

Healthy Community

An initiative of Mater Health Services

Saving Jessie

When four-year-old Jessie Dugong tripped and cut her foot on a fishing trip, her family didn't think the mishap would almost cost the youngster her life.

But when the infection developed into an antibiotic resistant strain of sepsis, Jessie—from the Doomadgee community 514km west of Mt Isa—was rushed to intensive care at Brisbane's Mater Children's Hospital.

The hard-to-treat infection quickly spread throughout Jessie's tiny body, affecting her eyes, lungs and brain. She went into septic shock and required ventilation and weekly skin grafts.

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Follow us online

Mater Health Services has recently launched an online blog-version of Healthy Community at www.materhealthycommunity.org.au where you can sign up to have stories delivered straight to your inbox.

You'll also be able to use the blog to link to Mater's social media accounts on Facebook, Twitter, LinkedIn and YouTube. Come and continue the conversation at www.materhealthycommunity.org.au.



www.materhealthycommunity.org.au



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For your chance to win a \$50 Chemmart Rewards card, email your name, address and phone number to

news@mater.org.au



with the subject line 'Healthy Community'*.

**Entries close October 31, 2013.
Winners will be notified by email.**

*By entering this competition, you give permission for Mater Health Services to add your details to our Healthy Community mailing list.

Doctors eventually made the difficult decision to amputate a portion of Jessie's right foot.

"Ultimately the poor blood flow to the right foot meant that Jessie needed a partial foot amputation to remove the part of her right foot that was not viable, including all her toes," Infectious Diseases Fellow Dr Josh Francis said.

Jessie's grandmother Karen said there were times when her granddaughter's life hung in the balance.

"When she was in intensive care as the infection had spread throughout her body and she had blood clots in her brain, we didn't know if was going to pull through," Karen said.

Jessie spent 56 days—including her fifth birthday—in intensive care before being transferred to a ward for the remainder of her stay at Mater.

"Brisbane is very different from our home community so it was lovely to know Mater looked after us all so well and she received the best medical care possible," grandmother Karen said.

"The Mater doctors and nurses saved her life."

Due to the significant deterioration in Jessie's leg and foot, she is unable to remain unable to weight bear and is dependent on a customised Tilite Wheelchair and Kaye Walker which Mater Foundation provided for the family.

"Jesse was quite scared using the walker at first but she has come through in leaps and bounds and is now really confident," Karen said.

"The doctors thought she'd be at Mater a long time but thanks to the help of the daily physiotherapy she improved quickly and could climb up the stairs of the jungle gym on her bottom so she could go down the slide. She's amazing."

After nine months in Mater Children's Hospital, Jessie is now home in Doomadgee with her family.

She will eventually receive a partial prosthetic for her right foot and it is hoped that in time she will regain the ability to walk and run unaided.

Contact Us

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We'd love to hear your feedback.
Please email news@mater.org.au.



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Snack attack

Healthy snacking is one way to help you get all the nutrients (vitamins and minerals) to stay healthy and full of energy.

However, often it is tempting and convenient to grab easy, pre-packaged food while on-the-go.

Mater Dietitian Martha Churchett said pre-packaged foods are often high in calories and saturated fat with minimal nutritional benefit.

“If these snack choices become a long-term practice they can contribute to the development of a range of health conditions including obesity, heart disease, Type 2 diabetes and hypertension.”

Choosing snacks that contain a balance of lean protein, healthy fat and complex carbohydrates (low GI) will provide vital nutrients and help satisfy hunger.

Snacks on the run

- Carrot, celery, capsicum sticks and cherry tomatoes with low fat dip or low fat cottage cheese
- Piece of fruit or fruit skewers
- Cob of corn
- Low fat or wholegrain crackers with peanut paste, low fat cottage/ricotta cheese, tuna or avocado
- Piece of fruit toast
- Lavish bread with mashed banana, ricotta cheese , peanut paste
- Handful of pumpkin seeds and dried fruit
- Low fat custard
- Low fat yoghurt
- Glass of low fat milk
- Fruit smoothie (low fat milk or low fat yoghurt) with fresh or frozen fruit
- Boiled egg
- Baked beans
- Air-popped popcorn



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.

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

“We have spent 12 months planning the roll out of this new service, including a refit of part of our kitchen to 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 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.

Meals are made-to-order and are delivered within 45 minutes.

“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.

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 and Pan Seared Sirloin Steak with Red Wine Jus.

Desserts include Fruit Pavlova, Chocolate Mud Cake, Citrus Tart and Lemon Sorbet.

“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.”



How to survive allergy season

For many people spring heralds a time of misery due to it being 'allergy season'.

Hayfever or allergic rhinitis is often due to a number of allergens including pollen, dust mites, mould, pet fur and grass seeds.

There are two main ways of coping with hayfever.

The first is trying to avoid exposure to your triggers. (i.e. pollen, animal fur, grass seeds, etc.).

The second is to treat the symptoms.

Home remedies that may offer some relief include:

- Splash your face and eyes with water regularly to wash away pollen
- Gently smear some petroleum jelly on the inside of your nose to stop the pollen from touching the lining of your nose

Some people also find that using over-the-counter products available from the pharmacy provides the best relief.

Options include:

- Nasal sprays—Can help unblock the nose and reduce inflammation. However, they should not be used for more than a few days.
- Anti-histamine medications—These work better when taken before you experience symptoms and help reduce sneezing and itching.
- Corticosteroid nasal sprays—These medications help reduce the inflammation in the nose, which can help relieve blocked and irritated noses.
- Eye drops—Provide relief for itchy, watery, red and puffy eyes.

Information provided by
www.chemmart.com.au



Product range expands to bath time

Mater welcomes *Mater Baby Wash* and *Mater Baby Moisturiser* to its maternity and baby care product range—a first for Mater and, as Australia's largest provider of maternity care, a wonderful opportunity to continue our exceptional care from the hospital into the home.

Mater's Product range is specially developed by Mater midwives and mums and is backed by years of research and development.

Mater Baby Wash is a lightly foaming cleanser developed for daily use on baby's skin and scalp. The gentle tear-free formula helps to keep baby's skin soft and protected by retaining the skin's natural oils and moisture.

Mater Baby Moisturiser is an extra mild lotion to soothe and condition baby's delicate skin and provide long lasting protection from dryness to keep baby's skin smooth.

Mater Mum and Product Co-creator Olivia Wright said

both her and her baby enjoyed trialing the baby wash.

"He had fun with all the bubbles and I enjoyed the lovely fragrance and the way it left his skin, soft and silky. He also really enjoyed the baby moisturiser because we used it for massage as well as a moisturiser—it lasted overnight as well as into the next day," Ms Wright said.

To hear more from Olivia visit www.matermothers.org.au.

Mater Products are available from Mater Pharmacies, Mater Florists, online via www.matermothers.org.au and selected Terry White Chemists stores.

Proceeds from Mater Products support Mater Little Miracles.



Bust A Move

Deb's story



In March 2014, you can Bust a Move for breast health and enjoy six hours of fun-filled, action-packed exercise, ambitious goals and the chance to make a huge impact on the lives of Mater patients affected by breast cancer.

Visit: www.bustamovebrisbane.org.au.

While some people shy away from the term 'survivor' when it comes to cancer, mother-of-three Deb Welch embraces the label.

"I won't say I've finished my journey because it continues to take me in directions I never imagined but I'm a survivor because I've emerged out the other side of this challenge feeling stronger, healthier and more powerful than I ever thought possible," Deb said.

Like many women in her position, Deb found the toughest part of her diagnosis was telling her family—especially her children who were aged between 8 and 15 years.

"My youngest children weren't yet old enough to understand that you don't always die from cancer."

Within a week, Deb had undergone surgery at Mater Adult Hospital to remove both the tumour and her lymph nodes, followed by six

rounds of chemotherapy.

"After each round of chemo, my tiredness would increase. By the last treatment, I could only manage walking to the lounge before I was exhausted. I would take a week off work after each chemo and then go back for two weeks before my next round," Deb said.

"The beauty of having a family is that you don't have the luxury of 'giving up'—you still need to be a mother and have that routine. It's a great distraction from the treatment and its effects."

Deb later underwent a mastectomy and breast reconstruction and was supported along her journey by Mater chicks in pink, who helped her with the purchase of a wig.

"They gave me the gift of feeling 'normal' and not looking like a cancer patient; I may have not always felt well but when I put my wig on, I at least looked it."

Mater puts adolescent health in the spotlight

Mater Health Services will open a ground-breaking new service for adolescents and young adults in 2015, offering an efficient transition for patients requiring ongoing clinical care from paediatric to adult services.

The Mater Adolescent and Young Adult Centre (MAYAC)—the first service of its kind in Queensland—will follow the transition of Mater's paediatric services to the new Queensland Children's Hospital.

Mater Child and Youth Mental Health Director Professor Brett McDermott—a long-time advocate of the need for specialist adolescent services—has been appointed Director of the new centre.

"We are looking to create a service that is an Australian leader in the delivery of adolescent-friendly health services, integrated across the spectrum of medical, surgical and mental health disorders," Prof McDermott said.

"Our interest is not just in symptom reduction but also improving quality of life and promoting engagement in useful and fulfilling education and occupational activities."

Prof McDermott said there were 'very few' Australian or international services for the adolescent/young adult age group.

"To this end, they have been somewhat forgotten so providing this service is consistent with the Mater values of meeting unmet needs."

Prof McDermott said the cultural differences and stressors involved with the age group would be taken into account when planning the delivery of services.

"Adolescents are more technology savvy and we should utilise this and we also know they are more reluctant to leave a new job to attend clinics, so we will look to schedule some of these after hours," Prof McDermott said.

"In the first instance, MAYAC will concentrate on our strengths and services such as diabetes, cardiac, gastrointestinal, cystic fibrosis, respiratory and sleep, developmental and mental health services."

Lions stars meet our new recruits

Brisbane Lions players Daniel Rich and James Polkinghorne were left holding the baby in early July when they visited Mater Mothers' Hospitals to announce that Mater Foundation would be the club's official charity partner for the next three years.



Mater Foundation Executive Director Nigel Harris said the Lions helped support Mater Foundation programs including Mater Prize Home, Mater Little Miracles and Mater chicks in pink.

Above: Brisbane Lions players Daniel Rich and James Polkinghorne with Ezra McCarthy and Matilda Beveridge.

Mater in the community



In the lead up to World Hepatitis Day on Sunday 28 July, Dr Mazhar Haque and Mater's liver team led an information session at the Inala Community Centre, discussing the prevention and treatment of hepatitis.

"After discussions with our staff, we identified a need within the Vietnamese community to

provide more information on effective treatments for Hepatitis B and C," Dr Haque said.

"Unfortunately, many members of the Vietnamese community are turning to herbal medicines and detox diets which can cause further harm to their health."

Laundry pods poisoning children

Parents have been reminded to keep household chemicals out of children's reach after a number of cases of children ingesting new single-dose detergent pods.

Queensland Injury Surveillance Unit (QISU) Director and Emergency Paediatrician Dr Ruth Barker said the bright colours and bite-size packaging of single-dose packets of laundry detergent could be highly attractive to young children.



"These pods dissolve in water but that also makes them easy for children to chew. We have seen symptoms including eye irritation/burns and significant sedation," Dr Barker said.

QISU data estimates:

- ▶ About 1400 people present to emergency departments each year following an unintentional injury associated with household chemicals.
- ▶ Children aged under four years make up almost half of all cases—with laundry products involved in 20 per cent of cases.
- ▶ Many more children are exposed, but are safely managed at home following advice from Queensland Poisons Information Centre.
- ▶ In the United States, there have been multiple reports of toddlers who, within minutes of swallowing or biting into one of the packets, developed vomiting, wheezing and gasping.

Mater Private Emergency Care Centre

Exceptional People. Exceptional Care.

Mater Private Emergency Care Centre provides high quality health care 24 hours a day, 7 days a week.

The services provided complement, but do not replace, the care provided by general practitioners (GP) or specialists. There is no need for a referral and 95 per cent of patients receive treatment within 30 minutes of arrival at the centre.

Mater Private Emergency Care Centre has direct access to specialists, X-ray, Mater Private Cardiovascular Unit, pathology and admission to Mater Private Hospital Brisbane.

For more information including fees, please visit our website: www.mater.org.au/emergency

24 hours a day, 7 days a week

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