

SCOPE

Winter 2013

There's
something
about
Springfield



 **Mater**
Private Hospital Springfield

MAIN ENTRY

 **Mater**

Exceptional People. Exceptional Care.



Welcome from the Editor

Spring is usually the season associated with new beginnings but it seems Mater is bucking this trend with a spate of new launches, openings and announcements in the late Autumn and Winter months.

While there have been many major milestones reached, there have also been numerous other newsworthy achievements and awards taking place in and around the Mater campus.

A significant change took place at the end of April when the Sisters of Mercy transferred canonical responsibility to a new Catholic Church entity Mercy Partners. Although this marks the end of more than 100 years of history, Mater's link to the Sisters of Mercy will endure and the Mission and Values of the Sisters will remain integral to our day to day operations.

New to this edition of Scope is Sean Hubbard who has been appointed Executive Director of Adult, Women's and Children's Health Services. You will meet him on page 11.

Other news includes Mater and Micah projects being awarded a national homeless award (page 15) and Mater Private Hospital Intensive Care nurse, Annabel Pike, receiving an award for her 'holistic approach to patient care' (page 17).

You can find out about each of these projects, and much more, in the pages of this issue of Scope.

I do hope you enjoy the read.

Best wishes
Miranda



On the cover

Mater Health Services has unveiled plans to build an 80-bed, \$85 million private hospital in Springfield, with work due to start in August.

See page eight for more.

Contents

- 3 A message from the CEO by Dr John O'Donnell
- 4 Fast News
- 6 New centre offers holistic approach to cancer care
- 7 Mater launches maternity product range
- 8 There's something about Springfield
- 9 Interest rates to soar by Don Murray
- 10 Inpatient room service—an Australian first
- 11 Positive conversations by Sean Hubbard
- 12 Tumours in the red
- 13 Key facts on Glioblastoma multiforme
- 14 New study targets gestational diabetes
- 15 Mater and Micah Projects win national homelessness award
- 16 Specialist profile
- 17 Australia's Graduate Nurse of the Year
- 19 David walks Miles for Miracles

Contributors

Editor - Miranda Hunt

Senior Writer - Brooke Falvey

Staff Writers - Jacqueline Hayes and Sara McDonald

Thank you also to those who contributed to the current edition of *Scope*.



Scope welcomes your opinion. If you have an interesting patient case or a topical issue you would like to share with your colleagues, write to us.

Please email your contributions to the Editor, Miranda Hunt at miranda.hunt@mater.org.au. Names will be published unless otherwise stated.



Scope is printed on recycled stock by a ISO 14001 accredited printer

A message

from our CEO

The past few months have been one of great advancement, planning and development at Mater with a number of significant projects either underway or now completed—with great benefit to our patients.

The biggest announcement was that building work will soon begin on an 80-bed, \$85 million Mater Private Hospital Springfield.

The new hospital will offer a combination of inpatient, day and chemotherapy beds and will provide a range of medical and surgical services that are relevant to the Springfield community (page eight).

Another milestone was the opening of Mater Cancer Care Centre; a new offering which provides patients with a streamlined holistic service, whatever their insurance level.

As part of the new centre, our valued VMOs have access to a state-of-the-art space to conduct private day haematology, oncology and palliative care services.

While all patients receive the same high quality core clinical service, provision has been made to offer a differentiated level of non-clinical service to private patients, providing value for their selection of private health care.

Mater Private Hospital Brisbane has chalked up another Australian first—as the first private hospital in the country to offer patient's a hotel-style room service menu (page 10).

This advancement will enable us to further enhance our offering to patients; giving them access to the food they want, when they want it.

Last month we also celebrated the launch of Mater Products, a range of

mother and baby care products developed by Mater midwives and mums.

The first of our products, Mater Body Balm for pregnancy, was launched at a pre-Mother's Day brunch at GOMA and it's fair to say I've never seen so many mums and bubs (and prams) in one location.

The launch was the culmination of four years of research and development and marks a major strategic shift in thinking for Mater, but we see the Mater Products range as a natural extension of the care we already provide delivered in a new setting—the home.

The first product is now available for purchase online at www.matermothers.org.au, Mater pharmacies and selected Queensland Terry White Chemists.

Finally, April marked a significant change in the history of Mater Brisbane, with the Sisters of Mercy transferring canonical responsibility to a new Catholic Church entity—Mercy Partners.

The change means that Mater is no longer owned by the Sisters of Mercy but our link with the Sisters will remain strong and this change in ownership should not impact on the exceptional care we deliver each day in the tradition of Mercy.

Dr John O'Donnell
CEO, Mater Health Services



“We see the Mater Products range as a natural extension of the care we already provide delivered in a new setting—the home.”

New Frontiers and Big Ideas

Mater Health Services is proud to offer another exceptional professional development event—the 13th National Leadership and Learning Conference at Rydges South Bank on 5-6 September.

This year's conference, *'New Frontiers and Big Ideas'*, promises to deliver an innovative education and leadership toolkit for health professionals.

Participants will have the opportunity to review a broad range of leadership and learning strategies and consider innovative work practices relevant to health.

The theme will explore the current challenges facing the healthcare industry with the conference program focusing on three key streams: People and Teams, Innovation and Developing Practice.

High calibre presenters including Professor Patrick McGorry; Professor Des Gorman; Dr Victoria Brazil; Bernard Salt and Christine Nixon will offer their expertise and analysis of how their subject can assist health professionals to increase effectiveness and efficiencies across their service.

Registration is now open.

For more information visit www.matereducation.qld.edu.au/conference or call the conference secretariat on 07 3163 1757.



Maternity care for refugees

Staff at Mater's Refugee Maternity Service recently celebrated their own beautiful moment—treating their 1000th patient, mother-of-one Hawa Dukury.

Ms Dukury, originally from Liberia, visits the service monthly for her antenatal appointments.

Opened in 2008, the Refugee Maternity Service was developed in response to an unmet community need and is based on women and family centred care.

The service provides health care, psycho-social support and resources for women of a refugee background and is staffed by a team including obstetricians, midwives, interpreters and a social worker.

Refugee Maternity Service midwife Michelle Steel said the team were thrilled to know they had reached such a momentous milestone within five years of opening.

"It wouldn't be possible to run the service without the commitment and dedication of the team and also the women themselves who have really taken ownership of the service," Ms Steel said.

Mater Annual Review out now

The 2012 Mater Health Services Annual Review is now available on www.mater.org.au

This is the first annual review in Mater's history that brings together Mater Health Services, research, education and Mater Foundation under one cover.

This year's apt theme is 'collaboration' and features stories on how our staff work together to achieve more for our patients, families and visitors.

Visit www.mater.org.au to read about Mater's achievements for 2012 or if you would like a hard copy, please contact Mater Marketing on 07 3163 3495.



GreenLight Laser now available at Redland

Bayside patients with an enlarged prostate can now receive minimally-invasive laser treatment closer to home.

Mater Private Hospital Redland Urologists Dr Andrew Hadley, Dr Greg Malone and Dr John Preston are now using GreenLight Laser Therapy to treat Benign Prostatic Hyperplasia (BPH)—a non-cancerous enlargement of the prostate gland, affecting more than 50 per cent of men over the age of 60.

The treatment uses 180 watt laser energy from the green light band to vaporise enlarged prostate tissue that obstructs the outlet of the bladder without harming other healthy tissue.

Mater Private Hospital Redland Director of Clinical Services, Tracey Hutley said the purchase of the GreenLight Laser was part of an expansion to cancer services made possible thanks to last year's \$100 000 fundraising drive.

"Thanks to the community's generous support we are now able to offer this treatment to patients and get them back home sooner and with fewer side-effects."

More than 53 patients have benefited from the treatment since November 2012.



Bronze statue of Catherine McAuley unveiled

Sisters of Mercy founder Catherine McAuley has been immortalised in a bronze sculpture which features in the forecourt of the Edmund Rice Performing Arts Centre at St Laurence's College (SLC).

The sculpture, along with those of Christian Brothers founder Edmund Rice, former Premier of Queensland Vince Gair and Archbishop Sir James Duhig were unveiled recently to recognise the people who had played a significant role in the school's history.

The busts, created by sculptor and former SLC parent Susan Kaden and fellow artisans including Dean Rusling, Daniel Gill, Katarina Mount and Anna Bourke, capture each individual in the prime of their life.

Inclusion of Catherine McAuley symbolises the enduring partnership with the Mater which began in 1919 when the Sisters took over the school building as a hospital extension during the flu epidemic.

The Edmund Rice Performing Arts Centre and the Hancock Street Carpark, both opened in 2010, are also symbols of the enduring partnership between Mater and the College.



Barry and Leanne Binnie are the proud owners of this year's Plantation Homes House for Life at North Lakes. The couple made the highest bid of \$572 000 at the no-reserve charity auction on 25 May. Funds raised go to help seriously ill babies and children at Mater.





New centre offers holistic approach to cancer care

Cancer patients can now access a new cancer centre offering oncology, haematology and palliative care services at Mater Hill.

Mater Cancer Care Centre allows all patients—regardless of their level of health insurance cover—access to care that is specially designed for their individual treatment needs.

“At Mater, patient care is at the centre of everything we do, every day, and the new Cancer Care Centre provides our patients with treatment service as well as access to a Pharmacy retail and dispensary service,” Mater Private Hospitals Executive Director Don Murray said.

“Incorporating state-of-the-art design and technology, Mater Cancer Care Centre provides patients with a safe and comfortable environment, while promoting positive health and wellbeing. Patients can expect a modern world-class facility during their care at the centre,” Mr Murray said.

The centre, which includes a total of 40 treatment spaces, has been custom designed with patient comfort as the core deliverable.

“As part of our private offering, our valued VMOs will have access to a state-of-the-art space to conduct private day haematology, oncology and palliative care services,” Mr Murray said.

“While all patients receive the same high quality core clinical service, provision has been made to offer a differentiated level of non-clinical service to private patients, providing value for their selection of private health care.





“Patients can also order from a custom designed, dietetically approved menu and enjoy access to the Mater Patient Entertainment System.”

The centre’s patient treatment pods have been designed to give patients a relaxed and comfortable experience during their stay. Features include: dimmer switches, controlled recliner chairs and technology–friendly ports for smart phone, laptop or tablet connection.

In addition the centre offers dedicated Mater Private Specialist Suites and a library provides clinical information, pamphlets, books and brochures to support a patient’s journey.

“By offering a wide range of support services, the team of health care professionals ensure patients health and wellbeing is at the core of everything we do,” Mr Murray said.

Another benefit to patients is the new Concierge Service, located on the ground floor of the building, where staff welcome patients, assist with check-in, provide orientation to the centre and assist with coordination of a drop-off/pick up zone, minimising the distance patients need to walk to their cars.

Mater launches maternity product range

Mater Mothers’ Hospitals last month launched Mater Body Balm for pregnancy—the first of its maternity and baby care products—at a pre-Mother’s Day brunch at the Gallery of Modern Art (GOMA).

The product range continues the exceptional care Mater Mothers’ Hospitals provides to mothers, from the hospital into their homes.

Mater Health Services Director of Women’s Health Services Maree Reynolds said more than 3000 mums and midwives were involved in the development of the maternity and baby care range.

“This product and the ones yet to come are unique in the market place as our midwives have offered their expert opinions to ensure they are of the best quality for mothers and babies,” Ms Reynolds said.

“We are thankful to the wonderful group of mothers who were involved in the product co-creation and testing group as well as those who trialled the body balm and offered their feedback.

“This collaborative approach has allowed us to create this ideal moisturising treatment.”

This first product, Mater Body Balm for pregnancy, has been developed to promote softness and elasticity and help reduce the appearance of stretch marks.

The retail release of Mater Body Balm for pregnancy took place at this year’s Brisbane Pregnancy Babies and Children’s Expo on Friday 21 June 2013.

The Mater product range will also include baby wash, baby moisturiser, nappies, baby wipes, nappy balm, maternity pads and nursing pads, all of which will be launched throughout 2013.

Mater Body Balm for pregnancy is now available online at www.matermothers.org.au, at Mater Pharmacies and selected Terry White Chemists in Queensland, with proceeds supporting Mater Little Miracles.





There's something about Springfield

Mater Health Services has unveiled plans to build an 80-bed, \$85 million private hospital in Springfield, with work due to start in August 2013.

Mater Private Hospital Springfield will offer a combination of inpatient, day and chemotherapy beds and will be supported by \$21.4 million in Australian Government funding for the Cancer Care Centre.

The seven level, 10 000 m² facility will include theatre space, inpatient wards, a day surgery unit and a cancer care centre, initially with a linear accelerator and 15 medical oncology treatment bays, to be further developed in a partnership between Mater and Radiation Oncology Queensland.

Stage one works are due to start in August this year and be complete by the end of 2015 with further stages planned for future roll out.

Mater Health Services Chief Executive Officer Dr John O'Donnell said the new hospital would provide a range of medical and surgical services that are relevant to the Springfield community.

"The hospital will be a truly innovative, unique and contemporary model including latest use of digital technologies for providing health care needs to the growing region," Dr O'Donnell said.

"The framework of services provided by Mater, its partners and other third parties, will be responsive to the community's health need and will provide accountable, holistic care that promotes wellness, prevention of illness in addition to exceptional acute and sub-acute care and treatment."

Mater will work closely with Springfield Land Corporation in relation to the master planning and governance of Health City Springfield Central.

Springfield Land Corporation Chairman Maha Sinnathamby said he was excited the company's five year relationship with Mater Health Services had resulted in the private hospital project.

"Mater Private Hospital Springfield will mark the start of a 52 hectare master health and wellness precinct that will be unique to the country providing all forms of co-ordinated health facilities and services such as research and development, education and training, allied health, retirement and aged care with appropriate hotel and visitor's accommodation," Mr Sinnathamby said.

"Approximately 8.7 hectares of Health City Springfield Central is earmarked for primary health and acute hospital type development with pre-planning approval obtained for up to 1200 hospital beds."

Ipswich Mayor Councillor Paul Pisasale welcomed the announcement.

"This is tremendous news. When completed, current and future residents in the area will have a range of high quality health services on their doorstep," he said.

Springfield is the fourth fastest growing urban area in Australia, comprising six suburbs across 2860 hectares.



Mater Private Hospitals Executive Director Don Murray with Springfield Land Corporation Chairman Maha Sinnathamby.

Interest rates to soar

By I Don Murray

Firstly, apologies for the attention grabbing title – if you think that my ‘Scope bit’ is going to provide any insight into the financial markets you are likely to be disappointed.

Instead of discussing the resources boom or the RBA interest rate I would like to cover another phenomenon which I will refer to as ‘Mater interest’. It seems that whoever you talk to they have some kind of connection or interest in Mater. People always seem to know someone who was born at Mater, treated at Mater or works at Mater. What always strikes me is the genuine level of affection and interest people seem to have in our organisation.

So what does this ‘Mater interest’ actually mean? To me it means that our reach and value extends far beyond the physical bricks and mortar of our hospitals and into the lives of patients, staff and their families.

I am pleased to report that there are many drivers to keep Mater’s interest rates steadily rising. With the newly opened

Cancer Care Centre and plans to build an 80 bed private hospital at Springfield, Mater will continue to strive to meet the health care needs of our communities in the years ahead. In this edition of Scope, you will also read how Mater is using its extensive experience in maternity care to develop a series of exceptional products for mothers and babies. This is another example of our organisation extending its reach, this time from the hospital into the home.

As Mater’s portfolio grows and we continue to diversify our business there is one investment we are making that completely justifies my use of financial buzz words and jargon – patients.

The bottom line is that Mater invests in initiatives to best meet the needs of patients. As far as investments go I can’t think of a better option – or bottom line for that case.



An historic day for Mater Health Services

Mater Brisbane marked an historic day on 23 April 2013 as the organisation, owned by the Sisters of Mercy since 1906, transferred canonical responsibility to a new Catholic Church entity—Mercy Partners.

The change means that Mater is no longer owned by the Sisters of Mercy but Mater’s link with the Sisters of Mercy will remain strong.

In 2008 the Sisters of Mercy in Queensland received approval from the Vatican to establish a new Catholic Church entity—Mercy Partners—as a long term strategy for the future stewardship of Sisters of Mercy owned entities.

Mater CEO Dr John O’Donnell said that in the 107 years Mater had been owned by the Sisters of Mercy, Mater had grown from an organisation comprising a small 20-bed private hospital at North Quay to a network of seven hospitals providing care to more than 500 000 patients each year.

“As things grow; they also change—and this month marks possibly the most significant change in Mater’s history,” Dr O’Donnell said.

“Almost all Queensland ministries owned by the Sisters of Mercy Brisbane, and also Rockhampton, Townsville and Cairns Congregations will be transferred across to Mercy Partners, and in fact most have undertaken this change,” Dr O’Donnell said.

“While significant, this change in ownership and governance will not alter our day to day operations or our



Mercy Partners Council Chair Sr Anne Hetherington rsm and Sisters of Mercy Brisbane Congregational Leader Sr Sandra Lupi rsm.

Mission and Values. Our link with the Sisters of Mercy will remain strong as we continue to provide health care in the tradition of Mercy.”

An event was held on Mater’s South Brisbane campus on 23 April 2013 to officially mark this historic occasion.

Inpatient room service—an Australian first

Mater Private Hospital Brisbane has achieved another Australian first—the first private hospital to offer hotel-style room service for patient meals.

Mater Private Hospital Brisbane Executive Director Don Murray said, the shift to hotel-style room service, which commenced on 19 June 2013, puts patients in control of their meals.

“Good nutrition is an important part of the recovery process and our Room Service program will enhance the meal experience with patients now able to choose what they’d like to eat, subject to their clinical restrictions, at a time that suits them,” Mr Murray said.

“We have spent 12 months planning the roll out of this new service, including a refit of part of our kitchen to restaurant style and a customised IT system for orders and to track delivery.”

Patients can call in orders, including special dietary requirements such as low-salt, low-sugar, gluten-free, anytime from 6.30 am to 7 pm.

“Our Menu Monitors will guide patients with menu selections that will adhere to their diet plan and ensure optimal nutritional choices, however our menus are also clearly marked to indicate lower saturated fat/lower salt options and lower glycaemic index carbohydrate choices,” Mr Murray said.

“Gluten free options are available for many menu items.”

Meals are made-to-order and are delivered by special ‘Dining Hosts’ within 45 minutes.



Mater Private Hospital Brisbane currently serves approximately 1000 meals per day.



“By offering patients this flexibility, they can arrange their meals around appointments, visits or procedures and also eat at a similar time to when they’re at home which helps keep medication routines on track,” Mr Murray said.

“The main driver behind this project was that we wanted to create something better for our patients.”

For those who are unable to place their order themselves, room service assistants using iPad technology will visit rooms to take orders.

Patients can choose from a wide range of options such as customised omelettes, caesar salad with smoked salmon, a healthy burger from the grill, pizza, home baked savoury meatloaf, pan seared sirloin steak with red wine jus and macaroni cheese.

Desserts include fruit pavlova, chocolate mud cake, citrus tart and lemon sorbet.

The menu allows patients to order personalised meals that are clinically appropriate for their individual dietary requirements; this can include those on a liquid or clean fluids diet.

“People come to us when they are unwell and we want to make sure their overall stay is exceptional and that includes offering them food they are familiar with instead of standard hospital food.”

Positive conversations

By | Sean Hubbard

Let me begin by saying hello. As new member of the Mater team I am delighted to be able to contribute to this, my first, edition of *Scope*.

Since arriving at Mater and commencing my role as Executive Director of Adult, Women's and Children's Health Services, I have been impressed and encouraged by the very positive conversations I have had with so many people.

I look forward to meeting many more of you as time progresses.

I am also impressed by the outstanding commitment of our staff and VMOs to safe, high-quality care for Mater patients as has been evidenced in recent patient satisfaction surveys and infection data reported through the MyHospitals website.

Originally from South Africa, I have come to Mater via Western Australia where I was the Deputy CEO of the Joondalup Health Campus for Ramsay Health Australia.

Joondalup is a 650-bed public/private campus which has held a contract to provide public services since 1996.

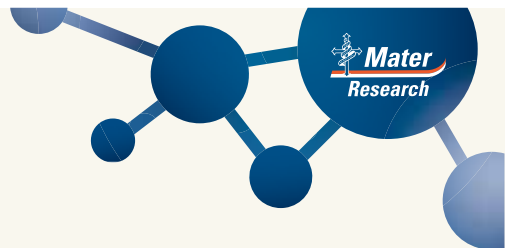
During my time at Joondalup I learned much about the intricacies and benefits of collocated health services in Australia and I am genuinely keen to continue working in this model at Mater.

To that end, I welcome the input and engagement of Mater VMOs and Staff Specialists in the development of new services, enhancements to clinical practice and the strategic direction of my portfolio.

I look forward to continuing to strengthen and develop integration across clinical teams and management to meet the needs of our patients.



Red, White & Sparkling



QUEENSLAND'S PREMIER WINE EVENT.

Supporting medical innovation through research at Mater.

Tempt your palate with three courses of fine food, beautifully matched with Robert Oatley signature wines. Expert wine makers will provide intriguing insights into the fine art of wine matching, while Australia's leading researchers will take us to the cutting edge of medical innovation.

Saturday 10 August 2013
Grandview Room, Hillstone St Lucia.

Tickets: \$175 per person or \$1,700 for a table ten
Available online www.materfoundation.org.au
phone 07 3163 8000 or email: foundation@mater.org.au

*Tickets strictly limited



Tumours in the red

In a darkened theatre with the windows covered by paper, neurosurgeon Dr Rob Campbell performed Mater's first fluorescence assisted resection on a brain tumour.

Suitable for patients with high grade glioma, the surgery involves the use of a drug which causes malignant areas of brain tissue to 'light up and glow' a red-pink colour during surgery while healthy brain tissue appears blue.

Taken by patients with water three to four hours prior to surgery, the active substance in Gliolan is aminolevulinic acid—a photoreceptive compound absorbed by the tumour cells in the brain and converted by enzymes into fluorescent chemicals.

Dr Campbell said Gliolan enabled him to clearly see the tumour and better visualise the boundaries between cancerous and healthy brain tissue with the use of a specially modified neurosurgical microscope fitted with a blue operating light.

"It delivered everything that it promised; it delivered a better understanding of just how hard it is to separate residual diseased tissues from normal brain tissue and enabled me to better determine what to remove/resect," Dr Campbell said.

"Before we could only estimate the margin between ordinary and tumorous brain cells by what we could see under our operating microscope."

The Lancet Oncology Medical Journal reported that complete removal of malignant brain tumour was achieved in 65 per cent of patients who took Gliolan, compared with 36 per cent of patients in a control group.¹

Six-month progression-free survival was also achieved in 41 per cent of patients receiving Gliolan compared to 21.1 per cent



Key facts

By Dr Robert Campbell

Glioblastoma multiforme

- 1 Most common of the primary brain tumours but can also occur in the spinal cord.
- 2 Aggressive usually relentlessly progressive fatal illness.
- 3 Peak age group 45-65 years. It can rarely present in children and young adults.
- 4 Presents with headache (new onset, constant or diurnal pattern), nausea and vomiting.
- 5 Seizure may occur as part of presentation with features of unilateral weakness, often confused with a stroke.
- 6 Diagnosis based on CT or MRI scan, treatment planning requires tissue sampling for histology.
- 7 Surgical resection best option for relief of pressure and preservation of neurological function.
- 8 Steroids offer good symptom control leading up to surgery and afterwards during radiation and chemotherapy.
- 9 New chemotherapy treatments are extending average survival beyond 18 months in some patients.
- 10 Age and neurological condition at time of diagnosis are the strongest predictors of medium term survival.

All newly diagnosed patients benefit from direct admission for in-house management, investigation and decisions about surgery.



The Lancet Oncology Medical Journal reported that complete removal of malignant brain tumour was achieved in 65 per cent of patients who took Gliolan, compared with 36 per cent of patients in a control group.¹

of patients who received surgery without the use of the drug.¹

“With this technology, the prospects are now open for us to apply this treatment to more and more patients and to give them maximum resection and therefore a chance for a more positive outcome,” Dr Campbell said.

“As with the introduction of most new technology, it did slow things down a little in theatre but I’m hopeful that, in time, our efficiency in theatre will be no different.”

Gliolan is not yet approved by the Therapeutic Goods Administration (TGA) however Melbourne based biopharmaceutical company, Specialised Therapeutics Australia, has submitted an application to the TGA for approval and anticipates a decision towards the end of 2013.

The drug is currently made available to Australian neurosurgeons via the Commonwealth Government’s Special Access Scheme.

1. Stummer et al. *Lancet Oncol*, 2006; 7(5): 392-401

New study targets gestational diabetes

Expectant mothers who struggle with their weight can volunteer for a new study to investigate the effects of probiotics on preventing gestational diabetes.

Mater Researcher Professor David McIntyre said the world-first study, being run at Mater Mothers' Hospitals and Royal Brisbane and Women's Hospital, would involve more than 500 patients over two years.

"Gestational diabetes is a common complication of pregnancy, especially in women who are overweight or obese prior to conceiving," Prof McIntyre said.

"At Mater Mothers' 10 to 13 per cent of our maternity patients—about 1000 women a year—are treated for gestational diabetes.

Complications can include heavier babies with more body fat, complications in delivery and an increased risk of both mother and baby developing diabetes later in life.

"Ideally, we would like to find a treatment to

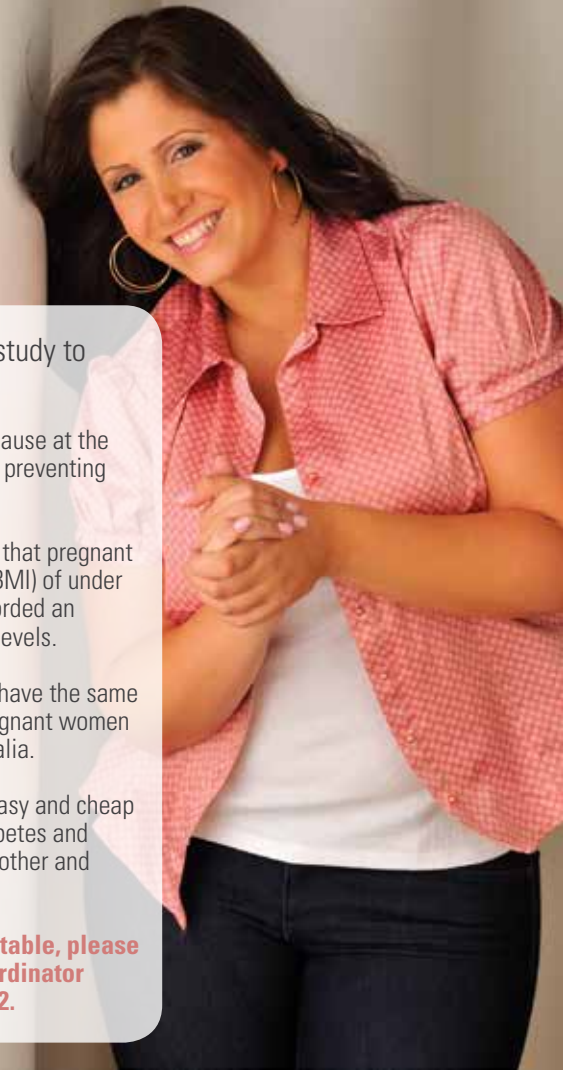
prevent diabetes in pregnancy because at the moment there is no known way of preventing this disease," Prof McIntyre said.

A recent study from Finland found that pregnant women with a Body Mass Index (BMI) of under 25 who were given probiotics recorded an improvement in their blood sugar levels.

"We want to see if the probiotics have the same effect on blood sugar levels in pregnant women with a BMI of 25 or more in Australia.

"The results may give us a safe, easy and cheap way of preventing gestational diabetes and minimising the effects it has on mother and baby.

To find out if your patient is suitable, please contact Clinical Research Coordinator Anne Tremellen on 07 3163 6312.



Come home to **CANVAS** apartments.



See for yourself why these designer apartments are selling fast. You'll be impressed with our spacious interiors, stylish features and quality finishes.

- Situated on a high point in the South Brisbane peninsular, less than 1km to the CBD.
- Walk to work, South Bank, West End and enjoy everything that Brisbane has to offer.
- Views to the CBD, Mt Coot-tha and West End.
- Entertain friends in the residents only Sky Garden, featuring pools, BBQ zone, water features, city view deck, sun lounge and multipurpose room.
- Completion due Mid 2014.

Sales office open from 10-4pm daily or by appointment.
37 Boundary Street, South Brisbane. Phone 3844 2577

CanvasSouthBrisbane.com.au

*Prices correct at time of printing. ^Visit www.osr.qld.gov.au



PRADELLA
style



Catherine Cooper, Dr Suzanne Bertrand and Dr Sarah Janssens

Mater hosts Harvard course for health professionals

Clinicians from across Australia recently visited the Mater Education Practice Improvement Centre (MEPIC) to attend the internationally renowned 'Instructor training: simulation as a teaching tool' course delivered by the Institute of Medical Simulation (IMS) and Harvard University.

This course is held in high esteem with many Mater staff having previously travelled to Boston to complete the program.

Clinical Midwifery Facilitator Catherine Cooper enrolled in the course to increase her understanding and skills around the design and implementation of simulation programs.

"The course covered all aspects of simulation as a teaching tool including some of the theory underpinning this type of learning, the practical requirements of how to develop and run simulation programs and the skills needed to ensure the emotional and psychological 'safety' of the learners within their simulation experience," she said.

The course focused strongly on the skill of debriefing; providing participants with an environment in which they feel safe to explore their own skills, experiences and points of view in order to elicit their optimal learning experience.

"This was truly the most rewarding course of my professional career; the calibre, professionalism, knowledge and enthusiasm of the facilitators were inspirational," Ms Cooper said.

"The skills we learnt were so vital and relevant, not only in simulation but in our daily lives as clinicians and educators, that we all felt driven to get out and start using them."

Due to the successful delivery of this course at MEPIC, IMS and Harvard are already planning their return in 2014.



For further information, please contact Education Programs Manager Melanie Barlow via melanie.barlow@mater.org.au or phone 07 3163 6850.

Mater and Micah Projects win national homelessness award



Photo courtesy of Katie Bennett.

Mater—in conjunction with Micah Projects, St Vincent's Brisbane, Greater Metro South Brisbane Medicare Local and Metro North Brisbane Medicare Local—has been awarded a National Homelessness Services Achievement Award.

Micah Projects Coordinator Karyn Walsh said the award recognised the tireless work made towards preventing and tackling homelessness through the joint Homeless to Home Healthcare program.

"Every day we are working to ensure those who are homeless—and in some cases dealing with significant health issues such as cancer and chronic disease—are provided access to housing, healthcare and community services," Ms Walsh said.

As part of the Homeless to Home Healthcare program, Mater nurses work within teams at Brisbane Homeless Service Centre and Brisbane Common Ground as well as with an after-hours service to provide healthcare and support to those living rough.

During the first five months of operation, the after-hours service provided more than 1600 episodes of care to people as young as 14 and as old as 86 years.

Mater Health Services' Executive Director of Mission Leadership Madonna McGahan said the focus on community engagement and collaboration supports Mater's mission to provide holistic compassionate health care to the sick and needy.

"While we are not unique in providing this compassionate service; what distinguishes Mater from our peers is our determination to fulfill this vocation by not only responding to, but actively seeking to support individuals and families disadvantaged by health or social circumstances," Ms McGahan said.



Dr Charlotte Mooring

Dr Charlotte Mooring is an obstetrician and practices at Mater Mothers' Private Brisbane.

Dr Mooring moved to Australia after completing her undergraduate medical degree in the United Kingdom.

She undertook her Fellowship of the Royal Australian and New Zealand College of Obstetricians and Gynaecologists (FRANZCOG) training in Queensland and has spent more than nine years in the speciality.

She has a special interest in Hypertensive Disorders of Pregnancy after an inspiring lecture on pre-eclampsia drew her to the speciality during her medical student time.

The majority of Dr Moorings work has been in tertiary hospitals where she has gained significant experience in the management of complex obstetric cases including those complicated by medical disorders.

Dr Mooring has a keen interest in women's health issues and has published research and contributed towards book chapters for clinical practice textbooks in both gynaecology and obstetrics.

She has also been involved in both undergraduate and postgraduate training.



Dr Deepak Arumugam

Cardiologist Dr Deepak Arumugam has recently joined the team of highly qualified specialists at Mater Private Hospital Brisbane.

Dr Deepak Arumugam completed an Honours degree in Neuroscience at Monash University, Melbourne, before moving to Brisbane and completing his medical training at The University of Queensland.

He trained in cardiology at The Prince Charles, Royal Brisbane and Women's and Gold Coast Hospitals.

Dr Arumugam pursued subspecialty training in cardiac electrophysiology, predominantly device implantation (pacemakers and implantable defibrillators) and cardiac catheter ablation at the Royal Brisbane and Women's Hospital.

He then gained further experience including complex ablation (atrial fibrillation and ventricular tachycardia) over a two year fellowship at one of the largest ablation centres in North America—The Royal Jubilee Hospital in British Columbia, Canada.

Dr Arumugam joined HeartCare Partners in 2013 and was published in the Lancet in 2012.



Dr Marosh Vrtik

Dr Marosh Vrtik is a cardiothoracic surgeon, specialising in both thoracic surgery and adult cardiac surgery.

After graduating from the University of Western Australia, Dr Vrtik commenced his surgical training at The Royal Perth Hospital.

He undertook his cardiothoracic specialist training in Queensland at both The Prince Charles Hospital and The Princess Alexandra Hospital.

Dr Vrtik has recently returned to Brisbane after completing two clinical fellowships.

In 2011, he spent 12 months at The Papworth Hospital, Cambridge, UK, gaining further experience in adult cardiac surgery focusing on mitral valve repair and percutaneous aortic valve replacements.

Then in 2012, he concentrated on expanding his special interest in thoracic surgery at St Vincent's Hospital in Melbourne, with a particular focus on Video Assisted Thoracic Surgery (VATS) including VATS lobectomy.

Dr Vrtik consults from Mater Medical Centre and operates at Mater Private Hospital Brisbane.

Australia's Graduate Nurse of the Year

Mater Private Hospital Brisbane intensive care nurse Annabel Pike knew from the age of 12 that she wanted to help those who weren't able to help themselves.

"I saw my grandparents become unwell and I wanted to give others the same dignity they received," she said.

"I am inspired by a patient's motivation and drive to improve on a daily basis and there is nothing more rewarding to see them transfer to the ward.

"The trust that is instilled in us as nurses is something that is truly humbling; it is an honour to play a part in a patient's life."

Annabel's exceptional patient care was recently recognised when she was the Outstanding Graduate Award of the 2013 HESTA Australian Nursing Awards.

Annabel was recognised for her holistic approach to patient care, exceptional technical and clinical skills and for showing leadership in her role.



"The nomination itself was truly humbling but to be announced as the winner was simply overwhelming," Annabel said.

Annabel was also recognised by Mater as being an exceptional nurse and named 2012 Graduate of the Year.

Mater Private Hospitals Director of Nursing and Midwifery Cheryl Clayton said Annabel was highly regarded among her peers for her dedication and devotion to all aspects of her job.

"Annabel truly lives the Mercy values; from holding hands of the critically ill and supporting their families, to assisting with difficult medical procedures," Ms Clayton said.

"Mater is very proud to have two finalists in the awards this year; Mater Children's Hospital nurse Stuart Broadbridge was also recognised for his overall caring approach and high standard of clinical care of sick children."



To check out the ABC Radio National interview, please visit www.abc.net.au/radionational and scroll to "Encounter" on the program lists. You can then listen to the program online or download a copy.

Aboriginal and Torres Strait Islander Liaison Officers Deanne Pennell, Gwen Ibarra, Rebecca Thomson, Becky Thomson, Shannon Watego and Ute Rogers.

ABC Radio National shines spotlight on liaison team

The exceptional work of Mater's Murri Clinic was recently profiled on ABC Radio National's Encounter program.

The program focused on the work of the Murri Clinic from both a staff and patient perspective.

Established in 2004, the clinic provides a midwifery led model of care for Indigenous women through all stages of pregnancy; from providing antenatal classes and information to partnering with women to ensure their discharge plans reflect their ongoing needs.

Aboriginal and Torres Strait Islander Liaison officer Shannon Watego said the team of liaison Officers act as a welcoming presence for patients.

"We ensure they and their families are supported, are aware of their rights and responsibilities, know what services they can access, assist them in accessing external services and, of course, assist with any cultural issues," Ms Watego said.

Fellow officer Gwen Ibarra said she enjoyed empowering patients—giving them confidence to return to Mater and have the knowledge to understand the healthcare system.

"Many of our patients are from remote communities and require the care provided at a tertiary facility like Mater ... they are often thousands of kilometres away from family and for their time at Mater, we are their family," Ms Ibarra said.

For further information about Mater's Aboriginal and Torres Strait Islander Liaison service or the Murri Clinic, please email 1nhmh@mater.org.au or phone 3163 1853.

SafeQuest featured on the world stage

Mater's SafeQuest program has been featured on the world stage after being included in a display at the 2013 International Forum on Quality and Safety in Healthcare, held in London.

Clinical Safety and Quality Unit Director Susie Wilson and Head of Clinical Safety, Systems and Strategy Daniel Pocock attended the conference which attracts more than 3000 delegates from 85 countries.

As part of the forum, participants take part in sessions that range from the basic disciplines of quality improvement to the latest thinking in how to improve quality and safety.

Mater submitted two 'abstracts' for display at the conference—'Reducing the Risk of Intravenous Potassium Errors: a multi-factorial approach in the haematology setting' and 'A Journey towards improved Patient Safety—SafeQuest'.

"We created a storyboard regarding SafeQuest; what it is, why we implemented the program, the importance of a good safety culture and some measures from the Employee Engagement Survey which related to culture," Ms Wilson said.

"The poster included information about our Open Disclosure Program as Mater was recognised as a 'success story' in an Annual Report tabled in federal parliament by the Australian Commission on Safety and Quality in Healthcare (2012).

"We received positive feedback from our poster presentations and, in particular, reference was made to our use of process control charts to depict our data findings."

As part of their trip, Ms Wilson and Mr Pocock were also given the opportunity to observe a number of quality improvement initiatives made at Great Ormond Street Children's Hospital.

"The day was excellent; we especially noted the amount of patient engagement and involvement in care including quality improvement activities and the significant medical input into completing quality improvement initiatives using the 'plan, do, study, act' cycle of improvement," Ms Wilson said.

"We plan to share our learnings and ideas with members of the Patient Safety Subcommittee in June 2013 so they can then disseminate the information to the wider staff."

SafeQuest is a combination of safety initiatives, risk management strategies and communication programs designed to address priority issues and build on the culture of safety across the entire Mater community. Through SafeQuest, Mater aims to achieve zero preventable harm to patients.



qxweb.com.au

Introducing QXRWeb

Simple, convenient, secure access to all your radiology needs in one place with single sign-on



QXRWeb Images

Secure access to images and reports side by side via Inteviewer or Inteconnect

QXRWeb Reports

Secure access to radiology reports via Webster

QXRWeb Appointments

Real time confirmed appointments without picking up the phone

QXRWeb E-Education

Online Continuing Medical Education (CME) materials tracked for verification with your professional body

QXRWeb Profile

Update your details or change your password


You can access QXRWeb today if you have an existing QXRWeb Images account – simply use your existing username and password at www.qxweb.com.au.

Call Doctor Direct on 1800 77 99 77 to set up an account.

David walks Miles for Miracles

It has been more than 40 years since Professor David Tudehope first stepped onto a neonatology ward, but his passion to save the lives of premature and sick newborns remains as strong as ever.



 To show your support, visit Prof Tudehope's fundraising page: www.everydayhero.com.au/david_tudehope

The former Director of Neonatology recently laced up his hiking shoes for a six-day trek along the Great Wall of China to raise funds for the neonatal department he founded in 1978.

Prof Tudehope, 69, joined a team of 25 fundraisers including Mater's Deputy Director of Neonatology Dr Lucy Cooke and former Olympian Judy Luxton who hope to raise \$150 000 for neonatal and fertility services at Mater.

"When I found out that this year's Miles for Miracles was supporting Mater Little Miracles, specifically neonatology and alternative conception methods, I jumped at the opportunity to be involved," Prof Tudehope said.

Prof Tudehope set himself a fundraising target of \$15,000—

with more than \$8000 already donated.

"To put that into perspective, it costs more than \$2000 a day to treat a baby in the Neonatal Intensive Care Unit," he said.

A keen runner, Prof Tudehope has completed eight Gold Coast half marathons and more than 10 Bridge-to-Brisbane events—but he admits the Great Wall presents an entirely new challenge.

"The steps are not consistent; some are quite tall, others are narrow and some are crumbled, so it is challenging in that respect."



Take a fresh look at West End Living

Our award winning development at West End is just around the corner from your work. Waters Edge has the perfect riverfront lifestyle. Our five star facilities turn the everyday into 24/7 resort living. Visit these spectacular new apartments and be amazed at the high standard fit out, quality design and incredible location. Waters Edge West End...come and have a fresh look at the best buy in Brisbane.

100% Fresh Prices

2 Bed from \$599,000* | 3 Bed from \$859,000* | 3 Bed Premium Riverfront from \$1,499,000*

- RIVERFRONT LOCATION
- LESS THAN 3KM FROM BRISBANE CBD
- OVER 4,000SQM OF GARDENS & RESORT FACILITIES
- MULTI-AWARD WINNING DEVELOPMENT

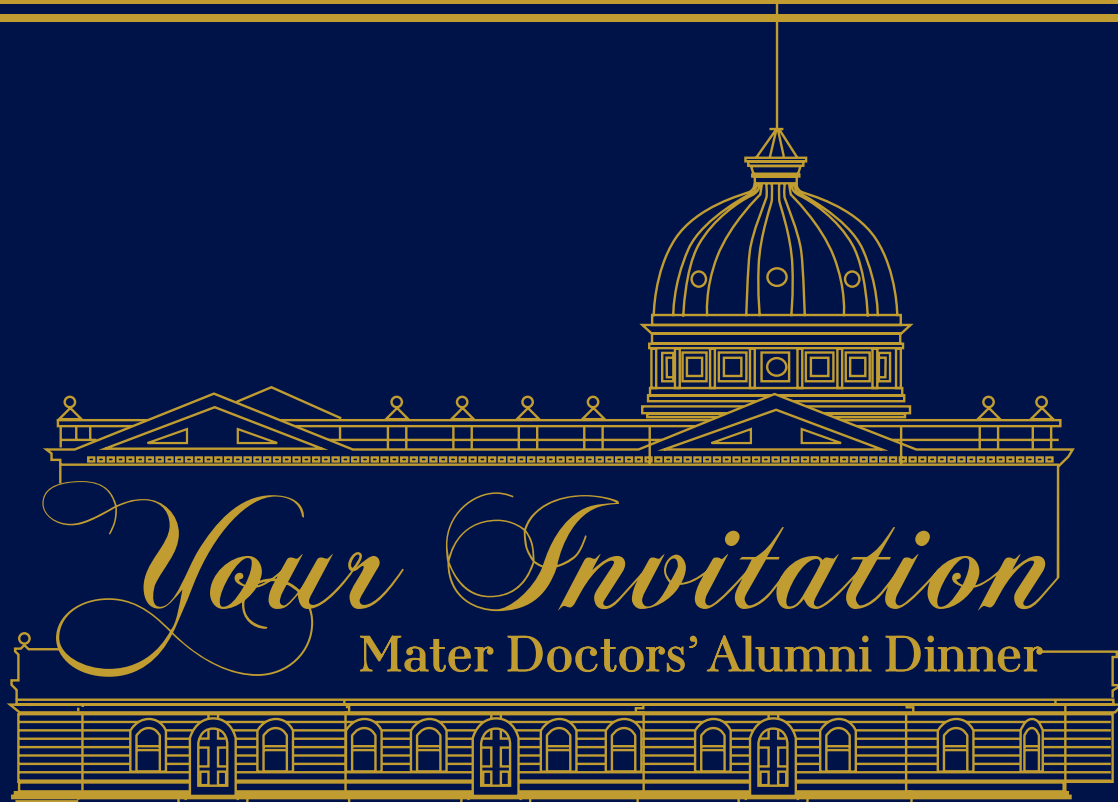
WATERS EDGE
RIVERFRONT • WEST END

Sales Suite & Display Apartments open, Wednesday to Sunday 10am - 4pm or by appointment
45 Duncan Street, West End | Phone 1300 134 311 | www.watersedgewestend.com.au

*prices correct at time of printing



Save the Date



• **Friday 23 August 2013** •

Time: 7 pm to 11.30 pm

Dress: Cocktail

Phone: 07 3163 8623

Venue: Customs House, 399 Queen Street, Brisbane City

Enquiries: Karen Miller

Email: karen.miller@mater.org.au

Please join us and be part of our special annual Mater Doctor's Alumni dinner; celebrating Mater's rich history and its bright future of providing exceptional care.

We will be holding this event at the historic Customs House, one of Brisbane's premier heritage icons; providing guests with a great opportunity to reunite with past and present Mater friends and colleagues whilst enjoying the delights of award winning cuisine.

Thank you for being one of Mater Health Services' Exceptional People

