

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

Epworth
Medical
Foundation



Newsletter

Winter 2011

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Cambodian Cycling Challenge raises more than \$50,000

Twenty-one heroes returned home on 28 February after a fundraising bike ride covering a distance of more than 500kms from Ho Chi Minh to Phnom Penh.

Initially planned to get former cardiac patients 'back on their bikes' after care at Epworth, the trip incorporated a fundraising component to raise funds for Epworth HeartSmart, a cardiac rehabilitation program.

The group ranged in ages from 40 to 74 and the personal and physical challenge brought out the very best in human nature. Cardiac patients were supported by family and friends as well as HeartSmart Coordinator Nanci Thurston and several other Epworth staff; one of whom had a spectacular crash requiring the accompanying doctor to use the needle and thread!

Highlights of the trip included riding through the Mekong delta



Charles Bonavia, Jayne Coates and Sally Forsyth

and the wonderful camaraderie and friendships that were made along the way. The cold beer in the Foreign Correspondents Club at the end of the trip was also very memorable!

Thanks to all the participants who grasped the challenge with both hands helping to raise more than \$50,000 (a \$20,000 increase from last year) for Epworth's HeartSmart Rehabilitation program. And of course thank you to all those who donated to the cause.

Next year's cycling challenge will follow the Mekong River from Laos to Phnom Penh 17-27 February 2012. For further information please contact Jayne Coates on 9426 6131.



The group who took part on the cycle challenge



Participants take a well deserved break

Excellence in world-class healthcare.



Michael Roff – Executive Director APHA, Angela Emslie – Chair, HESTA Super, Intensive Care Director Dr Benno Ihle, Epworth HealthCare Quality Manager Jillian Clarke, Director of Emergency Dr Ron Sultana and Alan Kinkade, Group Chief Executive Epworth HealthCare

Epworth HealthCare staff win APHA award

An Epworth Richmond staff team has picked up first prize in the Australian Private Hospitals Association (APHA) inaugural *Valuing Private Hospital Staff Awards* for Team Excellence.

Epworth introduced a Medical Emergency Team known as the Admitting Consultant Emergency (ACE) System, which rapidly responds to patient emergencies within a private hospital setting.

The ACE system ensures patients whose health is deteriorating can be identified and cared for before a Code Blue (Medical Emergency) is required.

Trialled over six months and supported by an education program for nurses and medical specialists, the program continues to report significant decreases in the number of cardiac arrests.

The team consists of Intensivists Dr Laven Padayachee and Dr Peter Oziemski, Intensive Care Director Dr Benno Ihle, Director of Emergency Dr Ron Sultana and Quality Manager Jillian Clarke.

Epworth Freemasons Oncology Nurse Marisa Stevens was also one of three finalists in the Individual Excellence in a Clinical Role Category. Ms Stevens developed a nurse liaison role that improved the path for oncology patients.

The program focuses on patient education and coordination, with one staff member personally coordinating a patient's journey from admission through to discharge and follow-up care.



Christmas appeal reaches target

Thanks to the generous support of our donors the December appeal raised close to \$220,000, enough to purchase eight new Intensive Care Monitors for our Critical Care Unit.

“The new monitors will ensure our dedicated ICU team has the latest technology to support our life-saving work,” says Lenise Banner, ICU Nurse Unit Manager.

The state-of-the-art monitors will give ICU staff access to comprehensive patient information which will mean quicker informed decisions can be made at the acute point of care.

Thank you to everyone who donated. Your support saves lives.

Epworth Richmond Redevelopment Update

A hive of activity has occurred with the redevelopment of the Epworth Richmond site over the last few months. Significant progress has been made with the schematic design by architects Silver Thomas Hanley which is now being progressed across the whole site.



Boulderstone is close to creating a water-tight building for the first stage of the redevelopment – three new levels to the Bridge Road Tower and extending two levels below. The glass façade has been completed and preparations for the roof installation are now underway. Level 6 of the Bridge Road Tower is nearing completion.

Demolition of the undercover area on Bridge Road is complete and the hoardings and gantries located around the main entrance are now in place.

Once complete, the four-stage redevelopment of the Epworth Richmond site will deliver:

- **State-of-the-art facilities**
- **World-class patient treatment care**
- **More patients to be treated in more private rooms**
- **Improved patient outcomes through timely access, increased specialisation and enhanced amenities**
- **Purpose-built facilities to promote collaboration between teaching, research and clinical care**

The Redevelopment will enable Epworth to pursue a vision to become a fully fledged Teaching and Research Hospital along the lines of some of the truly great hospitals of the world such as the Cleveland and Mayo Clinics in the US. This pursuit of excellence will ultimately mean better care and clinical outcomes for all of us.

Thanks to supporters like yourselves, to date the Epworth Medical Foundation has received \$7.5 million in pledges towards the \$50 million target sought from donors through our Capital Appeal. Thousands of Victorians will benefit from these contributions.

If you haven't already, we invite you to discuss the Epworth Richmond Redevelopment with Epworth Medical Foundation staff, who can assist with a suite of opportunities to show your support for the Redevelopment to enable us build a healthier future.

For a confidential discussion, or to receive a brochure on our Capital Appeal, please contact the Epworth Medical Foundation on 03 9426 6132 or drop by to our office.



(Above left) Works to the Bridge Road Tower continue to progress. (Above) The external hoardings outside the Bridge Road main entrance are now visible

Jane's 'Kiss of Life'

This story is about a family's generous donation to the Epworth Emergency Department. As the niece and goddaughter of Jane Boerkamp (nee Capell) I am privileged to speak of this amazing donation.

Jane Boerkamp was only 60 years old when she was sadly taken from this world. It was exactly one year and one day of fighting the odds against her brain tumour that she passed away.

Jane was diagnosed at Epworth Emergency Department and this is where the horrible journey for her and her family began. From here she was admitted to the ward and had neurosurgery to remove the tumour. Jane had a remarkable recovery from this operation and proceeded to enjoy Christmas with her family, even being able to actively participate in the annual family cricket match.

Jane became a frequent visitor to Epworth HealthCare for her continuing treatments. She was remarkable in remembering all

the names of her doctors, nurses, porters, Patient Service Assistants and highly respected their roles in the hospital. I was very fortunate to be able to visit Jane when she was admitted to hospital as I worked in the Emergency Department. I would take any opportunity to sit and talk with her, meaning she would hear all about the 'ins and outs' of my day.

On one particular day I spoke to her about this new machine we had trialled and how much it would help our department. I spoke about fundraising ideas to try and raise the money needed to purchase this machine; I was very passionate about having it in our department. Jane was always interested in whatever anyone had to say and wanted to know more about this particular piece of equipment.

The Philips V60 provides a non-invasive source of ventilation. It prevents patients having to have artificial airways (tubes) inserted into their throats – which can only be done when they are anaesthetised.

It can be used for patients with acute pneumonia, fluid on the lungs, acute respiratory failure, asthma and many other conditions. The non-invasive treatment prevents infection and improves

patient recovery times so they can return home sooner.

Jane sadly passed away on 24 November 2010; her strength and courage was amazing, she was an inspiration to us all. Jane is dearly missed by her husband Bill, son Tony and daughters Belinda and Peta.

We are so fortunate to have been blessed with such a wonderful person in our lives. Prior to Jane passing away, she had asked Bill to ensure that I got the 'breathing machine' for the Emergency Department. The day after Jane died Bill made the stoic effort of contacting the Epworth Medical Foundation and donated the money required for the machine on behalf of Jane's wish.

As a department we were overwhelmed by this generous gesture. Bill calls the machine 'Jane's kiss of life'. This 'kiss of life' has already been used on a frequent basis with astonishing results. Thanks to Jane and the Boerkamp family we can continue to treat acutely unwell patients with the best technology available.

Caroline Capell
Clinical Nurse Educator
Emergency Department,
Epworth Richmond



Caroline Capell and Bill and Tony Boerkamp with Jane's 'kiss of life'



My Epworth – testimonial from Elaine Thomas

Over the 17 years that I was employed by the Epworth Medical Foundation, I witnessed the power of the 'donor dollar' to make a difference to the way that the hospital can function in its delivery of quality care to patients. I am aware that the purchase of much of the critical and life-saving pieces of medical equipment in use today at Epworth has been made possible because of the generosity of loyal supporters of the Epworth Medical Foundation who have donated the funds or have left a bequest to Epworth HealthCare.

Therefore, my inclusion of a bequest to Epworth in my will is my small way of contributing to this dynamic and most importantly, the vision of the future for Epworth HealthCare.

It is also a reflection of my gratitude to an organisation that has provided me with creative opportunities to develop as a person in my satisfying role of engaging closely with our key donors and benefactors.

I grew up hearing my father tell me that *'You only get out of life what you put in'*. This is my way of putting my father's wisdom into action and giving something back into an organisation that provided me with a fulfilling role in the organisation.

My bequest, along with many others, ensures both the momentum of the hospital's commitment to excellence in healthcare today and the future viability of the hospital in which I passionately believe.

My husband, Geoff, who has been an Epworth volunteer at many Foundation functions and annually upgrades the signage on the Honour Boards at three Epworth campuses, has also left a bequest to Epworth HealthCare in his will.

Epworth is so much a part of both our lives that even in retirement our links with the Epworth Medical Foundation and the hospital are stronger than ever and are unlikely to ever be broken.

Elaine Thomas

For more information on leaving a bequest to Epworth please contact our Donor Relations Manager Vanessa Dannock on 9426 6572.

Realise the benefits of Regular Giving

What is regular giving?

Regular giving is a cost effective and convenient way to support our work on a regular basis. Each month you can choose a regular amount to be automatically deducted from your credit card.

Benefits to the Hospital

By giving on a regular basis, you provide ongoing support to the needs of the Hospital.

Regular giving also reduces the costs incurred by the Foundation by eliminating the need to mail out reminders and additional appeals.

Benefits to you

- Convenience. Each month, the amount you nominate is deducted automatically from your credit card.
- You have control over your giving. You can increase your donation amount or make changes at any time.
- It will reduce the paperwork you receive from the Foundation. If you would like we can just send an annual receipt to you each July. All contributions are fully tax-deductible.
- You can take pleasure in knowing that because of your generosity if you or your loved ones were in hospital they would have the very best equipment available.

Simply fill out the form on the back of the newsletter and return it to the Foundation with the nominated amount you would like to regularly donate or download the regular giving form from our website www.epworth.org.au/donations

Mid-year appeal for intra-operative diagnostic equipment

The Epworth Medical Foundation hopes to raise more than \$430,000 to purchase two pieces of new ultrasound equipment from its mid-year appeal.

The new ultrasound machines allow more rapid diagnosis, less invasive treatment and quicker recovery.

The EndoBronchial Ultrasound (EBUS) valued at \$321,000

accurately diagnoses lung cancer, infections and diseases in the chest in real time during minimally invasive surgery.

The Laparoscopic Ultrasound

valued at \$110,500 accurately diagnoses tumours and other abnormalities in the abdominal cavity using keyhole surgery in the operating theatre.



John Higgins, a 58-year-old retiree from Hawthorn is one of our patients who needed the new equipment. John had a large tumour in his right lung which could be untreatable. He was assessed by cancer specialists at Epworth and a stream of detailed investigations quickly followed.

In John's case, Epworth was able to access one of these new machines. Within 24 hours of finding out it was a tumour John was scheduled in for surgery at Epworth.

Gaining access to one of these new ultrasound machines was a crucial part of John's diagnosis. It confirmed the

tumour was indeed lung cancer and confirmed the central lymph nodes were clear meaning the tumour was operable.

Rather than finding out how significant the tumour was during the operation, the new machine allowed the surgeon to predetermine what needed to be removed prior to surgery. In John's case this meant the medical team was fully prepared for removing his entire right lung.

"The machines will save time and thereby save lives, through early detection," says John Higgins, cancer patient.

Two weeks after the three hour operation John was able to return home. He now has one session of chemotherapy to complete.

Cardiothoracic surgeon Mr Phillip Antippa, says, "The new machines will make enormous inroads in the diagnosis and treatment of cancer. We are talking about the biggest advancement in decades."

To donate to this appeal, please contact the Epworth Medical Foundation on 03 9426 6132 or visit www.epworth.org.au/donate



Janet Latchford, Alan Kinkade, Robyn Beddison, Robyn Baillieu & Philip Williams

Ovarian Cancer – The Silent Disease

The fourth Women in Healthcare luncheon was held at Zinc, Federation Square on Thursday May 5. The topic for this year's lunch was Ovarian Cancer – the silent disease.

The lunch attracted 300 people including a number of event sponsors. Gynaecological Oncologist Dr Jane Mc Neilage spoke about how 1200 Australian women are diagnosed with ovarian cancer each year and because the disease has no obvious symptoms, identifying it early is problematic. Jane was joined by one of her patients Danielle Charak who shared her personal experience with the disease.

Marisa Stevens Oncology Nurse Liaison Coordinator concluded the presentation with an honest account of her work helping patients deal with the emotions and the myriad of appointments to be coordinated.

Event Organiser Jayne Coates said this year's lunch raised \$40,000 for women's health at Epworth.

\$10 million target for research corpus

To date, the Epworth Medical Foundation has secured \$1.5 million for the Epworth Research Institute which has commenced building a corpus for ongoing funding of research at Epworth. The target for the research corpus is currently set at \$10 million by 2016.

These funds will help the ERI to coordinate, support and promote research across all Epworth campuses and enable our clinicians and their patients to participate in world-class research, with access to new and innovative treatment options.

Our commitment to health care research supports our current transition to a major academic teaching hospital and expands our service to our community, adding to Epworth's renowned reputation for excellence in clinical care by actively advancing treatment options available now and in the future.

At the forefront of this research activity are our five Epworth Professors:

Professor John Olver

Victor Smorgon Chair of Rehabilitation at Monash University

Professor Richard Gerraty

Victor Smorgon Chair of Medicine at Monash University

Professor Richard de Steiger

Victor Smorgon Chair of Surgery and Professor of Surgery, by Epworth and the University of Melbourne

Professor Mari Botti

Nursing at Deakin University

Professor Jennie Ponsford

Psychology at Monash University

Through these outstanding professorial appointments, we have strong links with Monash, Melbourne and Deakin Universities. This enables us to participate in collaborative research with other groups as well as explore our own research areas. To find out more information about our research projects please visit www.epworth.org.au/researchproject

To donate to the Epworth Research Institute, please contact the Epworth Medical Foundation on 03 9426 6132 or visit www.epworth.org.au/donate

Donors of \$10,000 or more will be recognised on an Honour Board, prominently displayed on Level 2, Epworth Richmond.



Players prepare for the Epworth Golf Challenge

Epworth Charity Golf Challenge

Sponsored by Princes Laundry, this year's Corporate Golf Challenge was held at the Yarra Yarra Golf Club on May 23.

A record turnout of 30 teams braved the inclement weather and competed in the 18-hole Ambrose event which was followed by a celebratory dinner in the club house. Despite the weather, a fun

day was had by all which was later topped off with a good laugh with Wilbur Wilde and John Blackman (*Hey Hey its' Saturday*) hosting the dinner as Masters of Ceremonies.

Hole sponsors Health Super, Jellis Craig, Gallagher Bassett, MIA Victoria and Parmalat joined team sponsors Medibank, Westpac, Rundles, Grand, PCI, Deloittes, Medtronic, Healthcare Imaging Services and Melbourne

Pathology together with Epworth divisional teams to compete for the perpetual trophy. The UBS team had a good day out winning both the golf challenge and the raffle prize!

Chairman of the Golf Committee Warwick Brown thanked the sponsors for helping to raise more than \$50,000 for the Epworth HealthCare group.



(L – R) Alison Kinkade, Bronwyn Mace, Peter and Eileen Hannagan, Denise and Alan Kinkade and Kathryn and Peter Johnston in the Winners Circle at the Epworth HealthCare Doctors and Staff Appreciation Handicap

Friends of Epworth Race Day

The Friends of Epworth Race Day was held at the Moonee Valley Racing Club on Saturday April 2, Golden Slipper Day. Over 300 people including sponsors, staff and friends enjoyed a three-course lunch in the Champions Room hosted by President of the Committee Jenny Henderson and Group Chief Executive Alan Kinkade.

MC and Guest Tipster, Rob Gaylard led the proceedings which included a Punters Club, Fashions on the Field Competition and six sponsored races during the day.

The event raised \$27,000 thanks to Race Sponsors Epworth HealthCare, Boulderstone, Device Technologies, Schneider Electric and Slade Pharmacy and Table Sponsors Abbott Vascular, Excelior, Honeywell, Health Super, ISIS,

Lifehealthcare, Mayo Healthcare, Melbourne Pathology, Medicraft Hill-Rom, Nursing Australia, Riskman, Silver Thomas Hanley and Vital Healthcare.

Next year's event will again be held on Golden Slipper Day, Saturday 31 March 2012 at Moonee Valley Racing Club.



Executive members of the Friends of Epworth Committee (L – R) Gail Roche, Ronda Jenkins and Jenny Henderson in the Winners Circle for the Friends of Epworth Handicap

Mad Men, Martinis and Medical Research

The chic early 1960s culture of the Golden Globe-winning series *Mad Men* was the inspiration for the Epworth Medical Foundation's cocktail fundraiser on 1 April. The event was held upstairs at the Albert Park Hotel where more than 100 attendees sipped martinis and embraced the era in elegant 1960s fashion.



Talia Joseph and Maria Althen

Besides the martinis, music and delicious food, the guests enjoyed having Biba Hair Academy stylists there to give them that 1960s hairdo they couldn't pull off at home and a vintage photo booth to capture the fun had on the night.



Laura Chadowski and Nada de Murashkin

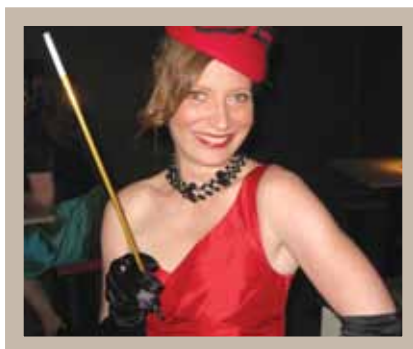


Marie Constantine and Hendrick Zimmet

An extremely tough decision was made about who deserved 'best dressed' amongst a huge range of incredible outfits. Best Dressed Male was awarded to Sam Beddison for his excellent portrayal of Don Draper with his fedora and

trench coat, and Best Dressed Female went to Clair Couttie for her stunning dress and matching head piece (pictured).

Thank you to our generous supporters; The Albert Park Hotel, StALi Specialty Coffee, South Pacific Health Clubs, Flemington Super Cycles, NiAlma tailored, Review Australia, DJ Bajada and Jess Phillips (Graphic Designer) who contributed to the success of the night.



Best dressed winner, Clair Couttie



Spotlight on Miss Jane O'Brien

Miss Jane O'Brien, Specialist Breast Surgeon, established the Epworth Breast Service in 2005.

Where did you receive your training?

I completed my medical training in 1985, graduating from the University of Melbourne. Following advanced surgical training at St Vincent's Hospital in 1994, I undertook a two year breast surgical fellowship in Melbourne and Edinburgh, Scotland and then worked as a consultant breast surgeon in the UK for eight years.

What is your speciality and what does it involve?

I am a specialist breast surgeon whose practice is exclusively confined to breast work, encompassing the assessment, diagnosis and treatment of all benign and malignant conditions of the breast, and surveillance and prophylactic surgery for high risk groups. My main area of special interest and expertise is in "oncoplastic" breast surgery, a relatively new subspecialty aimed at maximising the cosmetic result

following breast conservation surgery for breast cancer using advanced surgical techniques.

How long have you been at Epworth and why?

Following my return from the UK, I established the Epworth Breast Service in 2005, a private specialist facility providing rapid-access, integrated, patient-centred care, delivered by a multidisciplinary team including a full-time breast care nurse with onsite access to all diagnostic and treatment modalities including breast MRI, chemotherapy and radiotherapy.

What other appointments do you hold?

I have a public appointment as a visiting consultant breast surgeon at the Peter MacCallum Cancer Centre and attend the Risk Management Clinic at the Peter Mac Familial Cancer Centre for women at high genetic risk of developing breast cancer. I also have an appointment at Breatscreen Victoria. All my private operating is performed at Epworth Richmond.

What's the funniest thing that's happened to you at Epworth?

I introduced myself to a patient and her daughter in my usual way "Hello, I am Jane O'Brien,

I am the breast surgeon." They looked slightly nonplussed and replied "Yes, we had heard you were." I later found out that they had misheard me, and to my surprise and amusement genuinely thought that I had introduced myself as Jane O'Brien, the BEST surgeon!

What do you do in your leisure time?

I am thinking of taking up yoga.

What research are you currently working on?

There are significant variations in the surgical treatment of early breast cancer, with breast conserving, mastectomy and reconstructions rates differing widely. Breast specialists who treat early breast cancer are well equipped to make informed decisions regarding the surgical treatment of breast cancer, yet little is known about what they would themselves potentially choose.

I am currently analysing the results of a recent survey I conducted of 150 Victorian breast cancer specialists from five different craft groups, in an attempt to learn what surgical treatment options they would themselves hypothetically choose if diagnosed with early breast cancer.

What message would you like to send our donors?

I would like to strongly reinforce to the donors that the Epworth senior clinicians are both acutely aware and extremely grateful for the vital ongoing role that benefactors play in providing funds, especially during this exciting redevelopment phase.

A strong management team with an ambitious vision, and state-of-the-art facilities are both crucial factors in attracting and retaining the high calibre of medical staff that Epworth enjoys, allowing Epworth the continued opportunity to maximise its potential as a leader in innovative, quality private health care.



A/Prof Andrew Cochrane with PNG patient Elvin Kumuli and her mother Linty

A wonderful gift for Elvin

Epworth HealthCare, together with the Children First Foundation has turned Papua New Guinean Elvin Kumuli's life around by providing her open heart surgery free of charge.

Elvin's surgery was the first of four pro bono operations to be undertaken this year by Epworth, with future patients coming from Albania and the Philippines.

Assoc Professor Andrew Cochrane donated his time and skills towards the surgery which is not available in Elvin's native country.

Assoc Professor Andrew Cochrane said Elvin had been diagnosed with Fallot's Tetralogy, leaving her short of breath after moving even small distances. Her condition caused her great discomfort because not enough blood could reach her lungs to provide the oxygen for exertion.

"This surgery will make an enormous difference to Elvin's day to day life as well to her family because her life expectancy is now extended.

Elvin and her mother Linty were brought to Australia from Goroka by Moira Kelly for approximately four weeks. Linty, who camped on a mattress in Elvin's room at Epworth Richmond, said she is extremely grateful to Epworth, Prof Cochrane and to Children First for helping change Elvin's future.

Less than a week after the surgery, Elvin could eat comfortably, circle the ward and look forward to her visit to the Eureka Tower – a building so tall she cannot imagine going to the top floor!

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 name: _____

Thank you for your support

Donations over \$2 are tax deductible

Please return to:

Epworth Medical Foundation

89 Bridge Road,
Richmond VIC 3002



Winter Recipe: Moroccan Chicken with Lemon and Olives

Ingredients

2 teaspoons paprika	3 cloves garlic
1 teaspoon ground cumin	1 onion, chopped
1 teaspoon ground ginger	1 preserved lemon
1 teaspoon turmeric	1 cup of green olives, pitted
½ teaspoon cinnamon	½ cup of water
¼ teaspoon freshly ground pepper	½ cup of dates, roughly chopped
2 tablespoons olive oil	¼ cup chopped fresh coriander
1 kg chicken drumsticks	¼ cup of fresh leaf parsley
Salt	

Method

1. Combine all the spices in a large bowl. Pat dry the chicken pieces and put in the bowl, coat well with the spice mixture. Let the chicken stand for one hour in the spices.
2. In a large, heavy bottomed skillet, heat the olive oil on medium high heat. Add the chicken pieces, sprinkle lightly with salt (go easy on the salt, the olives and lemons are salty), and brown, skin side down for five minutes. Lower the heat to medium-low, add the garlic and onions. Cover and let cook for 15 minutes.
3. Turn chicken pieces over. Add the lemon slices, olives, raisins, and ½ cup of water. Bring to a simmer on medium heat, then turn heat to low, cover, and cook for an additional 30 minutes, until the chicken is cooked through and quiet tender.
4. Mix in fresh parsley and coriander right before serving. Adjust seasoning to taste.

Serves 4 to 6. Serve with couscous or rice.

