

Healthy Community

An initiative of Mater Health Services

Restoring

hope to refugees

African refugee Zita Kounou represents the changing face of health care at Mater.

Zita is one of eight refugee women chosen to take part in a two-year program which aims to restore hope to the refugee community by training women to work with health professionals within their local communities.

The 'Refugee Women as Health Leaders' program was developed in response to Brisbane's growing refugee population and a need to provide community-based advice and health literacy support.

This service will provide hundreds of refugee women and families in the South Brisbane district with better access to health care.

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Mater

Exceptional People. Exceptional Care.

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Refugee Women as Health Leaders participants Zita Kounou (Togo), Azada Forotan (Afghanistan), Angeline Mujawamariya (Rwanda) and Samira Ali (Eritrea).

Zita, who is a nursing student, cultural support worker and interpreter for the Multicultural Development Association, said members of her community often approached her with their health concerns—with many suffering issues stemming from war-related trauma, torture or long-term settlement in refugee camps.

"The refugees seem more comfortable with someone from their own community as there's often a lack of understanding about health care and cultural and language barriers," Zita said.

"I know how challenging it can be to start a life in a new country and learning how to access everything for your basic needs. I'm lucky to have lived in Australia now for four years and to benefit from the health system.

"I'm honoured to participate in this project and help provide my refugee community with better access so they can achieve positive health outcomes," Zita said.

Funded by Mater Foundation and the nib foundation, the program will be managed by the Mater UQ Centre for Primary Health Innovation in partnership with the Multicultural Development Association.



To donate to Mater Foundation, phone 07 3163 8000 or visit www.materfoundation.org.au.

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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Meet our exceptional staff

Mater Adult Hospital's Wendy Senior was recently awarded the 2012 Australasian Cardiovascular Nursing College Clinical Excellence Award.

Wendy was nominated for the award due to her pivotal role in developing cardiac services and improving care for patients with heart disease.

Tell us about yourself ...

I completed my general nursing training at Mater in 1980. I was among the first intake of student nurses who were not required to live on site. I returned to Mater in 1985 to work in the Intensive Care/Coronary Care Units (ICU/CCU).

Tell us about your role at Mater ...

The patients we care for are presenting with increasingly complex illnesses and often at a critical stage. The cardiologists and specialist cardiac nurses that make up our team are committed to both assisting patients with making lifestyle choices to prevent the progression of cardiac disease and improving the quality of life of those currently living with the disease.

What do you enjoy about working at Mater?

I've filled many roles over the years, especially in the area of critical care, but the most exciting and challenging was as Nurse Unit Manager for the ICU/CCU for two years. In that role I was given the opportunity to lead the design and build project for our new units which opened in 2007.

How do you relax away from work?

I am a keen Queensland Reds and Wallabies supporter and an avid attendee at any musicals that eventually make their way to Brisbane! I also enjoy fishing and spending time on our jet ski.

What is your favourite holiday destination?

Last year I travelled with my husband and some friends to America and Canada while on three months long service leave. The postman on our route will attest to the fantastic shopping New York had to offer!

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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

Watch for the spots

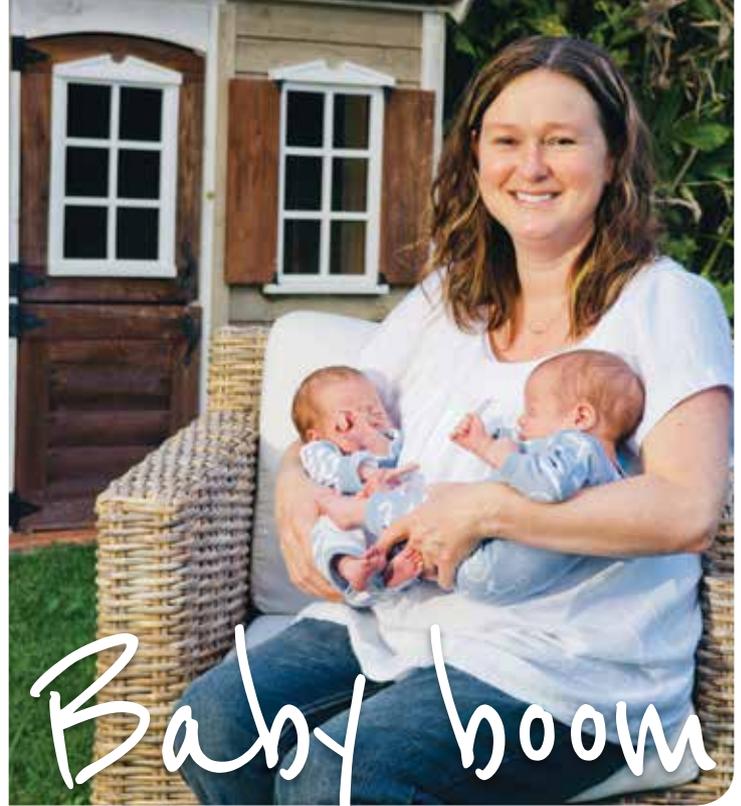
Two cases of measles were reported in Brisbane in July, prompting calls for residents to ensure their vaccinations are up to date.

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.



for the month of June

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

With 10 151 little miracles delivered over the course of 12 months, the number of deliveries surpassed the previous record of 10 061 in 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 the record number of deliveries was a wonderful reflection of the high level of trust held by families who choose to deliver at Mater.

"Mater Mothers' Hospitals are renowned for providing high quality maternity services for women and families across Queensland, with one in seven Queensland babies born at Mater," Ms Reynolds said.

"Everyone works well together and our great facilities enable us to manage this level of activity smoothly and to great success."

Mother-of-three Tonya Stokes (pictured) is a proud Mater mum following the birth of twin boys in June.

After being admitted to Mater Mothers' Hospital at 24 weeks gestation, Tonya remained on bed rest until the birth of her sons, Charlie and Hamish, at only 33 weeks gestation.

The babies spent 31 days in Mater's Special Care Unit before being able to go home to join their big sister Sophie.

"All the staff on the neonatal ward, from the doctors to the midwives and nurses were just spectacular and the care and support they provided to both the twins and myself was just amazing," Tonya said.

Visit: www.facebook.com/matermothers

Extra care for prostate patients

Prostate cancer patients at Mater Adult Hospital can now receive extra support while undergoing treatment from a dedicated Prostate Cancer Specialist Nurse.

Mater is one of two Queensland hospitals—and 13 nationally—to receive funding to provide a specialist prostate nurse as part of a three year pilot program funded through the Movember Foundation and delivered by the Prostate Cancer Foundation Australia.

Each year in Australia, close to 3300 men die of prostate cancer—equal to the number of women who die from breast cancer annually—and a further 20 000 new cases are diagnosed.

Up until now, men have not had access to the same consolidated support services as women with breast cancer and often find themselves trying to

understand their diagnosis and navigate the medical system on their own.

Nurse Deirdre Kiernan will provide patients with specialist nursing care through the entire cycle of treatment—from diagnosis through to post treatment support.

“I will also educate them about both the illness and their treatment options,” Ms Kiernan said.

Mater Health Services Nursing Director Ambulatory and Outpatient Services Róisín Dunne said the funding would enable Mater’s Urology and Continence service to provide further exceptional care to men affected by prostate cancer.

“It also provides a wonderful opportunity for Deirdre to enhance and develop her role as a Clinical Nurse Specialist,” Ms Dunne said.

What are the chances?

Close to 3300 Australian men die of prostate cancer each year—one man every three hours.

Around 20 000 new cases are diagnosed in Australia every year.

One in eight Australian men will develop prostate cancer.

Prostate cancer is the most common cancer in Australian men and is the second most common cause of cancer deaths in men.

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.

But for some children bedwetting continues and can lead to feelings of sadness, anxiety and embarrassment.

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.

Mater Health and Wellness is located on Level 2, Mater Private Clinic, 550 Stanley Street, South Brisbane. For more information or to make an appointment phone 07 3163 6000.

In order to gain the maximum benefit from the Wake up Dry program, children should meet the following criteria:

- ▶ **six years or older**
- ▶ **the child must be motivated to get dry**
- ▶ **no associated bowel problems**
- ▶ **no daytime accidents (wet or soiled underwear).**

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.

Bedwetting can also be caused by a hormone deficiency.

“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.



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



Reach out to end homelessness

National Homeless Persons Week, 6-12 August, is a chance for Australians to learn the facts to understand why people become homeless and work to find ways to address the issues of homelessness.

Mater has a long and proud history of working with community organisations such as

West End’s Micah Projects to offer a helping hand to those who need it most.

In recent months, Mater staff have donated blankets for those sleeping rough as well as essential household items for a collection of welcome packs to be given to residents in South Brisbane’s new Brisbane Common Ground home—an affordable sustainable housing development for those who have experienced chronic homelessness or are low-income earners.

Executive Director Mission Leadership Madonna McGahan

said Mater also joined with Micah Projects, UQ Health Care and the Australian Common Ground Alliance to host a National Roundtable discussion on Healthcare and Homelessness with Dr Jim O’Connell from Boston’s Healthcare for the Homeless Program in late May.

“The roundtable focused on models of integrated healthcare for people who are homeless and/or low income tenants who are vulnerable due to mental illness and other significant chronic physical and social health problems,” she said.

“We are always looking at ways to work with the community on new initiatives aimed at reaching out to those who are most vulnerable in the community and ending homelessness.”



Women's portal to their pregnancy

Mater Mothers' Hospitals now offer pregnant women the option of accessing their pregnancy health record online, rather than as a paper hand-held booklet.

Through Mater Patient Portal, pregnant women can request a Mater Shared Electronic Health Record (EHR) which allows them to see information about their pregnancy from Mater as well as from their GP or private obstetrician.

Women using Mater Patient Portal can also enter their own information such as birth preferences and admission forms and view tailored health information including brochures from Mater Mothers' Hospitals.

To celebrate the launch of Mater Patient Portal on 25 June 2012, the first 500 women to register for a Mater Shared EHR will go into the draw to receive one of three new iPads.

 **More information about Mater Shared EHR and Mater Patient Portal is available at www.mater.org.au or by calling 1800 228 470.**

Are you eligible for a Mater Shared EHR?

Any pregnant woman who attends her first antenatal appointment with a midwife (public patients) OR who has her antenatal phone interview with a midwife (private patients) after 25 June will be eligible for a Mater Shared EHR.

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



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