



John Rigby
Lady Cilento 1973
Bequest of Lady Cilento 1987
Collection: Queensland Art Gallery
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Lady Phyllis Cilento

Phyllis Dorothy Cilento (nee McGlew) was born on 13 March 1894 in Sydney. After moving to Adelaide with her family as a young child, Phyllis studied medicine at the University of Adelaide, graduating in 1918 (MBBS). That same year, she became engaged to fellow medical student Raphael 'Ray' Cilento.

In 1919, she travelled to Britain with her mother and took up a clinical clerk position at the Hospital for Sick Children, Great Ormond Street in London where her lifelong interest in nutrition and paediatrics began. The following year she returned to Australia and married Raphael. The couple's careers took them to the Federated Malay States (where the first of their six children was born in 1921), Townsville and the mandated territory of New Guinea before settling in Brisbane in 1928.

Phyllis worked at the Hospital for Sick Children (now the Royal Children's Hospital) in Herston from 1931 to 1933, and again from 1935 to 1938 before turning to general practice. While raising her growing family, she ran an obstetric practice attached to her Annerley home for more than 30 years. Later, she moved to Toowong and continued to practise until the early 1980s.

Throughout her career, Lady Cilento (her husband was knighted in 1935 for his work in epidemiology in tropical disease) completed advanced training in Australia, Britain, United States and New Zealand.

Affectionately known as 'Lady C', she was also involved in numerous medical and community organisations, most notably as the inaugural president of the Queensland Medical Women's Society (1929) and founder of the Mothercraft Association of Queensland in 1931.

From 1928 she wrote a column for the *Brisbane Daily Mail* (later *The Courier-Mail*), using the nom de plume 'Mother M D'. As 'Medical Mother' she later wrote for *Woman's Day*, other magazines, and appeared on radio. Focusing on the topics of nutrition, maternal and child health and child care, her practical advice struck a chord with women.

Publishing her first book *Square Meals For The Family* in 1933, Lady Cilento went on to write 23 more, her last being her autobiography *Lady Cilento MBBS: My Life*, published in the year of her death in 1987.

An early advocate of natural childbirth, family planning and having fathers present at the birth of their children, Lady Cilento's ideas were unorthodox to some members of the medical fraternity. Others saw her as a woman, mother and clinician ahead of her time.

The many honours bestowed on Lady Cilento are testament to this. Including the first Queensland Mother of the Year, the first Queenslander of the Year and Fellow of the International Academy of Preventive Medicine. Another significant accolade has been added by naming the Lady Cilento Children's Hospital in her honour.

A lifetime of achievement

1971 | Citation from Brisbane City Mission for family advocacy

1974 | Named as the first Queensland Mother of the Year

1977 | Nutritional Foods Association of Australia established an award in her name

1978 | Elected a fellow of the International Academy of Preventive Medicine

1980 | Awarded a life member of the Australian Medical Association

1981 | Honoured as the first Queenslander of the Year

1982 | Named Loyal Australian of the Year by the Assembly of Captive European Nations Queensland

1987 | Awarded Medal of Merit by Australian Chapter of the Legion of Frontiersmen of the Commonwealth

1987 | Awarded Queensland Senior Citizen of the Year



Delivering the best care for our kids

Great state. Great opportunity.



Queensland Government



Two proud histories,
one exciting future



Building for our children's future

When it opens in late 2014, the Lady Cilento Children's Hospital will be Australia's largest and most advanced paediatric facility. It will bring together two existing hospitals that share more than 200 years of excellence in paediatric care to set new standards in services and facilities for patients, families, visitors and staff.

The Lady Cilento Children's Hospital will combine the exceptional people and expertise of the Royal Children's and Mater Children's hospitals, building on a tradition of dedication and professionalism to create one outstanding future.

Specialist services currently provided by the Royal Children's and Mater Children's hospitals will be offered at the Lady Cilento Children's Hospital. This will enable families to access the care, advice and support they need in one place.

Designed to meet the needs of patients today and far into the future, the hospital will open with 359 beds, 25 per cent

more than the Royal and Mater children's hospitals combined. The design of the Lady Cilento Children's Hospital also allows for expansion.

Providing a statewide service, the Lady Cilento Children's Hospital will support regional hospitals through telemedicine and outreach services. This means children and young people can access the services they need as close to home as possible.

Children, young people and their families were consulted during early planning to ensure a comfortable and supportive hospital that is not only therapeutic and practical, but also fun and engaging.

At the bedside, all ages will be catered for with an interactive patient entertainment system delivering in-house radio, as well as play and recreation spaces in wards and outpatient areas. Rooftop terraces, outdoor spaces, performance areas and a vibrant art collection will help to deliver a hospital experience second to none.

At a glance

- 359 beds – 25 per cent more than the Royal Children's Hospital and Mater Children's Hospital combined
- majority of inpatient rooms will be single with ensuite and provision for a parent/carer to stay at patient's bedside
- 48 emergency department treatment bays
- 14 operating theatres
- child and youth mental health unit
- sleep medicine service
- helicopter pad for emergency retrievals
- overnight emergency accommodation for parents/carers
- 11 rooftop terraces and gardens
- family resource centre
- multi-faith centre
- George Gregan playground
- Radio Lollipop studio and Starlight Express Room
- close to public transport facilities (bus, train, ferry)
- easy access to South Bank Parklands
- on-site Centre for Children's Health Research dedicated to child and adolescent health

Putting the focus on family-centred care

Delivering the best possible care is central to everything we do at Children's Health Queensland. We recognise that children recover faster in an environment that caters to individual needs, as well as the needs of the entire family. So we've worked hard to ensure the Lady Cilento Children's Hospital provides a level of care second to none. The hospital's patient- and family-centred care features include:

- views from inpatient areas to create an open, well-lit environment
- single rooms with ensuite and provision for a parent/carer to sleep at the child's bedside
- parent lounges with a relaxation area and beverage bay on every ward

- play areas and televisions in wards and waiting areas
- long-day lounge for families who have multiple appointments and treatments
- outdoor pet visiting area enabling patients to see their pets
- family resource centre with internet access for families to access health information, stay in touch with family and friends or simply rest and relax
- multi-faith centre valuing all religions, faiths and denominations and offering a quiet place for reflection, prayer and congregational fellowship
- dedicated Aboriginal and Torres Strait Islander meeting place
- special overnight rooms for parents/carers who accompany their child or young person to hospital on short notice, such as during a retrieval or emergency

- interactive patient entertainment system will be delivered to all bedsides and throughout the hospital
- Children's Hospital Foundation volunteers to provide entertainment, games and support to the bedside, including a book lending service
- Radio Lollipop in-house radio station
- Starlight Express room full of fun and games for children and young people
- in-house school for patients and siblings with programs delivered in a classroom, on wards and through e-learning packages
- terraces and gardens with play areas, quiet retreats and views of the precinct
- two transition-to-home units enabling parents/carers to learn how to care for their child's medical needs, with the support of staff, before returning home after a long period of care.

www.health.qld.gov.au/childrenshospital



Pioneering research facility

Advancing training and research is the key to improve health outcomes for children and adolescents today and in the future. To help us achieve this, we are building a nine-level Centre for Children's Health Research adjacent to the new hospital. For the first time in Queensland, paediatric researchers will work together in one location, creating an integrated hub of specialist knowledge dedicated to translating research findings into better care for Queensland children and their families.



A healing design

Architects Conrad Gargett Riddel and Lyons have ensured nature and environment are part of the healing process. The hospital design is based on the concept of a 'living tree' with a network of trunks and branches running throughout, leading to several outdoor gardens, terraces, and viewing platforms that connect the inside with the outside. Natural ventilation and lighting is used where possible. The design won the Future Health Project Award in the 2013 Design and Health International Academy Awards.