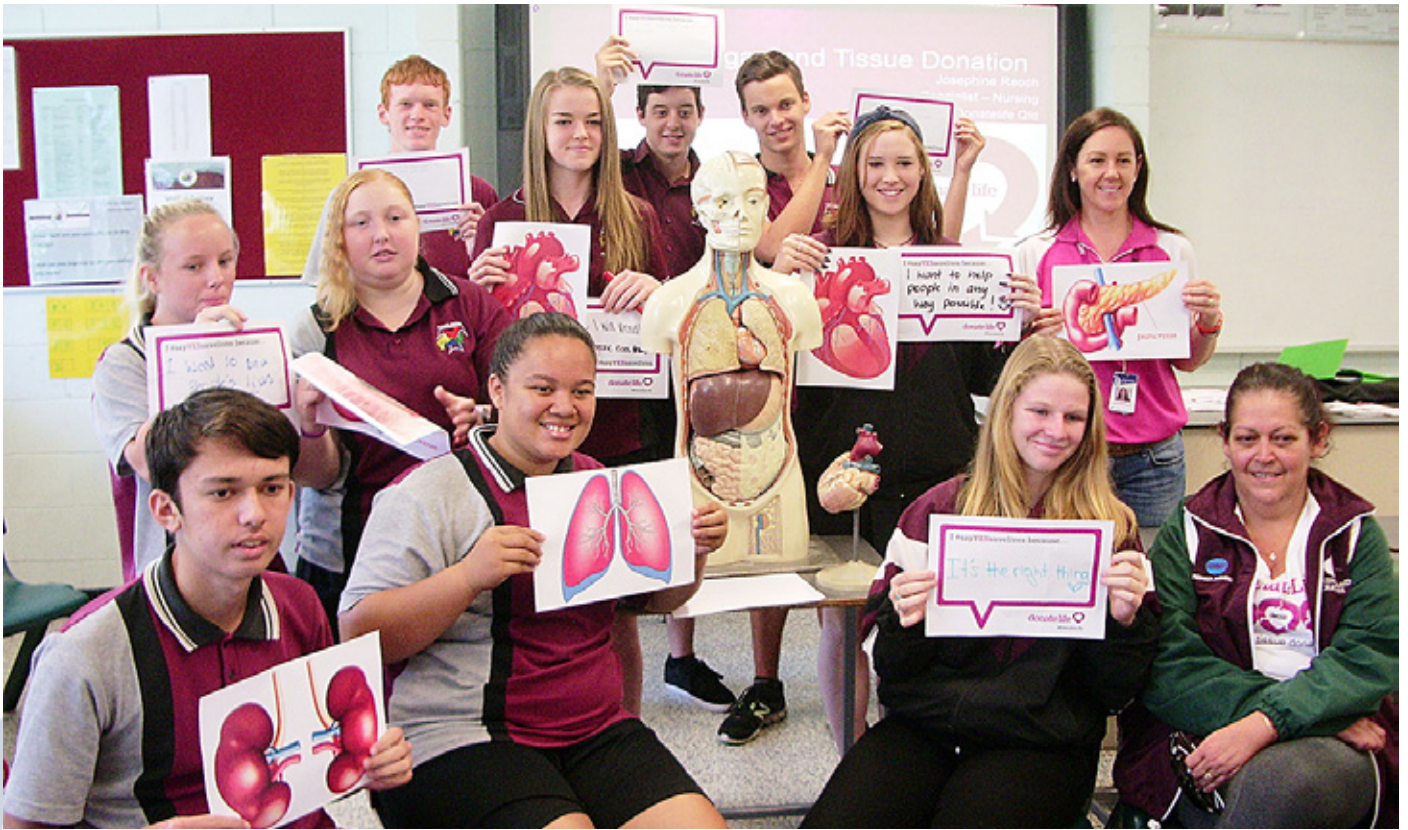


14 AUGUST 2015 — CENTRAL QUEENSLAND HOSPITAL AND HEALTH SERVICE



Tracey Slatter (front right) a double lung transplant recipient and Jo Reoch (top right) with some of the Year 11 Toolooa High students – learning about organ donation and transplantation.

Spreading the word in CQ for DonateLife Week

DonateLife Week 2015 (2-9 August) has come to an end, but any time is a good time to talk to your loved ones about organ donation wishes. In Australia, we will always ask the next of kin to confirm the donation wishes of the deceased, and you can't do that if you don't know what those wishes are. This year we asked Australians to consider, "if you would say YES to a life-saving organ transplant ... have you said YES to becoming an organ donor?" Lots of activities were held during

Donatelife Week to highlight this important topic. Rockhampton Basketball encouraged the crowd to "Wear PINK to support organ donation" at the Rockhampton vs Cairns QABL game; Toolooa High School Year 11s learned all about donation and transplantation from Donation Nurse Specialist Jo Reoch and double lung recipient Tracey Slatter; Donut King served up coffee in cups encouraging customers to "have the chat that saves lives"; organ donation

information presentations were given at the Salvation Army and Vector Health; information stalls at Stockland and at the Hand Made Markets; Pivot Health and Fitness promoted "sayYESsavelives" all week and Theodore Medical Centre staff highlighted the importance of the family conversation with their clients. With every organ donor having the potential to save many lives ... why don't you "sayYESsavelives"?

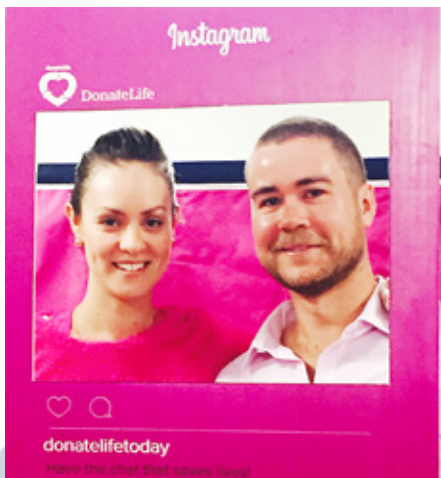
<http://donatelife.gov.au/>



Pivot Health and Fitness - Saturday Boot Camp.



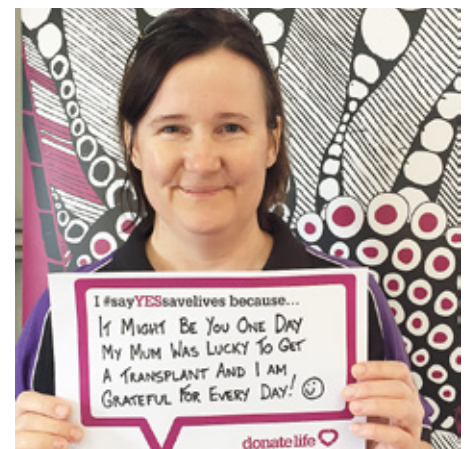
Pivot Health and Fitness - Monday Spin class.



Alisha Villa and B-Rad Williamson at the Basketball.



Greg and Shelley McKenzie wear pink to support organ donation.



Michelle spreads the word at the Hand Made Markets. Her mum has had a kidney transplant.



ABOVE LEFT: Sandra Clark (Pink Panther) receives her prize from Jo Reoch as best dressed in the "wear pink for organ donation" fun at Rockhampton Basketball.

ABOVE CENTRE: Maddy Barclay and Abby Reoch.

ABOVE: Donut King encourages "have the chat that saves lives".

LEFT: The Rockets support organ donation.



Scott Hinton with Dr Theresa Moyers, international expert in Motivational Interviewing.

MINTie anyone?

Motivating Central Queenslanders towards better health outcomes

Rockhampton AODS Senior Psychologist Scott Hinton recently undertook a three-day Train the Trainer (TNT) program in Melbourne, enabling him to become a member of the Motivational Interviewing Network of Trainers (MINT).

MINT is an international organisation of trainers in motivational interviewing (MI).

MI is an evidence-based style of counselling designed to strengthen an individual's own motivation and commitment towards healthy behaviour change and wellness. To be accepted for MINT TNT training, Scott was required to undergo a rigorous application process

including the submission of a work sample demonstrating proficiency in MI. This is only the second time this training has been conducted in the Southern Hemisphere and only 40 participants from around the world including Hong Kong, New Zealand, and the United States were accepted.

There are currently less than 50 MINT members in Australia and Scott is one of only four in Queensland.

Scott is looking forward to sharing his passion for MI with interested others and will offer training sessions within the CQHSS in the near future.



Cosy gift from Emerald Breast and Prostate Cancer Assoc

Brent Garner (above) gratefully accepted this beautiful quilt, made and donated by the Emerald branch of the Breast and Prostate Cancer Association, presented by Jo Oughton, the newly appointed Prostate Cancer Support Nurse Emerald.

Jo started in this new role on July 23 and is looking forward to enrolling in the Prostate Care Education Program offered in 2016 through the La Trobe University, and generously supported by the Prostate Cancer Association.

She works one day a week in the role (Thursday) and can be contacted on 4983 9718.

Barbecue gear available for loan

Rockhampton Hospital Social Club has a fantastic barbecue available for loan to staff groups for sausage sizzles and fundraisers.

For details, call David Brown from the Social Club on 0423 011 447.

60 seconds with...

My name is: Kym Shearer

My occupation is: Nurse Unit Manager

The unit/department I work in is: Sub Acute Geriatric Evaluation (SAGE) Unit

Away from my job I relax by: Motorcycle touring with my husband Jeff and sleeping

Five people I would invite to dinner, living or dead, are: Governor General Peter Cosgrove, Elvis Presley, William Shakespeare, Estee Lauder and Mother Teresa

If I won Lotto I would: Spend the money ... so many ways ... holiday, donate to diabetes and dementia research, upgrade my motorbike, pay off some debts, help out my kids

If I was stranded on an island the three things I would want would be: Clean water source, a flint and Bear Grylls, that way I wouldn't starve and could get off the island, hopefully

The first album/tape/CD I bought was: Grease LP on vinyl

My favourite song is: Anything



from Meghan Trainor at the moment

I can't live without: Music, good food, good wine, good health, my husband and my children

Something most people don't know about me is: I suffered from Nervous Alopecia as a child, and now can't bear to cut my hair

When I was young I dreamed I would be: An actress. I loved

the theatre, however I'm too uncoordinated to dance and can't hold a tune apparently ...

My philosophy on life is: to quote Shakespeare, to thine own self be true

The best thing about working for Central Queensland Hospital and Health Service is: The fantastic people I work with and the differences we make to the health care outcomes of our clients

Keeping up with plaster techniques

Alan Noye, Ward Services Officer at Gladstone Emergency Department, recently attended the weekend Australian Institute of Orthopaedic Technologists (AIOT) conference at Royal Melbourne Hospital. Alan always attends the annual conferences and finds them so valuable he pays his own way. Participants keep up with the latest plastering techniques by taking part in case scenarios, casting workshops and lectures by registrars and consultants. It's also a great chance to network with other technicians from all around Australia.



Gladstone Plaster Technician Alan Noye with Kate from the Royal Melbourne Hospital at the recent Australian Institute of Orthopaedic Technologists conference in Melbourne.



Central Queensland Mental Health Alcohol and Other Drugs Service staff participated in an information gathering and consultation process for the development of the Mental Health, Drug and Alcohol Services Plan 2016-21. The Services Plan will guide service planning and delivery of state-funded mental health and alcohol and other drug services. Consultation in Rockhampton last week aimed to analyse the current system and discuss identified gaps in service provision and any local planning and issues.





Rockhampton Hospital's Cancer and Palliative Care Services team, 'Toxic Tarts', won their first game of touch football last Wednesday night with a whopping score of 7-0. Celebrating their big win are team members (from left): Michelle Pflugardt, Jacqueline Leleu, Sarah-Jane Warden, Julia Richards, Libby Balmanno, Corrine Maddocks, Elizabeth Maddocks, Kim Burke, Chloe Kelly, Tammy Davies and Georgia Davies.



International Overdose Awareness Day (IOAD) is a global event held on August 31 each year and aims to raise awareness of overdose and reduce the stigma of a drug-related death.

It also acknowledges the grief felt by families and friends remembering those who have met with death or permanent injury as a result of drug overdose.

Overdose Day spreads the message that the tragedy of overdose death is preventable. Wear Silver to show your support.

The theme for 2015 is Rethink and Remember.

<http://www.overdoseday.com/resources/downloadable-resources/>

CKN training

CKN is offering the following training opportunities in August.

These include Training Webinars on: Clinical Key Overview; Clinical Decisions made easier with BMJ Best Practice; Introduction to CKN Resources; DynaMed; Cinahl Complete; PsycINFO; Medline Complete; Isabel and PEMSsoft.

Check out sessions on offer at: <https://www.ckn.org.au/training/upcoming>

A range of pre-recorded training, audio-visual demonstrations, plus user guides and documentation is also available.

The Health Sciences Library staff can also run individual or group training sessions in the library; or in your department or local facility (if not located at the Rockhampton Hospital campus). Sessions can be tailored to your clinical area's specific requirements.

Contact Debby Frawley & Sue Druskovich on 4920 6537 or libhelp@health.qld.gov.au



Congratulations to Gladstone Hospital Emergency Department Nurse Practitioner Hayley Bower who received a lovely thank-you card from a grateful patient last week.

It said:

"A big thank you Hayley for the wonderful care I received from you."



Focus on regional cancer services

Professor Helen Zorbas, Chief Executive Officer of Cancer Australia, visited the new Central Queensland Integrated Cancer Services at Rockhampton Hospital on Monday afternoon. She's pictured here with Nurse Unit Manager Cancer Care Sarah Warden.

Professor Zorbas was in Rockhampton to present at the "Enabling Regional Cancer Services Forum" hosted by Central Integrated Regional Cancer Service (CIRCS) at CQUniversity.

\$50 - RMO Members
\$75 - Non Members

Mine Tour & Gem Panning, - Dinner & Drinks, - Breakfast, - Tour of Gem Fields.
Teaching: Intro to primary/secondary/tertiary survey, Rural trauma, Patient simulations
20 Places : September 26th 7:30am - Return 27th pm

EMERALD ADVENTURE

KINDLY SPONSORED by CQHHS & HMS Rockhampton
TO SECURE YOUR TICKET PLEASE EMAIL: hmsrockhampton@gmail.com

DO YOU RECOGNISE THE SIGNS OF STIMULANT OVERDOSE?



CHEST PAIN with pounding heart.
Shaking and seizures.



SWEATING and hyperactive.
Raised body temperature with hot, flushy skin.



BREATHING is rapid with body chills.



DISORIENTATION, irritability, anxious or
psychotic behaviour may be seen.

More information and fact sheets can be found at www.overdoseday.com

CQHealthwise is the name of CQHHS's new employee wellness program! Thank you to all who voted in the survey. Watch this space for further developments.



Time to start organising your teams!

The **CQ HEALTHWISE 10000 Steps Challenge** is an 8-week team-based program that will have participants virtually walking through the major facilities within the Central Queensland Hospital and Health Service. The course is set over 1,312,335 steps or 1000km, starting in Emerald and finishing in Emerald.

Teams are made up of two or more staff members with daily team totals expected to be approximately 23,000 steps. Teams with more than two members will have their average multiplied by two put towards their daily team total.

Each team will be required to choose a team name as well as a team captain to ensure step totals are submitted each Monday to a Safety and Wellness advisor. Step totals will be monitored on an individual basis in a program log book with weekly step totals submitted by the team captain via email or phone. A tracker will also be updated each week and communicated through

the DRIFT every Friday. Each team member will receive a high quality pedometer!

Throughout the challenge participants will reach major checkpoints starting in Emerald followed by Biloela, Gladstone, Rockhampton, Yeppoon and returning to Emerald. On reaching each checkpoint, participants will receive tools

to encourage them on their **CQ HEALTHWISE 10000 Steps Challenge** journey. A barbecue will be held at each facility checkpoint to further promote the program and healthy lifestyles.

Next week's Drift will communicate all of the sign-on times, locations and contact details.

VIRTUAL WALKING TRACK:

START

| | |
|-------------------------|-------|
| Emerald > Biloela | 350km |
| Biloela > Gladstone | 125km |
| Gladstone > Rockhampton | 125km |
| Rockhampton < Yeppoon | 50km |
| Yeppoon > Emerald | 350km |

| | | |
|---------------|---------------|--------|
| FINISH | total: | 1000km |
|---------------|---------------|--------|

Nominations now open.

Recognising excellence
and outstanding achievements
within the Queensland
public service.

Customer focus

Fostering innovation

Excellence in performance

Courage and integrity

Excellence in leadership

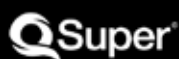
Nominations close

Monday 31 August 2015

qld.gov.au/excellenceawards

2015 Premier's Awards for Excellence

Proudly supported by:



Lunch time relaxation

All staff welcome

The Hospital Social Work, Psychology and Cultural Support Team invite all staff to participate in **FREE relaxation sessions** facilitated by accredited Mental Health Social Work Practitioner Judy Fisher.

This staff **self care** activity will provide these benefits:

- Stress management
- Increased energy level and productivity
- Decrease in heart rate, respiration rate and blood pressure
- Decrease in muscle tension
- Increased self-confidence
- Improved concentration and memory

Venue: Rockhampton Hospital
Learning and Development Centre (LDC) Lecture Room 1

Date: Tuesday 1 September 2015

Time: Session 1: **12.00pm - 12.30pm**, Session 2: **3.45pm - 4.15pm**

Bring: Optional - towel or yoga mat

relax, refresh, revive

Bookings not essential. For more information page Judy Fisher on 841.



Seniors Week

HEALTH & WELLBEING EXPO

Wednesday 19 August
2.30pm - 4pm

Gladstone Senior Citizens Centre
Oaka Lane, Gladstone

Come and meet
representatives from
businesses and services who
support Seniors.

Over 30 Exhibitors

Join the Creative Recycling Centre team and Gladstone Midday Rotary to make Australia's Largest Recycled Rug! Constructed of 100% recycled fabric.



Dental Care

Healthy Lifestyle

Home Services

Housing & Accommodation

Many Health Experts

Mobility & Health Equipment

Preventative Health

Rehabilitation Options

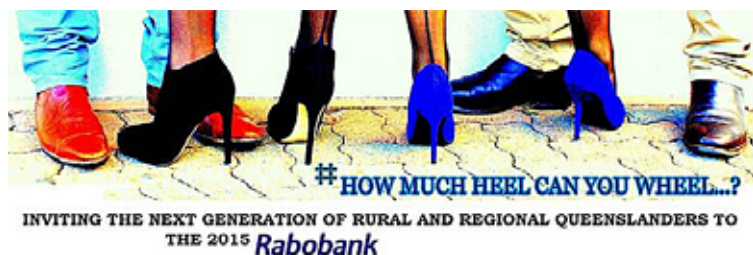
Safety

Services for Seniors

Skin Care & Beauty

Transport

For further information contact
Andrea on 4976 6300 or
cas@gladstonerc.qld.gov.au



Plush Dust Cocktail Party

29th AUGUST 2015

** FLAMINGOS ** ROCKHAMPTON ** 6 PM **

- LIVE MUSIC ** CHARITY AUCTION
- CANAPÉS ** BEER ** WINE ** SPIRITS
- COCKTAIL ATTIRE ** ID REQUIRED ** 18+ EVENT
- Tickets on sale now at www.seeitlive.com.au

Tickets

LIMITED EARLY BIRD TICKETS \$130
\$150 AFTER EARLY BIRD OFFER RUNS OUT!

www.facebook.com/PlushDust



SPONSORS

DLV Finance

Ray White Liveness
Rockhampton

BENEFIT FOR



*The Rockhampton Grammar School
Dance and Musical Theatre Academy's
production of*

Disney Aladdin JR.

Music by
Alan Menken

Lyrics by
Howard Ashman and Tim Rice

Book Adapted and Additional Lyrics by
Jim Luigs

Music Adapted and Arranged by
Brian Louiselle

Based on the Screenplay by
Ron Clements and John Musker
Ted Elliott and Terry Rossio

By arrangement with Hal Leonard Australia Pty Ltd,
exclusive agent for Music Theatre International, NY

preceded by

"That's Entertainment"
(a variety of performances by students of the Academy)

7 pm
Friday 18th September
PILBEAM THEATRE
Dial 'n' Charge 4927 4111
www.seeitlive.com.au





Sauulaki 3 Shish kebab on East Street

This Friday evening

Come and taste
middle eastern style street cuisine

family friendly

entrance via That Joint coffee shop

45 east street workshop rockhampton



A Little Spring Indulgence

Rockhampton South Kindergarten
High tea

Dust off your favourite tea cup,
don your finest frock and welcome in the
spring blooms!

Sunday 13th September
1.00 pm for a 1.30 pm start,
Under the Banyan Trees at the Botanical Gardens

Tickets available at
trybooking.com

Prizes for the best tea set and story shared.

ROCKHAMPTON SOUTH KINDERGARTEN
HIGH TEA



A FUNDRAISER TO SUPPORT THE ROCKHAMPTON SOUTH KINDERGARTEN ASSOC INC.

ROLL UP YOUR SLEEVES AND GIVE BLOOD.

Rockhampton Blood Donor Centre
Rockhampton Base Hospital
Quarry Street, Rockhampton

Gladstone Blood Donor Centre
Gladstone District Hospital
Kent Street, Gladstone

Call **13 14 95** or visit
donateblood.com.au

 Australian Red Cross
BLOOD SERVICE



ST PETER'S CAULFIELD CUP RACE DAY

All St Peter's Birdcage ticket holders receive exclusive access to the St Peter's Birdcage and includes

- Entry to Callaghan Park Race Course
- Comprehensive food and drinks package
- Exclusive 'SOMETHING DIFERENT' Fashions on the Field
- Live entertainment, bookies, exclusive marquee

 **GENERAL ADMISSION**
\$130 per person (Earlybird price)

 **PLATINUM PACKAGE**
\$150 per person (Earlybird price)

Bookings for tables of 8 ~ Reserved in Private VIP enclosure
To secure your table contact St Peter's School on 4927 5994

Earlybird specials available until 18th September

After 18th September

General Admission tickets \$140 and Platinum Tickets \$160

 Find us on
facebook. St Peter's Caulfield Cup Race Day
St Peter's Catholic Primary School 07 4927 5994

TCC Rowing presents:

A *CURRY NIGHT* LIKE NO OTHER!

Banyan BOLLYWOOD

\$60 per person
SEPTEMBER

5

Enjoy a delicious authentic Indian Feast enshrouded by the magnificent Banyan trees at the Rockhampton Botanic Gardens on the paved area behind the **Gardens Tearooms.**

From 6pm

Enter via Japanese Gardens, Phyllis St

- Includes 2 complimentary drinks
- Fabulous food
- Exotic surrounds
- Entertainment
- Prizes
- Raffle
- Experience the Gardens *after dark*

BOOKINGS via Trybooking.com and search Banyan Bollywood
or click link below:

<http://www.trybooking.com/Event/EventListingURL.aspx?aid=32740>

For further information contact Maria Greene 0448985034 or Julia Greene 0410010622

Thank you to a lot of very kind people

RECENTLY I fell entering the Allensdown shopping centre.

I would like to thank the country gentleman who rushed to my aid and several other people for their concern and help, the young mother who provided a first aid kit, which was very much appreciated and Judy and Cathy's help from the newsagent.

The gentleman phoned for an ambulance, which arrived in a very short time, the two ambos gave efficient needed attention.

My fall was at 8am and the ambos had me at the emergency department by 8.30am.

Immediately I was attended by two

doctors who were very caring whilst all the medical attention was given plus a scan.

By 4pm complications had set in, a very helpful person answered my call at the Rockhampton Hospital and I was returned to the emergency department where I was cared for immediately by a kind doctor.

After his attention and x-ray I was allowed to go home again.

I could not fault the attention at the Rockhampton Hospital or ambulance and all free.

So thank you all – reception, phone staff and the amazing medical people, also my GP who cared for me the few weeks which followed.

Thanks to all the people involved when I fell.

I hope I did not disrupt your plans for the day.

■ CVW, The Range

This Letter to the Editor is in today's Morning Bulletin.

Speech Pathology Week Bake Sale!



When: 24th August 2015, 9.00am until sold out
Where: Speech Pathology Office, 6th Floor
Rockhampton Hospital

The Speech Pathology Department will be holding a Bake Sale to celebrate Speech Pathology Week 2015. This year's theme is 'Talk with me' so come grab some treats and have a chat to us! There will be a range of baked goods on offer with packs starting at \$5.00.

Save The Date...

Rockhampton Hospital
Medical Society
Masquerade Ball!

When: Friday 23rd October
2015

More details to follow...

For sale

Toro ride-on lawn mower
Built-in mulcher
Good condition
\$1100. ONO

Phone 0418 265 761



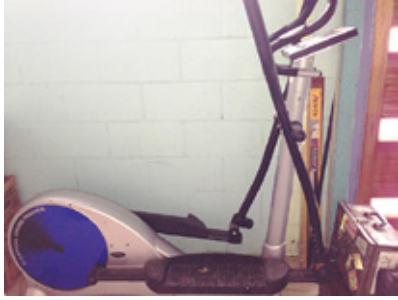
Send your Drift contributions to Julie-Anne West on Outlook

For rent

Wandal townhouse

Single Room : \$160/week + utilities
Spacious and fully furnished room with ensuite in a shared townhouse in Wandal.

For more info contact: Rachit Srivastava at rsrachit87@gmail.com or 0478 138 015.



For sale

Infinti Cross Trainer
\$250. ONO
Phone 0418 265 761



For sale

VW Tiguan Pacific 2012, auto parking 47,000km, automatic, rain sensor wipers, cruise control, dual air/cond., central locking \$25,000 ono
Ph 0429 194 983.



For sale

2013 Lexus CT200h
\$29,990
Still has 2 years new car warranty 52,000km
Full log book service history. Hybrid technology, averages 4.9l/100km
Six months registration. Auto headlights and wipers; Bluetooth; Heated seats; Satellite navigation; Dual zone climate control; Sun roof; Cruise control; Leather seats; Great car, only selling due to moving overseas.
Amelia 0401 336 329



For sale

Westinghouse pidgeon pair 423 litre fridge and freezer.
Frost free. Good condition
\$450 each ONO
Phone 4927 3672

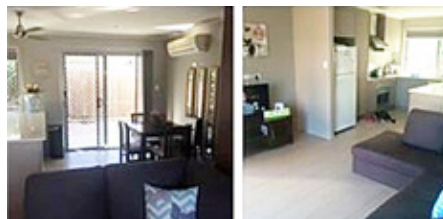


For sale

Holden Barina. 2006. 43,500km. Excellent condition.
6 Months Rego. 5 speed Manual.
\$5300 ono
Ph 0429 340 212 or 0418 291 125

For sale

Cat pole
\$80 ONO Only used three times.
Excellent Condition. Paid \$160
Phone 0418 265 761



Room for rent

Unfurnished, central location in North Rockhampton. Room as built-in wardrobes and reverse cycle aircon. Electricity and wifi included.
\$180 a week, plus two weeks bond. No pets.
Phone or email Sarah
0422 203 418
Sarahthomson378@gmail.com



For sale

7 weeks old, 1 boy 1 girl \$150
please call 0412 801 242

