

far north queensland hospital foundation

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Kuranda Range news



AUTUMN 2015

ORGANISERS of the Mount Franklin Cardiac Challenge 2015 are extremely excited that permission has been granted for the Kuranda Range to be partially closed for two hours at the start of this year's ride.

The Ride, which has been an annual event since 2007, has raised more than \$2 million for cardiac services at Cairns Hospital.

Last year, the Cardiac Challenge Committee deemed it unsafe to allow cyclists to ride the Kuranda Range as a pack with escort vehicles, and decided the ride would start in Kuranda rather than Cairns.

Far North Queensland Hospital Foundation fundraising and marketing manager Glenys Duncombe said she was thrilled to receive the partial road closure by Transport and Main Roads.

Peter Sexton got involved in Cardiac Challenge to support his friend Peter McNally, who instigated the first ride, never thinking he (Peter Sexton) would need cardiac treatment. But chest pain during a training ride last year led to hospital admission and treatment for a minor heart issue.

"Partially closing the Kuranda Range for a short period early on the Saturday morning is a great result as it will allow cyclists who previously did not have the confidence to ride the Range due to traffic, to do so," Mr Sexton said.

"This will encourage and give all riders the additional Challenge which will help increase their individual sponsorship which

in turn will increase the overall amount of funds raised for Cardiac Care."

Cairns Hospital cardiologist Greg Starmer, who has done the ride every year, said opening up the Range to cyclists was exciting news.

"The Cardiac Challenge raises not only funds for investment in this critical service in the Far North, but also awareness which helps provide further momentum for much needed expansion, and hopefully contributes to prevention of cardiovascular disease in our region," Dr Starmer said. "As a keen cyclist, the opportunity to ride the range in relative safety is a welcome addition and adds to the experience of what I believe is one of the best organised rides in Queensland," he said.

Ms Duncombe said permission has been granted for one lane to be closed from 6am until 8.15am on the first day, Saturday, September 19.

"What this will mean is that the cyclists who are experienced, can ride the Range at the start of the ride. Anyone who has not ridden the range will be encouraged to start the event in Kuranda," Ms Duncombe said.

"There will be some delays for motorists at the time but we are very grateful for their patience and understanding – after all, they never know when they might need to use cardiac services at Cairns Hospital."

www.cardiacchallenge.com.au



Vein illuminator given to Forsayth

WHEN you are hundreds of kilometres away from intensive medical treatment and usually work on your own, equipment to help improve patient care is gratefully received.

This is the case for Forsayth Primary Health Centre director of nursing Harrie Bate, expressing appreciation to the Far North Queensland Hospital Foundation for a recent donation.

The health facility she runs received an \$8580 AccuVein vein illuminator via a donation from regular Foundation donors Les and Anne Mills.

“The vein illuminator is great for identifying better veins for blood taking, particularly ones that are not visible with the naked eye. The stand

is wonderful as I work in a remote single nurse position and don’t always have someone to assist me,” Ms Bate said.

Forsayth, 400km west of Cairns, is about a 90 minute drive away for a volunteer ambulance, and three hours away for Queensland Ambulance Service. If Ms Bate needs to transfer a patient for further medical treatment, she calls on the RFDS to airlift them.

“I haven’t used the vein illuminator for cannulating yet, but I am sure it will be good for identifying the best veins to use. In remote areas, if the nurse can’t cannulate, optimal treatment may be delayed until the RFDS arrive,” she said.

The AccuVein, which resembles a

hand torch, emits an infrared light that immediately illuminates the veins beneath the skin like a road map, when it is shone over the surface of a patient’s arm (or other part of the body).

Haemoglobin in the blood absorbs infrared light, so when the AccuVein is held above the patient’s skin, the veins stand out darkly.

Far North Queensland Hospital Foundation chief executive officer Tony Franz said it was wonderful to have regular donors like Les and Anne Mills. “It is generous people like these who make it possible to bring the latest technology in health care to remote regional locations like Forsayth,” Mr Franz said.

Big thanks to Half Moon golfers for donation



THANKS to the 114 golfers from Half Moon Bay Golf Club who got together in January for a golfing fundraiser for the Paediatric Playground at Cairns Hospital.

The group raised \$1500. General manager Greg Ferry (pictured left) said “Our golf club feels that as a community based organisation we should try to put something back to the community.

We are heavily involved in a number of charity golf days throughout the year run by different organisations but each January we put our own day on. It is mostly our members who play and support the day. This year our choice of charity was the playground.”

We are still fundraising for all the bits and bobs needed for a children’s playground, so visit www.fnqhf.org.au.



Charlie Woodward from COUCH, Ken Chapman from the FNQHF and Bob Norman from the Cairns and Hinterland Hospital and Health Service turn the first sod at the site of the PET-CT scanner.

PET-CT scanner site underway

CONSTRUCTION of the site that will be home to the Far North's first PET-CT scanner at Cairns Hospital began at in March.

The PET-CT will be at the Liz Plummer Cancer Care Centre and will allow all key cancer services to be delivered to locals from the one central hub.

The Far North Queensland Hospital Foundation contributed \$700,000, with the Committee for Oncology Day Unit at Cairns Hospital (COUCH) contributing \$100,000.

Hutchinson's Builders have been awarded the contract to complete the \$1.1 million fit-out of the site before the \$2.4 million machine can be installed.

Member for Cairns Rob Pyne and Cairns and Hinterland Hospital and Health Service Board chairman Bob Norman visited the site to discuss the works.

Before the scanner arrives, there are significant infrastructure updates that need to be made.

Mr Pyne said once the PET-CT arrives and is commissioned later this year, Far Northern cancer patients would no longer have to travel to receive this service.

"The pressure and stress that Far Northerners with cancer go through is already too great without the added burden of travel," Mr Pyne said.

"Once this service is up and running the local Health Service will have the capacity to care for the vast majority of patients right here."

Mr Norman said the fit-out works marked the final sprint before the service launches later in the year.

"This is a huge milestone in the delivery of this much-anticipated service and I am delighted to have the Member for

Cairns here today," Mr Norman said.

"Once the fit-out is complete we can install the PET-CT scanner, which is making its way from Germany, with a view of having the service operational early in the new financial year."

PET-CT scans can detect cancer in its early stages and assist in monitoring cancer treatment. The scans can also be used to diagnose and assess heart and brain conditions.

The Queensland Government contributed \$3 million to the project while the Cairns and Hinterland Hospital and Health Service put in \$646,000 from its capital budget.

"The support we received from both the Far North Queensland Hospital Foundation and COUCH was pivotal in getting this project off the ground and I can't thank them enough for their generosity," he said.



Maud Way and Phoebe Mow are two of the friendly faces who regularly man the information desk at D-Block at Cairns Hospital.



Helping all the little babies

IT was time to see their handiwork in action for Sylvia Harrison and Lyn Young recently at Cairns Hospital.

The pair of keen crafters met for the first time when Foundation volunteers manager Anne Chirio took them to the Special Care Unit to check out their humidicrib covers.

While they each have their own designs, the popular humidicrib covers help keep light out of the humidicribs for those extra special babies who need dark environments.

Sylvia's husband David is even called into action, helping place the press-studs onto her covers.

She estimates she spends about nine hours on each humidicrib cover and was thrilled to see them in use.

Mrs Chirio said it was important for her crafty ladies to see how valuable their work was.

Cairns Hospital Special Care Nursery Nurse Unit Manager Jonelle Mayers said the covers were very important in terms of developmental care.

“Developmental care is all about creating a nurturing environment for our premature babies to continue to grow and develop outside of the womb. Research shows that reducing noise and light levels in the nursery supports continued neurological development and maturity. Mothers also comment on the covers. The covers are an essential part of our care for our preemies.”

Dedicated volunteers

AN organisation is only as good as the people within it, and that is certainly true of the Far North Queensland Hospital Foundation.

The organisation provides more than 160 shifts by almost 100 people, undertaking various voluntary roles within Cairns Hospital, every single week.

In fact, the Foundation's hospital volunteers have clocked up a combined more than 610 years' of service.

One of the longest serving volunteers, but definitely one of the more “mature” is Maud Way, who is now 90 years young and has volunteered at Cairns Hospital for 24 years'.

Maud and her cousin Phoebe Mow (13 years' service) can be found at the hospital's information desk every Monday at Block D.

Maud's father emigrated from China “about the turn of the century” and her family has been heavily entrenched in the region ever since.

She cheekily describes Phoebe as “awfully bossy for a little girl” and while there might be a few years' age difference between them, they are staunch allies and friends.

“I worked till my husband and I retired, then when my husband died I helped my brother – he is the Bishop George Tung Yep – doing secretarial work and then he retired,” Maud explains of her working life.

“Then I was looking for something to do and I think I heard on the radio they were advertising for volunteers,” she said.

Other than her voluntary work, Maud plays golf once a week, socialises regularly and does her shopping at Rusty's Market.

“I like to talk to people, I find people interesting,” Maud says of her reasons to volunteer. “I hate housework – that's why I like going out. What needs doing gets done, and what doesn't, doesn't,” she laughs. “My motto in life is ‘don't worry – nothing in life is worth worrying about’.”

FNQHF volunteers manager Anne Chirio loves Maud and Phoebe, as she does all her volunteers.

“They are here every week without fail. For them to still be volunteering for us after all these years means they must love what they do. I love the friendships that form between them. They are a really powerful team of people,” Mrs Chirio said.



Peta Ison on the Harley-Davidson left to her by her sister and (inset) participating in last year's Motorcycle Muster.

Peta has a great reason to ride

THE annual Wayne Leonard's Motorcycle Muster will be a particularly poignant one for Peta Ison this year.

She and her husband Bob are keen participants every year but last year was a tough one.

Peta's sister Roz Asquith was diagnosed with an aggressive melanoma in March last year. In May she was a pillion on Wayne Leonard's Harley Davidson for the motorcycle muster. Sadly she died in October aged 50.

Roz, a Townsville resident and motorcycle rider, had surgery in April for the melanoma that developed on her scalp and wasn't sure if she could cope with a motorcycle helmet.

"But Wayne was wonderful ... Roz had been riding since she was a

teenager. She had a ball ... she rode all the way and had a fantastic time," Ms Ison said.

Peta and Bob Ison have been on every Motorcycle Muster and this year Peta will be riding Roz's Harley Davidson, which Roz gifted to her, in her will.

Also this year, the girls' older sister Sandra is going on the muster as a pillion with Bob Ison.

Foundation fundraising and marketing manager Glenys Duncombe said she expects more than 75 motorcycle riders, from all walks of life, to take part in the May motorcycle ride to Lucinda.

On May 16, the ride will leave from Cairns Hospital "D" Block and travel south through Innisfail and Ingham. Lunch will be at the historic "Pub

with No Beer", The Lees Hotel Ingham followed by a tour through the cane fields west of Ingham before finishing at the Hinchinbrook Marine Cove Motel, Dungeness.

Riders on each bike will fundraise a minimum \$300 for the event, which has been running since 2002.

Since the first ride to Townsville, the Wayne Leonard's Motorcycle Muster has conducted annual fundraising expeditions to a range of scenic locations, including Magnetic Island, Mission Beach, Port Douglas, Cooktown and Undara. Funds raised this year will go towards the new integrated patient medical record and television system in Cairns Hospital's surgical ward.

Register now at www.motorcyclemuster.com.au.

Mossie attacked



Mills' philanthropy

THE next time pregnant Mareeba women listen to their baby's heartbeat in utero, it might be thanks to the generosity of a local couple.

Les and Anne Mills were present in February for the handover of six foetal dopplers to Mareeba Hospital via the Far North Queensland Hospital Foundation.

The six dopplers (at a total cost of \$4328) enable health staff to monitor foetal heartbeats and also allow parents the joy of being able to hear their little one's heart.

Foundation chief executive officer Tony Franz said it was rewarding to see generous donations go to such good use and see the money being used practically.

"Les and Anne have been generous benefactors of the Foundation for some years now and it is a pleasure for us to be able to show them the benefits of their donation," Mr Franz said.

As well, Mr Franz, together with Mr and Mrs Mills, handed over a knee continuous passive motion machine.

This machine, worth \$7800, promotes rehabilitation recovery, resulting in improved patient outcomes in shorter time frames and shorter hospital stays. It also provides more support for orthopaedic patients to transfer from Cairns Hospital to their closer-to-home hospital at Mareeba, for rehabilitation after surgical treatment.



DONORS to the Far North Queensland Hospital Foundation are making a real difference to mosquito control in the Torres Strait.

Tropical Public Health Unit staff recently took possession of a spray unit, funded by the Foundation, to directly target a mosquito that carries dengue and chikungunya.

FNQHF chief executive officer Tony Franz said the QuikSpray unit, at a cost of almost \$15,000, was a small example of the Foundation's commitment to the Far North.

"This is the sort of equipment that we are pleased to contribute towards, as it makes a definitive difference to mosquito control and protecting the health of all of us," Mr Franz said.

Director of Medical Entomology for Tropical Public Health (Cairns) Gerhard Ehlers said the spray unit, on the back of a vehicle bought by the Tropical Public Health Unit, replaced a borrowed tractor unit.

"We've been using this method of control of the *Aedes albopictus* (known as the Asian tiger mosquito) for four years and found it to give very good results," Mr Ehlers said.

The new vehicle with mounted spray unit will greatly enhance the success of controlling this disease carrier. The vehicle and spray unit are based on Thursday Island.

Spraying on Thursday and Horn islands occurs during the active season of November-May to prevent further spread.

A surveillance program occurs on Thursday and Horn islands, as they are the major gateways, with 240 sites regularly monitored.

After that, all 800 houses on the two islands are inspected for mosquito breeding, and then forested areas that are known harbourage areas for the mosquito, also are sprayed.

Mr Ehlers said the control program had been very successful thus far.

The Asian Tiger Mosquito is listed No.4 on the Global Invasive Species Database's list of the World's 100 Worst Invasive Species.



TOP: Kathy Catania, Amelia Murray, Patsy Steve, Dr Tom Coome and Dr Aaron Frazer welcome the new equipment. ABOVE: Amelia Murray and Dr Frazer in triage at Innisfail Hospital. RIGHT: The E-Porte is demonstrated to doctors in triage.

Innisfail donations

FRIENDS of the Foundation, Innisfail Branch were thrilled recently when they took delivery of a X-Porte Sonosite Ultrasound Machine, at a cost of almost \$70,000.

Aaron Frazer the Hub Medical Superintendent of Innisfail Hospital, said the equipment would allow point of care diagnosis for patients who arrive at the Innisfail Hospital Emergency Department.

The machine provides patients with high definition ultrasound with the image being of a high quality which aids with patient diagnosis. As the unit is compact and manoeuvrable, the ultrasound machine can be easily transported to other clinical areas like

the high dependency unit to provide diagnostic support.

This means the quicker patients are diagnosed, the quicker the most appropriate treatment can be started, providing enhanced patient care.

Director of Nursing Lesley Harris said the donation was a significant extra resource to the Innisfail Hospital and she thanked the Friends of the Foundation, Innisfail Branch and wider Innisfail community for supporting the fundraising events that enabled the equipment to be bought.

Regular donor Amelia Murray was also thanked for her donation towards the cost.

To help, visit www.fnqhf.org.au



Thanks Sharon for your great gift

HERE at the Foundation, we never know where our next donation will come from. Recently, Sharon Swan popped into our office and we thanked her for her \$2000 donation. Having been a recipient of health services over the years, the Atherton resident said she knew the money would go to help those in need, as she had been over the years.

To help, visit www.fnqhf.org.au

Entertainment contributions



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www.entertainmentbook.com.au/orderbooks/9118k34



café recipe

These delicious little no bake energy bites are a great healthy snack.

Energy bites

What you need

1 cup oatmeal or old fashioned oats, 2/3 cup toasted coconut flakes, 1/2 cup peanut butter, 1/2 cup flax seed/sesame seed, 1/2 cup chocolate chips, 1/3 cup honey, 1 tbspn chia seeds, 1 tspn vanilla extract.

Method

Stir all ingredients together in a bowl until mixed thoroughly. Cover and let chill in the fridge for half an hour. Once chilled, roll into balls of whatever size you like. Store in an air tight container and keep refrigerated for up to one week. Makes about 20.

Tips

Feel free to mix and match some of the ingredients, “like for like”. For example check out your cupboard and swap peanut butter for nutella or honey, chocolate for dried apricots, sultanas or dates, dried cranberries are fantastic. Or mixed chopped dried fruit, oats for muesli mix, All-Bran, Special K, toasted granola, chia seeds for sesame seeds, ground almonds. If you don't have flax seed or chia that's ok you can add any nuts like ground almond meal or pinenuts.

From this to this ...



EXCITEMENT is building among donors, workmen and staff of the Paediatric Playground Project, with work almost complete.

“This has been nine years in the making and now that we are nearing completion, it's really getting very exciting,” Far North Queensland Hospital Foundation marketing and fund-raising manager Glenys Duncombe said.

The Playground is a major project of the Foundation, which secured \$1.25 million in donations from the community.

The playground area, which is part of B-Block and next to the paediatric ward, will have a beautiful outlook over the Cairns Esplanade.

Features include a pool table, stage area, craft area, fish tanks, shade sail and \$200,000 worth of play equipment.

The equipment (including softfall surfaces) is supplied by local company Advantage Sports and Leisure.

“We're very excited about the standard of this equipment, which is inclusive for children of all levels of ability and a first for play areas in Cairns,” Ms Duncombe said. “They can finally have a dedicated area where they can escape the isolation of a hospital ward.”