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Your local health news | Dec 2017/Jan 2018



Third public hospital for Coast

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Cover: Gold Coast Health Chief Executive Ron Calvert accepts the keys to the former Gold Coast Surgical Hospital at Varsity Lakes from HealthCare Australia Chief Operating Officer Sub Acute Julia Strickland-Bellamy. See story page three.

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Book a free breast screen every 2 years at your nearest BreastScreen Queensland service[^]

Call **13 20 50** or book online today
breastscreen.qld.gov.au



Quality and care women want

[^]Women 40-49 or 75 years or older also eligible to attend free screening



Board News

Message from the Chair – Ian Langdon



A glowing report for Gold Coast Health

Gold Coast Health recently went under the microscope by a team of surveyors who assessed our hospital and health service against national safety and quality standards.

Nine surveyors spent a week at Gold Coast Health undergoing a detailed, organisation-wide examination of everything we do to ensure we are delivering the best possible care for our patients.

This independent, external peer assessment is a requirement of all Australian health services under the national accreditation program launched by the Australian Commission on Safety and Quality in Health Care. Gold Coast Health's previous assessment was in 2013.

The standards include areas such as infection controls, medication safety, clinical handover, partnering with consumers, preventing and managing pressure injuries, preventing falls and corporate systems and safety.

At the end of an intense week of scrutiny, the surveyors presented their findings to more than 200 staff, giving a glowing assessment of our performance, people, systems and processes.

The survey team were effusive in their feedback, singing the praises of various aspects of our service. Comments from surveyors during the report-back included:

“it was a joy to survey this service”, “enthusiastic and committed staff”, “a great sense of pride”, “many innovations were identified”, “a culture of quality is embedded across the organisation”, “robust systems and processes”, “a very able organisation”.

A number of the reviewers expressed the view they were envious of our service and some joked they would like to work here!

It was very pleasing to hear the survey team comment on the enthusiasm, professionalism, commitment and excellence shown by our staff. And it is only through the commitment and hard work by our staff that delivers this result.

The accreditation process is one of the many ways in which Gold Coast Health demonstrates to the community that we are doing our best to achieve excellent standards of safety and quality. Accreditation means our

patients and community can be assured that all our services meet rigorous standards.

A genuine sign of the quality of our services was reflected in the closing comments by the survey team co-ordinator who said the team asked themselves: “Would we be willing to be a patient treated in this hospital and health service? All of us said yes.”

The Gold Coast Health Board recently hosted a meeting of Gold Coast community and business leaders. Chief Executive Ron Calvert and I shared the 2016/17 performance, achievements and strategic direction. A number of initiatives for potential collaboration were identified by stakeholders during the meeting including opportunities to increase our community engagement.

The Board is keen to meet with community groups in 2018 to promote Gold Coast Health activities and to listen to feedback from the community. If you would like to invite a Board member or GCH executive to be a speaker at your community meeting, please contact our Communication and Engagement team on 5687-6460 or goldcoasthealth@health.qld.gov.au.

Varsity Lakes Day Hospital opens

Gold Coast Health is leasing the former Gold Coast Surgical Hospital at Varsity Lakes to deliver more efficient public elective surgery to the community.



Gold Coast Health's Varsity Lakes Day Hospital, on Lake St near Bond University.

The purpose-built surgical facility has been renamed Varsity Lakes Day Hospital and welcomed its first surgical patients on 1 November.

Gold Coast Health Chief Executive Ron Calvert said leasing the facility from Health Care Australia will help ease the demand for theatre time at Gold Coast University Hospital.

"We recently received feedback from the Royal Australasian College of Surgeons that our trauma service at GCUH was considered world class and maintaining that standard requires us to ensure we have enough operating theatre capacity to manage our complex emergency case load," he said.

"Opening the Varsity Lakes Day Hospital will help us be more efficient with seeing our elective surgery patients."

Across six operating theatres, the Gold Coast Health team expects to perform 15,000 routine surgeries each year at Varsity Lakes including gastroenterology, gynaecology, orthopaedics, plastics and ophthalmology. This includes an additional 3000 endoscopies every year.

The new day hospital will also increase valuable bed space and reduce the length of stay for patients waiting for surgery at Gold Coast University and Robina hospitals, as well as ensuring that Gold Coast Health maintains its excellent track record seeing all elective surgery patients within clinically-recommended timeframes.

Study grant expands FASD support

Care for children and their families dealing with Foetal Alcohol Spectrum Disorder (FASD) is to be expanded in Queensland following a \$1.37 million funding injection for a Griffith University project.

The funding, provided by the Australian Government Drug and Alcohol Program, will see Queensland's two FASD clinics, based at Southport and Maroochydore, expand to allow earlier diagnosis and better intervention and support for children who have had prenatal alcohol exposure.

Professor Sharon Dawe from Griffith's Menzies Health Institute Queensland will lead a consortium of organisations delivering the three-year study.

"Early diagnosis and support is essential for children with a FASD," Professor Dawe said.

"Early to middle childhood is a time when children learn important foundational skills around managing their own behaviours, learning to plan activities and follow more complex instructions. These skills are essential for success in school and life and children with a FASD need extra help in developing these skills.

"There's growing evidence that supporting children and their families at this critical time can help reduce some of the damage that has occurred due to prenatal alcohol exposure."

Dr Doug Shelton, Clinical Director of Community Child Health from consortium partner Gold Coast Health, said the service development funds would allow the Southport clinic to assess more children and provide better follow up.

"We expect this funding will allow us to diagnose an extra 100 children per year through our FASD clinic, which is two to three



Dr Doug Shelton, Clinical Director of Community Child Health.

times the capacity we are currently able to assess and diagnose," Dr Shelton said.

"While we can't put a precise figure on the prevalence of FASD in our community, overseas studies estimate that between two and five per cent of the population are impacted – so on the Gold Coast alone, it could be as high as 25,000 people impacted with this invisible brain injury."

"In addition to allowing us to develop a better model of diagnosis that's cheaper and more efficient, this study will enable us to diagnose FASD earlier. This has the potential to improve foundational skills in children and to work with carers and parents to support their children's development."

The study embeds a pathway of care aimed at improving child self-regulation and family functioning.

The Griffith University-led consortium consists of Gold Coast Health, Sunshine Coast Hospital and Health Service, the Institute for Urban Indigenous Health, Kummara Association, University of the Sunshine Coast and University of Queensland.

Children to benefit from cool donation



A new piece of equipment donated to Children's Critical Care at Gold Coast University Hospital is significantly reducing the risk of young children acquiring secondary brain injuries.

The Arctic Sun makes it easier for clinicians to maintain normal body temperature in children admitted with acute traumatic brain injuries, according to Clinical Nurse Consultant Sarah Brown.

"Any increase in body temperature makes the brain work harder. The Arctic Sun provides accurate temperature regulation, helping to reduce stress on the brain, enabling it to recover and reducing the risk of secondary brain injury.

"It's ideal to use with young children because it's extremely sensitive and can pick up the smallest changes in core temperature."

Children's Critical Care has been using a trial model of the Arctic Sun since the start of the year, improving the outcome for four young patients in that time.

The Arctic Sun uses four arctic gel pads which are applied directly to the skin to provide fast and easy cooling. Temperature-controlled water flows through fluid channels within the pads.

The \$40,000 piece of equipment was donated to Children's Critical Care by a benefactor through the Humpty Dumpty Foundation, the national children's charity for supplying essential medical equipment.

"This equipment really does make a difference to the outcome for these children," Sarah said. "We are really grateful to have been donated this piece of equipment."

Gold Coast Health appoints new leaders

Gold Coast Health has made four new appointments to its Executive Management Team following an extensive recruitment process.



Mentorship plays vital role for female doctors

Two Gold Coast Health junior doctors have recently returned from New York where they highlighted the importance of mentorship for females in medicine on the international stage.

Jessica Ng and Charlotte Alexander were invited to speak at the FemInEM Ideas Exchange Conference. FemInEM is a movement for women working in emergency medicine.

"FemInEM is for women who are taking steps to actively support females in medicine and address the issues that face many of us in the workforce," Jessica said.

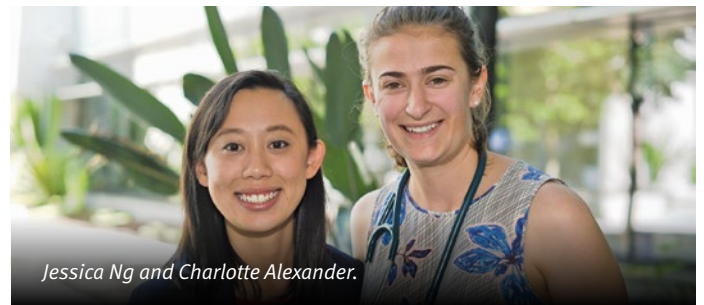
Jessica and Charlotte's topic for the conference was mentorship, delving into why a good mentor can make a significant difference to a career.

"The right mentor will push you to push yourself, will support you when you can't support yourself, and speak up for you when your voice is still too soft," Charlotte said.

Jessica and Charlotte's talk illuminated the powerful positive influence from a mentor and encouraged others to not only seek and value mentors, but also be mentors themselves.

"Through this program we have come to appreciate that our careers aren't isolated to the clinical sphere," they said.

"As doctors we can have a significant influence on social and community issues. We have been linked in with other speakers who have been involved in media, public speaking and global education, and this has opened our eyes to the different possibilities that arise from our medical degrees."



The appointments are:

- **Karlene Willcocks** – Executive Director of Cancer, Access and Support Services. Karlene is the former Director of Operations for BreastScreen Victoria.
- **Paula Duffy** – Executive Director of Diagnostic, Emergency and Medical Services. Paula has extensive senior leadership experience at Gold Coast Health and has been acting in this role since February 2017.
- **Sandra Lenehan** – Executive Director of Specialty and Procedural Services. Sandra joins GCH from Metro South Hospital and Health Service where she was Nursing Director of Surgical Services at Logan Bayside Health Network.
- **Patrick Turner** – Executive Director of Women, Newborn and Children's Services. Patrick was Divisional Director of Operations, Medicine, Emergency Care and Rehabilitation for the Hillingdon Hospitals NHS Foundation Trust in the United Kingdom.

The role of Executive Director of Mental Health and Specialist Services will continue to be held by Karlyn Chettleburgh.

Healthcare innovation on show as bold future looms

Gold Coast Health recently hosted local and international leaders in health innovation at a showcase highlighting the ways data and artificial intelligence will change the healthcare industry.

More than 200 healthcare professionals, academics, entrepreneurs, investors and business minds gathered at Gold Coast University Hospital to hear about successful Queensland Health innovations, start up projects with exciting healthcare applications, investment and funding opportunities.

Speakers included Dr Glen Richards, Shark Tank star and the founder and former CEO of Greencross Vets as well as Dr Richard Ashby, the Chief Executive of eHealth Queensland, which is responsible for advancing healthcare through digital innovation.

Gold Coast Health's Medical Director of Innovation, Dr Brent Richards said the current and growing capability for artificial intelligence and "big data" in the healthcare industry is mostly untapped.

"New technology and the ability to harness big data will fundamentally change the way we deliver healthcare to the community in the future," Dr Richards said.

"Gold Coast Health is actively working through IntelliHQ and academic and industry partners to solve major healthcare challenges with the support of commercially viable AI projects.

"We hope this showcase will be a bridge between ideas and investment, while raising awareness of the increasingly positive benefits that AI is bringing to healthcare," Dr Richards said.

Gold Coast Health and Knowledge Precinct Project Director Di Dixon said the healthcare innovations on show are exactly the sort of exciting high tech developments the Precinct is looking to attract.

"The expertise within the Precinct in the field of big data analytics and AI, both within Gold Coast Health and also at Griffith University, is really attracting the attention of global companies.

"There is real opportunity for companies to locate in the Precinct and leverage that expertise and the clinical environment for many different potential applications of big data/AI in healthcare, with healthcare providers only just starting to open up this new digital health frontier.

"The Precinct could become globally recognised in this niche, but large field."



Dr Richard Ashby, Chief Executive of eHealth Queensland, at the Intelligent Health Innovation Showcase.

Public forum puts focus on dementia care



Griffith University's Professor Wendy Moyle and Paro, the robotic seal.

A robotic seal named Paro could help improve the lives of people with dementia.

Griffith University's Professor Wendy Moyle was one of four leading researchers in dementia who presented at a Dementia Caregiving and Technology Public Forum held at Gold Coast University Hospital recently.

Professor Moyle shared research outcomes which showed robotic pet therapy can have positive benefits for people with dementia in long-term care, such as reduced anxiety and a decreased tendency to wander.

She led a study which used a robotic seal named Paro which can respond to touch, temperature and voice and can even learn its name.

"Researchers recruited 415 residents aged 60-plus and with a diagnosis of dementia, from across 28 long-term care facilities in South East Queensland," Professor Moyle said.

Some participants were given a plush toy and others were given Paro for three 15-minute non-facilitated sessions a week for 10 weeks.

"We found that Paro could bring positive benefits for people with dementia, including reduced anxiety and a decreased tendency to wander," she said.

Other public forum speakers included Gold Coast Health Board member, Professor Helen Chenery from Bond University and Dr Theresa Scott and Dr Jacki Little from University of Queensland.

The forum was part of the Gold Coast Health Research Week conference, an event showcasing research from Gold Coast Health, Griffith University, Bond University and Southern Cross University that aims to build a healthier Gold Coast.

Gold Coast Health's Office for Research Governance and Development Acting Director Dr Greta Ridley said the health service had a strong and sustained focus on world class research to deliver improved patient care and health outcomes.

Raising awareness and reducing stigma artfully



Madeline Bridgland and Helen Mason.

Gold Coast Health's annual event to celebrate the creative strengths of people living with mental illness continues to break new barriers.

More than 120 artworks were submitted for the ArtBeat Music and Arts Festival, an event held during Queensland Mental Health Week.

The record-breaking number of artworks ranged from charcoal sketches and watercolours to collage and sculptures and were created by current and previous patients of Gold Coast Health mental health services.

Gold Coast Health artisan Helen Mason and music therapist Madeline Bridgland connect with hundreds of mental health inpatients across the health service each year offering workshops as part of their treatment and recovery.

"Creativity has a role to play in every consumer's journey toward mental wellbeing and here at Gold Coast Health we've been offering regular music and art interventions to inpatients since the early 2000s," Ms Mason said.

"We find a lot of our patients relax with a paintbrush in their hand and it can lead to a different outlook of their mental health challenges and the symptoms associated with these."

Works in ArtBeat were displayed in the foyers of Gold Coast University and Robina hospitals and culminated with a festival featuring live music, bbq, free mental health information and more which was attended by 400 people.

"Engaging our patients and those who access our community services in a positive event like ArtBeat can be empowering for them – whether as an artist performing on stage, manning the bbq or simply meeting others living with a mental illness," Ms Mason said.

Ms Bridgland said the Mental Health Recovery Service adopted a holistic approach to care.

"Music therapy and art helps give voice to experiences and emotions that often remain silent for people with mental illness.

"Our team is super passionate about reducing stigma and ArtBeat has become a really meaningful way of doing this," Ms Bridgland said.

"Every year we get into the festival vibes and celebrate the amazing strengths and talents of people living with mental illness."

David, a self-taught artist, had a dozen artworks on display.

"It was with surprise that I discovered the almost euphoric state that I fall into when I am painting. All the world's troubles disappear for a while and it's as if the paint seems to know when to leave the brush and join the canvas," he wrote in his artist statement.

"As an artist I hope this feeling never leaves me."

Mental Health Week aims to educate the broader community and empower people to ask for help.



The ArtBeat exhibition at Gold Coast University Hospital.

Mental health services

Gold Coast Health is committed to providing safe, sustainable, efficient, quality and responsive services to the Gold Coast community.

Mental health services range from acute inpatient to community clinics and outreach programs with specialised services for children and young adult, older persons and alcohol and other drug addictions.

- Approximately 11 per cent of the community have a mental illness.
- In 2016-17 Gold Coast Health delivered more than 77,000 hours of mental health outpatient clinics, community-based clinics and treatment programs, in addition to 3300 inpatient admissions.
- Gold Coast Health operates a dedicated 24/7 phone line for people experiencing a mental health illness - 1300 64 2255 (1300 MH CALL).
- In 2016/17, more than 20,000 calls were made to the 1300 MH CALL number.

Miracle Gold Coast triplets survive difficult start to life

When Lenka and Kurt Danson discovered they were pregnant, the Nerang locals were overjoyed to be giving their daughter Kaitlyn a much-loved sibling.

Yet little did they know how incredibly difficult and frightening the journey ahead would be.

At the 12-week scan, Lenka was surprised to hear not one, but three precious heartbeats.

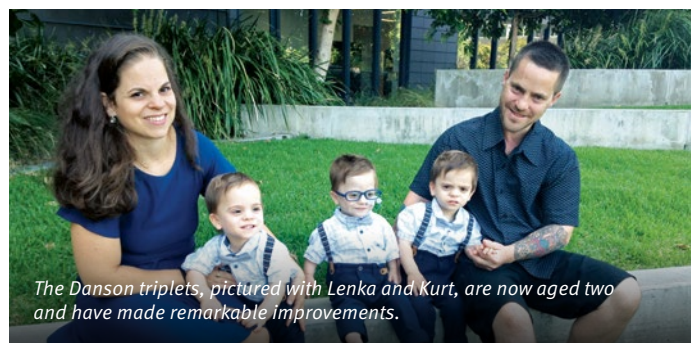
The excitement of adding identical triplet boys to their family quickly turned to panic when doctors warned about the high risk complications Lenka would inevitably face.

Her pregnancy was plagued by a serious condition called twin-to-twin transfusion syndrome, which affects identical twins and triplets that share one placenta.

With one of the baby's growth rate dangerously reduced, Lenka underwent urgent foetal laser surgery at 18 weeks. The surgery was risky, yet crucial to giving baby Phoenix a fighting chance of survival.

While the surgery was successful, the triplets threatened to arrive sooner than expected 10 weeks later.

Phoenix and his identical brothers, Noah and Lyrik, were born three months premature by emergency caesarean section in August 2015. The tiny newborns weighed just 670 grams, 920 grams and 1,160 grams respectively.



The Danson triplets, pictured with Lenka and Kurt, are now aged two and have made remarkable improvements.



Big sister Kaitlyn with her miracle brothers Noah, Lyrik and Phoenix.

Their early arrival into the world saw Phoenix, Noah and Lyrik battle numerous medical complications including heart defects, a serious eye disease affecting their vision, and immature lungs resulting in breathing difficulties.

Phoenix in particular was so sick and fragile that he couldn't be moved to the operating theatre for emergency surgery on his small intestine when he was only 15 days old.

Incredibly, surgeons brought the operating theatre to him and performed the lifesaving surgery in his bed in the Neonatal Intensive Care Unit, a first at Gold Coast University Hospital.

Lenka and Kurt are extremely grateful to the Gold Coast community for allowing their three premature sons to receive the best care locally.

"I feel so blessed that people are giving back to Gold Coast Hospital Foundation to help buy equipment and provide services," Lenka said.

"We've had the biggest support you could imagine. The quality of care and treatment we've received on the Gold Coast is unbelievable."

Despite their troubled start to life, generous supporters of Gold Coast Hospital Foundation helped give all three babies a chance at life.

"Thank you for giving my babies a future," Lenka said. "There are many more families who need help, so please be as generous as you can. Every donation helps."

Please donate to Gold Coast Hospital Foundation today to help other patients and their families during times of medical crisis. Visit gchfoundation.org.au to find out more.

Please help more local patients like Phoenix, Noah and Lyrik overcome medical hardship.

3 easy ways to donate:

- 1 **Return this donation slip to Gold Coast Hospital Foundation**
Retail Tenancy 3, Gold Coast University Hospital
1 Hospital Boulevard, Southport QLD 4215
PO Box 23, Griffith University, QLD 4222
- 2 **Donate online at www.gchfoundation.org.au/donate**
- 3 **Call us on (07) 5594 6986 with your donation details**

Thank you. Gifts of \$2 or more are tax-deductible.

- I would like to find out how to include the Foundation in my Will.

I'd like to make a gift of

\$100 \$50 \$200 \$..... (your choice)

Debited from my

Visa Mastercard

I have enclosed a cheque payable to Gold Coast Hospital Foundation

Card No.

Expiry Date..... CCV No.

Name on card

Signature

Green thumbs wanted for community garden

Gold Coast University Hospital is looking for budding gardeners with a social conscience to dig in and help plant, maintain and harvest an on-site community garden.



Established earlier this year, the garden produces nutritious herbs, vegetables and native garnishes, helps raise awareness of healthy food choices and provides an opportunity for staff, patients and visitors to connect with a green space.

Helen Clifford, from the Gold Coast Health garden project team, said staff volunteers watered the gardens but there was a need for a dedicated community garden coordinator and a gardener.

"These are volunteer positions which we hope will provide some members of the community an opportunity to feel social connectedness while being a part of a wonderfully sustainable initiative.

"We are looking for people who have good communication, a friendly helpful manner with the ability to work outdoors, use garden tools and apply safe work practices," Ms Clifford said.

"We have big ideas for our community garden. We hope to create horticultural therapy opportunities for in-patients as well as enhanced social connection for our staff and visitors through shared gardening."

The community garden is an initiative kicked off by a \$10,000 Improvers award in 2016 to enhance patient care through innovation. This year it has been made wheelchair friendly through local business funding and not-for-profit organisation support.

For more details on the garden volunteer roles, or to apply for the positions, go to the Gold Coast Health volunteer web page or email gc_garden@health.qld.gov.au

A sacred space for all

The sacred space (formerly chapel and prayer room) at Gold Coast University Hospital has been officially named in a ceremony during Spiritual Care Week celebrations.

Elder Debbie Sande revealed the chapel's new name 'Gubbai' named by the local indigenous people which means 'another' translating to all 'all of us' in the Yugambah language.

"This is a very sacred room for all people especially when someone is going through bad times," said Debbie.

More than 30 people attended the ceremony including Board Chair Ian Langdon, Chief Executive Ron Calvert, partners from Griffith University, together with representatives from the six faith groups and 20 denominations/sects.

Spiritual Services Coordinator Terry Ayling said; "The sacred space is intended to be a safe place for people of all faiths, traditions and beliefs or none.

"The name 'Gubbai' has been entrusted to us from the local indigenous people and is something with a deep wisdom that we will come to understand and live into over time," Terry said



Four fabric artworks by renowned indigenous artist, and 'artist in resident' for the Yugambah Museum, Janelle McQueen were also unveiled at the ceremony.

The artworks took 12 months to create and represent each of the four seasons. They will be permanently displayed at the Robina Hospital chapel.

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Gold Coast Hospital and Health Service

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