Health services across the Sunshine Coast and Gympie regions will welcome 92 new nursing and midwifery graduates, as they kick start their careers in the coming weeks. The graduates will be placed across Sunshine Coast Hospital and Health Service (SCHHS) in various hospitals and facilities with exposure to a range of clinical experiences including medical and surgical nursing, peri-operative, intensive care, paediatric, midwifery, mental health and addiction services.

Nurse Educator and Graduate Program Coordinator, Claire Hallinan said it has been a very competitive process where there were several hundred nurses and midwives applying for positions within the graduate program.

“The graduate program at SCHHS is well-regarded. We are proud to have a very high graduate retention rate because our graduates are well supported within a strong education framework, governed by our team of nurse educators and supported at the point of care by a team of dedicated clinical coaches,” Ms Hallinan said.

2019 graduate program participant Michele Mumford is returning to nursing after leaving the profession more than 20 years ago to raise her four children.

“Being accepted into the graduate program is the fulfilment of a lifelong dream of returning to nursing, and caring for people during a health crisis,” Ms Mumford said.

“It marks a new, challenging and rewarding career path and I am excited that this program will give me the opportunity to consolidate my theoretical and clinical skills in a supportive, friendly and educational environment.”

“Starting my graduate year on the Oncology/Haematology ward is a dream come true,” Ms Mumford said.

Ms Mumford also identifies as an Indigenous Australian, and is a great example for others wishing to pursue their dreams of becoming nurse.
Message from the Chair of the Consumer Advisory Group

This month has seen big changes within the health service with the introduction of a new computer system at Sunshine Coast University Hospital and some community services to help us electronically manage patient medical records and appointment scheduling.

Consumers have been an integral part of the training for the new system, observing simulation exercises and appearing in a video to remind staff to remain patient-focused despite the new technology.

The Nambour consumer group has been active working with various redesign groups for the redevelopment of Nambour General Hospital. For those of you with an interest in redevelopment of Nambour General Hospital I urge you to attend a community forum at Nambour RSL 6-7pm on 12 March. The project team will be on hand to tell you all about the plans and answer questions. Everyone is welcome, register at eventbrite.com.au.

Another upcoming event at Nambour General Hospital is a ceremony for a new memorial plaque to recognise the past contributions and sacrifices of staff and the broader hospital community who served with our military services. The ceremony will include the 5th Light Horse Regiment Maleny Troop, historic military vehicles and volunteers wearing military uniforms from the past.

Finally, I’d like to say how pleased the Consumer Advisory Group is to be involved in implementing the Hello my name is initiative across the health service. It’s a campaign to raise awareness of the importance of health professionals introducing themselves. Expect to see more staff wearing name badges at all facilities.

As the founder of Hello my name is, Dr Kate Granger said before passing away: “I firmly believe it is not just about common courtesy, but it runs much deeper. Introductions are about making a human connection between one human being who is suffering and vulnerable, and another human being who wishes to help.”

If you are interested in getting involved in the health service as a consumer representative in 2019, I encourage you to find out more at www.health.qld.gov.au/sunshinecoast/get-involved/cace-main.

Alternatively you can call 07 5470 5822 or email sc-engagement@health.qld.gov.au

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

Nambour General Hospital Redevelopment

The Nambour General Hospital Redevelopment Project is working closely with Lendlease Building Pty Limited in the Development Design phase of the project.

This phase includes extensive consultation with clinician and non-clinical staff as well as community consumers group attendees on the development of the design for each of the areas affected by the redevelopment.

The Project Team and Lendlease will be hosting its second free Community Forum on Tuesday, 12 March 2019 to provide an update on the project and to discuss current and future services at the hospital.

The forum will be held from 6 – 7pm at the Nambour RSL.

You can register via Eventbrite or just come along on the night.

Questions? Email: PDU-FRP-NGH@health.qld.gov.au

Above: Artist impression of Nambour General Hospital view from Inland Road
Helping our youngest patients feel better during February

‘Feel Good Feb’ is celebrated across the country during the month of February.

It was created to encourage and inspire people to initiate random acts of kindness for fellow community members.

Established in 2015 by a Sydney Mum who was teaching her children about empathy, it’s now a national annual event.

Sunshine Coast Hospital and Health Service (SCHHS) is lucky enough to have a team of more than 260 active volunteers who show their kindness and empathy all year round, not just during the month of February.

The volunteers contribute more than 5000 hours of their time to the health service each month. They include Hospital Chaplains, Justice of the Peace (JP) and ‘Sunshiners’.

Volunteer Colleen Whittaker has been coming into Sunshine Coast University Hospital regularly since its opening.

Outside of her work as a volunteer she has spent many hours sewing paediatric surgical gowns for the littlies and vests for the volunteer team who escort children and their families to and from surgery.

The brightly coloured vests mean the volunteers are easily identified and add a little friendliness and fun to what can be a scary time for all.

Ms Whittaker said: “I've seen first-hand that the surgical gowns make a difference. When parents can easily recognise our team, it takes pressure off the clinical staff, they can just get on with their jobs and let the volunteer team do what they do best.

“Surgery in hospital for our littlies is often overwhelming. Being able to bring a little bit of fun for these brave kids makes me so happy, especially when they recognise the characters on the vests. They forget about what they are in hospital for,” she said.

There has been extensive research to prove that ‘giving out good’ not only benefits the receiver but also increases the happiness of the giver.

There’s mental happiness and physical benefits for all involved.

It is a win-win situation!
Maroochydore Community Hub moves are continuing

Service moves commenced on 25 January 2019, and the following community services are now operational at the new location: Child and Youth Mental Health, Evolve Therapeutic Services, Older Persons Community Mental Health Team, Community Diversion/QMERIT Programs, Community Adult Eating Disorders Service, Continuing Care Team South 1300 MH Call, Acute Care Team, Child Youth and Family Health and Community Chronic Conditions Service. This is an exciting time for the health service as this will allow for a more integrated community service by improving access to our population in a community-based environment and facilitating a multidisciplinary working environment. The final moves occur early March 2019.

Health Minister opening of the newly redeveloped Caloundra Hospital

December 2018 marked the completion of the $17 million redevelopment of the Caloundra Health Service. On 7 February 2019, Minister for Health and Ambulance Services, Hon Steven Miles at Caloundra Health Service, along with the SCHHS Board Chair, Lorraine Ferguson. This was a significant and very important milestone for the SCHHS, and showcases the excellent work that the SCHHS staff, project team and contractors have achieved over the past 12 months.
Cancer Care Service recognised by Clinical Oncology Social of Australia (COSA).

Sunshine Coast University Hospital Cancer Care Services was well represented at the recent 45th Annual Scientific Meeting for the Clinical Oncology Society of Australia (COSA).

Members of the team presented several oral and poster presentations including: the use of complementary medicines by cancer patients receiving chemotherapy; improving documentation of patient consent for systemic therapy; implementation and development of the integrated exercise physiology service for patients with cancer.

Congratulations to Dr Peter Smith who won first prize for the ‘Best of the Best – Poster Discussions’. The posters are on display at The Adem Crosby Centre at SCUH.

Jane Roach, Katrina West, Caroline Woolley, Ebony Hetherington, Cassandra Dickens, Susie O’Keefe, Leanne Baxter and Dr Bryan Chan were first place General Poster winners at the International Conference on Cancer Nursing in Auckland, New Zealand for their poster showcasing how cancer care coordination supports quality person-centred care of patients with upper gastrointestinal malignancies.

There is no place like home for kidney patients

SCHHS offers patients with kidney disease the chance to restore a little normality in their lives through Home Dialysis.

Home dialysis enables kidney disease patients to carry out their dialysis treatment in the comfort of their own homes.

Mathew Sullivan, Nurse Unit Manager, Nambour General Hospital Renal Unit, said dialysis could be extremely disruptive to a patient’s day-to-day life, as well as the life of their carer.

“It’s important we help their dialysis treatment fit in with their lives, not the other way around. Treatment is usually about three times per week for five hours, and for many patient’s dialysis is a lifelong commitment.

“The SCHHS Home Therapies team, which implements home haemodialysis program, work hard to make home treatment available to as many patients as possible, currently 17 on the Sunshine Coast.

“Those selected undergo an intensive training program. After a period of about three-months, when they can head home for treatment, they receive regular visits and ongoing support,” he said.

Jake McMillan is one of the younger patients benefiting from home haemodialysis.

“Being at home means being more comfortable…and more of the food I like!” Jake said.

“I can use the time more productively now, I am studying art at TAFE, it gives me the opportunity to stay on track with that. Also, it is a good chance to catch-up on Netflix.

In other achievements for Cancer Care Services, Clinical Nurse Consultant Cassandra Dickens was a recent recipient of Cancer Nurses Society Association (CNSA) ‘Local Hero Award’. In celebration of CNSA’s 21st birthday, 21 people nationally were recognised for their commitment to excellence, professionalism, innovation and collaboration.

Being self-reliant is important to me, home haemodialysis allows this. My family are a lot more easy-going and less stressed now they can see how well I can take care of myself. I am loving life and have a lot more time with friends and family,” Jake said.

People who are able to take advantage of home dialysis are often healthier overall, and may live longer. Home dialysis allows for more frequent treatment for shorter periods of time.

Frequent dialysis more closely mimics the natural functions of the kidneys, with less waste and fluid building up in the body between treatments. The increased frequency may contribute to lower mortality rates, fewer negative side effects and more favorable results overall.
Welcome - inaugural Director of Research

Adjunct Professor Brad McCall commenced in the inaugural Director of Research role in November 2018

Adj. Prof McCall brings a wealth of experience in research, leadership and public health to this position. Adj. Prof McCall has been Director of the Public Health Unit for Metro South Hospital and Health Service and has also held leadership roles in Defence including Professor and Director of the Centre for Military and Veterans Health (CMVH), and Director of Clinical Services and Senior Medical Officer for the Tsunami response.

His research interests and publications have focused on practical population based research on a wide range of emergent public health problems and the (translational) implementation of improvements to policy or practice. He is also an experienced presenter and media commentator particularly in regard to emerging public health issues/risk, including research projects such as the Queensland Health Excellence Award winning Zika Mozzie Seeker program.

In 2015, Adj. Prof Brad McCall was appointed as an Officer in the Order of Australia (AM) in the Military Division for exception service as a Public Health Physician, Health Support and General Health Battalion, and Senior Medical Officer.

Inaugural Griffith Uni Medical Students commence at SCHI

In January we welcomed our first year medical students from Griffith University at Sunshine Coast Health Institute!

Fifty first year medical students attended the inaugural orientation to the Griffith University Doctor of Medicine (MD) program at the Sunshine Coast University Hospital.

SCHHS Chief Executive Naomi Dwyer said: “We are very proud to be the Griffith University’s health service partner for their Sunshine Coast Medical Program, and look forward to supporting these students through provision of excellent clinical experience and education.”

New doctors start their medical internship

Sixty-five junior doctors started the next stage of their medical careers across the Sunshine Coast in January.

Deputy Director, Medical Services, Dr Mauritius Du Toit, said the intern year was a “very important year” when clinical management, communication and professional skills were consolidated, under the close guidance and supervision of more senior colleagues.

“By the end of 2019, interns will have completed terms in medicine, emergency medicine and surgery and will have also participated in a specifically designed intensive program of education and professional development opportunities, in accordance with national standards and requirements set by external accreditation agencies,” Dr Du Toit said.

“The SCHHS internship program remains popular with the program, once again significantly over-subscribed for 2019.

“These young doctors have already spent years completing their undergraduate training, and are now entering a new exciting, but demanding, period of their careers.”

After receiving a week of general and clinical orientation, the 65 interns have started their rotational duties at Sunshine Coast University Hospital, Nambour General, Caloundra, Maleny Soldiers Memorial and Gympie hospitals. Rotations include a variety of units that may include general medicine, surgery, emergency medicine and additional elective terms in other specialised areas.
Consumer Profile - Meet Doug Kenane

Volunteer member of SCHHS Consumer Advisory Group and the Patient Publications Review Committee.

Reason for volunteering—since moving to the Sunshine Coast 10 years ago, I have had a few health issues that were treated at Nambour and subsequently SCUH. I am pleased to report that I am well and active due to the excellent care and attention at these facilities.

My hobbies and interests include lawn bowls (Club Kawana), lawn bowls (anywhere), kayaking, riding around our hinterland, gardening, walking (large and insistent dog) and reading.

My career started as an accountant in industry. I subsequently moved into corporate management, mainly in the building industry, especially timber milling and supply. I have worked in Sydney, Brisbane, Cairns and Glen Innes.

I live at Wurtulla with my wife, Annette. My favourite food is my wife’s cooking!

Being a believer that one should give something back to the community, I registered interest in volunteering to the SCHHS. It continues to be a rewarding experience.

Care for the caregivers of kidney patients

SCHHS researchers, in partnership with The George Institute for Global Health, have recently completed a project exploring the quality of life and burden on caregivers when looking after people having dialysis.

This work has recently been published in the American Journal of Kidney Diseases.

SCHHS Director of Renal Services, Associate Professor Nicholas Gray, said research had been completed in this area previously although a systematic review to provide a holistic picture of the quality of life and mental health of caregivers was needed.

“Caregivers who support a chronically ill kidney patient are faced with many challenges, including managing the comfort of the patient, financial issues, meal planning, scheduling and transportation. Just keeping track of patients’ multiple medications is a challenge,” A/Prof Gray said.

“It isn’t just the life of the patient that changes, but also the primary caregivers. As dialysis therapy is often lifelone, unless a transplant is received, things such as dreams of travel may go out the window.

“The results of the study showed most caregivers were female spouses and their quality of life was poorer than the general population, mostly comparable with caregivers of people with other chronic diseases, and often better than that experienced by the patients.

“Caregivers also reported a significant burden on their lives,” he said.

The next steps will be to explore the impact of home-based dialysis therapies like peritoneal and home haemodialysis on caregivers.

Maryann Fulton’s daughter Kate was just 21 when she suddenly developed renal disease, requiring her to be on dialysis for three and a half years. Maryann took immediate leave from her job to care for Kate around the clock after her diagnosis, and spent eight hours a day at Nambour General Hospital with Kate while she was on dialysis three to four times a week.

“Absolutely everything changes when you become a caregiver to a loved one with renal disease. It’s totally disruptive and you just have to be prepared to allow that to happen, there’s no point in fighting it,” Maryann said.

“Looking back on that period, the one thing that was really important was continuing with healthy patterns, such as exercising and socialising when you can. If the carer doesn’t take the time to look after themselves they will be no help to their loved one.”

Kate underwent a kidney transplant in 2015 and has since completed her Bachelor of Health Science Naturopathy. Maryann welcomes the proactive research completed by A/Prof Gray and hopes the project improves support outcomes for carers.

The next steps will be to explore the impact of home-based dialysis therapies like peritoneal and home haemodialysis on caregivers.
We reflect with staff and community at National Apology Day events

Sunshine Coast Hospital and Health Service marked National Apology Day with ceremonies held at Gympie Hospital on 13 February and Sunshine Coast University Hospital on 15 February.

National Apology Day is the anniversary of then Prime Minister, Kevin Rudd, delivering the National Apology to Australia’s Indigenous Peoples, especially the Stolen Generations.

Our Cultural Practice Workforce Trainer, Janita Adams, encourages all Australians to reflect on our nation’s history throughout this week.

“It is important people attend an event or participate in some way. If you can’t get to an event, reach out to someone to ask about the day or do some research into the impact the Assimilation policy had on many Aboriginal and Torres Strait Islander families.

“Apology Day is a day of mixed emotions, a feeling of sadness remembering the pain and loss of separation for many families. It’s also a day where I feel glad those times have changed and have a feeling of hope for the future of my children and grandchildren.”

In the spirit of coming together, SCHHS developed a Reconciliation Action Plan (RAP) to support the national reconciliation movement with the input and support of the community.

The RAP builds on the current activities which have raised the profile of programs and services for Aboriginal and Torres Strait Islander people across the health service, by providing education, awareness and leadership for dialogue and understanding.

SCHHS hospital liaison officers

The Aboriginal and Torres Strait Islander Liaison Service acts as a cultural link between health professionals, identified Aboriginal and Torres Strait Islander patients and patient’s families.

Liaison officers assist in breaking down any perceived barriers of communication so that Aboriginal and Torres Strait Islander patients and/or their families have a better understanding of their hospitalisation and treatment.

Patients and their families are supported by:

• Providing information, emotional and cultural support for Aboriginal and Torres Strait Islander patients and their families to assist in delivering services.
• Coordination of patient travel and accommodation.
• Mediation and advocacy for referrals to social workers and support services when required.
• Consultation with hospital staff seeking further information on patient/family history or discussing any special needs of Aboriginal and Torres Strait Islander people.
• Facilitating referrals to other SCHHS facilities, other HHS and community-based services.
• Providing support and practical assistance to significant others and/or family members.

Pathway to community (Acute Health) (PDF 354 kB)
Hospital Liaison Officers flyer (PDF 1183 kB)
Mindful mums have a strong sense of community

Pregnancy and childbirth is a wonderful experience for many, but for some, it can bring anxiety and stress.

To help guide expectant mums through pregnancy, Sunshine Coast Hospital and Health Service (SCHHS) has implemented an innovative program to reduce anxiety and equip them with strategies to support their mental wellbeing.

Facilitated by Clinical Nurse Consultant Chris Dawber and Midwife Amber Jenkins, the Mindful Mums program provides interventions to reduce worry and depression symptoms throughout pregnancy and after birth.

Mr Dawber said mindfulness was about focusing on nonjudgemental awareness of the present and could help expectant mums feel better within themselves and reduce stress.

“A number of factors could contribute to mental illness in pregnancy including changing body shape, transition to motherhood, relationship issues and career changes,” he said.

“Researchers have also found that the practice of mindfulness and related techniques such as relaxation can help treat some mental health conditions.

“Mindful Mums provides a safe, supportive environment for expectant mums to not only share their experiences, but to also learn new ways to manage their anxieties.”

Ms Jenkins said the program included six, one-hour sessions comprising guided mindfulness practices and group sharing.

Australia Zoo learn from our Emergency Medicine Doctors

Sunshine Coast Health Emergency Department staff, Dr Simon Jensen, Dr Dan Bitmead and Dr Barrie Field met with staff from Australia Zoo at Sunshine Coast University Hospital on 20 February 2019.

Our team is working with the zoo, to ensure their first aid procedures are closely aligned with hospital procedures in the event of a snake bite. The zoo is home to many of the world’s exotic snakes, and our team have been working with the zoo for some years to ensure world class emergency medical care is available to their reptile team if needed.

The team from the zoo also received a tour of SCUH Emergency Department. Thanks ED team for caring for our community.

If you are bitten by a snake, and need emergency medical care phone: 000.
Preventative Health
Put your health first and schedule a breast screen

Women aged over 50 are urged to put their health first and schedule a breast screen to kick off 2019.

Leonne Deighton, Clinical Nurse, BreastScreen Sunshine Coast is encouraging eligible women to book their free breast screen.

“Even with a great amount of publicity about breast cancer, there are still a lot of women who do not make breast screening a regular part of their health regime,” she said.

“Many women believe that they’re not at risk of developing breast cancer, because none of their relatives have been diagnosed with it.”

“Nine out of every 10 women diagnosed with breast cancer have no family history of the disease. Women with a family history of breast cancer are more at risk, although most women diagnosed have no family history of the disease at all.”

Women aged 50 to 74 are particularly encouraged to have their breasts screened every two years, however the service is provided free to women aged 40 and over.

“It’s not just women who receive a letter from BreastScreen Queensland who can participate in free screening. Any woman over 50 who’d like to be screened, can simply call 13 20 50 to book, or they can book online at breastscreen.qld.gov.au.”

Screening is fast, free, friendly and female and no referral is required.

THE FACTS:
• 75% of women diagnosed with breast cancer are over 50. Younger women do get breast cancer, but the risk of breast cancer increases dramatically after the age of 50.
• 9 out of 10 women diagnosed with breast cancer have NO family history of the disease. While women with a family history of breast cancer are more at risk, most women diagnosed have no family history of the disease at all.
• Breast screening every two years is the best way to detect breast cancer early, well before you or your doctor can feel anything.
• Women aged 40 and over are eligible for a free breast screen every two years at a BreastScreen Queensland Service.
• Women aged 50-74 years are particularly encouraged to attend.

Plenty of support for locals with type 2 diabetes

Sunshine Coast Hospital and Health Service (SCHHS) health professionals are gearing up to deliver a series of free workshops throughout 2019 to educate and support Sunshine Coast and Gympie residents diagnosed with type 2 diabetes.

People living with the condition can receive updated information and resources, and have all their questions answered by attending the free workshops.

Health Promotion Officer Kerry Roach says the workshops help participants to better manage their condition and reduce risks and complications.

“Around four per cent of the Sunshine Coast population and six per cent of the Gympie population have been diagnosed with type 2 diabetes so it’s important to have a service like this available across the health service to connect with locals,” Ms Roach said.

“The workshop provides a group based learning atmosphere where participants can hear from a range of health professionals on ways to manage their condition daily to reduce those risks, as well as feel comfortable talking to others who are in a similar situation.

“We have been providing the workshops for over five years and our team of nurses, dieticians, social workers and health promotion officers are very dedicated to continuing to support people with their type 2 diabetes self-management practice,” Ms Roach said.

The workshop session is open to anyone diagnosed with type 2 diabetes or pre-diabetes and family or carers are also welcome to attend.

Upcoming workshops dates are:
• 16 May, 29 August, 14 November – Gympie
• 29 May, 7 August, 6 November – Maroochydore
• 6 March, 5 June, 4 September, 4 December – Caloundra

All workshops run from 9am to 1pm and bookings are essential. To reserve a spot, phone 5479 9670.
Compliments

Health Service catering
To all the cooking staff. I thank you very much for all the wonderful meals I have been receiving from all of you over the past two weeks.
Your cooks and staff are all so wonderful.

Sunshine Coast University Hospital — Ward 5D
To my wonderful doctors and nurses in Ward 5D. Thank you so much for your wonderful care and “upping my innings”.

Minor Injury and Illness Clinic
Many many thanks to the amazing ophthalmologist Jenny at Caloundra Minor Injuries Clinic, who removed a painful splinter from my eye. Her persistence and professionalism was outstanding.
So very grateful.

Sunshine Coast University Hospital ED
Approximately 2pm I was rushed into the Sunshine Coast University Hospital by ambulance, immediately given a blood transfusion and drips. My vision slowly started returning and I felt very weak, close to kicking the bucket. Thanks to the hard work, expertise and dedication of the doctors, nurses and all the other staff I think I will be hanging in there for another 10 years.
You are truly saviours.

Gympie Hospital
To all the staff at Gympie Hospital, thank you for taking such good care of our much loved husband and Dad Norm.
We can’t thank you enough.

Maleny Soldiers Memorial Hospital
I was a patient in the Emergency Department earlier this month. I’ll always remain impressed by the friendly professionalism of the caring staff. Thank you from the bottom of my heart.
It’s so reassuring to know you are there for the community.

Sunshine Coast University Hospital — Cardiac Services
I have just completed my sessions with the Cardiac Rehabilitation Program. This has been a life-changing experience.
Michelle Aust is highly recommended, not only for her professionalism but her knowledge, ability to encourage in a caring manner and always ever watchful over all in the gym.
I also observed other participating patients who at the end of the time at their course all looked younger, fitter and moved much more assuredly.
This hospital is fortunate to have such a service, and the team to run it. In the long term it will avoid so much unnecessary hospitalisation.
### What’s coming up in April?

Jump online to see more information on these events

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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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**Falls Prevention**

*Tips to help you Stay On Your Feet®*

- Improve physical activity
- Check your walking aids
- Review medicines
- Check vision and eye wear
- Wear safe footwear
- Eat a balanced diet
- Manage toileting