

CareFlight NEWS

Issue 39 • Spring 2007

Project refurbish at Westmead base

The change of role for NRMA CareFlight's main base within the Westmead Hospitals' campus is being reflected in a new look.

Westmead is now the base for our Head Injury Service response, with Ambulance Service retrieval helicopter missions now staged at Bankstown under a commercial operator contract. Currently Westmead's head injury trauma flights are in daylight hours but, as outlined in the last issue, the NSW Government has approved an in-principle expansion into night missions.

As a result the Head Injury Service hangar has been refurbished to accommodate our medical

and flight crews, as they must remain ready to take off within minutes of a callout.

Our main hangar at Westmead also is undergoing a refurbishment (photo below) to meet future requirements for our maintenance engineers, as well as housing our second helicopter allocated for Head Injury Service missions. Work includes providing a CASA-approved battery maintenance room, an area for sheet metal work, and for future maintenance of our Night Vision Goggles.

Our thanks to Parramatta City Council for assistance in providing asphalt to seal the car park and driveway at the Westmead base.



from the chairman

A tribute to our caring doctors

As the list of 67 towns and suburbs attended by our NRMA CareFlight doctors over the past three months alone clearly shows, our charity's commitment to urban and rural communities is even stronger as we enter our 22nd year of service to the community.

Our doctors reach out to patients in our own helicopters, via the fixed-wing aircraft and helicopters on contract to the Ambulance Service, by Medi-Jets contracted from Pel-Air and by road ambulance.

While it is now providing increased funding towards our trauma and retrieval programs, the State Government does not meet all costs that CareFlight incurs in recruiting, training, equipping, rostering and sustaining our medical retrieval and trauma doctors.

That's why, on behalf of all involved with NRMA CareFlight and especially on behalf of the people we treat, I place on record our deep appreciation to all who contribute to help our charity meet the cost of looking after so many patients of all ages.

You – donors, supporters and bear buyers – are the true unsung heroes who are, effectively, the life support system which sustains our charity.

I can assure you that all funds raised will be allocated to sustaining and improving CareFlight's service we proudly provide to the community. Our focus has always been on our customer – the patient – and that's how it will continue.

Ian Badham OAM, Chairman and co-founder

Mission ready for... RAPID RESPONSES

Close teamwork and streamlined procedures now allow NRMA CareFlight to be in the air just minutes after being alerted to a potential head injury patient.

Just as CareFlight doctors have had to buy new equipment and adapt their treatment to achieve quick stabilisation of patients suffering severe trauma, so also have changes been necessary for the flight crew.

The CareFlight doctor and duty ambulance paramedic use their clinical skills to treat patients; but getting them there in minimal time is a flight crew duty that is putting even more focus on the role of our air crewmen.

Initially gained from spending time with the London Air Ambulance, the actual experience of our air crewmen in the first two years of our own Head Injury Service is further refining our ability to respond quickly without compromising safety.

As our Chief Air Crewman, David Mann (below) explains, each team member has a defined role that allows the rapid response to flow smoothly.

On alert the pilot goes straight to the pre-flighted helicopter for start-up, leaving the air crewmen to initially contact police and air traffic control. Airborne, it's a matter of assisting the pilot with navigation and plotting the quickest route, plus contacting all relevant authorities, then finding a safe landing place, before acting as safety guard once the helicopter has landed so the doctor and paramedic can go straight to the patient.

Hours of waiting culminate in a focus measured in minutes to fly expert critical care to patients. It's all about teamwork and being mission ready. It's why we are NRMA CareFlight.



LEAVE A BEQUEST IN YOUR WILL TO SAVE FUTURE LIVES

New Venture activities



Discover the Australian bush

The CareFlight 4WD Venture in November is a two-day event designed to take 4WD owners, their families and friends on a scenic and fun-filled discovery 4WD tour all within a 500km radius of Sydney while at the same time raising funds for CareFlight.

It is not a race or a rally and we'll leave log hopping and boulder climbing to those with a lesser sense of self and car preservation.

November 2007 4WD event

Our first event is a two day off road and beach driver training event scheduled for **16-17 November 2007**

- The event course:
 - > Day 1 Nov 16, Westmead - Putty - Denman
 - > Day 2 Nov 17, Denman - Stockton Beach - Port Stephens.
- Key 4WD activities: Colo River Trail, The Commissioner Road and Stockton Beach
- Cost of entry: a \$1,000 donation to CareFlight per vehicle plus \$200 per person to cover meals and permits.

Vehicles are required to have:

- UHF radio
- Tow bar and snatch strap
- First aid kit

Vehicle must be registered and insured.

Drivers need a current NSW or interstate equivalent drivers license.

March 2008 4WD event

28-30 March 2008

CareFlight 4WD Venture

Day 1 Westmead - Cullen Bullen - Mudgee
Day 2 Mudgee - Moonan Flat - Gloucester
Day 3 Gloucester - Wingham - Hawks Nest.

For further information contact:

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Motoring Events Manager

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Web: www.careflight.org

Woodford Classic's thrills raise funds

In less than an exhilarating hour most mountain bikers had completed the 25 km in this year's annual Woodford to Glenbrook Classic for CareFlight.

Hundreds of entrants took part in this year's Classic on 8 July despite it having to be postponed from the original date of 24 June on safety grounds following bad weather; with all the record number of cycle, run and walkers enjoying the outline along Oaks Fire Trail.

This was the first time that NRMA CareFlight has had to postpone the event in the nine years of running it. It was also the first time we introduced walkers to the event.

There was tension at the starting line as the first of the cyclists gathered in waves, pumping their legs and psyching themselves up for the 25 km race. Further back in the line-up, runners and walkers chatted and posed for photographs.

With announcements over and the first starting gun fired, it was serious business for the speed cyclists who headed the first wave. They set the pace for the followers in their age groups, some who see this event as an essential part of their calendar of racing, while others just enjoy it as a social day out in the Blue Mountains National Park.

At the finish line at Euroka near Glenbrook, commentary from MC Paul King and Hawkesbury Radio kept up the excitement. Friends and family cheered each participant as they passed through the timing checkpoint. Then it was time to relax,



receive a goody bag and a certificate for their efforts.

The sun was out as people settled in for a picnic, enjoyed food from Springwood Lions Club volunteers and vendors, purchased a bear or t-shirt, had their face painted, or just waited for the NRMA CareFlight helicopter to make a landing.

Despite the rain encroaching by the second stage of the trophy awards, people gathered to congratulate each winner. Outright winning cyclists were Andrew Lumley and Jocie Evison, while the best runners were Melinda Vernon and Matthew Thomas. The best male fancy dress went to a little boy who dressed as a pirate.

We know that without the assistance of the Blue Mountains fire brigades led by the hardy crew from Woodford RFS and the hundreds of volunteers who help with the event, the Woodford to Glenbrook would not be as successful and popular as it is.

The Woodford to Glenbrook is the only off-road cycle race in Australia that can be completed in under an hour and we are reassured that there will be hundreds of people lining up for next year's event to test themselves against the elements and raise money for NRMA CareFlight.

Mark the date in your diary. Sunday 29 June. Come along for the ride, run or walk.

Trauma team flies to fun run fall woman



Ambulance officers and an NRMA CareFlight doctor helped save the life of a woman who collapsed just metres from the finish line of the annual Sutherland to Surf fun run at Wanda Beach in July.

An underlying cardiac condition led to the woman's collapse 80 metres from the finish.

An NRMA CareFlight trauma doctor flew to the scene to work with ambulance

paramedics who rushed to the woman's aid and revived her then, with police, blocked off a section of Mitchell Road to allow the helicopter to land (photo, above) at 10.48am.

The woman was placed on a mobile intensive care module and taken by ambulance, under the care of the NRMA CareFlight doctor, to St George Hospital where she underwent cardiac surgery.

Head Injury Service missions

The acclaimed Head Injury Service, a world-first clinical trial being conducted by CareFlight with funding from NRMA Insurance, continues to bring rapid-response treatment to critical patients. The NSW Government has given in-principle agreement to extend this Service to the Central Coast, in addition to current service areas of Greater Sydney, the Blue Mountains and Southern Highlands. Some of the missions are detailed below:

Builder's stairs fall

A building worker suffered serious head injuries when he fell down steps at a home undergoing renovation at Annandale, in Sydney's inner west, in July. The trauma specialist worked with ambulance paramedics to treat the semi-conscious man, aged in his 60s, after he fell some three metres. The man was placed on a ventilator and taken under the doctor's care by road ambulance to Royal Prince Alfred Hospital.

Kurrajong tragedy

A four-year-old girl later died and her mother was badly injured when a car and a truck collided on the Bells Line of Road at Kurrajong in June. A passing paediatric specialist joined with the NRMA CareFlight doctor in treating the girl who suffered severe head injuries before she was flown to the Westmead Children's Hospital, and her mother was flown by an air ambulance to Westmead Hospital.

Doctor crawls under bus

An NRMA CareFlight trauma doctor crawled under a bus to help rescue a badly injured boy who was trapped in a crash at Bonnyrigg, in Sydney's south-west, in July after landing near the accident site minutes after being alerted to the boy's plight. Fire Brigade rescue officers jacked up one side of the bus, allowing the doctor and an ambulance paramedic to crawl under and free the boy who suffered compound fractures to both legs, fractures to his arms and head injuries.

Cherry picker fall

A man suffered head injuries when he fell from a cherry picker at a construction site at Thornleigh. He was not wearing a helmet and plunged onto the second floor of the building just after 8.30 am. Police met the helicopter at an oval and took the NRMA CareFlight doctor to the site so he could team with ambulance paramedics in treating the man who suffered head and facial injuries.

Bicycle crash injuries

A bicycle rider suffered critical injuries when he collided with a car at Wilberforce at Easter. The NRMA CareFlight trauma doctor landed in a paddock beside Singleton Road to join ambulance paramedics in treating the unconscious 58-year-old man who suffered critical head and possible spinal injuries and a fractured right leg. He was given a general anaesthetic and placed on a ventilator to control his breathing before he was flown to Nepean Hospital to undergo emergency neurosurgery.

Social touch injury

A simple game of social touch football ended with a Collaroy man flown by NRMA CareFlight to the spinal injuries unit at Royal North Shore Hospital in April. Ambulance officers called the trauma team to the Narraweena oval where the 34-year-old man tripped over a football, struck his head against another player and twisted his neck. After stabilisation he was flown to hospital in an improving condition.

Doctors reach out over NSW

Responding by fixed-wing aircraft and helicopters contracted to the Ambulance Service, and also by road ambulance under the new retrieval arrangements which came into effect this year, NRMA CareFlight doctors are continuing their state-wide role of treating and transporting patients of all ages at all hours of the day and night.

The 67 hospitals listed below have had CareFlight doctors attend them – many on a multiple-visit basis – under the first three months of the new retrieval arrangements to transfer patients.

The list of hospitals where our doctors have travelled to receive patients shows the wide geographic coverage given by NRMA CareFlight's medical teams under our new seven-year agreement with the Ambulance Service.

Greater Sydney (29):

Auburn, Bankstown, Blacktown, Katoomba, Bowral, Camden, Campbelltown, Canterbury, Concord, Fairfield, Hawkesbury, Hornsby, Kareena Private, Liverpool, Manly, Mona Vale, Mt Druitt, Nepean, Prince of Wales, Royal North shore, Royal Prince Alfred, Ryde, St George, St Vincents, Sutherland, Sydney Adventist, Sydney, The Hills Private, Westmead.

Regional & rural (38):

Albury, Armidale, Bathurst, Blayney, Bourke, Cobar, Coffs Harbour, Condobolin, Coolah, Cooma, Cowra, Crookwell, Dubbo, Dunedoo, Forbes, Gosford, Grafton, Grenfell, Griffith, John Hunter (Newcastle), Kempsey, Lismore, Lithgow, Milton-Ulladulla, Molong, Moruya, Mudgee, Orange, Parkes, Peak Hill, Port Macquarie, Shellharbour, Shoalhaven (Nowra), Tamworth, Wagga Wagga, Walgett, Wollongong, Wyong.

In addition, the CareFlight doctors based at Orange and Bankstown have flown to a wide range of accident site, car crash, farming and recreational injuries throughout the Central West and Greater Sydney under the new arrangements.



NEW DOCTORS UNDERTAKE TRAINING WITH CAREFLIGHT'S PRE-HOSPITAL TRAUMA COURSE IN ADVANCE OF STARTING ROSTERED DUTY.

Tahmoor Day celebrations

You're invited to join the turnout of Southern Highlands supporters at the CareFlight Community Day at Tahmoor, on the oval off Thirlmere Way, on Saturday 15 September.

Organiser Di Clarke said over 4,000 rolled up last year (photo, below) raising in excess of \$32,000 ... and this year will be even better and bigger!

Activities will include stage performances of Country & Western, dance, National Institute Circus Arts graduates and the NSW Police Band. There's field events and demonstrations, an SES ropewalk, parachutists, art exhibition and lots of stalls.

Our thanks, in advance, to this wonderfully supportive community, local businesses and major sponsors Bingara Gorge, Delfin Lendlease and Bradcorp.

See you there!!!



Wenty Falls & Wisemans golf

Two legendary golf days in November are on track to support CareFlight.

Wentworth Falls

Country Club on Thursday 8 November is the venue for the annual charity Golf Day organised by John Wilkinson (photo, above) and his NRMA friends.



Serious and social hitters can enjoy this top course in the Blue Mountains for just \$35 per person (including lunch), and stay for the dinner (real value at \$60pp).

Hole sponsors and players please contact Rebecca Brown, manager of NRMA Katoomba on 4782 2280.

Wisemans Ferry is the location for the annual Police and Citizens golf day for CareFlight.

The focus is always on casual at this classic fun-filled outing, as always on the second Tuesday of November which is lucky Tuesday 13th.

To register, or donate an item for the auction, please contact Trent Osborne at CareFlight on 9689 8141.

Oktoberfest is back – book your spot now

The best business and social night of the year is back ... as John Szangolies' big Oktoberfest returns at a new venue.



Mark the date, Thursday 25 October, at the new venue of EQ (the old Fox Studios).

John (photo right) and his team provide (and actually donate) the lot – German food (pork knuckles, of course, Bavarian platters and Black Forest cake), steins of the best Bavarian beer.

Previous Oktoberfest and associated dinner events have all been held at mine host, John Szangolies establishments at The Rocks, so this time it's a change of venue for our business and community supporters.

This will be more than a great night, by coming along every dollar from tickets and activities on the night will go directly to helping CareFlight's clinical services, medical research and education. You can't do better than that!!

So, mark the date and please contact us at CareFlight (on 9891 6144 or email info@careflight.org) to book your tables and tickets.

DONATIONS

YES! I would like to make a donation.

TITLE	FIRST NAME	SURNAME
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ADDRESS

STATE POSTCODE

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DONATION AMOUNT

\$

PAYMENT DETAILS

MASTERCARD VISA AMEX DINERS CHEQUE/MONEY ORDER

CREDIT CARD NUMBER

CARDHOLDER'S NAME EXPIRY DATE

CARDHOLDER'S SIGNATURE DATE

Once completed, please return this coupon to CareFlight, PO Box 159, Westmead NSW 2145

Donations of \$2 or more are tax deductible.

07AUG

Donations Toll Free 1800 655 876

Other ways to help:

If you would like any information on the following, please contact CareFlight:

- Organising a fundraising event
- Arranging a base dinner and interest visit
- Making a gift to CareFlight through your Will
- Making donations to CareFlight through your payroll

CONTACT

Paul Freeman
02 9891 6144
info@careflight.org



- Please send me information on becoming a card carrying member of CareFlight's Emergency Support Team with a monthly pledge of \$20.

