

# Healthy Community

An initiative of Mater Health Services

Mum's  
the  
word

Lisa Copland gave birth to her triplet daughters Alice, Caitlin and Grace at Mater Mothers' Hospital in March 2011. After celebrating their first birthday, Lisa says she can't thank the hospital enough for the care she and her three beautiful daughters received.

"We had a great experience at Mater. The staff helped us every step of the way. Having multiples is a stressful experience and they helped us to feel confident as new time parents."

It wasn't until their 10 week scan that Lisa and her husband Tim, were more than a little surprised to learn they were expecting triplets.

"We were completely shocked and a little stressed at how we were going to manage, during the pregnancy and afterwards. I don't think the excitement kicked in until a bit later," Lisa said.

At their 20 week scan the couple discovered their triplets were all girls and it was at this stage they started planning in earnest for their arrival.

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Exceptional People. Exceptional Care.

# Health records a click away



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"I didn't have any complications during my pregnancy except for gestational diabetes but I was confined to bed rest for three weeks before the birth.

"There were some issues with one of the girls not growing, so I was closely monitored to make sure everything was fine," Lisa said.

At 33 weeks and five days Lisa was scheduled for a caesarean section.

"Words can't describe seeing them for the first time, it was overwhelming and emotional. I saw all of them briefly before they were taken up to the Special Care Nursery. We were very lucky that none of them needed tubing or breathing support."

After spending time in recovery Lisa and Tim were able to visit the Special Care Nursery to see their daughters and a week later the triplets were all moved into a special cot together.

A month later, Alice, Caitlin and Grace were ready to go home.

"It was a little daunting bringing them all home but Tim took the first three weeks off work and we've had a lot of help from my mum and from friends. We are very lucky to have had that support as being outnumbered by your babies is a little overwhelming," Lisa said.

"It's been challenging but life throws you these things and you deal with them. We are incredibly blessed to have the experience of raising three healthy beautiful little girls.

"We thank God daily for our precious gifts of healthy, happy triplet girls and the support we received from Mater Mothers' Hospital."



**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

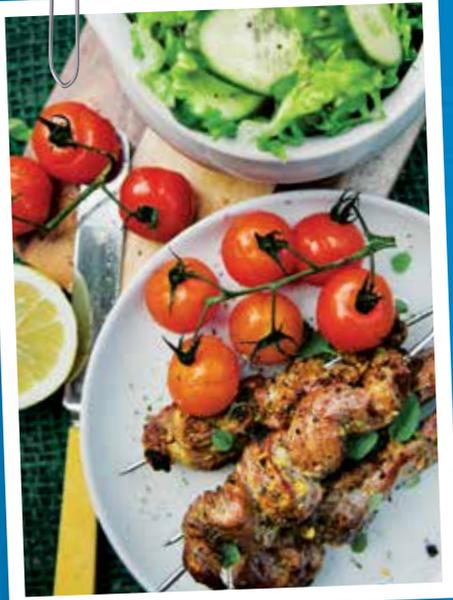
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# Greek lamb skewers with roasted cherry tomatoes



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](http://wellness.mater.org.au).

# IGA donation helps families in need

**Mater Health Services recently received a bounty of baby goods from grocery chain IGA to be passed on to families.**

Mater Foundation Executive Director Nigel Harris welcomed the donation of six pallets of baby goods—including nappies, baby food and baby bath products—and thanked IGA for their ongoing support.

“We are very thankful to IGA for their generous donation which will be passed on to economically-disadvantaged patients at the Maternity Refugee Clinic and the Murri Clinic for Aboriginal and Torres Strait Islander patients,” Mr Harris said.

“Some products were donated to our community partner, Micah Projects, who will distribute the goods to families who are at risk of homelessness through their Family, Women and Children Support Service.”

IGA State Board Retail Chairperson Roz White said IGA stores strive to give back to the community 365 days a year.

“When we realised we had some stock left over from a display for IGA’s new Baby Boulevard concept, we instantly thought of Mater,” Ms White said.

“Mater provides outstanding care and treatment to so many people across Queensland and northern New South Wales and IGA are proud to be able to help out by donating these baby goods for families in need.”



# 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](http://www.heartattackfacts.org.au).

# Diploma of Nursing enrolments now open

**It has been 29 years since Phil Jones was born at Mater Mothers' Hospital, but he and younger sister Ashleigh have returned to Mater Hill to join the staff as nurses.**

The siblings, of Riverhills, 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

"My advice to other people looking to make the switch into nursing is to give it a go! It's not easy but I'm really glad that I chose this course," Mr Jones said.

Upon graduation, students are also 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](http://www.matereducation.com.au/diploma).**



## Mater supports healthy communities

**Mater is constantly looking for ways to support not only our patients and staff, but the community in general, to live healthy lives.**

Mater Health Promotion Project Officer Kym Strachan said Mater's health promotion initiatives were one way the organisation could help people improve their general health and reduce the risk of future health problems.

"The setting in which people live, learn, work and use different services has a very large impact on an individual's health," Ms Strachan said.

"The benefits for people taking control over their health are extensive; not only to the individual but also to their family and friends."

The health promotion initiatives currently underway at Mater include the QUIT Smoking Program and the ABC—A Better Choice Program for healthy eating.

"The ABC program is based on the very successful School Tuckshop Red Traffic light system, which identifies and encourages people to make healthy food choices by classifying food and drinks into green, amber and red categories according to their nutritional value," Ms Strachan said.

The strategy applies to all situations where foods and/or drinks are supplied to staff, visitors and the general public.

Those looking to quit smoking over the coming months can also receive the necessary support, resources and skills to make a positive change towards a healthier lifestyle.



For further information about Mater's Health Promotion Program please email Kym Strachan at [kym.strachan@mater.org.au](mailto:kym.strachan@mater.org.au)

# 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.



## Mater wins Sustainability Award

**Mater Health Services' efforts to boost our sustainability practices were recognised by Business South Bank by winning the 2011 Business South Bank (BSB) Sustainability Award.**

Sustainability Manager Chris Hill said he was delighted Mater had been honoured by Business South Bank for its comprehensive approach to water, energy and waste management across campus.

"While we are still relatively early in our sustainable journey, changes made at different levels of the organisation are starting to gather momentum," Mr Hill said.

"Our next focus will be on consumption management, with an aim to reduce our carbon footprint by reducing energy loads throughout Mater."

**Some of the key initiatives Mater has implemented in the past 12 months include:**

- The 'Turn it off' campaign encouraging staff to switch off lights, computers and air-conditioning at the end of the day.
- The negotiation of a new waste contract which will lead to segregation and recycling of waste across all of Mater.
- Encouraging staff to use videoconferencing rather than travel to other sites for meetings to reduce carbon emissions.



Joan  
Crystal

## Mater Child care now has places available

**Are you looking for quality education and care for your child to suit your family's needs?**

Mater Childcare provides more than 200 places per day for children from birth to school age and has **places available now** for children aged between two and five years old.

Our not-for-profit centres employ qualified staff to implement high quality, play based, education and care programs. We have onsite kitchens providing nutritionally balanced, fresh cooked meals daily.

Mater Childcare is registered to be assessed under the new National Quality Standards Assessment and Ratings process, which replaced the National Childcare Accreditation Council process in 2012.

To discover more about Mater Childcare can offer your child and family and to download an application form, please visit [www.mater.org.au/Home/Services/Mater-ChildCare](http://www.mater.org.au/Home/Services/Mater-ChildCare), contact us by phone on 07 3163 3444 or via email at [childcare@mater.org.au](mailto:childcare@mater.org.au) for more information.

## 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 came to Brisbane from Edinburgh, Scotland, where I had been nursing for the past 30 years in a variety of specialities and undertook general, paediatric and mental health training. My fascination for the brain motivated me to undertake a BSc honours in psychology.

### Why did you become a nurse?

I have always wanted to nurse and I undertook many first aid courses as a child. I was also the Brownie first aider at Brownie camp. Every year I would work at Glastonbury festival as a first aider, which was a fantastic experience and I met so many musicians and artists including Robbie Williams.

### What do you enjoy about working at Mater?

I have been the Nurse Unit Manager of Ward 9 East at Mater Private Hospital Brisbane for almost 12 months. My role combines the challenges of neuroscience nursing and management. I have also recently taken on the role of president of the Queensland branch of the Australian Neuro Nurses Association, which involves neurosciences nurses from across the state.

### What are your hobbies?

My hobbies vary from amateur dramatics (we performed some of the pantomime Mother Goose to patients at Mater Children's Hospital before Christmas) to fossicking, playing piano and travelling.



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**beautiful moments**  
with Mater Mothers



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Exceptional People. Exceptional Care.