A new campaign to highlight residents’ options for healthcare was launched this month.

Your pathway to care was developed by Sunshine Coast Hospital and Health Service (SCHHS) in partnership with Central Queensland, Wide Bay, Sunshine Coast PHN to help educate the community on the healthcare options available to them—from their home to the best place for primary and/or secondary care in the Sunshine Coast/Gympie region.

SCHHS Acting Chief Executive, Karlyn Chettleburgh, said Your pathway to care was a great way to show the many healthcare options available.

“We are working with local health providers to care for our community. It’s important for community members to know their healthcare options,” Ms Chettleburgh said.

PHN Chief Executive Officer Pattie Hudson said the commissioning agency, which works closely with general practice, had a number of initiatives connecting the community with appropriate medical care.

“Since 2017, the PHN has worked with SCHHS on the Right Place Right Time emergency department avoidance campaign, which includes a website of the same name, and access to free online medical advice via Health Direct,” Mrs Hudson said.

“Your pathway to care complements this and highlights the various healthcare options available to the community.

“Stepping through symptoms on rightplacerighttime.com.au or speaking with a health professional listed on the site can connect people with a clearer idea of when and where they should seek help.

“For example, we know otherwise healthy adults with a common illness like a bad cold are likely to be better off staying at home and seeing their local GP than heading to hospital for what can often be a long wait.” cont p3.

Photo: Staff and consumers featured in the campaign, filmed locally on 2 October.
Message from the Chair of the Consumer Advisory Group

During the past month consumers have been both attending and speaking at health service events, with the SCHHS Patient Safety Day, held on 31 October 2019.

Consumers also participated in the Choosing Wisely media event on 4 October at Sunshine Coast University Hospital.

If you’re not aware SCHHS is proud to be one of 28 Choosing Wisely champions, to learn more see the Choosing Wisely SCHHS consumer factsheet Questions to ask at your appointment or visit our Choosing Wisely webpage.

If you haven’t seen the Your pathway to care, community engagement campaign to highlight community members’ options for healthcare launched on 18 November 2019.

The videos and posters were developed by SCHHS in partnership with Central Queensland, Wide Bay, Sunshine Coast PHN to help educate the community on the healthcare options available to them—from their home to the best place for primary and/or secondary care in the Sunshine Coast/Gympie region.

Campaign collateral:
Your pathway to care video short version: https://vimeo.com/373040946
Your pathway to care video long version: https://vimeo.com/373042110

There are currently many opportunities for consumer representatives to get involved with the health service: as observers of clinical simulations, reviewing publications intended for patients, surveying patients about their experience of care, or as a consumer representative on a committee. If you are interested, I encourage you to find out more at https://www.health.qld.gov.au/sunshinecoast/get-involved/cace-main/Get-Involved. Alternatively you can call 07 5470 5822 or email sc-engagement@health.qld.gov.au - or see video.

Stay safe over the Christmas period.

Regards,
Eleanor Horton
Chair of the Consumer Advisory Group
Sunshine Coast Hospital and Health Service

Wishlist Melbourne Cup raises $22,000

Buderim Foundation has partnered with Wishlist to help make a Breastscreen state-of-the-art Lighting and Sensory Distraction Suites project become a reality, by donating $4000.

The remainder of the $21,000 needed for the suites was successfully raised by Wishlist with proceeds for the foundation’s annual Melbourne Cup Event at the Sunshine Coast Turf Club, thanks to Spire Law.

Learn more about Wishlist Foundation: www.wishlist.org.au

Thank you to Buderim Foundation and Spire Law for supporting Wishlist and Sunshine Coast Hospital and Health Service projects.
Your pathway to care cont.

Ms Chettleburgh said while there were many healthcare options, our message to the community remained, if you have a serious illness or accident, or suspect a heart attack or stroke, visit a hospital emergency department or phone 000.

“But if you want to look at other options, you can find a GP that is open right now by visiting rightplacerighttime.com.au or you can visit the Minor Injury and Illness Clinic (8am-8pm) at Caloundra Health Service.”

Other options include:
- Speaking to a nurse 24/7 by phoning 13 HEALTH (13 43 25 84)
- Phoning 1300 MH Call (1300 64 22 55) for individuals over the age 18 if you have concerns about your mental health or calling the Child and Youth Mental Health Service (07) 5202 9500 under age 18.

“And remember, your local pharmacist can also provide some health advice for your family,” Ms Chettleburgh said.

Take time for mental health

Queensland Mental Health Week was 5-13 October. Mental health wellbeing is important for every single one of us, yet it is a part of life that is often overlooked. Our busy lives get in the way of us taking time to nurture our mental health, as does a fear of feeling vulnerable should we reveal our mental health challenges.

It was an opportunity to shine a spotlight on what all of us can do to look after our mental health and reach out to those who need support. This year’s theme was Take time for mental health.

Lisa Newport, General Manager, Mental Health and Addiction Services, said ‘take time’ was about the simple, yet proven, things everyone can do to boost their mental health wellbeing.

“Mental health is important for each and every one of us. Just like our physical health, we need to embed important strategies to maintain good mental health. By practicing these strategies and taking time in our busy lives, we can live our best lives.

“This week is important to educate people about how to look after their mental health, break down the stigma associated with mental illness and remind us to reach out to people in our communities who may need support,” Lisa said.

Pearl Krupa, SCHHS Peer Support Worker, said we cannot underestimate the simple actions we can take to look after our own mental health and those already experiencing their own mental health issues.

“We can lower the risk of developing mental health problems by taking time to connect with other people. This can be by having open and honest discussions about how we are travelling.

Campaign collateral:
Your pathway to care video short version: https://vimeo.com/373049946
Your pathway to care video long version: https://vimeo.com/373042110

A new campaign to highlight community member options for healthcare launched on 18 November.

“If someone does open up to you about their mental health struggles, first and foremost, listen to the person. You don’t necessarily have to try and fix the issue on the spot, sometimes just the mere presence of someone walking alongside someone can be enough to make it through the day,” she said.

Six simple actions we can take are:
1. Take time to be active—it’s good for your mind as well as your body.
2. Take time to learn—learning new things can make you more confident as well as being fun.
3. Take time to give—Practicing small acts of kindness, volunteering time or simply helping a friend in need can help you feel more satisfied with life.
4. Take time to connect—spending time with other people is important to everyone’s mental wellbeing.
5. Take time to enjoy the moment—Paying more attention to the present and the world around you helps relieve stress and makes you feel better.
6. Take time to care for our planet—keeping our planet in shape is the best recipe for world wellbeing.

Mental Health and Addiction Services team at the display stand during Mental Health Week.
International Healthcare Security Week

International Healthcare Security and Safety Week was celebrated during October.

Several events have been held to recognise the specialist nature of this essential role which is focused on keeping all staff and consumers safe.

At Nambour General Hospital, the team’s Service Director Catherine Buick worked with the late shift on a Tuesday evening to experience first hand this demanding and complex role.

At Gympie Hospital, the SCHHS Protective Services Manager Andrew Adams worked with his team on a late shift.

Andrew said: “I want to thank all of my officers across our facilities for their brilliant efforts in keeping our healthcare community safe. My wonderful colleagues deal with patients at their lowest ebb and to their credit they respond with compassion and empathy to support patients and staff alike.”

SCHHS Protective services officers work in close partnership with clinical staff, police and ambulance services to deliver the Ambassador model—a preventative approach to aggression reduction based around the five key principals of:

1. Engagement—with consumers clinicians and other health care focused partners
2. Empathy—for patients and colleagues
3. Environment—supporting safe working environments
4. Education—promoting joint education with clinical and other partners to reduce aggression
5. Enforcement—pro-active de-escalation and clinically led action to keep everyone safe.

Helping all Australian’s thrive

Sunshine Coast Hospital and Health Service (SCHHS) Eating Disorders Service hosted the 2019 Thrive Eating Disorder Symposium on 15 November.

Director of Queensland Eating Disorder Service A/Prof Warren Ward said eating disorders in Australia are increasing in prevalence.

“The Butterfly Foundation 2012 report ‘Paying the Price’ estimated almost a million Australians currently experience eating disorders, but only a small proportion of people with eating disorders access specialist treatment.

“The earlier intervention occurs the more likely full recovery can be achieved. People who have had an eating disorder for less than two years when they seek help are more likely to have a positive and quick response, and fewer long-term health complications,” A/Prof Ward said.

Up to nine per cent of the Australian population will experience an eating disorder in their lifetime. Binge Eating Disorder is experienced by an almost equal number of males and females.

“Eating disorders are recognised as severe mental illnesses that are associated with a variety of medical complications and sufferers have a higher risk of mortality, medical complications or suicide,” A/Prof Ward said.

“Initiatives that aim to understand and improve outcomes for people with eating disorders should be considered a top priority,” SCHHS Mental Health nurse Jocelyn Culpitt said.

“The SCHHS Eating Disorder Service has provided in hospital treatment 103 times in the past year, and 94 people have been referred to the outpatient service.”

The Thrive Eating Disorder Symposium provided the opportunity for health professionals across Australia to hear from leading experts on eating disorders, people with a lived experience and their carers.

“Events such as these are key to shining the light on those affected, including families and carers. Their input is critical to informing robust and considered care and treatment options in the future with the consumers at the heart,” Ms Culpitt said.

Lexi’s story: Lexi Crouch will be speaking at the symposium about her 15-year battle with Anorexia Nervosa and her road to recovery.

“When I was going through treatment there wasn’t a lot of awareness, so these sorts of symposiums help to normalise eating disorders and reduce the stigma, as well as connect sufferers with professional help available.

“Access to professional help was crucial to my recovery. Mentoring and therapy sessions were a huge part of helping me get well, and the medical help I received throughout my journey was amazing. I’m now at a point in my life where food, weight and shape is not an issue to me at all, because of the treatment I received,” she said.

On the Sunshine Coast, SCHHS Eating Disorders Service provides assistance and offers treatment to the community, general practitioners (GP), medical and mental health clinicians within the SCHHS area. The care is consumer, family and carer inclusive, recovery-oriented and evidence-based.

Anyone needing support with eating disorders or body image issues is encouraged to contact Butterfly’s National Helpline on 1800 33 4673 or support@thebutterflyfoundation.org.au

Director of Queensland Eating Disorder Service A/Prof Warren Ward speaks to media about the Thrive Eating Disorder Symposium.
Choosing Wisely - best at conference

Congratulations to Megan Giles and Matty Hempstalk (SCHHS consumer) from the SCHHS Choosing Wisely Faculty, who on 8 November, presented at the Clinical Senate Meeting, sharing experiences and learnings working with our consumers and partner organisations as a Choosing Wisely Australia facility.

It’s about encouraging consumers to be more involved in making decisions about their care. As patients we don’t always know the questions to ask and a simple way to remember key questions is the BRAN acronym:

1. What are the Benefits?  
2. What are the Risks?  
3. What are the Alternatives?  
4. What if I do Nothing?

Learn more on the Choosing Wisely website.

End of Life Care Bogan trivia night

Our staff love a fundraiser, and the End of Life Care Committee on 23 November, held a Bogan Quiz Night at Maroochy Surf Club. It was a real ripper, fair dinkum corker!

Chris Gardner, Lauren Northey and the Palliative Care team all picked up an award for best dressed. The Palliative Care team out did themselves by also taking out the trivia prize.

The night was finished off with a group singalong to, “Better be home soon”, played by The Crikeys.

Special thanks to donors of prizes for the night: Infectious Clothing, Dr Morne Terblanche, Best Western Birtinya, Flaxton Gardens, Landmark resort, Sealife Sunshine Coast, Sonder Coffee, Malarkey coffee, Hutchinson Builders and Dr John Endacott.

Thanks also goes to the organising committee: Wendy Pearse, Bernadette Nolan, Bethany Boulton, Ange Baldwin, Megan Giles, Claire Wong, Aimee Stanyer, Clare Hanlon and Ven-nice Ryan.

Huge thanks to Wishlist for supporting the event - you rock!

Spiritual care week

From 21-27 October it was Spiritual Care Week. Across SCHHS the Hospital Chaplains celebrated the week by offering small gifts to the wards they visit to say ‘thank you’. Thank you for all that you do to care for the patients, families and each other.

Other activities included a community engagement stand at SCUH, unveiling of the multi faith posters in the multi faith room and publication of new brochures that offer patients both Christian and non-Christian prayer.

What does a Chaplain do?
The Chaplains at SCHHS are ward—based and are trained as Multi Faith Chaplains. Although they have their own beliefs and traditions, when they enter our facilities they support everyone. Spiritual support is primarily the provision of emotional support, and religious, or faith based support by providing a listening ear.

This support may include providing support to the patient approaching the end of life, discussing the ‘big’ questions of Life and Meaning, helping to make sense of what is happening for patients, families and staff when a person is dying, or following their death. Chaplains also offer services and symbolic acts to help people find purpose.

Thank you to our multi faith spiritual care team for all that you do for patients and families.
Staff awarded for humanitarian service

Sunshine Coast Hospital and Health Service (SCHHS)
Environmental Health Officer Paul Endres and Registered Nurse Peter Kieseker were recipients of an Australian Honours Award for their contributions to overseas humanitarian work. The award is presented to those who perform humanitarian service in a foreign country, particularly those working in dangerous environments or conditions or during a humanitarian crisis.

Mr Endres received his Humanitarian Overseas Service Medal (West Africa Clasp) for the role he played in the Ebola Response in Sierra Leone during 2015. In 2015, Paul was deployed to Sierra Leone, West Africa, the worst effected country of the Ebola outbreak, as a WASH (Water and Sanitation Hygiene) Environmental Health Officer with a UK medical team at the Kerry Town Treatment Unit.

For several months he provided emergency humanitarian relief in extremely hazardous circumstances for the Ebola outbreak response. The primary role of unit was to manage Ebola survivors and victims who were health practitioners such as doctors, nurses and other health care workers.

“I was approached to be deployed due to my expertise in Disaster Management, having coordinated incident responses such as tropical cyclones, floods and bushfires during my time working for Queensland Health in public health units. “I was very keen to offer any help possible in responding to the worst disease outbreak in living memory, certainly one of the worst in history,” Paul said.

To carry out the complex operation in highly infectious zones always required vigilance from the unit. They dressed in infection control suits to protect all skin and mucous membranes from coming into contact with the virus. The team also had to take heat stress precautions, as internal temperatures inside the suits could exceed 50 degrees Celsius. Tragically, the official number of Ebola cases from the outbreak was 28,652, which included 11,325 deaths. Healthcare workers caring for patients were among those at highest risk for contracting the disease, and there were thousands of carers who died.

Paul said he has dedicated his award to the West African families affected, his wife, kids, family and friends who stood by him while he was deployed, and when he came home.

Preparing for your anaesthesia

On 16 October we celebrated Australian and New Zealand College of Anaesthetists (ANZCA) National Anaesthesia Day. And the theme this year was ‘Preparing for your anaesthesia’, to help the community understand the importance of preparing for an anaesthetic.

SCHHS Anaesthesia Provisional Fellow Dr Anna Pietzsch said: “In the lead up to having an anaesthetic, it’s very important to stay as fit as possible. Ideally by eating well, continuing to exercise, reducing alcohol consumption and quitting smoking, patients arrive for surgery in the best possible physical condition.

“We know that patients in good health recover better after an operation and have fewer complications.

“At Sunshine Coast University Hospital (SCUH) we can carry out cardiopulmonary exercise testing which is quite a unique service.

Maleny Soldiers Memorial Hospital Registered Nurse Peter Kieseker was also awarded the Humanitarian Overseas Service Medal for his work in Sierra Leone. In 2015 Peter volunteered to go to Sierra Leone to work with Ebola patients and help train expatriate and local staff in infection control.

Peter enrolled in a Bachelor of Nursing aged 58, and has been working at SCHHS since graduating. After leaving school at 15 he now holds 13 university qualifications. He is also currently working on a voluntary project for Australian Doctors International, developing training materials to help educate Papua New Guinea village people about the health risks of chewing beetle nut. Congratulations on your awards Peter and Paul!
ARC unit Nambour, says thanks

On 18 November, the Allied Health staff on the ARC/2FW ward at NGH held a morning tea to thank the Nambour Hospital Auxiliary for their generosity in donating funds for the purchase of therapy equipment for our ward over the past two years since the ward was established in early 2017.

ARC is a 20-bed ward located on 2FW at NGH providing rehabilitation and restorative care for older people who have been admitted to hospital following a fall/hip fracture, stroke, post-surgery, or other medical condition. Often patients need medical, nursing, and allied health support to return to their previous level of function following their illness, or further assistance in planning for future care needs. Often their recovery can be complicated by cognitive issues and/or delirium which requires careful management by a team of trained health professionals in a well-designed environment. The ARC ward also offers a secure area for the settling of behaviours associated with advanced dementia.

The Allied Health team supporting the ARC unit consists of Social Workers, Occupational Therapists, Physiotherapists, Recreation Officer, Speech Pathologist, Dietitians and Allied Health Assistants. Over the past two years the Nambour Hospital Auxiliary have donated over $5500 in funds which have enabled the purchase of items including: pressure cushions, adaptive cutlery, wheelie walkers, therapy picture cards and jigsaws, kitchen appliances for use in cooking activities with patients, art materials, assessment kits, physio gym equipment, CD players, and items to enhance the dining room environment.

Premier’s Award for Excellence

Congratulations to SCHHS Plastics and Reconstructive Surgery team who won the Premier’s Award for Excellence in the ‘Keep Queenslanders Healthy’ category for the Rapid Assessment and Plastic Intervention Day (RAPID) Clinic initiative.

The RAPID Clinic initiative is the implementation of a new model of care for skin cancer surgery within the newly established Plastic and Reconstructive Surgery Unit at Sunshine Coast University Hospital (SCUH).

At the RAPID Clinic, patients present for assessment and surgery in the same visit. The project has already transitioned from concept, to full implementation and review, and is now ready to expand in less than 12 months.

The purpose of the RAPID Clinic is to deliver high quality patient care, meet the high community demand, with a highly efficient model of care maximising limited resources available. The outcomes have shown a very high level of patient satisfaction, very high level of cancer clearance rates, reduced time from referral to treatment, reduced cost of surgical treatment and reduced administrative burden. Patients take less time off work during their treatment with high staff satisfaction levels.

The reason the clinic works so well is first and foremost it is designed around the best patient experience with reduced time to treatment, reduced time off work and high-quality outcomes. This has moved from concept into routine practice within the unit because they did not accept the status quo. The full potential is still to be realised as it is rolled out within the SCHHS service and into others.

Cathryn Shapter, Speech Pathologist-Adv., presented a certificate of appreciation to the auxiliary members, on behalf of the allied health team, and the morning tea provided an opportunity to show the auxiliary members some of the items which they have helped to purchase for the benefit of our patients.

The Plastic and Reconstructive Surgery Unit has removed over 700 skin lesions in the 15 months it has been operating. 150 patients have been treated through the RAPID clinic, which is 150 patients and operations they have kept out of main theatre complex or that would have had to travel to Brisbane.

Patient satisfaction surveys rate the experience over nine out of 10. Time from referral to treatment complete has been reduced by 50 per cent. Our cancer clearance rates are 96 per cent which reflects high quality outcomes. The RAPID Clinic have nursing and medical staff who request to be involved in the clinic, indicative of staff satisfaction. They have also reduced occasions of service within the hospital.

Some of the Surgical Services team at the ceremony - congratulations to the entire team!
Aboriginal and Torres Strait Islander Services Reference Guide

SCHHS Aboriginal and Torres Strait Islander Health Service developed a comprehensive health guideline for the community, topics include:

*General Health and Wellbeing, Dental and Child Health, Youth and Family matters, Womens’ business, Mens’ business, Elder Supports, Disability Support, Emergency relief, Women’s and Children’s crisis accommodation, Addiction support services, Mental Health services, Non-government Mental Health supports, Sexual health, LGBTQ, Police station and court houses, Legal services, Department of Human Services, Housing, Aboriginal and Torres Strait Islander Resources, Cultural connections, Transport help, Education and Employment, Community organisations, Goodbul “To Give” by Mulumba (story and artwork).

You can download a free copy here.

Community Health Program

Provide a culturally appropriate range of services to the Aboriginal and Torres Strait Islander community in the Sunshine Coast and Gympie areas.

- Healthy lifestyle promotion/education
- Education for secondary schools
- Advocacy for community members
- Referrals to government and non-government services.

The Aboriginal and Torres Strait Islander Health Service support the entire SCHHS to deliver its services in a way that is culturally appropriate and engaging to the community. Where there is evidence of greater prevalence of disease and/or an increased vulnerability, tailored programs are in place.

Referral Pathway to Community Health Team (PDF 697 kB)

Community Health Program flyer (PDF 1286 kB)

Community Programs

1. Sexual Health
2. Worry up (anxiety) Program for Men
3. Murri Women’s Worry-Up Program
4. Jabba Jabba Aboriginal and Torres Strait Islander Immunisation Program

To learn more visit here.
Preventative Health

New Diabetes Directory helps patients connect

The release of a new Diabetes Directory places knowledge of local services and support in easy reach of local residents with diabetes.

The diabetes directory has been produced by members of the local Diabetes Prevention Partnership (DiPP), a network led by Sunshine Coast Hospital and Health Service, linking health professionals with diabetes consumers.

Robyn Tindal, co-author and diabetes consumer said: “The Diabetes Directory is designed to take the hard work out of finding services for people diagnosed with diabetes, so they can connect and establish a circle of support.

“I know from personal experience, that navigating the maze to find support is overwhelming and lonely when first diagnosed with diabetes.

She said, “It's important to give yourself time to accept the diagnosis and then to set about finding services to help you live a healthy life and prevent complications.”

Jenny O’Dwyer, co-author from Sunshine Coast Hospital and Health Service said: “Having input from Robyn and other consumers has meant that the Diabetes Directory is tailored to meet the needs of people living with diabetes.

“It's an essential resource for local people with diabetes to surround themselves with information, knowledge and the support of an expert healthcare team.”

“The Diabetes Directory lists a broad range of local diabetes services and supports in one place, to make access that much easier.”

The Diabetes Directory lists diabetes services, networks, resources, education opportunities, online information and much more for people living with pre-diabetes, type 1 diabetes, type 2 diabetes, child and adolescent diabetes and gestational diabetes.

It also lists services and support for Aboriginal and Torres Strait Islanders, culturally and linguistically diverse communities, families and carers.

Both printed and electronic versions of the Diabetes Directory are available.

To secure a copy Ph: (07) 5202 9771 or email SC-T2D-Education@health.qld.gov.au

Stay away from bats

Sunshine Coast Hospital and Health Service's (SCHHS) public health unit is urging locals and visitors not to touch bats, even if they seem sick, injured or dead.

Public health physician Dr Rosie Muller said drought conditions and recent bushfires across the state had impacted the habitats and food sources of bats, meaning it would be more common to find injured, sick or dead bats.

“Bats can be affected by hot weather, fires and smoke, and people may want to help them, however, we urge members of the public to avoid touching bats,” Dr Muller said.

“Bats can infect people with Australian Bat Lyssavirus (ABLV). ABLV is like the rabies virus, and infection can be fatal. All bats are potential carriers of Australian Bat Lyssavirus (ABLV) which is why only trained and vaccinated professionals should handle them.

“ABLV can be spread from bats to people through a bat bite, scratch or by getting bat saliva in the eyes, nose or mouth.

“Parents should make sure children also know not to touch bats.

“We frequently need to treat people who have been bitten or scratched by a bat even though they had put on thick gloves or used a towel to move the bat. Bat claws and teeth are very sharp and can penetrate gloves,” she said.

If you (or your child) come across a bat:
1. Do not touch the bat, even if it seems to be dead.
2. If the bat seems sick, injured or stuck contact a wildlife rescue organisation which has vaccinated, trained bat carers or the RSPCA 1300 ANIMAL (1300 264 625).

If you or someone you know has been bitten or scratched by a bat, or bat saliva has entered your eye, nose or mouth:
1) Wash the affected area gently and thoroughly with soap and water for at least five minutes
2) Apply an antiseptic (alcohol-based or iodine-based) to the area of the scratch or bite
3) Promptly contact:
• Your GP
• 13HEALTH information line on 13 43 25 84
• SCHHS Public Health Unit on 1300 017 190.
Therapeutic suites to change breast screening on the Coast

BreastScreen Sunshine Coast and Wishlist are on a mission to increase the number of local ladies getting regular checks, by creating a much more pleasant environment at the Nambour BreastScreen clinic. In a Queensland first, Sunshine Coast women will soon have access to state-of-the-art Lighting and Sensory Distraction Suites for their regular and follow-up breast screens. The innovative approach is set to significantly improve what has historically been an uncomfortable experience.

It is hoped that the therapeutic suites will lift the Sunshine Coast’s breast screening rates in women aged 50-75 from 56 per cent to meet the national accreditation standard of 70 per cent.

Improving participation in regular breast screens will also help to reduce rates of illness and death as a result of Breast Cancer. Research by the University of Wollongong for Queensland Health in 2015, found pain, discomfort, self-consciousness and embarrassment are major barriers to women getting regular breast cancer screenings.

BreastScreen Sunshine Coast’s Kelly Hart said it could be an unpleasant experience.

“Women who attend the Nambour Assessment clinic know that there is a chance that either themselves or one of the other women at the clinic will be told they have breast cancer.

“As a result, many women who attend the clinics experience high levels of stress,” she said.

Kelly said the Lighting and Sensory Distraction Suites would be a huge benefit to women on the Sunshine Coast and would greatly reduce anxiety and perceived pain for those undergoing screening mammography and mammography guided biopsies. To book a breast screen call the Sunshine Coast team on 13 20 50 or visit the BreastScreen website.

Our stroke team say thank you to Wishlist for the support.

Telerehabilitation trial to benefit local stroke patients

Wishlist’s investment into research will benefit local stroke patients thanks to funding of $19,538 for a home-based telerehabilitation trial program. The first three months after a stroke is a crucial time for the brain repair processes, however, a recent study found stroke survivors received alarmingly low levels of community rehabilitation in Queensland.

Working from the Sunshine Coast University Hospital (SCUH), Physiotherapist Dr Ingrid Rosbergen, said some patients only received four hours of rehabilitation in the critical three-month window.

“A lot of that is due to limited access or people having difficulties actually getting to the location.

“People who have had a stroke are unable to drive for a certain amount of time, or it’s a big strain on the caregivers,” she said.

This can limit functional recovery, as clients need to become active to get the brain changes to recover.

However, telerehabilitation delivered at home via the internet, could be the solution to these limiting factors. Instead of meeting with patients face to face, therapists can deliver rehabilitation virtually through the patient’s phone, tablet or computer anywhere, anytime.

Dr Rosbergen said research shows about 80 per cent of people now have the required technology.

“We will deliver the exercises through that platform. While I see you, I will explain to you how to do it and we will give you exercises to continue to do yourself.

“We’re able to provide that ability at home in the hope that we can increase the intensity. Because four hours overall is very little. You can’t expect recovery or brain changes if you have that little support,” she said.

Wishlist’s funding will allow Dr Rosbergen and a team of rehabilitation therapists to compare home-based telerehabilitation with face to face community rehabilitation, to see if it improves the time stroke survivors spend being physically active, and subsequent recovery outcomes.
Compliments

SCUH Radiation
I would like to thank all the people who I have seen and was treated by in this hospital. No special mention as they were all so special.
Rest assured this health service functions extremely well.
Well done to the team that provides this service.

Nambour General Hospital—CISAS
Anne has been a real support to both my wife and myself. She has advised and discussed health issues, her help has been great. She was a source of support. Anne is what the Nurse Navigator Service is about. We cannot praise her enough for her all her help.

Transition Care Team
The entire Transition Care Team has been absolutely amazing, wonderful! We have been so very lucky to have had their help and support. Thank you.

Gympie Hospital
To the wonderful paramedics and the nurses who attended to my husband at Gympie Hospital.
I just wanted to say thank you! I know that you were all just doing what you are trained to do but it takes a special person/people to show compassion in the work that you do. You all do it so well.
I am sure you aren’t told enough how amazing you all are so I am doing it.

Nurse Navigators Service
Having you and your service was a God send for me and my complex state of health and wellbeing.
Your ability to understand my needs and network with my Medical Professionals was beyond anything I could ever wish for.
There were a few occasions where I wanted to end my life, you were there for me, you talked to me and listened to me, you were always level headed and at no time did you divert from your professional training and expertise.
I’m really going to miss you and your service. I only wish there were more Leanne Mellicks and Nurse Navigators in the world, this service is a must.

Oral Health Services
Excellent service! Great with my girls, made them feel at ease and not nervous at all.
Colette and Jen explained everything that they were doing and were open to questions. Very professional and friendly, highly recommend.
Thank you for making our girls experience a positive one!

Glenbrook Residential Aged Care Facility
Thank you for everything you did for Felix.
The staff at Glenbrook are amazing and I always felt he was getting excellent care.
The program is so valuable to many people and really changes lives.

Caloundra ACC (Outpatients)
I would like to compliment Lisa, Jenni and Leanne. The ladies were all very pleasant and helpful, making sure that I understood each step of the procedure. I cannot raise them highly for the way they did their job.
Well done!
What’s coming up in December?
Jump online to see more information on these events

December
1   World Aid’s Day

February
1 - 28  FebFast
1 - 28  Ovarian Cancer Awareness Month
4     World Cancer Day
13    Anniversary of the apology

Sunshine Coast Health Community News provides information about what's happening across our health service, including health awareness, community engagement, patient stories and details of upcoming events.

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Contact us: 5202 0085 or SC-Communications@health.qld.gov.au to subscribe or unsubscribe.

Got questions? We’re listening.
Ask your health professional these questions.

What are the benefits?
What are the risks?
What are the alternatives?
What if I do nothing?

Find more info: health.qld.gov.au/sunshinecoast/about_us/choosing-wisely