



The official magazine of the Royal Flying Doctor Service

CENTRAL OPERATIONS | ISSUE 266 | MAY 18

AirDoctor



Royal Flying Doctor Service
The furthest corner. The finest care.

CELEBRATING 90 YEARS OF SAVING LIVES

SOUVENIR EDITION



From the Chairman & CEO >



LORETTA REYNOLDS
Chairman

JOHN LYNCH
Chief Executive Officer

IN 1928, Reverend John Flynn established the “mantle of safety” for outback Australia.

His incredible vision – to bridge the gap in access to medical care and overcome the tyranny of distance to the most remote parts of our country – remains as relevant and vital today as it was back then.

Inspired by the death of Kimberley stockman Jimmy Darcy a decade earlier, Flynn’s enduring vision and unquenchable drive to improve access to essential health care for people living, working and travelling in the bush is ever-present in our organisational DNA.

Your modern-day ‘Flying Doctor’ stretches beyond emergency and primary health care, now bridging gaps in oral health and mental health, as well as taking a preventative approach to tackling the heavyweight issues of chronic disease management through health education, targeted screening programs and best practice patient management.

Together, we strive for happy, healthier communities.

We are extremely privileged to not only be today’s custodians of Flynn’s vision but also hold the trust of the rural and remote communities we serve every day and, equally, our service-delivery and government partners – Federal, State and Territory – who stand with us to deliver the finest care to the furthest corners.

This year we were humbled once again to be awarded Australia’s Most Reputable Charity for the seventh year running. This recognition is in large part due to the ever-growing army of loyal RFDS supporters – our amazing ‘Ground Crew’ of volunteers, donors, bequestors, fundraisers and corporate sponsors who help keep our crews in the air, on the road and across the airwaves.

We recently visited several communities as part of a special ‘90 YEARS’ tour. It was wonderful to meet with many of our supporters and stakeholders in their community, all of whom were as just passionate about our work as we are, sharing their own stories of lives saved and futures changed forever.

Many other RFDS events to mark our 90 YEARS (our birthday on May 15 and anniversary of our first flight on May 17) are being held throughout the year in Adelaide, Port Augusta, Alice Springs and Darwin, not to mention the many regional events being run across South and Central Australia by our dedicated volunteers and community fundraisers.

The full calendar of ‘90 YEARS’ events can be seen at our website flyingdoctor.org.au/sant/events. We do hope you are able to join the celebrations.

The support we receive from the community is immeasurable, however this support would translate to nothing without a group of dedicated, talented and undeniably professional staff to fulfill our mission of patient care.

Everything we do at the RFDS comes down to our patients and the quality of care we deliver 24/7, every day of the year. Our medical officers, nurses, pilots, mental health and oral health clinicians, allied health professionals, engineers, corporate, administration and support staff – over 200 of whom work across our four SA/NT aeromedical bases and three remote primary health clinics – are the face of the Flying Doctor.

These individuals continue to shape our wonderful history. They are also fundamental in carrying on Flynn’s legacy of the “mantle of safety” for regional, rural and remote Australia. They should all be deeply proud of what they do for more than 50,000 South Australians and Territorians alone whose lives are touched by the RFDS each year.

We commend this souvenir edition of *AirDoctor* to you; we hope you enjoy the read.

LORETTA REYNOLDS
Chairman

JOHN LYNCH
Chief Executive Officer

AirDoctor is the official magazine of the Royal Flying Doctor Service of Australia Central Operations.


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English tourists airlifted from outback >

Oliver Walker and Brad Warren being loaded into 'Bravo' at William Creek airstrip.

THE RFDS performed the aeromedical retrieval of two injured English tourists following a car accident on the Oodnadatta Track in South Australia's Far North.

Oliver Walker and Brad Warren rolled their vehicle while travelling north along the Oodnadatta Track, approximately 50 kilometres south-east of William Creek.

The Marree-based RFDS Emergency Ambulance and Remote Area Nurse were the first to arrive at the scene after the single-vehicle accident was reported by a passing motorist.

Oliver was in a stable condition with suspected neck and spinal injuries; Brad was in a serious-

but-stable condition with head, neck and chest injuries.

The pair were airlifted by an aeromedical crew from RFDS Port Augusta Base for the 700-kilometre flight to the RFDS Adelaide Base and subsequent transfer to Royal Adelaide Hospital for specialist medical care.

"It was terrifying," said Brad, whilst recovering in hospital. "It all happened so quickly".

"We never imagined we might need the help of the Flying Doctor, but we are so grateful for the fantastic care we received," he said.

Read more of our latest stories at flyingdoctor.org.au/sant/news



The overturned vehicle on the Oodnadatta Track.

Darwin Tourist Facility wins 'Brolga' Award >

THE RFDS Darwin Tourist Facility was presented with the New Tourism Business Award at the coveted Brolga Northern Territory 2017 Tourism Awards.

"The passion shown by our tourism operators is a wonderful reflection of our incredible attractions, tours, unique experiences and culture in the NT," said Lauren Moss, Minister for Tourism and Culture, at the annual awards for excellence in tourism.

The RFDS Darwin Tourist Facility was described by judges as 'a wonderful addition to NT tourism and a truly engaging tourist experience.'

"The RFDS is honoured to be represented against such a high calibre of winners representing the best of tourism in the Northern Territory," says Michael Toomey, General Manager NT, RFDS Central Operations.

"We thank our tourist facility team and acknowledge the support we have received from NT Tourism and the NT Government," Mr Toomey says.

"It's wonderful to be making a significant contribution to tourism in the Northern Territory."



Discover two iconic elements of the Territory at the RFDS Darwin Tourist Facility; the RFDS, which began operations in the NT in 1939, and the bombing of Darwin in 1942.

It's wonderful to be making a significant contribution to tourism in the Northern Territory.

Michael Toomey

The RFDS Darwin Tourist Facility brings together two iconic elements of the Territory: the RFDS, which began operations in the NT with the opening of its Alice Springs Base in 1939, and the bombing of Darwin on 19 February 1942 – the largest single attack ever mounted by a foreign power on Australia.

"Both of these historic events helped forge the resolve and resilience of the people who live in the Northern Territory," Mr Toomey adds.

Located on Stokes Hill Wharf the facility, which is managed by the RFDS in partnership with NT Tourism and the NT Government, features the

latest in computer-generated imagery and virtual reality (VR).

Using individual headsets, the award-winning VR film enables visitors to immerse themselves back in time to 1942 and view a recreation of the bombing of Darwin Harbour as if they were actually there on the waterfront.

Tickets and group bookings at
rfdsdarwin.com.au



Michael Toomey, General Manager NT, with the Brolga Award for excellence in tourism;



Teamwork saves boy in Cooper Basin >

The Cooper Medivac 24 and the RFDS work together to airlift Jackson to Adelaide.

IT STARTED as an ordinary day for eight-year-old Jackson Bendall as he explored his relative's Cooper Basin cattle station, Epsilon, in South Australia's Far North by motorbike.

But tragedy struck when Jackson looked back over his shoulder towards his cousin – riding straight into a three-wire fence.

Jackson's mother, Nicole remembers the horrifying scene. Jackson's eyebrows had been scalped by the fence's top wire, revealing deep gashes. There was a hole in the side of his face and a deep welt on his arm.

What she didn't realise was that Jackson had suffered critical internal injuries.

"Jackson's a pretty tough kid and we didn't realise there was anything seriously wrong with him," Nicole remembers. "He didn't even cry."

Fortunately, the family immediately contacted the RFDS, which tasked the *Cooper Medivac 24* helicopter based in Moomba, a 40-minute flight away.

In consultation with the RFDS, the specialist retrieval service was developed and funded by RFDS corporate partners, Senex Energy and Beach Energy, to cut delivery time of critically-ill patients who live, work and travel in the remote Cooper Basin.

Michelle Vegter, the Moomba-based RFDS Flight Nurse assigned to the Cooper Medivac 24 team, arrived at the scene and quickly suspected internal injuries.

"Jackson was sitting very quietly in an armchair, not talking too much, not moving too much and looking very pale," Michelle says.

"Often when a child is in a lot of pain and doesn't want to move, you know that something is happening internally. The force was strong enough to knock him off the bike."

After administering morphine, Jackson was cocooned in an air-cushioned mattress called a vac-mat to ensure he remained perfectly still as he was loaded on to the helicopter, bound for Moomba, where a fixed-wing RFDS aircraft was waiting to meet them.

Jackson received 'care in the air' on the 90-minute RFDS flight to Adelaide's Women's and Children's Hospital, where the extent of his injuries was realised.

Alarmingly, his liver had received a Grade 5 laceration, meaning it was utterly shattered. The young boy had to be immobilised for the next three weeks to give his organ time to heal itself without surgery. The revelation of the damage to

his liver also proved the necessity of the *Cooper Medivac 24* service.

"It was a very fortuitous retrieval," Flight Nurse Michelle says.

"The roads at the station are not smooth, and any movement at all would not have been good for him, it would have completely ruptured his liver. He would have been gone."

Thankfully, Jackson has since made a full recovery. His mother Nicole says: "I've been on stations all my life and I've always known the RFDS always go above and beyond but, when it's for your own family, there's another level of gratitude."



Jackson recovers in the Women's & Children's Hospital.

RFDS most reputable charity for seventh year in a row >

TRUST IN Australian charities remains at its highest level in years with the RFDS named Australia's most trusted charity for the seventh year in a row in the 2017 Charity Reputation Index.



Conducted by research consultants AMR in conjunction with the global Reputation Institute, the annual AMR Charity Reputation Index measures the overall reputation of Australia's leading charities, as well as ranks them in seven individual measurements of Services, Innovation, Workplace, Citizenship, Governance, Leadership and Cost Management.

"Our research shows that Australian charities still have a strong reputation, with certain sectors viewed as more reputable than others," AMR's Managing Director Maree Taylor said.

The RFDS was not only ranked first for the seventh year running, but it was ranked first across all the seven individual measurements. It is the second time the RFDS has ranked first across all seven dimensions, a repeat of last year.

In the ranking, the RFDS scored 96.2 out of a possible 100 points.

"We could never achieve this degree of public perception without the dedication and professionalism of our people," says John Lynch, CEO of RFDS Central Operations.

"This also includes our corporate and community partners, volunteers and Auxiliary/Support Groups who advocate so positively and actively on behalf of the RFDS. Congratulations to you all," he says.



Tai-Martin Page recovers in hospital following his emergency RFDS aeromedical flight.

Long jet flight for injured footballer >

THE RFDS retrieved Northern Territory Football League (NTFL) player Tai Martin-Page (pictured) following a sickening collision that dislocated his spine between the sixth and seventh vertebrae during a Saturday afternoon football match in Darwin.

A jet aircraft carrying a RFDS retrieval team left Perth in the early hours of Sunday morning, landing in Darwin just three-and-a-half hours later.

Martin-Page, who was in a stable condition, received 'care in the air' throughout the 4,000-kilometre return flight to the Royal Perth Hospital where he underwent emergency surgery by renowned spinal surgeon Edward Baddour.

Less than four weeks later Mr Martin-Page was flown again to Royal Adelaide Hospital to be closer to his family living in country SA and to continue his recovery and rehabilitation. We wish him well with his recovery.

WINGS FOR LIFE

Birthday Ball

CELEBRATING 90 YEARS

FEATURING CLASSIC ROCK BAND DRAGON

SATURDAY 26 MAY 2018

ADELAIDE ENTERTAINMENT CENTRE

MAJOR SPONSORS

MAJOR DONOR

TransPerth

AIRCRAFT PARTNER

PILATUS

SOLD OUT!



Outback icon joins the team >

RFDS Central Operations Chairman, Loretta Reynolds applauds as S. Kidman & Co Executive Chairman, Mrs Gina Rinehart unveils the new badging on VH-FXZ.

RFDS CENTRAL OPERATIONS is proud to have launched a major partnership with outback icon and one of the nation's largest beef producers, S. Kidman & Co.

In recognition of the \$500,000-plus sponsorship deal, a medically-equipped aircraft, VH-FXZ (Foxtrot-X-ray-Zulu), bearing the S. Kidman & Co logo has been unveiled by the company's Executive Chairman, Mrs Gina Rinehart.

'Zulu' is one of 69 RFDS aircraft located across the country, many of which serving the outback areas of central and northern Australia where the S. Kidman & Co stations and communities operate.

S. Kidman & Co runs over 160,000 beef cattle across 11 pastoral properties and a feedlot covering 80,000 square kilometres in three states and the Northern Territory. It is owned by Australian Outback Beef, a joint venture of Hancock Prospecting and Shangai CRED.

Hancock Prospecting Executive Chairman, Mrs Gina Rinehart, says she is very pleased to be aligning the S. Kidman & Co brand alongside

The RFDS has provided a lifeline to the bush communities for 90 years.

Mrs Gina Rinehart

Australia's leader in aeromedical and primary health care in rural and remote Australia.

"The RFDS has provided a lifeline to the bush communities for 90 years," Mrs Rinehart said at the announcement at RFDS Adelaide Base.

"It's remarkable to think that in South and Central Australia alone the RFDS airlifts 25 patients every day – over 100 across the country every day," she said.

"Our board and our staff are proud to be playing a role in helping to make this happen, and to have the Kidman brand on a RFDS 'flying

intensive care unit' that will conduct two missions every day is something we hope will be helpful to many people and help to save lives."

RFDS Central Operations Chairman, Loretta Reynolds said the impact of S. Kidman & Co.'s direct financial support would be far reaching.

"RFDS Central Operations will invest \$50 million in capital over the next five years for the replacement of existing aircraft in our fleet, as well as the introduction next year of the RFDS PC-24 Jet – South Australia's first purpose-built aeromedical jet – together with medical equipment and infrastructure upgrades," she says.

"The continued support from the entire community – our 'ground crew' of donors, community fundraisers, corporate sponsors and volunteers – will be critical to us meeting our financial challenges, and we're very delighted to have Mrs Rinehart and S. Kidman & Co on board with us on this very important and critical journey."

THE ROYAL FLYING DOCTOR SERVICE

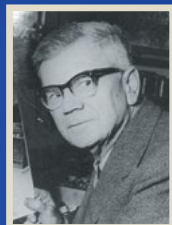
90 years of saving lives: 1928-2018



Reverend John Flynn OBE



Lieutenant Clifford Peel



Alfred Traeger OBE

In 1917, the death of Jimmy Darcy, a stockman injured near Halls Creek in the Kimberley region of Western Australia ignited a national debate over the lack of medical services to the outback.

That same year, founder and leader of the Australian Inland Mission (AIM), Reverend John Flynn received an inspirational letter from Lieutenant Clifford Peel, a Victorian medical student and aviator. Peel suggested the use of aircraft to bridge the vast distances of the interior; shot down in action over France shortly after, Peel never knew that his letter became a blueprint for the creation of the Royal Flying Doctor Service.

Flynn commenced his 10-year campaign to provide an aerial medical service and to fulfil his vision for a 'mantle of safety' for the people of the outback. In 1925, met Alfred Traeger, an Adelaide engineer, who was employed as a radio expert and electrician by AIM to develop Morse code communications across large distances.

On 15 May 1928, Flynn's dream became a reality when a long-time supporter, H.V. (Hugh) McKay, left a large bequest for 'an aerial experiment', enabling Flynn to establish the AIM's Aerial Medical Service.



1928

First flight of the AIM Aerial Medical Service: Pilot Arthur Affleck takes off with Dr Kenyon St Vincent Welch from Cloncurry, Queensland, on 17 May, in a De Havilland DH50 bi-plane named 'Victory' leased from QANTAS for two shillings per mile flown.

1932

The success of operations in Cloncurry, and the increasing public awareness of the service, results in a push for a national network of flying doctors.



1929

Thanks to Alfred Traeger's invention of the pedal-powered wireless, people living in isolation in the Outback are able to call on the 'Flying Doctor' for help in an emergency.



1936

An official Federal Council for the Flying Doctor is formed. The SA Section, including the Northern Territory, is formed. Two additional Queensland bases open in Charters Towers and Charleville. The NSW Section and WA Sections are formed; WA's first base at Port Hedland commences operations.

19

The SA Section operates out of Hill, jointly with NSW Section

37

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1940

Sister Myra Blanch is one of the first nurses, known as 'Flying Sisters', to join the Flying Doctor, working during the 1940s and '50s.

1950

The Flying Doctor Service collaborates with the Red Cross, TAA, the Department of Civil Aviation and the RAAF to explore new techniques for dropping medical supplies to outback communities stranded by flood or other hazards.



1954

Queen Elizabeth II and the Duke of Edinburgh visit the Flying Doctor Service Broken Hill Base.

1951

The School of the Air begins, using the Flying Doctor Service radio network to link children and their teacher.



19

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1939

The first Flying Doctor base owned and operated independently by SA Section is opened in Alice Springs.

1942

Remote medicine becomes a reality when RFDS Medical Chests are introduced to outback stations.



The air service changes its name to the Flying Doctor Service.

1947

Anne Lewis becomes the first female pilot to fly for the Flying Doctor Service. She flies patients to medical care in Kalgoorlie in the late 1940s.

1951

Sister Lucy Garlick develops the 'where does it hurt chart' still used in RFDS Medical Chests today.

Flying Doctor Service founder John Flynn dies on 5 May, aged 70.



1955

Becomes the Royal Flying Doctor Service by royal warrant from the Queen.

Opening of the RFDS Port Augusta Base.



**90
YEARS**



1960

Nurses begin
on a regular
craft purchases
a progressive
with the service
g its own pilots
engineers.

1985

The Flying Doctors TV
series, featuring Peter
O'Brien and Rebecca
Gibney first airs and
gains an international
following.

1994

The service works with
the Reserve Bank to
design the \$20 note,
which features the
face of RFDS founder
Reverend John Flynn.

2016

RFDS Darwin Tourist
Facility opens on
Stokes Hill Wharf.

Opening of new RFDS
Adelaide Base at
Adelaide Airport.

2018

RFDS celebrates
90 years of saving
lives in May.

Construction of the
RFDS Darwin Base at
Darwin International
Airport.

1970

A permanent exhibition
telling the history of
Reverend John Flynn, the
RFDS and the experience
of the early Outback
pioneers opens in Alice
Springs; remains today
as the award-winning
RFDS Alice Springs
Tourist Facility.

1990

'Air Ambulance'
services commence
from Adelaide Airport.

2002

The SA Section of
the RFDS becomes
known as Central
Operations.

1995

Global launch
customer and arrival
of the first Pilatus
PC12 aircraft, remains
preferred aircraft type
for operations in SA/
NT and WA operation
to this day.

2018/19

Arrival of the RFDS
PC-24 Jet
(January 2019)



 Crafted in Switzerland

PC-12 NG



 **PILATUS** 

THANK YOU FOR FLYING PILATUS

From outback strips to city airports, the Pilatus PC-12 has operated day and night for over twenty years to keep the Royal Flying Doctor Service (RFDS) in the air. As a future operator of the new PC-24, the RFDS is set to continue its tradition as a loyal and valuable member of the Pilatus family. We are all extremely proud to be associated with the RFDS and their provision of the finest care to the furthest corners with our aircraft – yesterday, today and in the future.

Pilatus Australia Pty Ltd · Phone +61 8 8238 1600 · www.pilatus-aircraft.com

Visit fit for a Prince >

HIS ROYAL HIGHNESS Prince Charles, Prince of Wales and Northern Territory Chief Minister Michael Gunner were the guests of honour at the RFDS Darwin Tourist Facility during a special event as part of the Royal visit to Australia.

Members of the RFDS Central Operations team had the pleasure of greeting Prince Charles and talking to him about the services offered by the RFDS in the Northern Territory and South Australia.

"I'm very proud to be Patron of the Flying Doctor. It's a remarkable operation I think," says His Royal Highness.

His Royal Highness' visit to the RFDS Darwin Tourist Facility followed a visit to the RFDS Cairns Base to unveil the name of their newest B350 Super King Air; the 'Outback Angel'.



John Lynch, CEO, RFDS Central Operations, welcomes the Prince of Wales to the RFDS Darwin Tourist Facility, with NT Chief Minister Michael Gunner.



JOHN LYNCH
CEO



TONY VAUGHAN
DEPUTY CEO

End of an era for John >

RFDS CENTRAL OPERATIONS CEO John Lynch and the Board have agreed upon his retirement from his role in December 2018.

Mr Lynch joined the RFDS at its Broken Hill Base as Accountant in 1986. He was appointed Chief Financial Officer of RFDS Central Operations in 1991 and assumed the position of CEO in December 2000.

"I have been fortunate to have worked with so many incredible people," Mr Lynch says. "It has been a privilege to hold positions with an organisation that means so much to so many."

Ms Loretta Reynolds, Chairman of RFDS Central Operations, says John's 32-year contribution to the RFDS has been remarkable.

"John's passion and commitment to meeting the needs of our patients has been second to none, balanced with his outstanding business acumen which directed unprecedented growth and financial security of the organisation," Ms Reynolds says.

"On behalf of the Board, past and present, we offer our sincere appreciation to John for his

unwavering guidance and support throughout his service to the RFDS and, ultimately, the communities we serve," she says.

When John commenced as CEO of RFDS Central Operations it assisted over 38,000 patients every year, including 6,000 aeromedical evacuations, and operated 10 medically-equipped aircraft across three aeromedical bases and managed one remote primary health facility.

Today, the organisation conducts over 50,000 patient contacts per year, including 9,000 aeromedical evacuations. It operates a fleet of 18 medically-equipped Pilatus PC12 aircraft located across four aeromedical bases, and manages three remote primary health facilities in outback SA.

A succession plan is in place, with Tony Vaughan appointed as Deputy CEO after joining the organisation as Chief Operations Officer in 2014, following 33 years with the SA Ambulance Service, including his final four years as General Manager of SAAS' MedSTAR Emergency Medical Retrieval Service.



Elders CEO Mark Allison and members of the Elders team with 'Whiskey' at Adelaide Base.

Elders partnership takes off >

AGRIBUSINESS ELDERS has launched a major sponsorship of RFDS Central Operations.

Elders chief executive Mark Allison says that through its significant investment in the RFDS, Elders will be further supporting its clients, employees and the communities in which the 178-year-old company operates.

"Elders and the RFDS share so much in common in terms of their commitment to rural and regional Australia, especially the health, wellbeing and prosperity of the people who live in these communities," Mr Allison says.

"It is only natural that a company such as Elders – whose roots are firmly entrenched in the rural landscape – supports an organisation such as the RFDS which provides emergency medical and primary health care services to those who live, work or travel in rural and remote Australia," he says.

Elders and the RFDS share so much in common in terms of their commitment to rural and regional Australia

Mark Allison

In recognition of the new partnership, the medically-equipped aircraft, VH-FXW (Foxtrot-X-ray-Whiskey) bearing the Elders logo was unveiled during the sponsorship announcement.

"With Elders on the ground supporting country communities and the RFDS in the skies above doing the same, our partnership is the perfect fit," Mr Allison says.

RFDS Central Operations Deputy CEO Tony Vaughan says the significance of Elders' financial support is that it will reach far and wide – and deliver lasting community benefit.

"The RFDS conducts over 100 aeromedical flights across Australia every day – but it relies on the support from the community to keep its crews in the sky," Mr Vaughan says.

"Our association with Elders staff and branches supporting bush fundraisers stretches back decades, and it's terrific to have the company also supporting our work in this tangible manner," he says.

"Elders' sponsorship will directly support our capital-raising program for on-going upgrade of our fleet of medically-equipped aircraft that deliver emergency aeromedical services throughout South and Central Australia."



A patient is loaded on to a RFDS 'flying intensive care unit' to be airlifted to a major hospital for heart treatment.

Study finds higher bush cardiac deaths >

DID YOU KNOW that remote Australians are 1.6 times more likely to be hospitalised for coronary heart disease than people in major cities, and 1.3 times more likely to die?

Recent research by the RFDS also found that Indigenous Australians were 1.7 times more likely than non-Indigenous Australians to die from coronary heart disease.

The Cardiovascular health in remote and rural communities report reveals remote Australians see doctors at half the rate of city people, and specialists at one third the rate.

"It's no surprise more country people die and are hospitalised with heart disease that can be prevented and managed," says Dr Martin Lavery, RFDS Federation CEO.

The research analysed 95,723 aeromedical evacuations conducted by the RFDS, of which 20,379 (21.3 per cent) were for cardiovascular disease.

In an even more remarkable statistic, an average of 112 patients per week – 16 patients a day – were airlifted from a remote community or country hospital to a major metropolitan hospital for heart treatment.

"Despite the disparity in heart health outcomes between city and bush, evidence shows the gap can be closed," Dr Lavery says.

Between 2001 and 2008, the South Australian integrated Cardiovascular Clinical Network (iCCNet) established a support program for remote care services to manage heart attacks through expert risk stratification, point-of-care

PEOPLE IN REMOTE & VERY REMOTE AREAS ARE



1.3x
MORE LIKELY TO DIE FROM CORONARY HEART DISEASE
than people in major cities.

troponin testing, cardiologist-supported decision making, and earlier RFDS patient transfer to major hospitals.

"The program delivered a 22 per cent improvement in 30-day survival rates for remote and rural patients with acute myocardial infarction, or heart attack.

"This closed the mortality difference between city and bush hospitals, proving that when patients get the right care or are flown to it, survival rates from heart attack in the city and the bush can be equalised," Dr Lavery concludes.

Download the full report at
www.flyingdoctor.org.au/research

A 'shocking' innovation

New AEDs to enhance RFDS Medical Chests >

The RFDS will be supplying life-saving Automatic External Defibrillator (AEDs) to 80 remote communities and stations thanks to the generosity of employees at Australia's leading life insurer TAL.



Petie Rankin, McDouall Peak Station, via Coober Pedy, with a RFDS Medical Chest.

IN CONSULTATION with an on-call RFDS Medical Officer via telephone and radio, RFDS Medical Chests allow patients to be treated for a range of medical conditions guided by the doctor, who approves the use of antibiotics, pain relief and other treatments including those required prior to aeromedical evacuation.

"AEDs are a potentially life-saving device that most people in metropolitan areas take for granted – they are typically available in airports, hotels, large shopping centres," says Dr John Woodall, Chief Medical Officer, RFDS Central Operations.

"In a cardiovascular crisis, the detection of an abnormal and 'shockable' cardiac rhythm followed by prompt, appropriate, defibrillation can be life-saving," Dr Woodall says.

"Studies show that improved public access to defibrillation doubles the survival rate of patients at one month post cardiac arrest, with survivors having a 'favourable neurologic' outcome."

Dr Woodall suggests your partner or work colleague collapsing without warning as an example.

"Informed by your First Aid training, you call for help and take turns providing cardio-pulmonary resuscitation (CPR); applying forceful chest

compressions at a 100 per minute," he says.

"You retrieve the AED from the medical chest and apply the pads; if a shockable rhythm is recorded the 'voice' of the defibrillator prompts you to deliver a 'shock'.

"Your energetic CPR, now combined with the AED, will give the patient the best chance of survival whilst the Flying Doctor is on its way.

Studies show that improved public access to defibrillation doubles survival rate of patients

Dr John Woodall

"We are exceedingly grateful to TAL for the generosity shown by their employees to support this valuable innovation, which will undoubtedly save lives," Dr Woodall says.

TAL is National Partner of the RFDS. In addition to its three-year corporate sponsorship, TAL employees embraced the fundraising challenge set by the company to help the RFDS save the

lives of rural and remote Australians.

Their efforts raised more than \$112,000 in the process – which, when matched defibrillator for defibrillator by the TAL Community Foundation, amounted to the 80 new AEDs.

"Thank you TAL. It's wonderful to have the very prompt recognition by a donor that (the AED) is a valuable innovation and to come behind us and help us deliver it," Dr Woodall says.

Kent Griffin, TAL Chief Financial Officer and TAL Community Foundation council member says his company is "delighted" to be working in partnership with the RFDS.

"The partnership between TAL and the RFDS brings together two organisations that share a focus on finding innovative ways to make a real difference," Griffin says.

"We are delighted to have been able to contribute in a meaningful way to the RFDS, to help them deliver life-improving medical services and expertise to Australians when they need it most.

"We look forward to building on the success of our 'Insuring the heart of Australia' campaign throughout our partnership with the RFDS."



Meet the team: on the ground with Carol-Ann >

In this issue, we talk to Mental Health Nurse Carol-Ann Stanborough about her role with the Flying Doctor.

Tell us about yourself

I'm originally from New South Wales and moved to South Australia in 1988. I'm a Registered Nurse, midwife and mental health nurse. Much of my career has been spent working in rural and remote communities in various roles, from general nursing to mental health projects and management. Outside of work I enjoy gardening, reading, music, watching movies, cooking and I love to travel.

Can you summarise your role as Mental Health Nurse?

I assess, treat and coordinate mental health care for people with severe and complex mental health issues as part of a team of primary health care clinicians.

What made you want to join the RFDS?

I was drawn to the fact that the RFDS was looking for a mental health clinician to work as part of a team alongside nurses and GPs, rather than as part of a separate mental health team. That has meant that mental health is less stigmatised in the community and for me it offers a wonderful opportunity to work as part of a team with diverse skills.

What are your first impressions?

My colleagues have been very supportive and welcoming. In some large organisations you can feel like a very tiny piece of the puzzle, whereas at the RFDS I feel like my skills are really valued. So far I've really enjoyed using my management skills in setting up the required systems and processes in addition to getting out in the community providing clinical mental health services and forging links with other organisations to ensure people get the best possible care.

What does a typical day look like?

There's no typical day! I work in the Far North, North West and North East of South Australia as part of RFDS primary health-care clinics. A day might involve a fly-in-fly-out clinic to a remote community or station; time in the office at our Port Augusta Base, talking to patients on the telephone or via video call to assess their mental health and wellbeing. I will then coordinate further care or refer them to other health services.

I also spend time flying to remote areas to provide physical nursing care. People with mental health issues can often present with poor physical health, so providing general health care is really important.

I might also spend time in an Indigenous community, getting to know patients, letting them know about the services the RFDS provides and helping to provide any care they may need.

What do you enjoy most?

There are two distinct parts to my role and I enjoy them both. I really enjoy meeting people in remote and regional areas, building rapport and providing the care they need. Secondly, I enjoy gathering and analysing data, setting up systems and continuously finding ways to improve how we can work most effectively in what can be very challenging environments.

What would you say to those considering a career in mental health care, or to those who are interested in working in a rural and remote environment?

Mental health is everybody's business and it forms part of all nursing and health service provision. It's wonderful to make a difference to people's wellbeing. Working in rural and remote communities offers many unique opportunities to stretch yourself both professionally and personally. Right now I can't imagine doing anything else!

Find out more about careers with RFDS at flyingdoctor.org.au/careers

Car run raises \$70,000 >

A COMMUNITY-MINDED group of 'muscle car' enthusiasts has raised an incredible \$70,000 for the Flying Doctor as part of the Westbound Wanderers Car Run from Adelaide to Coolie, WA.

Participants proudly presented \$35,000 to both RFDS Central Operations and RFDS Western Operations.

Receiving funds raising on behalf of RFDS Central Operations, Community Fundraising Coordinator Kristen Newlyn says "we are so grateful for this wonderful support. As we celebrate our 90th year of saving lives, it's humbling to receive such wonderful community support to meet the shortfall in our operational funding and to finance the replacement of our 'flying intensive care units' at a cost of \$7 million."



Colin Layzell and Ray Scott, Westbound Wanderers organising committee.

Outback bound >

THE OZ Outback Odyssey is an event like no other. It's SA's premier outback event for car enthusiasts and adventurers alike, providing a truly unique outback experience whilst raising vital funds for the Flying Doctor.

This year will be the 26th year of this unique event which packs a life-time of experiences of traveling through the Australian Outback into one awesome week as entrants traverse rugged, spectacular and remote regions of Australia in pre-1985 vehicles and 4WD support vehicles. Departing from the historic Birdwood Motor Museum on Saturday 14 July, the eight-day event will conclude at Cotton Tree, Queensland.

To sign up or for more details visit ozoutbackodyssey.com.au



39 'rounds' of golf >

THE ANNUAL Petroleum Exploration Society of South Australia (PESA) Golf Day has been a fundraising mainstay for the RFDS since its inception back in the late 1970s.

The fashion on the course may have changed, but the golf day continues to provide a wonderful day for sponsors and PESA members to network and take part in the 'fun and games' at each hole or green, all whilst raising vital funds for the RFDS.

"We're so grateful for PESA's ongoing support, which has seen an incredible \$370,000 raised for the Flying Doctor over the past 39 years," Kristen Newlyn, RFDS Community Fundraising Coordinator, says.



Climbing high >

CONGRATULATIONS and thank you to Bec Heah and Gary Lewis who recently conquered Antarctica's Vinson Massif, one of the world's 'seven summits' on a fundraising mission for the RFDS.



Another close shave >

JIA MCGURGAN, a young man from Cadell in SA's Riverland, has raised funds through shaving his hair every year since 2014, raising a very impressive \$10,000 for the Flying Doctor! Good on you, Jia and thank you for your wonderful support.





Leave a life-saving legacy

Your Royal Flying Doctor Service (RFDS) airlifts 100 Australians across the country every day for life-saving or specialist medical treatment.

We rely on bequests to keep our 'flying intensive care units' in the sky. With your future bequest – planned today – you will save lives for decades to come.

Please remember the RFDS in your will.

To receive your complimentary copy of our special bequest booklet, call Ross Curtis on **(08) 8238 3333** or email **ross.curtis@flyingdoctor.net**



**90
YEARS**

