

Vitality

SUMMER 2011

WORLD LEADING CARE AT YOUR DOORSTEP

Spinal Patients on the Road to Recovery!

It's a joy to see patients in the spinal ward survive their injuries and rebuild their strength and mobility so they can go home to their loved ones.

This Christmas, Austin Health aims to purchase new spinal ward and rehabilitation equipment to continue to help save lives, aid recovery and restore quality of life.

Specialised equipment like the simulated car, portable blood pressure machine and handcycle trainer, help patients to regain their independence.

"The existing stimulated car has been used for years and it needs replacing, patients in wheelchairs use it to practise getting in and out of a vehicle. But the seats have become too soft and don't offer enough support" explained physiotherapist Mel Gregory.

Patients in the spinal ward may be in hospital for a year and this confinement can impact their mental health. So as early as possible, usually around four weeks after an injury, these patients will start learning how to lift themselves out of their wheelchairs and onto the passenger seat of the simulated car. This way they can soon go out for drives and start doing normal every day things with the people they love. But the benefits don't stop here.

"As soon as patients can go on leave, they come back with very specific goals. We can then work on these in our rehab sessions," Mel elaborated.

Having the car in the gym is also a bonus. As Mel noted: "It's an opportunity for patients to watch others getting in and out of the vehicle and be inspired to do the same."

No patient wants to be in hospital longer than they need to and especially not over Christmas. This is why Mel and her staff urge everyone to give their support, so the car and the many other items can be funded quickly and help patients with spinal injuries reach their recovery goals.

As patient Richard Lee put it:

"After mastering those wheelchair skills, the simulated car is the next milestone. It means your body is getting stronger and home is looming".

To help provide additional equipment for Austin Health's patients, please use the attached coupon.



2011 Christmas Appeal



Pictured here is Richard Lee.

A message from the CEO

As we reach the end of another busy year at Austin Health and reflect on the past 12 months, we can begin to appreciate just how far we have come with a solid infrastructure of capital works now on show.



June next year, we will see the opening of Stage 1 of the Olivia Newton-John Cancer & Wellness Centre. This project was significantly boosted with the donation of \$1 million from the Montagner Zembrzuski family, who live locally and who use our hospital regularly. They saw the importance of donating to the Centre. We are very lucky indeed to be the recipient of their generosity.

At Austin Health, we continue to lead the way in providing better health care with the implementation of an advanced clinical computer system, resulting in faster and more efficient patient results. In the wards, doctors are now ordering all pathology and radiology tests on computer and getting results electronically. We are working now towards the next phase where the prescribing and administration of all medication will also be electronic.

Thank you for your incredible contribution and support throughout the year. From everyone at Austin Health, I wish you a very safe and happy holiday season.

*Dr Brendan Murphy
Chief Executive Officer*

Olivia Newton-John Cancer & Wellness Centre Progress Update



External structure almost finished.

Pass by the Olivia Newton-John Cancer & Wellness Centre site and you will notice a distinct change to the skyline with the removal of the massive 62m high tower crane. According to building project manager, Eddie Law, the removal of the crane was a very exciting moment for the building team.

“This is a significant milestone in the building process because it signifies the fact that all the heavy lifting has been completed,” says building project manager, Eddie Law. “The crane removal was a massive undertaking, it took four days,” he said.

“The crane can lift up to six tonnes at a time so it has been a very crucial part of the building process,” he says. “We have also hooked up the high voltage power to the Centre, so we are technically at the lock-up stage.”

By December, Eddie's hope is to have the fitout works to most areas of level two and three completed. About 80 per cent of Zeltner Hall (Wellness Centre) will also be completed with the re-stumping and all other structural aspects of the refurbishment of the building well and truly completed. Day Oncology and the Apheresis area will also be moving into their cosmetic stage with the vinyl flooring completed by Christmas.



Full steam ahead on internal fitout.

Another exciting piece of news is the arrival of the brand new multi-million dollar Linear Accelerator machine which will be delivered on site and installation will begin in late January 2012. The installation process will take about six months due to the specialised nature of the equipment and an extensive testing process will need to be completed before commencing operations.

Although there still seems to be a lot of work to get through, Eddie Law is confident the project is on target. “This has been an amazing team of builders to work with, Leighton Contractors have been incredibly professional and so I can safely say that we are on schedule for the opening in June 2012,” Eddie Law says.

Facts & figures:

- 1,150 glass panels installed in the Centre so far.
- 204,500 builders hours working on construction to date.
- 62m high tower crane removed, heavy lifting completed.



Pictured here is Kelly (centre), with Lindsay and music therapist Jeanette Tamplin.

Singing Life into Rehab

When a sudden brain aneurism took away life as she knew it, Kelly, a busy Casting Director and entertainment industry stalwart, found herself jettisoned into the frustrating and sometimes frightening world of Acquired Brain Injury (ABI).

“The alarm was raised when Kelly failed to show-up for her 42nd birthday lunch,” says Kelly’s mother Tia, “her friends found her at her apartment and called an ambulance and got her to hospital quickly enough for the doctors to be able to clip the aneurism,” she says.

Relieved, the doctors were confident that Kelly would make a full recovery and be back on her feet in no time... then, three days later, Kelly had a stroke.

What followed was an insufferable period of almost continual vaso-spasms caused by a lack of blood supply to parts of her brain. Kelly’s condition continued to deteriorate. Frustrated by the lack of available rehabilitation facilities, Kelly’s family secured a vacancy for her at our Royal Talbot Rehabilitation Centre.

“When Kelly came to us she was unable to walk or talk or get in and out of bed unaided, there was no vocalising or much motor movement except that she was able to track with her eyes,” says Dr Wendy Castle, Kelly’s consultant physician. “I guess you could call it gut instinct, but I just knew she was going to wake-up from it,” Dr. Castle says.

One of Kelly’s great supporters is musician and long-time John Farnham Band vocalist, Lindsay Field, who, when visiting Kelly, began singing and playing his guitar to her. Inspired by the work done during music therapy sessions at Royal Talbot, Lindsay is now Patron for the Creative Therapies Service.

“It’s the simple tactile things like the artwork, gardening and music therapies programs run at Royal Talbot that make such a difference to each patient - their friends and families can join in with them, which makes the whole process of recovery so much more sustainable,” Lindsay says.

Royal Talbot offers an integrated range of specialist services across Victoria, Southern N.S.W. and Tasmania catering for some 800 inpatients and more than 8,000 outpatient visits each year.

Now, 18 months on, Kelly is no longer an in-patient at Royal Talbot and is able to walk, talk and interact socially. Kelly says, “The Creative Therapies Service had a huge impact on me. I always knew when it was singing day, I remember feeling that being involved in the music therapy sessions felt like a really joyous occasion, I loved the feeling of everyone being involved.”

“Creative Therapies give you a chance to be involved in something that isn’t scientific, it’s just fun, it makes you feel like you are in a normal space for a change,” Kelly says.

Exceeding expectations

John Cummins Memorial Dinner



JCMF Planning Committee.

The celebrity room at Moonee Valley Racecourse was packed with groups of people catching up for a chat, meeting for the first time or just enjoying the music played by The Black Sorrows on stage. This was the scene on Friday evening 26 August, when 950 people attended the fifth John Cummins Memorial dinner.

The John Cummins Memorial dinner has become an important event in the annual calendar for construction workers, construction companies, trade unions, community representatives, and many more who all come together annually to catch up, have fun and raise funds to support the work of the John Cummins Memorial Fund (JCMF).

Among other activities, the JCMF in partnership with Austin Health initiated the Brain Tumour Support Service. Since then, the JCMF has donated over \$150,000 to establish a project to support people in regional areas diagnosed with a brain tumour and a project aimed to tailor services for young people diagnosed with a brain tumour. We are so grateful for the generosity of the trustees of the JCMF and for supporting Austin Health's Brain Tumour Support Service.

Reporting back on your support

Austin Health is enormously grateful for the continued support we receive from our incredible supporters.

In recent months more than \$66,000 has been raised to purchase a variety of equipment for a range of wards within the hospital. Including:

- 3 Guldman Hoists for the Intensive Care Unit
- 2 EEG Recliners for the Diagnostics Lab
- 3 Vital Sign Monitors for Outpatients at the Heidelberg Repatriation Hospital
- 1 Syringe Pump for the Hospital in the Home service
- 6 Oxygen Saturation Monitors for Ward 8 North

When we made the phone call to Rebecca Monger the Nurse Unit Manager of Ward 8 North this is what she had to say. "Wow, this is excellent. The staff will be absolutely over the moon. It's quite humbling to think that our needs have been recognised and met to such an extent. We can't thank the supporters enough for providing us with

the funds to purchase the oxygen saturation monitors. Thank you so much".

Thanks to your generosity and kind heart, patients just like Guido Villano (pictured here) are benefitting from the new equipment being used every single day – which is just fantastic! Thank you



Guido Villano with some of the medical team from Ward 8 North.

Myer Doncaster Paediatric Cheque Handover



Myer Doncaster team (left) and the Austin Health Team with young patient Sasha Crump.

The wonderful staff of Myer Doncaster have once again excelled themselves with a staff fundraising drive matched by the Myer Stores Community Fund resulting in an incredible \$12,497.54 donation presented by Myer Doncaster Store Manager, Milton Wallace to Austin Health Paediatric Nurse Unit Manager, Jenny Spiller Ward 2 West, Cameron Goodyear CSU Director and Professor Ingrid Scheffer Director of Paediatrics, Austin Health.

The funds will be spent on purchasing toys, books, DVDs and CDs for children to access during their stay in hospital.

Thank you!

Thank you for being a friend. We are always grateful to those who choose to support Austin Health through various fundraising activities.

A big thank you to Kelly who got together with friends to raise \$800, with an afternoon tea to support Austin Health's Liver Transplant Unit.

Thanks also to the enterprising Year 12s from Copperfield Secondary College for their donation of \$270, raised through their Safety Checks on Teacher's Cars annual fundraising program which was sent to Austin Health in appreciation of the great care given to road trauma victims here at the Hospital.

*Season's Greetings
to all our
wonderful supporters*



Locked Bag 25, Heidelberg VIC 3084
Ph: (03) 9496 5753 Email: fundraising@austin.org.au

YES, I want to help spinal patients on the road to recovery



Austin Health ABN 96 237 388 063

Locked Bag 25, Heidelberg VIC 3084
Ph: (03) 9496 5753 Email: fundraising@austin.org.au

Dr Mr Mrs Miss Ms

Name: _____

Address: _____

Telephone: _____ P/code: _____

Email: _____

Please send me information about:

- Making a bequest in my Will to Austin Health; or
- Joining the regular giving program

Please accept my tax-deductible donation of:

\$35 \$50 \$75 \$150 \$_____ my choice

**Enclosed is my cheque/money order made payable to Austin Health
OR Please debit the amount I have indicated from my:**

VISA MASTERCARD AMEX AMEX ID

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Name on Card: _____

Signature: _____ Expiry Date: ____/____/____

Daytime Phone Number: _____

Email: _____

Donations of \$2 or more are tax-deductible.

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