

vitality

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YOU help save lives

Transforming Intensive Care

In June we asked for your donations to support research in our intensive care unit. With your help we raised more than \$95,000!

Professor Rinaldo Bellomo, Intensive Care Research Director and his team purchased:

- ✓ 2 state-of-the-art monitors to collect data on oxygenation and brain wave patterns during sedation in critically ill patients.
- ✓ A special monitor to assess kidney oxygenation data in patients with severe infection (septic shock) and during major surgery.

"Your generosity helps more patients survive life-threatening illnesses. To everyone who made a donation, thank you."

- Professor Bellomo



Professor Rinaldo Bellomo and researcher Dr. Glenn Eastwood, standing with one of the new monitors made possible because of YOU!

Making Surgery Easier

Last issue we told you how thanks to your overwhelming support for cardiac care (nearly \$100,000!), the Cardiac Department purchased new equipment.

And now we have even more updates directly from our Cardiac team!

"The vascular ultrasound machine has helped us significantly reduce the risk of bleeding complications during cardiac procedures."

- Carolyn Naismith, Cardiac Nurse Unit Manager

"The 3mensio software has made our procedures quicker and safer. Now the need to reposition heart valves is greatly reduced."

- Omar Farouque, Associate Professor & Cardiology Director



Nurse Carolyn Naismith and Associate Professor Omar Farouque

A Message from Sue Shilbury, Chief Executive Officer

Your support makes a difference each and every day...

In 2017 I asked you to join me in making virtual consultations a reality for our patients with spinal injuries. Together we funded a Telehealth system, translating into hundreds of virtual consultations last year.

But what does this really mean for a patient?

It means that Rob, a Queensland plumber with quadriplegia, regained movement in his hands and elbows. Rob can now independently feed himself plus hold and manipulate objects including his smartphone.

Imagine – the gift of independence because of your heartfelt donations.

Because of our ability to monitor, assess and continue Rob's care virtually with the Telehealth system, Rob participated in a world first nerve transfer study right here at Austin Health.

I hope you enjoy this issue of Vitality, learning about how together we make a difference each and every day.

With gratitude,



Sue Shilbury
Chief Executive Officer



You can help reduce stress for children



Austin Health has a busy paediatric ward, providing treatment and specialised care to infants, children and adolescents.

For many children being a patient often means multiple tests including a Magnetic Resonance Imaging (MRI) scan which can require sedation.

"If possible, we try to avoid sedation," says Justine Carder, Paediatrics Divisional Manager. "We are hoping to purchase a machine that allows children to listen to music and watch movies during an MRI."

With hundreds of children having MRIs at Austin Health each year, this equipment will significantly reduce stress on both children (and parents!) and the risks of sedation.

Keep an eye on your letterbox soon to find out how you can make MRIs less scary for our paediatric patients!

Volunteer spotlight

Austin Health volunteers are an important part of exceptional patient care. In fact, over the course of a year more than 450 dedicated individuals volunteer their time with us!

This includes Julie Carr, a volunteer driven by a desire to help others.

"Health and education are crucial issues for Australians. In retirement I wanted to contribute in an area that would help people's lives."

Julie spends her Friday mornings with the Fundraising team supporting administrative operations. This includes answering phones, producing receipts and updating the database.

"I love being part of making sure every cent goes to where donors choose and keeping administration costs down by using volunteers like me. After volunteering I leave feeling happy I made a little bit of a difference."



Julie Carr, a volunteer driven by a desire to help others

Giving thanks

Day in and day out our doctors and nurses provide exceptional care. We are also planning for the future of patient care and clinical trials - 1,300 of which were completed.

This is made possible in large part thanks to the generosity of donors who leave a gift in their Will to Austin Health.

The Riddell Family

Grateful for the exceptional care received through years of each battling lung disease, past patients Shirley and Jim made their final gift by leaving \$100,000 towards heart and lung disease research at Austin Health.

"Mum and Dad wanted to make a real difference to patient lives by supporting research. They hoped through research discoveries and new treatments, others would not endure the same pain and suffering they did."

- Kerry and Steve, children of Shirley & Jim

We extend our heartfelt gratitude to the Riddell Family and Betsy King for their lasting investment in future generations of patient care.



Jim and Shirley Riddell

for years to come

care for every patient who needs us. Patient care, including research studies conducted at Austin Health last year.

to a very special group of donors health.

Betsy King

Betsy King describes herself as "very boring" but we disagree. Inspiring is more the word that springs to mind for this Eltham retiree who can be found most afternoons doing jigsaw puzzles with a friend and solving problems of the world!

A hero to patient care since her first Austin Health gift in 2008, Betsy was inspired to give back after seeing first-hand the care provided to her husband, Jim, and also close friend Stephen Earp.

"Jim had terminal lung cancer and received very compassionate care," says Betsy. "My dear friend Stephen was admitted many times to emergency, intensive care and cardiology wards where staff were always very caring."



Betsy King



Betsy with her husband, Jim

Recently Betsy made a gift towards intensive care research (see page 2). This research into brain activity and oxygen levels aims to gain a better understanding of the side effects of sedation including hallucinations.

"Stephen was in intensive care for about six weeks. He experienced vivid hallucinations while coming out of sedation and the memory of it stayed with him for the rest of his life."

"I believe Austin Health is a world leader in research. I am in awe of the work Professor Bellomo is doing and I sent a donation so he could continue. It's very important to me that I can give a bit back and have also included Austin Health in my Will." - Betsy King



Betsy with close friend Stephen Earp

To explore how you too can make a difference for years to come, contact Cheyne Brudenell, Cheyne.Brudenell@austin.org.au or 03 9496 2147.

Run Melbourne reveals beautiful generosity

There's something about running that brings out the best in people. Perhaps it's that willingness to tackle a challenge with determination, never losing sight of the end goal – to finish and revel in the relief and pride of achievement.

More than 200 Austin Health and the Olivia Newton-John Cancer Wellness & Research Centre runners brought their best to Run Melbourne on Sunday 28 July, running 5km, 10km or 21km.

THANK YOU to our Run Melbourne heroes. Together you raised more than \$60,000 for patients and families!

To learn more about raising funds for your area of choice with Run Melbourne 2020, contact Zoe Robbins, Zoe.Robbins@austin.org.au / 03 9496 4129.



Giving hope through flowers

Imagine - an accessible winding path through a large seasonal flower patch where all patients and families can experience the awe and beauty of flowers.

"It is my dream to create a Flower Immersion Garden," says Steven Wells, Austin Health Gardens and Grounds Project Officer. Because of Amgrow Home Garden's generous donation, this dream is now becoming a reality at our Royal Talbot Rehabilitation Centre!



Ian and Derek from Amgrow with Steven Wells (centre), at the soon to be Flower Immersion Garden.

Thank you Amgrow for giving patients and their families a beautiful sanctuary amongst flowers, fresh air and sunshine.



Nurses lead the way thanks to YOU

Austin Health Nursing Alumni Scholarship

Nurses are the backbone of exceptional care for you and your loved ones here at Austin Health.

Because of your incredible donations last Christmas the Austin Health Nursing Alumni Scholarship program was established!

The scholarships are designed to provide passionate nurses with an opportunity to advance their career they might not otherwise have access to.

The first application round recently completed with a number of Austin Health nurses receiving grants for their submissions. We can't wait to update you next issue with project details directly from our recipients!

"These terrific projects will support excellence and growth of knowledge across our nursing practice to benefit all nurses and patients here at Austin Health."

- Bernadette Twomey, Chief Nursing Officer

Beverley Briese Austin Health Nursing Scholarship

We have not one, but two nursing scholarship programs at Austin Health.

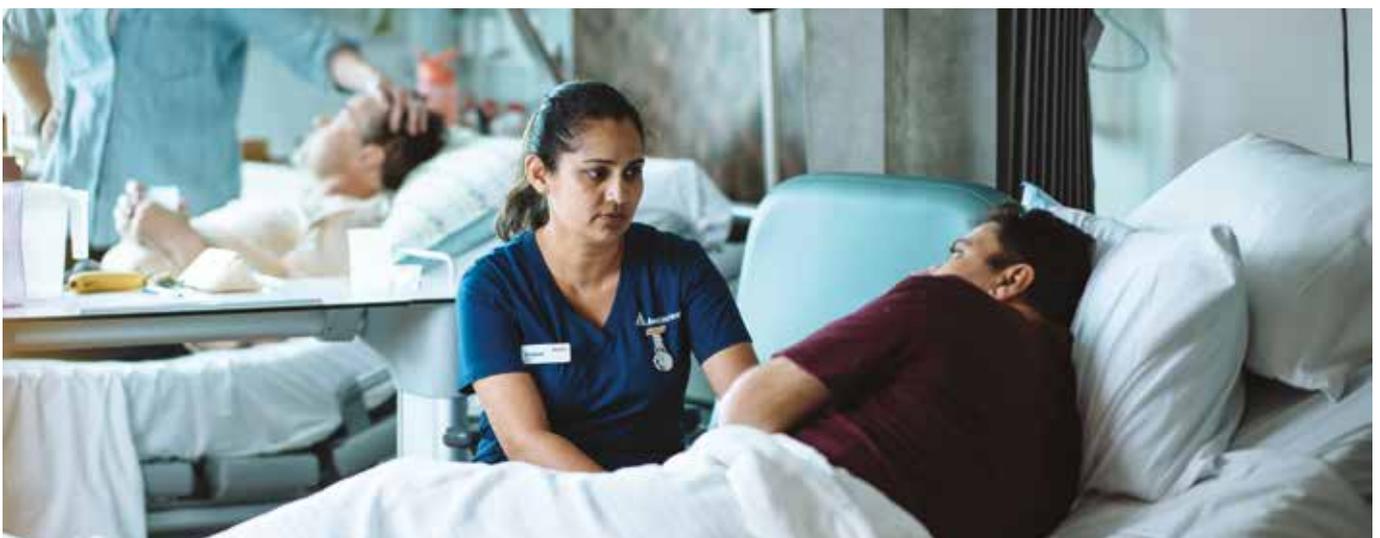
A 46 year supporter of Austin Health, Beverley Briese OAM is the President of the Friends of Austin Health. Inspired by the community's generosity for nurses, Beverley asked how she too could help our nurses.

This simple question of giving back resulted in the establishment of the Beverley Briese Austin Health Nursing Scholarship, one of the most prestigious nursing scholarships in Australia.

Offering \$55,000 each year to an outstanding Austin Health nurse, the scholarship supports best practice learning with international or interstate travel. The recipient then returns to share their newfound knowledge and experience with their fellow nurses to benefit all patients at Austin Health.

Both scholarship programs celebrate and recognize the outstanding care and expertise nurses provide to patients across Austin Health.

We are so grateful to Beverley and the entire Austin Health community. **THANK YOU** for your commitment to our nurses.



"Austin Health nurses save lives every day. For me, this scholarship is one way I could celebrate their dedication for years to come." - Beverley Briese

Yes, exceptional patient care at Austin Health matters to me!

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

Name _____

Address _____

Suburb _____

State _____ Postcode _____

Mobile _____

Email _____

Please accept my tax-deductible donation of:

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

One Time or Monthly

Payment details

My cheque and/or cash gift is enclosed.

VISA Mastercard AMEX

Card number _____

Name on card _____

Expiry date ____ / ____

Donations \$2 and over are tax deductible.

I would like to find out more about

Leaving a gift in my Will to Austin Health OR

I have already included Austin Health in my Will



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

Austin Health values your privacy. We collect your personal information so we can contact you regarding your donations to Austin Health, the Olivia Newton-John Cancer Wellness & Research Centre and our other programs that you may be interested in. To review our Privacy Policy visit austin.org.au/privacy-statement. 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.

Come visit us!

Thanks in part to an anonymous donor, our volunteer-run gift shop at Austin Hospital has transformed into a brand new retail space!

Staffed by Friends of Austin Health volunteers, the gift shop is an important source of funding, showcasing locally made artisan wares and specially curated gifts for every occasion.

"Our new shop is warm and inviting. Since the renovation sales have doubled meaning twice the donations for patients and their families."

- Michelle Vengust, long-time volunteer from Heidelberg

Thank you to everyone who has already visited! Stop by 9am-3pm weekdays on Level 3 of the Harold Stokes Building between the coffee shop and Pathology.

Interested in volunteering?

Visit austin.org.au/volunteering or phone 03 9496 9602.



**Above:
Head of Partnerships. Megan,
and volunteer Vyvette
in our new gift shop.**