PHD STUDENT BRANKA GRUBOR-BAUK WAS NAMED 2005 YOUNG INVESTIGATOR OF THE YEAR AT THE AWARD FINALS ON 2 NOVEMBER.

PHOTO BY JOANNA ROBINSON COURTESY THE SUNDAY MAIL.

Mental health home support

We have devised plans to provide ongoing treatment and follow up mental health services for young people between the ages of 12 and 18 who have complex and severe mental health problems.

This initiative will assist young people who are unable to access, or find it difficult to connect with, mainstream community-based mental health services.

Child and Adolescent Mental Health Services (CAMHS) Divisional Chief Pauline McEntee said the service would enable staff to visit young people in their homes for assessment, therapy and case management.

“Ths will enable better monitoring of medication and of the young people themselves to prevent relapse and self-harm, and support their day-to-day functioning,” she said.

“Young people who are at the age where they need to move to adult services can slip between the cracks. This service will also assist young people in the transition to adult mental health facilities.”

Ms McEntee said the main aims of the service were to reduce the rate of relapse in young people with severe mental health problems and complex psychosocial needs and to increase the capacity of CAMHS to provide a responsive and consistent service for these young people.

“By reducing relapse numbers and providing more consistent support, we expect to reduce the number of unplanned crisis hospital admissions,” she said. “We will also have an opportunity to reduce the level of deterioration and disability associated with untreated severe mental illness.”

In establishing the service, CAMHS will develop partnerships with a variety of youth agencies working with people with severe mental health issues, and identify young people who meet the criteria to access the program.
Welcome to the last edition of Healthy Focus for 2005. Thank you for your interest in our newsletter and the news of the Children, Youth and Women’s Health Service. It has been a year of great change and great advancement for the organisation and I would like to take this opportunity to thank everyone involved with the organisation for their fantastic support and contribution.

As you are no doubt aware, the Generational Health Review and the resulting blueprint for health services in South Australia, First Steps Forward, outline the necessary reforms required to ensure services best meet the needs of the community. Our Service has already implemented several key reforms and I am extremely impressed with the improvements we have already achieved. Here are just a few:

**Expanded Sexual Assault Counselling Services**
This year, we began the development of a range of sexual assault counselling services. Three services are now operating targeted at three specific groups; young children 2-12 who have been sexually abused (assaulted); 12-18 year olds who have been sexually abused or assaulted; and 12-18 year old youths who abuse others. At the end of June, 264 clients were part of the three new services, with 18 percent of clients identified as Aboriginal or Torres Strait Islander.

**Child Protection Reforms**
This year, we have established a Child Protection Taskforce across our Service. We completed a comprehensive audit of our performance against the new responsibilities for health services as outlined in the Keeping Them Safe reforms.

**Patient First - Paediatric Emergency Department Successes**
This project is trialing changes in the Paediatric Emergency Department for all patients to be assessed, treated and discharged (either home or to another ward) within four hours of presentation. For more on Patient First, see page 5.

**Medical and Nursing Workforce Increases**
Our Service has been directing resources to staff and functions that improve service delivery for patients and clients, and health outcomes. Prior to regionalisation on 30 June 2004, there were 295 doctors employed across the CYWHS. At 15 June 2005, 342 doctors were employed, an increase of 47. At 30 June 2004, there were 1,298 nurses and midwives employed across the CYWHS. At 15 June 2005, 1,373 nurses and midwives were employed, an increase of 75. These are excellent outcomes for our service.

**Maternity Networks**
The Maternity Network between the Women’s and Children’s Hospital and the Queen Elizabeth Hospital commenced formal operation in September. The improved service to women in the western suburbs includes full antenatal outpatient facilities, high risk clinic, birthing at the Women’s and Children’s Hospital, postnatal inpatient services and the option to use the Midaffery Group Practice for their birth.

The Maternity Network between the Women’s and Children’s Hospital and Gawler Health Service comes into operation in January 2006, following the employment of two specialist obstetric and gynaecology doctors and four service registrars to provide this service in Gawler. Another specialist has been recruited to provide shared services across WCH, Gawler and Lyell McEwin. The new service will offer more choice to women in the area, through improved care and the presence of registrars on-site 24 hours of every day, with the staff specialist present every week day and on-call thereafter. Future work is being undertaken to expand the Maternity Network. For more information on the Gawler Obstetrics Network, see page 4.

**Strategic Planning and Policy**
We have finalised a comprehensive Strategic Planning process, developed an Aboriginal Health Strategy, and drafted a new Clinical Governance Framework. We have also completed an annual Women’s Health Action Plan for the State to implement the Women’s Health Policy and contributed to the SA Youth Action Plan.

Finally, I would like to wish all of you a safe and happy holiday season and look forward to your continued involvement with the Children, Youth and Women’s Health Service in the new year.

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**Congratulations**

KATRINA DEE

SARA FLEMING

Congratulations go to Katrina Dee and Sara Fleming.

Katrina, After Hours Coordinator at Yarrow Place, was recently awarded the South Australian Victim Worker of the Year at the Victim Support Services AGM. The Awards are held annually by the Victim Support Service, a non-government organisation that provide services to victims of all types of crime, to acknowledge the work of the victim worker of the year.

Sara has become the first nurse practitioner with our service and the first paediatric palliative care nurse practitioner in the state. Sara completed a Masters Degree in Nursing, and along with extensive clinical experience in the area of palliative care she qualified to apply for the authorisation from the Nurses Board of South Australia. She said the nurse practitioner role provided a new career pathway for nurses, which would ultimately help the CYWHS retain expert clinical nurses.

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**Better access celebrated**

We celebrated International DisAbility Day three days after the official event with a luncheon on 6 December.

In particular we celebrated the completion of two major projects that have made Women’s and Children’s Hospital facilities more accessible for people with disabilities.

In the past year, the Hospital has installed automatic doors in the Samuel Way Building, where many Hospital services and family accommodation are situated, and a wheelchair access toilet in the Hospital’s school, totalling more than $17,000.

CE Heather Gray said the installation of the automatic doors and wheelchair access toilet were part of a commitment to addressing health inequalities.

“These projects are an example of how we are improving access to our health service and maintaining our strong commitment to the Government’s Disability Action Plan,” said Ms Gray.

“The Disability Action Plan exists to promote an increased awareness that recognises the rights and needs people of disabilities as valued members of the community and to support access and equity for all South Australians with disabilities.”

“While working in line with the Disability Discrimination Act to ensure services are accessible to people with disabilities. These initiatives are important steps towards ensuring accessibility of our services to people with disabilities.”

Annie Fabig, the mother of young patient Hannah, said she appreciated the cost and coordination involved in installing disability access facilities. “These two projects may seem trivial to able-bodied people, but they make such a difference to children such as Hannah as well as adults with disabilities,” she said.

Ten-year-old Hannah, who has cerebral palsy, has been a Hospital patient her whole life. Annie said, while staff made life in hospital as easy as possible for Hannah, facilities such as the new doors and toilet contribute to improving independence and quality of life.

“I thank the health service for its commitment to improving these facilities and valuing people with disabilities;” she said.

The 6 December luncheon was accompanied by a performance by Restless Dance Company, a youth dance company working with young people with and without a disability.

“The lunch was an opportunity to recognise and celebrate children with disabilities and their families and to increase staff awareness of the needs of people with disabilities,” said Ms Gray.
Our young investigators celebrated

PHD student Branka Grubor-Bauk was named 2005 Young Investigator of the Year at the Award finals on 2 November. She received her prize from the Hon Karlene Maywald, Minister for Science and Information Economy, representing the Premier.

The Young Investigator Award recognises the best in science and science communication among young researchers studying women's, children's or young people's health.

An initiative of the Children, Youth and Women's Health Service and Faculty of Health Sciences at the University of Adelaide, the award provides unique opportunities for young researchers to be recognised for the quality of their work and to present that work to the public.

Branka, 28, a PhD student with the University of Adelaide, undertook her studies at the IMVS and Hanson Institute. She is currently writing up her PhD thesis, whilst working part-time in Immunopathology at the Women's and Children's Hospital.

Her research has focused on how infections caused by herpes simplex virus type 1 are controlled by the immune system. Although best known as a cause of cold sores, infections by this virus can get out of control in the very young or in people with compromised immune systems and cause brain damage and death. During pregnancy, maternal herpes simplex infection poses a considerable risk to the foetus.

Branka's research has shown for the first time that particular white blood cells called 'natural killer' T cells are vital in the control of herpes simplex infections. This work lays the foundation for future vaccine and therapeutic strategies against infections caused by this virus.

Runners-up for the Award were PhD students Adeline Lau from Genetic Medicine at the Women's and Children's Hospital and Brooke Summers from Clinical Biochemistry at the IMVS and Hanson Institute.

BROOKE SUMMERS, ADELINE LAU AND BRANKA GRUBOR-BAUK WITH THE HON KARLENE MAYWALD.

Folic acid campaigns working to combat spina bifida

Campaigns promoting the use of folic acid before pregnancy and for the first three months of pregnancy are working to reduce the risk of women having a baby with spina bifida or another neural tube defect.

During Spina Bifida Awareness Month in September, Clinical Geneticist Prof Eric Haan said the number of babies with neural tube defects had decreased by 38 percent since the mid-1990s, when campaigns promoting the benefits of folic acid supplements began.

Prof Haan said the South Australian Monitoring and Surveillance System had found 60 percent* of women knew folic acid could prevent spina bifida and 50 percent* knew folic acid had to be taken before pregnancy and in the first three months of pregnancy.

Prof Haan stressed it was essential that women knew to take folic acid before becoming pregnant.

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Funding for Yarrow Place

Yarrow Place has received an extra $100,000 funding from the State Government. The funding increase was announced by the Attorney-General in September and will go towards assisting recruitment and retention of forensic medical staff.

Director of Yarrow Place, Vanessa Swan said the funding would help the service better handle an increasing workload.

“The South Australian Police Sex Crime Investigation Branch and the higher profile of rape and sexual assault have meant the number of people accessing our services has increased,” she said.

“This funding will be used in a number of ways. It will help us deal with the additional forensic medical work that is reaching Yarrow Place and to provide rural doctors with the opportunity to undertake traineeships to learn how to provide forensic medical services.

“It will also be used to purchase a colposcope, which is used in forensic investigations into sexual assaults.

“We are looking at using some money to structure after-hours positions to make them more appealing for female doctors.”

*Statistics provided by the South Australian Monitoring and Surveillance System.
Gawler obstetrics network

The Gawler Obstetrics Network, run by the Women’s and Children’s Hospital, will begin in January with two Specialist Obstetricians at the helm. Another specialist has been recruited to provide shared services across the Women’s and Children’s Hospital, Gawler and Lyell McEwin Hospital.

Dr Faisal Chenia is known for his great patient rapport and empathetic nature. He has a passion for teaching, in particular training junior medical staff and midwives working in midwifery obstetric units.

Dr Chenia is an obstetrician at Broken Hill Hospital and has been practicing medicine for 24 years. At Broken Hill Hospital, Dr Chenia manages both obstetric and gynaecology cases, twice weekly major elective gynaecology surgery and antenatal clinics. He also supervises and teaches midwives and medical students at the nearby Rural University.

Dr Chenia has worked in the role of Principal Specialist Obstetrician and Gynaecologist at Johanneburg’s Coronation Maternal Child Hospital where he established and ran a Menopause Clinic. He was also responsible for tertiary level obstetrics and gynaecology.

Dr Chenia has practiced medicine in the United Kingdom at several prestigious hospitals, Queen Mother’s Hospital, Princess Margaret Hospital and Derby City Hospital. He has previously worked at two other hospitals in South Africa: Johannesburg General Hospital and Baragwannah Hospital.

Dr Sachchithanatham Kangasabai, known as Dr Sachchi (pronounced Dr Sachi) to his friends and colleagues, works in Malaysia as a Consultant Obstetrician and Gynaecologist at General Hospital, Melaka. Dr Sachchi is also a Professor of Obstetrics and Gynaecology at Manipal Medical College, Melaka.

Since 1985, Dr Sachchi has worked at a variety of Malaysian hospitals where he has held Senior Consultant positions in Obstetrics and Gynaecology. He has had extensive experience over 29 years handling both regular and complicated deliveries.

Dr Sachchi has an interest in community care and has spent time in Malaysia visiting rural hospitals, assisting them to update and improve services and to improve antenatal care to meet the needs of the community.

He has worked in hospitals that average 25 to 30 births each day, where he has handled up to 3000 gynaecology admissions a year. He has had extensive experience performing both major and minor gynaecological operations.

Dr Sachchi also has extensive experience teaching undergraduates, postgraduates and nursing students.

Dr Sarah Weerasinghe will work across the Women’s and Children’s Hospital, Gawler and the Lyell McEwin Hospital. He has more than 30 years experience practicing obstetrics and gynaecology in New Zealand, the United Kingdom, the United Arab Emirates and regional Western Australia.

He has been practicing medicine since completing his studies at the University of Ceylon and General Hospital in 1969.

Dr Weerasinghe did further obstetrics and gynaecology training in New Zealand and Scotland. He was a consultant and senior lecturer at Wellington Hospital and the University of Otago in New Zealand from 1977 to 2001. Between 2001 and 2004, Dr Weerasinghe was a consultant and assistant professor in obstetrics and gynaecology, and ultrasound at the United Arab Emirates University and Al Ain and Tawain Hospitals, also in the UAE.

Dr Weerasinghe is currently working as a regional consultant in obstetrics and gynaecology and as an ultrasoundist for the Kimberley Health Region in Western Australia.

Mental health and the arts

The winner of the 2005 Headroom Songwriting competition is 12-year-old Rose Burford-Rice for her song ‘She realised she could smile’. Jon Marco picked up second prize for his song ‘Lemonade’. The prizes enable both Rose and John to have their songs professionally recorded, after which you will be able to download them from the Headroom website (www.headroom.net.au).

The competition is an initiative of the Headroom project, which is designed to increase awareness about mental health. It provides a way for young people to express how they view mental health and how it relates to their lives.

Former Minister for Health Lea Stevens announced the winners at the opening of an art exhibition entitled Space held at Castlereagh Youth Arts Centre. Space is an exhibition of original artworks created by young people who have participated in supportive arts programs while receiving treatment at the Women’s and Children’s Hospital.

The program is designed to give young people opportunities to be creative, develop skills, and to promote and support positive mental health.

Space was dedicated to the memory of a young patient Penny Hales who suffered from depression and took her life. It was funded by a group of friends and caring people concerned at the level of depression and mental illness among young people. Family and friends of Penny were amongst the guests at the function, which was also attended by artists, competition entrants, their families and friends, and staff.

Both the Headroom Songwriting Competition and the Space exhibition are excellent examples of our mental health programs that give young people an alternative way to express their issues and ideas about mental health in creative and innovative ways.

Unique breastfeeding education program

The program was developed in consultation with midwifery educators, midwives, lactation consultants, the Baby Friendly Hospital Initiative SA Committee, and other health services that are BFHI accredited, including Flinders Medical Centre and the Lyell McEwin Hospital.

Staff began training in May and, to date, 72 of our child health nurses have completed the eight-hour education program using e-learning. All metropolitan child health nurses will complete the training by the end of 2005 and country staff will be trained in early 2006.

While eight hospitals in South Australia and 52 Australia-wide are BFHI accredited, Australia does not yet have any baby friendly accredited community services. Our service is working towards South Australia gaining the first Baby Friendly accreditation for a community service.
Expanded role for Human Race

Two new staff members have joined the Centre for Health Promotion’s Human Race - Sustainable Regions Project. This project aims to increase children’s participation in physical activity in the northern region.

The new staff, Naomi To and Imelda Williamson will work with project manager Evie Ledger and be based both at the Women’s and Children’s Hospital and Salisbury Council. They will spend much of their time in the City of Salisbury and City of Playford regions working with project partners and a network of community agencies. Developing sustainable networks and links is a major feature of the project.

Naomi will work with 21 schools that are part of the project. Imelda will work with local community sport, recreation and government agencies to strengthen links between programs and encourage people in the region to be active through local facilities.

Underpinning the project is a website tool at www.human-race.org. This is a physical activity program for schools encouraging students to be more active, to be involved in the community, and to improve their fitness.

To support the northern project, we are adding to the site:
- Ways for people to record on the site, to support the northern project, we are adding to the site.
- To improve their fitness.
- Underpinning the project is a website tool at
- Facilitates.
- The region to be active through local facilities.

For more information, go to
- Visit these sites for great activity ideas:
- Acorn group supporting parents
- Acorn group’s primary aim is to support parents with mental health issues.
- A key aim is to provide an opportunity for these parents to enrich and build their relationship with their child.
- Mental health nurse and an occupational therapist, both from the CYWHS Perinatal Team, coordinate the group. A child health nurse visits regularly to offer routine child health assessments and answer questions on parenting and health.

Active ideas for children for the summer holidays from the Human Race team

- Walk to the local shops or school. Count how many steps it takes, try to take bigger steps next time and see how few steps you can do it in.
- Get together with your friends with a tennis ball and see who can come up with the best game to play, and the fairest rules. Try the same thing with a tag game.
- Grab a skipping rope and see who can make up the best rhyming skipping song – the song that keeps you skipping longest.
- Play rock, paper, scissors, inside in a big room. When it’s raining (make sure all breakables are put away and you’ve asked mum or dad first). Roll up a pair of thick bulky socks and go for it!
- Not sure what is best for your children? Get them to try the quiz at:
- physicalactivity_modifit.asp
- Councils and libraries have lots of information about local open spaces, recreation clubs and special school holiday activities. Visit these sites for great activity ideas:
- www.beactive.com.au
- www.gameskdisplay.net/
- www.verbparents.com
- www.achper.org.au

HUMAN RACE TEAM MEMBERS NAOMI TO, IMELDA WILLIAMSON AND EVIE LEDGER.

Patient First successes

We have implemented a Patient First initiative to bring together a number of projects designed to improve client and patient care. The program aims to increase patient satisfaction, the safety and quality of care, and staff satisfaction by redesigning the way we provide care. Care includes meeting the needs of patients and clients and their families, and involving clients and staff in determining their needs.

Four Patient First projects are currently underway. These are looking at paediatric emergency services, normal vaginal births, after-hours hospital care and paediatric surgical lists.

Recently the Paediatric Emergency Department implemented a ‘See and Treat’ trial. This involved allocating patients to a specific area, where they could be processed in a ‘fast stream’, in order to reduce waiting times and their length of stay. ‘See and Treat’ has proved successful and will be implemented permanently in the Paediatric Emergency Department.

We have received some positive feedback on the trial from clients:
- “The service was fantastic”
- “Well done – couldn’t have asked for more”
- “The service was better and quicker than before”

Developments and changes in all four Patient First projects will continue over the next few months.

For more information, go to

In partnership with a variety of community services, we have established a weekly support group for parents with issues affecting their mental health who have a child aged three years or less.

Our Perinatal Team, child health nurses, the Playgroup Association and Broughton Place Uniting Church have joined forces to provide a service that is more accessible to mums and dads with mental health issues.

The initiative, called Acorn, is taking away the clinical focus of such groups by moving out into the community and connecting with services with which parents may already be familiar.

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The initiative, called Acorn, is taking away the clinical focus of such groups by moving out into the community and connecting with services with which parents may already be familiar.

Child and Adolescent Mental Health Services (CAMHS) Divisional Chief Pauline McEntee said Acorn, based at Broughton Place Uniting Church in North Adelaide, was separated from a mental health setting, thereby reducing some of the fear and stigma associated with mental health problems.

“This is an opportunity for parents to be involved in a group within a community setting, helping to place their experience of motherhood and fatherhood into the context of normality rather than pathology,” she said.

“This group is breaking down the isolation of parenthood through the normal community activity of a busy centre, including the comings and goings of children and parents.

“The Acorn group’s primary aim is to support parents with mental health issues. A key aim is to provide an opportunity for these parents to enrich and build their relationship with their child.”

A mental health nurse and an occupational therapist, both from the CYWHS Perinatal Team, coordinate the group. A child health nurse visits regularly to offer routine child health assessments and answer questions on parenting and health.
FAMILY HOME VISITING OFFERS AN ADDITIONAL 34 VISITS OVER TWO YEARS.

**Drugs only one part of pain relief**

There is so much more to managing pain in children than choosing the right drug, according to Pain Management Nurse Gill Bricher.

Gill, who is based at the Women’s and Children’s Hospital, said drugs were a small component of pain management. “Distraction during potentially painful procedures, comfort and making sure the child is happy with the chosen method of pain relief are all vital,” she said.

In babies, pain management is more about making sure the baby feels safe or is distracted during a procedure. At the Women’s and Children’s Hospital, sucrose has recently been introduced to ease the pain premature babies experience during procedures. “Sucrose is an immediate distraction because of its strong taste,” Gill said.

“And when a baby tastes sucrose, it releases endogenous opioids that last around five minutes.”

Gill stressed that sucrose should only be used in a clinical setting for premature or sick babies who do not have teeth. But sucrose is only one component of minimising distress in babies during procedures.

“For infants, breast feeding, sucking on a dummy, being well wrapped and gentle treatment can all help to keep the baby calm and feeling safe and secure,” Gill said.

“This reducing pain and minimising distress not only benefits the baby during a procedure, but, can be beneficial to the long-term development of babies that undergo frequent procedures. Preterm or sick infants are frequently exposed to recurrent painful procedures and these have a cumulative effect. These procedures can influence the baby’s long-term development of normal responses to pain.”

According to Gill, every baby and every child experiencing pain has individual pain management needs that must be met, including the type of medication and the way it is taken. “Some children don’t like tablets, others don’t like medicines, some refuse both, so we have to find other ways of helping the child,” she said.

It is important to find a way of managing each child’s pain because untreated pain suffered early in life can have long-lasting effects on social and physical development, as repetitive or continuous pain can cause permanent changes in the nervous system. The Pain Service, established in 2003, has enabled staff to better meet the needs of babies and children experiencing pain. “Pain management is a priority for our Hospital and we ensure all our patients are assessed, treated and monitored for pain,” Gill said.

**New home for Kids ‘n’ You**

Kids ‘n’ You Family Services has moved into a permanent home at the Elizabeth Grove Primary School. The move means that Kids ‘n’ You staff can now work collaboratively with school staff to provide immunisation, training for peer supporters and support programs. Further partnerships within the Salisbury and Playford communities will be established and enhanced with the involvement of the local kindergarten.

Kids ‘n’ You Family Services provides centre-based programs for families with children aged up to five years. Children attending the service are assessed and each child then participates in a tailored program to enhance their development. Groups are offered that allow the children to play and learn along with their caregivers in a supported environment.

The service provides home visiting and centre-based support services to families with children aged up to 18 years who are at risk.

“The service offers a range of programs for women. These programs provide opportunities to socialise, discuss motherhood issues, learn and practice new skills, share their experiences and work towards achieving their goals and aspirations for the future. The Fatherhood Support Program, also based at Kids ‘n’ You, provides groups for men to discuss issues facing fathers, to share experiences and to learn and practice new skills.

Further education opportunities and community art projects are also offered. Staff at the new venue are excited about the range of programs available and believe there is potential for more services to be offered from the site.”
Improved mental health emergency services

We are about to expand an emergency response service for young people with severe mental health issues.

We will provide seven-day-a-week mental health cover in the Emergency Department of the Women’s and Children’s Hospital.

CE Heather Gray said the service would operate 18 hours a day at peak times of need.

“The service will support young people aged up to 18 years who require crisis and emergency mental health intervention,” she said.

“Its aim is to reduce the rate of relapse in young people with severe mental health problems and complex psychosocial needs through timely emergency intervention. This, in turn, will reduce the number of crisis hospital admissions. We want to keep young people out of hospital by increasing community-based treatment, assessment, intervention and referral and this is one part of the solution.”

Enabling young people to access emergency services quickly will assist in reducing waiting times at CAMHS sites. The service will also provide telephone and telehealth links so other mental health services can receive advice related to intervention and appropriate referral.

NH&MRC funding boost

This year, $6.25 million in funding was won in association with the University of Adelaide from the National Health and Medical Research Council (NH&MRC). Three of these grants, worth $1.76 million, are collaborations with the Child Health Research Institute.

This year’s funding represents 25.8 percent of the total funding of $24.2 million awarded by the NH&MRC to South Australian institutions.

The funding, which begins in 2006, is spread over 10 grants covering a number of major areas – mental health, health of newborn babies, treatments for storage and brain disease, gene therapy, lead and our surroundings. The aim is to improve the health of newborn babies and treat those with disease, gene control of immune cells and fatty acids, and atrial fibrillation.

Funding highlights include:

- Using vaginal progesterone to prevent breathing problems in premature babies.

More than 90 percent of babies born very prematurely (less than 34 weeks of pregnancy) need breathing support. These babies are also at increased risk of dying and survivors have a risk of long-term disability. This research looks at whether vaginal progesterone, given during pregnancy to women who have previously had a premature baby, can reduce the risks to the second baby – $1,202,350 to Prof Caroline Crowther, Dr Jodie Dodd, Dr Andy McPhee and Ms Vicki Henady.

Can fish fatty acids given during pregnancy reduce children’s allergies?

Over the last 20 years, Australian diets have changed dramatically to include more n-6 fatty acids and less n-3 (fish) fatty acids. A link has been shown between these dietary changes and the rise in allergic disease over the same period in Australia. This research looks at whether tuna fish oil, given in the second half of pregnancy to women at high risk of having a baby with allergies, does result in fewer children between one and three years of age with allergies – $767,500 to Dr Maria Makrides, Assoc Prof Bob Gibson, Dr Michael Gold, Dr Joanna Hawkes, Assoc Prof Susan Prescott and Prof Heddy Zola.

A number of staff are also chief investigators on other NH&MRC grants totalling $1,426,625 involving Flinders, Sydney and Monash Universities. Topics covered include gene therapy for the eye, therapy against super-bugs and novel drugs for fungal infections.

ICYWHS Oration

Prof Dorothy Scott, Foundation Chair and Director of the Australian Centre for Child Protection at UniSA, presented the inaugural CYWHS Oration in September.

Prof Scott spoke of new hope to protect children from a broad range of negative health, educational and social outcomes.

The oration, entitled Child Protection – A New Hope, outlined how to see and hear children in the context of the family and their community. Prof Scott highlighted the need for adult-focused care and child-focused care, as well as a broader understanding of family-centred care.

“The development and well-being of children needs to be understood in terms of their community, the neighbourhood, the family, the neighbouring community and wider society,” said Prof Scott.

“Community and wider society,” said the family, the neighbourhood, the children needs to be understood in terms of understanding of family-centred care.

Prof Scott highlighted the need for adult-focused care and child-focused care, as well as a broader understanding of family-centred care.

“Each child is a harbinger of hope. Each child is a source of inspiration. How do we make ourselves open to their gift of hope and inspiration? By seeing them and hearing them,” she said.

Prof Scott says hope is found within ourselves, but most of all in children.

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More than 90 percent of babies born very prematurely (less than 34 weeks of pregnancy) need breathing support. These babies are also at increased risk of dying and survivors have a risk of long-term disability. This research looks at whether vaginal progesterone, given during pregnancy to women who have previously had a premature baby, can reduce the risks to the second baby – $1,202,350 to Prof Caroline Crowther, Dr Jodie Dodd, Dr Andy McPhee and Ms Vicki Henady.

Can fish fatty acids given during pregnancy reduce children’s allergies?

Over the last 20 years, Australian diets have changed dramatically to include more n-6 fatty acids and less n-3 (fish) fatty acids. A link has been shown between these dietary changes and the rise in allergic disease over the same period in Australia. This research looks at whether tuna fish oil, given in the second half of pregnancy to women at high risk of having a baby with allergies, does result in fewer children between one and three years of age with allergies – $767,500 to Dr Maria Makrides, Assoc Prof Bob Gibson, Dr Michael Gold, Dr Joanna Hawkes, Assoc Prof Susan Prescott and Prof Heddy Zola.

A number of staff are also chief investigators on other NH&MRC grants totalling $1,426,625 involving Flinders, Sydney and Monash Universities. Topics covered include gene therapy for the eye, therapy against super-bugs and novel drugs for fungal infections.
Chair’s Diary

EVEN TS ATTENDED BY CYWHS CHAIR CAROLYN PICKLES

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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</thead>
<tbody>
<tr>
<td>17 AUGUST</td>
<td>Attended launch of e-learning program for Baby Friendly Breastfeeding Education</td>
</tr>
<tr>
<td>23 AUGUST</td>
<td>Women's Health Action Plan Steering Committee meeting</td>
</tr>
<tr>
<td>30 AUGUST</td>
<td>Finance Sub Committee meeting</td>
</tr>
<tr>
<td>SEPTEMBER</td>
<td>Board Directors meeting*</td>
</tr>
<tr>
<td>SEPTEMBER</td>
<td>Attended opening of Chill Out Room in Adolescent Ward*</td>
</tr>
<tr>
<td>21 SEPTEMBER</td>
<td>Safety and Quality Sub Committee meeting*</td>
</tr>
<tr>
<td>23 SEPTEMBER</td>
<td>Audit and Risk Sub Committee meeting*</td>
</tr>
<tr>
<td>27 SEPTEMBER</td>
<td>Finance Sub Committee meeting*</td>
</tr>
<tr>
<td>11 OCTOBER</td>
<td>Board Directors meeting</td>
</tr>
<tr>
<td>12 OCTOBER</td>
<td>Hosted Headroom Song Competition presentation</td>
</tr>
<tr>
<td>14 OCTOBER</td>
<td>Attended launch of ACORN</td>
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</tbody>
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Board Profile

In the final edition of Healthy Focus for 2005, we profile Dr Nigel Stewart.

DR NIGEL STEWART lives in Port Augusta and works as a general paediatrician across the north of South Australia. He heads a small service and team of three paediatricians, a registrar, several nurse consultants and secretarial support. Nigel’s professional interests are in rural child health issues, Aboriginal child health and behavioural and developmental paediatrics. With support from local management, GPs, allied health, nursing and the local community Nigel is working to provide better child health services in the north of the State. Nigel is a father of four teenagers and has lived in Port Augusta for 12 years with his partner Kate and their family. Nigel is a member of the Aboriginal Health Sub Committee.

Sporting heroes salute hidden research heroes

Everyone, everyday benefits from health and medical research, but few people are aware of the dedication and hard work of our medical researchers who toil away quietly behind the scenes.

Now well-known SA sporting celebrities, so-often in the limelight, are helping bring leading SA medical researchers out into the open to celebrate some of the great advances in children’s health.

On 27 October, footy, basketball and soccer sporting heroes joined with researchers, patients and their families at the Hospital for a special ‘Thank You Morning Tea’ as part of Research Australia’s 2005 Thank You Day program. The event was jointly hosted by the CYWHS and the Child Health Research Institute on behalf of Research Australia.

Chair of SA Great and past Crows Premiership Captain Mark Bickley, Port Power’s Warren Tredrea, former Olympian basketballer Rachael Sporn and Adelaide United Coach John Kosmina together with Captain Ross Aloisi were amongst the sporting heroes at the morning tea who signed a Giant Thank You Card touring Australia picking up signatures from well-known Australians and top researchers.

They then visited sick children in the wards putting smiles on many faces and signing autographs.

Ezine wine winner

Congratulations to Rebecca Clarke of Plympton Park who was randomly selected as the winner of six bottles of Pennyfield Wines Petit Verdot. Rebecca was placed in the draw for the wine when she requested to receive Healthy Focus as an ezine. This opportunity will also be available to readers in 2006. If you’d like to receive an electronic version of Healthy Focus and are not already doing so, please email your contact details to Anna Day at anna.day@cyh.sa.gov.au.