

A not-for-profit health care group
Excellence. Everywhere. Everyday.

Newsletter

Summer 2009

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A truly magical evening

Titled Epworth Magique, this year's Epworth HealthCare gala ball was a resounding success with record numbers in attendance, sponsorship and total funds raised.

Over 950 sponsors, staff, doctors and friends filled the Peninsula Room within the Atlantic Group at Docklands on October 24 for a night of fine dining, dancing and illusionary entertainment. Integral to the night's success was the support received from major partner Maquet Australia, associate sponsor Slade Pharmacy, event partner Atlantic Group plus 40 other sponsors who supported the event.

MC John Deeks from the Seven Network led guests through the proceedings starting with a word of thanks from the Chair of the Special Events Committee Robyn Beddison and Group Chief Executive Alan Kinkade. Entertainment included a string of acts by renowned talents Tim Ellis and Ray Crowe.

A highlight of the night was when the dance band took the stage. With members made up of orthopaedic surgeons including our very own Dr Richard de Steiger and aptly named Bone Idol, the band confirmed they were not only exemplary surgeons but also extraordinary musicians!

Fundraising activities included a fabulous array of prizes including large ticket items donated by the Herald Sun, Radio 3AW, Garuda Indonesia, Moonee Valley Racing Club and Flight Centre Richmond.

Epworth is fortunate to have an active and committed Special Events Committee who worked tirelessly giving their time, energy and expertise to ensure the evening's success. Thanks to them and the staff in the Epworth Medical Foundation the event raised an astounding \$460,000, 84% up on last year.



Tony & Robyn Beddison and Denise & Alan Kinkade experience the magic of the night.

Excellence in world-class healthcare.

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Spotlight on a sponsor

Maquet Australia

Founded more than 170 years ago, MAQUET has forged a history of innovation in products and services in the healthcare sector. Its equipment endeavours to provide the best possible treatment for patients whilst providing optimal occupational health and safety for the hospital team.

MAQUET is a leading provider of equipment for operating theatres, intensive care units and critical care suites. The company invests in research and development on an international scale in order to meet the challenges faced by clinics and hospitals on a daily basis. The product range includes operating tables, ventilators, high powered lights and image guided surgery.

MAQUET Australia was a proud supporter of the Epworth HealthCare gala ball.

“As one of Australia’s leading independent healthcare providers, Epworth offers the gold standard of care to patients and staff,” said Rob Megens Managing Director of Maquet Australia. “We believe by supporting Epworth we can provide staff with new and innovative technologies which will assist them to continue to be a leading healthcare provider today and in the future.”



Rob and Amanda Megens at the gala ball

Epworth Eastern receives national clinical excellence award

Epworth Eastern received this year’s Australian Private Hospital Association Award for Clinical Excellence during its 29th National Congress on October 12. The award recognised the success of a pilot project rolled out at Epworth Eastern during the year.

After researching similar programs worldwide, the hospital embraced a new customer service initiative. The program includes hourly patient rounds with a seven point checklist, greater patient involvement in treatment plans and improved staff communication on patient status.



Epworth Eastern leadership team at the APHA awards ceremony

The program titled “Epworth Excellence – Accountability, Outcomes, Passion – We Can Make a Difference” has improved patient service and safety and led to greater work satisfaction for staff.

Since embarking on the program the facility has recorded a 36% reduction in patient falls, 50% reduction in medication errors and a visible increase in customer satisfaction.

“The proof is in the pudding, our patient feedback shows a marked increase in complimentary phone calls and letters,” said Epworth Eastern Director of Clinical Services Louise O’Connor.

ABI Cup now at Etihad

A partnership with Melbourne Victory and the Transport Accident Commission saw the traditional soccer match between Epworth HealthCare and Victoria Police move to the hallowed turf of Etihad Stadium. This year the game was played as the curtain raiser to the A-League match between Melbourne Victory and Central Coast Mariners on Saturday November 7. In addition, a fundraising breakfast was held the morning prior in the Victory Room at the stadium.

What started as a friendly soccer match several years ago became a family fun day and is now an institution on Epworth's annual calendar of events. The aim of the match is to raise funds for the Acquired Brain Injury Unit at Epworth Rehabilitation in addition to raising awareness of the risk of life and injury on our roads.

Radio SEN's Francis Leach acted as MC at the breakfast introducing a sequence of eminent speakers including Assistant Commissioner Victoria Police Andrew Crisp, TAC CEO Janet Dore and Director of Epworth Rehabilitation Prof John Olver. There was not a dry eye left in the house as each gave a touching account of their personal experience and expertise in the area of road trauma.

About 70% of the state's road trauma victims are male and an even greater proportion are under 25 years of age. The morning was peppered with footage of patients Tim, Sam and Marko attending Epworth Rehabilitation. Each had acquired a brain injury after a traffic incident in the prime of their life, forcing them to completely reassess their plans and

expectations. Guests were moved by the boys determination and optimism and the dedicated care provided by the team at Epworth Rehabilitation.

The breakfast culminated in some friendly banter between a panel of speakers involving coach and captain of Melbourne Victory—Ernie Merrick and Kevin Muscat—and Central Coast counterparts—Lawrie McKinna and Alex Wilkinson—prior to their match the following day.

Over 500 staff attended the match to support the Epworth team in its battle against Victoria Police. Although the 18-member team under Alex Pavez put up a spectacular fight for the ABI Cup, they lost 2-0. Later the Central Coast Mariners defeated Melbourne Victory 4-0.



Friendly rivalry—Assistant Commissioner of Victoria Police Andrew Crisp with Epworth HealthCare's Group CE Alan Kinkade at the breakfast

Bumper mid-year appeal

Thanks to our strong band of supporters, the Epworth Medical Foundation raised \$400,000 in its mid-year appeal. This is a fantastic result during the current economic climate. The funds raised will enable the organisation to purchase much needed equipment in critical areas across the healthcare group. The foundation would like to thank all those who contributed to the appeal delivering an increase of 26% on the appeal held at the same time last year.

Epworth affiliation with world renowned Cleveland Clinic

With the aim of building Epworth HealthCare to be a leader in teaching and research in Australia, Epworth has entered an affiliation agreement with the Cleveland Clinic on August 27.

The affiliation will provide opportunities for Epworth and the Cleveland Clinic to collaborate together on a number of fronts particularly teaching and research. This is the first time the Cleveland Clinic has entered into an undertaking of this kind with any other organisation in the world.

The partnership will provide an educational exchange between the two facilities. Epworth fellows undertaking a PhD and senior clinicians on sabbatical will benefit by having access to the best educational and research resources in the world.

In addition joint research programs will be undertaken sharing resources and knowledge and best practice will be improved through comparative benchmarking of operational and clinical activities.

Representing the Cleveland Clinic Prof Victor Fazio, Chairman of Cleveland's Digestive Disease Institute signed the agreement in the presence of Epworth HealthCare President Dr Philip Williams and Group Chief Executive Alan Kinkade.

"This presents a unique opportunity for Epworth to pursue education and research endeavours on a world stage which will lead to better patient treatment and care," said Alan.



Dr Philip Williams, Prof Victor Fazio and Alan Kinkade commit to the affiliation agreement between Epworth HealthCare and The Cleveland Clinic

\$7.5M benefaction from Smorgon family

A magnanimous gift from the family of the late Victor Smorgon AC has enabled Epworth to establish a research and education institute to further its academic aspirations.

The institute named in honour of the patriarch was launched on August 27 in the presence of the Governor, Professor David de Kretser and the Smorgon family.

Daughter of the well-known businessman, Vicki Vidor OAM said her father had made a major contribution to Australia since arriving from the Ukraine in 1927. In addition to creating wealth and employment through business, he was a well-known philanthropist who supported areas where the greatest number of people would benefit such as education, medicine, arts and the community.



The Smorgon family including Vicki Vidor, David Lecton & Peter Edwards

The gift of \$7.5 M from the Victor Smorgon Charitable Fund has enabled a facility in Hoddle Street to be refurbished and academic Chairs to be funded in Rehabilitation, Medicine and Surgery.

The initiative was conceived several years ago by former board member Ray Horsburgh, CEO of Smorgon Steel together with former staff Denis Hogg and Noel Armstrong and board member Keith Irvine. In the last few years Alan Kinkade, Philip Williams and Keith Irvine have worked with the Smorgon family to bring the dream to a reality.

Group Chief Executive Alan Kinkade said the gift not only provided a significant philanthropic investment in Epworth's work, it recognised the organisation's potential to make a major contribution to research and education in Australia.

Rehabilitation Camberwell set to expand

Plans for a major redevelopment of the Epworth Rehabilitation facility at Camberwell have recently been approved by the local government authority. Formally known as Cedar Court, the hospital service was purchased by Epworth HealthCare three years ago to expand the rehabilitation division of the service.

Located on the north-west intersection of Toorak and Burke Roads, the plan includes a new four storey building facing Burke Road and two floors of basement car parking. Included in the building will be two new 34-bed wards together with therapy space, treatment rooms and consulting suites. The design also includes a larger kitchen to cater for the expanded service and refurbishment of a lower level ward.

Epworth Rehabilitation at Camberwell specialises in the rehabilitation of patients following acquired brain injury, joint replacement, orthopaedic surgery, neurological events, cardiac diseases, sleep disorders and pain management. An interdisciplinary team approach is taken to develop an individual program for each patient according to their physical potential.

With construction scheduled to commence in 2010, careful planning is underway to ensure the new facility will meet the community's demands and expectations with regard to patient access, services and amenities.



Proposed redevelopment at Epworth Rehabilitation Camberwell

Cambodia Cycling Challenge

An enthusiastic group of staff and patients have been limbering up in preparation for a fundraising bike ride in Cambodia in the New Year. The aim of the cycling challenge is to raise funds for Epworth HeartSmart, a rehabilitation program for cardiac patients.



Limbering up Kathryn Johnston, Ron McCartney, Dave Reynolds, Tony and Nanci Thurston and Chris Hagljiassiss on the Yarra Trail

Scheduled for 6-14 February the trip includes six days of moderate cycling with a tour leader, local guide and accompanying air-conditioned support vehicle. It will take in the magnificent temples of Angkor Wat and villages of Banteay Srei, Beng Melea and Kampong Cham plus rest and recuperation in Siem Reap and Phnom Penh.

At a cost of \$5,500, the aim of the ride is to improve the health of body and mind whilst raising funds for the rehabilitation program. Initially designed to get former cardiac patients 'back on their bikes' after care at Epworth, any interested parties are welcome to take part. Board member Rod Fitzroy, cardiologist Ron Dick and HeartSmart Coordinator Nanci Thurston are among those that have already signed up.

The group's next scheduled practice ride will follow the rail trail from Lilydale to Warburton (38km) on Sunday January 10. The enthusiastic members of the group will make the return ride after lunch in Warburton. Anyone is welcome to join the group as they prepare for the greater challenge that lies ahead.

For further information call the Epworth Medical Foundation on 03 9426 6359.

Spotlight on Staff

Prof John Olver was recently appointed the Victor Smorgon Chair of Rehabilitation Medicine at Epworth HealthCare and Monash University.

What led you to become a doctor?

I was influenced as a child by stories from my mother as a nurse and my father as a University lecturer in Chemistry who saw great opportunities with a career in medicine. The subjects I enjoyed most and chose to study in secondary school were prerequisites for the degree.

Where did you receive your training?

As a student I trained at the University of Melbourne and the Royal Melbourne Hospital clinical school. I dabbled in Surgery and Radiology before finding my niche and developing a passion for the holistic approach to Rehabilitation Medicine. I later returned to the University of Melbourne to complete a Doctorate of Medicine.

How long have you been at Epworth and why?

I started at Bethesda Hospital as a registrar in 1984. It had just been established as the first specialist brain injury unit in Victoria. I completed my training and through a fortunate set of circumstances became Director of the Brain Injury Program in 1986. Epworth acquired Bethesda in 1998 and I subsequently became Director of Rehabilitation.

Epworth has provided an environment to encourage innovation and change. This is currently evident in its embarkation to become a teaching hospital with a clinical institute structure and Chairs in the major speciality groups with strong University links.

What is your speciality and what does it involve?

My speciality is Rehabilitation Medicine, where in addition to medical management of patients, we work with teams of therapists to improve patients' levels of activity and participation after serious illness or disability. The aim is to improve function so that they can return to their previous lifestyles.

My area of sub-speciality is neurological rehabilitation working with people who have suffered traumatic brain injury after a motor vehicle or work accident.

What other appointments do you hold?

As well as my appointment as Chairman of the Clinical Institute of Rehabilitation, Psychiatry and Pain Management at Epworth, I have recently been appointed the Victor Smorgon Chair of Rehabilitation Medicine at Epworth and Monash University. I am currently on the Council of the Australasian Faculty of Rehabilitation Medicine of the Royal Australasian College of Physicians and Chair the International Affairs Committee.

What is your greatest success?

I have always considered my greatest success in partnership with my wife has been to raise our two children to 'fairly responsible' adulthood—after accounting for generation differences!

From a career point of view, I have been fortunate to have contributed to the development of new initiatives in rehabilitation. At Epworth I played a part in the development of the Transitional Living Centre and community rehabilitation program for patients with traumatic brain injury. In the public sector I was one of the architects of the DHS "Slow to recover" program for people with very severe acquired brain injury which has now been funded for a decade.



What would you still like to achieve?

In accepting the Victor Smorgon Monash Epworth Chair in Rehabilitation Medicine I am committed to setting up an academic unit to focus research in Rehabilitation and attract good doctors and researchers to Epworth. The aim is to improve the evidence base for what we offer in rehabilitation, thus improving patient outcomes and care.

What do you do in your leisure time?

I enjoy relaxing at a small property near Castlemaine where I am also slowly setting up an astronomical observatory to further another hobby I have had for years. For a person born and bred in the city, some land in the country offers endless challenges!

What message would you like to send our donors?

Epworth Healthcare is a forward thinking organisation whose not for profit status enables money to be directed back into new initiatives for attracting better clinical staff and improving patient care. The push to become a teaching hospital with a major research and education focus will further enhance the quality of care and standing of the hospital.

A Primary concern

A celebration was held recently to acknowledge the Primary Club of Australia for its generous contribution towards Epworth Rehabilitation. The national charity founded in 1974 within the cricket fraternity aims to help people with disabilities to achieve their physical potential. Unique to fundraising it sources donations from members each time an Australian Test cricketer makes a golden duck.

Thanks to the Victorian Committee who nominated Epworth Rehabilitation as a beneficiary, a total of \$80,000 has been donated over the last three years. Funds have been used to equip a dedicated room in the Elim Gardens rehabilitation centre.

Previously used for storage, the room on the second floor now houses ten magnificent pieces of gym equipment to assist in the rehabilitation of both inpatients and outpatients. Each item has multiple adjustment features to cater for physical impairments and wheelchair access.

Senior exercise physiologist, Chris Byrne said the equipment had made a big difference to the service provision. The aim of the program is to progress the patient to an optimum level where they can continue their exercise regime in a community based gymnasium.

Prof John Olver, Medical Director and Bronwyn Mace Executive Director of Epworth Rehabilitation thanked the Primary Club for their generosity saying that at least some Test cricketers' misfortunes had come to a worthwhile end!



Primary Club members Pamela Thomas, Geoff and Marilyn Cottrell with Epworth staff Stephen May, Chris Byrne, Margaret Jack, Adrian Sexton and Libby Johnstone

They're all heart!

Epworth Heartbeat delivered a very welcome donation of \$110,000 towards the cardiac unit at Epworth Richmond at their annual general meeting on Sunday November 8. The funds will be used to purchase a ventilator and blood cooling system used during heart by-pass surgery.

Accepting the cheque Group Chief Executive Alan Kinkade said the Heartbeat volunteers were an integral part of the organisation, not only raising funds through the sale of raffle tickets, pens and Christmas cards but also providing advice and directions to patients and their families unfamiliar with the facility.



Group CE Alan Kinkade receives cheque from President of Epworth Heartbeat Fay Henderson

President Mrs Fay Henderson thanked her committee for their support and tireless efforts in administering the group, particularly executive members Annick Curry, Ted Williams and Priscilla Rogers. She also acknowledged the generosity of the auxiliary's 525 members who each contributed to the amount raised.

Guest speaker Eileen Hannagan, Executive Director of Epworth Richmond acknowledged the wonderful contribution by the voluntary committee and gave an overview of the redevelopment plans for the site including a new coronary care unit scheduled to begin in the New Year.

Fashion with friends



(Back) Jenny Henderson, Paula Loughnane, Jan Frazer, Ronda Jenkins, (Front) Jayne Coates, Kathryn Johnston and Denise Kinkade at the fashion parade

The Friends of Epworth auxiliary held a Fashion Parade on Monday September 14 at Royal South Yarra Tennis Club as a fundraising event for the healthcare group.

114 members and guests were treated to a two course lunch and parade of the latest European designs including casual, Spring Carnival and evening wear.

President Jenny Henderson welcomed guests and thanked Panada Boutique in Malvern Road Hawksburn for providing the beautiful collection and the volunteers who assisted in the parade.

The group will be holding its next fundraising fashion parade on Monday March 22 at the International in Brighton. On display will be fashions from The Catwalk with outlets in Carlton and Chapel Street. Tickets are \$80 and available from the Secretary, Ronda Jenkins on 03 9386-5031.

A Queens Birthday Honour for Ronda

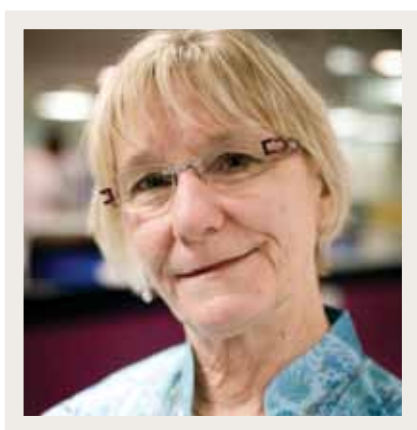
Well-known as minute-taker and social secretary for Friends of Epworth since 2003, Ronda Jenkins received national acknowledgement for another voluntary capacity in this year's Queen's Honours. Ronda was awarded with a Medal of the Order of Australia for her services to athletics.

As a lean long-legged teenager, Ronda excelled as a sprinter racing competitively from age 16, eventually competing in the Australian Athletic Championships. "My one claim to fame was to come within one-tenth

of a second of the world record for 100 yards," she said.

Having developed a love for the sport, Ronda has worked as a volunteer for Athletics Victoria and Athletics Australia for the past 25 years. Her work has taken her to numerous meets in an official capacity including administration for the Commonwealth Games and technical official at the Olympics.

Modest in her achievements, Ronda says that volunteering is a win-win situation. "It is very rewarding to follow your passion and sporting clubs could not survive without volunteers!"



Ronda Jenkins OAM

All I want for Christmas

This will be Mia Capsalis' first Christmas. "A miracle baby," say her parents Michael and Bronwyn. Unfortunately their first child Christian will not be with them.

Sadly Michael and Bronwyn lost their first child delivered in 2006 by emergency caesarean after pregnancy complications caused him foetal distress. Bronwyn and Michael felt they would never experience the joy of parenting.

Yet Michael and Bronwyn did fall pregnant again and under the care of Dr Michael Rasmussen and the experienced staff at Epworth Freemasons their pregnancy was closely monitored.



Michael, Bronwyn & Mia Capsalis look forward to a family Christmas

From 30 weeks gestation, Bronwyn attended the Epworth Freemasons Delivery Suite to monitor her baby's heart—initially twice a week, increasing to daily visits. "The staff were outstanding," said Bronwyn. "They understood my anxiety and constantly reassured me."

Mia was born by caesarean section on 16 October. Minor complications meant Mia needed to be placed in the special care nursery. "I became anxious again," said Bronwyn "but my fears were put to rest." After six days, Mia went home with her family. Now four weeks old they are all looking forward to spending their first Christmas together.

The family has agreed to be the subject of the Epworth Medical Foundation's Christmas appeal. The direct mail piece hopes to raise \$200,000 to purchase medical equipment to cater for the growing demands within the organisation.

Merry Christmas

On behalf of us all at Epworth HealthCare we would like to wish our supporters, sponsors and friends a very merry Christmas, a safe and happy holiday season and a wonderful year ahead.



Your
support
saves
lives.



How you can help?

You can help by making a regular pledge to Epworth Medical Foundation.

By giving regularly you are helping us to continue our excellence in healthcare service provision.

Yes! I would like to support EMF!

Name: () _____

Address: _____

With \$ _____

as a

- One-off Monthly
 Quarterly Biannual gift

- Enclosed cheque made payable to Epworth Medical Foundation

- Credit card details below:

- MasterCard
 Visa
 Amex
 Diners

Card No: _____

Exp: / _____

Cardholder _____

Thank you for your support

Donations over \$2 are tax deductible

Please return to
Epworth Medical Foundation
89 Bridge Road,
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Best ever Christmas Pudding

Ingredients:

360g seedless raisins	grated zest of lemon
360g currants	2 tbsp lemon juice
180g sultanas	½ tsp grated nutmeg
125g candied peel	½ tsp ground cinnamon
180g brown sugar	¼ tsp salt
360g grated suet	4 eggs
180g plain flour	600ml milk
180g fresh white breadcrumbs	100ml brandy

Method:

Mix all ingredients together in a large basin. Add a little milk if necessary. Everyone should have a stir and make a wish! Pack mixture in a large buttered basin, wrap the base in calico and secure on top with a knot. Leave overnight. Stand basin in a large saucepan with boiling water covering two-thirds of the basin. Boil 5-6 hours, topping water up as necessary. Remove from pan and store in a cool place. On Christmas day boil the pudding again for at least one hour. When ready, turn it out on a dish, top with warmed brandy and carefully add flame. Serve with a custard sauce or ice cream.

