

## Meeting the Needs of the Hearing Impaired Population

We hop in the car and pump up the volume of the sound system and join a generation that is showing noise deafness at an increasingly early age.

Community noise exposure is increasing right across the field from recreational sources to domestic and industrial activities like use of power tools, lawn mowers, chainsaws and outboard motors.

As a consequence Australians in their early thirties are now showing evidence of noise damage on hearing tests.

Currently, one in six Australians is affected by hearing loss. This is expected to increase to one in four by 2050.

The Princess Alexandra Hospital is one organisation well positioned to provide for the estimated 300 deaf and hearing impaired patients who visit the hospital each day.

This achievement was acknowledged by Deafness Forum of Australia on Tuesday, 20th March. They presented an award to PAH for providing sign language interpreters and implementing devices throughout the hospital giving Deaf and hearing impaired people better access during medical visits.



CEO of Deafness Forum of Australia, Nicole Lawder, hopes that by congratulating companies who are making a difference and promoting the success of access pioneers it will encourage other organisations to do the same.

“The high incidence of deafness in our society means that organisations should ensure they cater to this large group of our society by having assistive devices and structures in place to assist the deaf,” said Ms Lawder.

“Just like having wheelchair access, there should always be interpreters, captioning, or a hearing loop in conference rooms,” she said.

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**Veronica Casey**  
Executive Director of  
Nursing Services

Message from  
the Executive

On behalf of the Executive, I would like to thank all staff for their ongoing proactive contributions and suggestions regarding our car parking challenges. We have been impressed by everyone's commitment to trying to resolve, or at least come up with creative solutions, and also responding to the many quick surveys that have been requested over the last few weeks. A big thank you!

As part of the recent Access Improvement Project, many staff throughout the PAH have been actively involved in the development and implementation of a variety of new initiatives to improve patient flow. Some of these include: hospital wide 3-2-1, Multidisciplinary Daily Board Meetings, 2 x 10am Discharges, Criteria Led Discharge and Acute Care in the Home, to name but a few.

Deb Miller recently finished up in the role as Project Manager. We would like to thank Deb for her energetic and focussed leadership over the past nine months and wish her well in her new venture.

Michael Jerome-Smith and his team from the newly established Patient Flow Unit will now work closely with the Divisions to ensure that these project initiatives are mainstreamed and integrated into core hospital activity, to ensure ongoing sustainability.

I'd also like to take an opportunity to congratulate Mrs Bettina Douglas who is PAH's first Nurse Practitioner and acknowledge this great achievement and support from the Renal team who had the foresight to support this new role. PAH currently has a number of Nurse Practitioner candidates who we wish well in their studies over the coming year.

On that note, it is wonderful to walk around the wards and see all the new and enthusiastic medical, nursing and allied health graduates commencing the new year. We know that they will be well supported by the Clinical teams at PAH and hope they enjoy their time here.

## Revolution in Surgical Safety Launched



PAH Emergency Department Consultant and Managing Director of Qlicksmart, Dr Michael Sinnott, demonstrates the Qlicksmart Cassette 3in1.

The world's first single-handed scalpel blade remover, designed especially for use in the sterile operating room environment, was launched at PAH on Wednesday 28th March.

Feedback for the Qlicksmart Cassette 3in1 has indicated that the invention is a true revolution in surgical safety.

The research, conducted right here the hospital, has proven that combining a single-handed scalpel blade remover and a passing tray is up to five times safer than a safety scalpel.

The launch was attended by Deputy Premier Anna Bligh, Minister for Health Stephen Robertson and Qlicksmart inventor Dr Neville Henry.

## PAH Receives Deafness Forum Award

*From Page 1*

Director of Audiology at PAH, Evelyn Towers, is eager for others to benefit from PAH's experience of making the hospital more accessible.

"We hope that organisations will pick up some practical tips to help make it simpler for them," said Ms Towers.

"One idea is to use captions on TV and health education DVDs. These are not as expensive as many people might think".

"Another key is to think ahead. Facility planning which considers assistive technology in the developmental stages can reduce costs and avoid difficulties later on," she said.

The inaugural award was presented to the Princess Alexandra Hospital on Tuesday, 20th March.

Graeme Innes, the Human Rights and Disability Discrimination Commissioner, was guest speaker at the event.

"This hospital has recognised the need to ensure that no Australian receives a second-class service because of a disability and I congratulate them on these initiatives," he said.

Commissioner Innes urged hospitals and other service providers throughout Australia to follow the example led by PA Hospital.

## A New Home For HRM

Human Resource Management has moved to its new location in the Nexus Building at Mt Gravatt.

### How will the relocation affect you?

- HRM's mailing address will remain the same, apart from Employee Relations
- There will be a twice daily mail delivery between PAH and the Nexus Building
- Training will continue on campus
- Job application kits can continue to be emailed, faxed or mailed to the Recruitment Department
- HRM staff have new telephone and fax numbers, available on Groupwise



### Employee Relations separates from HRM

Employee Relations provides advice to staff and managers on:

- Conditions of employment
- Performance management
- Grievance resolution process
- Enterprise bargaining initiatives
- Workplace standards of behaviour (bullying, code of conduct, sexual harassment)
- Work-life balance
- Absenteeism management
- WEHO network
- Surplus officer management
- Policies and procedures

Please direct all inquiries on these topics to the Employee Relations team on Ext 2174. All mail to these areas should not be marked 'HRM' as it will go to Mt Gravatt - address to Employee Relations.

The Safety, Quality and Risk Management Unit has changed its name to the Clinical Governance Unit.

*The teams and contact details remain the same.*

## PAH's Nurses Teaching Around the World

Two of PAH's nurses have returned from India with plenty of stories to tell about their time teaching on the subcontinent.

Clinical nurses Fiona Jennings and Danielle Griffiths, from the Intensive Care Unit (ICU), travelled to India last November as part of the first Indo-Australian Critical Care Workshop.

The ICU has been sending consultants to India for five years to conduct lectures and examinations as part of a teaching relationship with Indian doctors. Last year, the initiative was extended to critical care nurses.

Fiona and Danielle visited the Wockhardt Hospital in Mumbai, the Amrita Institute of Medical Sciences in Cochin and the Malabar Institute of Medical Sciences in Calicut. At these institutions they conducted workshops in various critical care

areas, incorporating multi-media presentations, case studies, hands-on activities and role plays.

"There were many challenges along the way including difficulties with language, accents and comprehension," said Fiona. "However, our workshops were extremely well received and the support we received from the Indian people was immeasurable."

"This was an incredible and rewarding experience and one we'll never forget," she said.

The courses were attended by a diverse range of Indian nurses from ICUs, catheterisation labs, operating theatres and general areas.

The subjects included patient assessment, respiratory failure and mechanical ventilation, arterial blood gas and ECG analysis, hemodynamic



Fiona Jennings and Danielle Griffiths

monitoring and other specialty critical care areas.

Division of Surgery Director of Nursing, Sean Birgan, said the trip to India had been very successful. "On behalf of the Division of Surgery, I would like to congratulate both Danielle and Fiona for proudly representing both the PA Hospital and the nursing profession," he said.

## Flu Crew Battle the Bug Again



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Left to Right: Belinda Henderson, Gayle Clements and Catherine Watson from Infection Control battle the dreaded flu bug.

Infection Control is once again providing all PAH staff with free vaccinations in time for this year's flu season.

The daily clinic is available 7am-8am until the 13th April, and 2pm-3pm until the 4th May. Also look out for the crew visiting your area!

## News from the Foundation

### Calling all gym junkies

In 2006 a bike ride to Townsville and a local fun run were held to raise funds for cancer research in memory of Adam Smiddy, a PAH physio who died tragically last year at age 26 from cancer.

Both activities received terrific support and will become annual events. The bike ride (covering 1600 kms in just 8 days) will take place from 16-23 September, and the fun run (organised by the Physiotherapy Department) will become a regular early morning feature of Melbourne Cup day each year.

With the help of around 20 cyclists, and through corporate sponsorship, The Smiling for Smiddy 2007 Challenge aims to raise



\$100,000, with all funds going towards cancer research grants right here on campus.

We are encouraging gyms and their patrons to join in the fun by raising funds for every kilometre clocked up on the exercise bikes between 16 and 23 September. Posters and sponsorship forms will be provided.

If you would like to find out more about the bike ride, the gym challenge or would like a pledge form to support the riders, please contact Anne Andrew on 07 3240 5212. News on the fun run will feature in a future issue of WhisPAH.

### Come one, come all...

...and hear all about the latest in cardiovascular research at our free community lecture on 17 April.

Don't miss this great opportunity to hear first hand from Professor Mike Roberts and Dr James Scharman about news, updates and breakthroughs in the treatment and prevention of heart diseases.

Come and share an hour with our on-campus researchers in the Russell Strong Auditorium. Morning tea will

be served at 10am with the lecture starting promptly at 10:30am.

Bookings are essential so please ring Jenny on Ext 2359 to reserve a place.

### Vending Machines

A big "thank you" to everyone for your patience during the change over of vending machines (thanks for the fun email Brenton!). We trust you are enjoying the new selections and please let us know if you have any suggestions about contents for the machines by calling Jenny on Ext 2359. Don't forget that each purchase from one of these machines helps to fund medical research.



*The PA Foundation financially supports cutting edge health research on the PAH campus*

## PAH 50th Anniversary Physiotherapy Recipe Book

*On sale now - Limited stock remaining*

Cost: \$10 (\$3 goes to PAH Cancer Fund in memory of Adam Smiddy)

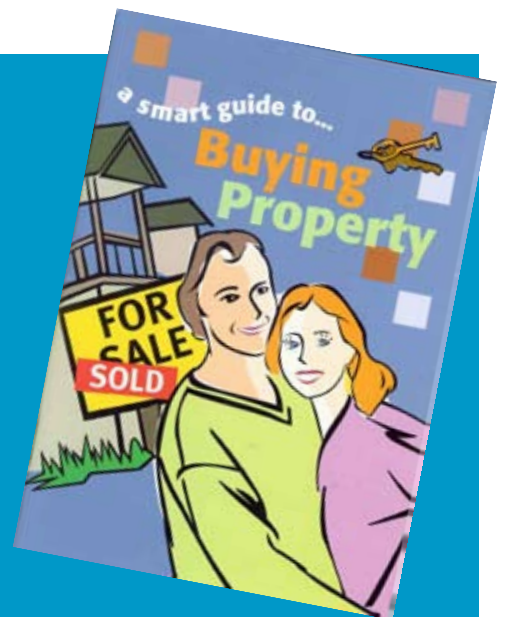
Contact: Nadine Simmons, Physiotherapy Outpatients, Ground Floor D



CUA is at PAH every Tuesday and Friday 11.30am-3.30pm.

All home loan enquiries in April will receive our free "Guide to Buying Property" booklet.

Call Rhonda on 0409 069 235 to make an appointment or just drop in!



## World's Greatest Shave: The Results

PAH staff lost their locks again this year when they took part in the World's Greatest Shave. On Wednesday 14th March, six brave staff members shaved their heads to help raise over \$3,500 for the Leukaemia Foundation.

They were supported by a diverse range of their hospital colleagues, who joined in the fun by spraying crazy colours into their hair.

"Once again PAH staff have shown their generosity by donating to this cause," organiser Lyndal Gray said.



Dr Michael Ferguson, Haematology



Raymer Walker, Oncology Day Care



John Power, Volunteers



Paul Lane, Physiotherapy



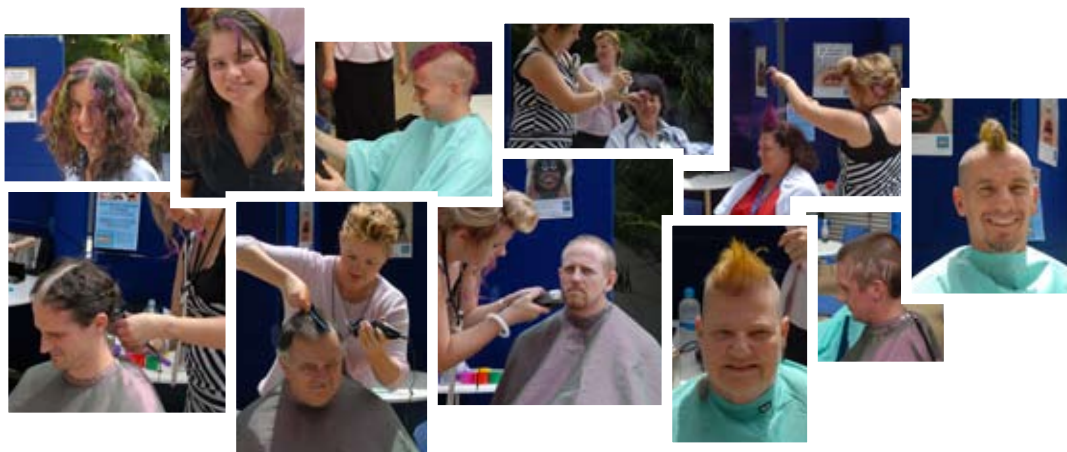
Tony Windred, Physiotherapy



Brendan Esposito, Oncology Day Care



Janelle Meakin, Oncology Day Care



Ann-Marie Perkins, PAH's Nurse of the Year candidate, has been busy raising money for the QLD Cancer Fund, and would like to thank everyone for their support in her various campaigns.

Contact Ann-Marie on Ext 2768 for an Easter raffle ticket or to donate gifts and cakes for her stalls.

## Ann-Marie's Upcoming Events

**30 March** - Winner of Darrell Lea Easter Egg raffle announced 5pm

**25 April** - Anzac Day cake stall in Foyer

**11 May** - Mother's Day stall in Foyer

**24 May** - Australia's Biggest Morning Tea



## Easter Staff BBQ



**Wednesday 4th April**  
**11.30am-2.30pm**  
**Diamantina Court**

- Free Choccy Easter Eggs
- Long Service Awards
- Flu Crew on site

**Plus great prizes proudly sponsored by CUA!**

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## Aim for 5 fruit and veg a day

Fruit and vegetables are an excellent source of the vitamins, minerals and fibre we need to help maintain a healthy body and fight diseases. Yet most of us don't eat enough of them.

Try to eat at least five portions of fruit and vegetables each day. This may sound a lot but the good news is that a glass of orange juice, an apple, a small can of tomatoes or baked beans each count as one portion. Potatoes don't count here although they are important in the diet for other reasons.

Different types of fruit and veg provide different nutrients in varying amounts, so choosing from a wide variety of them is best. With a bit of forward planning you will see that it's easy to meet the 5-a-day goal without having to make major changes to your eating habits.

Many fruits and vegetables can make handy snacks such as raisins, grapes, dried apricots, saltanas, tomatoes, carrot sticks, slices of red or green capsicum, bananas, pears and kiwi fruit.

## Take pleasure in active leisure

Think about adding some activity to your leisure time. Your local parks and leisure centres will have plenty of activities to try: bowls, cricket, football, swimming and lots more. See which one suits you best. Alternatively, try dancing, gardening or energetic DIY to keep you active.

Set realistic goals for yourself. Begin gradually and build up both the length and level of activity. Dolittles should start off with one or two 30 minute sessions a week. If 30 minutes in one go is difficult, try two 15 minute sessions.

If you have a medical condition, or

are recovering from illness, check with your doctor before you start. For maximum health benefits, Activators should aim to build up to 30 minutes of moderate activity five times a week. That means moving about enough to make you feel warm and slightly out of breath.

**Tae Bo Classes  
are held every  
Thursday at 5pm.  
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2281**

**Pilates Classes  
are held every  
Wednesday at  
5pm.  
To register call ext  
2281**

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The PA Hospital has no affiliation with, nor does it endorse SMAP. Potential clients should conduct their own due diligence.

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## UQ/PAH Library

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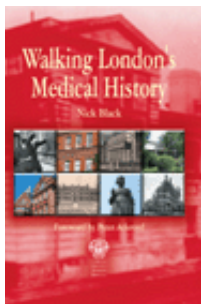
Micheline Francois  
Senior Library Assistant

Suzanne Macrow  
Senior Library Assistant



Take a walk through medical history when next visiting London...

**Walking London's Medical History**  
by Nick Black (RA988.L8 B53 2006)



King's Cross is one of London's busiest areas with its huge station, traffic-clogged streets and active nightlife. But how many people passing through the area pause to take stock of

its history – or indeed that of much of the city? Would they know the area was once home to both the London Smallpox Hospital and the London Fever Hospital, which were bulldozed in 1848 to make way for the Great Northern Hotel?

Now Nick Black, professor of health services research at the London School of Hygiene and Tropical Medicine is urging people to take time out to rediscover not only this area, but a large part of the capital's medical history. He has written a book detailing seven walks to existing and long-gone medical sites. His aims are to understand how the capital's health service developed the way it did and to help preserve a knowledge of its history

With teasing asides about the scandals and intrigues of London's medical history alongside more formal accounts, the author tells the story

of how health care has developed from medieval times to the present day through seven walks in central London, each with a key theme, such as competition between the Church, Crown and City for control of London, radical reform between 1840 and 1880.

Packed full of curious and surprising facts about medicine and beautifully illustrated maps, photos and images, this is the perfect little guide book for anyone with a passion for walking, the history of London and of course, medicine.

**Borrow this now – ring ext. 2571**

### News

- They're out of the closet!! Come and take a look at the wide range of cd roms available for "in library" use. We now have a dedicated computer for browsing these varied and interesting titles, most of which have accompanying textbooks. For example:

- *Perfect Medical Presentation: creating effective powerpoint presentations for the healthcare professional.*

- *Evidence Based Medicine: how to practice and teach EBM.*

And many many more.....

- The Library will be closed for the Easter weekend, from Fri 6 – Mon 9 April

## Car Parking Update

**Remember that Brisbane City Council's new 2-hour restrictions are now operational in streets surrounding the hospital. This means that you may be fined if you park outside a signed 'No Limit' parking zone.**

**There are various temporary options around the campus to offset parking spaces lost until the multi-storey car park is constructed. Check out the intranet for details on how to utilise one of these options.**

## Workplace rights and wellbeing: 2007 International Women's Day Breakfast

On Thursday, 8th March, staff from PAH celebrated International Women's day with a breakfast in the Russell Strong Auditorium Courtyard.

The day was commemorated in 45 countries throughout the world on the united theme of 'Women at work: Know your rights, it's your future'. The theme draws a connection between the historical struggle for workplace equity and women's rights, and today's similar struggle to protect working conditions.

It encourages women to be proactive in gaining knowledge about their workplace rights, protecting fair standards and practices and improving the status of women in the workplace.

While many think significant change has been reached with women in the workforce and even in the boardrooms, not all battles have been won as some countries still face a patriarchal society, or unequal pay to males in equivalent roles.



Enjoying the International Women's Day breakfast, Left to Right: Jo Scotter, Renae Dale, Kijiana Samuela, Melissa Venturi

As well as rights in the workplace, International Women's day had staff thinking of women's wellbeing. This issue strikes close to the heart for many women at PAH as recent attacks in parks and streets have raised safety awareness and concerns for all women.

With these complex issues in mind, the women of PAH used this opportunity to converse with likeminded women and to honour the achievements of women past, human rights and international peace and security.

In Australia, the first International Women's Day was held as a rally at the Sydney Domain on 25 March 1928.

**PAH 50th Anniversary T-Shirts**

\$15 each

Remember, they're tax deductible so get yours before the end of the financial year!

Call Ext 2281

## Recognising Achievement and Contribution

Nine PAH staff members have achieved conditional advancement as part of the Professional Officer Conditional Advancement Scheme.

The program enables Professional Officers at levels PO3, PO4 and PO5 to be advanced to a higher classification level within their substantive position.



Clockwise from left: Clinical CEO Dr David Theile and Executive Director of Clinical Support Services Julie Connell with the successful applicants Angela Vivanti, Joanne Oram, Paul Taylor, Dominique Doherty, Paula Addis, Helen Tinson and Azmat Ali. (Absent: Amanda Purcell and Glenda Price).

Its purpose is to recognise outstanding achievement, advanced knowledge or a valuable contribution to clinical or professional areas.



\$20 off entry

Exclusive to PAH staff, Seaworld is offering \$20 off entry until 31 May. Get your coupon at the Reception Desk, Building 15 Level 3



**My name...**Shannon O'Shea

**Song I am humming...**It changes all the time but today it is "Joker and the Thief" by Wolfmother

**Number of years at PAH...** I started at the PA in January 2001 and have been working as a Clinical Nurse/ Facilitator in 4B Renal since 2002. I have also worked as: a Clinical Facilitator for the University of Queensland for Nursing students, the CNC Project Officer for Magnet, the Project Officer for Best Practice Australia Survey and acted as the Nurse Unit Manager.

**Alarm clock...**My dogs usually wake me up in the morning. I have three dogs: a German Shephard call "Kirra"

**My name...**Peter Kellemeier (PK)

**Song I am humming...**I hum bits of songs that I don't know the names to

**Number of years at PAH...**42yrs and 1 month

**Alarm Clock...**Sunlight

**First Job...**Stores Clerk @ Nestles

**My Starbucks drink is...**Big skim latte

**Indulgence...**Sticky date pudding/ Butterscotch pudding

who's 7 years old, a cattle bullterrier cross called "Bundy" who's 16 years old and a Siberian Husky called "Kuta" who is only 14 months.

**First job...** I was 15 and it was as the Venue Manager for the Queensland Volleyball Association SpikerSports Social Volleyball Competition held at QEII stadium every Wednesday night. Loved it!

**My Starbucks drink is...** Cafe Latte

**Indulgence...**Holidays. My husband and I love going away together and try to do this at least twice a year for a couple of weeks. I also love camping and fishing on the beach with our friends at Double Island.

**First car...**A white 1978 Toyota Corolla called 'albino'. Only three of the doors worked, it only had an a.m. radio and it once caught on fire in the garage by itself. I got to know the guys at RACQ very well from owning this car.

**Last purchase...** Meat from the butcher for Saturday night BBQ at our house which we do at least twice a month with our group of friends.

**Favourite movie...**Don't really have one favourite but I do love action films and hate scary movies.

**Last dress up party I went as...**This sounds terrible but I went as a sex therapist called "Des Perate". Not by my choice though, it was part of a host your own murder mystery party that our ward organised. It was very funny.

**Looking forward to...**Days off, pay day, holidays and paying off my mortgage.

**Best thing about me...**Hard question to answer.....I guess I'm told that I'm a very happy person by my friends and work mates.

**My life...**Gets better all the time which I didn't think was possible but I have a great job, great husband whom I have been with since I was seventeen and beautiful family and friends. I am an extremely lucky girl.

**My Ward...**Is the greatest place to work which is why I have been there for so long as have the other staff. I love the staff I work with. They are the greatest team of nurses, doctors and allied health professionals that I have ever come across. Their dedication, support and sense of humour is just amazing. I feel very lucky to work in renal and will probably be there until I retire.

## Who's Who at PAH

**First Car...**Austin A40

**Last Purchase...**68" TV

**Favourite Movie...**Hunt for Red October

**Last dress up party I went as...**too long ago to remember!

**Looking forward to...**Trip to Hong Kong

**Best thing about me...**Easy nature

**My life ...**full of excitement

**My Ward...**Supply Department



## Practice Makes Perfect with Emergo-Train



Above: Emergency Department staff busy participating in the Emergo-Train exercise  
Below: Ambulance officers joined in the exercise alongside PAH staff



Over 100 staff participated in a mock Code Brown this month in a test of PAH's abilities to cope with a major transport disaster.

The 'Emergo-Train' Exercise, conducted on Thursday 15th March, featured a mock train wreck which involved about 130 simulated 'patients' descending on the hospital with various injuries.

The aim was to ensure that in a real disaster situation, the district would be able to respond effectively to a surge in capacity and manage its patient and information flows.

Staff from all employment streams

were involved, including clinical, administrative and executive streams.

Disaster and Emergency Response Coordinator, Linda O'Sullivan, said that while the district was well prepared to respond to a major disaster, the exercise was beneficial to refresh staff on processes involved in a Code Brown.

"It provided us with some very valuable information to help us plan for the future," she said.

She said there were plans to hold similar exercises in the future.

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