

Health NORTH

Edition 200



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FROM THE CHIEF EXECUTIVE

Welcome to the 200th edition of Health Up North. It is yet another milestone in the growth of our Health Service and continues to showcase our wonderful staff and facilities and highlight new infrastructure and initiatives.

Preparations are well under way for our revamped Research and Innovation Symposium, to be held at the Cairns Hospital on 16 October. This year we are offering pre-symposium workshops aimed at building the research capacity of our staff, one of the priority areas under our Strategic Plan 2018-2022.

I am pleased to see progress on a couple of key infrastructure projects. The awarding of the construction tender for the \$70 million Atherton Hospital Redevelopment means construction of this important community asset has now begun. We have also completed our two brand new cardiac catheterisation laboratories in D block of the Cairns Hospital. This \$2.8 million project will allow us to deliver more cardiac procedures closer to home for our patients and would not have been possible without the generous support of the community, which provided half of the funding through the Far North Queensland Hospital Foundation.

Workplace Health and Safety has been an important area of focus in the past couple of months. Our WH&S Team is conducting site visits and working with facilities right across the Health Service to ensure staff training and compliance requirements are up to date.

Congratulations to all the recipients of our Values Awards. It was great to see staff nominating colleagues and teams across the service who embody Our Shared Values; Compassion, Accountability, Respect and Integrity.

Kind regards,

Clare Douglas

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.

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SUBMIT YOUR STORIES

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



Greg Thiedecke hands over the keys to Georgetown PHC staff, Serena Mulholland and Cheryl Bryan

NEW WHEELS OUT WEST

Two of our most remote primary health centres, Georgetown and Croydon, have received replacement troop carriers from the Queensland Ambulance Service (QAS).

The QAS provides the ambulances, fuel and maintenance and our nurses and operational support officers staff the ambulance service 24/7, with the assistance of volunteer drivers during weekends.

Georgetown Director of Nursing, Serena Mulholland said the primary health centre-based ambulance provides an important service to both locals and tourists.

“We have a lot of remote cattle stations and grey nomads travelling through the region and we may be called to motor vehicle crashes, people with chest pain or respiratory issues or farm or animal-related incidents,” she said.

Thelma Klein, who shares the Director of Nursing role in Georgetown, said she attended a rollover 60 kilometres from the town earlier this year, where a man had become trapped in a mini van.

“My role was to assess and stabilize the patient and get them in the ambulance for safety and comfort while we waited for the rescue helicopter to arrive,” she said.

Georgetown Operational Services Officer Cheryl Bryan said she

enjoyed driving the ambulance as part of her role, Monday to Friday.

“We never know what to expect when we’re called out but it’s nice to be able to help people and go to them when they need urgent medical attention.”

The ambulance service relies on volunteer drivers over the weekend and is currently looking for more to join the on-call roster in Georgetown.

QAS Cairns and Hinterland Executive Manager of Operations, Greg Thiedecke said the Georgetown and Croydon ambulances were last replaced around five years ago and now had around 100,000km on the clock.

“The two younger units replacing them have only travelled half as far and include up-to-date equipment to ensure staff are well-resourced to respond to any emergency that might arise.

Croydon Director of Nursing, Damian Orrell said the ambulance was seen as a whole of community asset and is used on average, around once a month.

“Croydon covers an area roughly half the size of Tasmania and some of our retrievals have been a 12-hour round trip, sometimes where there is no designated road, so it is essential to have a robust four-wheel drive vehicle we can rely on,” he said.

“We have attended fatalities, search and rescue missions, clinic to airport patient transport, we have used it to retrieve a dying palliative patient and taken a mum and new born baby delivered in the clinic to the RFDS plane.”

“We never know what to expect when we’re called out but it’s nice to be able to help people and go to them when they need urgent medical attention.”



TRACEY'S COMMUNITY VISION

Tracey Wilson is passionate about building sustainable, resilient, healthy communities; a drive that has perhaps been made stronger by having come through two of Far North Queensland's most powerful cyclones, Larry in 2005 and Yasi in 2011, while living in Mission Beach on the Cassowary Coast.

Tracey has been reappointed to the Cairns and Hinterland Hospital and Health Board for a second term. She has had a long history of serving on boards, including 10 years as the only Queensland Building Services Authority (now QBCC) representative outside the south-east corner.

"I've always advocated for the regions in these board positions," she said, "Having spent a lot of time in Mission Beach I understand what it's like living in a regional area and I'm really happy our Chair, Clive Skarott has made sure our Board is much more visible in our regional health facilities.

"As well as the Executive and Audit committees, I sit on the Cairns and Hinterland Hospital and Health Service's Consumer Advisory Group.

"I also attend as many Community Consultative Committees as I can, and I am continuously impressed to hear the innovative approaches being taken to caring for our consumers.

"A recent example was a nurse navigator who took a laptop to a palliative care patient so they could remain in the comfort of their home to have their consultation with their doctor, saving trauma and travel," Tracey said.

She began her involvement with Queensland Health early in her career, working as the sole administration officer at the Sarina Hospital in the late 1980s.

"I'm really interested in the preventative health area and

how we can help solve people's problems early to stop them needing to come in for acute care," she said.

In 2001, Tracey established her consultancy, Working Visions, supporting organisations, through systemic sustainable development, capacity building and change management.

One of Tracey's key projects has been around community engagement and stakeholder management for the World Mosquito Program's (WMP) Wolbachia initiative, which has seen dengue almost wiped out in Far North Queensland since the trials and releases began in 2011.

"It was humbling to be part of that project," she said, "Not very many scientific research projects have the opportunity to progress as this one has, primarily due to seed funding from the Bill Gates Foundation and the vision of WMP's leader Dr Scott O'Neill.

"As we move into the university hospital model, if we can look outside the square to attract funding, particularly for research

partnerships, from philanthropic organisations, it will help retain government funding for hospital service delivery and also form those really strategic global partnerships that Cairns is well positioned for," Tracey said.

In her spare time, Tracey enjoys sailing, and contributed to that sport through a Board director role on the Yachting Queensland Board.

"It's a fantastic sport and recreational activity for people to learn - it strengthens decision-making, you become very self-determined, I find it challenging and peaceful," she said.

Tracey is embracing her sustainability message at home, growing her own vegetables and relying on solar power and rainwater.

"It's a nice reprieve from a busy life, to go back to basics, and be more self-sustaining."

"I'm really interested in the preventative health area and how we can help solve people's problems early to stop them needing to come in for acute care," she said.



HEALTH UP NORTH CELEBRATES DOUBLE CENTURY

This month marks the 200th edition of Health Up North.

The first edition was published in 1997, the year the Far North Queensland Hospital Foundation began its vital work supporting health care in the region and a new Cairns Hospital car park opened where D Block now stands.

It was also the same year the Cairns Central shopping centre opened, and Cyclone Justin hit the region.

Health Up North replaced Esplanade Escapades, the Cairns Base Hospital (as it was then) newsletter.

It had been produced by Jan Whiffen and Ingrid Veidis, who continued to work on the new publication with its editor, Cairns District Health Service Communications Officer, Rosalie Spencer.

“It’s a core belief of mine that organisations work well when there’s good communication among staff. Health Up North was one way of doing that,” Ms Spencer said.

It began life as a single-page, photocopied monthly newsletter, with the stated aim of informing and connecting staff across the Health Service.

It has grown over the years into an online edition and more recently, a glossy magazine which can be found in patient waiting areas and staff tea rooms across the Health Service.

The very first Health Up North came out in February 1997, reporting on the establishment of a new Cairns District Health Council, and the trial of a new patient care model called Cairns Care.

The Carepath Corner column encouraged communication across clinical disciplines, and there was the first of a series of profiles of district facilities – featuring the Yarrabah Health Service.

The first issue also reported on seven staff who received Australia Day honours

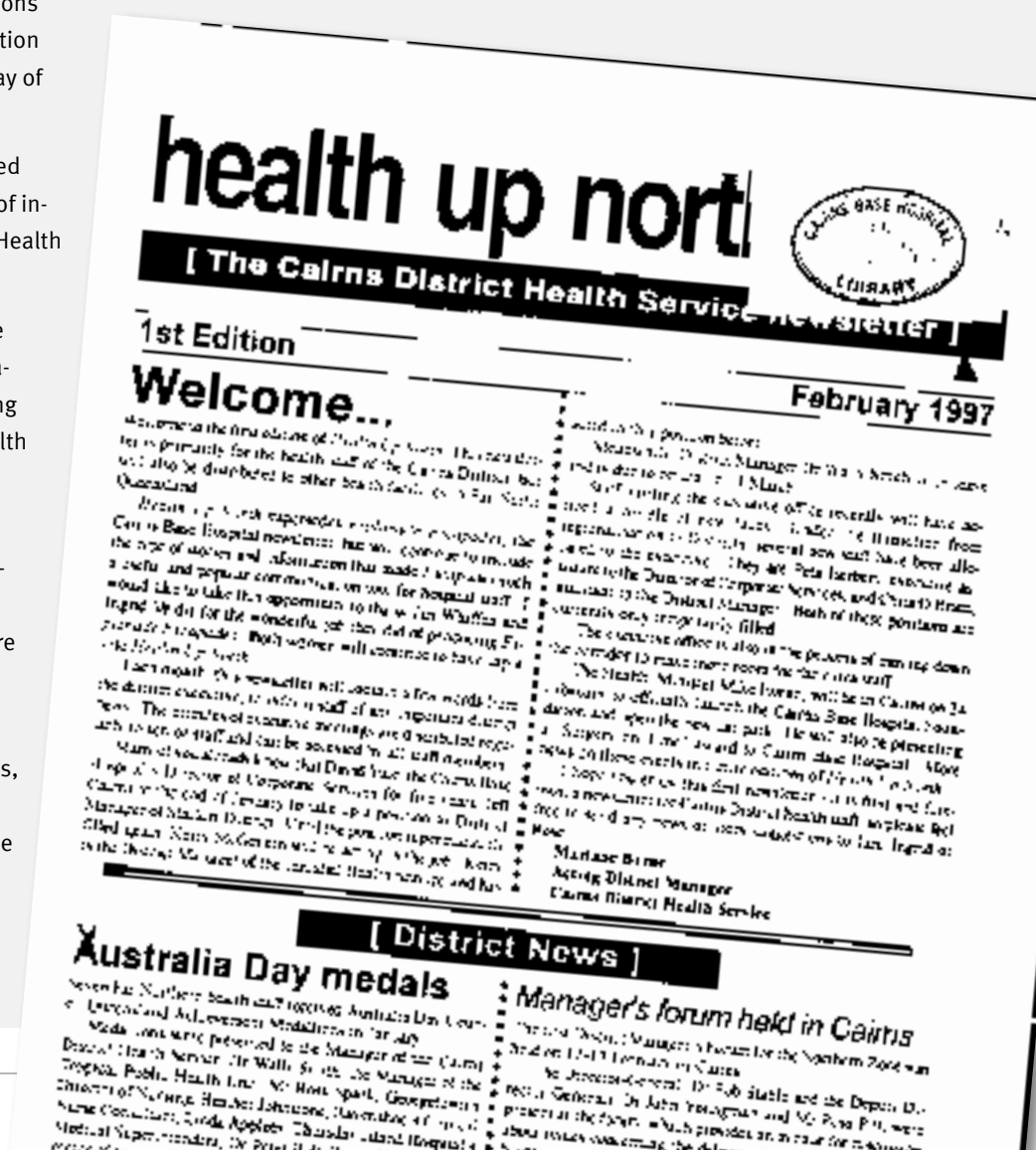
in Cairns, Torres Strait, Georgetown, Weipa, Mapoon and Ravenshoe.

There was news that the Hospital kitchen had started frying the chips in an oil less likely to raise your cholesterol.

And carpenter Colin Cooke was announced as a Quality Award winner, earning himself a pasta lunch for two at Matson Plaza.

Founding editor Rosalie Spencer stayed with the Health Service until 2012, going on to work in public health at James Cook University and working with the World Health Organization in Geneva on the management of public health emergencies.

“I was pleasantly surprised to learn the newsletter is still going strong after all these years and has evolved from very humble beginnings to the polished publication it is today,” Ms Spencer said.



MEET OUR NEW EXECUTIVE DIRECTOR MEDICAL SERVICES



Cairns Base Hospital in 1995, prior to commencement of redevelopment



Then-Treasurer Keith De Lacy unveils the first model of the completed hospital redevelopment



The nurses' quarters prior to demolition



Public open day, Block C

Don Mackie has learnt a lot about the Cairns and Hinterland Hospital and Health Service since he took up the role of Executive Director, Medical Services in June, much of it through having impromptu conversations with patients and staff on the wards.

“It’s great that people are so engaged and willing to have conversations about where we are and where we are going,” Dr Mackie said.

“People really seem to enjoy working here and there’s certainly a strong sense of serving this community and its particular needs and that’s a strong foundation.”

Dr Mackie began his medical career as an anaesthetist in the UK and has spent the past 20 years in clinical leadership and senior medical administration roles in the US, New Zealand and Australia.

Most recently, he was the Executive Director of Medical Services and Clinical Governance with the Central Adelaide Local Health Network.

Dr Mackie said he was attracted to the Far North by the natural beauty, the climate, the people and the opportunity to join a Health Service that has made great inroads in its systems and structures and offers high quality clinical care.

“With any health service that has a central hospital and a distributed rural area it’s getting the balance right in terms of equity delivering care to people in rural areas at the same time as

maintaining the specialised services in the central hospital,” he said.

Dr Mackie said he wants to see the Health Service enhance its clinical links with neighbouring health services, continue to grow medical and clinical leadership and develop the specialist medical workforce and research capacity of the Cairns Hospital so it can achieve university hospital status.

He said the growth in the region’s population and acute presentations is an opportunity.

“We’re in a position to innovate and potentially lead nationally if we get some really good solutions through projects like ‘Access to Care’.”



Queensland First for Health Service

Young people in Far North Queensland are the first in the state to benefit from a new specially-designed sub-acute mental health support service for people aged 16-21.

The Youth Step Up Step Down service in Mayers Street, Manoora was officially opened in June.

"This six-bed, home-like community facility is specifically for young people who need support in a rehabilitative and residential environment, to reduce the likelihood of admission to hospital or to help transition from hospital back into the community," said Mental Health and Alcohol, Tobacco and Other Drugs Service Director, Marie Kelly.

Aftercare, Australia's longest running mental health charity is staffing the facility 24 hours a day, in conjunction with Health Service staff, offering short-term treatment programs.

"Our nurses, social workers, occupational therapists and psychologists visit and work with young people in a comfortable, safe environment," Ms Kelly said.

Aftercare Chair, John Thomas told more than 80 people at the official opening the new centre would be an important community asset.

"We are all about prevention and trying to take services to people, particularly young people, in a non-threatening, home-like environment," he said.

Youth mental health advocate Ruth Crouch, who lost her son Declan to suicide in 2011, was among the many stakeholders involved in planning the facility, to ensure the new service would meet the needs of vulnerable young people.

"It's taken a lot of drive and commitment from a lot of people and I'm overjoyed," she said.

"Mental illness can be agonizing and so many of our teens and young adults have struggled hard just to survive so I would like to honour those who may be comforted by the fact that their stories have made a difference to those who will use this facility," she said.

The Youth Step Up Step Down was also welcomed by Irukandji elder Michelle Singleton, who said there were too many young people in the Indigenous community struggling with mental health issues.



Advisory Group recognised

The Mental Health Alcohol Tobacco and Other Drugs Service (MHATODS) has paid tribute to the Cairns and Hinterland Consumer and Carer Advisory Group (CHCCAG), which ended in its current form on 30 June.

The Group has operated as an independent organisation since 2004, assisting Cairns community members who identify as having a lived experience of mental illness (consumers) and their support networks (carers).

MHATODS Service Director, Marie Kelly said the CHCCAG has provided valuable feedback on mental health services and programs and developed close working relationships within the local sector.

"I would like to sincerely thank the CHCCAG, which has contributed over many years by

actively promoting participation in mental health service delivery, reducing stigma and discrimination, and promoting and supporting lived experience participation," she said.

"I'd particularly like to acknowledge Management Committee members Esther Ritchie, Carmel Murray, Michael Hyde and John Hoyle, who have selflessly given their time and energy over the past four years.

The CHCCAG initiated and delivered initiatives including a Hearing Voices Group, peer reflections, participation training and peer training to clinicians at the Health Service.

The Group has been a notable contributor to Mental Health Week, Carers Week and Suicide Awareness week as well as facilitating social connection and peer

support for consumers and carers through regular barbecues on the Cairns Esplanade, in conjunction with Mind and The Junction.

"We remain committed to working closely with the Consumer and Carer Network Forum to encourage and increase engagement and we plan to continue activities including the monthly barbecues and peer-led training," Ms Kelly said.

The Service is recruiting additional consumer and carer representatives. If you or someone you know is interested in participating, please contact the MHATODS Consumer Consultant, Kristy Greig Kristy. Greig@health.qld.gov.au.

Muster nears million dollar milestone

Organisers are confident Wayne Leonard's Motorcycle Muster will this year reach one million dollars raised for health services in Far North Queensland.

The Muster has raised more than \$955,000 through the Far North Queensland Hospital Foundation since the event began in 2002.

Sponsor, Wayne Leonard said the million dollar milestone would be a wonderful achievement.

"When we started out, it was motivated to help the Hospital because of what our son went through when he was born two months premature," Mr Leonard said.

"In that time, hundreds of motorcyclists have taken part and we've been all over the place – Townsville, Undara, Cooktown, Magnetic Island, Mission Beach."

This year's Muster will leave Cairns on October 19 for Mission Beach, via the Atherton Tablelands, raising funds for a balloon enteroscope for the Cairns Hospital endoscopy unit.

The device allows doctors to reach and treat less accessible areas of the gastrointestinal tract.

"This equipment will mean fewer people have to travel away for diagnosis and treatment, Mr Leonard said.

Far North Queensland Hospital Foundation CEO Tony Franz said the equipment will support the "Show us ya guts" campaign to improve capacity to diagnose and treat ulcers, polyps and tumours in the small bowel, pancreas, bile duct, oesophagus and stomach.

Cairns Hospital Director of Medicine Doctor Peter Boyd said he was thrilled with the Muster's support.

"The Foundation is doing a great job ticking off everything that we've asked for," he said, "We're really close to getting all the equipment to bring this Unit to tertiary level."

Registrations for the Wayne Leonard Muster close on 16 October: <https://www.motorcyclemuster.com.au/champion/Motorcycle-Muster-2019>



Dr Peter Boyd and Wayne Leonard.



Clive Skarott AM, Auxiliary representative Louise DeMarzi, Atherton Hospital Director of Nursing Dr Ann Aitken, Atherton Friends president Di Williams, Foundation chairman Dr Ken Chapman.

Atherton Auxiliary honoured

The newly formed Atherton Friends of the Hospital Foundation has paid tribute to the Atherton Hospital Auxiliary during a special lunch.

Auxiliary members have merged with the Friends of the Foundation, which was set up in June as a subsidiary of the Far North Queensland Hospital Foundation.

The Auxiliary has raised more than \$650,000 since 1992, mainly through weekly bingo at the Atherton International Club and the hospital trolley.

"We believe joining with the Friends group is a step in the right direction for the hospital and our community," said long term Auxiliary member Louise DeMarzi.

"We're delighted to receive the final cheque for \$90,558 from the Auxiliary, which will be combined with other donations to make an even bigger difference," Atherton Friends president Dianne Williams said.

"We'd like to pay a special tribute to the Auxiliary members who have given up their time week in, week out, to help others, particularly Louise DeMarzi, Julie Arboin, Dorothy Bew, Raymon DeMarzi, Hazel Christensen, Beverly Prescott, Jill Kingston, Dale Roger-Jones, Anne Novelly, Josie Raso, May Maidment, Wendy Ballie and Dina Folino-Gallo."

Far North Queensland Hospital Foundation Chair Dr Ken Chapman and Cairns and Hinterland Hospital and Health Service Chair Clive Skarott AM attended the lunch and thanked the hard-working Auxiliary, now Friends members.

They said all funds raised stay in the local community to provide equipment to improve patient outcomes. This has included chemotherapy chairs, education equipment, fold-up beds for carers, resuscitation trolleys for the Emergency Department and specialist equipment for theatre and paediatrics.

The Friends of the Foundation is a registered charity, with all donations over \$2 tax deductible. To contact the Atherton Friends group, please call Ms Williams on 0409 710 962.

Why we live

#HealthUpNorth

The Communications and Engagement team recently ran a social media recruitment campaign to encourage other experienced and exceptional staff to join our Health Service.

#HealthUpNorth is a series of videos and still images that promote outdoor living, the relaxed tropical lifestyle and iconic locations of Far North Queensland.

Eight current staff members volunteered to be featured wearing their uniforms in various locations, creating a sense of immersion which demonstrates the work/life balance we all know and love.

They posed for portraits and group photographs in iconic locations and described in short videos what they most love about living and working here.

The campaign ads were posted on Facebook, LinkedIn and Instagram in Australia and New Zealand, targeting health professionals with an interest in the outdoors to visit the #HealthUpNorth recruitment page.

We also asked our staff to get involved in a competition, sharing what they love about living and working in the region on social media using #HealthUpNorth and featuring their favourite places.

Hopefully, the success of this campaign means we will soon be welcoming lots of new faces to the Health Service.

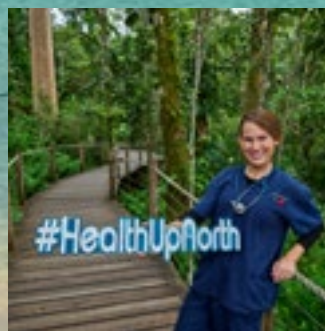
Here are some of the stories. You can view the videos at this link: https://www.health.qld.gov.au/cairns_hinterland/join-our-team/healthupnorth

GABI HUNT

Registered Nurse, Cardiac Catheterisation Laboratory

"I think becoming a nurse was a good way for me to find a job that challenged me every day and work as part of a team and the Cairns Hospital does that really well. They're a really hard-working team that support each other well and obviously being able to help people is a nice bonus."

"We're really spoilt for choice here in Cairns, we have amazing weather, we've got a really nice waterfall circuit around, lots of places to hike and kayak, beaches and that sort of thing. It's really nice to just get outside"



IKENNA NWAUZUZU

Community Mental Health Nurse

"My job is all about helping individuals in the community who have got mental health problems. I love my job because I get to work with the patient through their recovery journey, it's actually a privilege."

"Cairns is a beautiful place, it's got a beautiful environment, lovely scenery, lovely people, people are relaxed and calm. You would love it here I can assure you that, just come along, enjoy yourself and come and join us in this wonderful place."



De here

REGAN DAVIS

Registered Nurse, Operating Theatres

“There’s a couple of reasons why I wanted to become a nurse, but my main reason is being an Aboriginal woman. I’ve watched far too many family members pass away well before their time, so I wanted to become a nurse so I could help close the gap in Indigenous health in Australia and give back to my family.”

“There’s not many places in the world that you can have rainforest, the beach and savannah land, all on your doorstep. The reef, the swimming holes, the fishing on the weekend, I love it.”



KIRI BRADLEY

Registered Nurse, Emergency Department

“Working in the emergency team at Cairns Hospital is really exhilarating, we have a really great team environment, we all bounce off each other, everyone builds each other up and we try and have as much fun as possible whilst doing a really good job and maintaining a high level of professionalism.”

“In my spare time, I like to stay fit and healthy; healthy body, healthy mind, healthy soul. I love to go for a drive and a swim in beautiful pristine freshwater, hang my hammock up in the rainforest and read a book.”





Research

support recognised

The co-ordinator of the Cairns and Hinterland Hospital and Health Service's Research and Innovation Symposium has received one of the Health Service's top honours.

Health Practitioner Principal Research Fellow, Desley Harvey has won the 2019 Patsy Bjerregaard Award for Excellence in Patient Care in Allied Health.

Desley has been with the Health Service for more than eight years and as is also a member of the Far North Queensland Human Research and Ethics Committee.

"It's very satisfying to receive recognition for all the great work happening in Allied Health research," Desley said.

"Research capacity building within the Health Service has been a priority for some years and I am proud we have already been able to implement activities and processes which are producing results - it is a very exciting time across the Health Service."

An example is the Allied Health Research Cairns and Hinterland (AHRCHI) network of clinician researchers and prospective

researchers, which meets monthly as well as having an online site where people can exchange ideas.

Jodi Sariman from the Social Work, Aboriginal and Torres Strait Islander Liaison Service (SWATSILS) nominated Desley for the prestigious award.

"Desley has initiated and facilitated opportunities for all Allied Health staff to contribute to research and innovation including through coordinating the Annual CHHHS Research and Innovation Symposium," Ms Sariman said.

"She has built strong relationships across the Health Service to deliver excellence in research design, practice, writing and implementation of results into clinical practice.

"Desley is an outstanding example and inspiration to everyone who knows her in applying oneself to the highest possible standards of ethical and respectful behaviour to all people and at all times."

Desley said the Symposium began as an Allied Health showcase in 2012 and has

now grown into a multi-disciplinary event, attracting 140 participants last year, including representatives from Wuchopperen and Apunipima, and academics from JCU, CQU and The University of Queensland.

This year, a range of pre-symposium activities has been organised to help staff engage with research, including how to prepare oral and poster presentations and for the first time, a Research Incubator.

Registrations for the Far North Queensland Research and Innovation Symposium, to be held on 16 October in the Cairns Hospital Auditorium, Level 2, A Block will be open on 30 September. For more information, visit <https://cairns.health.qld.libguides.com/chhhs-researchsymposium>.

Tele-trials provide new treatment options

The Clinical Research Unit at the Cairns Hospital has been given additional resources as part of a program to give patients in regional areas greater access to clinical trials.

The Cairns Hospital is one of four North Queensland hospitals involved in Elli Lilly's Monarch E trial, Australia's first Tele-trial.

Sue Richmond, the Research Unit's Clinical Nurse Consultant said the Australasian Tele-trial Model has been developed by the Clinical Oncology Society of Australia (COSA).

"The Aim of the Tele trial model is to increase access to clinical trials for people with cancer living in rural and remote locations," she said.

"Four women with breast cancer who would not otherwise have had the opportunity to access such treatment have been

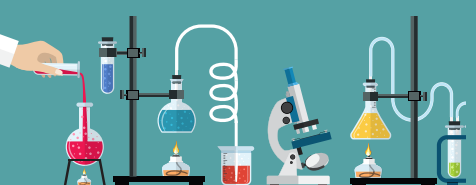
involved in this trial through the Cairns Hospital, along with three patients from Townsville and two in Mackay.

The model is now expanding to other trials, including a melanoma trial, for which the Cairns Hospital is the lead site.

Cancer Care ward nurse, Laura Hill recently joined the unit to support the Tele-trials, collecting data, co-ordinating appointments and tests and ensuring the wellbeing of patients involved in the trials.

"It's a whole new world with the research, nothing like I've ever done before and it's really interesting meeting all the patients," she said.

"It's nice to be involved in helping create better treatment options for our patients in the future."



RESEARCH CORNER

Here's some of the research our staff have been involved in:

- **Diagnosis and management of type 2 diabetes in youth in North Queensland and the Northern Territory: A health professional survey.** K Haigh, R McDermott, A Sinha and A McLean. Published in The Australian Journal of Rural Health 2019. <https://bit.ly/2k1yBBW>
- **Melioidosis in the Torres Strait Islands, Australia: Exquisite Interplay between Pathogen, Host, and Environment.** *Burkholderia pseudomallei*, a bacterium that lives in the soil of the tropics, causes the disease melioidosis. This retrospective study investigated the temporospatial epidemiology of the 49 laboratory-confirmed melioidosis cases in the Torres Strait Islands between 1997 and 2017. An identifiable risk factor for the disease was present in 88% of cases. AJ Hemenstall, S Smith, D Stanton and J Hanson. Published in The American Journal of Tropical Medicine and Hygiene. <https://bit.ly/2lx4keI>



Since my domestic accident in January suffering dislocated right shoulder, I was referred by the Cairns Hospital for physio. Melinda Loukas was extremely good with instructive and practical applications, resulting in a remarkable recovery in weeks rather than months. I now have a great base to continue self-management.

Cairns North Community Health

I would just like to extend my gratitude for having me at Mosman Multi-Purpose Health Service for the last 4 weeks. I have gained an abundance of experience and skills throughout my placement, and really cannot express just how amazing it truly was. Every single nurse I had the opportunity to work alongside and meet has given me great confidence, and had been exceptionally welcoming and friendly throughout my shifts. So once again, thank you for the amazing placement and who knows, you may just see me again for my postgrad! You are an extraordinary nurse educator/clinical facilitator Shaun, and Mossman is very lucky to have you. I do hope to see you again in the future! Warm Regards, Madison Jade Lowien, 3rd Year Bachelor of Nursing Science

Mossman Hospital

I attended Oral Health and found Dr Melina to be most professional with a very pleasant "bedside manner". She kept me informed of everything she was doing and was considerate of my hearing difficulty. In retrospect, I can only say that I have always been treated with courtesy and respect by the entire dental team. May Almighty God continue to bless you in the wonderful work you are doing.

Innisfail Oral Health

Just want to say the Cajun Chicken at the staff canteen is really awesome - well done! Please make again!!

Cairns Hospital, Staff Canteen

Chocolate Avocado Mousse



Ingredients

- 100g dark chocolate (70% cocoa), broken into pieces
- 400g ripe avocado flesh
- 125ml (1/2 cup) coconut cream
- 70ml (3 1/2 tablespoons) honey
- 35g (1/3 cup) raw cacao powder
- 125g raspberries, to serve
- 1 tablespoon chopped pistachios

Method

Step 1 Place the chocolate in a microwave-safe bowl. Microwave on medium, stirring every minute, for 1-2 minutes or until melted and smooth. Set aside.

Step 2 Process the avocado, coconut cream, honey and cacao powder in a food processor or high-powered blender, scraping down the side with a spatula occasionally, until smooth.

Step 3 Add the melted chocolate

to the avocado mixture and process until combined. Spoon the chocolate avocado mousse into 6 serving glasses. Chill in the fridge for 30 minutes or the freezer for 10 minutes. Top with raspberries, chopped pistachios and mint leaves to serve.

Image credit: Jeremy Simons



Debbie Green and Anika Ritchie from the Endoscopy Team at the Bowel Cancer Awareness Month stall at the Cairns Hospital



Amie Armstrong (right) with members of the GPWSI (GPs with a Special Interest program) Dr Lee Jones (left) Dermatology, Dr Sarah Fairhall (centre) Paediatrics and Dr Luke Dornan (right) General Surgery



Allied Health graduates Hannah Nicholson, Darcy Moran and Veronica Thomson at the welcome morning tea at the Cairns Hospital



Dietitians Kelly Marquenie (Surgical North & ieMR) and Sarah Hansen (OPERA ward)



Merran Van Hulsentop from the Cairns Hospital kitchen and wardsperson Steven Hill take part in the Star FM broadcast for Bowel Cancer Awareness Month



Suzanne Cole and Kara Carter from the Oral Health team took time out from the Mossman Dental Van to talk to people about their teeth at the NAIDOC community event at Fogarty Park in Cairns

RESEARCH AND INNOVATION SYMPOSIUM

Far North Queensland

Research excellence in the Tropics

Registrations Open - 30 September

**Symposium 16 October 2019
CAIRNS HOSPITAL AUDITORIUM**

Email: ResearchandInnovationCHHHS@health.qld.gov.au

Web: <http://bit.ly/CHHHSResearchSymposium>



**Cairns and Hinterland
Hospital and Health Service**

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