

Vitality

AUTUMN 2011

WORLD LEADING CARE AT YOUR DOORSTEP

New health centre comes to life

The new Health and Rehabilitation Centre (HRC) at the Heidelberg Repatriation Hospital is eye catching with its contemporary orange and blue exterior.

Inside, a large group of energetic veterans are sweating it out in the new Kokoda Gym. Some are on the bicycles and tread mills. Some are exercising on mats on the floor. Through the gymnasium windows is the Mobility Garden designed with different surfaces, slopes and steps to allow patients to practice walking on distinct terrains. The fit-out of the bathrooms is white, sleek and retro-fitted with rails, feet dryers and no-slip floors. Outside, the long corridor is lined with consulting rooms and around the corner is the hydrotherapy pool.

Ms Ellen Matusko, Acting Manager of the Centre is delighted with the final product. "It's terrific to see so many patients enjoying the new facilities." said Ms Matusko.

The new building is the perfect environment for bringing people and services together. The design of the HRC and the co location of programs and services will enable improved access to services for both Austin Health 'in patients' and the wider community. The establishment of an intake and assessment service or 'one stop shop' for referrals will help referrers and patients navigate the often complex web of hospital services previously spread across three Austin sites.



A message from the CEO

As we begin 2011 and come to terms with the impact of the devastating floods throughout the nation, I'm reminded of how fragile life is and the importance of family and friends.

It's heartening to see the community unite to support each other in these circumstances. It makes us proud of who we are and as a community what we can do for others in need.

Last year proved to be another incredibly busy year for Austin Health and it's no wonder given we are one of Victoria's largest health care providers. This year we expect the demand for our services to increase.

To continue to improve our patient care, we have some exciting building projects being completed and ready for use, including the Health and Rehabilitation Centre which you can read about this on page one.

Throughout 2010 we received numerous awards and accolades which was exciting and certainly satisfying. But our real joy is in seeing patients return home, happy and healthy. We have achieved a great many things together. I hope you feel proud of your involvement, it's through your support that we are able to purchase the additional equipment we need on the wards, that ultimately benefit patients.

On behalf of the patients and staff, thank you for supporting our equipment appeals. We look forward to the year ahead and sharing with you the successes you help make possible.


Dr Brendan Murphy
Chief Executive Officer



Cancer and Wellness Centre - update

Building works are well underway to complete the full structure and facade of the building by mid 2012. Ambulatory service areas will be fitted out in this construction phase that will include the Day Oncology (chemotherapy unit), Radiotherapy, Wellness Centre and Information and Resource Centre.

"An enormous amount of concrete was poured for the Radiation Oncology bunkers, located on the lowest levels of the Centre," the Centre's Project Officer, Rohan Vaughan said.

"Approximately 1,732 cubic metres of concrete was used in the main bunkers alone, which required about 290 concrete truck trips," he said.

Austin Health Cancer Services currently only have two radiation oncology machines (Linear Accelerators). Mr Vaughan confirmed that the new Centre will have three Linear Accelerators and a spare bunker to enable replacements.

"We will have more flexibility built into the other bunkers that will allow for future treatment directions," said Mr Vaughan.

Many of the building materials and coverings for the Centre have environmentally friendly qualities – including the concrete. Other eco-friendly materials include the bamboo floor coverings that will be used where appropriate and eco-friendly resins that will be used in place of glazing or panelling.

Mr Vaughan explained that 80 per cent of any building materials left over will be recycled, as was the case with the old cancer building (Heidelberg House) that was demolished last year.

Construction of the Centre is progressing well with the core structure now completed up to level 5 north. Fit-out of Level 2 will commence in the first quarter of this year which includes such things as services and the internal walls.

Continued fundraising support is needed for the Centre's full fit-out. With \$10 million left to raise, through individual donations, philanthropic foundations and the business community, every dollar counts.



Construction of the radiation bunkers well on their way.



Construction of Level 5 now complete. Photos courtesy of Peta Philp.

Trauma team deployed to Qld

Austin Health's Psychological Trauma Recovery Service (PTRS) was dispatched to Queensland for one week to assist communities affected by flood.

Associate Professor Malcolm Hopwood who spearheaded the team said immediate assistance for victims was imperative. "Initially up to 80 per cent of people will experience anxiety or depression or flashbacks but one month on, that figure can drop to 20 per cent with the right support," said Associate Professor Hopwood.

Professor Hopwood said issues for different communities will vary but the basic principles learned from the team's experiences with bushfire affected areas in Victoria, remain the same. "You have to get to know the community as quickly as possible. You can't assist people well unless you liaise effectively with community services like police, schools and churches and respect the communities' views. Most importantly, recovery takes time. Many communities feel like the spotlight goes off them when the recovery is only just beginning. You need a long-term perspective," said Associate Professor Hopwood.

The Psychological Trauma Recovery Service is a state-wide provider of clinical treatment for people with long term mental conditions from trauma. The team worked under the direction of Queensland Health.



Associate Professor Woodward

A cure for Alzheimer's by 2015?

Associate Professor Michael Woodward has predicted that Austin Health's Medical and Cognitive Research Unit will play a role in developing a cure for Alzheimer's disease in as little as five years.

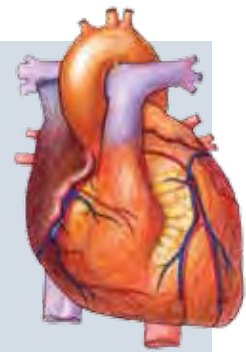
Researchers in the unit are trialling drugs that attack the fundamental cause of dementia – amyloid and tangles. If these tests prove to be successful, they will have a dramatic effect on those who suffer from the disease.

More than 53 new Alzheimer cases are diagnosed in Australia every day.

Associate Professor Michael Woodward, who is the Director of Aged Care at Austin Health, said, "We desperately need a cure for this devastating illness."

Associate Professor Woodward and his team are at the forefront of Alzheimer's disease research and are world leaders in new diagnostic treatments. "Scientists have been able to find the cure to many other diseases, and made major headway in finding treatments in cancer, so it's only time before we can stop Alzheimer's," he said.

Cardiology leading the way



In an Australian first, Austin's Cardiology 'dream team' has implanted a new type of pacemaker device into heart failure patients at the Austin Hospital.

Consultant Cardiologist Dr David O'Donnell said the new device will be of great benefit to patients. "The new pacemaker enables us to co-ordinate the heart to function more efficiently, which will make our patients feel better," said Dr O'Donnell.

"We also believe that patients should live longer because of the improvement in their heart function, but we still need more data to prove that."

Dr O'Donnell and Dr Michael Wong, Cardiac Electrophysiology Fellow, performed the procedure for the first time in Australia early October 2010.

Meanwhile, using the Cardiac Depression Scale (CDS), clinicians can now measure the full range of depression in cardiac patients 85 per cent of the time.

Professor David Hare, Director of Cardiology Research, said the CDS will be able to detect major depression and only miss three out of every 100 patients, making it an extraordinarily accurate measurement tool.

"Between 10 and 30 per cent of cardiac patients experience some level of depression as a result of their disease and this scale helps us to identify those patients and manage them more effectively. The aim is to significantly improve their quality of life," explained Professor Hare.

Yes, I wish to help the patients of Wards 7E/W



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

Title: Dr/Mr/Mrs/Miss/Ms _____

Name: _____

Address: _____

_____ P/code: _____

Email: _____

Supporter No. (if known): _____

Please send me information about:

- Making a bequest in my Will to Austin Health; or
- Becoming a regular supporter

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

Name on Card: _____

Signature: _____ Expiry Date: ____/____/____

Daytime Phone Number: _____

Donations of \$2 or more are tax deductible.

AHVA11

Specialist care – Wards 7E/W

The team on Wards 7E/W are unique and highly skilled to handle patients who have complex and multiple medical needs. Often coming from the Emergency Department or ICU, patients when first admitted to Wards 7E/W are placed in the Medical Assessment and Planning Unit on the Ward, where a specialist team will identify the cause of their problem and tailor a suitable treatment plan.

Both Wards provide specialised care to patients.

If you were to ask Rosemary Interlandi the Nurse Unit Manager of Ward 7 East what a typical day was like she'd say "hectic" and then follow it up with a laugh! In any one day they will have between 5 and 10 patients discharged. It's a dynamic environment with multiple procedures happening continuously.

Because of the complexity of the patients' medical conditions, they all require constant observation. Most patients are in need of specialised treatment due to the seriousness of their condition and the fact that they may have more than one medical need. A patient for instance, may have a serious heart condition, but also complications from diabetes.

But despite such pressure, the focus of what needs to get done at the end of the day is clearly understood.

"We make sure our patients are well cared for," states Georgina Knuckey Nurse Unit Manager of 7 West. "We are friendly, supportive, and make an effort to look at things from their perspective." Rosemary agrees, "Compassion, expertise, and unwavering commitment are something we stand by and deliver on a daily basis."

Wards 7E/W require additional equipment so they can continue to provide the very best of care to their patients. If you wish to support Ward 7E/W please contact the Fundraising Office on 03 9496 5753 or complete the coupon attached to this issue of Vitality.

Great Outcomes for 2010 – thank you!!

Thank you for your support throughout 2010. Your generosity has, without doubt, helped many patients. Here's a snippet of just some of the great outcomes -thanks to you:

- The Day Surgery Centre now has new Nonin Monitors, Cardinal IV Pumps and new wheelchairs.
- Our Emergency Department, one of the busiest Emergency Departments in the state has new specialist equipment such as oxylog ventilators, which is fantastic.
- Patients in our Brain Disorders Unit can now actively participate in sensory modulation classes

thanks to the new equipment including weighted blankets, glider chairs etc. Also the additional ceiling track hoists and slings mean patients can safely be moved from their bed to chair.

- And let's not forget the children. The staff in the Paediatric ward, thanks to you, were absolutely ecstatic when they learned a new cardiac monitor, sofa beds, digital camera, temporal thermometers and more were on their way!

The equipment you enable us to purchase has an enormous impact for patients. Thank you – for making this possible.

Thank you!

Thank you so much to everyone in the community who continues to support Austin Health. Your support plays a key role in helping to provide world-class care to patients. Recently the following organisations held fundraising events to raise money for the Spinal Rehabilitation Unit located at the Royal Talbot Rehabilitation Centre.

In particular we would like to thank Honda Wildwood Rock Extreme Challenge for their donation of \$3,200.

McCormick Foods Australia through a parent Company donation of \$2,039 and staff fundraising from a sausage sizzle that raised \$1,893, donating a total of \$3,933 to the Spinal Rehabilitation Unit.



Carol Northmore of Austin is delighted to accept the support of Wildwood Rock. Pictured above from left to right is Jenny Batten, Steven Braszell, Charlie Keating, Carol Northmore and Cathy Cooper.

McCormick Foods met with Carol Northmore of Austin. Pictured above from left to right is Ian Holmes, Carol Northmore, Tracey Johnson, Graeme Platt and Darren Baillon.

Leave a lasting legacy



Leaving a gift in your Will to Austin Health is a simple yet generous way you can help ensure we remain at the forefront of medical care. Your gift will provide generations of Victorians with world-class health care in areas such as cancer, liver transplantation, spinal cord injuries, neurology, endocrinology, mental health and rehabilitation and so much more.

Sevi Skaleris, our Bequests & Tribute Gifts Manager (pictured above) understands how important Austin Health is to her and her family. "For as long as I can remember if something went wrong with family, the Austin was where we'd go."

"It's very rewarding speaking to people who want to leave a gift to Austin Health in their Will and a privilege to witness first-hand the significant impact their generosity has made to our patients, their families and the hospital.

"Most people are unaware that they can leave a small percentage of their estate to charity, and yet this can make a very important contribution to our hospital."

If you would like more information on how your legacy can make a difference to Victorians in the future please contact Sevi on 03 9496 5361.

