

Health UP NORTH

Edition 198

THE SKY IS THE LIMIT

Meet Australia's first
RFDS intern

ALSO IN THIS ISSUE

- Developing management skills
- Meet Board Member Professor Lee Stewart
- Strengthening our focus on research





FROM THE CHIEF EXECUTIVE

It is hard to believe we are already well into 2019.

I have had the pleasure of welcoming around 150 new staff to our Health Service so far this year.

The CHHHS is an exciting place to begin, or indeed continue your career and I am proud Cairns has been chosen as the first site in Australia to include a rotation through the Royal Flying Doctor Service for our medical interns.

We have also launched a new partnership with Central Queensland University to offer a Masters of Clinical Nursing to our new graduate nurses that will allow many of our staff to continue their professional development.

I would like to congratulate all staff on their commitment and hard work towards our three-yearly accreditation.

A special thanks to our accreditation team, who've been working tirelessly to ensure our Health Service meets National Safety and Quality Standards and embraces continuous improvement. Our patients deserve no less.

I was pleased to see both the Federal Government and Opposition commit to funding a University Hospital for Cairns. Research is one of the key pillars of our Strategic Plan 2018-2022 and will be a growing focus for our Health Service this year.

I am looking forward to welcoming the new recruits to our Community Consultative Committees, which provide valuable insight and input to ensure we are continuing to meet the evolving health care needs of our region.

Clare Douglas
Chief Executive

Health up North is our staff magazine produced and distributed by the Cairns and Hinterland Hospital and Health Service Communications and Engagement Team. These stories would not be possible without the input of the Health Service.

Director, Communications and Engagement: Salli Graham

Editorial: Kirsty Nancarrow

Design: Heath Schreiweis

CONTENTS



Welcome to our new recruits

4



Green light for Management Development Program

7



Meet the Board: Professor Lee Stewart

8



New research focus

11



REGULARS
Faces in places

15



SUBMIT YOUR STORIES

Please submit any news or articles to chhhs-comms@health.qld.gov.au



BUSH KID TAKES ON RURAL ROLE

Meet Tracey Morgan, our new Service Director/Director of Nursing and Midwifery, Rural and Remote Services.

The role oversees the majority of the Health Service's facilities outside Cairns, including Mossman, Cow Bay, Atherton, Mareeba, Forsayth, Chillagoe, Croydon, Georgetown, Innisfail, Babinda, Tully, Yarrabah and the Health Service at Lotus Glen Correctional Centre.

"My role has operational accountability for many of the rural and remote sites and facilities," she said.

"Obviously the Directors of Nursing/ Facility Managers know their business well but my job is to support them and advocate for them, but also make sure that the processes from a financial and human resources perspective are met."

The self-described "bush kid" grew up on a farm in New South Wales and has

always been drawn to regional and remote Australia.

"It's really quite diverse, there's discreet issues with every single rural and remote facility that are not the same as anywhere else and they're very creative and generally flexible and I like that," Ms Morgan said.

Ms Morgan has enjoyed a long career in the health industry, starting as a general nurse and then gaining further qualifications in midwifery, intensive care and mental health nursing and business management as well as a Master of Nursing.

She has held management positions across Queensland Health for the past two decades, most recently on the Darling Downs.

Ms Morgan said she fell in love with the tropics during her time in Darwin, where

she managed health services at the Immigration Detention Centre.

She said she is looking forward to taking advantage of the tropical lifestyle in Far North Queensland and learning how to snorkel on the Great Barrier Reef.

"I just love working with like-minded people, the DONs, facilities, and getting to know people," Ms Morgan said.

"My goal is to do a rural and remote run at least monthly, starting with Georgetown and Croydon in March."





New faces welcomed across the Health Service

Junior doctors



Graduate nurses and midwives



Registrars



Resident Medical Officers (RMOs)

The Health Service has welcomed hundreds of new faces since the beginning of the year including graduate nurses and midwives, junior doctors, RMOs, registrars and allied health staff.

They attended orientation at the Cairns Hospital and are now working in many different areas across the Health Service.

For the first time, our graduate nurses have been given the opportunity to continue their studies by taking on a Master of Clinical Nursing through a new partnership between the CHHS and Central Queensland University.

The Health Service has also added two new rotations for junior doctors this year, one with the Babinda Hospital and one with the Royal Flying Doctor Service – an Australian first.

MEET SOME OF OUR NEW RECRUITS



Racquel Dalla Costa, graduate midwife:

Raquel wanted to broaden her scope of practice and has retrained as a midwife after five years working as a nurse at the Cairns Hospital. She said it was scary but exciting to join the maternity unit and she is looking forward to the opportunities she'll have in the future with her dual qualification.



Bridget Hartslief, Resident Medical Officer:

Joining the Cairns and Hinterland Hospital and Health Service is a family affair for Bridget Hartslief, whose husband Merwe Hartslief has been a surgeon at the Cairns Hospital for many years. They both originally gained their medical qualifications in South Africa and Bridget said she had been teaching medical students at James Cook University and was now looking forward to resuming clinical work herself. Her first rotation will be through medicine.



Eleanor Forster, medical intern:

Far North Queensland is a new adventure for Eleanor, who grew up and studied in Brisbane. Eleanor is the first medical intern to do a placement at the Babinda Hospital and has already worked on the ward, GP clinic, in ED and aged care. She said she has found her colleagues very supportive and is really enjoying her new role and the variety of patients and presentations.



Ruby Takayashiki, graduate nurse:

The JCU graduate said she always wanted to help people and, as a mother of two young children, training as a nurse was also good for life skills. Ruby is working in orthopaedics and said she'd be interested to work in neurosurgery or a rural posting after her graduate year.

Tim Noble, graduate nurse:

After working in the horticulture industry for 30 years, Tim decided on a career change and his wife supported him so he could undertake full-time study, retraining as a nurse. Tim said he enjoyed working with people with disabilities in his former role, and was excited to join the Surgical South team at the Cairns Hospital.



Amy Ya-Ting Lawson, General Surgical PHO:

Amy began her medical career at the Cairns Hospital and is returning after spending time at hospitals in Brisbane, Rockhampton and Hervey Bay. Amy will be working in surgery. She said she enjoys the variety that comes with working in Far North Queensland, including trauma, tropical diseases and being able to treat Aboriginal and Torres Strait Islander patients. She is also looking forward to the friendly faces of patients and staff.

The sky is the limit

When Daryl Goh embarked on his medical career, he couldn't have predicted his first day on the job would see him going to work in an aeroplane, but that's exactly what happened.

Cairns and Hinterland Hospital and Health Service new recruit, Doctor Goh is the first medical intern in Australia to undertake a placement with the Royal Flying Doctor Service.

"My first day was really great," he said, "I got to work with a lot of friendly staff from the RFDS who took me under their wing and the nurses at Chillagoe as well."

Dr Goh said he has also received a warm welcome from patients.

For his first three months, Dr Goh will be in the air three times a week, delivering outreach clinics to communities in western Queensland.

He is one of five junior doctors who will rotate through the RFDS this year.

"We're seeing both a mix of acute and chronic cases," he said.

Born in Singapore and raised in Brisbane, Doctor Goh was bound to follow a career in health, with both of his brothers working as dentists.

The James Cook University graduate said he is passionate about providing health care to the Far North's rural and remote communities.

"It provides me with the opportunity to visit rural and remote towns where there

are barriers to accessing health care because of their geographical location," he said.

"The primary health care portion of the RFDS does not get as much exposure compared to the retrieval services the organisation provides to the public.

"I believe that the experiences I will gain from my 12 weeks with the primary health care services of the RFDS will be beneficial for my professional development as a junior doctor."

Dr Billie Corcoran is the Acting Senior Medical Officer for Primary Health Care at the RFDS and said it has been a pleasure supervising Dr Goh.

"He's fitting in very well and we are very happy to have him," she said, "He's very keen to be involved in all aspects of patient care and not afraid to get his hands dirty."

"The role of an intern at the RFDS is new for everyone and the doctors and nurses of RFDS Cairns are also getting used to what their role in Daryl's continuing training will be."

Dr Corcoran said the RFDS partnership with Queensland Health is important.

"It gives the doctors an opportunity to experience first-hand the challenges faced by rural and remote communities and the provision of their health care, and then apply this to how they are managed in hospital and on discharge home," she said.



Green light for Management Development Program

A new visual resource is helping to improve the way staff across the Cairns Hospital access pharmacy advice and medications for their patients.

Pharmacist Annemarie Black introduced ‘traffic light’ signage in a variety of wards to provide a quick reference for staff needing pharmacy assistance.

Ms Black undertook the quality improvement project as part of the Management Development Program (MDP). She was one of 81 staff to graduate from the program in 2018.

“Green means you have your own ward pharmacist who’ll be there to help you for most of the day, yellow means that person is away and you can call a number for assistance from a pharmacist in another area and red means all calls must be directed through the dispensary,” she said.

“There’s always a senior person down in the Pharmacy that can help direct their call.

“It means that no call is left unanswered and no staff are left without help, so we have three

levels of service depending on staff availability on the day.”

Ms Black said she decided to introduce the system after surveying staff in one of the wards last year and finding there was a lack of understanding about the help that was available from the Pharmacy team.

“We will be doing a review but anecdotally, I’d say the traffic light signage has made quite a big difference,” she said.

What is the Management Development Program?

Through the development of the leadership pipeline and Individual Development Plans for staff, the Health Service identified that staff were often expected to step up into manager and team leader roles without being provided with training.

The Organisational Development team developed the MDP, tailored to the needs of line managers with a team of direct reports to help support staff to step up into other roles.

“To be a successful manager in our Health Service, leaders need

a combination of management knowledge and skills, along with leadership capability to empower and motivate their team to achieve operational goals,” said Julie Garry, Senior Consultant, Organisational Development.

The MDP is offered to small cohorts on a regular basis throughout the year. Participants are required to attend four sessions over eight weeks, and work towards completing a quality improvement project. From 2019, participants will have leadership coaching support from a Senior Leadership Consultant.

How do I register?

Participants need to be nominated by their line manager and participation should be identified as part of the Individual Development Plan (IDP). Once accepted, participants must complete mandatory pre-requisite training and have the support of their line manager to enable 100% commitment to all aspects of the program. For more information, email CHHHS-OrgDevelopment@health.qld.gov.au or visit CHHHS QHEPS



Annemarie Black demonstrates the board to Tayla Ritchings from Orthopaedics.



Recent Management Development Program graduates.

MEET THE BOARD:

LEADING BY EXAMPLE

Professor Lee Stewart

Professor Lee Stewart has lived and breathed health care for most of her life, but despite this, it wasn't her original choice of career.

"My grandmother always wanted me to become a nurse and she used to buy me books called the 'Cherry Ames' books about a girl who was a nurse, but I wanted to be a journalist," Professor Stewart said.

Her family moved from Stanthorpe to Proserpine and, desperate to return, nursing offered Professor Stewart her ticket back home.

"I got on the bus, all of 17, with no prospects, and family friends said, 'why don't we ring the matron at the hospital, she could live there, and she could start to become a nurse until she works herself out in terms of what she wants to do,'" she said.

The rest, as they say, is history.

"I became an Assistant in Nursing and in the first five minutes, I was won over and I've been absolutely passionate and committed to health care ever since."

Professor Stewart said she loved dealing with people and assisting them to become well, die well and make better decisions about their health.

"Over this period of 45 years, I've worked as a surgical nurse, a community nurse, a midwife, a nurse educator and a nurse administrator," she said.

Professor Stewart developed a passion for leadership and governance, evidenced by the scores of titles adorning her bookshelf alongside her PhD in her office at James Cook University's (JCU) Smithfield campus.

After completing a Master of Dispute Resolution, she helped with the

transition of the Townsville Hospital and Kirwan Women's and Children's Hospital to a single entity.

"I find good leadership, particularly in health care, leads to happy, efficient staff and good patient outcomes," she said.

After joining JCU's academic staff in Townsville, Professor Stewart became involved in the University's Bachelor program in Fiji, conducting a week's residential school at a time in the capital, Suva.

"That was fabulous," she said, "I did that every year for about 10 years, teaching a leadership management course for the Fijian nurses and midwives."

"This was really about ensuring that these people, who often took on leadership roles had an extensive knowledge and mentoring, coaching and leadership."

It was this experience that led to Professor Stewart being approached by the Fijian Ministry of Health to set up their Clinical Governance Safety and Quality Program, mentoring and training local staff to run the program over five years.

"We'd travel the country, doing workshops on patient safety, clinical governance, root cause analysis and then we started to introduce a lot of those concepts into the Fiji health system," she said.

"That included, for the very first time, having patient advocates in the outpatients' area."

Professor Stewart's time abroad led her to undertake a PhD on the impact of introducing a clinical governance

patient safety structure on health care leaders in Fiji, which the country's Chief Nurse kept in her office, marking off her recommendations as they were achieved.

"What it means is, you are really doing translational research, it's not about Lee Stewart getting a PhD, it's really about how can research be undertaken that has a real impact on people's lives and the health of communities," she said.

"Certainly, it has been my philosophy around teaching and learning and research at JCU."

Professor Stewart moved to Cairns in 2015 to take up a new role as the Dean of the College of Health Care Sciences.

She joined the Cairns and Hinterland Hospital and Health Board in May 2017 and is now half way through her four-year term.

"Running a health service is always a challenge, getting the finances right, meeting the community's expectations but what I'm finding heading into this third year is that we've come to understand the different skills and talents people have and we have an absolute commitment to working for the Cairns and Hinterland Hospital and Health Service to provide the best we can for the community," Professor Stewart said.

Naturally, she shares the Board and Executive's vision of becoming a university hospital.

"The evidence is clear that where there are health services that have really strong research embedded, translational research that makes a difference to communities and really committed students, it raises the standard of the health service."

JCU: Your world-class education starts here

“I find good leadership, particularly in health care, leads to happy, efficient staff and good patient outcomes”





(L-R) Aftercare Regional Manager, Toni Hines, Aftercare General Manager, Service Delivery, Juliet Middleton, MHATODS Service Director Marie Kelly, Member for Cairns, Michael Healy and Elizabeth Harding, MHATODS Change and Engagement Manager

Right steps for youth mental health

Young people experiencing severe and complex mental health issues will soon have a purpose-built facility in Cairns.

A Queensland first, the Youth Step Up Step Down (YSUSD) facility will provide a local recovery service for young people requiring sub-acute mental health services.

The six-bed facility in Manoora will support young people, aged 16 to 21 to avoid unnecessary hospital admissions through appropriate short-term treatment programs.

It will be operated by Australia's longest-running mental health service provider, Aftercare, in partnership with the Cairns and Hinterland Hospital and Health Service. The facility will be staffed around the clock.

Aftercare is a leading provider of 24-hour youth residential services, including in the Cairns region.

"Three quarters of all mental health issues in older adults relate to issues in childhood and youth," said Aftercare Chief Executive Officer, Doctor Andrew Young.

"Providing seamless specialist mental health support for young people is critical both for ensuring far better long-term outcomes for individuals and for reducing the ongoing burden of mental illness for the community.

Cairns and Hinterland Hospital and Health Service Mental Health Service Director, Marie Kelly said the centre will provide a safe home-like environment for young people to recover, making sure they receive the mental health support they need in a community-based setting.

"We are looking forward to the facility opening soon and to working with Aftercare, whose staff will provide qualified supervision, practical support

and collaborative recovery orientated interventions that are specific and tailored to each young person," she said.

"A range of expert clinical staff from the Health Service will complement Aftercare's services, including nurses on site, social workers, occupational therapists and psychologists who will visit and work with young people at the facility as an alternative to being treated in an adolescent or adult mental health inpatient unit."

The establishment of SUSD services is a priority action under the Queensland Government's *Connecting care to recovery 2016-2021*. This plan emphasises investing in care to help meet existing demand, bridge service gaps and establish and expand more evidence-based, integrated and flexible models of service.

NEW RESEARCH FOCUS



Dr Eddy Strivens Acting Director of Research



Newly appointed Clinical Dean Dr Peter Bourke

'Research and Education' is one of the six priorities of the Cairns and Hinterland Hospital and Health Service 2018-2022 Strategic Plan, and this year, there will be an increased focus on building our capacity in this area.

Both sides of federal politics recently committed \$60 million towards a Cairns University Hospital precinct in conjunction with James Cook University, a positive step towards one of our main strategic goals.

Several recent appointments will also assist in helping to co-ordinate and grow the Health Service's research capacity. One of these is Dr Eddy Strivens, the Older Persons Services Clinical Director, who has taken on the role of the acting Director of Research.

"It's a very exciting time for us," he said, "Last year we published our first Research Excellence Plan which takes us through the next four years."

Dr Strivens said the Health Service was already taking a lead research role in areas such as Aboriginal and Torres Strait Islander health and tropical diseases, as well as becoming an important centre for clinical trials.

"What is unique and exciting about Cairns is the fact that we have a large number of clinician researchers; people close to the ground who identify a problem through their clinical practice and use research and other educational means to find the answers," he said.

Dr Strivens said a Research Support Officer, funded through the Far North Queensland

Hospital Foundation, has been appointed as a joint position between the Health Service and James Cook University. They will assist researchers with governance and help facilitate clinical research.

"By developing the research infrastructure within Cairns and beyond, we will have the ability to recruit and retain some of the best people in nursing, allied health and medicine to develop an evidence base to provide best quality services".

Meanwhile, staff specialist, Doctor Peter Bourke has been appointed to the part-time position of Clinical Dean. He is excited about taking on his new role, which includes further developing postgraduate medical specialty training and research.

"The agenda is really about longitudinal capacity-building in regional areas with specialty services within the hospital and one of the visions is to try to set up training programs that are rural-based, rather than city-based," Dr Bourke said.

"I have a background in research, having completed a PhD and post-doctorate, but I am now also interested in applied, practical research to improve efficiencies in the management of patients and our hospitals overall through evidenced-based approaches."



RESEARCH CORNER

Here's some of our research:

Efficacy and cost-effectiveness of a community-based model of care for older patients with complex needs: a study protocol for a multicentre randomised controlled trial using a stepped wedge cluster design. This study assesses the acceptability and determines the impact of the OPEN ARCH intervention on the health and quality of life outcomes, health and social services utilisation of older people with multiple chronic conditions and emerging complex care needs. An economic evaluation will determine whether OPEN ARCH is cost-effective when compared to the standard care. I Kinchin, S Jacups, J Mann, R Quigley, D Harvey, CM Doran & E Strivens (2018). Published in Biomed Central Trials. 19:668, <https://doi.org/10.1186/s13063-018-3038-0>

Severe Respiratory Syncytial Virus Infection in Hospitalized Children Less Than 3 Years of Age in a Temperate and Tropical Climate. Respiratory Syncytial Virus (RSV) infection is a frequent cause of hospitalisation in infants younger than three years of age. The researchers aimed to determine the factors associated with severe RSV disease. J Butler, R Gunnarsson, A Traves, H Marshall. Published in The Pediatric Infectious Disease Journal. 2019;38(1):6-11. <https://insights.ovid.com/pubmed?pmid=30531526>

Save the
DATE!

Research and Quality Symposium

16 October 2019
Cairns Hospital Auditorium

Foundation invests in education



Denise Craig

The local community is investing in the education of one of its most valued resources – doctors, nurses and allied health clinicians through the Far North Queensland Hospital Foundation.

Grants of up to \$1500 have been provided to 43 Cairns and Hinterland Hospital and Health Service staff to pursue approved courses or educational opportunities, totalling \$42,252.

Cairns Hospital memory clinic senior psychologist Denise Craig used her education grant to attend a bioethics and health law conference in Townsville and said she was extremely grateful to have been given this opportunity through the Far North Queensland Hospital Foundation.

“I was grateful for the opportunity to present the outcomes of an “end of life law” education series and enrich my own knowledge of the research and perspectives of others,” Ms Craig said.

Denise’s role within the Health Service is primarily one of supporting people with dementia to “get on with the business of living.”

“It is always important, as a clinician researcher, to share knowledge, potentially motivating others to improve services and patient outcomes and perhaps even to conduct their own research,” she said.

Principal House Officer, Dr Lyndon Nofz used his grant to travel to Adelaide to present his research on Cairns Hospital Ear, Nose and Throat patients at the Australasia Laryngology Conference in Adelaide.

“My research involved unique case studies of patients I had seen during my time at the Cairns Hospital that presented a diagnostic and/or treatment dilemma,” Dr Nofz said.

“Presenting the case studies helped me understand the disease process and treatment options better, and allowed me to discuss it with national and international colleagues.”

The Far North Queensland Hospital Foundation’s CEO, Tony Franz said a record number of 73 applications were received in the latest grant round.

“Funds for these education grants come from general donations received, and profits from our commercial operations,” Mr Franz said.

“The Foundation sees investing in our staff as a vital aspect of what we do and I would encourage more professionals to apply when the 2019 education grants open in July,” he said.

To donate to help provide future education and training grants to health professionals, visit www.fnqhf.org.au.



Dr Lyndon Nofz



Heartfelt thanks to DONORS

Major donors to a second cardiac catheterisation laboratory for the Cairns Hospital have been given a behind the scenes tour.

The \$2.8M facility, jointly funded by the State Government and money raised by the Far North Queensland Hospital Foundation, will allow an extra 577 cardiac patients to be seen next year alone.

Work is well under way on the facility, which will expand the Hospital's capacity to treat cardiac patients closer to home, employ more staff and provide new services for the region.

Donors to the Hospital Foundation, including members of the Cairns Game Fishing Commemorative Association, were treated to a high tea at the Cardiac Unit with the Member for Cairns, Michael Healy, Health Service Deputy Board Chair, Luckbir Singh, Chief Executive Clare Douglas, FNQ Hospital Foundation Marketing and Fundraising Manager, Glenys Duncombe and members of the Cardiac team.

Mr Singh told the gathering it was fantastic to see the community working with the Health Service to deliver the project.

"In the Strategic Plan that was released by the Board last year, one of the centrepieces of our purpose was that we work together with our community to enhance and improve the health and wellbeing of Far North Queenslanders and there can be no better example than this second catheter lab," he said.

"My father in 2005 had a heart issue and he came into the Cairns Hospital and was looked after tremendously well and through that personal experience and personal journey of his and our family sharing that, I know how skilful and passionate our Health Service is in delivering top quality care to our community."

Ms Duncombe said the Foundation received \$423,000 in donations towards the cath lab in a short space of time, with some donations in excess of \$100,000.

"Combined with funds from Cardiac Challenge, Car for Cardiac, Christmas Wrap and The Power of Pallets, it shows how serious, and how committed the community of Cairns and Far North Queensland is to having top quality medical services at the Cairns Hospital," Ms Duncombe said.



Board Deputy Chair Luckbir Singh, Allister Hodge and Dr Greg Starmer inspecting the construction of the new cath lab



Pete McNally, Judi Phillips and Trisha Sexton

Director of Cardiology, Doctor Greg Starmer told the gathering the Cardiac Unit had an exciting year ahead.

"This year we will be commencing new research in conjunction with the Baker Heart and Diabetes Institute, complementing the 12 multinational research programs the unit is currently involved in."

The cardiac catheter laboratory is expected to be completed mid-2019.



CORNER

COMPLIMENT

Cancer is a scary diagnosis. Your staff in the clinic have been amazing with easing my worries. They are so friendly and after a few clinics, greet everyone by name. It is so wonderful to have such good staff – just so friendly!

Liz Plummer Cancer Care Centre

I feel compelled to write this letter following my recent surgery at the Cairns Hospital. I was referred by my local GP for my first appointment to see specialists to assess my required treatment. During my first visit and many to follow I experienced excellent attention and professional attitude from persons I was attended by, be it surgeons, nurses, specialists and all medical staff. Confronted by the diagnosis, I was given absolute confidence by the attention I received and the information to guide me to my final decision to have surgery. Throughout the whole process, I had no doubt I was in the best hands. I cannot express adequately my gratitude for the exceptional treatment I received.

Cairns Hospital

I was admitted for an angiogram. I am absolutely impressed with the high level of competence of all staff I encountered during my cardiac journey at the Cairns Hospital. I particularly want to commend the nurse who was in charge in the cath lab who showed obvious leadership skills, inspires calm, safety, and I knew I was in the best possible care. Thank you everyone.

Cairns Hospital

I arrived at the ED with severe knee pain and swelling. I was seen by a doctor in five minutes. I was treated with care, respect and empathy. Many procedures followed, provided by the doctors and nursing staff and students. I felt like I was involved in my treatment and that my dignity was respected.

I wish to compliment the hospital for its pharmacist, Patrick Chan. He spent significant time with me today to review my medication associated with my diabetes and my admission with a swollen and infected knee. His keen interest in my knee issue and potential pharmacological associated issues, particularly with reference to a reduction in my kidney function (A.K.I.) was refreshing. He displayed a deep knowledge of drug interactions and contraindications and his willingness to spend time with a patient really impressed me. Please let the staff know that my experience was very positive and that they did indeed provide excellence in attitude and knowledge.

Mareeba Hospital

Sweet potato and walnut salad



Ingredients

- 1kg gold sweet potato, cut crossways into 1cm-thick slices
- 2 tablespoons olive oil
- 2 garlic cloves, thinly sliced
- 1/2 cup (50g) walnuts
- 120g pkt mixed leaves
- 500g cooked baby beetroot, quartered
- 1/4 cup (60ml) balsamic dressing

Method

Step 1 - Preheat oven to 200C. Combine sweet potato, oil and garlic in a roasting pan. Roast for 40 mins or until sweet potato is tender.

Step 2 - Add walnuts and cook for a further 5 mins or until walnuts are toasted. Set aside for 20 mins to cool.

Step 3 - Arrange the sweet potato mixture, salad leaves and beetroot on a serving platter. Drizzle with dressing. Season.



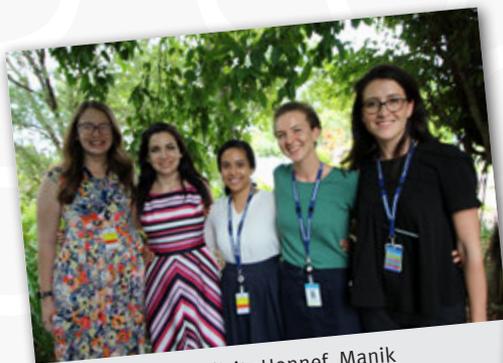
GP Liaison, Ruth Fisher with Mary Boyer, the first patient referred to the new Community Fracture Clinic in Cairns.



Dr Ei Swi (right) was named the CHHS Medical Registrar of the Year and Dr Anneline Helms (left) the Medical Registrar of Term 4. The awards were presented at a ceremony at the Cairns Hospital in January.



Court Liaison Officers Lewis Bonome and Mark Lodge from the MHATODS team.



Caitlin Stingel, Felicity Honnef, Manik Kumaranayake, Hannah Royster and Annabel White are all Cairns locals starting their career with the Health Service as junior doctors.



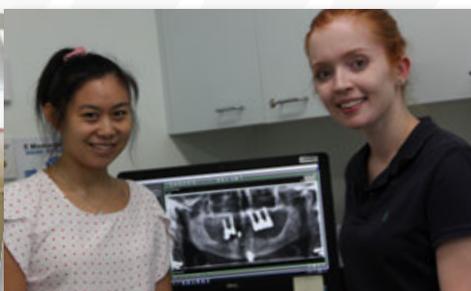
Heather Langham, Ryan Russell and Jack de Guingard are among the 31 Resident Medical Officers starting their careers with the CHHS in 2019.



Cardiology Staff Specialist, Dr Willis Lam has just returned from Seattle in the US, where he presented the Cairns Hospital's research on the cardiotoxic effect of Irukandji jellyfish stings.



Informing our community - Michelle, Clare and Luke, nurses at the Cairns Sexual Health clinic attending the "Morning after party" information session.



5th year dental students, Pattie and Raine are spending their final year on placement at the Cairns North oral health facility



Chloe (watermelon) and Natalie (strawberry) holding an information sessions on healthy choices for Smart Eating week.

TAKE THE CHALLENGE AND ACHIEVE MORE THAN YOU THOUGHT POSSIBLE.



Cardiac CHALLENGE

CYCLING CAIRNS TO COOKTOWN
21-23 SEPTEMBER 2019

EARLY
BIRD
CLOSES
MAY 31

far north queensland
hospital
foundation

REGISTER TODAY

RIDING TO FIX HEARTS IN FNQ
WWW.CARDIACCHALLENGE.COM.AU



CARDIAC.CHALLENGE