

Healthy Community

An initiative of Mater Private Hospital Redland

A new

location for learning

Nursing students in Redland will soon be able to study close to home with the announcement of a dedicated School of Nursing to open in Cleveland early next year.

The project, a partnership between Mater Health Services and The University of Queensland (UQ) recently reached a significant milestone with Mater recently purchasing a building in Middle Street, Cleveland.

Once refurbished, the Mater UQ School of Nursing Redland will be used for theoretical aspects of the Bachelor of Nursing course.

The university will also utilise health care facilities within the bayside area to conduct clinical placements for the course.

Mater Health Services Director of Learning and Development Donna Bonney said the investment in learning would result in very positive outcomes for nursing staff in Redland.

Continued on page 2



Mater

Exceptional People. Exceptional Care.



Continued
from page 1



The Mater UQ School of Nursing Redland will feature a simulation unit for student training.

"Future nurses who live in Redland will be able to study and attend clinical placement in the area, rather than having to travel to Brisbane or elsewhere to study," Ms Bonney said.

The school will be located close to the Cleveland train station, Redland library, the Sandbar Pub and many coffee shops—providing an ideal hub for students.

The first intake of students will begin their studies in February/March 2013.

Funding of \$3.5 million was provided by Health Workforce Australia (HWA) to support the establishment of the Mater/UQ Clinical School.



Prospective students can obtain further information by contacting Mater Project Manager, Andrew Wells via email at Andrew.Wells@mater.org.au.

Snapped!

Mater Pathology staff were recently snapped at Alexandra Hills Shopping Centre where they spoke with residents about diabetes and the pathology service they offer. Phlebotomists performed free blood glucose monitoring as a part of a diabetes risk profile with the Diabetes Association.



Nathan
Cranidge

Meet our exceptional staff

Nathan Cranidge works in a Support Services role at Mater Private Hospital Redland.

Tell us about yourself ...

I have lived in Cleveland for 14 years. I have two sons who were both born in Cleveland and who are growing up way too quickly. I work at Mater Private Hospital Redland and prior to this I was the leading hand welder at a small commercial furniture business.

What do you enjoy about working in the health care profession?

I have always been interested in making a difference to people's lives and have found it very satisfying working in a hospital environment. I always go home feeling satisfied, knowing that as part of the Mater Private Hospital Redland team we have helped make a difference by providing exceptional care.

What does your role entail?

My role is made up of mostly wardsperson shifts; I help transport patients to and from various areas in the hospital such as theatre and X-ray. I also fill in as the Acting Manager of Support Services from time to time.

What parts of your role do you find the most interesting and/or challenging?

The most interesting part of my job is definitely meeting new people every day. The most challenging part is getting up at 5am to get ready for work, even more so on Saturdays and Sundays.

What are your hobbies?

I like to relax by listening to music and I enjoy playing golf but I don't always have the time. I also always fit in some swimming and mountain biking and I enjoy fixing and re-conditioning lawn mowers.

What is your favourite holiday destination and why?

Anywhere there is a beach, a golf course and a beer.

Contact Us

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www.mater.org.au

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



@MaterNews



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Citrus Mint Cooler

In July many Queenslanders gave up alcohol for Dry July so why not challenge yourself in August to keep up the great work with this fantastic mocktail?

Ingredients:

- 1 cup fresh lemon juice
- 1 cup fresh orange juice
- 2 cups sugar
- 2 1/2 cups water
- 10 sprigs mint
- ginger ale
- water

Method:

- 1 Place first five ingredients in a saucepan; bring to a boil, stirring until sugar dissolves.
- 2 Cover; remove from heat and let sit until cool. Strain, cover and refrigerate.
- 3 To serve, fill glasses or a pitcher with equal amounts of fruit juice, ginger ale and water.
- 4 Add ice and serve immediately.

 **For more information on the Dry July challenge visit www.dryjuly.com.au**



Redland breastfeeding support clinic

New mums at Redland have welcomed a weekly community-based breastfeeding support clinic run by Mater midwives.

The breastfeeding clinic, held at Mater Pharmacy Redland, was developed after Mater Mothers' Private Redland identified a gap in post natal follow-up for new mothers after their allocated hospital stay.

Mater Pharmacy Redland already hosts a weekly walk-in baby clinic where new mothers can have their baby weighed and discuss concerns about feeding (breast or bottle) with a Mater midwife.

This clinic was well attended and the midwives felt mothers requiring additional breastfeeding support needed allocated appointment times in a private area.

Mater Mothers' Midwife Noelene Kennedy said she saw her role at the hospital as sending women home suitably equipped to look after their babies.

"By putting in place an outpatient breastfeeding support clinic we've helped women have access to follow up in a community setting where they feel comfortable and any concerns they have can be attended to quickly by experienced Mater midwives," Ms Kennedy said.

"The longer, private appointment time enables the midwives to spend some time with the mums and their babies and to observe breastfeeding taking place so they can help rectify any problems and provide advice there and then.

"We've had very positive feedback on the clinic from mothers, midwives, pharmacy staff and paediatricians," Ms Kennedy said.

The breastfeeding support clinic is held every Friday morning at Mater Pharmacy Redland, Weippin Street, Cleveland. Women with babies under six weeks old can be referred by their GP, paediatrician, pharmacist or midwife.

Watch for the spots

Two cases of measles were reported in Brisbane in July, prompting calls for residents to ensure their vaccinations are up to date.

According to the World Health Organisation, measles remains one of the leading causes of death among children globally.

Despite the availability of a safe and effective vaccine, an estimated 139 300 people worldwide died from measles in 2010—nearly 380 deaths every day or 15 deaths every hour.

Symptoms usually start around 10 days after infection and include fever, lethargy, runny nose, moist cough and sore, red eyes, followed a few days later by a blotchy red rash which starts on the face then becomes widespread.

Anyone born during or after 1966 who have not had two documented doses of measles, mumps, rubella (MMR) vaccine or had proven measles, should visit their local GP for a free vaccination.

Is stomach pain cramping your style?

Irritable bowel syndrome (IBS) is a disorder that causes abdominal pain, bloating and cramping, changes in bowel movements and other symptoms.

The cause is unknown, but factors such as emotional stress, infection and some foods can aggravate the condition.

Mater Pharmacy Redland pharmacist Cheryl Tite said symptoms could range from mild to severe and, for some people, could be life-long.

"The main symptoms of IBS are abdominal pain, fullness, gas and bloating. Pain and other symptoms will often be reduced or go away after a bowel movement, or when there is a change in how often you have bowel movements," Ms Tite said.

Some sufferers may also lose their appetite.

Treatment for irritable bowel is mostly designed around relieving symptoms and lifestyle and dietary changes can help significantly.

"IBS sufferers should avoid foods and drinks that stimulate the intestines such as caffeine, tea, or colas; avoid large meals and increase fibre in the diet although this may improve constipation but make bloating worse. Ask which fibre is appropriate for you," Ms Tite said.

"For some people, the symptoms are disabling and reduce the ability to work, travel and attend social events.

"Your GP may also prescribe medications to help ease the pain of symptoms but you can also come in to Mater Pharmacy Redland and discuss your symptoms with our highly trained pharmacists and begin your path to an IBS symptom free future."

Symptoms of IBS

The more common signs of irritable bowel syndrome include:

- abdominal pain or cramping that is often relieved by passing wind or faeces
- alternating diarrhoea and constipation
- a sensation that the bowels are not fully emptied after passing a motion
- abdominal bloating
- mucus present in the stools
- nausea.



Statistics

1 in 5 people in Australia suffer Irritable Bowel Syndrome (IBS)

The cause is unknown

For 70 per cent of people with IBS symptoms are mild

IBS does not cause permanent harm to the intestines

Symptoms can be treated.

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, information about your medications 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 7 am to 8 pm

Saturday and Sunday 8 am to 1 pm



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

**Mater
Pharmacy**

Help needed in the fight against diabetes

What is type 1 diabetes?

Type 1 diabetes is one of the most costly and chronic of the childhood diseases. It occurs when the immune system attacks and destroys the insulin-producing beta cells in the pancreas and causes a lack of insulin in the body.

To stay alive, people with type 1 diabetes must test their blood sugar level and take multiple injections of insulin daily. Even with insulin this form of diabetes usually results in a drastic reduction in quality of life and shortens the average life span.

Children and young adults at risk of developing type 1 diabetes are needed to trial a nasal spray which could prevent the disease and reduce the need for daily insulin injections for people at risk.

The Type 1 Diabetes Prevention Trial, which began in 2006, is part of an international effort to develop a vaccine for type 1 diabetes.

Mater Endocrinologist Dr Andrew Cotterill, who is the Principal Investigator on the trial, said another 60 eligible volunteers are needed for the trial—with a simple blood test the first step to seeing if a candidate is suitable to take part.

"While this might sound achievable, we have already screened more than 7000 Australians and New Zealanders over the past five years which means we still need to identify more volunteers," Dr Cotterill said.

Candidates must be aged between four and 30 years and have type 1 diabetes in their family.

"By testing a blood sample, we can determine a person's risk of developing type 1 diabetes. The blood is tested for three different antibodies that show if their

immune system has started attacking the beta cells in the pancreas," Dr Cotterill explained.

"It is important to note that only two per cent of relatives tested will be considered high risk. The remaining 98 per cent can be reassured that their risk is low."

Those at risk of developing type 1 diabetes will be offered further free testing to measure their ability to produce insulin. If the glucose tests are normal, candidates will be eligible to participate in the trial.



To find out how to take part in the trial, visit www.stopdiabetes.com.au



Baby boom

Mater Mothers' Hospitals have experienced a baby boom—recording the highest number of deliveries ever during the last financial year.

With 10 151 little miracles delivered over the course of the past 12 months, the number of deliveries surpassed the previous record of 10 061 from 2009-2010.

June also proved a bumper month for new arrivals with 918 babies delivered—the highest ever in a month—with an average of 28 babies born each day.

Director of Women's Health Services Maree Reynolds said Mater Mothers' was renowned for providing high quality maternity services for women and families across Queensland, with one in seven Queensland babies born at Mater.

Visit www.facebook.com/matermothers

Entertain me

Patients at Mater Private Hospital Redland now have access to a new high-tech, bedside entertainment system.

Mater's Patient Entertainment System (PES) features specifically-manufactured touch screens on moveable arms, which offers patients a world of entertainment at their fingertips.

PES offers all patients free access to digital free-to-air TV and general health information, including online brochures and educational DVDs.

In addition, patients also have the option to purchase a range of packages to access other entertainment, such as 12 Foxtel channels, movies on demand, music clips, audio books, radio and internet.



Dry nights for happy days

Waking up to wet sheets on a child's bed is something every parent knows—it's a stage of development that children usually outgrow by the time they start school.

Mater Developmental Paediatrician Dr Tara Marsh said bedwetting is a common occurrence in younger children, with about 20 per cent of five-year-olds and five per cent of 10-year-olds wetting the bed.

"Not all of the causes of bedwetting are fully understood but many children who wet the bed seem to sleep deeply and have trouble waking up to go to the toilet when their bladder is full," Dr Marsh said.

"Some children produce less of a hormone which usually controls the amount of urine produced during sleep causing them to produce more urine at night than other children," Dr Marsh said.

Mater Health and Wellness has launched a new support program, Wake up Dry, for children six years and above who are affected by bedwetting.

As part of the program, qualified physiotherapists with experience in paediatric continence can provide assistance and advice to families to help conquer this problem.



For more information, contact Mater Health and Wellness on 07 3163 6000.

What's on

Breast Ever Brunch

1—31 August 2012

Ladies, it's time to get your 'breast' friends together and raise much needed funds for women with breast cancer at Mater. Host your Breast Ever Brunch and you can help Mater chicks in pink continue to provide services to women with breast cancer both during and after their treatment and to fund vital research at Mater. Register today at www.breasteverbrunch.org.au.



Mount Kilimanjaro

23 August—5 September 2012

Mount Kilimanjaro participants will trek 100 km over 14 days to raise funds for prostate cancer research at Mater—a disease that kills one Australian man every three hours. To support the Mount Kilimanjaro climbers visit www.materfoundation.org.au or call 1800 440 155.



Talking PC

1—30 September 2012

Help raise awareness of a disease that affects 1 in 8 Australian men and raise funds for prostate cancer research at Mater. To find out how you can get involved visit www.talkingpc.org.au.



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

24 hours a day, 7 days a week



**Mater Private Hospital Brisbane
301 Vulture Street, South Brisbane
Telephone: 07 3163 1000**

