

Healthy Community

An initiative of Mater Private Hospital Redland

Mum's the word

Thornside mum Amanda Gadd was eagerly awaiting the birth of her second daughter, Paige, when doctors made a frightening discovery—a tumour on the baby's coccyx.

"I was about 35 weeks pregnant when a scan showed a Sacrococcygeal Teratoma—a tumour on our baby's tailbone," Mrs Gadd said.

"The earth shattered for us; we had already named her—to make it easier for our three-year-old Ella to assimilate—but that probably made it harder when the doctor diagnosed the tumour, as Paige already had a place in our family."

Mrs Gadd was transferred to Mater Mothers' Hospital at South Brisbane to be treated by staff at the Centre for Maternal Fetal Medicine.

Within days of a diagnosis, Paige was delivered by caesarean on 14 September 2009, weighing 4.13 kilograms.

"I was able to hold her quickly before she was rushed up to the Neonatal Intensive Care Unit to be stabilised before surgery later that night," Mrs Gadd said.

Surgeons removed the 600 gram tumour along with Paige's tailbone to minimise the risk of reoccurrence, leaving a scar across her tiny hips.

Continued on page 2



Exceptional People. Exceptional Care.

Health records a click away



Continued from page 1

Paige (pictured above) spent the next three weeks in the Neonatal Critical Care Unit where she experienced the highs and lows of being a premature baby.

"It was six days before I was able to nurse her properly and then she was suffering jaundice and had to be under lights for 24 hours," Mrs Gadd said.

Finally the day came when Amanda and Steve were able to take their precious daughter home.

"There are no words to explain that moment. I can't imagine what it's like for parents whose babies are in hospital for months on end," Mrs Gadd said.

More than two years on, Paige is walking fine and meeting her developmental milestones—all that's left is toilet training.

"And weighing in at 18 kilograms, you'd never even guess she was a preemie," Mrs Gadd laughed.

"I would like to thank all the people at Mater who provided support and care to us through this arduous journey."

"These momentous occasions, like Mother's Day, are extra special to me; having come so close to losing Paige, I know how lucky I am having two healthy daughters."



Mothers-to-be who are planning to deliver their babies at Mater will be the first in Australia to access a new electronic health record to document their care during pregnancy.

The Mater Shared Electronic Health Record (EHR) is an electronic alternative to the existing paper-based Pregnancy Health Record.

It will allow women, general practitioners (GPs) and private obstetricians to access and exchange the expectant mother's obstetric information in a secure environment.

Mater Health Services Chief Information Officer Mal Thatcher said the project would enhance a woman's ability to manage her own health care, with just the click of a button.

"The records will incorporate health care information sourced from Mater Mothers' Hospitals as well as the patient's GP and obstetrician, thereby reducing the time patients spend sharing their health information with each provider," Mr Thatcher said.

"Patients will be able to access their information through the Mater Patient Portal—a secure online service that provides a gateway to their records—from any device with an internet connection, such as a home computer or iPad."

As well as obtaining current health care information, patients will be able to access a variety of support tools to use during their pregnancy such as tailored public health advice relevant to their health journey, Mater Mothers' Hospital brochures and approved external links.



Expectant mothers who would like to find out more information about the Mater Shared Electronic Health Record should contact Penny Noble on 07 3163 6037.

Contact Us

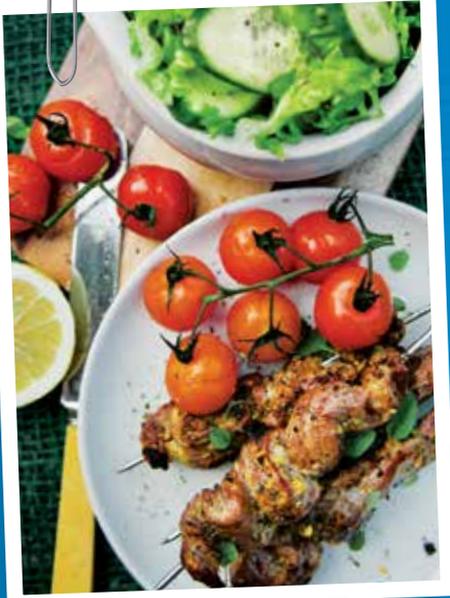
Mater Health Services, Raymond Terrace,
South Brisbane QLD 4101. Telephone 07 3163 8111
www.mater.org.au

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

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



Greek lamb skewers with roasted cherry tomatoes



Serves: 4
Preparation time: 15 minutes
Cooking time: 16 minutes

Infused with flavour these lean lamb skewers are delicious cooked on the barbeque. Team with roasted tomatoes and a green salad.

Ingredients:

- 500 g lamb loin fillet, trimmed
- 1 tbs extra virgin olive oil
- 2 garlic cloves, crushed
- 2 tsp dried oregano
- 2 lemons, rind finely grated, juiced
- 375 g cherry tomatoes, on vine
- Olive oil cooking spray
- Cos lettuce leaves, shredded
- 1 Lebanese cucumber, halved, chopped

Method:

- 1 Preheat barbecue plate on medium-high and a fan forced oven to 200°C
- 2 Cut lamb fillets in half crossways then lengthways into thin strips. Thread onto eight skewers, concertina style. Place in a shallow ceramic dish. Combine the oil, garlic, oregano, lemon rind and half the lemon juice in a bowl, season with freshly ground black pepper. Pour over the lamb skewers and turn to coat evenly. Cover and refrigerate for 15 minutes.
- 3 Place the tomatoes onto an oven tray and spray lightly with oil, season with freshly ground black pepper. Roast 8-10 minutes or until light golden and tender.
- 4 Remove the lamb from the marinade. Barbecue 2-3 minutes, each side, basting with marinade for medium, or until cooked to your liking.
- 5 Combine lettuce, cucumber and remaining lemon juice in a bowl, toss gently to combine. Serve with lamb skewers and roasted tomatoes.

Mater Health and Wellness dietitians are available to help you reach your nutrition goals. Phone 07 3163 6000 for an appointment or visit wellness.mater.org.au.



are happy patients

Day patients at Mater Private Hospital Redland are the happiest in the country, according to the latest patient satisfaction results from Press Ganey.

Mater Private Hospital Redland Director of Clinical Services Tracey Hutley said the Day Surgery unit had increased its percentile ranking from 90th percentile last period to the 99th percentile in the last quarter (June to August 2011).

"The day unit team are a dynamic group of people who really strive to ensure our patients always come first," Ms Hutley said.

"Their teamwork, dedication and focus on the little things, provides a warm environment where our patients feel welcome, safe, and cared about.

"The satisfaction of our patients remains a key component in delivering quality health care at Mater Private Hospital Redland."

According to Press Ganey, Day Surgery is the fastest growing site of care in Australia and New Zealand and particularly for the private sector, the most competitive arena in health care.

Press Ganey surveys provide benchmark reports comparing Mater Private Hospital Redland against 140 other private hospitals in the database.

Heart Week

Sunday 6 May to Sunday 12 May

- ♥ More than 48 000 Australians were admitted to hospital with heart attacks in 2007/2008.
- ♥ That is 131 reported heart attacks per day or one heart attack every 11 minutes.
- ♥ From the ABS National Health Survey, more than 350 000 Australians have had a heart attack.
- ♥ Risk factors you can change include smoking, high blood pressure, high cholesterol, being physically inactive and being overweight.



For more information visit www.heartattackfacts.org.au.

Live Well with Asthma

Latest reports show that asthma affects more than two million Australians and poor asthma control is a common problem for both adults and children.

Asthma is a chronic inflammatory condition of the airways.

During an asthma attack, muscles around the airways constrict and become inflamed which causes the airways to narrow. More mucous is also produced which fills the already narrowed airways.

Mater Pharmacist and Asthma Educator Cheryl Tite said such changes make it difficult for someone suffering from an asthma attack to breathe, causing episodes of wheezing, breathlessness and chest tightness.

"This can be a frightening experience unless you are prepared and have medication on hand to treat the symptoms," Ms Tite said.

"The most important thing with asthma is to understand your condition, what triggers an attack and have a plan in place which will enable you to cope if an attack occurs and for the longer term prevention."

Early action can help prevent or reduce the severity of an asthma attack.

"When using asthma inhalers it is essential that the maximum amount of medication reaches the lungs where it will go to work reducing your symptoms and help you breathe easier," Ms Tite said.

"Familiarity with your inhalers and the correct technique for use is the best way to achieve this."

"Our team at Mater Pharmacy have specialised knowledge about asthma and we can help you to understand and manage your own, or your child's, condition more effectively so you can lead a healthy, active life."



For more information, visit Mater Pharmacy or to arrange a longer appointment, phone 07 3163 7411.



Taking control of your asthma

With good management, people with asthma can lead normal, active lives. The key steps to taking control of your asthma are:

- **Understand and avoid your asthma triggers.**
- **See your doctor for regular check-ups and work together to manage your asthma.**
- **Follow your personal written asthma action plan, developed with your doctor.**
- **Use your medications as prescribed, even when you feel well.**
- **Make sure you are using your inhaler (puffer) correctly.**
- **Live a healthy lifestyle – stop smoking, follow a balanced diet and exercise regularly.**

Mater Pharmacy Redland

Open 7 days from 8 am

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 after surgery, safe medications while breastfeeding or free blood pressure checks.

Mater Pharmacy Redland

16 Weippin Street, Cleveland 4163

E pharmacy.redland@mater.org.au

W pharmacy.mater.org.au

P 07 3163 7411

Monday to Friday 8 am to 8 pm

Saturday and Sunday 8 am to 3 pm



Individualised care—because everybody is different.
Comprehensive care—because your health is our focus.
Exceptional care—because we're Mater.



Urologists given the GreenLight

Mater Private Hospital Brisbane is the first private hospital in Brisbane to offer patients a minimally-invasive laser therapy treatment for an enlarged prostate.

The treatment, known as GreenLight Laser Therapy, uses 180 watt laser energy from the green light band to vaporise enlarged prostate tissue that obstructs the outlet of the bladder without harming healthy tissue.

Urologists Dr Stuart Philip, Dr Roger Watson and Dr Peter Swindle are also using the new treatment on patients at Mater Adult Hospital.

Dr Philip said many patients with an enlarged prostate reported significant lifestyle changes such as avoiding travel, interruption of leisure activities and a disruption in sleep patterns.

"Currently, most patients with an enlarged prostate, or benign prostatic hyperplasia, are treated with either medication or via a transurethral resection of the prostate surgical procedure which requires an average

three day hospital stay and four to six weeks recovery," Dr Philip said.

Thanks to this new treatment, most patients receive immediate symptom relief without the side effects and with less 'down time', Dr Swindle said.

"GreenLight Laser Therapy patients typically go home after a night in hospital and return to normal duties within one to two weeks," Dr Watson said.

Mater Foundation Executive Director Nigel Harris said generous community support enabled the Foundation to fund state-of-the art equipment, research projects and patient programs including the purchase of the GreenLight Laser.



What is an 'enlarged prostate'?

Benign Prostatic Hyperplasia (BPH) is a non-cancerous enlargement of the prostate gland, affecting more than 50 per cent of men over the age of 60. As the prostate grows, it presses against and narrows the urethra, causing a urinary obstruction that makes it difficult to urinate.

Community help needed to raise \$100 000

Mater Private Hospital Redland last week launched a capital campaign to raise \$100 000 to purchase a new piece of equipment and expand their surgical offering for patients with cancer.

Surgeons Dr Tom O'Rourke and Dr Jason Lambley hope to use the 'Gamma Probe' for sentinel lymph node biopsy associated with melanoma excisions and also on breast cancer patients to identify which lymph nodes are possibly affected by cancer.

"Patients are injected with a small dose of radioactive fluid—less than the exposure from an X-ray—which travels from the tumour site to the draining lymph nodes just as a cancer cell might," Dr Lambley said.

"Using a small hand held probe, we can then scan the relevant groin or arm pit lymph nodes and when the probe detects the radioactive agent, it emits an audible tone, signalling the exact location for a small surgical incision.

"If these first draining lymph nodes are clear of cancer cells then we can avoid removing all of the other adjacent lymph nodes and reduce the risk of significant long term side-effects."

Mater Private Hospital Redland Director of Clinical Services Tracey Hutley said the 'Gamma Probe' would potentially mean less invasive surgery, resulting in quicker recovery times and less complications.

"Traditionally at the time of surgery a patient may need to have many lymph nodes removed in an effort to determine whether the breast cancer or melanoma has spread," Ms Hutley said.

"This usually involves more extensive surgery with a larger excision and a longer recovery period and can also mean a higher likelihood of developing complications such as lymphoedema and wound infection."



To support the campaign or to get involved in fundraising, phone Mater Foundation on toll free 1800 440 155 or visit www.materfoundation.org.au.

Karen Reeves



Meet our exceptional staff

Saturday 12 May is International Nurses Day and Mater uses the day to celebrate the important role nurses play across our organisation.

Tell us about yourself:

I grew up in Lismore and I am one of seven children in my family; I fall right in the middle with three brothers and three sisters.

I am married—my husband and I went to the same school but hadn't seen each other in 17 years. His family know my mothers' family which meant instant acceptance!

How long have you worked at Mater?

I have worked at Mater for 22 years and I have been at Mater Private Hospital Redland for seven of those years.

How long have you been a nurse?

I have been a nurse for 28 years in July.

What made you take up nursing as a profession?

I did work experience in a jeans shop and failed miserably. Then I did another week at St Vincent's Hospital, where my mother worked as a theatre nurse, and I loved it.

What are your hobbies?

Gardening and growing plants. I also enjoy having coffee with the girls. I'm also always trying to win Lotto, Oz Lotto and Powerball.

What's your favourite holiday destination and why?

I don't have a favourite place as such but I do love the northern New South Wales beaches.

Diploma of Nursing enrolments open

Siblings Phil and Ashleigh Jones were among the first intake of students to graduate from Mater's Diploma of Nursing.

The 18-month Diploma of Nursing qualification is a unique, tailored education program delivered by contemporary clinical experts within Mater's tertiary health care facilities.

Like many of his classmates, Mr Jones, 29, came from a non-nursing background.

"I had been working in sales before I heard about the Diploma of Nursing. What interested me most was that it was hospital-based and offered hands-on learning across a variety of clinical environments," Mr Jones said.

Following their graduation at the end of 2011, Mr Jones and Miss Jones were both accepted into the Mater Enrolled Nurse Graduate Program

Upon graduation from the Diploma of Nursing, students are eligible for national registration with the Nursing and Midwifery Board of Australia.

Applications for the next intake of Mater's Diploma of Nursing Course—starting 16 July 2012—are now open. Enrol early to secure your spot.



For more information about Mater's Diploma of Nursing, please visit www.matereducation.com.au/diploma.



Share your
beautiful moments
with Mater Mothers



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


Exceptional People. Exceptional Care.