3 Refractor/Keratometer for the Ophthalmology Department
- Two EndoStratus Co2 insufflators and one EndoGator foot pump for the Endoscopy Unit
- Four deluxe air comfort chair/tilt beds for Medical 5 Ward
- A hand held AV400 AccuVein vein illumination machine for the Blood Collection Area
- An OPMI pico diagnostic microscope for the ear, nose and throat clinic - Specialist Surgical Outpatients Department
- Two hundred polo shirts in support of the Hand Hygiene Auditor program for the Infection Control Department

Improvements to health care services across FNQ

- Two dialysis machines for the Cooktown Renal Service, Cooktown Hospital
- Four televisions complete with brackets and headphones for the Yarrabah Renal Unit, Yarrabah Hospital
- Two Monark arm rehab trainer bike ergometers, a Sportsart recumbent bike and a Sportsart upright bike for the Cardiac and Pulmonary Rehabilitation Units, Innisfail and Tully Hospitals
- A Tourniquet 9000 table unit with adult and paediatric silicone cuffs for the Atherton Hospital
- The equipment, installation and commissioning costs associated with the cardiac monitoring equipment for the East Ward, Mareeba Hospital
- A BiliSoft LED phototherapy system for the Maternity-Paediatrics Ward, Mareeba Hospital

Service Honored

After almost two decades, the Far North Queensland Hospital Foundation has lost one of its original board members. Graham Coonan was recognised for his significant contribution while serving on the Foundation board for 17 years, seven being as Deputy Chairman.

For a number of years prior to becoming a board member Graham was an honorary auditor of the Fundraisers Association which was the predecessor organisation of the Foundation.

Mr Coonan said his time on the board had “been very rewarding.”

“I had the opportunity to see the Foundation grow from its inception to become one of the most prominent local charities in the Far North,” Mr Coonan said.

“To see what it was able to do as far as raising funds for new equipment and training was very pleasing.”

Over the past 17 years, Mr Coonan witnessed many great initiatives and projects governed by the Foundation.

“One of the greatest highlights for me would be the Paediatric Playground Project,” he said.

“It was a mammoth effort, particularly by the Foundation’s small management team, to reach our target but it is a great result.”

Mr Coonan believes the Foundation has a bright future ahead led by a strong management team.

“I’d love to see the Foundation continue to kick goals and achieving as per its track record.” he said.

Foundation Chairman, Dr Ken Chapman would like to thank Graham for his service and dedication to the Foundation.

Pictured: Foundation Chairman, Dr Ken Chapman acknowledges the service of former Board Member Graham Coonan.



Very Merry Donation

The Merry Makers Social Club donated \$3,000 to the Cairns Hospital Children’s Ward Appeal from their Charity Ball fundraiser.

Pictured: Margaret from NQ Dance Academy presents FNQHF CEO Tony Franz with the donation.



Purple Energy

Ergon Energy has been a proud supporter of the Far North Queensland Hospital Foundation. For over seven years, Ergon has made sure our volunteers stand out from the crowd, by sponsoring the volunteer shirts.

Far North corporate communications manager Mark Timmerman says the sponsorship of the shirts is one of Ergon's most important community sponsorships in Far North Queensland.



"It sits well in terms of not just being seen, but also delivering a valuable service to so many in the region," he said.

The Foundation has over 120 regular volunteers that fill 150 shifts a week and provides a most valuable service to the patients, visitors and staff of the Cairns Hospital.

Foundation volunteer coordinator, Anne Chirio said those who give up their time to volunteer play a vital role in improving health care and support services for Far North Queenslanders.

"In my opinion volunteers have the most valuable gift of all, their time," she said.

"In most cases our job is very simple. A gesture, a smile, kind word, a listening ear, or the smallest act of caring, can help someone go home feeling some semblance of hope that today might be just a little bit better, even a little bit safer than yesterday."

Betty Esmonde has been a volunteer at the Foundation for three years and said volunteering at the Cairns Hospital is "really rewarding."

"I just enjoy doing what I do. I enjoy coming in and chatting to everyone," she said.

Volunteering two days a week, Ms Esmonde works in the Special Care Nursery washing, drying and sorting the clothes. She helps with the morning tea in the oncology department and also works with social services in the emergency clothing department.

She said those thinking about volunteering should "go for it."

"You make lots of friends and get to meet really great people from all walks of life."

"There is something for everyone when it comes to volunteering!"

If you would like to volunteer, contact Anne on 4226 8993.

Pallet Power

People, groups and businesses have been busy creating "masterpieces" from recycled wooden pallets... artwork, cubby houses, furniture... the possibilities are only limited by imagination! The Mens' Shed, schools and even master cabinet makers were all hammering away.....

On Saturday, 23 August, these masterpieces were auctioned off at a fundraising event at the Cairns Cruise Liner Terminal to benefit the Far North Queensland Hospital Foundation.

The band 'Kick Start' kept the party rocking until the wee hours of the morning and had everybody dancing, even the volunteers!

We would like to thank our major sponsor Remax Cairns, all the volunteers, sponsors and exhibitors who ensured that this event was a great success!

Head to the Power of Pallets Facebook page for more information.

Kate Fern
Event Organiser



Dry July Fundraiser

The Far North Queensland Hospital Foundation has been a Dry July Beneficiary since 2012 with funds raised totalling over \$92,400. Dry July aims to fund projects and equipment that provide comfort and a sense of well-being for cancer patients. In the past years the Far North Queensland Hospital Foundation directed Dry July funding to purchase a sling hoist to assist patients being moved to treatment units, Versa Care beds, Care Assist bed and digitally printed curtains featuring landscapes from local photographers from the region.

This year 192 people chose to give up alcohol for the month of July and selected the Far North Queensland Hospital Foundation as their beneficiary for the funds they raised. Collectively, they raised over \$24,000 which will benefit cancer patients in the cancer care ward at Cairns Hospital.

The Foundation would like to thank the many participants who signed up for Dry July to make a difference to adults living with cancer.

Thank you

Thank you to Max Stocks for continuing to generously support the Motorcycle Muster.

Pictured: Steve McGuinness (FNQHF) and Mark Bugeja from Max Stocks.



Recipe from dcafé

We recently featured this salad on our menu and it fits into one of those really tasty dishes that are actually very good for you. Enjoy!!

(Quinoa grain has been called a superfood; the protein content is very high for a cereal and relatively high in essential amino acids. It is a good source of dietary fibre and phosphorus and is also high in magnesium and iron. It is a source of calcium, and thus is useful for vegans and those who are lactose intolerant).

Spinach Quinoa and Prawn Salad.

What you need

4 x large handfuls fresh Spinach Leaves
1x Sliced Red Onion
200gms Lite Fetta cheese (crumbled)
1 x Mango Cheek cut into cubes
1/2 Cup cooked Quinoa
Cajun Seasoning
Fresh Baby Beetroot thinly sliced
1 x Blood Orange
½ Punnet Cherry Tomatoes cut in halves
Prawns peeled vein removed and sliced length wise in half

Dressing

2 oranges, juiced 2 Tbsp. balsamic vinegar
1 x Tbsp mustard 2 Tbsp. honey
1 clove garlic crushed ¼ cup extra virgin olive oil

Place all ingredients in a container with a tight fitting lid and shake, shake, shake!

Method

Cook the Quinoa as per the packet instructions. Cool in the fridge.

Wash the spinach leaves and set aside to dry in a large bowl.

Cut the fresh beetroot on a fine cutter or with a sharp knife. (The thinner the better). Slice the onion and cut the cherry tomatoes. Add to the spinach with the mango cubes.

Zest all oranges directly onto the spinach. Remove the white pith from the blood orange and segment and add to the salad. Squeeze the juice from the others and set aside for the dressing.

Make the dressing.

To Serve: Add the cold Quinoa to the salad mix and gently toss. Meanwhile toss the prawns in the Cajun seasoning and warm in the microwave or steamer. Toss the salad with the dressing. Plate up and add the prawns to the salad and top with fetta and serve.



Lion heart

Ten years ago, Bronwyn Reid could only wait and watch over her tiny son as he embarked upon a perilous journey. Born with multiple heart defects, Landon had to endure five heart operations – four of those within the first two and a half months of life – and post-surgical complications that brought him to the brink of death more than once.

The Gordonvale mum, who works as a receptionist at St Francis Xavier's School in Cairns, participated in the Foundation's annual Mount Franklin Cardiac Challenge.

Since the Far North Queensland Hospital Foundation launched the event in 2007, the ride has raised more than \$2 million for cardiac care services in Far North Queensland – a cause so close to Mrs Reid's heart.

“The diagnosis and treatment of congenital heart defects in newborns and young children can be challenging in the Far North,” she said.

“Many families, like us, suddenly find themselves having to leave family behind to travel to Townsville or Brisbane to receive specialised treatment or surgery.

By raising funds through the Cardiac Challenge, Mrs Reid said she hopes to help improve cardiac care services in the region and enable families to receive specialised care locally.

“Previously, we relied on visiting cardiologists from Brisbane to monitor Landon's progress,” said Mrs Reid.

“To have our own paediatric cardiologist based at Cairns Hospital is amazing. There are test procedures that can now be done here under the watchful eye of Dr Ben Reeves, so we don't need to travel South.”

An impressive percentage of the hospital's Cardiac Care Team, rode alongside Landon's mum during the three-day Cardiac Challenge.

Mrs Reid's younger sister, Erin, also joined her. Their team, dubbed “Sister Act”, had a dynamic support crew, including Mick Reid and a healthy, enthusiastic 10-year-old boy!

“To watch Landon running and playing just like any other little boy, it is difficult to imagine the hardships that he has had to endure in his short lifetime,” said Mrs Reid.

“He has shown us so much strength, courage and faith, and taught us never under any circumstances to give up hope.”

