



"Quackers" waves to the crowd gathered at Southbank to watch the Great Brisbane Duck Race

Going quackers to help save lives at PAH

Over 21,500 rubber ducks flocked to the shores of the Brisbane River this month as part of Australia's biggest duck race for cancer research.

The PA Research Foundation's flagship fundraising event of the year, the Great Brisbane Duck Race, was held on 12 September.

The ducks paddled, splashed and waddled their way over a 100m course resulting in a record fundraising effort of over \$114,000 to support research exclusively at the Princess Alexandra Hospital.

The owner of the winning duck – and the owner of a brand new car – was a former patient of the hospital, Nicola from Windsor.

Nicola said she owed her life to a research project headed by PAH Director of Radiation Oncology, Professor Bryan Burmeister.

She was part of a 17-year project to prove the effectiveness of radiation therapy in curing melanoma, which is now benefiting patients across the globe.

"I'm a lucky duck in more ways than one. Thank you so much to the hospital and the PA Research Foundation and the invaluable

research they have helped make possible," she said.

"I owe my life to the PAH, so the least I could do was to buy a duck to show my support – I never thought I would win."

Nicola, who was almost in tears when she was told the good news, said the timing could not have been more perfect as her old car had seen better days.

All funds raised from The Great Brisbane Duck Race and its sister event, the Great Corporate Duck Race, will go to support PAH research in the areas of prostate cancer, skin cancer, leukaemia and

breast cancer.

The presenting sponsor for the event was Sci-Fleet Toyota, who donated a new car as the first prize. The second prize was \$5000 in cash thanks to Bankwest. Other sponsors included Network Ten, Classic Hits 4KQ, Quest Newspapers, Waterway Constructions and Bowen Tug and Barge.

The PA Research Foundation would especially like to thank Princess Alexandra Hospital staff and their families for their ongoing support of the event.

► [DUCK RACE PHOTOS, PAGE 8](#)



Julie Connell
Executive Director
Clinical Support
Services

I would like to highlight the ongoing achievements in research within allied health at PAH and Metro South. Over the past 12 to 18 months there have been significant achievements in funding and appointments to research positions, which is bringing world-class researchers to our campus.

The first is the Centre for Functioning and Health Research (CFAHR), which has been an initiative across the Divisions of Clinical Support Services and Rehabilitation along with our allied health colleagues from the other facilities and services in Metro South.

This centre, which was funded as part of the first Health Practitioner Agreement, has enabled three positions to be established conjointly with the University of Queensland, Griffith University and Queensland University of Technology.

This has resulted in the appointments of Professor Liz Ward, Associate Professor Pim Kuipers and Senior Research Fellow Steven McPhail.

A fourth position from this funding was awarded to the Dietetics Department and a conjoint position was established with the Diamantina Institute. Dr Ingrid Hickman takes up appointment to that position in November.

This has been a great milestone

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for allied health in having our first professorial appointments in Queensland Health through the CFAHR funding.

The team for CFAHR is further complimented by our existing Allied Health conjoint appointments with UQ, Dr Jenny Fleming and Dr Emma Finch.

These conjoint positions have been greatly valued by PAH.

I would also like to congratulate Dr Katrina Campbell who was successful in being awarded both a Health Research Fellowship from the Office Health and Medical Research (OHMR) and a Lions Senior Medical Research Fellowship.

This is an outstanding achievement and one that has certainly put Dietetics at the forefront of health research.

The Dietetics Department, under the leadership of Dr Maree Ferguson, was also successful in being awarded a Clinical Academic Fellowship from OHMR.

This is a conjoint appointment with the UQ and Dr Liz Isenring has recently been appointed to this position.

I would like to welcome all these staff to PAH and I know they will add to the existing world class research that occurs on this campus and across Metro South.



I know these staff will add to the existing world class research that occurs on this campus.

whispah in print and online:

Web: www.health.qld.gov.au/pahospital/news_events

Print: Call 3176 5701 to be added to the monthly mailing list.

WhisPAH is published monthly by the Media and Communications Unit, Princess Alexandra Hospital.

Article Submissions: Please forward ideas, articles and photos to marketing&communications@health.qld.gov.au, or phone 3176 5701 so we can attend your event.

Princess Alexandra Hospital hypertension expert internationally recognised

Princess Alexandra Hospital's Dr Eduardo Pimenta has been recognised internationally for his research that was undertaken while on placement at the University of Alabama at Birmingham.

Dr Pimenta, who is a Principal House Officer in the PAH Hypertension Unit and a lecturer and research fellow at the University of Queensland, received an award from the highly regarded *Hypertension* journal.

His paper, titled "The Effects of dietary Sodium Reduction on Blood Pressure in Subjects with Resistant Hypertension: Results from a Randomized Trial", was selected as the journal's top paper for 2009 in the category of clinical science.

Hypertension is published by the American Heart Association and is the most internationally recognised journal in this specialty field.

Dr Pimenta said he is thrilled to have his research acknowledged with this auspicious award.

"Our study evaluated the effect of a low salt diet in patients with hypertension that is resistant to treatment," he said.



▲ Dr Eduardo Pimenta (front, centre) with the Princess Alexandra Hospital hypertension team.

"The blood pressure reduction achieved with salt restriction in these groups is, sometimes, small. Many patients continue to ingest high amounts of salt. 70-80 per cent of salt intake comes from processed food and just 5-10 per cent of the total salt intake comes from the salt we add to our food.

"The only way to reduce salt intake is through strict regulations toward food industry," Dr Pimenta said.

Dr Pimenta is to be presented his award at the 64th Annual Meeting of the American Heart Association Council for High Blood Pressure

Research in Washington in October.

In addition to this international success, Dr Pimenta was a star performer in the recent PAH Week Young Investigator Awards, where his research presentations have seen him win prizes two years in a row.

"Those studies were conducted here at PA Hospital in 2009 complementing previous research by Professor Stowasser and Professor Gordon which demonstrates that aldosterone excess is an important cause of hypertension," he said.

His PAH research also demonstrated that aldosterone may stimulate salt appetite. Patients that underwent adrenalectomy for removal of aldosterone producing tumours seem to be less avid for salt after surgery compared to before surgery.

"PAH patients are already benefiting from the advancements that this research contributes to how we treat these types of conditions," Dr Pimenta said.

"I am pleased that my research can ultimately contribute to PAH's research reputation and also improve the lives of these patients."

PAH staff invited to have their say on electronic medical record

Queensland Health's eHealth Program will be running a series of integrated electronic medical record (eMR) consultation events for Princess Alexandra Hospital staff from 4-15 October 2010, to gain clinical and administrative input into a proposed ieMR solution.

An ieMR is set to change the way

patient information is collected and shared across Queensland Health. It will ultimately provide clinicians and supporting staff with a single view of patient records and enable the delivery of improved patient health and safety.

The ieMR will assist with key clinical tasks such as:

- » Electronic recording of a patient's care plans and clinical notes
- » Electronic order entry for diagnostic investigations
- » Electronic reporting of results of diagnostic investigations.

During the consultation events hospital staff will have the opportunity to review the proposed solution and provide feedback into its final design.

The events will cover the following priority areas:

- » Order entry, results reporting and endorsement
- » Clinical notes, document scanning and electronic discharge summary
- » Scheduling

All consultation events will be led

by Queensland Health clinicians and supported by representatives from the eHealth Program and the proposed vendor.

Clinicians will lead their colleagues through a range of validated scenarios to demonstrate how the system will meet their needs and collect feedback to ascertain the suitability of the product for the business.

A full schedule of consultation events is available on the PAH intranet homepage.

Grant awarded to radiation therapists

Two PAH radiation therapists will travel overseas to study new treatment techniques, with the ultimate aim of benefiting the hospital's cancer patients.

Anna Koch and Tim Deegan were the recipients of the prestigious Robert Bourne Travelling Grant, presented on 19 August.

The grant is named after former Head of Radiation Oncology Services at the Mater centre, Professor Robert Bourne.

Ms Koch will study four-dimensional CT planning and will attend the Stereotactic Body Radiation Therapy Symposium at Stanford University in October.

She hopes to apply her knowledge in the treatment of early lung cancers where very high doses of radiation treatment can be delivered in a highly consistent fashion in three treatments instead of 30 treatments.

Mr Deegan will travel to an Image Guided Radiotherapy (IGRT) conference in Milan to further his knowledge in this area.

The availability of IGRT has allowed treatments to be delivered more accurately. It has become the standard for prostate cancer treatment and Mr Deegan will be



▲ Radiation therapists Anna Koch (left) and Tim Deegan (right) with Professor Robert Bourne (centre).

applying similar techniques to other sites in the body.

Director of Radiation Oncology Mater Centre, Dr Michael Poulsen, said radiation therapy is evolving at a rapid rate largely due to technology.

"Past recipients of this award have looked at the latest advancements such as rapid response palliative radiation clinics, oncology

information systems, IGRT as well as intensity modulated radiation therapy," Dr Poulsen said.

"Last year's recipients went overseas to look at the management of lymphodema in head and neck patients as well as the nurse practitioner model."

"All of these projects result in tangible benefits to our patients," he said.

The grant was initiated in 2005 to acknowledge the contribution of all professionals within radiation oncology who participate in the care of patients at the PAH and Mater campuses.

The \$8000 grants are sponsored by the Princess Alexandra Hospital Private Practice Trust Fund. Two are offered each year to staff from radiation therapy, physics, nursing and allied health.

PAH staff row for charity



Staff from Radiation Oncology PAH were involved in last month's charity Dragon Boat Regatta held at the Gold Coast.

The event is held each year with corporate crews racing to help raise \$10,000 for the Cancer Council Queensland.

Congratulations to the Radiation Oncology team who came second in the minor race section!

SMIDDY'S FUN RUN

9 NOVEMBER

5
KM

2.5
KM



Registrations now open!

Get your early bird registration in and enter as an individual or get your ward together and take on the team challenge. Entry includes the post race Smiddy Big Breakfast.

WWW.SMIDDYFUNRUN.ORG

or call #2359

All funds raised go to melanoma research at the PA.

Staff put best foot forward for better health

Princess Alexandra Hospital staff put their feet first – and their health – by participating in National Walk to Work Day this month.

As well as promoting the benefits of walking to work, the PA Lifestyle Program held a lunchtime walk across the Eleanor Schonell Bridge and back to demonstrate that walking at any time of the day is beneficial.

Studies have shown that people who walk even a few times per week significantly improve their fitness levels when compared to people who do not exercise.

The benefits of walking regularly include:

- » Increased cardiovascular and pulmonary fitness
- » Reduced risk of heart disease and stroke
- » Improved management of conditions such as hypertension, high cholesterol, joint and muscular pain, and diabetes
- » Strong bones and improved balance
- » Increased muscle strength
- » Reduced body fat

Why not try walking to work tomorrow? Or if that's not possible, get your colleagues together for a lunchtime stroll.



▲ The PA Lifestyle Program's lunchtime walk across the Eleanor Schonell Bridge.

Lifestyle Calendar

Check out our online calendar for a full list of times and dates for our classes and activities in the month of October, including:

- | | |
|---|---|
| <input checked="" type="checkbox"/> Pilates | <input checked="" type="checkbox"/> Zumba |
| <input checked="" type="checkbox"/> Fitbox | <input checked="" type="checkbox"/> Massage Therapist |
| <input checked="" type="checkbox"/> Super Circuit | <input checked="" type="checkbox"/> Meditation |

Go to: <http://paweb.sth.health.qld.gov.au/lifestyle>



Cauliflower, chickpea, tomato & coriander curry

Ingredients

- » Olive oil spray
- » 1 red onion in wedges
- » 2 garlic cloves, crushed
- » 2 long fresh green chillies, finely chopped
- » 1 tsp cumin seeds, lightly crushed
- » 2 tsp ground coriander
- » 1/2 tsp ground turmeric
- » 2 x 250g punnets cherry tomatoes, halved
- » 500g cauliflower, trimmed, cut into florets
- » 125ml (1/2 cup) water
- » 1 x 400g can chickpeas, rinsed, drained
- » 200g green beans, topped, cut into 3cm lengths
- » 2 tbs chopped fresh coriander
- » Steamed basmati rice, to serve
- » Fresh coriander leaves, to serve



Method

Spray a wok or large non-stick frying pan lightly with olive oil spray. Heat over medium-high heat. Add the onion and stir-fry for 3 minutes or until light golden. Add the garlic, chilli, cumin seeds, ground coriander and turmeric. Stir-fry for 1 minute or until aromatic.

Stir in the tomato, cauliflower and water. Bring to the boil. Reduce heat to low. Simmer, covered, for 6 minutes. Stir in the chickpeas and beans. Simmer, covered, for 3 minutes or until beans are bright green and tender crisp.

Stir in the chopped coriander and season with pepper. Divide the rice and curry among serving bowls. Top with coriander leaves to serve.

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Please see over for Important information



My name... Hasan Shohag

Song I am humming... you wouldn't know it!

Number of years at PAH... I've been here for 3 years.

Alarm clock... Beep beep! I don't like it but I need it!

First Job... I was a teacher.

Indulgence... Music – I really enjoy playing guitar and making music in my extra time – if I have any...

First car... Honda Civic.

Last purchase... Aftershave.

Favourite movie... Avatar.

Last dress up party I went as... I have never been to a dress up party!

Looking forward to... Exam results, and being happy maybe?

Best thing about me... My family. I have a 14 year old daughter.

My life ... is an ongoing struggle!

My role... Medical Registrar, IC Vascular.

who's who at PAH

with Hasan Shohag

> Looking Back



February 2006

Professor Ian Frazer, head of the University of Queensland's Diamantina Institute based on the Princess Alexandra Hospital campus, was awarded the nation's highest honour and became a household name in 2006 following his discovery of a cervical cancer vaccine.

The February 2006 edition of *WhisPAH* congratulated Professor Ian Frazer on being awarded the Australian of the Year for his two decades of work proving the link between cervical cancer and the human papilloma virus.

Professor Frazer founded UQ's Centre for Immunology and Cancer Research at PAH, which later became known as the Diamantina Institute.

He and his team spent nearly 20 years developing the vaccine, which has been proven to prevent infection and reduce pap smear abnormalities by 90 per cent.

Lisa Curry Kenny, then chair of the National Australia Day Council, said: "This is a world-wide first that will change the lives of countless women, particularly in developing countries. It is such an achievement that this groundbreaking research was achieved right here in Australia."



This is a world-wide first that will change the lives of countless women.

The new Alaris GP Infusion Pump is going live Monday 1st November



Training sessions are being held throughout October. Please visit the Learning and Development Pathway (under Technical/Role Specific Development) to schedule your training.

For more information contact CCRU on 3176 5298.



Queensland Government

> Staff Award



Jan Gehrke
Nurse Manager
Emergency Department

Last month's staff award winner has been an integral part of the Emergency Department team for many years.

In the particularly busy ED environment, she can always be relied upon to have a positive and helpful attitude and display empathy toward her colleagues and patients.

She's a champion for nursing and is a dedicated and committed leader for the department. Her colleagues say she epitomises what a real nurse is all about.

Congratulations Jan!

The race that quacks the nation



Farewell Jock



If you've ever been to GARU you're sure to have met the friendly and quirky wardsman Jock Smith. Even if you haven't, you've probably heard his loud singing!

Jock (pictured, above) retired last month after working at Princess Alexandra Hospital for nearly 32 years.

His colleagues at GARU said he will be sadly missed. He had a great rapport with both staff and patients, and he was always there to lend a hand when needed.

But he'll especially be remembered as a colourful character with a great sense of humour!

If you only remember one number this year, make sure it's

3176

PAH's new telephone prefix

TOP TIPS:

- Change your e-mail signature
- Update your details in Groupwise
- Update your department's brochures, stationery and letterheads
- Tell your colleagues, family and friends

For more information, go to: <http://paweb.sth.health.qld.gov.au/3176>



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