



Margate

See Margate and surrounds featuring in our Historical Pictorial in this edition page 3, 5, history of Margate page 9 and our regular Where We Live And Work segment page 20



RDMA President's Message ... Dr Wayne Herdy



PRESIDENT'S REPORT

The end of one year and beginning of the next, marks different meanings for different people.

Some look back with relief and pride at their achievements of the past year. Those with more imagination look forward to facing the challenges of the coming year.

Those with true art will face with relish the adventures of the unknown part of the time yet to come.

Will you be one of those for whom the change of year is a punctuation mark from one period of muddling through to yet another period of muddling through?

Will you be one of those who sees the challenges

The Redcliffe & District Local Medical Association sincerely thanks QML Pathology for the distribution of the monthly newsletter.

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and opportunities and determines to make the world a better place by facing those challenges and solving the problems that they bring for yourself and those around you?

Or will you be one of the few who seek out the adventure of life, who delight in the mysteries of the unknown, and who use the coming year to create a world that never existed before?

Whichever role you choose, may the coming year be a safe and fruitful time for you and those special to you.

Wayne HERDY
RDMA PRESIDENT



DATE CLAIMERS:

For all queries contact Margaret MacPherson Meeting Convener: Phone: (07) 3049 4429

Venue: Golden Ox Restaurant, Redcliffe

Time: 7.00 pm for 7.30 pm

2012 Dates:

NEXT MEETING

Tuesday February 21

Wednesday March 28

Tuesday April 24

Wednesday May 30

Tuesday June 19

Tuesday July 24

**Annual General Meeting
Wednesday August 29**

Tuesday September 18

Wednesday October 24

Year End Networking Function

Friday November 30

FEBRUARY NEWSLETTER 2012

The **17th FEBRUARY 2012** is the **timeline** for ALL contributions, advertisements and classifieds.

Please email the RDMA Publisher at

RDMAnews@gmail.com

Website: <http://www.rdma.org.au>

INSIDE THIS ISSUE:

- P 01:** i) Margate & Surrounds
ii) President's Message
- P 02:** Date Claimers, Contacts and Contents
- P 03:** Margate Pictorial
- P 04:** AMAQ President's Report, Dr R Kidd
- P 05:** Margate Pictorial Continued
- P 06:** RDMA's November Network Meeting & Christmas Message
- P 08:** Snapshot from the Past, RDMA Newsletter 1989 Issue
9 Historical Article – Tribunal Rejects Protest on Antigen Story.
- P 09:** History of Margate
- P 10:** Snapshot from the Past, Nostalgic Memories – Pool Fences Campaign Gets A Good Hearing.
- P 11:** Dr Clive Fraser – VW Polo GTI . “Can I Check Your Oil?”
- P 13:** Interesting Tidbits - Natty Matters – Church Notices
- P 14:** Executive Director, Redcliffe Hospital's Report
- P 15:** Lillian van Litsenburg, MP Member Redcliffe Report
- P 16:** Interesting Tidbits Natty Matters - Church Notices Continued:
- P 17:** Vice President, Kimberley Bondeson's Report
- P 18:** AMA Ltd – Mental Health – Be Vigilant This Christmas
- P 19:** Membership Subscription
- P 20:** Where We Work And Live

CONTACTS:

President & AMAQ Councillor:

Dr Wayne Herdy

Ph: 5476 0111



Vice President:

Dr Kimberley Bondeson

Ph: 3284 9777



Secretary:

Dr Ken Fry

Ph: 3359 7879



Treasurer:

Dr Peter Stephenson

Ph: 3886 6889



Meetings' Convener:

Mrs Margaret MacPherson

Ph: 3049 4429

Newsletter Editor: Dr Wayne Herdy

Ph: 5476 0111

For general enquiries and all editorial or advertising contributions and costs, please contact: RDMA Newsletter Publisher. Please email (preferred) any correspondence to:

Email: RDMAnews@gmail.com

Website: <http://www.rdma.org.au>

Mail: RDMA, PO Box 223, Redcliffe 4020

Fax: (07) 5429 8407

Mobile: 0408 714 984

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Margate



AUSTRALIAN MEDICAL ASSOCIATION QUEENSLAND PRESIDENT *Dr Richard Kidd*



Suicide Watch Campaign Launched



Sadly, almost 500 Queenslanders will take their life in the next 12 months and on average, seven Australians die by suicide each day. It's the leading cause of death for men and women under the age of 34.



As a result of these latest statistics AMA Queensland launched its latest campaign, *Suicide Watch* which urges anyone having trouble seeing a way forward to visit or phone their GP for urgent help.

The campaign is in response to concerns for the mental health of Queenslanders following last summer's floods and Cyclone Yasi.

As it marks the one year anniversary of both natural disasters fast approaching it was important to reinforce the message to people across the state that help was at hand.

As part of the campaign AMA Queensland enlisted members to develop an emotive television clip, featuring GPs and other medical professionals, encouraging Queenslanders in need to make contact with their Family Doctor.

This video clip is currently posted on YouTube and has received around 2,000 views already. This clip is also being televised over the Christmas period to reach out to those in need.

A recent survey of AMA Queensland members found just over half (51%) of doctors believed the main reason people with a mental health issue didn't seek assistance was because they were reluctant to admit they had a problem.

Anyone who needs to talk about a problem should feel they can visit their local GP who can provide a personal, private and confidential service

Queensland GPs care about their local communities and want to help.

I encourage everyone to visit youtu.be/MkGmo6C9xSo to watch the clip and also pass it on to friends, family and colleagues.

Doctors are not isolated from this message and if you or your colleagues are having a tough time remember there is assistance by way of the Doctors Health Advisory Service Queensland. A dedicated phone service is available 24 hours a day, seven days a week for medical and health practitioners in need. This number is (07) 3833 4352.

Further to this for support and information about mental health and suicide prevention, contact Lifeline on 13 11 14 or lifeline.org.au

This AMA Queensland initiative not only highlights the value of the Family Doctor in our community, it also is an important step in enabling discussion about suicide and encouraging people to seek help when they are struggling. I am proud of our organisation providing this leadership.

As an election looms, AMA Queensland continues to push for health to be front and centre of the debate. Our *Time for Answers* campaign continues to ask candidates to answer questions about health services in their region.

On that note I wish you all a happy and safe Christmas and look forward to tackling the many challenges facing our health system as we move forward into a State Election in 2012.

Dr Richard Kidd

Margate



Year End Networking Meeting

Meeting held on 25th November 2011



AMAQ President Richard Kidd, RDMA President & AMAQ Branch Counciller Wayne Herdy, Federal AMA President Steven Hambleton



Left:
Wayne Herdy
and Richard
Kidd



Right:
Wayne Herdy
and Steve
Hambleton



MERRY CHRISTMAS & SEASON'S GREETINGS

*May You All Enjoy A Safe
Festive Season Filled With
Merriment And Good Cheer,
Shared With Good Friends And
Close Family.*

*Warmest wishes and Merry Christmas to everyone.
We have appreciated working with you this year and wish
you a Happy Safe New Year and look forward to seeing
you all in 2012*



Sponsor QML Pathology



The Redcliffe & District Local Medical Association RDMA's End of Year Networking Meeting was held on the 25/11/11 presided over by Dr Wayne Herdy, RDMA's President.

QML Pathology sponsored the End of the Year Networking Meeting where members brought their partners.

The topic of the night was Wrapping Up The Year With An AMA Bow and special guests were Drs Steven Hambleton, AMA Federal President and Richard Kidd, AMAQ President.



*Redcliffe & District Medical Association
end of year 2011*



SNAPSHOT FROM THE PAST - Tribunal Rejects Protest on Antigen Story, REDAMA Newsletter from December 1989 Issue 9, page 5

The Australian Broadcasting Tribunal has declined to take any action on a complaint by the Redcliffe and Districts Local Medical Association about a controversial item on the programme, A Current Affair.

The complaint alleged that an item suggesting that triple antigen inoculations could be dangerous was unbalanced and irresponsible.

Following moves by Dr Col Holloway, the association wrote to the producers of A Current Affair and the Tribunal.

Channel 9's answer, print-

ed last month, denied the report was incorrect or unbalanced.

Now, the Tribunal has decided it has no power to act on such a complaint and has sent the association a lengthy document outlining the Tribunal's Television Programme Standards.

In its letter, the tribunal said

Tribunal rejects protest on antigen story

The standards guide defines current affairs programmes as programmes which deal with social, economic, political and other societal issues, and include interviews and commentaries dealing in depth with issues.

"Provided stations comply with the provisions of the standards, the Tribunal does not normally interfere in the day-to-day programming arrangements of the stations, such as selecting which issues are presented by a current affairs programme.

"These are matters for the producers of the programmes.

"It should also be explained that although the standards require news programmes to be presented accurately, fairly and impartially, no such requirement is placed on current affairs programmes such as A Current Affair.

"On the basis of the infor-

mation provided, it appears that a breach of the Tribunal's standards is not involved.

"In the circumstances, although your association's views are understandable, further action on the part of the Tribunal does not seem warranted.

INQUIRY

"Your association may be interested to know, however, that the Tribunal is currently conducting an inquiry into whether it should determine a new television programme standard or standards to provide the right of reply to any person or group directly affected by broadcasters on controversial issues of.

"The inquiry team, which has received a copy of your letter, will write soon with further information about the inquiry," the letter said.

The LMA executive has decided not to pursue the matter further.



Medical Board on advertising

To the Secretary

Reference is made to your letter of October 9, that was considered at a recent meeting of the Medical Board.

I am directed to advise that the Board is in the process of amending its Advertising By-laws and in this regard, attendance by a member of the Medical Board at your meeting would be more appropriate at a later date when the new Advertising By-laws have been finalised.

A copy will be forwarded in due course.

GR Scott
Registrar
Medical Board of Qld

Concern at use of narcotics

To the Secretary,

I am concerned about the attitudes of publicly-employed medical practitioners towards narcotics.

For many years, I have been concerned about the liberal use of narcotics in public hospitals to the point where many drug abusers I have seen will seek admission with various real or exaggerated problems.

This attitude has come through in public drug therapy programmes. Their answer to drug problems

seem to be to give people more drugs (methadone etc.)

This came to a head recently when I sent a young professional woman to a government drug treatment agency when a crisis made her seek treatment for the first time.

Initially they didn't want to see her, saying it wasn't important that she had sought help. Eventually, after I insisted, they agreed to see her.

I had requested admission but instead she was sent straight back to her bewildered family with a handbag full of Endone tablets.

This patient who wanted to get away from narcotics for the sake of her career and family had them pushed on her by a government agency.

Accusations are often levelled against private practitioners who are mostly very careful with narcotics.

Perhaps, the Health Department better look in its own backyard. I didn't think Australia had free, legal narcotics.

The giving of oral preparations is insane. They have a good street value and there is no check on whose neck they go down.

I would like to hear from any of your readers who have encountered similar cases.

Dr Bruce Flegg
Liberal Candidate for Petrie

Conference Diary Dates

DESTINATION: BUNYA

An emphasis on family involvement in medical conferences distinguishes the first 'Medicine in the Mountains' medical weekend, planned for next September.

The weekend in the Bunya Mountains near Kingaroy is being planned by the Queensland Faculty of the Royal Australian College of General Practitioners.

Convenor of the 'medical weekend', Dr Patrick Lip, said the emphasis of the conference would be on family involvement, with 200 doctors to be catered for and a total of about 500 'family registrants'.

The conference, the first "Medicine in the Mountains" weekend to be organised would be held on September 15 and 16.

The programme, available from Dr Lip at 26 Bramston Street, Wondai, is clearly marked B.Y.F. - Bring Your Family.

DESTINATION: KOORALBYN

The Gold Coast AMA will again hold its summer Post Graduate meeting at Kooralbyn on March 30 and 31.

Speakers will include several Brisbane specialists.

The AMA is spreading its net wider this year and will be inviting attendance from doctors all over the State.

The overall format will be similar to that of the previous successful conferences and will include a golf tournament on the championship course and a tennis tournament.

Supervised children's activities will be scheduled for the Saturday afternoon.

History of Margate

Margate is a residential suburb of the Moreton Bay Region. It is situated in the east of the Redcliffe Peninsula, approximately 26 kilometers north-northeast of Brisbane.

Margate Beach area was inhabited by nomadic Aboriginal tribes for thousands of years prior to European settlement which began in 1824 becoming Queensland's first colony. Unfortunately this attempt at establishing the settlement failed soon after and the colony was moved to Brisbane. Agriculture became the region's main source of income and prosperity until the late 1800s when the population expanded.

Holidaymakers and day trippers lured by the waters of Moreton Bay began to visit the area in large numbers. The construction of the Hornibrook Highway Bridge in 1935 saw easier access to Brisbane and a larger population growth for the area.

Margate features one of the longest mainland coastal stretches of a sand beach in the area. A boardwalk promenade embellishes the scenery for those who enjoy walking, cycling, rollerblading or scootering including viewing shelters and seating and barbecue facilities with views to Moreton Island. This enhanced lifestyle and atmosphere of beach living rests easy with visitors and is just metres from the waters of Moreton Bay.

The \$6 million Margate CBD major redevelopment was completed in November 2007 modernising the distinctive shopping precinct, making the area more attractive and comfortable.

At regular intervals along the esplanade visitors can enjoy the seating and shelters, with barbecues and other picnic amenities. There's a favourite swimming spot with clean white sand and sheltered waters - making it a popular dipping spot for families with young children.

Scotts Point at the southern end of Margate is perfect for windsurfing. This is one of the few locations close to Brisbane which is not majorly affected by tides.

The quaint Scotts Point swimming pavilion is an historical reference to a bygone era. There are many Norfolk Pine trees lining the esplanade which were planted by the first settlers in the area, more than 150 years ago.

Margate Beach has a busy shopping precinct with shops clustered around Oxley Avenue. You can choose from fine diners overlooking the water through to cafes and takeaway shops. Margate Parade offers great waterfront dining and fish and chips at the beach are also a well practised past time.

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HISTORICAL ARTICLE - Negligence Claims Are On Increase *REDAMA Newsletter from December 1989 Issue 9, Page 3*

The campaign by Redcliffe and Districts LMA to have fencing of domestic swimming pools made compulsory, has won positive support from the Redcliffe City Council.

An LMA deputation to the Health and Community Services Committee on December 12 was told the Council was preparing to introduce by-laws for pool fencing, "as soon as possible."

LMA president, Dr Kerry Garske, and paediatrics spokesman, Dr John McCreanor, who made up the deputation came away delighted with the council's response.

Dr Garske said it seemed the council had already made up its mind to act on the need for the by-laws before the deputation arrived.

"The council has asked us for in-put into the drafting of the by-laws," Dr Garske said.

"It expects to have them

Pool fences campaign gets a good hearing

LMA deputation tells council of fears for child safety

drawn up and in place within six months.

"We were very satisfied with the hearing we were accorded and with the news that we received."

Dr McCreanor went to the meeting armed with comprehensive statistics showing a total of 48 child drownings in the Brisbane City area since 1980 and five in the Peninsula area between 1981 and 1987.

Dr McCreanor said there had been four drownings in the Brisbane area in the first 10 months of this year, compared with six for the whole of 1988.

There were insufficient records available to determine the number of drownings in the Redcliffe City area since 1987.

The deputation told the council that Brisbane and Redcliffe were out of step with most other Local Government Authorities throughout the country in requiring the provision of some form of fencing around domestic swimming pools.

Dr McCreanor said the LMA would like to see by-laws requiring isolation fencing as a minimum standard.

He said more than half the recorded drownings in the past decade had been in the victim's own family swimming pool.

About 25 per cent had been children visiting relatives or friends and neighbours children accounted for 12 per cent.

"The biggest danger ages seem to be two years and one year," Dr McCreanor told the council.

The statistics covered children aged up to 14.

However, there were no records of how many "near misses" there might have been, with children rescued or requiring only treatment at a doctor's surgery.

Dr Garske said the committee had asked to see a copy of regulations applying in New Zealand, which had been referred to by Dr McCreanor.

Dr Garske said plans were now being made to take the campaign to the Brisbane City Council.

"Information supplied by our members indicates that the problem is far more serious in the northern suburbs than on the Redcliffe Peninsula," he said.

MEDICAL MOTORING with Doctor Clive Fraser

Motoring Article #88

Safe motoring,

Doctor Clive Fraser

doctorclivefraser@hotmail.com



VW Polo GTI “Can I Check Your Oil?”

For most of us that new car smell is more memorable than just about anything else associated with the purchase of a vehicle.

Long after we have forgotten the salesman's name and how much that new car cost we can all still remember what the car smelt like when we first climbed inside.

And whilst we all know about the hazards of glue-sniffing, we are all strangely addicted to those volatile organic compounds leaching out of our car's interior.

With so many connections between the olfactory bulb and the limbic system we were probably programmed to remember those smells and perhaps there might even be some survival value for human beings to experience the purchase of a new car.



A much less palatable smell though is anything that emanates from the exhaust pipe and burning oil might top that list.

But an anaesthetist colleague of mine has become a little obsessed with the contents of his exhaust gases as he has discovered that his brand new VW Polo GTI is using one litre of oil every 1,000



kilometres.

Whilst he hasn't actually seen any smoke coming out

of the exhaust one can only assume that the oil is being combusted as he drives along as it certainly isn't dripping onto his garage floor.

The VW owner manual reassuringly says that, “oil consumption can be up to 0.5 litre / 1,000 km” and that “engine oil consumption is likely to be higher in the first 5,000 km”.

At 6.1 L/100 km that one litre of oil usage is fairly close to a 60:1 mix which would keep most two-stroke motors running for a while.

And at \$20 per litre for the special VW oil he might find himself spending \$300 per year on oil if the

consumption continues at its current rate.

Higher oil consumption can become an issue as car-makers strive for engines that have lower friction and use less fuel and of course the running-in of the vehicle is also a factor at play.

VW recommends that in the first 1,000 kilometres:

- Do not drive faster than three quarters of top speed
- Do not use full throttle
- Avoid high engine speeds
- Do not tow a trailer.

To that list I'd add don't let the engine labour in too high a gear.



There are also those who advise in the first few kilometres brief applications of full throttle in a high gear to force the rings against the bore walls.

This seems to be a technique preferred in demo vehicles at dealerships which are always flogged mercilessly on test drives.

So my colleague is paying very close attention to the Polo's dip-stick and the oil warning light and he has promised to keep us posted about his Polo's thirst for oil.

To be continued.

VW Polo GTI Specifications:

1.4 litre twin turbo petrol
132 kW power @ 6,200 rpm
250 Nm torque @ 2,000 rpm
7 speed DSG
0-100 km/h in 6.9 seconds
6.1 l/100 km (combined) PULP
\$27,790 + ORC (3 door)
\$28,990 + ORC (5 door)

For: Hot Euro hatch with GTI DNA.

Against: Oil sump issues might take the shine off your new Polo GTI.

This car would suit: Anaesthetists because they know how to accurately draw up oily substances into a syringe.



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Church Notices

What do you mean that I'm not religious?

The following have all appeared in church magazines so let us thank God for church ladies with typewriters.

Next weekend's Fasting & Prayer Conference in Whitby includes all meals.

Sunday morning sermon: 'Jesus Walks on the Water' Sunday evening sermon: 'Searching for Jesus.'

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Miss Charlene Mason sang 'I will not pass this way again,' giving obvious pleasure to the congregation.

For those of you who have children and don't know it, we have a nursery downstairs.

Next Thursday there will be try-outs for the choir. They need all the help they can get. Cont: P 16



Specialists and Surgeons practicing at Montserrat Day Hospitals



Dr Cliona Maguire

Gastroenterologist

M.B., BCh., B.A.O., M.R.C.P.I., F.R.A.C.P.

Dr Maguire graduated from University College Dublin in

1988 and commenced her training in Gastroenterology in Dublin in 1992. She spent a year doing clinical research in Inflammatory Bowel Disease at the Glasgow Royal Infirmary and completed her training at The Princess Alexandra and Mater Adult Hospitals in Brisbane. She became a Fellow of the Royal Australian College of Physicians in 1999 and commenced working at Montserrat Day Hospitals in 2000. Dr Maguire has three children and enjoys swimming and playing tennis. Dr Maguire has procedure lists and consults from our Gaythorne and Spring Hill sites.

For more information about Montserrat Day Hospitals, please visit us at www.montserrat.com.au or contact us on 07 3833 6701.

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REDCLIFFE HOSPITAL EXECUTIVE DIRECTOR

Donna O'Sullivan



2011 Reflections



December at Redcliffe Hospital has continued apace for staff involved in planning, upgrading and building a better service for our local community. After a year which has seen some extraordinary climatic events affecting our state, I'm sure we are all looking forward to hopefully relaxing a little with friends and family - and reflecting on the year.

Among the achievements at Redcliffe Hospital in 2011 is the completion of the Transport Hub, which assists our patients return to their homes or to safely transfer between hospitals for treatment. The Transit Lounge is a comfortable and pleasant area where our patients can wait for their loved ones to collect them. We hope the new lounge will make the journey home much less stressful for all.

The long awaited Medical Imaging redevelopment which will upgrade our imaging ability and revamp the working space for our medical imaging staff has almost reached completion. I commend the heroic effort of the unit staff who have worked under trying conditions during the redevelopment. We are also well under way with the upgrade to the Paediatric areas of the hospital.

With an eye to the largest group of consumers within the local community, we are reviewing models of care in various areas, but particularly in Medicine & Older Persons. This has seen the development of a comprehensive service for aged patients

and the opening of the Delirium & Falls Unit within Ward 4 West.

The eight bed unit will include a secure area and is designed to reduce issues for patients with delirium and general confusion.

We are working on improving diversional activities for patients with delirium and increasing nursing intervention to reduce the period of delirium for patients in our care. Ongoing education will be provided for nursing staff and practical approaches to bed rails, plus doors on the area to reduce the risk of delirium-related events are all being brought into place.

Since December a Geriatric Evaluation Management Unit has been established under the management of Dr Catherine Yelland, who is willing to discuss patient issues and receive direct referrals of patients from GPs.

Above all at Redcliffe Hospital we continue daily to be focussed on our vision: Together, we make a difference.

I look forward to working hard to progress our vision into 2012.

My best wishes to you and your loved ones for a peaceful festive season.

Donna

Lillian van Litsenburg MP
Member for Redcliffe

P.O. Box 936 P: 3284 2667
Redcliffe Q 4020 F: 3283 1073
redcliffe@parliament.qld.gov.au



16th December 2011

As we go to Christmas we are conscious that with the splitting of Queensland Health and the setting up of the Local Health Networks the Health landscape will be very different next year.

I believe this will create new opportunities to provide a variety of different services better tailored to the needs of local people but more importantly it will create a huge opportunity to have a conversation that can be implemented about how things can be done differently and more effectively.

I believe this is the opportune time for Health Professionals to get their voice heard about all those processes that haven't been working for patients or haven't got the optimum results for Health Professionals to bring forward your ideas for more effective and efficient processes. This could also be the moment to implement those processes that also cut red tape. A more effective health system is, after all, about working smarter.

I know from working with Health Professionals at Redcliffe Hospital and the results they have come up with for Emergency Department and the Specialist Outpatients Department and training for first response procedures we have the expertise, the creativity and the commitment amongst our Health Professionals to come up with innovative solutions that will make the difference to the efficiency with which health is delivered in Queensland.

I wish each one of you a safe, happy and healthy Christmas and new year.

I know that even in these times of uncertainty there is still a lot for Queenslanders and Australians to be thankful for.

I believe our economy will hold up and our job market will continue to be stable.

I have worked hard to ensure Redcliffe people have the best health services we can get and I am very proud of the very high standard of all your work.

I am keen to continue delivering on my vision for Redcliffe to protect our fabulous natural environment, to improve our amenities, our economy and our lifestyle.

This Christmas may everyone find a special place and special people to belong to, to feel loved and nurtured, particularly those going through difficult circumstances.

May this be a time of goodwill and respect for those around us as well as a time for caring and reconciliations within families.

May the new year bring the hope of achieving the things you have longed for and worked for and may Redcliffe and Queensland be a haven of peace, growth and strength for all those who live here.

Interesting Tidbits **NATTY MOMENTS** Cont:



Church Notices

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

At the evening service tonight, the sermon topic will be 'What is Hell?'. Come early and listen to our choir practice.

Eight new choir robes are currently needed due to the addition of

several new members and to the deterioration of some older ones.

Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.

The church will host an evening of fine dining, super entertainment and gracious hostility.

Pot luck supper Sunday at 5:00 PM - prayer and medication to follow.




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The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

This evening at 7 PM there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

The pastor would appreciate it if the ladies of the Congregation would lend him their electric girdles for the pancake breakfast next Sunday.

The school drama group will be presenting Shakespeare's Hamlet in the Church hall on Friday at 7 PM. The congregation is invited to attend this tragedy.

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Don't let worry kill you off - let the Church help.

REDCLIFFE & DISTRICT LOCAL MEDICAL ASSOC VICE PRESIDENT REPORT

Kimberley Bondeson



Season's Greetings



The RDMA was a great success, as usual, Sails restaurant is an excellent venue. We all thoroughly enjoyed ourselves, and were very fortunate to be joined by Dr Richard Kidd, AMAQ President and Dr Hambleton, AMA Federal President.

Both answered questions from the floor on a variety of topics, some of which are still very emotive to doctors across the board, for example: the issue of retired doctors and prescribing, and the low medicare patient rebates for non-VR doctors.

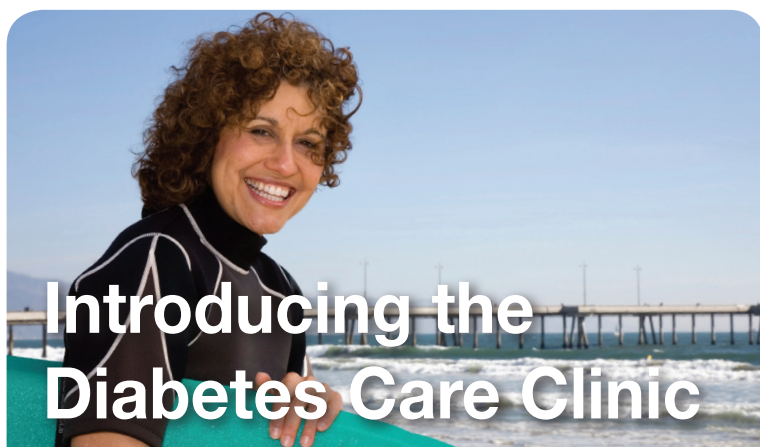
Christmas is a time for celebration for most of us, and Merry Christmas to you all. Sadly, occasionally for some, it is a time of sadness, as they miss loved ones and feel alone.

As we get caught up in our own busy lives, it is easy to forget those who are alone and sad.

It is a simple thing to make a quick phone call, or simply give a heartfelt greeting - and this can make an incredible difference to someone.

May you all have a happy New Year!

Kimberley



The QML Pathology Diabetes Care Clinic is a specialised team that assists patients and practitioners in the management of diabetes.

- Run by Credentialed Diabetes Educators
- Appointments at various collection centre locations
- Group education for type 2 patients
- Claimable practice incentives for diabetes management
- Bulk billed service for type 1 and type 2 with EPC referrals.

For further information, please contact Margaret MacPherson, Medical Liaison Officer, on (07) 3049 4444.



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MENTAL HEALTH – BE VIGILANT THIS CHRISTMAS

AMA President, Dr Steve Hambleton, today urged all Australians to keep an eye out for neighbours and relatives for signs of stress, distress, depression or loneliness over the Christmas period.

Dr Hambleton said that the Christmas season is a time of joy, celebration and family for most people but it can also be a time of sadness and isolation for others.

“The Christmas period can heighten loneliness, social isolation, financial stress, and other stressors, and this is associated with a higher use of crisis and support services such as Lifeline.

“Support services report that suicide and self-harm rates are typically high over the Christmas period.

“At the same time, there is increased demand on mental health services and support when they are not running at full capacity.

“It is also a busy time for public hospitals.

“Rural areas in particular feel the impact of reduced mental health support at holiday times.

“It is important that family and friends look out for any signs of mental illness and offer comfort to people and refer them to appropriate help where it is available,” Dr Hambleton said.

MEDIA RELEASE MEDIA RELEASE MEDIA RELEASE

AMA Queensland (AMAQ) launched a campaign earlier in the year outlining signs of mental illness to look out for, which include:

- complaints of continued poor sleep;
- observations that a person is easily overwhelmed;
- the use of drugs or alcohol;
- a pattern of withdrawing from family and friends;
- problems performing at work;
- startling easily and declining invitations for social engagements; and
- increased or unreasonable irritability.

AMAQ also recently launched the *Suicide Watch* initiative to urge anyone having trouble seeing a way forward to see or phone a GP for urgent help. For more information about the campaign and identifying signs of mental illness, visit the AMAQ website at www.amaq.com.au

22 December 2011

CONTACT: John Flannery 02 6270
5477 / 0419 494 761

Kirsty Waterford 02 6270
5464 / 0427 209 753

Follow the AMA Media on Twitter: http://twitter.com/ama_media

Follow the AMA President on Twitter: <http://twitter.com/amapresident>

REDCLIFFE & DISTRICT LOCAL MEDICAL ASSOCIATION MEMBERSHIP

Attendance at the Redcliffe & District Medical Association (RDMA) Meeting is **FREE** to current RDMA members.

Doctors are welcome to join on the night and be introduced to the members. **Membership application forms are in this edition and available at the sign-in table on the night.**

Meeting dates are in the date claimers on page 4

COST for non-members:
\$30 for doctor, non-member

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CHANGES TO CLASSIFIEDS

Classifieds remain **FREE** for current members. To place a classified please email: RDMAnews@gmail.com with the details for further processing.

Classifieds will be published for a maximum of three placements.

Classifieds are not to be used as advertisements.

Members wishing to advertise are encouraged to take advantage of the Business Card or larger sized advertisement with the appropriate discount on offers.

**REDCLIFFE & DISTRICT LOCAL MEDICAL
ASSOCIATION Inc.**
ABN 88 637 858 491

NOTICE TO ALL NEW AND PAST MEMBERS

Membership Subscription due for the period: 1st July 2011 to 30th June 2012

Dear Doctor

The Redcliffe & District Local Medical Association Inc has had another successful year of interesting and educative meetings on a wide variety of medical topics. It's now time to show your support for your Local Medical Association to continue the only local convocation for general practitioners and specialists to socialise and to discuss local and national medico-political issues.

As this is now June 2011 your subscription to cover until the 30th June 2012 will be \$100.

Doctors-in-training and retired doctors are invited to join at no cost. This subscription not only entitles you to ten (10) dinner meetings but also to a monthly magazine. Contributions and suggestions on topics and/ or speakers are very welcome.

Please can you endeavour to pay your subs by internet banking as it is so much easier for all concerned, saving you writing cheques and us having to bank them? You will receive your receipt by email if you supply your email address to me on GJS2@Narangba-Medical.com.au.

Yours sincerely

Dr Peter Stephenson
Treasurer

REDCLIFFE & DISTRICT LOCAL MEDICAL ASSOCIATION INC.
ABN 88 637 858 491

Note: **Two Medical Practitioners from the One Family Qualify for a \$25 Discount each**

Tick box **1. One Member (\$100) 2. Two Family Members (\$150) (Complete BOTH sets of details)**
3. Doctors-in-training and retired doctors: Free

1. Dr. _____
(First Name) (Surname)

2. Dr. _____
(First Name) (Surname)

1. EMAIL ADDRESS: _____@_____

2. EMAIL ADDRESS: _____@_____

Practice Address: _____ Post Code: _____

Phone: _____ Fax: _____

CBA BANK DETAILS: **Redcliffe & District Local Medical Assoc Inc:** BSB: **064 122** Account: **0090 2422**

METHODS OF PAYMENT:

1. PREFERRED **INTERNET BANKING**

2. PAYMENT BY DEPOSIT SLIP: Remember: **INCLUDE** your name i.e: Dr. F. Bloggs, RDMA A/c & date:

3. ENCLOSED PAYMENT: (Note: Member Subscription Form on website for you to type directly into and email)

i) **Complete form & return: c/-QML or Redcliffe & District Medical Assoc Inc. P O Box 223 Redcliffe 4020**

ii) Or by email to GJS2@Narangba-Medical.com.au

Where We Live And Work



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