

Healthy Community

An initiative of Mater Health Services

New hospital for 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 15 medical oncology treatment bays, to be further developed in a partnership between Mater and Radiation Oncology Queensland.

Continued on page 2



 **Mater**
Private Hospital Springfield

 **Mater**

Exceptional People. Exceptional Care.

Continued from page 1

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."

Mater will work closely with Springfield Land Corporation (SLC) 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 coordinated 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."



Mater wins 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.

Contact Us

Mater Health Services, Raymond Terrace,
South Brisbane QLD 4101. Telephone 07 3163 8111

www.mater.org.au

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



@MaterNews



[facebook.com/matermothers](https://www.facebook.com/matermothers)

Healthy Community is proudly printed on recycled stock
by a ISO 14001 accredited printer



Asian Noodle Soup

(serves 4 to 6)

Preparation Time: 20 minutes
Cooking Time: 10 minutes

Try this nourishing and flavoursome soup to warm you from the inside out on a cool winter's day.

It's full of vitamins and minerals to help keep the immune system firing to fight off any winter colds and keep you feeling fit and healthy.



Ingredients:

- Spray canola or olive oil
- 1 onion, finely chopped
- 1 teaspoon minced garlic
- 1 teaspoon minced ginger
- 1 teaspoon chopped red chilli
- ¼ teaspoon turmeric
- 375 ml can Carnation Light and Creamy Coconut Flavoured Evaporated Milk
- 250 ml (1 cup) chicken stock
- 250 g firm tofu, cut into cubes
- 300 g green (raw) prawns, peeled and deveined
- 200 g thin egg noodles
- 100 g snow peas, sliced
- 125 g bean sprouts
- ¼ cup fresh coriander leaves

Method:

- 1 Spray a large pan with oil and heat. Add the onion and cook over medium heat for three minutes or until soft.
- 2 Add the garlic, ginger, chilli and turmeric and stir fry for 30 seconds.
- 3 Gradually add milk and stock to the pan, stirring to scrape the onion and spices from the bottom.
- 4 Bring to the boil, reduce the heat slightly then add the tofu and prawns.
- 5 Simmer for two to three minutes or until the prawns are opaque. Meanwhile, cook the noodles following the packet instructions and divide between bowls.
- 6 Pour the soup over, dividing the tofu and prawns evenly. Top with snow peas, sprouts and coriander. Serve with a multigrain bread roll.

Recipe from 'Survival for the Fittest' Australian Institute of Sport cookbook which is available for purchase from Mater Health and Wellness.

To make an appointment to see a dietitian or nutritionist contact Mater Health and Wellness on 07 3163 6000 or visit wellness.mater.org.au.



Mater opens dedicated Cancer Care Centre

Cancer patients will soon be able to access a new cancer centre offering oncology, haematology and palliative care services at Mater Hill, with the service opening in June.

Mater Cancer Care Centre will allow 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 will provide our patients with treatment services as well as access to a pharmacy retail and dispensary service,” Mater Private Hospitals Executive Director Don Murray said.

A first for Mater will be the new offering of private services for patient's requiring day medical oncology and haematology treatment.

“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.

The patient treatment pods are 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.

By offering a wide range of support services, the team of health care professionals will ensure patients health and wellbeing is at the core of Mater Cancer Care Centre.

A Concierge Service, located on the ground floor of the building, will 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.

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 across 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.

"We have a good treatment program for them but we'd rather prevent them from developing gestational diabetes in the first place."

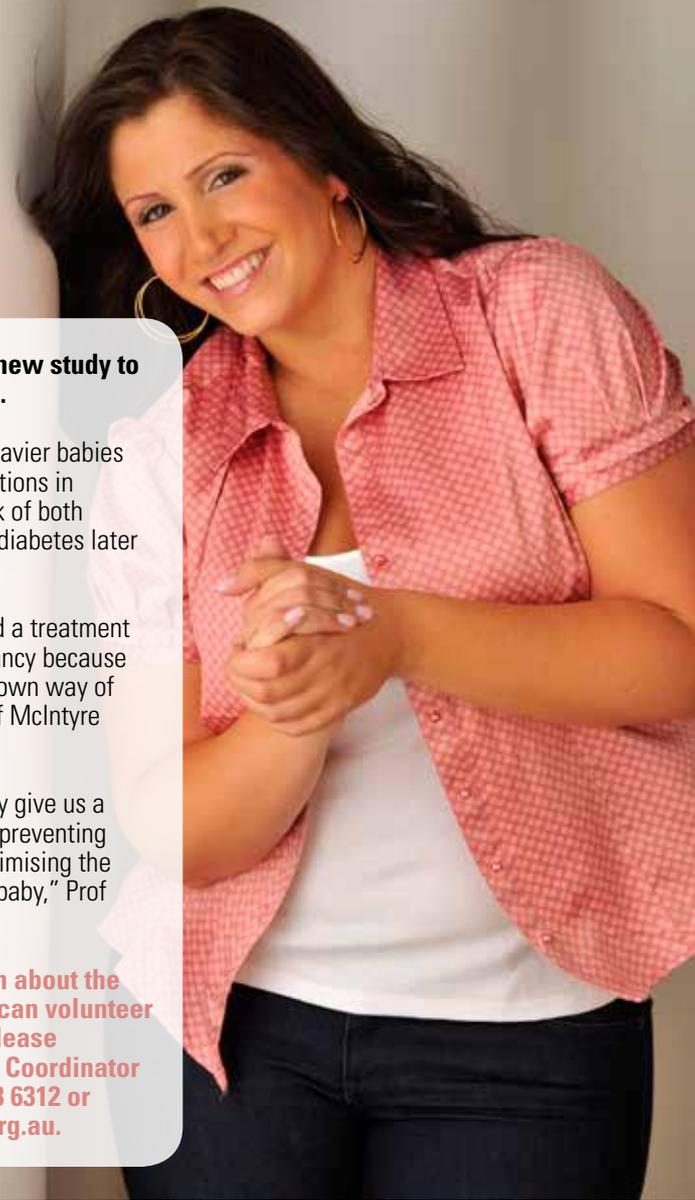
Gestational diabetes is caused when the mother's body does not have enough insulin to remove the sugars from the blood causing high blood sugar levels.

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.

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

▶ **For more information about the trial or to see if you can volunteer to be a part of the study, please contact Clinical Research Coordinator Anne Tremellen on 07 3163 6312 or atremellen@mmri.mater.org.au.**



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

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.

Mater's former Director of Neonatology will soon lace up his hiking shoes for a six-day trek along the Great Wall of China to raise funds for the department he founded in 1978.

Professor Tudehope, 69, will join 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 has 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 admits the Great Wall presents an entirely new challenge.

"As I understand it, the steps are not consistent; some are quite tall, others are narrow and some are crumbled. People who have done it before say you can't get into a rhythm so it will be challenging in that respect."

As part of his training regime, Prof Tudehope has been spotted on the walking tracks at Mt Coot-tha and Mt Coolum, as well as running the Kangaroo Point Cliff stairs.

"The other day I went up and down the Kangaroo Point cliff stairs 16 times in 38 minutes."

Mater launches maternity products

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

More than 3000 mums and midwives were involved in the development of the maternity and baby care range, which continues the exceptional care Mater Mothers provides to mothers, from the hospital into their homes.

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

A sample of Mater Body Balm for pregnancy is now being offered to mothers at Mater Mothers' Private Brisbane and Mater Mothers' Private Redland

in the lead up to the retail release of the product 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.

Following their launch, products will be available online at www.matermothers.org.au and at selected pharmacies, with proceeds supporting Mater Little Miracles.



What
mums
said ...

"The balm was easy to apply. It went a long way. It smelt nice. Didn't have to rub it in, it just nicely covered my tummy." - *Liz, mother-of-two, soon to be three, Taigum*

"It leaves your skin smooth and soft." - *Olivia, mother-of-one, Riverhills*

"Probably one of the most important things is the smell of products, which during pregnancy can be overwhelming—this product is just perfect." - *Ingrid, mother-of-one, Annerley*

Annabel named 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 awarded the Outstanding Graduate Award of the 2013 HESTA Australian Nursing Awards.

Annabel—a recent graduate—was recognised for her holistic approach to patient care, exceptional technical and clinical skills and for showing

leadership in her role as an intensive care nurse.

"The nomination itself was truly humbling but to be announced as the winner was simply overwhelming; I don't think it has really sunk in yet."

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 on which Mater is founded; from holding the hands of the critically ill and supporting their families, to assisting with difficult medical procedures," Ms Clayton said.

"Mater is very proud to have had 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."



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 patients themselves who have really taken ownership of the service," Ms Steel said.



Breastfeeding top tips



▶ Feeding cues

Early feeding cues that your baby displays to indicate they are ready to feed include:

- rapid eye movement
- clicking or tongue sucking
- rooting—opening their mouth and searching to suck on contact
- hand movements to their mouth and sucking on hands
- general increased alertness or activity.

▶ Signs that your baby is getting enough breast milk

Look for five to eight wet nappies per day and urine pale in colour. You can also expect two to three loose bowel movements per day that are yellow or mustard in colour. After six weeks of age your baby's bowel motions may decrease, but this is not a concern if weight gain and the number of wet nappies are adequate.

▶ Growth spurts

Growth spurts or periods of increased breastfeeds commonly occur at around three and six weeks and three months of age. More frequent feeding is your baby's way of building your milk supply to meet their growing needs. Feeding patterns should return to normal after two to three days.

Mater's Breastfeeding Support Centre is available to inpatients as well as a fee-for-service 'drop in' centre for women who are breastfeeding at home. For more information, phone 07 3163 8200.

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

Red, White & Sparkling

