

LiveR Wire

Queensland Liver Transplant Patient Newsletter

Edition issue 12. 2024



Remembering Charlton Noble

Charlton was born in the North East of England and was an only child, and with his Mother having passed away many years ago family meant everything to him.

He fiercely loved his family and in particular his three children, was passionate about quality education, and was determined that the children have every opportunity to flourish and thrive. Charlton and his wife Yolande were a team in every sense, although Yolande didn't quite share his passion for football (the round ball game) and his support of Sunderland FC.

Charlton was very community minded and was a much respected childrens' soccer coach for years, played himself, and before his illness was very active within his local Little Athletics.

His family remember among other things his love of gardening and Bunnings, his terrible Dad jokes, and digesting what seemed like hundreds of crime novels, but also his commitment to his work and his patients.

Charlton was a much loved husband, father, uncle, nephew and son-in law, friend and colleague. He is so very missed - "How lucky are we to have had something that makes saying goodbye so hard".

Many thanks
Yolande





Remembering Charlton Noble continues...

Charlton was a legacy to the Liver Transplant service for Children's Health Queensland. With over 20 years service across the Royal Children's Hospital and Queensland Children's Hospital caring for all hepatology children. Charlton was the soul, the continuing presence that, through changes of Hospitals, Senior surgeons, Liver transplant consultants, Service Directors, Nurses, Theatre staff and many trainees doctors, he was the glue that bound us all together. His passion for best care and teaching, his warmth, humour, stoicism and stubbornness meant he insisted on the best care possible for his patients and the best possible work atmosphere for his team. He did his very best to try and achieve those goals.

At the Royal Children's Hospital (RCH), the Transplant Coordinator office was a haven, an oasis for all to go, for respite, advice, help and chocolate! That transitioned to the QCH 7D office, where Charlton's desk had best view of the door, his smile was often the first thing that greeted us all when we arrived at work. That smile, that enquiry as to how we were all going, or subtle joke was the most wonderful tonic for all staff members. The madness of working in a busy unit was eased because Charlton was always there.

As well as his Transplant Coordinator duties Charlton always had an eye on the bigger picture. As well as training nursing staff and junior doctors in the art of Hepatology and Liver Transplant, he was focal to the provision of governance documents, safety and quality audits, guidelines, and policies. Charlton was involved with the publishing of multiple academic papers often collaborating with interstate and international colleagues. Recently, Charlton achieved his Nurse practitioner degree, he recognised its value to a State-Wide Service.

He was driving strategic state of the art practices and became one of the first paediatric nurse proficient in Elastography, which has become standard of care in the Liver world especially in Cystic fibrosis and Cardiac practice.

Charlton was passionate about establishing a team of experienced nurses with skills to manage this complex and variable cohort.



In his 20 years of service as a liver transplant coordinator at the Children's hospital, Charlton has touched so many lives with his extraordinary commitment towards care of children and their families.

Here are some messages from the families he worked with;

'We will never forget all the assistance, kindness and overall support he gave to us as a family'

'We will always remember him as a dedicated and approachable healthcare professional, who was usually disagreeing with technology'

'Such a dedicated and personable man, he will be missed by all but his legacy will definitely live on'

'Charlton was a true inspiration for all the families he has inspired along our journeys of transplant. All I can say we were blessed to have him on our side thru all the turmoil and trauma.'

There are many people who Charlton worked with over the years in every strata of life, from the Celebrated Transplant surgeons to the least celebrated in our hospital, admin and support staff whom he has touched with integrity, decency, loyalty and resilience.

Cheers
Fariha

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QLTS QR Code



SCAN ME



A new central liver transplant coordinator email address will help with communications when staff are out of the office or on leave.

You are still welcome to ask any questions to the transplant coordinators. Please email your details to:
livertxcoord_qlts@health.qld.gov.au

Phone: (07) 3176 7481

Fax (07) 3176 2208



Please contact the transplant coordinators regarding the clinic, blood work or other patient related questions.

QLTS requests for all blood tests be completed at a Queensland Health facility to assist in the management of your care.

Private pathology collection (SNP/QML) may impact on receiving timely care.



Blood test results may now be accessed via the my health app



Some of the benefits include:

- keeping track of the tests you have had and when you had them
- monitoring your results over time
- improving access to your health information by your healthcare team
- reducing unnecessary tests and scans
- helping your healthcare team save time and focus on your care

The new my health app

A secure and convenient way to access My Health Record

Discover the app

SCAN TO DOWNLOAD



How to find a pathology report in your record

To find pathology reports in your record:

1. Sign in to My Health Record:

Sign in to My Health Record via myGov 

2. Select the record that you would like to view
3. Select the **Documents** tab
4. Select **Clinical Records** from the drop down menu
5. Select **Pathology Reports**
6. Once you have selected the document type, you will see a list of documents.

From here you can view documents, control access or remove them if you wish.
You can also print your documents.

A secure and convenient way to access My Health Record on your mobile

Download the my health app today

🔍 "my health gov"



Liver transplant Telehealth Clinic 2024

What is telehealth, and why use it?

Telehealth is an easy way to have an appointment with a health professional, without having to travel to a hospital or clinic, via a video call. It will save you travel time and money and gives access for people who find it difficult to attend appointments.

Is it safe and secure?

Yes, video calls are secure and your privacy is protected. You will have your own private virtual room, that only authorised doctors can enter.

What equipment do I need?

Almost any smart phone, laptop, computer or tablet with a camera, microphone and speakers and a stable internet connection will work. If you can watch an online video, your connection is most likely fast enough to do Telehealth.

How do I prepare?

Make sure you are in a quiet area with good lighting where you will not be disturbed during the appointment. Remember to speak clearly with your camera positioned at head height.

Connecting with a smartphone: You will receive a text message approximately **1 week before your appointment**



Example text message

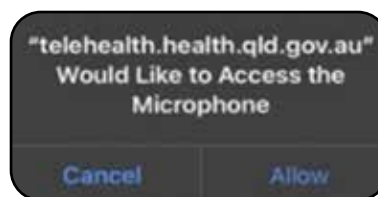
1

Click on the blue link that was sent in an SMS.

Below is the link to your Home Telehealth appointment with the Burke Street Liver Clinic on Wed the 11 of Nov at 2:00pm
Simply click on the link 10 minutes prior to your appointment time, and allow access to your camera and microphone when prompted. Any concerns please call 3176 7481
<https://telehealth.health.qld.gov.au/webapp/?conference=817628name=RogerCitizen->

2

Select **allow** so the doctor can hear and see you during your appointment.



3

When the doctor is ready for your appointment, they will appear on your screen.

Please note as with any medical appointment, sometimes there can be delays on the day. Please remain logged into the virtual waiting room, and we will be with you as soon as possible.

If you need help to connect call 3176 7481.

Connecting with a computer, tablet or laptop:



Make sure your device has a camera, microphone and speakers and a compatible browser.

Copy the web link into your device's web browser. If a permission pop-up appears requesting access to your camera and microphone, select Allow. **When the doctor is ready for your appointment, they will appear on your screen.**



Trouble shooting

- **Apple Devices** – Go to your devices settings and click on Safari. Click on camera and microphone and ensure the “Allow” option is selected.
- **Android Devices** – Open the Chrome app and select the triple dots icon and then settings. Select site settings and tap microphone and camera. Tap to turn the microphone and camera permission on or off.

I can't hear others

Ensure your device's volume is turned up, and that any external speakers, if needed are connected correctly.

Others can't see or hear me

Ensure you have allowed access to your camera and microphone.

I'm still having trouble, who can I speak with?
Please contact the Liver Transplant Outpatient Administration team on 3176 7481

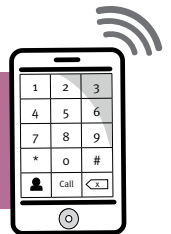
I didn't receive a Telehealth link

Please contact the Administration team on 3176 7481

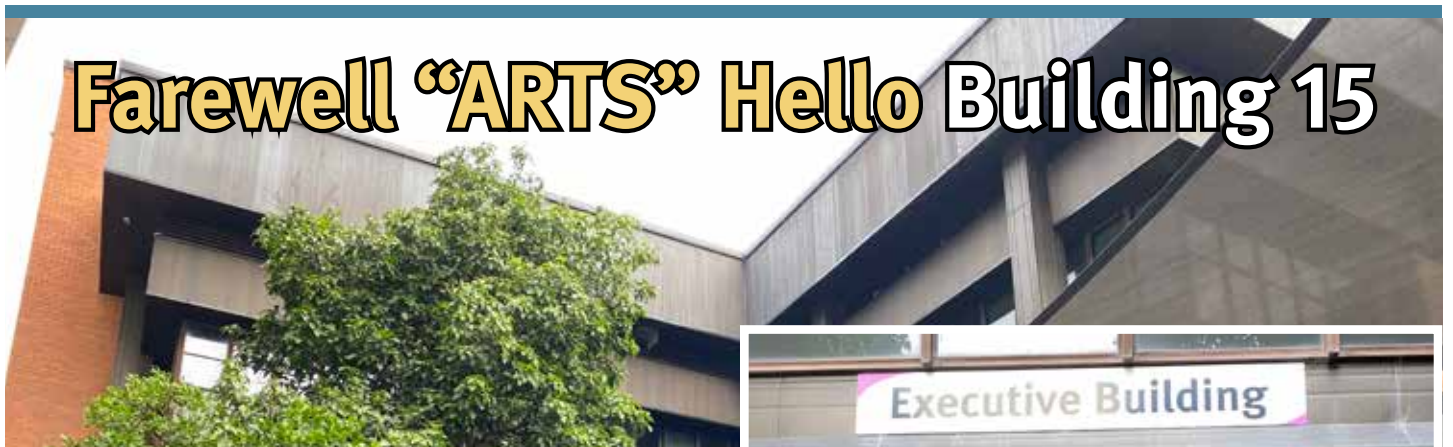
My microphone or camera is blocked by my device

Close or refresh the Telehealth website and allow permissions when asked Check your device's settings are set to “Allow” for your camera and microphone.

Contact us:
Liver Transplant Outpatient Department
Phone: (07) 3176 7481



Farewell “ARTS” Hello Building 15



“ARTS” Post Liver Transplant Monday Clinic is moving. After many years doing Monday clinic in ARTS we have a new home.

Moving date: 12 February 2024
New location: Level 2, Building 15
Clinic time: 9.30am to 11.30am
Dietician appointments: 8.30am to 9.30am

New appointment letter and clinic location information will be sent out if appointments are already booked for after 12 February 2024.



Important information

Advagraf® XL (once-a-day tacrolimus capsules) packaging is changing

You have been taking ADVAGRAF XL (once-a-day tacrolimus) to help prevent rejection of your transplant. Please note there are **NO CHANGES** to the medication and the capsules.

Why is the packaging changing?

The packaging has been updated in line with new Therapeutics Goods Administration (TGA) labelling requirements. You can find out more general information by going to the TGA Consumer FAQ site: www.tga.gov.au/australias-medicine-labels-are-becoming-clearer

What do the new packs look like?

NEW PACKS	OLD PACKS	CAPSULES
		0.5 mg
		1 mg
		3 mg NEW
		5 mg

IMPORTANT INFORMATION REGARDING PROGRAF® (tacrolimus capsules and injection) and ADVAGRAF® XL (tacrolimus prolonged-release capsules)

Astellas would like to advise of changes to the Prograf and Advagraf XL packaging, to comply with new TGA labelling requirements (www.tga.gov.au/labelling-changes-information-health-professionals). The new packs are being phased in over the next few months. Please note that there is **NO CHANGE** to the formulation of any of the products.

	NEW PACKS	OLD PACKS	CAPSULES
ADVAGRAF XL			0.5 mg
			1 mg
			3 mg NEW
			5 mg
PROGRAF			0.5 mg
			1 mg
			5 mg

How do I communicate these changes to my patients?

Patient leaflets highlighting the pack changes, are available from Tom Bryce, Hospital Business Development Manager on 0497 220 784 or Hilien Mahony on 0497 221 214. For any other enquiries regarding Prograf or Advagraf XL, please contact Astellas Medical Information on **1800 751 755** or auamedinfo@astellas.com

For Prograf and Advagraf XL, Product Information please click [here](#).

PBS Information: Authority Required. Please refer to the PBS Schedule for further information.

Astellas Pharma Australia Pty Ltd ABN 81 147 915 482
Level 3, 6 Eden Park Drive Macquarie Park NSW 2113
PRO_2020_0208_AUS_Jun 2020



There are 3 different kinds of prescriptions for Tacrolimus and Ciclosporin



Important Must read

Hospital Prescriptions: These prescriptions can only be filled at public hospitals.

General Hospital Prescriptions: These prescriptions can be filled at public hospitals and from your local pharmacy.

GP General Prescriptions: These prescriptions can only be filled at your local pharmacy.

Remember: The trade names for Tacrolimus and Ciclosporin are Advagraf XL, Prograf & Neoral. **Do not** make any changes between generic and trade names without speaking with your transplant team.

This means that a prescription for maintenance therapy can be written by your General Practitioner as a general schedule prescription, and this prescription can be filled at community pharmacies.

Please give your local pharmacy at least a week of notice to ensure stock available. Please let your Princess Alexandra Hospital prescriber know if you would like to get your scripts filled at your community pharmacy so they can write the correct prescription.



Generic brand formulations are not to be taken as this will alter drug monitoring

iCommit

Designed to support Australian transplant recipients



Welcome to iCommit, built with Australian transplant patients at its heart.

iCOMMIT has been designed with input from some of Australia's leading transplant healthcare professionals and transplant patients.

iCOMMIT offers transplant recipients a variety of tools at their fingertips.

This makes the iCommit app a perfect pocket guide that can help you:

- Keep track of your weight, fluid intake and blood tests and store in the one place
- Set reminders for your medication and appointments
- Access education covering healthy living, post transplant fitness with self care and lifestyle advice
- Be one click away from contact information for your transplant and ongoing care centres



We are proud to partner with Transplant Australia and Transplant Nurses Association (TNA) to develop this app, and we are extremely grateful for their kind support.

iCOMMIT Key Features

01 Monitoring

Monitor important information about your health.



02 Reminders

Set reminders for a number of activities, including medication, tests and appointments.



03 Education

Gain access to a range of educational content.



How to Download the App and Register

Search for **iCommit** in your app store, or scan the QR code



Tap on **Register** then enter your details. You will also be asked to verify your account by entering a code sent to your email or your mobile



Add optional **information** to personalise the app



Select **Medications** to create reminders



Share your **Contact Details** with your hospital (optional)



Using the Smart Reminders

Smart reminders are a key element that have been co-developed with transplant teams and patients.

This feature enables you to set medication reminders, so you can know **when** to take **which** medications.

You can also set reminders for any upcoming tests and appointments.

Add Medications

Top Tip!

If you see this "?" symbol, tap to see more important information



You can add your medications either at the Registration or My Medications screens.

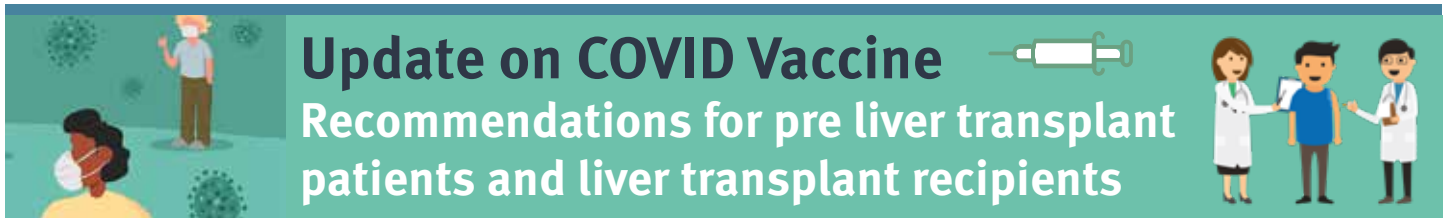
If your medication or dosing is changed, please work with your care team to make these changes in the app as soon as possible.

Scan the QR code to download the application now!



Astellas Pharma Australia Pty Ltd
 ABN 81 147 915 482 Suite 2.01, 2 Banfield Rd,
 Macquarie Park NSW 2113
 MAT-AU-NON-2023-00001, June 2023

Any questions? Contact us at
 transplant.support@inova.asia



Update on COVID Vaccine

Recommendations for pre liver transplant patients and liver transplant recipients



ATAGI recommends that all severely immunocompromised patients should receive an additional COVID-19 vaccine dose if 6 months have passed since their last dose.

More information please go onto the website:

<https://www.health.gov.au/news/atagi-statement-on-the-use-of-a-3rd-primary-dose-of-covid-19-vaccine-in-individuals-who-are-severely-immunocompromised?language=en>



COVID-19 Treatment

Molnupiravir

Treatment of adults with mild to moderate COVID-19 who are within 5 days of symptom onset, who are at high risk of progressing to severe disease. **GP can prescribe**

Molnupiravir 800mg (4 x 200mg capsules) orally twice a day for 5 days.

Can be taken with or without food

There are no dose adjustments required in elderly patients or for renal or hepatic impairment

Adverse effects may include nausea, diarrhoea or dizziness



Paxlovid - ALERT

Transplant patients must first check with us before starting any covid treatment

Oral medication treatment for Covid 19 Nirmatrelvir/Ritonavir (Paxlovid) has a significant drug interaction for transplant patients taking Tacrolimus, Cyclosporin and Sirolimus.

Paxlovid causes a major increase in the absorption rate of immunosuppressant medication causing toxicity and critical side effects.



National Immunisation Program Changes to Shingles Vaccination from 1 November 2023



From 1 November 2023, the shingles vaccine Shingrix® will replace Zostavax® on the National Immunisation Program (NIP) schedule for the prevention of shingles and post-herpetic neuralgia. It will be available for eligible people most at risk of complications from shingles.

A 2-dose course of Shingrix® will be available for free for:

- people aged 65 years and older
- First Nations people aged 50 years and older
- immunocompromised people aged 18 years and older with the following medical conditions:
 - haemopoietic stem cell transplant
 - solid organ transplant

- haematological malignancy
- advanced or untreated HIV.

Unlike Zostavax®, Shingrix® does not contain any live virus so it can be given to people aged 18 years and over who are immunocompromised.

<https://www.health.gov.au/news/national-immunisation-program-changes-to-shingles-vaccination-from-1-november-2023>



Baby arrival NEWS



Hudson Baker
Born 22nd February 2023
Parents
Parents Kahler and Michael



Life after transplant story

by Natalie Pearce

I was diagnosed with a rare liver cancer HEHE - Hepatic epithelioid hemangioendothelioma which was covering both lobes of my liver >30 tumours. This was only seven months into our relationship.

After extensive testing carried out by the Princess Alexandra Hospital (PA), it was found to be the primary and not a secondary cancer, I was fortunate enough to undergo a whole liver transplant in November 2020 which saved my life. Then approximately 2 months later I return to work as I was lucky I had an office job and could do so.

Unfortunately I then developed strictures and Hepatic Artery stenosis requiring multiple ERCPs throughout the year.

Then on Boxing day of 2021 I felt sick and laid down hoping it would pass but alas it didn't, my partner Fred took me to the PA as we thought it maybe a strain of COVID only to find that I had cholangitis, a liver abscess and sepsis. The staff at the PA once again looked after me, needing a biliary drain and a PICC line inserted.

I was also told that I would need another transplant. I got the call in early February and had my second liver transplant the next day.

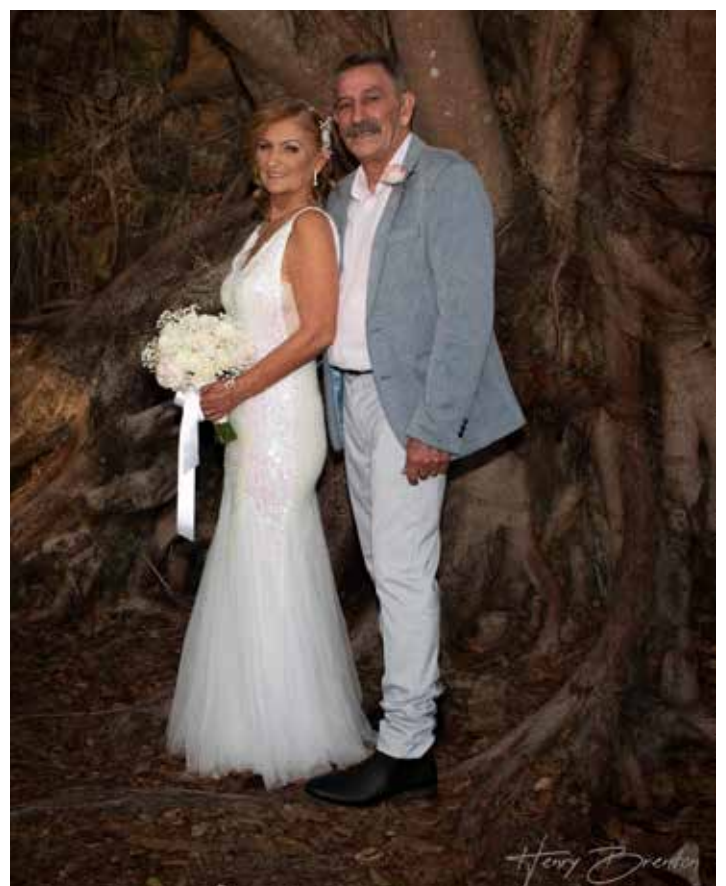
Fred again stuck with me through it all, hospital appointments, visits, encouraging me and keeping me positive throughout.

Some months post my second transplant and feeling well again he got down on one knee and of course I said YES! He had already done the "in sickness and in health" before signing the papers. It was a very special day for us all, all our families were there and my two grandchildren were Ring bearer and Flower girl, it was so lovely.

I owe my life to the all the staff at the PA Hospital and to my two donor hero's and their families to make this all possible.

I am truly indebted and forever grateful!!!!

Healthy Regards,
Natalie Pearce



Life after transplant story

by Diana Adams

I was born in 1974 and it was quickly discovered that I had Biliary Atresia. There were not a lot of options at the time and had I been born even a year earlier there wasn't anything that could have saved my life. Fortunately, I received a successful Kasai surgery that keep me going. The first twenty years of my life were the same as everyone else; besides the countless doctor's visits and both short and lengthy hospital visits and one terrifying Medical Evacuation from Tahiti.

In 1994 I was put on the transplant list and one month later a family donated to me the greatest gift. It wasn't smooth sailing at the start but since being discharged from hospital, 3 months after my surgery, I have not spent another night in a hospital. I have been so lucky that so many people have been at the right place and the right time to help me. I was also blessed with a family who gave me so much love and care and treated me like I was just like everyone else.

After 30 years I have experienced so many wonderful things. I have been a teacher for over 20 years. I have travelled around the world. I have done the things I love. I got to grow up. I lead a very normal life, and that is the best I could ever have hoped for.

Diana Adams



In memory 2023 and 2024

The Queensland Liver Transplant team offer condolences to the families and friends of recipients who sadly have died in 2023 and 2024

Our thoughts are with you.



Have you thought about writing to your Donor Family?

Message from DonateLife Queensland

Writing to your donor family is an opportunity for you to acknowledge your gift of a transplant. Over the years, our donor families continue to tell us how important it is for them to receive a card or letter from the recipients, no matter how simple or few in words. Just to hear from you after your transplant, provides them with some comfort in their grief. This may be difficult to write for some, so you will find guidelines in the correspondence brochure provided to you when you leave the hospital. You can send your card/letter via your Transplant Coordinator or directly to DonateLife Queensland.

Correspondence guideline brochure

Information in the brochure is also online. There are a few do's and don'ts, so please take the time to read about them.

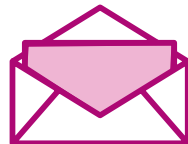
<https://www.donatelife.gov.au/all-about-donation/support-for-donor-families/contact-between-donor-families-and-recipients>

There is also a short video called '**Transplant Recipient Correspondence Video**' also on this site, which may help with some of the emotions and anxiety you might be feeling when considering writing to your donor family.



Correspondence guidelines

Transplant recipients



Please send your card or letter to:

To: Donation Specialist Coordinators
 DonateLife Queensland
 Level 4
 Princess Alexandra Hospital
 199 Ipswich Road
 WOOLLOONGABBA QLD 4102



If you are struggling to find the right words your transplant coordinator or the staff at DonateLife are always available to answer any of your questions:
phone (07) 3176 2350





Community Champions

We are always looking for supporters to help spread our organ and tissue donation message and save more lives!



Heart recipient and his mum shared their story



We offer
Online training

We need help to:

- Attend festivals/events
- Give talks in schools
- Share social media posts
- Host workplace sign-on days
- Share your media story
- Help run information stalls
- Attend major sporting events

Volunteers get event T-shirts & promo gear + join in fun social events with other supporters

For more information about joining us please email:

donatelife@health.qld.gov.au

Who are we?

DonateLife Queensland Community Champions are a group of volunteers who raise awareness of organ and tissue donation – helping to change and save lives.

They support the vital work of DonateLife Queensland, the agency responsible for all organ and tissue donation throughout the state.

Our DonateLife network is made up of intensive care nurses and doctors, from Cairns to the Gold Coast, who work around the clock to support donor families, and honour the wishes of their loved ones to save lives. They also work with the Queensland Tissue Bank to provide eye and tissue donations, which changes lives.

DonateLife also plays a major role in community education, by encouraging families to talk about donation and register their donation decision.

Right now, around 2000 Australians are waiting and hoping for a second chance through the gift of organ donation.



Why volunteer with DonateLife Qld?

Volunteering with us helps you share your skills and build your experience, all while doing something good for the community. Many volunteers say our DLQ Community Champions team offers the joy of meeting other like-minded people, hearing their stories, and building lifelong connections.

We run a flexible program so volunteers can choose how much time to give and when, and can choose from a wide range of activities.

How do I join?

The first step is to attend a short online session about what it means to be a DLQ Community Champion. Then we'll send you an application form and get the paperwork ball rolling.

If stalls and guest-speaking interest you, we'll invite you along to a face-to-face induction session so you can meet like-minded people and learn some extra community engagement skills.

We also provide online training about community speaking, media interviews, helping out on information stalls and other topics of interest.

Our Community Engagement team will make sure you are welcomed, informed, and supported during your time in our volunteer program.

We'll match you to roles that suit your strengths/preferences.



The Amazing Race team activities helped launch DonatLife Week



It doesn't matter where you are, how old you are or how little time you have to give. We need people from all walks of life!!

I want to apply - What now?

If you think our Community Champions program is for you, please call or email our Community Engagement team on 07 3176 2350 or donatelife@health.qld.gov.au

We'd love to chat with you and get to know you first. You will also have the opportunity to ask questions. If it feels like the right fit, we'll send an application form.



From Cathy Martin

Message from the QLTS Social Worker

Just on 12 months ago right here at LiveR Wire, we discussed “Carpe Diem” which translated from Latin, simply means “Seize the Day”. We were challenged to consider how every moment might count, whilst living one’s best life in the present. Seize the Day link to article p. 14 2023 Newsletter <https://www.qld.gov.au/health/services/specialists/queensland-liver-transplant-service/patient-resources>

“Seizing the Day” saw me commence long service leave in January 2023, welcoming Social Worker Amanda Prause to backfill. Through the year, I travelled within Australia and overseas, visiting a few places I’ve been to before, but many I had not. I then decided it was time to muster a final farewell to the Princess Alexandra Hospital (PAH) after 27 years, officially finishing in September 2023.

It has been an honour meeting so many of you over the years and sharing your journeys, stories, and lives. Not only do I recall the momentous move in 2001 from the “old PAH” (where liver transplantation commenced in 1985) to the “new PAH” but what will always stand out is the compassion, kindness, decency, and camaraderie that underpins transplantation and which patients and their supporters, caregivers and families constantly demonstrate in so many ways.



Old PAH (right) before its demolition, next to the new PAH (left)

This includes attendance at the annual DonateLife Services of Remembrance or sending a letter of thanks to one’s donor family - thereby acknowledging the humanity, philosophy, science, medicine, and surgery which make organ and tissue donation and transplantation possible. It includes sharing a chat on the ward or in clinic with the patient or family sitting nearby. It includes the highly valuable contributions patients and their supporters make to the wellbeing of their families, workplaces and communities. And it also includes participation in the QLTS “Support Through Education Program” (STEP), either as a new attendee, or previously as an established post-transplant patient/ family member volunteer. After their own transplant experience, a number of patients became STEP volunteers. They gave generously of their time and quietly supported other patients and families to more confidently dig into their resourcefulness and resilience as they journeyed into their unknown. Indeed, we will always be indebted to those of you who from 1998 onwards, voluntarily contributed to the face-to-face group Support Programs (STEP), helping and strengthening patient and family outcomes. You can be very proud of the difference you made.

With the digital post-COVID era upon us, the STEP shifted its delivery in 2023 from onsite face-to-face group programs, to being 24/7 online and on-demand. Volunteers might play a new role in future, so do watch this space.

<https://www.qld.gov.au/health/services/specialists/queensland-liver-transplant-service>

It is well appreciated that despite excellent care, patients or their supporters can still experience any number of challenges presented by life itself. Upsetting past issues might play on one’s mind, worries for the future can pervade, money can feel terribly tight, housing might be a concern, anxiety or fear for which there seem no words might lurk, and deep sadness, grief or anger might visit in unwelcome or even unexpected waves.

The treating team will always be available to support patients and their families from within the hospital or via referrals to other services and resources in ways most useful to each.

The QLTS website is also growing and is hoped to be a strong source of information, support and comfort.

In concluding, I draw your attention to the treating teams within QLTS, Department of Hepatology, Donate Life and in fact every service connected with your Healthcare; who work tirelessly to ensure that the treatments and supports reflect latest knowledge, best practice and highest quality evidence. Patients at PAH are in the best of hands.

Social Worker Amanda is continuing with the QLTS team.

In our recent conversations, Amanda tells me that ‘the past 12 months in the role have been interesting, informative, and at times challenging. The opportunity to meet with individuals and their families, at various stages along the transplant journey is truly special! I am often in awe of the dedication and high level of care provided by each member of the QLTS and offered at PA. The opportunity to be the QLTS Social worker and be present and engaged with unique and varied stories, including the love shared for family, friends, culture, and beloved pets, makes me feel immensely grateful to work alongside and for the years ahead.’

Amanda welcomes anyone to make an in-person or phone appointment any time.

As I wish everybody well for 2024 and beyond, I trust that you will all continue “Seizing Your Day” in whatever way is just right for you.

I extend wholehearted thanks to team colleagues who have been exemplary over the years with their expertise, professionalism, compassion, inclusion and kindness.

And thank-you Charlton – you were one of the best and will be so enormously missed. Vale.

Cathy Martin
QLTS Social Worker 1996-2023

Great Resources:

Queensland Liver Transplant Service

<https://www.qld.gov.au/health/services/specialists/queensland-liver-transplant-service>

Mental Well - Being

<https://www.qld.gov.au/health/mental-health>

Online Support

<https://www.healthdirect.gov.au/etherapy>

Psychologist

<https://psychology.org.au/psychology/medicare-rebates-psychological-services/medicare-faqs-for-the-public>

<https://www.health.gov.au/resources/publications/better-access-fact-sheet-patients>

Carers Gateway

<https://www.carergateway.gov.au/>

My Aged Care

<https://www.myagedcare.gov.au/>

Advance Care Planning Queensland

<https://www.qld.gov.au/health/support/end-of-life/advance-care-planning>

Financial Assistance

<https://www.qld.gov.au/community/losing-your-job-income/financial-assistance>

Patient Travel Subsidy Scheme (PTSS)

<https://www.qld.gov.au/health/services/travel/subsidies>

Good News Network

<https://www.goodnewsnetwork.org>

3rd – 8th March 2024

2024 World Transplant Winter Games

Bormio, Italy will be the host of the 12th World Transplant Winter Games



WELCOME TO THE 12TH WORLD TRANSPLANT WINTER GAMES

The World Transplant Games Federation proudly brings the 12th World Transplant Winter Games to Bormio, Italy, from 3rd – 8th March 2024. This is the second time the Winter Games have been held in Bormio, the first being in 2004.

Hosted by ANED Sport, we invite you to join us in the heart of the Alps at this renowned winter sports destination as we celebrate the gift of life and honour our donors and donor families through the spirit of competition and camaraderie. Bormio is a world class venue, hosting the Alpine Skiing World Cup and will be one of the main venues for the Milan Cortina 2026 Winter Olympics and Paralympic Olympics. Known for its alpine charm, warm hospitality and world-class facilities, Bormio promises to provide an unforgettable experience for athletes, supporters and spectators.

As a tourist destination, Bormio will welcome you with open arms and a warm Italian embrace. Besides being famous for its ski slopes, Bormio is also famous for its thermal baths. With its rich history and stunning natural landscape, there is a wealth of attractions and activities of all interests.

Wander through the towns narrow, cobbled streets and immerse yourself in the enchanting atmosphere, soak in its natural thermal baths or explore the majestic Stelvio National Park.

With competitions in many different disciplines, from skiing and snowboarding to cross-country skiing and curling, the World Transplant Winter Games provides challenges and excitement in equal quantities and will leave you with once-in-a-lifetime memories to share, take home and cherish.

The Bormio slopes will host all the Skiing and Snowboarding events, as well as Snowshoe and Curling. Bormio slopes offer excellent mixed level runs, off piste and a snow park, offering something for all levels and tastes.

The Biathlon and Cross-country events will take place in Isolaccia, which is about 10Km from Bormio.

We look forward to welcoming all athletes, supporters, living donors and donor family members at the upcoming Winter Games. Information from article go to <https://wtgf.org/event/2023-world-transplant-games/>

Had a relapse? Don't hide it!



Talk to us and we can get you some help

Alcohol related graft damage is a **real** problem
and can lead to the loss of your new liver.

Princess Alexandra Hospital Alcohol and Drug Assessment Unit

Phone (07) 3176 5191

No Alcohol!

It is **killing your liver**



**If you would like to send in a story
for next year we would love to hear
from you.**

Please email us if you would like to receive
your LiveR Wire Newsletter by email.

livertxcoord_qlts@health.qld.gov.au