



**Turning science  
into health**

**Leanne gets a  
second chance  
at life**

**Our thanks  
to YOU**

# Vitality

AUTUMN 2018

## CEO's message for you

The months have flown by and I have now been at Austin Health for one year. I am very proud to head an organisation committed to providing the very best healthcare to all who walk through our doors.

**What gave me even greater pleasure and pride during 2017 was to see your amazing support for the patients, carers and families who needed our help.**

You raised funds for patient monitors in the new Emergency Department Short Stay Unit, a Telehealth System for the Nerve Transfer Surgery team and a Portable Cardiac Ultrasound machine to help diagnose chronic heart failure.

**“You have volunteered your time and money and for that I am so very grateful. Thank you.”**

2018 will be a busy year for Austin Health. Patients are at the centre of everything we do so we will keep developing innovative ways of addressing growing demand. We will continue to identify areas where your vital support can make a significant difference to the care we provide.

Austin Health remains firmly committed to delivering exceptional care to all patients and their families. Together we can make a difference to the quality of care for all patients. I am so very grateful for all you do to help patients, families and staff at Austin Health.

With gratitude,



**Sue Shilbury**  
CEO, Austin Health



## Turning science into health

The Austin Medical Research Foundation (AMRF) has been supporting great research at Austin Health for nearly 50 years, helping researchers from all over the hospital to make many important advances in patient care and treatments.

Red wine and fatty liver disease, vitamin C after cardiac surgery, ICU rehabilitation, cancer screening by mail and developing a biomarker to prevent stillbirth are just a few of the ground-breaking research projects that were awarded funds during the recent grant announcements for 2018 from AMRF.

Supporting more than 800 researchers working in hospital departments at Austin Health, University of Melbourne departments and independent research institutes in the vibrant Austin Health precinct in Heidelberg, AMRF awarded \$489,000 for 36 research projects to be undertaken in 2018.

*“The world-class research that we conduct helps to improve patient care, cure common diseases and results in better outcomes for patients that we treat,”* says Dr Sianna Panagiotopoulos from

## Your support gives Leanne a second chance

Diagnosed with primary biliary cirrhosis (a type of liver disease) eight years ago, Leanne Fox gradually became so unwell that she was placed on the list for a liver transplant which she had at Austin Health in November 2017.

*“One day my sister said to me that my eyes looked funny, they looked yellow,”* says Leanne. So began Leanne's journey of liver disease. A busy mother and wife, Leanne's life in Hobart was full with working at the local ice skating rink, travelling and spending time with her husband and three adult children. As she became sicker, Leanne struggled to keep up. Dean, Leanne's husband and carer says, *“The worst thing for me has been seeing Leanne's deterioration and the uncertainty.”*

Luckily for Leanne, a compatible donor liver became available and she found herself at Austin Health, lying on a bed being prepared for theatre.

*“It was just overwhelming, there were so many doctors, so many nurses, everyone was there,”* says Leanne. *“They were always talking to me,*

AMRF. *"It also gives patients access to new drugs, devices and procedures that are not yet approved for use."*

People who support AMRF are diverse – a mother who donates in memory of her young daughter, a patient who is appreciative of life-saving surgery and care, or a company who holds a fundraiser to support research.

AMRF funding enables established researchers to explore innovative ideas and encourages tomorrow's future stars. This type of support has already resulted in many advances in patient care and treatments, including for patients with cancer and those in intensive care.

**Scientific experiments become treatments that save lives.**

– Dr Sianna Panagiotopoulos

Learn more about AMRF through Austin LifeSciences Research at Austin Health  
[www.austin.org.au/research](http://www.austin.org.au/research)



The AMRF supports great research conducted by researchers like Dr Craig Gedye (pictured above)

*making sure I was calm, and one of the nurses was just holding my hand."*

*"I felt 100% trust in all the people around me... they knew what they were talking about and they made decisions without faltering."*

– Leanne Fox

After eight hours of surgery, Leanne was admitted to the Intensive Care Unit where she stayed for two days. Soon she was back on the ward, walking and she hasn't stopped!

**I just think what would happen if I didn't get this liver transplant. I wouldn't be here. I'm one of the lucky ones.**

– Leanne Fox

As a generous supporter of Austin Health, you have contributed to the care and expertise that has given Leanne a liver transplant and a second chance at life.  
**You are amazing. Thank you.**



# YOU have made a real difference to patient care. The impact of your giving in 2017.

Giving is an extraordinary and selfless act to help those in need. We are so grateful for the generous support we receive from you.

In 2017, generous donors like you, from all walks of life, chose to support Austin Health, including Austin Hospital, Olivia Newton-John Cancer Wellness & Research Centre, Heidelberg Repatriation Hospital and Royal Talbot Rehabilitation Centre. **Collectively you helped raised over \$12,100,000.**

## Our community of donors:



**8,981** donors gave  
**18,514** gifts

**In fact, 200 caring and compassionate people have been supporting Austin Health for more than 10 years, including four very special donors who have been giving for more than 30 years! How terrific is that!**

**120** individuals chose to  
leave a gift in their **Will**



**This generosity is making a real difference to both staff and patients.**



**467** people continued  
making regular contributions

• More than 1,000 donors responded to our end of financial year appeal, raising over \$71,000 for six new bedside patient monitors for the Emergency Department Short Stay Unit. This included an amazing \$18,000 from the Murray to Moyne cycling team (made up of Emergency Department staff) and a generous donation of \$1,000 from the Melbourne Cumhuriyet Choir.

**2,600** people, business  
and community groups were  
involved in fundraising events



• Earlier in the year over 650 donors gave towards the purchase of the Nerve Transfer Surgery Telehealth system. Their generosity resulted in \$40,000 which will enable people with spinal injuries living in remote and rural regions to access world-class healthcare from their home or work.



**15** groups conducted fundraising  
within their community

• The support of community groups, in memoriam donations, Trusts and Foundations along with individual donors have ensured that Royal Talbot's innovative Creative Therapies continues to be funded.

**135** individuals made  
a gift of \$1,000 or more



**100** volunteers gave their time  
as friends of Austin Health

# Thank You!



## Beautiful grounds and gardens right here at Austin Health

For many people gardening is a hobby. For Steven Wells, Gardens and Grounds Project Officer at Austin Health, gardening is not only his passion but a lifetime commitment to creating spaces that help improve patient and staff wellbeing.

*“Research shows that access to the natural environment improves health and wellbeing, as well as preventing disease and assisting recovery. Research supports that effectively implemented garden environments within healthcare facilities have the capacity to provide improved physical, emotional and psychological outcomes for patients and assist with patient and staff satisfaction,”* says Steven.

Since 2011, Steven has created 25 new garden spaces around Austin Health’s three campuses – Austin Hospital, Heidelberg Repatriation Hospital and Royal Talbot Rehabilitation Centre.

Last year alone, two new projects were completed; Austin Hospital’s Harold Stokes Building Level 3 entrance and the Heidelberg Repatriation Hospital’s Transition Support Unit. Along with

these two projects, an additional seven existing garden areas were enhanced, including the beautiful Jesse Mary Vasey Labyrinth at Heidelberg Repatriation Hospital.

However there is no rest for this very busy man! This year there are four major projects ready to be started including the Spinal Rehabilitation Unit Gazebo at Royal Talbot. Generously supported by the Kew Golf Club Ladies Committee with a \$10,000 donation, construction will commence in February 2018 and is expected to be completed later this year.

All the gardens and grounds projects are funded by generous individuals, businesses and organisations who share Steven’s philosophy on the importance of garden spaces in patient health and wellbeing.

*If you would like to support Gardens and Grounds at Austin Health please contact Fundraising Team on 03 9496 5753.*

## A gift of a lifetime – our gratitude forever

We thank and acknowledge the following estates - Charles Wallace Hyndman, Luigina Anna Milani and Martha Miranda Livingstone - who left a gift in their Will to Austin Health. Their gifts will help us plan for the future to help even more patients and their loved ones. To learn more contact the Bequest Co-ordinator on **03 9496 5753** or email **bequests@austin.org.au**



*“I want to give back. I want my money spent to continue research and to help those who suffer from the same conditions as me. I’d like to think that in some way I have helped researchers to find a cure.”*  
– Lynne Cochrane, Austin Health Bequestor



Staff members of Austin Health's The Surgery Centre say "thank you"

## Your support has helped more patients

Thousands of patients undergo orthopaedic surgery at The Surgery Centre (TSC) every year. Many of you responded to an appeal for funds needed for a special surgical table (Hana Table) which would improve hip and knee surgery at TSC.

Your generosity meant we had \$40,000 allocated for the Hana Table. The company who was to sell us this special table decided to provide it instead on permanent loan. This has enabled us to purchase the following vitally-needed orthopaedic surgical equipment that will help even more patients at TSC.

**Thank you for your generosity. Your funds are helping us purchase vitally-needed surgical equipment that will help even more patients.**

— A/Prof Andrew Hardidge, Director, Orthopaedic Surgery

### Carbon Fibre Operating Table Extension –

allows unobstructed X-Ray imaging during surgery. COST \$5,851

### Hip Arthroscopy Instruments –

will help us perform more operations to meet increasing demand. COST \$10,803

### Shoulder Distraction System –

provides safer surgical access to the shoulder. COST \$10,000

### Closed Tendon Stripper –

allows safer and more effective harvesting of tendons for ligament reconstruction. COST \$4,562

### Damages Screw Set –

allows removal of screws when screw tips have stripped or broken off. COST \$3,726

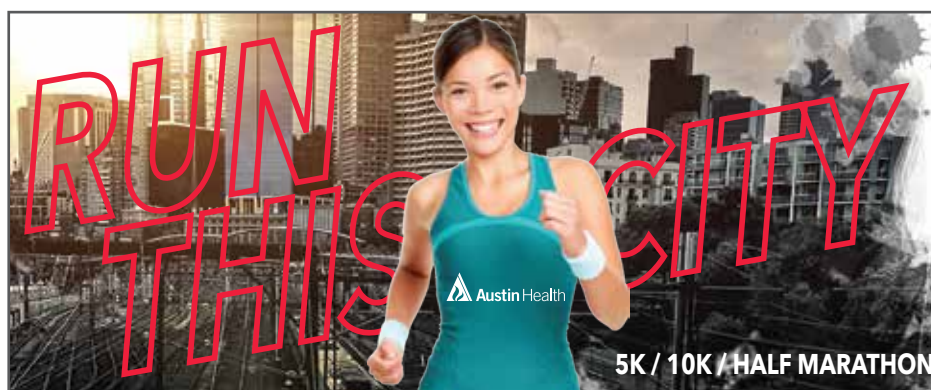
### Hand and Feet Trays –

trays containing special hand and foot surgical instruments that are much finer than traditional hip, knee or shoulder instruments. COST \$5,069

**If you would like to learn more about the items purchased please contact the Fundraising Team at [fundraising@austin.org.au](mailto:fundraising@austin.org.au) or phone (03) 9496 5753.**

### Did you know?

2016/17 was a record year for Austin Health in elective surgery with 10,885 elective surgical procedures being completed - 885 more than the previous year. We also performed the highest ever number of operations (28,070) and treated the most number of patients within clinically recommended times than ever before!



### RUN MELBOURNE IS MORE THAN JUST A RUN!

It's your chance to set yourself a challenge, have some fun and raise money for Austin Health.

Join as an individual or create your own team with colleagues, family and friends.

[austin.org.au](http://austin.org.au)



5K / 10K / HALF MARATHON



Emma Gee, Sue Shilbury, Margaret Miles (State President, War Widows Guild of Australia) and Dr Jeanette Tamplin

## Thanking YOU!

The new Duckboard Function Centre at Heidelberg Repatriation Hospital was the perfect setting to thank a large group of long-term supporters of Austin Health.

CEO Sue Shilbury was on hand to personally congratulate each donor for their wonderful achievements, ranging from 10 years support right through to an amazing 30 years support and even some wonderfully generous individuals who have already committed a gift in their Will to Austin Health.

*"I really appreciated meeting these supporters and thanking them in person for the incredible contribution they have made to Austin Health over many years," said Sue.*

Dr Jeanette Tamplin, Music Therapist at Royal Talbot Rehabilitation Centre, and past patient Emma Gee, together told Emma's story of experiencing a devastating stroke at the age of 24 and how music therapy – funded purely by supporters such as those in the room – played a key role in her recovery and ability to breathe, speak and walk again.

Emma's story was a clear reminder of how every day all over our hospital people and their families are facing really difficult situations, and together as staff and supporters, we can make such a difference to people's lives.

## Recognising you!

The generosity and kindness of every one of you is inspirational. Whether you are an individual, business or community group - we want to say "Thank You!"

### Anderson family remembers Royal Talbot Rehabilitation Hospital

In 2012 a young Jim Anderson hit his head on a sandbar while swimming in the surf. After arriving at Austin Health ICU, it became clear that Jim had quadriplegia and would spend the rest of his life in a wheelchair. After 10 months at Royal Talbot Rehabilitation Centre, Jim finally went home.

Jim's parents Wilma and Sam were so grateful for the care their son received, and Sam wrote in a recent letter, *"My family is in awe of the staff we encountered along Jim's journey back in 2012. Some friendships were forged that remain strong today."*

Sadly, Wilma recently died from cancer and her final request was that there would be no flowers at her funeral rather asking people for a donation to Royal Talbot Rehabilitation Centre. This thoughtful gesture has raised \$1,375.

Thank you Wilma, Jim and Sam for such incredible generosity in the face of so many challenges. We deeply appreciate your donation.



### We'd also like to give special mention to:

- A very happy 60th Birthday to Helen and a happy 50th Wedding Anniversary to Jacques & Marie-France. We thank you for requesting donations be made to Austin Health in lieu of gifts.
- Sirius College Meadow Fair Campus students for selling Zooper Doopers and raising \$1,739 towards the purchase of a Portable Cardiac Ultrasound machine.
- And to Whitefriars College students of Soreth House who, through their annual fundraising, raised \$2,152.60 for Acute Spinal patients.

# YES! I will give towards exceptional patient care at Austin Health.

Title: Dr / Mr / Mrs / Miss / Ms (please circle)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ P/code: \_\_\_\_\_

Email: \_\_\_\_\_

\_\_\_\_\_

## 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

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Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_ Expiry: \_\_\_\_\_ / \_\_\_\_\_

Phone Number: \_\_\_\_\_

\_\_\_\_\_

Donations of \$2 or more are tax deductible.

AHAU18

## Please send me information about:

☐ Making a bequest in my Will to Austin Health; **OR**

☐ I have already included Austin Health in my Will

☐ Becoming a regular supporter of Austin Health



Locked Bag 25, Heidelberg VIC 3084

Ph (03) 9496 5753 Email [fundraising@austin.org.au](mailto:fundraising@austin.org.au)

Austin Health is committed to protecting your privacy. We collect your personal information so that we can contact you regarding your donations to Austin Health and the Olivia Newton-John Cancer Wellness & Research Centre and our other programs that you may be interested in. We may share your information with similar organisations, including the Olivia Newton-John Cancer Research Institute. To review our Privacy Policy please visit [austin.org.au/privacy-statement](http://austin.org.au/privacy-statement). If you would prefer Austin Health to not share your information and/or if you prefer not to receive mail from Austin Health, please let us know by writing on this coupon and return in the reply paid envelope provided.



A very happy reunited Samantha and Blaze

## Blaze goes on an unplanned trip!

An email arrived recently to Austin Health:

*"Today a small husky teddy, grey and white, about 20cm tall, went missing from Ward 8 East. We think it accidentally went in a linen washing bag around midday. Can you help us find it?"*

And so it was all systems go! The operating theatre was checked, beds were checked, laundry bags were checked, but unfortunately it appeared that the little husky was in a truck on the way to the laundry! Phone calls were made to the truck driver and the laundry, resulting in a thorough search of all the bags upon arrival.

And so appeared Blaze, the toy husky. Safe and sound, but missing his owner Samantha who was recovering from surgery in a bed in Ward 8 East. Both were reunited after Blaze's unplanned trip to the laundry and they returned home to Hobart a few days later.

**Thanks to all those involved in helping find Blaze!**

## 3 easy ways to give:



Post

Complete this donation form and return to:  
**Locked Bag 25, HEIDELBERG VIC 3084**



Call

Call us on **03 9496 5753** and make a donation over the phone



Online

Visit **[austin.org.au/donate](http://austin.org.au/donate)** and fill in your details to make a donation