

# Healthy Community

An initiative of Mater Health Services

One family's  
little miracle

**Sharon and Lyndon (pictured) were overjoyed about their third pregnancy and were hoping for a sister for their two sons, Jackson and Oliver.**

Sharon was confident she was having a girl; this pregnancy felt different to her other two.

But everything changed after her 19 week scan.

Lyndon was just five minutes from the clinic when he received a worried call from his wife.

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## Follow us online

Mater Health Services has recently launched an online blog-version of [Healthy Community.org.au](http://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](http://www.materhealthycommunity.org.au).



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

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"I don't know what's happening but be prepared and hurry," Sharon told him.

The sonographer explained that their baby—a boy—was in heart failure with a swollen heart and excess fluid around his tiny body. He also wasn't moving.

Within an hour Sharon and Lyndon were rushed to Mater Mothers' Hospital and placed under the care of Dr Glenn Gardener—Director of Maternal Fetal Medicine.

"When Sharon arrived at our unit, her baby had lots of signs that he would die in utero," Dr Gardener said.

The couple were told the damage to their son's heart was so significant his chance of survival was less than 10 per cent.

"Performing an in-utero blood transfusion was our best chance, but when a baby is that sick, there is only a very small chance that the baby will survive the procedure. However, in this particular case if we didn't do the procedure we knew the baby would not survive at all," Dr Gardener said.

"We administered a very, very small and gentle transfusion the first time, just enough to keep him alive."

Sharon and the baby went through three more transfusions, each around a fortnight apart.

After each treatment, there were signs the baby was improving but



he still wasn't producing his own red blood cells.

"The doctors were saying that when he was born, his body would kick into gear and start doing the right things, but I kept thinking what happens if it doesn't?" Sharon said

"I'm not one to talk about miracles, but this case really surprised me," Dr Glenn Gardener.

But on 10 October 2011—at 37 weeks gestation—Shaun was born and, his body kicked in and he started producing red blood cells.

"I'm a medical guy, so I'm not one to talk about

miracles, but this case really surprised me. Shaun really did beat the odds," Dr Gardener said.

Shaun Glenn O'Neill (named after Dr Gardener) is now two years old. He is full of life, bursting with personality, the apple of his dad's eye and his mother's pride and joy.

**You can help babies and children like Shaun this Christmas by purchasing a \$2 Christmas wish token from The Myer Centre, Guardian Pharmacy and selected retailers. Each token helps fund world-class medical research and equipment at Mater.**

## Mater a finalist for Lord Mayor's Business Awards



**Mater recently received a Highly Commended award at the 2013 Lord Mayor's Business Awards.**

Mater was a finalist in the Energex Award for Sustainability in Business category, with Brisbane Airport Corporation taking out the award. However, Mater was one of only two entrants on the night awarded a Highly Commended.

## Contact Us

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



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# Mater breaks

## new ground at Springfield



**Mater Health Services recently celebrated the blessing and turning of the sod for Mater Private Hospital Springfield at Health City Springfield Central.**



Earthworks on the site of the 80-bed, \$85 million hospital are underway with stage one construction scheduled for early next year with completion earmarked for the end of 2015.

More than 60 people attended the event including guests from Springfield Land Corporation, Ipswich City Council, Radiation Oncology Queensland and the Archbishop of Brisbane Mark Coleridge.

The state-of-the-art health facility will offer a combination of inpatient, day and chemotherapy beds and a cancer care centre will be partially funded by \$21.4 million from the Australian Government.

Mater Private Hospitals Executive Director Don Murray said the turning of the sod was a major milestone for Mater and the Greater Springfield community.

"The turning of the sod on the site of Mater Private Hospital Springfield marks an exciting journey for Mater and its commitment to meeting the healthcare needs of the growing community of Greater Springfield," Mr Murray said.

"Stage one will provide a range of medical and surgical services and other specialities are being considered for the future development of the hospital."

"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," Mr Murray said.



*Radiation Oncology Queensland Chief Executive Officer Mark Middleton, Mater Private Hospitals Executive Director Don Murray and Springfield Land Corporation Chairman Maha Sinnathamby.*

# Are you an iron woman?

**The body needs iron in small amounts every day to help carry oxygen through the bloodstream to the cells; it gives us energy and is essential for the body to function properly.**

Iron deficiency occurs when there is not enough iron in the body and can lead to fatigue, weakness and lowered immunity.

While it can affect anyone, those most at-risk include babies, toddlers, adolescent girls, menstruating women, pregnant women and female athletes.

Iron deficiency can have several causes, including:

**Insufficient iron consumption or absorption**—this occurs when a person does not eat enough iron-rich foods or their body does not absorb iron adequately. Iron found in animal products such as beef, is absorbed by the body more effectively than iron which is found in plant-based foods including spinach and lentils. Vegetarians should be especially careful about their iron intake.

**Heavy or chronic blood loss**—blood loss such as that caused by heavy menstruation, some chronic disorders (e.g. peptic ulcers), and frequent blood donations or medications that can cause internal bleeding (e.g. aspirin) can deplete the body of iron.

**Increased iron needs**—the body's iron needs fluctuate over time and iron deficiency can occur when a person does not meet his or her requirements. Times of increased need include pregnancy, breastfeeding, heavy menstruation and rapid growth (e.g. infancy, adolescence).

**Vigorous exercise**—high-intensity exercise, such as that performed by athletes, can contribute to iron deficiency as physical activity encourages the production of red blood cells, which need iron.

Iron deficiency develops gradually, once iron and haemoglobin (a protein that contains iron) levels have declined over time. Often, symptoms don't appear until a person's haemoglobin levels are so depleted, they have anaemia.

#### Symptoms can include:

- Paler than normal complexion
- Fatigue
- Weakness
- Breathlessness
- Lowered immunity

- Poor cognitive development
- Impaired growth

To test your iron levels, your General Practitioner (GP) can organise a blood test through Mater Pathology.

Although iron supplements are available without a prescription, it is important not to self-diagnose or self-treat as your symptoms may point to another problem and excessive iron intake can be fatal.



Information provided by  
[www.chemmart.com.au](http://www.chemmart.com.au)

## Mater Childcare

Now enrolling two to five year olds

Owned and operated by Mater Health Services, Mater Childcare has an industry reputation for providing high quality education and care in purpose built facilities in South Brisbane.

To discover more about how we learn and play the Mater way, please visit [www.mater.org.au/childcare](http://www.mater.org.au/childcare) or contact us on 07 3163 3444.



# Businessman

## donates \$1 million to Mater

**Gold Coast businessman, Terry Jackman has presented Mater Foundation with a \$1 million donation to set up a fund in honour of Sister Angela Mary, administrator of Mater hospitals for 22 years and a figure synonymous with Mater.**

Mr Jackman, a former Tourism Queensland chairman who formed Pacific Cinemas Pty Ltd in 1989 and is well-known for his role in securing investment for the original Crocodile Dundee movie, will provide the gift to Mater which will be used to fund a research position in Neonatal Nursing at Mater.

Mater Chief Executive Officer Dr John O'Donnell said Mater is a leader in the field of neonatology research and currently cares for more than 2000 seriously ill babies a year.

"The funding will support the role of a senior researcher in neonatal nursing—aptly named the Jackman Chair—and the successful applicant will help identify the most effective

ways of managing sick and preterm infants. The role will also be funded by the Australian Catholic University."

After stepping down from her administrator role at Mater, Sister Angela Mary served in various executive roles and has remained closely involved with the organisation. She has known Mr Jackman throughout his life and was close friends with Mr Jackman's mother.

Sister Angela Mary said she was overwhelmed at Mr Jackman's generous donation.

"I am humbled and deeply grateful to Terry for this incredible gift to



Sister Angela Mary and Terry Jackman

Mater which will go towards funding research and a greater understanding of neonatal care which has the potential to impact not just patients and families at Mater but the wider community," she said.

## New Mater Mothers maternity + baby care products

Available online at  
[matermothers.org.au](http://matermothers.org.au),  
Mater Pharmacies  
and selected  
Terry White  
Chemists stores.



The Caring Continues



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## New clinical school for South Brisbane

**Mater has joined forces with the Faculty of Health Sciences at the Australian Catholic University to develop a clinical school to allow for the promotion of teaching and learning, research and clinical education.**

The opening and blessing of the new Stanley Street school took place on 25 September 2013 at the new facility with the Most Reverend Archbishop Mark Coleridge performing the blessing.

The key objective of the ACU/Mater Clinical School is to bring together the worlds of academia and clinical practice with the overarching goal to foster mutual engagement between undergraduate, post-graduate and continuing education.

Mater Health Services Chief Executive Officer Dr John O'Donnell said the development of the clinical school was an exciting initiative.

"The ACU Clinical School at Mater demonstrates a strong relationship and collaboration between the organisations and represents a significant milestone for both the ACU and Mater in establishing innovative and collaborative approaches to health education," Dr O'Donnell said.

ACU has more than 25 000 students and its Faculty of Health Sciences currently offers undergraduate and post-graduate education in the disciplines of nursing, midwifery, paramedicine, physiotherapy, occupational therapy, speech pathology, exercise science and public health.

# Mater nurses

## receive Emergency Nurse of the Year award

**Mater Private Hospital Brisbane can now lay claim to having two of the country's best emergency nurses.**

Nurses Helen Grant and Simone Andrews were jointly awarded the honorary prize for Emergency Nurse of the Year through the College of Emergency Nursing Australasia.

The award winners, who are also nurse educators, had the privilege of being the first nurses working in a private emergency department in Australasia to win the award.

The Emergency Nurse of the Year award is designed to recognise emergency nurses who work tirelessly providing high standards of care, advocating for their patients, educating their colleagues, contributing to the evidence base and promoting the specialty.

Both nurses are well known for their care and compassion towards their patients and colleagues.

"I really love being able to make a difference in people's lives by caring for



them on what could be the worst day of their life," Ms Andrews said.

"There is no typical day in Mater Private Emergency Care Centre, which is why I love my job. We're constantly being presented with all sorts of medical cases.

"Winning the Emergency Nurse of the Year Award was an absolute honour and even more so because I could share the award with not only a colleague, but a friend."

Ms Andrews met Ms Grant on the day she was interviewed for the position of Emergency Nurse at Mater Private Hospital Brisbane.

"I remember meeting Simone on the day of my interview and asking her – 'do you like it here?' She responded with 'I absolutely love it here' and instantly I knew I wanted to work at Mater," Ms Grant said.

### 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](http://www.mater.org.au/emergency)

24 hours a day, 7 days a week

Mater Private Hospital Brisbane  
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