

# Healthy Community

An initiative of Mater Private Hospital Redland

## Delinda's courageous journey

**Two-year-old Delinda Brown is a little girl with an amazing spirit for survival.**

Her parents Sharyn and Glenn Brown were travelling around Australia when they found out they were expecting twin girls. While visiting Port Macquarie, Sharyn went into premature labour—four months before her due date.

“After Rachael was born the doctors told me I had to lay perfectly still; they were going to try to keep her twin sister, Delinda, in-utero for a few more weeks,” Sharyn said.

But the couple's youngest daughter had plans of her own and was delivered one hour and one minute after her sister.

*Continued on page 2*



**Exceptional People. Exceptional Care.**

Continued from page 1



First family photo... Glenn, Sharyn and Delinda Brown

Within hours, Sharyn and Glenn were en route to the Neonatal Critical Care Unit (NCCU) at Mater Mothers' Hospital in Brisbane.

"By the time we arrived, Rachael was quite unwell," Sharyn said. The

infection that had caused the twins' premature birth had taken hold.

Eighteen hours later, Sharyn and Glenn made the heartbreaking decision to turn Rachael's life support off.

Following the loss of her sister, Delinda's weight plummeted to 550 grams and she remained in NCCU for four and a half months—spending 12 weeks in intensive care.

**"She was a tiny person in a big world," Sharyn said.**

"It took 19 days for us to get our first hold of her and she was tiny. It was a five minute cuddle and we got our first official family photo but those five minutes were worth everything, to actually hold her."

Eventually the day came when Glenn and Sharyn could take their precious girl home.

But despite the good news, Delinda's fight was far from over; she remained on oxygen for 18 months and was also diagnosed profoundly deaf.

However in February Delinda underwent cochlear implant surgery at Mater.

"She's as happy as Larry. She doesn't stop smiling; she's always happy which makes you happy as well," Glenn said.

"You go through a lot but when you see her smile, it doesn't matter what kind of day you've had, it's great."

Sharyn and Glenn are thankful for Mater's unwavering support and care shown during Rachael and Delinda's time in hospital.

"I couldn't do their job in a million years; they are amazing at what they do," Sharyn said.

**If you would like to help make little miracles happen for children like Delinda, visit [www.materfoundation.org.au](http://www.materfoundation.org.au)**



# What's on

## Mater Little Miracles 5ks

**For the first time the popular Queensland event Mater Little Miracles 5ks will be taking place at Redland.**

The fun family event, on 28 April, will feature a stage show from Peppa Pig, appearances from Mater's mascot Miracle Max, children's activities and a 5k walk or run around the park.

Funds raised from the event will support Mater's research programs to help sick children, mothers and babies.

Mater Foundation Executive Director Nigel Harris said the event is part of Mater's commitment to the greater Redland area.

"We are excited to be hosting our first 5ks event in Redland and we know the local community will show their support to help give all babies and children the best chance of a healthy future."

Pre-registration for the event is only \$15 per person, \$25 for a family of five or \$10 per participant for a team.

Help make little miracles happen by getting a team together today.

**Register at [www.materfoundation.org.au](http://www.materfoundation.org.au) or call 1800 440 155.**

**Mater Little Miracles 5ks Redlands:**  
Capalaba Regional Park  
Pittwin Road North, Capalaba  
Sunday 28 April 2013  
Entertainment and registration from 9 am.  
Walk starts at 10 am.

## Contact Us

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

[www.mater.org.au](http://www.mater.org.au)

We'd love to hear your feedback.  
Please email [news@mater.org.au](mailto:news@mater.org.au).



@MaterNews



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

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# Carrot, zucchini and date cake

**You can have your cake and eat it too with this healthy and delicious recipe which contains seven serves of vegetables!**



 Recipe from: [www.gofor2and5.com.au](http://www.gofor2and5.com.au)

## Ingredients: (serves 12)

- 2 cups dates, pitted and chopped
- ½ cup low-fat natural yoghurt
- ½ cup bran cereal (ie. Allbran)
- 1 egg, beaten
- ½ cup untoasted muesli
- 1 cup zucchini, grated
- 1 ½ cups low-fat milk
- 1 cup carrot, grated
- ½ cup brown sugar
- 2 cups self-raising flour
- 1 teaspoon cinnamon
- 1 cup wholemeal self-raising flour

## Method:

- 1 Combine dates, bran cereal, muesli, milk, sugar and cinnamon and allow to stand for four hours or overnight.
- 2 Preheat oven to 180 °C and line a 23 cm square cake tin with baking paper.
- 3 Add yoghurt, egg, zucchini and carrot to the date mixture and mix well. Add the flour and mix to combine.
- 4 Pour mixture into tin and bake for 1—1 ¼ hours until firm and browned. Cool on a wire rack.

**Hint:** Keep the cake in an airtight container for a ready to eat snack at any time of the day. This cake can be frozen (individually wrap slices for a healthy lunch box treat).

To make an appointment with a Mater Health and Wellness dietitian, phone 07 3163 6000.

Share  
**your**  
beautiful  
moments  
with  
*Mater Mothers*

**When you're a parent, life is full of beautiful moments; from the first cry of a newborn, to cuddles with mum or dad or baby's first bath.**

We're calling all Mater Mums, dads, grandmas, grandpas, uncles and aunties ... as many people as possible ... to share their beautiful moments with us.

We're after real moments; anything that makes you smile, laugh or even brings a tear to your eye.



First birthday



Cuddles

We love seeing the beautiful moments that you share with us and we want to keep them coming.

By submitting your photos or videos you'll also go into the draw to win some great prizes.

**Please share your beautiful moments with Mater Mothers at [facebook.com/matermothers](https://www.facebook.com/matermothers).**

# Boost your immune system

There are many simple tips you can follow to ensure you and your family are able to fight all those colds and 'flu' that you will be exposed to this winter.

## Eat healthy

Eat more fruits and vegetables and less saturated fats. Avoid take-away foods. Choose whole grain instead of white bread. If you suspect your diet is not providing you with all your micronutrient needs, taking a daily multivitamin and mineral supplement may help.

## Get a good night's sleep

It is important to get enough sleep each night to allow your body to recover and hence work to build your immune system. Studies show sleep deprivation makes you more susceptible to illness.

## Reduce stress

Stress significantly reduces your body's immune response, hence why we often get sick when we are under stress. Stress can be both emotional and physical.

## Exercise regularly

Research has shown that regular exercise boosts your immune system and also makes you feel healthy. Exercising as a family or with a friend is a fun way to start.

## Limit Alcohol

Reducing your alcohol consumption will improve your liver function and help the body to clear toxins. Your body will be better prepared to fight any infections.

## Quit smoking

Smokers and those inhaling second-hand smoke are more likely to develop colds and flu. Smoking can worsen the duration and severity of symptoms.

## Wash your hands

Fighting germs doesn't technically boost immunity, but it does reduce the stress on your body's immune system. Wash your hands with soap and water regularly. Pay particular attention before and after meals, after using the bathroom, after blowing your nose and when arriving home. Use anti-bacterial hand gels when water is not available.

## Supplements

Have you ever wondered if you would benefit from some of the wide range of supplements available today? There is evidence supporting the use of zinc and probiotics in preventing illness by supporting the immune system.



**The pharmacists at Mater Pharmacy Redland are highly trained and can discuss your individual needs—whether it be finding the right vitamins, quitting smoking or finding ways to reduce stress.**

## Mater Pharmacy Redland — Open 7 days

Mater Pharmacy Redland's specialised and experienced team of pharmacists and health advisors will work with you whether you are seeking information about managing your health, your medications or free blood pressure checks.

Mater Health Centre  
16 Weippin Street, Cleveland 4163

E [pharmacy.redland@mater.org.au](mailto:pharmacy.redland@mater.org.au)

W [pharmacy.mater.org.au](http://pharmacy.mater.org.au)

P 07 3163 7411

### Opening Hours

Monday to Friday 7 am to 8 pm

Saturday and Sunday 8 am to 1 pm



Mater Pharmacy and Chemmart® pharmacy partnering for a healthy community

# University of Queensland Mater Clinical School opens at Cleveland

**Nursing and midwifery students from Redland can now access local high quality learning opportunities with the opening of a University of Queensland (UQ) Mater Clinical School in the heart of Cleveland.**

The new UQ Mater Clinical School at Redland was officially opened on 25 February, with the first intake of UQ students in early March.

It will be used for the teaching of theoretical and practical aspects of the UQ Bachelor of Nursing and the dual degree Nursing and Midwifery course, with students utilising nearby health care facilities such as Mater Private Hospital Redland and Redland Hospital for practical clinical experience.

Mater Health Services Director of Learning and Development, Donna Bonney said she was thrilled that after two years of planning, a high quality tertiary education facility had come to fruition.

"This investment in the future nursing and midwifery workforce will result in very positive outcomes for the Redland area and Queensland in general," Ms Bonney said.

UQ has appointed School of Nursing and Midwifery academic Danny Sidwell as Clinical Lecturer at the new school.



As well as being a local resident, Mr Sidwell is a highly-regarded clinician with a vast array of experience in both the public and private health care sectors including as a clinical lecturer at the UQ Mater Clinical School South Brisbane.

The new clinical school is located on Middle Street, Cleveland, close to the Cleveland train station, the public library and many coffee shops—providing an ideal hub for students.

The establishment of the UQ Mater Clinical School at Redland was possible due to funding from Health Workforce Australia as an Australian Government initiative.



Delivering exceptional care is the focus of Mater Private Hospital Redland

## Number one

**Mater Private Hospital Redland has topped a list of Queensland's best private hospitals for patient satisfaction—for the fourth year in a row.**

Each year, Medibank Private surveys patients nationwide, asking them to share their thoughts on every stage of the hospital experience.

In 2012, there were 17 322 responses covering 140 private hospitals with respondents sharing their thoughts on everything from the standard of medical treatment provided to privacy levels, cleanliness and food quality.

Mater Private Hospital Redland Clinical Director Tracey Hutley said her team strived to deliver exceptional care to patients and their families.

"Once again this award belongs to our amazing staff, from specialists and nurses to midwives and support staff. Without their commitment to patient care, this achievement would not have been possible," Mrs Hutley said.

"We survey our patients weekly and from there we try to learn and grow to ensure we provide the highest level of care and service for our patients."

Medibank Group Executive Provider Relations Cindy Shay said the results of the Medibank Private Hospital Experience Survey showed the experience of most private hospital patients was a positive one.

"This is important because people who take out private health insurance want to know they'll have access to services that suit their individual needs. This survey shows private hospitals are delivering this," Ms Shay said.

## Exceptional recognition

2012 Gold State Award

2011 Gold National Award  
Gold State Award

2010 Silver National Award  
Gold State Award

2009 Silver National Award  
Gold State Award



L-R: Mater Private Hospitals Executive Director Don Murray, Mater Private Hospital Redland Director of Perioperative Services Grant Jones and Redlands RSL General Manager Peter Harrison. Photo courtesy of Bayside Bulletin.

# Community raises \$100 000

**Cancer patients at Mater Private Hospital Redland will soon benefit from an expansion in support services after a \$9 470 donation from Redlands RSL helped the hospital reach its \$100 000 fundraising target.**

A gift of \$60 000 from a local resident was used to purchase a 'gamma probe', which enables surgeons to perform lymph node biopsies which are less invasive and generally result in quicker recovery times and fewer side effects.

Mater Private Hospital Redland Director of Clinical Services Tracey Hutley said the remaining \$40 000 would be used to expand cancer services at the hospital.

"On behalf of our staff, I would like to thank the Redland community for their continued support which enables us to provide our patients with exceptional care year after year," Mrs Hutley said.

"Thank you also goes to Redlands RSL who have helped us reach our \$100 000 target so we can turn our plans into a reality."



To further support Mater Foundation, please call 1800 440 155 or visit [www.materfoundation.org.au](http://www.materfoundation.org.au).



Emma  
Lane

## Meet our exceptional staff

**Job title: Patient Financial Liaison**

**What does your role entail?** I handle the billing of hospital accounts to private health funds and patients. I also talk to health funds regarding their patients coming into our hospital and inform patients of their level of cover and ensure they are given informed financial consent prior to admission.

**Tell us about your background?** I was born in Armidale, NSW, where I lived with my family up until I moved to Brisbane when I turned 21 years old. After leaving school I worked at Armidale Private Hospital as a ward clerk/ Admin/Accounts which I loved and knew I wanted to stay in the medical field. Before coming to work at Mater Private Hospital Redland in May 2011, I worked at Mater Private Hospital Brisbane for six years.

**What are your hobbies?** I enjoy spending time with my nieces, shopping, catching up with friends, reading and watching movies.

**What would you do on your ideal weekend?** Spend time with my family.

**What is your favourite local restaurant?** Hogs Breath Cafe—their steaks are delicious.

With more than 90 years of experience, Mater Pathology is Queensland's leading not-for-profit pathology provider, reinvesting revenue back into improving health care. Mater Pathology is committed to providing exceptional service to the bayside community with the following collection centres:

**Alexandra Hills**

71 Cambridge Drive  
Phone: 07 3820 2618

**Cleveland**

108 Bloomfield Street  
Phone: 07 3286 7824

**Cleveland (Bayside Business Park)**

16 Weippin Street  
Phone: 07 3163 7350

**Macleay Island**

32-40 High Central Road  
Phone: 07 4409 4318

**Russell Island**

Alison Crescent  
Phone: 07 3409 2946

All Referrals Accepted.  
Conditions Apply.  
All enquiries.  
All hours.  
Phone: 07 3163 8500



Exceptional People. Exceptional Care.



[www.mater.org.au/pathology](http://www.mater.org.au/pathology)

