ONE ST JOHN

The official newsletter of St John Ambulance (Qld)
APRIL 2015

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Hi everyone,

Thank you for reading the April edition of the One St John newsletter.

With just a month to go until Queensland hosts the 2015 Member Convention in Brisbane, tickets are fast running out for several functions. To view the detailed program, including booking information, presentation topics and speakers, visit www.stjohnqld.com.au/memberconvention.

During March, many Queenslanders were affected by Tropical Cyclone Marcia and once again so many of our volunteers from across the State put their hands up to prepare for activations to evacuation centres. A very special thank you to Ronald Cunningham and the IMT group who coordinated the event to ensure St John (Qld) members were kept up-to-date and prepared for potential activations. It was wonderful to see our volunteers working so well together, and particularly humbling to see members as young as 18 years of age volunteering their time.

Following the AGM on 26 March, the 2014 Annual Report has now been released. I encourage all members to read it by visiting the ‘about us’ tab on the website. In the report, you can read about the achievements and statistics from the past year. A special mention to our volunteers from Event Health Services and Social Services, who contributed a total of $4.6 million to the community last year! A great testament to the hard work given every day by our volunteers!

National Volunteer Week (11-17 May) is fast approaching, which is a celebration of volunteerism in Australia. The theme for 2015 is ‘GIVE HAPPY, LIVE HAPPY’. I would like to wish all volunteers of St John a very happy National Volunteer Week, and thank you for the valued contribution you make to your local community and to the organisation.

While our members are out on duty during the week and on weekends, I would like to encourage everyone to SMS pictures of themselves on duty. It is a great opportunity to provide our facebook followers with real time updates on what you are up to. SMS all pictures to 0498 555 353 to have your duty up on our facebook page and show members of the public what you’ve been up to. Please note that pictures of casualties cannot be posted due to privacy reasons.

“You can never cross the ocean unless you have the courage to lose sight of the shore.”

Angela Madden
Marketing and Communications Officer
St John (Qld) is delighted to play host to the 2015 Convention.

The 2015 Convention will be the premier opportunity for St John members to celebrate YOUR service, share YOUR experience and expertise, as well as develop YOUR knowledge and skills.

Whether YOU are performing first aid at an Event Health Service, lending social support to the isolated and vulnerable, nurturing our history and heritage or a staff member with St John, YOU are making a significant difference to the lives of others.

The theme ‘the difference is YOU’ will focus on how YOU make a difference to the organisation and the wider community. This year’s conference will inspire pride in yourself, in the charity YOU work for, and in the humanitarian outcomes delivered to those in need.

Visit stjohnqld.com.au/memberconvention
The difference between success and failure is a great team. On 24 February 2015, St John Ambulance (Qld) proved just that; a great team provided much needed support to the Central Queensland community.

Severe Tropical Cyclone Marcia was a Category 5 cyclone that made landfall at its peak strength over Central Queensland, near Shoalwater Bay on 20 February 2015. The cyclone went on to affect numerous communities including Yeppoon and Rockhampton. It reached Yeppoon as a Category 4 system, then traversed over the regional city of Rockhampton as a Category 3 system on the same day.

On Tuesday 24 February, St John (Qld) deployed five volunteers from Brisbane to assist local EHS members at the Yeppoon evacuation centre. I was lucky enough to lead the bright and talented volunteers into their first deployment. The team, code name ‘Alpha team’, consisted of Japhia Kievit (Brisbane Day Division), Adam Denaro (Brisbane Central Division), Thomas Lahey (Brisbane Central Division) and David Wells (Western Suburbs Division).

The Alpha team met at the Brisbane airport after being briefed from State Officers Glen Morrison, Ronald Cunningham and Rev. Peter Devenish-Meares. Despite damage to their own homes, the members of Rockhampton Division were already at the Yeppoon Evacuation Centre treating residents. Arriving in Yeppoon late Tuesday afternoon, we were finally able to relieve the Rockhampton team so they could go home for some well-deserved rest. For members who have never been to an evacuation centre, no two centres are ever the same. Red Cross looks after registering people, food and the basic setup of the centre. St John (Qld) looks after everything medical and have to find a suitable area to set up. In this case it was a bar … yes, it was empty! The setup is very much like major events such as the Ekka, but without all the room and man power - a couple of stretcher beds, chairs, tables and some kits, and we were ready to go.

The team was very lucky that we had a hotel 200m away, which made it easier to rotate sleep patterns and ensure no one worked extended long shifts. Two members would rotate the night time on-call shift at the centre, while other members got some sleep in the hotel.

Each day would bring different casualties and challenges for us to overcome. But to the credit of every team member, regardless of what came their way, they took it in their stride.

On Thursday 26 February, St John was requested to assist QHealth at a remote town 40km north of Yeppoon. David Wells and Thomas Lahey set off to the remote town of Byfield, which was one of the hardest hit areas from Cyclone Marcia. Not even 10 seconds after jumping out of the car, St John members were called into action for a gentleman who was cutting down trees to help his small town back on its feet (despite his already fractured arm). Given the casualty didn't want a trip to hospital,
all that could be done was to provide some basic analgesia and advice. The St John (Qld) boys set up at the local corner shop, which truly showed the character of town, and the locals were more than happy to see us.

As days passed, the deployment was coming to an end, but before we left, we decided to visit the local Red Cross blood bank to donate some much needed blood. Two members of our team, Adam Denaro and David Wells donated blood for their first time and did us all proud. Not to mention Adam receiving a showbag for his 5 Star effort….to David’s disappointment.

Overall, the deployment was a great success. From the outstanding work of our Incident Management Team (IMT) down to the members who gave up work and uni to help a devastated town. They should be extremely proud of their efforts.; they represented St John with digity and provied services to those in need.

"Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organisational objectives. It is the fuel that allows common people to attain uncommon results."

-Andrew Carnegie

David Beckham
Alpha Team leader

Thank you to the members who assisted at other evacuation centres throughout the State. It was inspiring to know that EHS members were well prepared to be called on at a moment’s notice to assist affected residents.
Name: Pete Newman  
State Nursing Officer

Employment:  
Registered Nurse - Emergency / Medical Case Management / Aeromedical Co-Ordination and International Retrieval Nurse for Customer Care (Covermore Travel Insurance)

When did you first join St John?  
First joined around 1997 when I was still in high school. I wanted to do something to help people. My aunty had joined the Townsville Division and completed her Enrolled Nursing and I decided to follow suit. From here I developed an interest in Nursing and decided to study at university.

What is the craziest HCP story?  
In the interest in keeping things G Rated, I probably should not speak too much on this subject, but it does involve foreign objects. Unfortunately I have seen lots of trauma, but despite some really bad outcomes there are lots of good outcomes.

What is the most enjoyable part of your role as a HCP in St John?  
I love teaching as well as developing policy and governance with the long term goal of making nurses more independent and recognised as a profession (both inside and outside of St John).

What would you say to other people looking at becoming a HCP?  
Do it! I have never regretted becoming a nurse. I have tried a couple of other careers but I have always come back to nursing.

St John has come a long way and is ever changing. When I first joined, giving Panadol was a big deal, now look at us. Never forget the basics!
It’s been a busy year so far for Social Services, with everyone working hard to ensure that our transport and social support services activities remain the best services possible. We are continuing to run successful social outings for our clients, which have included lunch next to the Burnett River, morning tea in the Bundaberg Botanic Gardens, a ride on the newly completed Gold Coast Light Rail and a cruise down the Noosa River. St John social trips are a great way to get out and see what sights your community has to offer!

We are currently looking for more volunteers to join our Social Services team, including drivers for Community Transport, callers for Silver Cord and admin volunteers in the Virginia, Maryborough and Bundaberg offices. Please contact us on our new number 1800 ASK STJ (1800 275 785) for more information.

DID YOU KNOW?

St John staff can visit community and social groups to provide information about our Social Services programs. The presentations are a good opportunity to ask questions and find out more about our Social Services programs and how they could benefit you, or your family and friends. If you would like St John to present at a meeting for your community or social group, call the office on 1800 ASK STJ (1800 275 785).
The Queensland Youth Council (QYC) is an advisory body made up of young people (aged 12-26) within St John whose purpose is to provide guidance to St John (Qld) on issues affecting the organisation and its future development (with particular emphasis on the opinions and interests of young people).

During the past 12 months, the QYC has continued to attend NCO courses, collaborating and consulting with St John youth. The QYC presence at NCO courses gives young members an opportunity to voice their opinions regarding the St John cadet movement – this is not only limited to their issues and problems, but also extends to the things they appreciate about the organisation.

In conjunction with the Australian Youth Council’s goals and initiatives, the QYC is committed to the acknowledgement and recognition of youth and their contribution to the community; and National Youth Week (NYW) is a fitting platform to do this. To celebrate NYW in 2015 the QYC, in partnership with the St John (Qld) youth team, are hosting a competition for all youth members throughout the State. The competition requires entrants to submit either a short video or digital poster showcasing St John youth in the light of the 2015 NYW theme: It starts with us.

Some of the more recent developments for the QYC includes the appointment of new members to portfolio positions. As of March 2015, four new members have been accepted into the positions of: Communications Officer, Projects Officer, Southern Facilitator and General Member. Details over the page.
In October 2014, the State Cadet Camp was held at the Kindilan Outdoor Education and Conference Centre. QYC hosted many activities over the course of the camp – these included the camp challenge, the annual camp trivia evening, on-site activities and a youth consultation. The end of the camp also marked the opening of applications for QYC positions.

In January 2015, QYC representatives attended the annual National Cadet Camp (which was held in Darwin). As always, the camp was an opportunity for members from the AYC and other youth councils from around the country to collaborate and discuss issues affecting St John and youth councils themselves. This year introduced the official transition for the AYC, which will now be known as the Australian Youth and Advisory Network (AYAN).

COMPETITION TIME

Check out the back page for details on the National Youth Week poster and video competition!

The Queensland Youth Council Members:
- Chairperson: Casey McDermott (Townsville)
- QLD Cadet of the Year: Katlyn Bambrick (Ipswich)
- Communications Officer – Scarlett den-Bakker (Gold Coast)
- Projects Officer – Michael Andrews (Sunshine Coast)
- Southern Facilitator – Jayden See (Gold Coast)
- General Member – Thomas Lynch (Brisbane Central)
Continuing on from February’s edition of the One St John, the following medical journal article has been kindly submitted by Prof. John Pearn.

Dr Thomas J Fogarty is today an award-winning vintner, but he is best known for his invention of the balloon embolectomy catheter (pictured right).

Born in 1934, he had a hard childhood. After losing his father at the age of 8, he sought part-time employment in the sterile supply department of a local hospital in Cincinnati to help his widowed mother make ends meet. As a teenager, he began working as a surgical scrub technician when he witnessed long and difficult operations undertaken to remove blood clots from arteries. This inspired him to think of a new approach that he perfected as a medical student at the University of Cincinnati. He took a latex glove, cut off the fingertip and attached it to a plastic catheter, using fly-tying techniques he learned as a fisherman. Fogarty recounts how news of the unconventional device was received by the surgical community – rejected by three mainstream surgical journals and publicly criticized as being dangerous. He could not get manufacturers interested in the balloon catheter. Undaunted, he made the catheters by hand for himself and other vascular surgeons during his fellowship training in 1961 and 1962. The balloon catheter was finally patented in 1963, the same year he published an account of its use in nine patients. Two years later, Fogarty and colleagues were able to report their experience of its use in treating 50 patients with femoral or aortoiliac emboli; 80% of the patients survived and only two required an amputation. Today, more than half a million Fogarty catheters are sold annually.

Fogarty was also a member of Shumway’s team that performed the first heart transplant in the USA. Later, he became Director of Cardiovascular Surgery and Professor of Surgery at Stanford University School of Medicine. He maintained his passion for invention and minimally invasive techniques, acquiring over 110 surgical patents (T.Fogarty, pers. Comm., 2008). According to Fogarty, the key to his success has been persistence to the point of obnoxiousness and an unwillingness to give up.

Another important vascular discovery by a medical student was made by Auguste-Mauric Raynaud (1834-1881). The thesis for his medical doctorate in 1862 was entitled Local Asphyxia and Symmetrical Gangrene of the Extremities. In his thesis, he modestly described 25 patients, mostly women, with episodic vasoconstriction of the digits causing classical colour changes (white, blue and vermilion) associated with loss of sensation, pain and localised gangrene. Raynaud recognised that exposure to cold was a precipitant but mistakenly rejected occupational factors. During the next 30 years, he expanded and updated his observations. Today, Raynaud’s disease or phenomenon is recognized as a manifestation of a wide spectrum of clinical disorders.

The son of a university professor, Raynaud studied medicine in Paris, where he also excelled in the arts, gaining a doctorate in literature in the same year as his medical degree. As an intern, he won numerous medals. After Raynaud reached the position of associate professor in 1866, his academic future looked bright but he never progressed to a senior position. He was turned down for both the anatomy and pathology chairs in Paris. Whether this was connected to his fervent Catholicism or public criticism of the Faculty of Medicine is uncertain. He was eventually elected to the Academy of Medicine in 1879, having published more than 50 clinical papers. He died from ischaemic heart disease at the age of 47 years.
New Zealander gives up marathon to save a stranger

Barry Eunson, a St John Ambulance Intensive Care Paramedic from Alexandra, Central Otago, New Zealand had trained for five months for the Dublin Marathon 2014.

Along with 15,000 athletes, Eunson was making his way through the streets but half way through the marathon, a young man collapsed in front of him. Initially, thinking the man had tripped, Eunson carried on. But something made him turn around.

“I thought, ‘hang on, he didn’t trip, he collapsed’ and I looked back and he was having a seizure. No-one else had stopped so I went back.”

There were a lot of people gathered on the street, and he yelled out for someone to call an ambulance, he said.

“The problem was there were 15,000 runners so getting through the crowd took nearly an hour. The ambulance was only manned by lower-trained staff, they had drugs on board but couldn’t use them, so they allowed me to use their gear and drugs.”

An advance care officer arrived, and together they put a lifepack on him and Eunson was asked to travel in the back of the ambulance to the hospital. But as they were about to leave, a French woman had collapsed on the road and Eunson offered to stay with her until another ambulance arrived. By now an hour-and-a-half had passed, and the race was well and truly over.

“The really sad thing for me was the people were there all getting their t-shirts and medals. But a finishing medal versus the Irish man’s life — I made the right choice. No medal for me but a sense of caring that was appreciated by all.”

With a ‘Did Not Finish’ against his name, Eunson returned home to Alexandra. However Eunson’s friend had contacted the marathon organisers and told them his story without Eunson’s knowledge.

They sent Eunson not only a shirt and finishing medal, but also paid for a return flight to Dublin for Eunson to get a chance to finish the race this year. The race director hopes to reunite Eunson with the man whose life he saved.

Installation of the new Chancellor

On 24th February, Mr Patrick Burgess MBE was installed as the new Chancellor of the Order by the Grand Prior, His Royal Highness the Duke of Gloucester, in the Priory Church of St John.

The Chancellor is a Great Officer of the Order; as such he is a member of the Order’s worldwide governing bodies and contributes to the development of the Order’s overall policy internationally.

The Chancellor may act as the deputy of the Lord Prior when the Lord Prior is not available. The appointment has lead responsibility for maintaining the status and integrity of the Order as an Order of Chivalry of the Crown, including the Order’s system for the conferment of honours and awards and all its other chivalric aspects; for constitutional issues; and for relations with the other Orders of St John.

On behalf of all staff and volunteers within the St John family, we would like to congratulate Mr Burgess and wish him all the very best for his tenure as Chancellor.

To see Mr Burgess’ speech transcript, visit:
http://www.stjohninternational.org/News/the-installation-of-new-chancellor
Blindness is the most frequent form of disability in the Occupied Palestinian Territories (oPt) (Palestinian Central Bureau of Statistics). Our 2008 epidemiology study revealed that levels of blindness are ten times higher than in the West. Sight loss is exacerbated by on-going conflict, malnutrition and poverty.

Unusually for an eye hospital, a third of our patients are below the age of 18. Sadly, more children are being born with serious congenital eye diseases. If left undiagnosed, these diseases can cause irreversible damage to eyesight, affecting a child’s development for life.

Obvious defects of the eye are often socially stigmatised and can lead to children being hidden at home, depriving them of an education and severely reducing any chance of an independent and fulfilling adulthood. When a poverty-stricken family has to choose between educating a child with and without sight issues, the fully-sighted child is often prioritised. A fully-sighted young man with an education and enhanced job prospects is expected to bring in much-needed income for the whole family. When a girl has sight issues, this preference is compounded. Treating a child while their eyes are still developing and sight can be fully saved will have an impact for the rest of their life.

Having one member of the family affected by blindness often substantially impacts the whole family. But in the oPt, whole families often suffer from similar disabling eye conditions. It has been proven that blindness causes poverty and restoring sight improves the economic status of individuals and their whole families (Hannah Kuper, 2008).

Our epidemiology study found that one in every six blind people in the oPt found it difficult to pay for treatment and this deterred them from seeking assistance. Even transport costs were found to be prohibitive (Chiang et al, 2008). It is essential that we continue to treat patients who cannot afford to pay. Due to its charitable and humanitarian status, the hospital treats all patients equally, regardless of their ability to pay, and it does not refuse any patient by policy. Supporting the Patient Relief Fund will ensure that everyone who needs our vital services receives help.

The Patient Relief Fund contributes towards the cost of St John of Jerusalem Eye Hospital Group eye operations, diagnosis and treatment for patients who cannot afford sight-saving eye care. We are seeking help for this fund, covering the cost of paediatric patient treatment.

These funds are needed as poverty levels are high across the oPt and many cannot afford to pay for medical care. Reports often focus on poverty levels in the West Bank and Gaza but a recent Israeli report cites the fact that 78% of Palestinians in Jerusalem live below the poverty line. In 2012 a UN Survey found that 1.6 million Palestinians (34% of households in the oPt) were food insecure, a sharp increase on the previous year.

We are reliant on charitable funds to meet the UNRWA contribution and to cover patients who are unable to pay for their share of the treatment cost. Every year on average, the Patient Relief Fund contributes 21% towards overall treatment costs.

Of the 5,321 operations we performed in 2013, 1,099 were for children.

The average wage for a Palestinian in the West Bank is £335 per month. In Gaza, this figure is £250 per month (Palestinian Central Bureau of Statistics). With no financial assistance, the average parent in the West Bank would have to dedicate nearly two months’ wages to pay for their child’s cataract to be treated. In Gaza, it is over two months’ wages. The Patient Relief Fund ensures that no parent has to decide whether to have their child’s eye treated or put food on the table that month.

We ask that you make a contribution towards the Paediatric Patient Relief Fund. Your support would directly ensure that families who are most affected by poverty, and who often have the most serious disabling eye conditions, receive our help. With this fund, parents have no hesitation taking their children to our centres. They know that their child will receive expert care regardless of their family’s financial situation. Help us save sight for those who cannot afford to save their own.

Visit http://www.stjohnyehospital.org/ to donate and learn more.
Ken Matthews is humbled by award

By MEGHAN KIDD
meghan.kidd@qclnews.com.au

“RIGHT, who’s the culprit?” Ken Matthews asked when he took to the stage to accept his Citizen of the Year award at yesterday’s Australia Day ceremony in Blackwater.

But it was clear the nomination could have come from any number of people.

Because Ken’s commitment to the communities he supports is appreciated by so many.

With many feathers in his cap, Ken was described by Councillor Charlie Brimblecombe as a “true blue Aussie” leading by example.

Councillor Brimblecombe presented Ken with his award.

“More than six million Australians over the age of 16 are active volunteers in diverse fields – our next award recipient is no exception,” Councillor Brimblecombe said.

“Ken Matthews has contributed immeasurably to our community.”

To the sound of loud applause, Ken accepted his award.

He has worked tirelessly in local groups, offering up large amounts of his time.

“Being the chairperson of the Rural Fire Brigade in the Bluff region, as well as being a volunteer in the fire brigade and St John’s Ambulance Service, Ken also manages to find the time to collect goods for recycling, donating profits to the Bluff State School P&C Association.

“Ken has had a lot to do with our school community, being the Blackwater State High School P&C vice president and a Bluff State School P&C Association executive member for many years.

“While juggling all of these commitments, Ken still finds the time to assist Lions clubs as often as he can, as well as conducting first aid training for Aurizon, and volunteering for the rugby league junior and senior teams as first aid officer.

“Ken is a devoted and inspiring person.

“He is a very deserving of the citizen of the year for the contribution he makes to our community, and towards creating a better society.”

Meant to be at work on the trains yesterday, Ken received an early mark and said he had no idea about the award.

“They (my family) told me my daughter Laura was getting an award... they were obviously telling lies,” he said with a laugh.

“No one let on at work either. They changed the shifts around so I could come.”

Ken has been in Bluff since 2001 and has volunteered with many groups.

“But without the support of my wife and two kids, I couldn’t do any of it.

“Thanks to you all for this award.”
In addition to practical ‘hands on’ First Aid training, St John Ambulance Australia provides online courses via our e-learning platform making basic First Aid more accessible to everyone.

The St John Defibrillation Awareness online course will provide participants with basic knowledge and understanding to enable use of a defibrillator in an emergency situation when required. It is a basic level awareness course, appropriate for anyone who has access to a defibrillator.

St John recommends that all First Aiders who have responsibility for First Aid in the workplace should complete an AED program which includes practical use of a defibrillator as well as the online Defibrillation Awareness course.

Features
• Easily completed within 15 minutes.
• Easy-to-use, online self-registration.
• Participants will receive a St John Certificate of Completion once course is completed.

Benefits
• Save time by hosting online training conveniently at your premises.
• Flexibility as participants can train anywhere with minimal disruption to the working day.
• Broader awareness - incorporate this course with other WHS activities in your workplace to create an ability to respond in the case of an emergency.

Outcomes
• All participants will develop a general level of defibrillator awareness.
• Minimise risk to staff, visitors, customers or community groups with greater First Aid awareness.
Submissions to the One St John newsletter are warmly welcomed from all members of St John Ambulance (Qld) including staff, volunteers, board members and associates.

The next edition of One St John will be available Monday 1 June.
The closing date for submissions is COB 22 May.

Send your stories and photos for inclusion to the next edition to:
Angela Madden
PO Box 1645
FORTITUDE VALLEY QLD 4006
or email angela.madden@stjohnqld.com.au

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www.instagram.com/stjohnqld

2015 National Youth Week Competition

Create a short video (3min or less) or a digital poster (no larger than A3) showcasing St John using the 2015 NYW theme: “It starts with us”

There are 3 categories: 12-15yrs; 16-19yrs; and 20-26yrs

Winners will receive a $50 gift voucher (a choice between iTunes/Google Play, Coles Myer, or Angus & Robertson), and their work will be presented at the National Member Convention in May

Closing date: Friday, 19th April 2015 at 5pm
Entries should be emailed to youthcouncil@stjohnqld.com.au