

The official magazine of the Royal Flying Doctor Service
CENTRAL OPERATIONS | ISSUE 269 | NOVEMBER 19



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

AirDoctor



From the Chairman & CEO >



LORETTA REYNOLDS
Chairman

TONY VAUGHAN
Chief Executive

WE ARE PLEASED TO INTRODUCE the latest edition of *AirDoctor* magazine, one which follows another busy year for RFDS Central Operations.

Outlined in our 2018/19 Annual Report and recent AGM, our workforce has over the past year delivered over 57,000 episodes of health care, including:

- > 9,568 aeromedical evacuations;
- > 5,669 telehealth consultations;
- > 12,550 primary health consultations;
- > 3,646 mental health consultations;
- > 502 oral health consultations;
- > 88 road ambulance transports; and
- > 1,107 remote immunisations.

Together, these numbers reflect growth in our overall service output, but separately they provide evidence of our long-standing strategy to close the gap of disparity of access to essential health services in rural and remote South Australia and the Northern Territory.

You can read about two patients who bring these statistics to life in this edition. Retired Canberra resident Kevin Bailey (*page three*) suffered a heart attack whilst holidaying in outback NT, requiring aeromedical retrieval to Alice Springs Hospital and then on to Royal Adelaide Hospital.

Henry Cooper (*page four*) became unwell whilst visiting Arkaroola Wildlife Sanctuary in the heart of the Flinders Ranges, receiving telehealth

support from our on-call Doctor and aeromedical evacuation to Adelaide for further treatment.

We were so pleased to welcome two new Major Sponsors to our organisation. Channel 7 Adelaide and IGA joined us to proudly unveil their respective logos on our aircraft. We are so thankful for their unwavering support.

It has been a significant year as we welcomed the *RFDS Medi-Jet 24* – our first, and the world's first purpose-built aeromedical jet. Five years in the making, and financed solely by our corporate sponsors, bequests and donations from the community, the *RFDS Medi-Jet 24* continues to live up to its promise – our promise – as a game changer in aeromedical care.

The first Thursday in June has been etched in our history books as the first aeromedical retrieval of a patient in this ground-breaking aircraft, which almost halved the normal mission time of a medically-equipped turbo-prop for a retrieval from Alice Springs to Melbourne.

More recently we celebrated another significant milestone – its first 100 days of operational service. You can read more in this issue, and we encourage you to go online to watch the highlights of the *RFDS Medi-Jet 24*'s first 100 days of service at flyingdoctor.org.au/sant/jet

We are pleased to announce another innovation; a landmark project which will see us establish the *RFDS Mount Gambier Patient Transfer Facility*, the first of its kind in regional South Australia.

RFDS crews land twice a day in the South East – at least once a day at Mount Gambier Airport alone – to airlift residents and tourists for life-saving care or specialist medical treatment.

Mount Gambier patients – like those at every other rural, regional and outback aerodrome in the state – are transferred into a RFDS aircraft standing on the tarmac at all times of day and night, in the elements and in all extremes of weather.

To improve patient comfort and care, the RFDS has purchased an existing aircraft hangar, which will be converted to enable RFDS and SA Ambulance Service (SAAS) MedSTAR crews to stabilise deteriorating patients more effectively prior to flight, in addition to enabling the transfer of patients into the aircraft under cover and protected from extreme weather.

We thank our dedicated workforce – staff and volunteers – as well as our service-delivery partners, corporate partners, donors and supporters for all they do.

As always, we offer our heartfelt thanks to you for your support of the Flying Doctor. We hope you enjoy the read.

LORETTA REYNOLDS
Chairman

TONY VAUGHAN ASM
Chief Executive

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

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OUR COVER: Alice Springs Aboriginal Community Liaison and Health Services Officer Levi Murray with a client in Central Australia.



Heart Horror >

RFDS Flight Nurse Adele Goody cared for Kevin during his flight to Alice Springs Hospital.

“I NEVER IMAGINED that our holiday would end with me being airlifted 1,600 kilometres,” says Kevin, a retired Canberra resident.

Kevin suddenly lost consciousness whilst walking in Uluru-Kata Tjuta National Park with his wife, Linda. He was suffering a cardiac arrest.

Kevin was transported by ambulance to nearby Yulara Health Centre where a RFDS aircraft and aeromedical crew airlifted him to Alice Springs Hospital.

“Kevin was in a fortunate position,” recalls Doctor Sandeep Buttar. “Off-duty paramedics had performed CPR and used a defibrillator to successfully shock Kevin’s heart back into a normal rhythm. We performed an electrocardiogram (ECG) which confirmed Kevin had suffered a cardiac arrest.”

Dr Sandeep and RFDS Flight Nurse Adele Goody loaded Kevin into the aircraft to make the 445 kilometre flight to Alice Springs.

The journey takes over five hours by road, but a RFDS ‘flying intensive care unit’ covers this ground in just sixty minutes.

Adele and Sandeep administered thrombolytic drugs to dissolve any clots in Kevin’s heart and morphine to lessen his pain.

The next morning, the ‘Flying Doctor’ was tasked

again to airlift Kevin to Adelaide for a stent to be inserted into his heart – a life-saving procedure that Doctors at the Royal Adelaide Hospital were able to begin within just an hour of Kevin’s landing at Adelaide Airport.

“I was so lucky to have had my heart attack when I was surrounded by people who knew what to do,” says Kevin. If it had happened in my sleep, there’s a good chance I wouldn’t be here today.”

“There are so many people I have to thank for saving my life. NT Park Rangers, St John Ambulance, staff at the Alice Springs Hospital and the Royal Adelaide Hospital and the many skilled people around me.”

“I especially thank the Flying Doctor crews. When you find yourself in my situation, far from specialist medical care, there’s a great sense of relief once you’re on that plane.”

“Everyone has said ‘It wasn’t your time’. I’m very fortunate to be alive,” says Kevin.

Every day the RFDS provides 25 aeromedical transfers throughout South and Central Australia alone — over 100 across the country every day — for people like Kevin.

Donate today at [flyingdoctor/sant/donate](https://www.flyingdoctor.org.au/donate) or call (08) 8238 3333.



Kevin suffered a cardiac arrest whilst holidaying in the outback.



Rescue flight to the Flinders >

IT WAS THE MIDDLE OF THE NIGHT

when 14 year-old Henry Cooper became severely-ill whilst visiting Arkaroola Wildlife Sanctuary in the heart of the Flinders Ranges.

Henry's mother Astrid, a Doctor herself, was faced with treating Henry whilst facing the tyranny of distance – 600 kilometres north of Adelaide.

"Henry had been ill with a sore throat," says Astrid. "As his illness progressed, he developed a very high fever, accompanied by a rapid heart rate which he sustained for more than twelve hours. He was so unwell, I feared he would deteriorate and go into shock."

"It was a frightening experience to be faced with having to treat my own son in a remote area with limited access to drugs and equipment," she says.

"I dialled the RFDS emergency number in the middle of the night and I was quickly speaking to the on-call Doctor, who was able to direct me to the RFDS Medical Chest located at the Arkaroola Village and prescribe the appropriate drugs."

Meanwhile, an Operations Coordinator at RFDS Port Augusta Base had tasked an aeromedical crew to airlift Henry and Astrid to Adelaide's Women's and Children's Hospital for further care.

RFDS Medical Practitioner, Dr Jo Lene Low, recalls the telephone call she received that night.

"Henry's symptoms indicated a peritonsillar abscess, requiring urgent care at the Women's and Children's Hospital," Dr Low says.

"I was able to prescribe antibiotics from the village's RFDS Medical Chest, which would have begun working quickly to start fighting the infection and also provide Henry with some much needed pain relief – before our aeromedical crew arrived," Dr Low says.

It was a frightening experience to be faced with having to treat my own son in a remote area with limited access...

Astrid, Henry's mother

Astrid says Henry made a full recovery.

"The RFDS is a first-class service, and I have only truly come to realise how lucky we are to have the RFDS after experiencing first-hand what they do," she says.

Your Flying Doctor provides 25 aeromedical transfers throughout South and Central Australia alone – over 100 flights across the country every day – for people like Henry.

But we can't do it without you.

Donate today at flyingdoctor/sant donate or call (08) 8238 3333.



Channel 7 joins 'Ground Crew' >

Loretta Reynolds, Chairman, RFDS Central Operations; Kerry Stokes AC, Chairman, Seven West Media; Christine Simpson-Stokes, Jessica Adamson, Channel 7; and Tony Vaughan ASM, Chief Executive, RFDS Central Operations at the sponsorship launch.

CHANNEL 7 ADELAIDE has announced a major sponsorship of the Royal Flying Doctor Service Central Operations (serving SA/NT).

In recognition of its support, a RFDS 'flying intensive care unit' bearing the Channel 7 NEWS logo was unveiled at the RFDS Adelaide Base by Mr Kerry Stokes AC, Chairman of Seven West Media.

The medically-equipped aircraft, VH-FXZ (Foxtrot-X-ray-Zulu), is one of 75 Flying Doctor aircraft across the country which help the service deliver emergency aeromedical and essential primary health care to more than 300,000 people across Australia every year.

Mr Stokes said he was thrilled to see the Channel 7 NEWS brand proudly displayed on the RFDS flying intensive care unit.

"The organisation airlifts 25 patients every day in South and Central Australia alone," Mr Stokes said.

Channel 7 Adelaide has been a media supporter of RFDS Central Operations

for several years, with its Weekend Newsreader Jessica Adamson a longstanding Ambassador of the life-saving service.

Channel 7 Adelaide's heightened level of 'major' support will ensure the RFDS continues to provide universal access to the finest health care to those who live, work and travel in rural and remote Australia.

"The RFDS relies on bequests, corporate partnerships and donations to bridge the gap in our operational funding and to finance our capital-raising for the purchase of our aircraft, medical equipment and infrastructure upgrades," RFDS Central Operations Chairman, Ms Loretta Reynolds says.

"The continued support from the entire community – our 'ground crew' of donors, community fundraisers, corporate sponsors and volunteers – is critical to us meeting our financial challenges, and we're delighted to have Channel 7 Adelaide increase its tangible support to major sponsorship."

New artwork adorns Port Augusta Base >

The RFDS Port Augusta Base is looking brighter thanks to a series of artworks by contemporary Aboriginal artist Marli Macumba.

Using funding gratefully received from the Country SA Primary Health Network 'Welcoming Environments' Small Grants Program, the RFDS has commissioned Marli Macumba to create a series of four artworks now proudly on display at the Base.

Marli, who is based in Indulkana community in northern South Australia, explains the paintings represent "Port Augusta plus remote and Far North communities and the people who travel in and out every day and night needing medical assistance from our very own Flying Doctor."

"The art helps us create a welcoming environment for Aboriginal and Torres Strait Islander people who access our clinic," says Mandy Smallacombe, Primary Health Manager.

"We are confident the artwork will encourage Aboriginal and Torres Strait Islander people to access RFDS services as part of our commitment to delivery of culturally appropriate services."





My role is to support cultural safety, social well-being and encourage attendance of medical appointments.

Denise Martin

Breaking down barriers to care >

Denise Martin, Aboriginal Health Coordinator with a patient at Port Augusta Airport.

DID YOU KNOW the RFDS offers a dedicated cultural and social support service to Aboriginal patients at the Port Augusta Hospital and Step-Down Unit?

This service has reduced the rate of premature return to community, in turn preventing patients from putting themselves at risk of return to ill-health and re-admission to hospital.

It also ensures prescriptions are filled and has underpinned a near perfect attendance rate at out-patient medical appointments by Aboriginal patients during their time in Port Augusta.

“Our RFDS Aboriginal Health Coordinator provides a critical role in following up on patient referrals to prevent outback residents falling through the cracks and, ultimately, returning to the health system as an acute patient,” says Mandy Smallacombe, RFDS Primary Care Manager.

A non-clinical role, the Aboriginal Health Coordinator is employed by the RFDS and funded by long-term corporate partner, Adelaide

Airport Limited, as part of its Community Investment Program.

In her role as Aboriginal Health Coordinator, Denise Martin supports outback patients during their treatment at Port Augusta Hospital or the hospital’s Step Down Unit (short-stay hostel).

Denise’s clients include those who have been airlifted by RFDS crews to Port Augusta due to injury or illness, but most often are women in their final month of pregnancy waiting to give birth.

Visiting clients daily, Denise provides access, advice and advocacy of the health system, with a particular focus on those who have the added burden of being in a totally foreign environment and dislocated from family support or community.

“Many clients find hospital a totally foreign environment and intimidating to say the least,” Denise says. “There are distinct cultural differences plus language and literacy barriers.

“My role is to support cultural safety, social well-being and encourage attendance at medical appointments.

“Often a barrier to medical care is ‘worry’ about leaving family members behind in community – even when it is at the expense of receiving medical treatment for themselves.

“I also advocate the health system as a level of mistrust remains in health and support services due to the realistic fear and shame that their children may be taken away,” she says.

Over the past year, Denise has supported 136 patients – with a 99 percent attendance rate at out-patient medical appointments by clients during their stay in Port Augusta.

“Without support, encouragement and advocacy of the health system, clients will often discharge themselves from hospital before the completion of essential medical treatment,” Mandy says.

“Culturally appropriate care involves time. Denise spends valuable time with clients and their families ‘yarning’ about their barriers to health care – this is a valuable resource, unseen in many medical fields,” she says.

IGA unveiled on aeromedical aircraft >



RFDS CENTRAL OPERATIONS has unveiled its Independent Grocers of Australia (IGA) branded aeromedical aircraft in recognition of IGA's new, three-year major sponsorship of RFDS in South Australia and the Northern Territory.

The \$7 million flying intensive care unit, VH-FVE (Foxtrot-Victor-Echo), is one of 75 RFDS aircraft spread across the country.

The event, which took place at the RFDS aeromedical base at Adelaide Airport, was attended by Tony Vaughan ASM, Chief Executive of RFDS Central Operations, Scott Marshall, CEO of Metcash Supermarkets & Convenience, and Zac Mina General Manager of Metcash Food & Grocery SA/NT, along with representation from IGA retailers throughout SA/NT.

Also present was Joseph Romeo, Chairman of the IGA Board and National Retailers Council.

"IGA is delighted to support the Royal Flying Doctor Service," said Joseph.

"IGA stores sit at the heart of communities across Australia and you'll probably find an IGA store in

This partnership is an alignment of two great brands that are committed to serving South Australians and Territorians.

Joseph Romeo, Chairman of the IGA Board and National Retailers Council

most of the remote and regional towns that the RFDS fly into day in and day out," he said.

"This partnership is an alignment of two great brands that are committed to serving South Australians and Territorians and we are delighted to contribute towards keeping these life-saving crews in the air."

Over the past eight years, VH-FVE had flown over 3.7 million kilometres to airlift more than 6,900 patients from 150 different locations throughout South Australia and the Northern Territory.

The partnership works seamlessly with IGA's values, which include giving back to the local community, even at a grassroots level. For example, collection tins and point of sale material in stores help to keep RFDS front of mind in the public's eyes.

Corporate sponsorship and funds raised through the major partnership by IGA will be directed to the RFDS capital-raising program for the replacement of aircraft and medical equipment. There are also two IGA-badged full-sized aeromedical training simulators in SA and NT which are used by RFDS crews for training and education.

Scott Marshall, CEO of Metcash Supermarkets & Convenience, Michael Penno, Senior Flight Nurse, RFDS Central Operations, Joseph Romeo, Chairman of the IGA Board and National Retailers Council and Tony Vaughan ASM, Chief Executive of RFDS Central Operations at the sponsorship announcement.

RFDS Medi-Jet 24 first 100 days of service >



Thanks to your support, the *RFDS Medi-Jet 24* has reached another milestone – its first 100 days of operational service.

Over its first 100 days, under the stewardship of our dedicated crews, the *RFDS Medi-Jet 24*:



conducted **78 missions** around the clock



landed at **21 locations** in six states/territories



flew **108,000 kilometres**



airlifted **128 patients** to specialist care at a major hospital, providing the finest care in the air every step of the way.

> Its **first mission** was the ICU transfer of a critically-ill patient from the Alice Springs Hospital to Royal Melbourne Hospital.

> The direct flight in the *RFDS Medi-Jet 24* took just **three hours** – two hours quicker than previously in one of our trusty turbo-prop PC-12 aircraft which require a stop to re-fuel at Broken Hill along the way.

> In all, the *RFDS Medi-Jet 24* has **saved 75 flying hours** – an average of almost one hour for every mission.



Slashing mission time of our long-haul flights is just the start. The **RFDS Medi-Jet 24** has also delivered on its promise of enhancing our operational capability and versatility, including:

- > transferring a ICU patient from Darwin direct to Adelaide without refuelling;
- > carrying premature twins from a country hospital to the Women's & Children's Hospital, each in their own ICU Mansell Unit;
- > landing at an outback airfield to airlift a cardiac patient to specialist care in Adelaide;
- > efficiently transporting three stretchered patients on the same flight from a regional hospital;
- > airlifting two unrelated ICU patients on the same mission from a country hospital; and
- > the interstate transfer of newborn babies to Melbourne for specialist heart surgery.

For this, and on behalf of these patients, we say thank you. Our vision to design and build the world's first purpose-built aeromedical jet was funded by the community – our donors, fundraisers, volunteers and corporate partners.



Watch the highlights of the RFDS Medi-Jet 24's first 100 days of service at flyingdoctor.org.au/sant/jet





Meet the team: in the field with Kelly >

In this edition we talk to Kelly Fargher, Dental Coordinator/Hygienist at Port Augusta Base.

program that would provide a mobile dental and oral health care service to residents and communities in rural and remote areas, where people may otherwise face significant barriers to accessing oral health care.

Some outreach dental services may simply provide emergency treatment. Whilst this is definitely an important aspect of what we do, we also have a strong focus on empowering and motivating people towards good health and prevention of oral disease.

I've long been passionate about raising oral health literacy, and it's very satisfying to be part of a team that has a strong focus on prevention and education.

How does the service work?

Our team (consisting of dentists, dental hygienists and dental assistants) visits rural and remote areas of South Australia and the Northern Territory to deliver dental services on a periodic basis – often for a week at a time.

Our dental equipment is state-of-the-art and we offer a full range of dental care from simple check-ups, x-rays and hygiene services through to fillings and extractions.

Our clinics are not the typical dentist offices that you might find in the city– in South Australia we have set up clinics in our own RFDS Remote Area Clinics and in the Northern Territory we work out of a purpose-built shipping container. We have even run dental clinics from rooms in outback pubs!

Can you describe a typical day?

It's a cliché but there really is no typical day. That's something else I value – I'm never bored!

My role has two aspects – the coordination of the remote Oral Health program and also providing clinical care as a Dental Hygienist.

As a mobile service, there are significant logistics involved in planning trips where we essentially set up a dental clinic in remote outback communities. I research areas where our service is needed, then work with other health providers and promote our services to local people. There are many additional challenges working in remote areas, such as finding accommodation for our team (we're often away for a week at a time) and ensuring the internet connection will allow us to access and update patient records.

Then, when it's time to go, I prepare and pack our instruments and equipment, ensuring this is within our aircraft size and weight limits.

In consultations, I carry out the tasks typical of a Dental Hygienist; cleaning teeth, providing periodontal care and maintenance, fluoride treatments and giving dietary advice if necessary. This is all coupled with lots of oral health education!

What are the highlights of the job?

Definitely the fact that we have such a strong focus on preventing oral disease – we have the opportunity to make a real positive impact on people's health and wellbeing.

The travel is also a highlight – I've been able to see beautiful and remote parts of outback SA and the NT that I'd never dreamed I'd have the opportunity to visit.

Find out more about the RFDS Oral Health Care Program at flyingdoctor.org.au/sant/our-services/oral-health-sant

Tell us about yourself

I grew up in the Adelaide Hills and moved to Adelaide to study the Advanced Diploma of Oral Health (Dental Hygiene). It was in Adelaide I met my husband Eddie, a pilot. After I graduated, I spent a number of years working as a Dental Hygienist in general private practice. After a stint living and working in Alice Springs, Eddie was offered a job as a Line Pilot at RFDS Port Augusta Base.

Not long after we moved to Port Augusta, I became aware the RFDS was expanding its Remote Oral Health Program. I was offered the position of Dental Coordinator/Hygienist and commenced in the role in June 2018.

What do you enjoy outside of work?

I love the outback lifestyle. We are very lucky in Port Augusta, we have the ocean and the outback at our doorstep. Eddie and I spend a lot of time outdoors hiking and camping.

What attracted you to working with the RFDS?

I loved the idea of being able to develop a

A photograph of three people in an industrial setting, likely an airport hangar. On the left, a man with white hair, wearing a light blue button-down shirt, is pointing upwards with his right hand. In the center, a man with grey hair, wearing a dark suit and tie, is smiling. On the right, a woman with blonde hair, wearing a dark blue top, is also smiling. The background shows the structural beams and lighting of a large hangar.

RFDS announces first Patient Transfer Facility in regional SA >

The RFDS has announced a landmark project to establish the RFDS Mount Gambier Patient Transfer Facility, the first of its kind in regional South Australia.

RFDS crews land twice a day in the South East – at least once a day at Mount Gambier Airport alone – to airlift residents and tourists for life-saving care or specialist medical treatment.

Mount Gambier patients – like those at every other rural, regional and outback aerodrome in the state – are transferred into a RFDS aircraft standing on the tarmac at all times of day and night, in the elements and in all extremes of weather.

To improve patient comfort and care, the RFDS has purchased an existing aircraft hangar, which will be converted to enable RFDS and SA Ambulance Service (SAAS) MedSTAR crews to stabilise deteriorating patients more effectively prior to flight, in addition to enabling the transfer of patients into the aircraft under cover and protected from extreme weather.

District Council of Grant Acting CEO Jane Fetherstonhaugh said the council was proud to support the project.

“This as a landmark project, setting a new standard for patient transport. Council has entered into a peppercorn lease arrangement for a period of twenty one years with the RFDS, meaning the cost of utilities, lease fees, rates and other costs associated with the lease of the land will be waived,” Mrs Fetherstonhaugh said.

SAAS will support the new facility and patients by locating an ambulance at the facility for use by RFDS and SAAS MedSTAR retrieval teams, ensuring patients are transferred in a timely

manner with minimal impact on ambulance resources in Mount Gambier.

Overall works are budgeted at \$500,000, and include the purchase of the existing hangar, concrete flooring and all related structural and refurbishment costs.

Ahrens Group has been awarded the head contractor of the design, construction and refurbishment project, and local trades will be sourced wherever possible to complete the works.

“Just like our aircraft and medical equipment, this infrastructure will be funded solely by our fundraising and donations from the community,” says Tony Vaughan, Chief Executive, RFDS Central Operations.

“We have launched a local fundraising campaign that will see all donations received from the Lower South East region between now and Christmas directed to completing this project,” he said.

“In addition to monetary support, we are also seeking support from local trades such as electrical, carpentry, painting and air-conditioning, which can provide in-kind professional services and make significant cost-savings to the project.”

Donate to the Mount Gambier Patient Transfer Facility Appeal today at flyingdoctor.org.au/sant or call 1800 813 318.

Left: Bill Russon, President, Mt Gambier RFDS Support Group, Tony Vaughan ASM, Chief Executive, RFDS Central Operations, and District Council of Grant Acting CEO, Jane Fetherstonhaugh celebrate the purchase of the existing hangar at Mount Gambier Airport.

The Mount Gambier Patient Transfer Facility will include:

- > **stabilisation bay** for retrieval teams to manage deteriorating patients prior to flight;
- > **climate controlled** environment for the transfer of patients between SA Ambulance (SAAS) and RFDS crews;
- > **weather protection** for the loading of patients into aircraft during extreme weather conditions;
- > **spacious floorplan** to accommodate multiple patients and crews at the same time;
- > **modern amenities** such as a private patient bathroom and crew rest areas;
- > **aircraft hangar** to provide an under cover area with optimum artificial lighting for engineers to perform unscheduled aircraft maintenance; and
- > **secure parking** to protect ambulances stationed at the facility.

 Crafted in Switzerland



PC-24
THE CRYSTAL CLASS



PILATUS

THANK YOU FOR FLYING PILATUS

From outback strips to city airports, the Pilatus PC-12 has operated day and night for over twenty five years to keep the Royal Flying Doctor Service (RFDS) in the air. As an operator of the new PC-24, the RFDS Central Operations continues 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

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Case Study: Community Midwifery >

The RFDS Community Midwife, RFDS Doctors and tertiary hospitals provide a shared model of care to provide the finest ante and post natal care for women living in rural and remote areas.

Research reveals that geographical remoteness affects babies' risk of adverse perinatal outcomes, such as being small for gestational age and fetal death.

The RFDS primary care team is working to bridge this gap by providing access to best practice maternity care to those living in rural and remote communities.

"We provide face-to-face and telehealth services to women who otherwise might encounter difficulty accessing traditional maternity care due to geographic isolation," says Mandy Smallacombe, RFDS Primary Health Care Manager.

Antenatal and postnatal services are delivered to women in outback SA by the RFDS Primary Health Care Service, reducing the need for extensive travel for routine pregnancy care and

allowing women to remain with their families and businesses until travelling to their birthing hospital in the late stage of pregnancy.

The RFDS Community Midwife cared for 56 pregnant women in rural and remote South Australia over the past year, and is achieving fantastic outcomes.

"We deliver a shared model of care between the RFDS Community Midwife, RFDS GPs and birthing hospitals in Adelaide or one of our major regional centres," explains Caitlyn Keller, RFDS Community Midwife.

The service delivers routine antenatal check-ups, blood tests, immunisations, education and support in addition to support for babies and their families once they return home after birth.

"Typically we see patients at their property or a local clinic on a fortnightly or monthly basis during regular fly-in clinics. We are also available outside of these times for telephone or video consultations," says Caitlyn.

Less than two percent of women undergoing Shared Care of a RFDS Community Midwife experienced intrauterine growth restriction and pre-term labour.

Caitlyn Keller, RFDS Community Midwife

"Our low risk antenatal patients typically only need to travel to their birth care provider at around 20 weeks for a morphology ultrasound and consultation with an obstetrician.

"Otherwise, they can remain at home – where they often have work and family responsibilities – until much later in their pregnancy," says Caitlyn.

The model also ensures continuity of care wherever possible. "Just like city folk, people in rural and remote areas are more likely to achieve better health outcomes when they are able to access health care from a trusted provider who understands their history and circumstance," says Caitlyn.



Film lovers raise funds >

Many thanks to all who attended the most recent 'Night at the Movies' featuring 'Ride like a Girl'. Our next movie night fundraiser, a special screening of 'Charlie's Angels' will be held on Thursday 21 November at GU Filmhouse in Glenelg, SA.

"It's fantastic to have seen numbers increase at our movie nights throughout 2019," says Kristen Newlyn, Community Fundraising Specialist. "At just \$25 per ticket including popcorn and a drink, these events represent great value for attendees and provide an excellent reason to gather a group of friends for a relaxed night out."

To book your tickets, please contact Kristen Newlyn on (08) 8238 3340 or events@flyingdoctor.org.au

Keep up date with our latest events on our website, flyingdoctor.org.au/sant/events



City-Bay Fun Run >

AN ENERGETIC TEAM of 50 runners and walkers – including employees of Beach Energy, members of the Maitland Ambulance Service and many more – joined Team RFDS in the annual Westpac City-Bay Fun Run, presented by the Sunday Mail newspaper.

Participants raised \$5,375 to support the RFDS continue to save lives in South Australia and the Northern Territory. We thank all who took part and also thank the Beach Energy staff who manned the post-race BBQ for our hungry athletes!



Cause for Celebration >

WE THANK BEYOND BANK staff and customers for their support of the Flying Doctor through the Community Reward Program.

Beyond Bank presented a \$12,235 donation generated through businesses holding a Community Award Account.

This generous donation will ensure the RFDS can continue to respond to 25 people in South Australia and the Northern Territory every day.



Thank 'Ewe!' >

A VERY BIG THANK EWE to the Combined Sheep Breeders for donating profits from their Royal Adelaide Show auction to RFDS Central Operations.

The Association presented a cheque for the \$5,604 raised in last year's auction, then went on to raise another \$5,020 in the 2019 auction!

Thank you all for your wonderful support and for helping to keep your Flying Doctor flying.

Pictured are Kristen Newlyn, Community Fundraising Specialist, RFDS; Craig Mitchell, Gemini Prime Lamb Sires and Steve and Debbie Milne, Richmond Hill Agribusiness.



Simpson Desert Bike Challenge >

THE 34TH ANNUAL SIMPSON DESERT BIKE CHALLENGE saw riders head west for the first time, starting in Birdsville, Queensland and finishing at the Mt Dare Hotel.

The five day event, dubbed 'the toughest mountain bike race on earth', raised \$27,295 for the Flying Doctor (and counting!).

This brings the total raised over many years of supporting the RFDS to over \$340,000.

We thank all event participants, committee, race officials, sponsors and volunteers for this generous contribution.



Pets on Parade >

STAFF AT RFDS ALICE SPRINGS BASE were thrilled to receive a wonderful \$6,425 donation from the annual 'Pets on Parade' event, an initiative of the Alice Springs Town Council rangers to promote responsible pet ownership to the local community.

"Every ten minutes the RFDS delivers the finest care to someone living, working or travelling in rural and remote Northern Territory and South Australia," says Paula Judd, Senior Operations Coordinator at RFDS Alice Springs Base.

"Donations make a real difference and we are so thankful for the support of all involved in 'Pets on Parade' and indeed the entire local community."



Pembroke Bears >

DID YOU KNOW that students at Adelaide's Pembroke School have made teddy bears to donate to the RFDS since 1987.

The bears are given to our patients who may be in much need of a cuddly toy to bring comfort during an aeromedical flight.

It's always wonderful to meet the students involved in this ongoing project and we were very pleased to provide a 'behind the scenes' tour of RFDS Adelaide Base to the current student group.



OZ Outback Odyssey raises \$112,061 >

DESCRIBED AS 'AN EVENT LIKE NO OTHER', South Australia's premier event for car enthusiasts and adventurers saw participants drive from Adelaide to Fraser Island in pre-1985 vehicles and 4WD support vehicles.

Participants were supported by RFDS staff, Flight Nurse Carol Illmayer and Line Pilot David King.

"It was a pleasure to be involved in the 27th Oz Outback Odyssey," says Charlie Paterson, Executive General Manager, Marketing & Stakeholder Relations, RFDS Central Operations.

"It's a unique outback experience and a lot of fun – as shown in our Cowboys and Indians themed dinner on the last night – but most importantly, it raises vital funds for the RFDS. I was delighted to be presented with a \$112,061 donation which will go a long way to keep the Flying Doctor flying."

Learn more or sign up for the Adelaide to Broome event in 2020, visit ozoutbackodyssey.com.au

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Please check carefully that: the order form is fully completed. Use the reply paid envelope enclosed or post to: Royal Flying Doctor Service – PO Box 381 MARLESTON SA 5033. If you have any questions, please call us on 08 8238 3333 during business hours. Thank you for supporting the Royal Flying Doctor Service.

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Are you looking for a great Christmas solution for that hard-to-buy-for person? This Christmas, make a donation to the RFDS and we will send you an RFDS card for you to give to the recipient.

Each Gift Card showcases a signature image of our RFDS aircraft at work, making it the perfect addition to the mantelpiece.

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2. Choose one or several, and complete the order form inside the AirDoctor magazine, or call us to order on (08) 8238 3333.
3. The amount you pay for Gift Cards is a tax deductible donation to the RFDS – we will send you a receipt.
4. We will send you the Gift Cards, with envelopes. Just add your name (and personal greeting if you wish) before giving your Gift Cards to family and friends on Christmas Day.

RFDS Christmas Gift Cards indicate you have given a Christmas donation to the RFDS with your recipient in mind. They have no cash value and are not redeemable for purchase of RFDS merchandise. Card size: 99mm x 210mm wide (DL).



Dear

As my Christmas gift to you, I have made a donation to the Royal Flying Doctor Service, to help provide 24/7 emergency aeromedical and primary health care in remote and rural Australia.

Save lives from the ground >



As an RFDS Regular Giver, we make it easy for you to help us deliver urgent care in regional, rural and remote areas throughout South and Central Australia.

You can arrange automatic donations with your credit card, or by direct debit from your bank account – you choose the frequency and the amount – and we look after the rest! With one receipt summary issued annually we also make it easy for you at tax time.

To begin your regular giving today, please call 1800 813 318 or visit flyingdoctor.org.au/sant/regular

