

An official publication of Mater Nursing and Midwifery Alumni



AlumniNews

APRIL 2016

Trekking to new heights for stillbirth research at Mater



Next month Donna Bonney, CEO Mater Education, will join 18 others in the trek of a lifetime to China's Great Wall. Together, they'll be raising \$150 000 to support Mater's Neonatal Critical Care Unit and Centre for Maternal Fetal Medicine.

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A message from our Chairperson



It's hard to believe how this year is flying by—Christmas doesn't seem that long ago and, with Easter already behind us, we're now looking ahead to the rest of 2016 and what it will bring.

Each year, two special days for me are International Day of the Midwife and International Nurses Day, both celebrated in May. We all understand how important nurses and midwives

are—not only as vital parts of the healthcare system, but we're also the people who are there to comfort and support patients and their families. Whether it's bringing a new life into the world or supporting our families to say goodbye to a loved one, midwives and nurses are there at the coalface—healing, helping and caring. International Day of the Midwife and International Nurses Day, on 5 and 12 May respectively, acknowledge these never-ending contributions and the tireless work of nurses and midwives from around the world.

I'm very proud to share with you the announcement of Mater's next big maternity project—Australia's first 24/7 Pregnancy Assessment Centre. The planned centre is due to open in 2017 as part of Mater Mothers' Hospital in South Brisbane. Open seven days a week, 24 hours a day to all pregnant women—not just Mater patients—it's a wonderful example of Mater's commitment to quality healthcare for all Brisbane mums-to-be. And the good news is that all funds raised for Mater Little Miracles in 2016 will go directly towards bringing Mater's Pregnancy Assessment Centre to life.

In this edition, we also announce the opening of our Alumni scholarship applications for 2016—made possible with the generous support of Alumni members like you. Being launched at this year's International Nurses Day Seminar, we ask you to please consider making a tax deductible donation before 30 June to ensure that our Alumni scholarships continue in perpetuity, enabling nurses and midwives at Mater to remain at the forefront of best practice for years to come. For your convenience you'll find a reply paid donation form enclosed.

A handwritten signature in black ink, reading "Cheryl Clayton".

Cheryl Clayton
Chairperson—Mater Nursing and Midwifery Alumni

Donna's stepping out

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CEO Mater Education and Mater Nursing and Midwifery Alumni Council member, Donna Bonney, will soon be trekking the Great Wall of China to raise funds for Mater Little Miracles.

As part of the Miles for Miracles—Great Wall Trek, Donna will spend five days trekking the Great Wall and raise an amazing \$5000 to fund research into the cause of stillbirth; supporting the ongoing work of Mater's Neonatal Critical Care Unit (NCCU) and Centre for Maternal Fetal Medicine.

As a long-term supporter of Mater Foundation, Donna has seen firsthand the dedication, knowledge and expertise of the team in Mater's NCCU—both as an educator and as a parent.

"My twins were born here at Mater 10 years ago and both ended up in the Special Care Nursery, so I saw this opportunity as a good chance to promote the work that's being done across Mater and help raise funds to support it, especially when it comes to mothers and babies," she said.

"I was fortunate to have had a fantastic outcome with my babies, but I know that not all parents have that same outcome; some come into hospital and don't get to take their babies home."



for stillbirth research at Mater

“Through my role at Mater, which includes overseeing education within the neonatology unit, I have seen firsthand how dedicated everyone in that team is to giving seriously ill and premature babies the best possible start to life. They have enormous knowledge and expertise which is quite inspiring.

“As I’m sure many of our Alumni would agree, for the midwives and nurses who have worked in Mater Mothers’ Hospital and our NCCU, it’s a real calling to look after babies and their families at such a vulnerable time.”

Donna was inspired to sign up for Miles for Miracles—Great Wall Trek after her colleague Katherine Jackman participated in last year’s Machu Picchu challenge, and now hopes her experience will inspire others.

“It’s a ripple effect; you get to have a great experience and contribute to the community through fundraising, then you tell others about it and hopefully they’ll get involved and the cycle starts again.”

With her late May departure getting closer, you’ll be able to find Donna hiking mountains around the Scenic Rim most weekends, or hosting fundraisers to help reach her \$5000 personal fundraising goal.

“I regularly climb Mt Barney, Mt Maroon and other peaks within Main Range and I’m usually climbing up and down places all over the Scenic Rim every second weekend so I hope I’m fit enough for the Great Wall—I’ve never been to China before!

“I also recently hosted a movie night and an Easter raffle to kick off my fundraising; it’s about drawing on your personal and professional networks to reach out to people who want to contribute to the cause.”



You can support Donna on her journey to China for stillbirth research at Mater by donating today at

**[https://milesformiraclestrek2016.
everydayhero.com/au/donna](https://milesformiraclestrek2016.everydayhero.com/au/donna)**

“I have seen firsthand how dedicated everyone in that team is to giving seriously ill and premature babies the best possible start to life.”



Can you help support ovarian cancer research at Mater?

The first few months of a new year are a special time when it feels like anything is possible. But tragically, for 1400 Australian women, 2016 will be remembered for all the wrong reasons. It will forever be ‘the year I was diagnosed with ovarian cancer.’

Sadly, the survival rate for women and girls diagnosed with ovarian cancer hasn’t improved over the past 15 years. The only way to turn the corner in early detection is through investment in research.

Unlike breast and prostate cancer, ovarian cancer has no clear symptoms, screening test or affordable diagnostic options. Sadly, this means many ovarian cancer patients are diagnosed in the later stages of the disease and their survival rates are poor.

In the labs, the dedicated team from the Mater Ovarian Cancer Research Collaborative work tirelessly year-round to increase early diagnoses and raise women’s survival rates. The team has already found a way to inhibit a particular protein’s ability to encourage ovarian cancer cells to spread throughout the body, and it recently launched an investigation into what causes certain ovarian cancer genes to mutate and initiate a relapse.

You can support ovarian cancer research at Mater by hosting a **Tea for Teal** morning or afternoon tea at your work or home on **Friday 27 May**. Every dollar you raise to help these women will mean the world to them.



Funds raised through events such as the ‘Teal for Grandma High Tea’ and ‘Cocktails for a Cure’ support important ovarian cancer research happening right now at Mater.

Supporting ovarian cancer research at Mater

Feel Teal

For more information or to host a **Tea for Teal** please contact Jackie North on **1800 440 155** or jackie.north@mater.org.au or visit www.teafor teal.org.au

Upcoming diary dates

MAY

- International Day of the Midwife** 5 May
- Katherine’s High Tea** supporting ovarian cancer research at Mater 7 May
- International Nurses Day and IND Seminar** 12 May
- Tea for Teal impact day** supporting ovarian cancer research at Mater 27 May
- Miles for Miracles—Great Wall Trek** supporting stillbirth research at Mater 28 May
- Climb for Cancer** supporting cancer research at Mater 29 May

JUNE

- Mater Little Miracles 5ks Walk South Bank** 5 June
- Bust a Move** for breast health 18 June

JULY

- Stadium Stomp** for Mater Little Miracles 24 July

SEPTEMBER

- Mater Private Redland Auxiliary High Tea and Fashion Parade** 1 September

OCTOBER

- Breast ever Brunch** supporting breast cancer research at Mater All month
- Annual Mater Past Nurses Association Mass and Luncheon** 22 October

NOVEMBER

- Springfield Ball** 19 November

For more information on any of these events, please visit www.materfoundation.org.au or call us on 1800 440 155.

A celebration of nurses and midwives across the world

When Mater Private Hospital opened at North Quay in 1906 there were only four formally trained nurses; the Matron, Sister Mary Antonia Brosnan and two lay staff.

Just six years later, Mater Public Hospital became a registered training school for nurses and, in the following years, several members of the Sisters of Mercy became qualified. These early days marked the beginning of what was to be, and still is, a very long and proud history of nursing and midwifery at Mater.

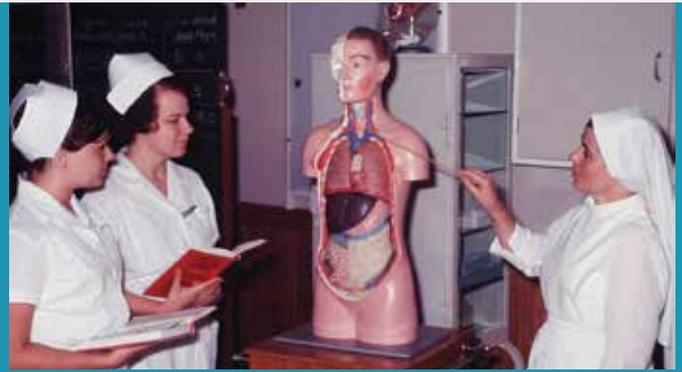
Today, nurses and midwives at Mater provide 24 hour care to patients throughout every stage of their lives.

Next month on **Thursday 5 May**, we will celebrate the work of midwives all over the world—International Day of the Midwife recognises and honours midwives across the globe. This will be followed closely by International Nurses Day, celebrated on **Thursday 12 May**—a day to acknowledge and appreciate the contributions nurses make to our community.



Did you know this global celebration of nurses and their contribution to the health of our communities also commemorates the birth of Florence Nightingale on 12 May 1820? Florence Nightingale is widely considered to be the founder of modern nursing, and each year a special service takes place in Westminster Abbey to commemorate her life.

We would like to take this opportunity to thank you, Mater Nursing and Midwifery Alumni, for the wonderful contribution that you've made to healthcare in your lifetime.



Alumni scholarship applications now open

It gives us great pleasure to announce that applications for the **Betty Kennedy International Nursing and Midwifery Scholarship** and the **Sister Eileen Pollard Oncology Nursing Scholarship** will open for the first time on Thursday 12 May, with the launch taking place at the International Nurses Day Seminar.

Mater Nursing and Midwifery Alumni is proud to support Mater nurses and midwives in their continuing professional development. These two scholarships will provide successful applicants unique and transformative learning experiences at national and international conferences and study programs to encourage best practice and quality improvements. The scholarships are designed to enable clinicians to be at the cutting edge of new and often unreleased research and discoveries, and build a network of colleagues around the world. As ambassadors of Mater, our scholarship recipients will bring Mater's expertise to a global audience.

But these scholarships would not be made possible without the generous support of Alumni members like you. As we approach a time when we recognise and acknowledge the work of our nurses and midwives, please consider supporting these scholarships by making a tax deductible donation before 30 June.

Please find enclosed in this newsletter a donation form and reply paid envelope to make a gift. No matter how small, your gift will ensure that our Alumni scholarships continue in perpetuity, and will enable nurses and midwives at Mater to remain at the forefront of best practice for years to come.

For more information on Alumni scholarships and how you can support the program, please contact Jackie North on 1800 440 155 or alumni@mater.org.au

Mater's plans to build Australia's first 24/7 Pregnancy Assessment Centre



A woman's pregnancy should be a happy, enjoyable and stress-free time for her and her partner. But sadly, not all pregnancies go to plan—which is a scary and worrying thought for all expecting parents.



This is an experience some of our Mater parents are all too familiar with.

In Australia, as many as one in four women expecting a baby experience complications early in their pregnancy—from 0 to 20 weeks gestation—including bleeding and other issues.

Right now, if a woman is experiencing complications with her pregnancy, especially when her baby is less than 12 weeks gestation, she has to either present at a hospital Emergency Department or try and see her doctor, rather than being able to go to a dedicated maternity facility.

These experiences are always stressful, often involve long wait times and rarely include consultations with trained obstetricians. But you can help change this.

By supporting Mater, you can help fund our commitment to improving healthcare for all expecting mothers—by building Australia's first 24/7 Pregnancy Assessment Centre in 2017.

The new centre will form part of Mater Mothers' Hospital in South Brisbane, and once complete, will be open 24 hours, seven days a week—available to any woman who needs help, from day one of her pregnancy to six weeks after her baby is born.

Without the help of generous supporters from the Mater community, this Australian first simply won't become a reality.

You can get involved by supporting any of our Mater Little Miracles events this year or by making a donation at www.materlittlemiracles.org.au

For more information please call us on 1800 440 155 or visit www.materlittlemiracles.org.au/PAC

Be part of the walk for Queensland's tiniest patients

Last year, more than 3000 Brisbane locals joined the Mater Little Miracles community for a huge day of family fun.

The entire South Bank precinct was brightened by family smiles and transformed by giggles, fun and colour from the kids as we walked 5ks together to support Mater Little Miracles.

And the great news is that registrations are now open for this year's Mater Little Miracles 5ks Walk South Bank on **Sunday 5 June 2016!**

Join the walk to save lives—bring along your family and help give the best start to life to Mater's tiniest patients. By signing up for this year's event, and fundraising with your family, you'll be supporting Mater Little Miracles and easing the worry and uncertainty for thousands of expectant mothers.

For more information please call us on 1800 440 155 or visit www.materlittlemiracles.org.au/5ks-walk



Healthy tips from Mater's Health and Wellness Centre

1 Reduce your stress. Rough day at the office? Take a walk or head to the gym for a quick workout. One of the most common mental benefits of exercise is stress relief. Working up a sweat can help manage physical and mental stress.

2 Boost your happy chemicals. Slogging through a few miles on the treadmill can be tough, but it's worth the effort! Exercise releases endorphins, which create feelings of happiness and euphoria. Studies have shown that exercise can even alleviate symptoms among the clinically depressed.

3 Improve your self-confidence. Hop on the treadmill to look (and more importantly, feel) like a million dollars. On a very basic level, physical fitness can boost your self-esteem and improve your positive self-image.

4 Increase your relaxation. Ever hit the hay after a long run or weights session at the gym? For some, a moderate workout can be the equivalent of a sleeping pill, even for people with insomnia.

5 Get more done. Feeling uninspired? The solution might be just a short walk or jog away. Research shows that workers who make time for exercise on a regular basis are more productive and energetic than their more sedentary colleagues.

For further advice on safe exercise and activity, visit one of our physiotherapists at Mater's Health and Wellness Centre. Mater Nursing and Midwifery Alumni members receive a 10 per cent discount on all services. Call the team on 07 3163 6000 to find out more.

Healthy recipe from Mater's Health and Wellness Centre

Cajun Chicken Burger

Serves 4

Ingredients

- ½ cup low fat thick Greek yoghurt
- 2 tablespoons seeded mustard
- ¼ cup chopped dill
- 1 tablespoon extra virgin olive oil, plus 1 tablespoon extra
- 4 chicken tenderloin fillets
- 1 tablespoon paprika
- 1 tablespoon ground cumin
- Large handful rocket
- 3 spring onions, finely sliced
- 1 zucchini, shaved into wide ribbons with a vegetable peeler
- Juice of half a lemon
- 4 medium sized whole grain burger buns, halved, to serve

Purple cabbage slaw

- Purple cabbage, finely sliced
- 2 radishes, halved and sliced
- 8 snow peas, sliced
- 1 teaspoon sesame seeds
- 1 tablespoon extra virgin olive oil
- Juice of half a lemon



Method

1. Stir together the yoghurt, mustard and dill. Set aside for serving.
2. Heat the olive oil in a non-stick frying pan. Coat the chicken with paprika and cumin. Add skin side down and cook for 2 to 3 minutes each side or until done to your liking. Remove from pan.
3. Meanwhile, combine rocket, spring onions and zucchini ribbons and drizzle over olive oil and lemon juice.
4. Combine the ingredients for the slaw, top with sesame seeds and set aside.
5. Spoon a little yoghurt onto each burger bun. Cut each chicken tenderloin in half and place onto the yoghurt. Top with rocket salad and serve with side of purple cabbage slaw.



Honouring yesterday Celebrating today Investing in tomorrow

Mater Foundation launches *Caring and Compassionate* book

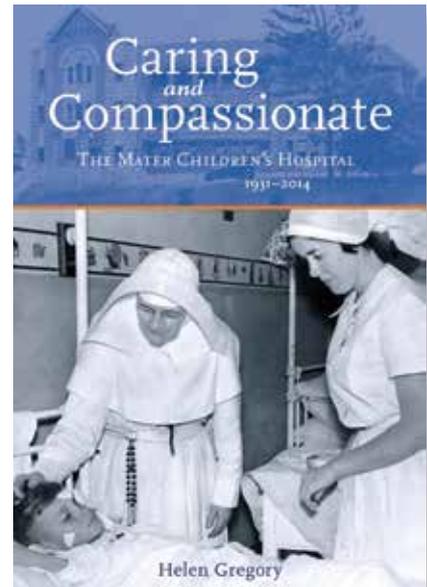
Mater Children’s Hospital—the realisation of a dream for the Sisters of Mercy—opened on 6 July 1931, in the midst of the Great Depression.

Caring and Compassionate was written to acknowledge the closure of Mater Children’s Hospital in 2014. During its 83 year history, the hospital etched a warm place in the hearts of many thousands of Queenslanders. There was a sadness when patients left Mater’s Children’s Hospital on

29 November 2014, but the caring culture, character, warm ‘personality’ and achievements will remain in the memories and stories of patients, families and staff.

This book is a tribute to all Mater people including doctors, nurses, therapists and other staff who cared for tens of thousands of ‘Mater Children’. These patients were fortunate to experience Mater care—safe, high-quality clinical treatments blended with compassion.

Copies of *Caring and Compassionate* are available from Mater Foundation for just \$35.



To purchase a copy of this book please call us on 1800 440 155.

Update

Mater’s Whitty building now a world-class education centre

It was one of Brisbane’s first hospitals but now Mater’s Whitty Building will help train a new generation of nurses.

In late 2014, Brisbane City Council approved plans for the Whitty Building Redevelopment Project which would see the heritage-listed building transformed into a healthcare education precinct.

As part of Mater’s partnership with The University of Queensland (UQ), the building has now been refurbished into a world-class education centre and will be home to the Mater UQ Clinical School, creating a unique clinical teaching environment which allows UQ medical, nursing, midwifery and allied health students to experience the best of theory and practice in a tertiary teaching hospital environment.



“The education precinct, which can now accommodate more than 400 students and 65 teachers, includes state-of-the-art clinical and learning spaces and modern breakout areas conducive to both individual and group study,” Donna Bonney, CEO Mater Education said.

For more information visit www.mater.org.au