

Vitality

WORLD LEADING CARE AT YOUR DOORSTEP

Making history

SUMMER 2010

Austin Health surgeons made history in July this year by completing Australia's first intestinal transplant, saving a man's life. The surgeons replaced the 33-year old patient Brendan Cole's small intestine, liver, pancreas and duodenum.

Mr Cole had suffered worsening intestinal failure since infancy and had endured more than 30 operations.

Austin Health Liver Transplant Unit surgeon Professor Bob Jones said that without the transplant Mr Cole may have had only months to live. "This was a life-threatening situation for Brendan and the transplant will enable him to have a normal life."

Mr Cole was being kept alive only through artificial feeding directly into his bloodstream, called Total Parenteral Nutrition that had resulted in frequent infections and liver damage.

Professor Jones and his transplant team, assisted by English transplant surgeon Mr Darius Mirza, performed the complex multi-organ transplant in a 12-hour operation. Five senior Austin



Special delivery - the organs arrive.



The multi-organ transplant takes 12 hours.



A second chance at life.



Surgeon delivers the good news.

Health surgeons and a 20 member transplant team were involved.

The risky surgery had taken many years of planning and preparation. "We have been able to successfully fulfil our dream. It's a wonderful, historic occasion," Professor Jones said.

Austin Health plans to establish an ongoing intestinal transplant program.

Professor Jones said, "We're delighted with the result, however Brendan has some significant challenges to face over the next few months. The risk of his body rejecting the new organs is high and infection is very common, so we're not out of the woods yet."

Mr Cole said his life had been on hold while he waited for a new intestine. A dream of marrying his sweetheart Kirrily on a Fijian beach is now much closer to reality, thanks to the incredible life-saving surgery. "I have so much to look forward to," he said. "I want to go back to work and contribute to society."

A message from the CEO

It's been another incredibly busy year for Austin Health.

Our Liver Transplant Unit made history again this year, performing Australia's first intestinal transplant. The team transplanted patient Brendan Cole's small intestine, liver, pancreas and duodenum, in the most complex multi-organ transplant ever performed in this country. You can read Brendan's story in this newsletter.




Austin Health continually strives to improve our services and facilities for patients, as such there are a number of building developments in progress. The Olivia Newton-John Cancer and Wellness Centre, which began construction just recently, will enable us to consolidate our extensive cancer clinical and research programs in the one facility and expand on our wellness program and services.

Other developments in progress include the Melbourne Brain Centre, the Health and Rehabilitation Centre and the Centre for Trauma-related Mental Health.

Being one of the busiest hospitals in Melbourne, we are only as strong as our dedicated and committed staff, volunteers and supporters who, like you, help our hospital continue to provide world-class care. Thank you for your incredible contribution and support.

I'd like to take this opportunity to wish you all the best for a safe and happy summer.

Sincerely



Dr Brendan Murphy
Chief Executive Officer

Cancer and Wellness Centre project update



Construction of the Olivia Newton-John Cancer and Wellness Centre has commenced. The concrete has been poured for the radiotherapy bunkers and the walls are being erected. Project Officer Rohan Vaughan said, "It's very exciting to see the Centre starting to grow from the ground up."

The wellness philosophy has been embraced in the design for the entire Centre. Environmentally Sustainable Design (also called environmentally conscious design) includes the following elements:

- Rain water catchments to water the Centre's gardens and for water features
- Energy efficient fittings with the level of light fixed to a comfortable zone for patients and visitors
- Maximum use of natural light throughout
- Bamboo flooring in many areas, including Day Oncology and Wellness Centre, with limited use of PVC flooring
- Materials, fittings and paint will be low emitting products made to best practice
- 100 percent, non-recirculated, fresh air will be delivered throughout the Centre
- Individual balconies in the Palliative Care Ward for private access to the outdoors
- Cleaning products, where possible, will be non-toxic and biodegradable



"We have consulted with Olivia, patients, carers, clinical staff and of course the architects, surveyors and service engineers' about the design. We are also looking at opportunities for solar panels, to help with energy use,"

Mr Vaughan said. "There will be more consultation with patients and carers about how they would want the cancer and wellness service structured."

Continued fundraising support is needed to help complete the Centre's full fit-out.

*Construction of the radiation oncology bunkers begin.
Photos courtesy of Peta Philips.*

Meet Ward 12

Ward 12 is located on Austin Health's Heidelberg Repatriation Hospital site. The ward provides around the clock rehabilitation and specialist care so some patients who have an injury affecting their brain or nervous system can improve or recover the impaired movement they'd lost. Most patients are over the age of 65 but can be as young as 40. Strokes or head injuries are just a few of their challenges. Some face other hurdles. That's why ward 12 is staffed by our team of health care professionals, who specialise in a number of areas.

A Place that's Busy

The ward has 28 beds which are always in use. Demand for ward 12 services is especially high. Just last year, the ward assisted almost 420 patients who stayed, on average, around 21 days.

Ward 12's main goal is to enable patients to become as independent as possible, so they can return home.

A Place that's Innovative

Ward 12 is very important because rehabilitating people over 65 is a little different than doing the same for younger

people. People over 65 can have multiple medical problems (like diabetes or a heart condition) which are ongoing and their bodies are different. For example, their skin stretches less, which can cause skin to break.

To help, in 2008, the team collected data on how patients' skin tended to break. Kerryn Rim, Nurse Unit Manager at ward 12, reports, *"We learned that over 80 percent of skin breakdown were due to skin tears. As a result, the ward assisted in the development of a hospital-wide policy that now helps prevent and treat skin tears."*

A Place that's Caring

The medical team assigned to ward 12 constantly challenges themselves to deliver the best healthcare possible and in the process do their best to "leave no stone unturned."

Every patient is assigned a team of specialists who develop their rehabilitation program tailored to suit their specific needs.

"We give patients options, so they can make their own decisions, feel empowered and have some control in their life," explains Kerryn.



Vic (center) recently visited Ward 12 to say thanks. Here he is with Alex Baluyut and Anne Jolly.

Families and significant others are shown ways to cope with what their loved one now faces.

But the real reward comes from being a part of a patient's success.

Patients like Vic who suffered a severe stroke at the age of 74. *"I felt good staying in the ward. They really looked after me the six weeks I was there. They were all angels."*

Kerryn remembers Victor. *"He arrived at Ward 12 confused and disoriented. Couldn't walk or talk, nor could he eat. Now, he's walking, talking... and almost dancing. He has his life back."*

Kerryn sums up the team's passion about rehabilitating people, about getting the job done right, *"Everyone should be able to live their life to the fullest."*



Hear the experts

Go online to hear from the experts on our entertaining and enlightening podcasts, including:

- Osteoporosis - a life's work to slow the breakdown of bones
- Treatment of obesity
- All in the mind - unlocking the mystery of epilepsy

Visit: <http://www.austin.org.au/podcasts/>

New equipment for our Paediatric Ward

Thank you to everyone who responded to our Children's Appeal in June. You'll be delighted to know that as a direct result of your support the Paediatric Ward is now able to purchase the additional equipment they needed, including a Paediatric Cardiac Monitor, 16 sofa beds, 1 digital camera, 1 video camera and monitor and 10 temporal thermometers.

The Ward cares for infants as young as two weeks old, children and teenagers up to the age of 18. Having this new equipment will help the staff continue to deliver the very best care for the children.

Paediatric Nurse Unit Manager, Ms Jenny Spiller said, "Having this new equipment is a huge bonus to our Ward, we are absolutely thrilled. Thank you to everyone who donated. It really is fantastic."



Professor Ingrid Scheffer, Director of Paediatrics with Jenny Spiller and paediatric nursing staff.

Thank you to our supporters!

Our thanks go to the following who have recently supported us:

- Myer Doncaster staff visited the Austin Hospital's Paediatric Ward to donate \$4,720. Dollar for dollar of the staff's fundraising efforts were matched by the Myer Stores Community Fund. New toys and educational equipment have been purchased thanks to their donation.
- Terra Firma hosted an annual black tie cocktail party for their staff and partners that raised more than \$3,000 through a silent auction. The donation was also for our Paediatric Ward.
- Ritchies supermarket has helped raise a further \$3,964 through their community benefits program.

If you would like to hold an event to help raise money for the hospital, contact our Community Fundraising



Cameron Goodyear, Director, Medical & Emergency CSU with Stephanie Crawford from Myer Doncaster.

Projects Officer on (03) 9496 5753 or email fundraising@austin.org.au

A Veteran Contributes

Alan Day KCSJ who lives on the Mornington Peninsula, and who served in World War II continues to be a great supporter to Austin Health's Veteran Liaison Service.

Currently Alan is actively raising funds for the purchase of Gel Chairs for the Palliative Care Unit and in the past has raised considerable funds for the purchase of Pulse Oximeters for many areas within Austin Health. Alan is a long time member of the RSL, a Legatee with Legacy and a Member of the Order of the Knights of St John. Alan was recently presented with a Certificate of Appreciation for his services to Austin Health.

Michelle Hooke the Nurse Unit Manager of the Palliative Care Unit said that the support being given by Alan and the many other volunteers, organisations and donors is greatly appreciated and provides improved facilities for the patients.



Robert Winther presenting Alan Day his certificate.



Helping provide the gift of health

Becoming a regular monthly supporter is a smart and effective way you can make a difference and help us continue to provide the highest level of care for patients. Your regular monthly donations will help fund key projects such as research, development programs and specialised equipment needs.



It's easy, you simply commit to make regular monthly donations at an amount that suits you, although we do prefer the minimum be \$15 per month. Donations can be automatically deducted from your nominated credit card or bank account – which ever option suits you best. At the end of the financial year, you'll receive an annual tax statement.

Not only is it a convenient way to support the great work of Austin Health, but it also helps reduce administration and postage costs.

If you would like to know more, call our Fundraising Office on (03) 9496 5753 and we'd be happy to assist you.

Yes! I wish to help more patients continue to receive the very best of patient-centred care!



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

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

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Please send me information about:

- Making a bequest in my Will to Austin Health; or
- I have already included Austin Health in my Will

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:**

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Donations of \$2 or more are tax deductible.

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