

Giving nurses more patient time

Unit Nurse Manager Rebecca Monger knows how much new equipment means to her staff: "It gives us more time with our patients. This is why we love it," Rebecca told Vitality.

Rebecca has been at Austin Health for 14 years. "Ever since I can remember I wanted to look after people," Rebecca said. "It's the same for all the nurses here. We feel very passionate about the work we do. Everywhere you turn at Austin Health you can see people wanting to help others."

By the end of June, Austin Health is hoping to buy 23 new medical devices worth over \$90,000. These purchases, made possible through donations from the community, will enable our nurses to continue to deliver what they are known for - exceptional patient care.

Rebecca explains: "Just say there is a whiz bang new device like an Oxygen Saturation Monitor, for example. Because these are so good at determining oxygen levels, everyone wants to use them for their patients."

Technology is becoming such an important part of modern medicine. Having the best equipment not only improves efficiency on the wards but also helps the staff in providing optimum care for their patients. Having six additional monitors would be brilliant."

In addition Austin Health requires six Vital Signs Monitors. Other purchases will include two Hovermatts and air pumps for these, along with four Guldman Overhead Hoists. This bariatric equipment will enable patients to be moved safely without needing extra staff to help. Also, Austin Health needs three special reclining chairs so nurses can assist patients on the spot if a seizure occurs during their EEG test.

Your donation will certainly make a difference to the patients we care for every day.



Being able to spend more time with patients is really important. Pictured here is Rebecca with patient Nadine Phillips.

A message from the CEO

Our Vitality newsletter is an opportunity to update you on some of the activities and projects going on here at Austin Health.

Ensuring Austin Health has sufficient facilities to accommodate current and future needs is important and there are a number of building projects on the go. Recently completed was the Melbourne Brain Centre which you can read about on page 3 and construction of the Olivia Newton-John Cancer and Wellness Centre continues full steam ahead and in fact is ahead of schedule – you can read more about this on page 2.

Whilst we are always looking to the future and how we can improve our care to patients, it's good on occasion to reflect on where we've come from. Recently we did just that in recognition of Elizabeth Austin, the founder of this hospital. A remarkable woman of her time.

Our pursuit in the continued excellence of patient care is our main focus and I sincerely thank you, our wonderful supporters for your encouragement and financial support in helping us to achieve this. We are pleased to report back to you on the support you recently provided to Ward 12 enabling additional equipment to be purchased. You can read about the difference you're making on page 4.

*Dr Brendan Murphy
Chief Executive Officer*



Olivia Newton-John Cancer and Wellness Centre Progress Update

We were thrilled by the Victorian State Government's announcement to provide the final government funding needed to complete stage two of the centre. This now means the patient and palliative care wards, some of the clinics and the rest of the research laboratories on levels 4 & 6 can be completed and open to patients in 2013.

Construction is steadily moving along. The building's structure is now complete up to Level 5 North, with Level 6 North currently being formed and Level 4 South almost complete. Excitingly, the fit-out of the lower levels began in the first quarter of the year with services to be added, then the walls, before the façade is applied to waterproof the building.

Moving inside, we are thrilled with the plans for the Day Oncology facility. At 1,055m², it will be almost twice as large as the current facility, and will have more capacity to treat more patients. The number of treatment chairs and beds will increase from 16 (currently 12 chairs and 4 beds) to 31 (25 chairs and 6 beds) – so that's more than double!

Patients will have greater space and privacy in the new treatment pods, with adjustable 950mm divisions for optional privacy, and room to better accommodate patient visitors.

Each patient pod will be fitted with the appropriate technological equipment for medical needs on one side, while the other will have plugs and power supply so patients can listen to their own music, bring their laptop to watch a movie or do some work.

The new Day Oncology facilities will also provide consultation rooms, allowing patients to meet with medical staff in private. Conveniently, the bathrooms will be positioned closer to the treatment area so patients don't have to walk as far with their IV poles. The toilets will also be larger to accommodate these poles, as the bathrooms are currently awkward to navigate. Smaller nursing workstations will be positioned in the treatment areas to be closer to patients and staff.

Construction progress is continuing at a rapid pace – and we are on target to open Stage One of the Centre in 2012.



Level 4 South is almost complete.



Main drop off area on Level 2 with glazed facade being installed.

New Melbourne Brain Centre

The new Melbourne Brain Centre at the Austin Hospital is now open.

In a Melbourne first, neuroscientists and neurologists are joining forces in purpose-built facilities. Sharing knowledge, equipment and lab space in a spirit of true collaboration, one that will also nurture the next generation of researchers.

This state-of-the-art facility includes laboratories, research offices and imaging suites to undertake research into common brain disorders such as epilepsy and the effects of strokes. The centre is a collaboration between the Florey Neuroscience Institutes, the Mental Health Research Institute and The University of Melbourne, Austin Health and Melbourne Health.

Professor Geoffrey Donnan, Director of the Florey Neuroscience Institutes says the centre will give people an environment to allow their talents to flourish. "It is such a good environment for people to get together, exchange ideas and information," he said.

The imaging suites and outpatient clinics were open to patients in late March.

"A lot of the research we do is clinically based, so being on the main Austin Hospital site is important. The philosophy of the centre is to make discoveries and translate them into clinical outcomes for patients," Professor Donnan said.

The Melbourne Brain Centre is the seventh largest neuroscience centre in the world.



Pictured here is the new 3 tessa MRI machine. This eight tonne machine was lowered into the building after the cleverly designed roof was lifted off.

Elizabeth Phillips Austin - **A remarkable woman**



Elizabeth Austin, founder of Austin Hospital, was honoured in a recent ceremony unveiled a plaque on Mrs Austin's grave in the Geelong East cemetery.

The plaque commemorates Mrs Austin's gift to the people of Victoria in establishing the Hospital for Incurables, as it was known in 1882.

Mrs Austin was an extraordinary woman. Born in Somerset England in 1821, she along with her brother sailed for Port Phillip in search of a new life. Taking up land in Winchelsea, Elizabeth eventually married a neighbour, also from Somerset, Thomas Austin.

Thomas came from a notable pastoral dynasty and held many runs. With 32,000 acres of land Thomas and

Elizabeth made their home at Barwon Park. It was at Barwon Park where Thomas and Elizabeth entertained the Duke of Edinburgh in 1867. Allegedly mortified at having to receive the Duke in an undistinguished homestead, Elizabeth persuaded Thomas to build a substantial bluestone mansion. It took 2 years to build and was finished in 1871; six months later Thomas unexpectedly died.

In her first years of widowhood, Elizabeth withdrew from society. Two of her grandchildren remembered her as a shrewd, determined woman – one called her 'zestful' – who drove out every afternoon, in her brougham, the coachman dressed in full livery.

By 1880 Elizabeth Austin had quietly begun a second career, as a philanthropist. Mrs Austin set up the hospital after her servant, Louisa, became ill with consumption (tuberculosis). Mrs Austin was outraged to learn that Louisa could only be treated in a jail hospital or in an

asylum, and decided to fund a hospital.

When an appeal was made to found a hospital for incurables in Melbourne, through an intermediary she offered a substantial amount (6,000 pounds) to launch the scheme. Her example prompted others to donate money and on her birthday in 1882 the Austin Hospital for Incurables was opened.

She gave further donations towards its maintenance, corresponded regularly with the secretary, and in 1898 paid for the establishment of a children's ward. Elizabeth reportedly visited the place she called with some justification 'my hospital' monthly, a long and arduous trek from Winchelsea. She died on the 2nd of September 1910, aged 89.



Thank you - for the difference you make

Not long ago, we asked supporters to help us fund additional equipment needed by Ward 12, a ward which specialises in providing patients with the rehabilitative care and support they need to overcome damage caused most likely as a result of a stroke or head injury.

What is most important to patients is to regain their independence and quality of life. Thanks to the wonderful generosity and goodwill of supporters, patients now have an even better chance at making this possible.

As a direct result of your support Ward 12 now have:

- An Oxygen Saturation Monitor – used to monitor vital oxygen levels in the blood
- A Criticare Monitor which will show staff how medically stable a patient is, and alert them to potential trouble, that may have otherwise gone undetected.
- A Ceiling Hoist - these greatly assist nurses to move patients from trolley to bed
- A Huntleigh Alternating mattress - to ensure a patient is comfortable in bed
- And 2 bed/chair monitors

It's because of your generosity and kindness patients in Ward 12 now have every chance to live life to the full!

Your support makes all the difference – for this we are extremely grateful.

'Wow – having this equipment on our ward will make such a difference. Thank you so much to everyone who donated'.

Kerryn Rim, Nurse Unit Manager, Ward 12



Some of the team from Ward 12.

Thank you

We are always so grateful to those in the community who choose to support Austin Health through various fundraising activities. Thank you for the time and work you put into your events, raising funds, so we can ensure patients continue to have world-class care. Recent fundraising events include:

Roslyn's Wig & Shave Party raised over \$590 for Cancer Services at Austin Health. The function was held by Jenny Gordan Roslyn (oncology patient) and Caitlyn Adams.

SolutionsWon Group Pty Ltd sent environmentally friendly e-cards and made a \$500 donation to the Royal Talbot Rehabilitation Centre.

Give a little every month

Setting up a monthly donation by direct debit is one of the most effective ways to support Austin Health.

Regular income allows us to plan and commit funds to key projects and specialist equipment needed – with confidence. Also, as less administration is required to process your donation, it's more efficient as well, meaning more of your gift goes to where it's needed.



For more information about becoming a monthly supporter, please call the Fundraising Department on 03 9496 5753.



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