Epworth Gala Ball raises $5.6m for research

Victorian Premier Napthine and Minister for Health, the Hon David Davis tour Epworth Geelong

Federal Minister for Health, the Hon Peter Dutton officially opens Epworth Camberwell

Celebrating Research Week at Epworth
Welcome to Epwords.

The Epworth Goes to Rio gala ball has been our most successful ever, with a record $5.6 million raised on Saturday 2 August to fund research at Epworth.

We received an astonishing $2.3 million specifically from pledges, with $1 million of this donated by Audrey Voss and $1.2 million donated by Greg Curzon-Siggers. I would like to thank them both for their incredible generosity and dedication to the future health and wellbeing of many. These funds would never be raised without our donors experiencing exceptional care at Epworth, so to all our staff and doctors who provide our excellent care, my sincere appreciation. I would also like to thank the Special Events Committee and chair Robyn Beddison OAM who were ably supported by the staff of the Epworth Medical Foundation (EMF).

In July, it was my pleasure to accompany Premier Denis Napthine and Minister for Health David Davis on a tour of the Geelong development site and to discuss the significant opportunities this project represents. The event marked the commencement of construction at the Waurn Ponds site and the further development of a significant partnership between Epworth HealthCare and Deakin University.

In August, I was delighted to officially open the $43 million redevelopment of Epworth Camberwell, with Federal Health Minister, the Hon Peter Dutton MP, who also launched Epworth Clinic. The facility utilises a multidisciplinary approach to rehabilitation and mental health, dedicated to providing the best possible outcomes for our patients and it has been wonderful to see this vision realised.

The annual Research Week event held in May showcased the breadth and depth of the research Epworth undertakes together with our research partners. The Epworth Research Institute did an excellent job of organising a very full program including the research dinner at the MCG. I would like to extend my gratitude to the team for another successful event. This year we recognised clinicians who have contributed significantly to Epworth’s success by naming research grants in their honour.

It was with great sadness that we noted the passing of much-loved staff and doctors during the past few months. In July, we farewelled Epworth Eastern surgeon Geoffrey Sinclair, Epworth Eastern consultant, Associate Professor Ramesh Nagappan and Director of ICU at Epworth Richmond, Dr Benno Ihle. Geoffrey, Ramesh and Benno made a lasting impact on patient care at Epworth and they will be sadly missed.

We welcomed many new members of staff to the Epworth team, while others progressed within the organisation. Congratulations to Sharon Howell, appointed Director of Clinical Services at Epworth Richmond, Sheila Daly appointed Director, Clinical & Site Services at Epworth Brighton and Malcolm Wells appointed Executive Director, Operational Projects.

I am also pleased to welcome to Epworth Mr David Nowell as Executive Director, Epworth Freemasons, Nicole Argall, as Director of Clinical Services at Epworth Eastern and Sharon Donovan as Executive Director, Clinical Services. Congratulations to all, we are confident you will enjoy all that Epworth has to offer.

Alan R Kinkade
Group Chief Executive
Epworth Eastern surgical count review improves patient care

A quality improvement project carried out by Epworth Eastern has recently enjoyed success in being presented at both a state conference (VPNG) and a national conference (ACORN) and was also published in the ACORN journal earlier this year.

In March 2012, the quality project was initiated by then perioperative services manager, Leanne Rowlands (now Director, Clinical Services Epworth Freemasons) in the operating theatres at Epworth Eastern, accounting for all surgical equipment.

The aim of the project was to evaluate existing count processes for surgical equipment, to identify areas of high risk and implement practice changes in consultation with the perioperative team. A clinical improvement group consisting of the perioperative services manager, managers and educators, reviewed the count practices and agreed on strategies to improve processes and standardise the practises within the department.

The standardised practices introduced included creating guidelines in regards to accountable items, introducing a double checking process for counting atraumatics at all stages of the count, specific handover guidelines and a formal process for ‘bagging off’ packs, where accountable items are counted twice, placed in a clear plastic bag then removed from the sterile field and kept in theatre until the case is completed. From June until October 2012 all circulating and instrument nurses underwent an observational audit of the new count processes.

Epworth Eastern perioperative educators, Fiona Adcock and Jane Thomas said, “The project has resulted in standardised count practices in the Epworth Eastern operating theatre, which has reduced potential risks for perioperative patients. This project has been vital in identifying an area of risk and ensuring the safety of the patient in regards to the surgical count.”

Construction moves apace at Epworth Geelong

Epworth Geelong received its first visit from Victoria’s Premier, the Hon Denis Napthine and Minister for Health, the Hon David Davis on 8 July, as they toured the construction site at Waurn Ponds with the project team.

The visit marked the official launch of the $280m Stage 1 works of Epworth Geelong, planned by Epworth HealthCare in partnership with Deakin University.

Epworth HealthCare Group Chief Executive, Alan Kinkade, was delighted to welcome the group and noted that the construction stage will provide significant employment opportunities for local workers and is a strong endorsement for Geelong and its future.

“Altogether more than 250 jobs have already been created and 29 apprenticeships started. Overall we expect to provide 900 FTE direct construction jobs with additional indirect jobs in related industries. Epworth has received more than 400 expressions of interest for clinical and non-clinical employment at the hospital when we open in 2016. Workforce recruitment will begin in the second half of 2015. There will be ongoing employment for in excess of 580 FTE staff following commissioning of the hospital, including medical, nursing, diagnostic, allied health, administrative and support staff,” Alan said.

The State Government has provided $2.85m of the $6.6m towards the establishment infrastructure for the site through the Regional Growth Fund.

“We are very grateful for the financial support provided by the Victorian Government and by the Commonwealth Government’s Department of Health and Ageing through a $12m grant towards the development of a complex care unit and $5m from the Innovative Clinical Teaching and Training Grant program towards the education precinct,” Alan added.

Pictured above: Alan Kinkade with Premier Denis Napthine
Thank you to all those who supported the Epworth Eastern Winter Appeal, with a fantastic response from staff across the site.

Donated items, including jumpers, blankets, coats and non-perishable food items will help support UnitingCare Harrison Services and the Boroondara Community Outreach Program. Uniting Care assists youth and families in crisis, while Boroondara helps adults, most of whom have a dual diagnosis of mental health issues and a disability. Both services are increasingly providing support to the homeless.

Jane Davoren, Community Engagement Officer, Uniting Care, said, “Epworth Eastern’s donation has made a big difference to many of our clients who are doing it tough. All donations have already found new homes and with the recent freezing nights, the warm coats and blankets have been particularly welcome.”

This is one of many ongoing fundraisers and community support initiatives that Epworth Eastern staff undertake each year. As well as supporting well-known fundraisers and Epworth Eastern’s own Christmas Appeal, staff volunteer in the local community.

In the past year, food services staff welcomed students from the Alkira Centre, which aims to increase the independence of people with intellectual disabilities and staff have also volunteered as chefs at the monthly Salvation Army community dinner.

Epworth Medical Imaging launches Camberwell service

The second branch of Epworth Medical Imaging opened at Epworth Camberwell on 12 May. The practice offers inpatient and outpatient services, including plain x-rays, low dose 80 slice CT scanning and ultrasound.

Patients visiting Epworth Medical Imaging Camberwell can walk-in without an appointment for some examinations and can access free on-site two hour parking.

The opening of the Epworth Camberwell service follows on from the launch of Epworth Medical Imaging at Epworth Freemasons in December last year, in partnership with Sonic Healthcare.

Alan Kinkade, Epworth Group Chief Executive, reported this was the first radiology partnership in Victoria for Sonic.

“Both Epworth and Sonic are leading healthcare providers who share a vision for excellence in patient care. Sonic has over 25 years industry experience, as well as a demonstrated track record of delivering imaging services to hospitals across Australia.”

The new service launched with a bang, with more than 1000 examinations completed in the first month. Epworth Medical Imaging has continued to invest in state-of-the-art equipment and technology since the service opened, with the addition of a new 128 slice Siemens Somatom Definition CT scanner, installed at Epworth Freemasons.

Epworth Medical Imaging is now home to one of the newest adaptive scanners available

The new CT will continue to ensure that Epworth Medical Imaging provides outstanding image quality for both the radiologists and referrers with ultra low radiation for patients. The scanner can perform a wide range of examinations including interventional, musculoskeletal and neuro, as well as cardiac and general CT angiography.

Sandy Chamberlin, Director of Operations - Radiology, is excited about the benefits the new CT scanner will offer Epworth patients.

“Epworth Medical Imaging is now home to one of the newest adaptive scanners available, which means that it can adapt quickly to the specific needs of each patient. With the latest in low dose technology, our new CT scanner produces the clearest images possible, allowing for diagnosis with greater accuracy.

“For our patients, this means that in many cases, early detection and prevention will play an even more significant role in their treatment and future care.”

Radiology services at Epworth Richmond will transfer to Epworth Medical Imaging in late September 2015.

Epworth Eastern Winter Appeal donates to those in need

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Minister Dutton opens Epworth Camberwell

The $43 million redevelopment of Epworth Camberwell was officially opened on 20 August by Federal Health Minister, the Hon Peter Dutton MP, who also launched Epworth Clinic—an innovative inpatient service and day program recently established for mental health patients.

The redevelopment of Epworth Camberwell, which included new mental health and education facilities in its design, has resulted in a total number of 153 beds for rehabilitation, sleep studies and mental health.

Welcoming Minister Dutton on his first visit to the new facility, Alan Kinkade (Epworth Group Chief Executive) explained that the redevelopment included 72 new beds, comprising 63 beds for psychiatry services and nine additional rehabilitation beds, including six for sleep studies and a state of the art education precinct.

"Today I am delighted to see our important vision realised to develop a world class mental health service which is dedicated to delivering quality care for each patient and achieving the best possible outcomes," Alan said.

"Epworth Clinic focuses on programs across the spectrum of mental health conditions. The Clinic offers inpatient and day patient care for people experiencing Acute Stress Disorders, Depression, Bipolar Affective Disorder, Anxiety Disorders, Schizophrenia, Borderline Personality Disorder and a range of other mental health conditions.

"Our teams consist of consultant psychiatrists working with highly-experienced mental health nurses and allied health staff to create a program tailored to individual patients in hospital and after discharge. Furthermore, it is unique in that it is integrated with one of the best rehabilitation services in the country to make available exercise, dietary and healthy living activities," Alan said.

Epworth Camberwell provides dedicated rehabilitation services, which includes clinical management of inpatients and outpatients requiring rehabilitation following Acquired Brain Injury (ABI), hip and knee joint replacement, multi-trauma, orthopaedic surgery, neurological events such as stroke, cardiac events and pain management issues.

All clinical and allied health teams have enthusiastically welcomed the purpose-built, multidisciplinary education and research centre, co-located with new consulting and therapy rooms.

Professor John Olver (Medical Director, Rehabilitation) said, “The co-location of mental health services and rehabilitation will allow us to explore synergies between these holistic disciplines, as well as continuing the development of each of the programs in its own right.”

“We were delighted to receive $1.2m from the Department of Health and Ageing as a Federal Government Innovative Clinical Teaching and Training Grant to support our teaching hospital model. It provided for a lecture theatre; tutorial and debrief rooms; and consulting and therapy rooms with attached observation rooms for medical, nursing and allied health students,” Alan said.

L-R: Vincent Borg, Executive Director, Rehabilitation and Mental Health, Prof John Olver, Medical Director, Rehabilitation, Janet Latchford, President of the Board, the Hon Peter Dutton MP, Federal Health Minister and Alan Kinkade, Group Chief Executive.
Patient memorial services
Memorial services for patients who have passed away in the past six months are giving families an opportunity to connect with the staff that cared for their loved ones during their final days.

The services, organised by Epworth’s Pastoral Care teams at each site, are inclusive of all faith traditions. Participants are encouraged to share photos, special readings and music, and light candles.

Harriet Ziegler, Epworth Eastern Pastoral Care Coordinator, said, “This service seems to meet a need for many people, especially to return to the hospital to see staff who were important in their loved one’s last hours or days. People have told us they have been surprised at how comforting it is to be with others who are also grieving.”

Epworth Richmond holds a service twice yearly. The most recent, in May, was attended by around 100 people.

A service of remembrance and thanksgiving was held on 3 June at Epworth Eastern, and Epworth Freemasons will hold ‘a time to remember’ memorial on 28 August.

Gillian Carmichael, Epworth Freemasons Pastoral Care Coordinator, said, “Each year we invite feedback from those who attend. Aspects of the service liked most are the display of photos, roll call, the lighting of candles and sprigs of rosemary.”

A family member who attended a previous Epworth Freemasons service after losing her father said, “I loved hearing dad’s name called out, it was like he was still here with us.”

Remote access for oncologists streamlines patient management
Epworth HealthCare is now facilitating remote access for visiting medical officers to a centralised oncology management suite, to allow oncologists to securely access patient information from any location or device.

The Epworth radiation oncology team collaborated with Epworth’s information technology team to identify the right software solution, while maintaining a secure, paperless working environment and efficient service delivery.

A solution was found with the delivery of medical oncology information systems, ARIA TM and EclipseTM via Citrix servers which securely deliver apps, data and services to devices on any network or cloud.

Individual management of patient information and treatment planning are key requirements of radiation oncology service delivery. Radiation oncology systems must also support the needs of doctors, with most now relying on mobile and tablet devices to access patient information.

Paul Fenton, Epworth Radiation Oncology Director of Operations, said the direct benefit for patients is that their individual information is always at the doctors’ fingertips.

“The use of remote technology enables our doctors rapid and secure access to our clinical information systems. They can access the systems wherever they are,” Paul said.

Epworth Radiation Oncology, based at Epworth Richmond and Epworth Freemasons, provides radiation therapy to patients undergoing cancer treatment.

Radiation therapy involves the use of radiation (x-rays) to treat cancer cells, while limiting the impact on surrounding healthy tissue. The treatment is tailored to individual patients depending on a number of influencing factors including the site, stage and type of cancer, as well as the patient’s age and general health.
Epworth’s first bone anchored hearing aid implant

In June, Otolaryngologist Mr Guillermo Hurtado based at the Epworth Specialist Centre in Berwick, performed Epworth’s first bone anchored hearing aid implant surgery.

A female patient with significant bilateral conductive hearing loss received a PONTO implant at Epworth Richmond and will soon benefit from much required hearing amplification.

About 10 per cent of the world’s population is affected by hearing loss. The use of hearing aids represents a major treatment alternative for this condition.

Unfortunately, many patients cannot benefit from conventional air conduction hearing aids because of the nature of their ear pathology. In these cases, bone conduction hearing aid implant surgery becomes an excellent rehabilitation alternative. Since its development in 1977, this safe, proven surgery has helped over 100,000 patients worldwide.

The surgical technique involves insertion of a titanium implant in the temporal bone region. Once osseo-integrated, the implant will allow direct sound transmission from an external hearing aid to the inner ear via skull bone vibration.

Pre pregnancy planning classes at Epworth Freemasons

The next pre-pregnancy planning class at Epworth Freemasons is scheduled for September, with interest in the quarterly sessions continuing to be strong since the program launched in July 2013. Each session attracts around 100 attendees on average, with spots often filling quickly and classes are free for both parents-to-be.

Epworth Freemasons staff created the classes to help prepare prospective parents both physically and financially before they become pregnant.

The topics covered include health and fitness, diet, genetic counselling, fertility and finance and the choice between public or private hospital care. The expert speakers are able to explain and answer many of the questions prospective couples could have or at least give them options to consider as they embark on the parenthood pathway.

Information regarding each of the subjects covered is available in a pack to take at the end of the session.

For more information contact Carmel Carrafa, Maternity Liaison Officer, ph: 9418 8300
Epworth Eastern hosts Australasian-first Maze IV training course

Australasia’s first Maze IV one day training course was held at Epworth Eastern on 20 June, with two trainers, one of whom was Epworth cardiac surgeon, Mr Michael Yii.

Dr Stefano Benussi, who has a long association with the Maze IV course in Europe, travelled from Milan, Italy to partner with Michael as a course trainer.

The course, which details the effective treatment of atrial fibrillation (AF) in cardiac patients using the Maze IV surgical technique, covered topics such as the pathophysiology of AF, patient selection, operative techniques and perioperative considerations among others.

Michael said the interactive course, organised by medical device distributors, Stenning & Co and parent company AtriCure Inc., is a first for the Oceania region and is an increasingly important training tool for surgeons.

“The prevalence of atrial fibrillation (AF) is increasing as a result of a growing and ageing population. In Australia, about 15 per cent of patients undergoing open heart surgery have a history of AF, but only 25 per cent of these patients undergo an ablative procedure for their AF.

“Ablation is the use of flexible tubes (catheters) inserted through a vein in the groin to correct structural problems in the heart.

“Recent advances in technology as well as a better understanding of AF have resulted in an increasing uptake of AF ablation procedures by cardiac surgeons. It is intended that attendees will leave with a clear understanding of AF surgical principles as well as the current recommendations and guidelines, and develop expertise in the Maze IV operation for the benefit of their patients,” Michael said.

Cryoablation - a first for Epworth Cath Lab

Epworth cardiologist, Dr Andrei Catanchin, performed the first case of pulmonary vein isolation by cryoablation in the catheter lab at Epworth Richmond in May.

Epworth is currently the only private hospital in Victoria to treat atrial fibrillation (AF) by both cryoablation and radiofrequency methods.

These two methods differ in that radiofrequency ablation devices rely on heat-based energy sources and cryoablation ablation devices rely on cold-based energy sources.

Atrial fibrillation is an irregular and often very fast heart rate. AF occurs when the upper chambers of the heart fibrillate, resulting in rapid and irregular heart beat. Blood is not pumped efficiently to the rest of the body, which may cause heart palpitations, fatigue, and shortness of breath.

Catheter ablation is a minimally invasive procedure in which a doctor threads a flexible thin tube through the blood vessels to the heart to terminate abnormal electrical pathways in the heart tissue.

The causes of AF are often unclear, in some cases AF is caused by a heart abnormality from birth or damage to the heart structure from a heart attack or heart valve problem. People with otherwise normal hearts may also develop AF.

Treating AF is important because it can lead to significant complications, including increased risk of stroke, increased risk of heart failure and increased risk of mortality. AF can be highly symptomatic, with people experiencing palpitations, dizziness, fatigue, chest pain and breathlessness and can erode physical independence.

Medtronic supplies the devices for cryoablation ablation and St Jude provides the devices for radiofrequency ablation.

Dr Catanchin hosted a Grand Round in June, entitled ‘Atrial fibrillation in 2014’.
Epworth in global prostate cancer trial

Epworth patients whose prostate cancer has spread may be able to participate in two new trials being led by the Australian and New Zealand Urogenital and Prostate Cancer Trials Group (ANZUP).

One trial involves men with prostate cancer that has spread, with half receiving a powerful new hormone treatment which is stronger than the standard treatment.

For patients with cancer that has been confined to the prostate, a second trial involves the combination of radiation therapy and the use of both standard and new hormone treatments.

Epworth Radiation Oncologist and Head of Clinical Research, Dr Andrew See spoke to Seven News regarding Epworth patients’ participation in the trial.

“It is absolutely good news that we have drugs coming through the pipeline and this is a very good example of something we believe may be standard of care in the future.”

Prostate cancer represents around 30 per cent of all cancers diagnosed in Australian men and is the third most common cause of cancer death. It is more common in older men, with 85 per cent of cases diagnosed in men over 65 years of age.

Australia is leading the trials, which will recruit 1900 men in five countries including New Zealand, Europe, UK North America and Canada.

Meet...

Damian Armour

CEO of Epworth Geelong and Executive Director Diagnostics and Radiation Oncology.

Damian Armour was appointed to the dual role of CEO Epworth Geelong and Executive Director, Diagnostics & Radiation Oncology, in early April.

Prior to this role, Damian spent seven years as Executive Director of Epworth Freemasons.

What are you enjoying most about your new roles?

The Epworth Geelong role is exciting on a number of fronts. The task of establishing a new private hospital from ground up is a rare opportunity in the healthcare industry and a challenge that I am very much embracing. The fact that I get to undertake this role and make a positive impact in my home town of Geelong makes it even more exciting.

My group wide role in overseeing diagnostics (pathology and imaging) and radiation oncology is equally exciting for different reasons. These are areas of healthcare that I haven’t directly managed before and the opportunity to learn from some very good people who work in Epworth Radiation Oncology, Epworth Pathology and Epworth Medical Imaging is something I am very much looking forward to.

What professional or personal goals would you like to achieve?

My short-term goal with the establishment of Epworth Geelong is to commission a successful private hospital that integrates with the existing health services within Geelong and has a positive impact on the Geelong community. A longer term personal goal is having the opportunity at some point to lead a large healthcare organisation.

What are some of your interests outside of work?

I have been a keen participant in the sport of basketball for many years and at the moment I am enjoying being a coach of a local team as well as a supporter of my daughter who represents Geelong in the under-16 girls’ team.

I also love my golf and enjoy playing at my home course in Torquay most Saturdays.

I have recently become a Board member of the Wesley Mission here in Melbourne and making a contribution to health and human services in a slightly different way is something I find really rewarding.
Meet... the Epworth-Deakin Centre for Clinical Nursing Research

What is the Epworth-Deakin Centre for Clinical Nursing Research?
The Centre is a joint initiative between Deakin University’s School of Nursing and Midwifery and Epworth to generate, synthesise and translate research in order to improve the quality and safety of healthcare.

When was this relationship established and why?
The Centre was established in 2004 to conduct collaborative clinical research and provide staff and students the opportunity to engage in clinically focussed, multidisciplinary research and training across acute, rehabilitation and community healthcare settings.

The Centre’s four key objectives are to:
1. Pursue a program of research that supports the core clinical activities of Epworth and is situated within the Quality and Patient Safety (QPS) research cluster of Deakin University’s Faculty of Health. Our three overarching research priorities are:
   a) Patient engagement and participation in healthcare
   b) Patient experiences of care and recovery
   c) Clinical support for delivery of high quality, safe care.
2. Support Quality and Patient Safety activities at Epworth HealthCare through research translation.
3. Provide leadership and mentorship for the professional development of clinical and academic staff through research training and education.
4. Establish a public profile of the Centre that promotes its activities and research outcomes and highlights the expertise of its researchers as leaders in their field.

Centre achievements?
Since 2004 we have attracted $3.4 million in competitive research grants used to support our research staff and projects including health service evaluations and longitudinal studies of patient outcomes and experience.
We have also built capacity through student and staff projects. Nineteen students have successfully completed BN(Honours), Master or PhD studies and 25 are currently enrolled.
Our staff and students have had abstracts accepted to International Conferences and publish their work in high quality applied discipline journals.

Centre staff?
The Centre is led by Professor Mari Botti (Chair in Nursing). We have seven staff members:
A/Professor Bernice Redley, two doctorally prepared Research Fellows, four Research Assistants and an Executive Assistant.

What services do you provide?
The Centre provides academic and professional leadership to staff and students and recognises the importance of combining expertise from both industry and academia to inform the quality and safety of healthcare delivery.
The Centre fosters a rich diversity of activities in health services research with the aim of enhancing the research culture at Epworth with benefits for staff, academics, staff, students and patients.

Contacting us...
The Centre is located in the Victor Smorgon Epworth Institute of Education. Ph: 94266565, email: mari.botti@deakin.edu.au
Epworth Richmond & Rehabilitation Open Day

The Epworth Richmond and Rehabilitation Open Day was held on 29 June, with over 145 students attending on a very cold and wet afternoon.

The purpose of the day was to showcase our wonderful facilities to perspective graduate nurses considering our Graduate Nursing Programs in 2015.

The day began with a welcoming information session led by Libby Van Leeuwen and Annette Mann from the Epworth Richmond Education Team. Following this, many students took guided tours though 2LP and our new Day of Surgery Area (DOSA). Tours were led by current graduates who kindly volunteered their time.

Many departments held displays in the Simulation Centre, where staff from these specialities were available to answer questions and promote their services.

A big thank you to the teams who proudly represented Epworth Richmond and Rehabilitation.

Epworth Freemasons supports Field of Women

Epworth Freemasons hosted a corporate box at the Melbourne Cricket Ground on the night of the Breast Cancer Network Australia’s (BCNA) Field of Women event, held on Mother’s Day weekend, Saturday 10 May.

The Epworth box was attended by staff and doctors associated with the Epworth Freemasons Breast Clinic, which has provided breast primary screening, diagnostic and tertiary care for women for 20 years.

The day began with a welcoming information session led by Libby Van Leeuwen and Annette Mann from the Epworth Richmond Education Team. Following this, many students took guided tours though 2LP and our new Day of Surgery Area (DOSA). Tours were led by current graduates who kindly volunteered their time.

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A big thank you to the teams who proudly represented Epworth Richmond and Rehabilitation.

On the field, participants in pink and blue ponchos formed the shape of the Pink Lady to show their support for all Australians affected by breast cancer. All funds raised help BCNA to continue to provide free information and support to the growing number of Australians diagnosed with breast cancer each year.

Breast cancer is the most common cancer in Australian women, excluding non-melanoma skin cancer, accounting for 28 per cent of all new cancers in women. The risk of developing breast cancer increases with age; approximately 52.5 per cent of new breast cancer cases diagnosed were in women aged 50-69 years.

The incidence of breast cancer in Australia is increasing and in 2020 it is estimated that there will be 17,210 new cases diagnosed.
Health journal pays tribute to Professor John Catford

Health Promotion International recently paid tribute to its outgoing Editor-in-Chief and Epworth HealthCare’s Executive Director, Academic & Medical, Professor John Catford, who helped establish the journal in 1986. The official journal of the International Union for Health Promotion and Education is published in association with the World Health Organisation.

The editorial, ‘Enable, mediate and advocate: a tribute to the refined health promotion leadership of John Catford’ by new Editor-in-Chief, Evelyne de Leeuw, described Professor Catford’s style as “Witty, understated yet powerful, not wasting words yet touching hearts and minds of researchers, practitioners and policymakers alike, and most of all, with great foresight coming from deep insight.”

Evelyne de Leeuw said Professor Catford had passionately led the journal since its beginnings in London. “But John was much more than a health promotion (research) trailblazer. He is one of those rare specimens of the human race that transcends narrow disciplinary bounds and enlightens and touches the lives of those around him in doing so.”

Evelyne added Professor Catford’s last editorial as Editor-in-Chief, “Must be seen as an agenda for change in health promoting health services, not just locally but globally... Wait and see – his impact will remain significant, slowly, unobtrusively, but relentlessly. The inspiration and leadership that he has offered to this journal and beyond will continue.”

Rehabilitation staff tour US amputee programs

Epworth physiotherapist Alison Gargan and exercise physiologist Adrian Sexton travelled to the US in June, on a 10 day tour of two key amputee rehabilitation facilities.

An Epworth scholarship enabled the two to visit The Centre for the Intrepid in San Antonio, Texas, specifically for military amputees injured in combat and the Richmond Veteran Affairs Medical Centre based in Richmond, Virginia, which facilitates rehabilitation for medical as well as trauma-based amputees.

Alison said each facility offered its own opportunities for learning, in particular the trauma-focused facility in Texas offered a unique learning experience. “Ours is quite a specialised service in that it only deals with trauma amputees, whereas the vast majority of the Australian amputee population are vascular amputees (due to medical causes such as diabetes).

“This was a really good opportunity to have a look at another trauma facility that leads the world in terms of the research they’re putting out and the technology they’re utilising.”

Adrian said, “I’ve already been able to implement a few different strengthening and running or agility exercises since we returned a few weeks ago.

“We really do want to improve the running retraining and high level strengthening we do with our patients. So to put those new techniques straight into practice is great.

“We are so grateful for the opportunity the scholarship provided. The idea of these scholarships is to help improve the Epworth service and I think that’s absolutely what it has done.”

Pictured: Professor John Catford
Improving facilities for our patients and staff

Epworth Freemasons Clarendon Street is embarking on a major redevelopment to improve facilities for those who count... our patients, doctors and staff.

The redevelopment is now underway and completion is expected in 2016. As well as a much-needed upgrade to the ageing infrastructure of the Clarendon Street building, the theatre suite will undergo an expansion, a new theatre staff lounge area will be built and the Day of Surgery Admission, Day Recovery and Central Sterile Supply Department areas will be refurbished.

In other exciting news, the Epworth Board of Management recently approved the development of the Epworth Freemasons Centre at 126 Grey Street. The centre will integrate with the Clarendon Street redevelopment including new consulting suites with views over the Fitzroy Gardens. The centre will also include a cancer facility, to build on Epworth’s existing reputation for providing high-quality services in a peaceful diagnostic, treatment and support precinct.

Construction on the centre is expected to commence in early 2015.

Pancakes a success

This year’s Pancake Tuesday event held in March at Epworth Eastern and Epworth Richmond, raised more than $1400 for UnitingCare Australia, providing care to individuals and families in crisis.

Epworth’s Pastoral Care team run the event each year, supported by the executive team, food services staff and volunteers.

Harriet Ziegler, Epworth Eastern Pastoral Services, congratulated the Epworth Eastern team on achieving their best result to date, consuming a record number of pancakes and benefitting UnitingCare services.

"Thank you to all the Executive members, staff and volunteers who served, helped set up and publicise the event, and thanks also to everyone who made donations and ate $648 worth of pancakes," Harriet said.

Tom Rose, Epworth Richmond Pastoral Care, said, “We collectively consumed 355 pancakes and our contribution will make a difference to those in greatest need. We came very close to last year’s total and that speaks volumes for the support of our Executive and staff.

“I am really proud of our Pastoral Care team, volunteers, functions staff and food services staff, all of whom contributed their time, effort and eating.”
graduating in 1991. I trained at a number of hospitals before working as a registrar in anatomical pathology at the North Western Healthcare Network (Royal Melbourne Hospital, Western Hospital Footscray, Mercy Hospital for Women and Box Hill Hospital).

I became a Fellow of the Royal College of Pathologists of Australasia in 2000 and was subsequently appointed senior anatomical pathologist and then Acting Deputy Director of Anatomical Pathology at Eastern Health Pathology, before joining Melbourne Pathology in 2006.

Special interests include...

- Cytopathology at Melbourne Pathology
- Breast pathology
- Urological pathology
- Gastrointestinal pathology

In my spare time...

When I have time out from the microscope, I enjoy travelling, hiking and bushwalking and I’m a keen runner. I’m also a big fan of 80s music.

Melbourne Pathology is affiliated with Epworth Pathology, delivering high quality pathology services to doctors and patients at Epworth locations around Melbourne.

Epworth Pathology collection centres are located at Epworth Camberwell, Epworth Eastern, Epworth Freemasons, Epworth Richmond and Epworth Specialist Centre City.

Accreditation - showcasing our successes

Accreditation, a requirement for all health care organisations, provides us with an opportunity to showcase our achievements in the quality and patient safety sphere.

In 2013 the Australian Commission on Safety and Quality in Health Care (ACSQHC) launched the National Safety and Quality Health Service Standards (NSQHS Standards) to drive the implementation of safety and quality systems and improve the quality of health care in Australia.

The 10 NSQHS Standards provide a nationally consistent statement about the level of care patients can expect from health service organisations.

Epworth partners with the Australian Council on Healthcare Standards (ACHS) and the ACHS Accreditation Program has been updated from EQuIP5 to EQuIPNational to complement the NSQHS Standards. The Accreditation Survey is scheduled for 20-24 October 2014. Epworth will undergo Periodic Review which is the last phase in the four phase cycle.

Periodic Review will this time focus on three of the NSQHS Standards, mandatory actions from the EQuIPNational Standards and review of the recommendations from Organisation Wide Survey (Phase 2) that took place in October 2012.

Meet... Dr Chris Mow MBBS, FRCPA Pathologist

I trained...

At the University of Melbourne, graduating in 1991. I trained at a number of hospitals before working as a registrar in anatomical pathology at the North Western Healthcare Network (Royal Melbourne Hospital, Western Hospital Footscray, Mercy Hospital for Women and Box Hill Hospital).

I became a Fellow of the Royal College of Pathologists of Australasia in 2000 and was subsequently appointed senior anatomical pathologist and then Acting Deputy Director of Anatomical Pathology at Eastern Health Pathology, before joining Melbourne Pathology in 2006.

This is our opportunity to showcase the exceptional care that is provided to Epworth patients every day

The standards under review are:

- NSQHS Standard 1 – Governance for Safety and Quality in Healthcare
- NSQHS Standard 2 – Partnering with Consumers
- NSQHS Standard 3 – Preventing and Controlling Healthcare Associated Infections
- EQuIPNational Standard 11 – Service Delivery ~ Patient Consent
- EQuIPNational Standard 12 – Provision of Care ~ Assessment and Care Planning, Ongoing Care and Discharge/Transfer
- EQuIPNational Standard 13 – Workforce Planning and Management ~ Recruitment Process, Continuing Employment and Development
- EQuIPNational Standard 14 – Information Management ~ Health Record Management
- EQuIPNational Standard 15 – Corporate Systems and Safety ~ Safety Management Systems, Emergency and Disaster Planning and Management

Six surveyors will be onsite to assess our compliance with the Standards, continuous quality improvement and that risk management processes are in place. A number of tools and strategies have been used to communicate the process and expectations to staff.
Meet... David Nowell, new Executive Director, Epworth Freemasons

David joined Epworth as the Executive Director of Epworth Freemasons in July 2014.

David has more than 25 years experience in the healthcare sector both private and public including six in the USA and 15 years in senior management and executive roles.

Prior to joining Epworth, David was the General Manager, Cabrini Brighton and Health Contracts at Cabrini Health (2007-2014). During that period he led Cabrini Brighton through a major redevelopment including associated business development and service growth as well as managing all of Cabrini Health’s contracts with health funds and compensable organisations.

He also served as General Manager of Cabrini Hopetoun Rehabilitation Hospital concurrently until 2010. David was previously Executive Director, Health Contracts at Epworth and a Senior Hospital Manager on a national basis at Medibank Private.

What are you looking forward to about your new role?
The opportunity to work with all Epworth Freemasons and Epworth Cliveden staff and doctors through a period of significant redevelopment and change.

I will be seeking to preserve and even enhance the wonderful culture and reputation of the hospitals in embracing new opportunities and growth on the back of the investment that Epworth is making across the sites. I am looking forward to working in a dynamic environment with people committed to each other and the best in patient care and quality.

Do you have a personal or professional goal you would like to achieve?
My goal is to fully embrace the opportunities provided by the new infrastructure and improve and expand the services available at the sites. In the context of significant growth and development, to preserve all the great things about Epworth Freemasons and Cliveden, whilst navigating the changes.

I am passionate about positive culture and patient experience and plan to ensure that these elements are the best that they can be.

What are some of your interests outside of work?
I have a very busy life with my wife Claire and our three children, Emma (13), Joseph (11) and Andrew (7). I am involved in a number of community activities, much around my children’s schools and sporting activities. I enjoy the arts and am particularly passionate about theatre, especially musical theatre! As a family, we enjoy traveling to new and exciting places. I recently had the opportunity to visit Pakistan in an official capacity to review a number of hospitals. I like to sail when I can find the time and I am a passionate Geelong Cats supporter!
Speech pathologist presents at national conference

In May 2014, Chloe Douglas, speech pathology, represented Epworth at the Speech Pathology Australia National Conference in Melbourne. She was invited to present her work on the implementation of outcome measures in speech pathology practice.

Chloe commenced this work in December 2012 with funds received from an Epworth scholarship program. This financial support allowed Chloe to dedicate her time to research the current practice of outcome measure implementation within Epworth and at nationally based external services. Evidence to support outcome measure implementation was then collated before Chloe identified the best measures to implement within speech pathology.

Chloe’s presentation outlined the results of a pilot implementation program in Epworth and highlighted the perceived barriers and enablers to using such measures within daily clinical practice.

As a result of her research and the pilot program, Chloe has developed a model of practice for effective implementation of outcome measures in this field, integrating best evidence along with personal experience as obtained through her trial. This model will be used to further develop practice in the use of outcome measures at Epworth and in turn enhance the accountability of services and support to clients.

Chloe said, “The opportunity to present at this conference has enabled me to develop skills in oral presenting as well as providing key networking opportunities. The experience was nerve-racking with the audience consisting of national and international delegates, many of whom are senior researchers in the speech pathology field.

“In preparation, I was required to integrate and synthesise evidence obtained through my research before providing best practice recommendations to attendees. In doing so, I have improved my efficiency in data analysis and literature reviewing - skills that are immediately transferable to my practice as a speech pathology here at Epworth.”

Rehabilitation amputee brochure

Congratulations to the amputee rehabilitation team members, who have produced a patient education brochure Understanding your Rehabilitation Journey. This publication reflects the core rehabilitation values of education and support for patients who are working hard toward their recovery.

Whilst the process of losing a limb is a traumatic event, the amputee rehabilitation team aims to provide an environment where patients can start to move forward, be positive about the future and establish the skills to return to their previous lifestyle.

Alison Gargan (physiotherapist), who recently toured US army amputee hospitals with colleague Adrian Sexton said, “The amputee rehabilitation service at Epworth is still relatively new, only two years old, and I realised there was no single source of information for our patients to refer to.

“Epworth has a large traumatic amputee population and most external materials are geared towards, for instance, diabetic amputees. I realised we needed targeted materials for our patients to bring all the information together in one place.”

Twilight Leadership Series

Epworth held its ninth Twilight Leadership Series on Thursday 5 June hosted by Janet Latchford, President, Board of Management, and Alan Kinkade, Group Chief Executive. The aim of the series is for Epworth leaders to draw inspiration from influential leaders in the community, share challenges and discuss ideas with other leaders at Epworth.

Guest of honour, retired Major General, David McLachlan AO, President of the Victorian RSL, has had a distinguished career within the Australian military. A question and answer format was used to discover Mr McLachlan’s views on leadership, including managing change and innovation in a hierarchical culture.

Despite coming from a significantly different sector to healthcare attendees commented that there were many aspects of his leadership journey they could relate to including his commitment to community service and logistical challenges in ensuring having the right resources in the right place at the right time.

Thanks to all who contributed to the evening to be such a great success, in particular James Quealy, Group eLearning Manager, who hosted the Q&A and Amanda King, Organisational Development Administrator, who coordinated the event.
Epworth Commuter Club

Epworth is pleased to offer staff the opportunity to save on public transport through the Myki Commuter Club Yearly Pass.

As an Epworth staff member, the Commuter Club gives you the opportunity to purchase a Myki 365 day pass (yearly ticket) with a 10 per cent discount. Staff also have the option of making one payment in full or fortnightly payments to come directly out of your pay.

This yearly Myki pass operates on Metlink trains, trams and buses 24 hours a day, 365 days a year (zone 1 & 2 only). Epworth pays the full amount upfront to Public Transport Victoria, employees who wish to take advantage of the fortnightly payments need to be committed to the full purchase cost as no refunds or suspension of payments are available. Any outstanding balance must be paid back to Epworth should you leave Epworth during the year.

The savings you will make on a 365 day pass as a member of the Commuter Club are: Zone 1 - $143.00, Zone 2 - $94.90 and Zone 1 & 2 - $221.00.

For an application form please go to the intranet, Departments, Human Resources, Staff Benefits select Commuter Club application form and email completed form to EHCommuterClub@epworth.org.au

In the latest construction milestone for Epworth Geelong, the first of two tower cranes (pictured) was recently installed on site to help transfer heavy material across the site. The second tower crane will be erected early in September.
Epworth Freemasons Open Day

The Epworth Freemasons Open Day held on Sunday 22 June was a huge success, with over 50 interested graduates attending the Clarendon Street campus and over 40 attending the Victoria Parade campus.

The event was held to showcase the excellent care provided by Epworth Freemasons staff to potential new staff members throughout the various departments.

Natalie Smith, Acting Education Manager, said, “The executive team and education team members came to support the day with assistance provided by environmental services staff, engineering and hospitality.

“Feedback received was that everyone was so inviting and welcoming to visitors looking around. Once again thank you to everyone who assisted and we’re looking forward to a bigger open day next year.”

Epworth in the running for industry awards

Each year Epworth HealthCare applies for a number of industry awards as a way of showcasing and recognising individuals, teams and organisational achievements.

In 2013 Epworth was awarded Employer of Choice for Women status for the 12th year in a row, from the Federal Government’s Equal Opportunity for Women in the Workplace Agency.

This year Epworth is applying for clinical and operational awards - a number of applications have already been submitted and are awaiting outcomes.

Epworth is currently a finalist in the Australian HR Awards under three categories:
- Employer of Choice nomination (public sector and NFP)
- Best Health and Wellbeing Strategy and
- Australian HR Champion of the Year.

Epworth is also a finalist in the Victoria WorkCover Authority Health and Safety Awards under the category of Excellence in Health and Safety Management and in the CEO Magazine Executive of the Year Award.

Awards will be announced later in the year.
Have you taken your safety selfie today?

The safety selfie competition is well underway and we have already received entries from across the organisation including from our Group Chief Executive, Alan Kinkade.

Each ‘selfie’ entry will contribute to large poster boards at each Epworth site, showing our commitment to workplace health and safety.

Everyone has the right to work in a safe and healthy environment and prevention is always better than cure, yet currently more than one third of all workplace incidents at Epworth are not reported within 24 hours.

The safety selfie competition aims to raise awareness of everyone’s responsibilities towards a safe work environment.

All entrants have a chance to win prizes for their team, with a choice of a team day out in Melbourne, a lunch or a day at the movies.

- Head over to http://www.epworthsafetyselfie.org.au on your computer or phone
- Enter your details and answer some quick multiple choice questions to test your safety knowledge
- If you score 80 per cent or more you can attach or snap a selfie and send it in to socialmedia@epworth.org.au to enter the competition

Competition closes Monday 29 September and poster boards containing each site’s safety selfies will be revealed during Health and Safety Week in October.

Spotlight on... Epworth Richmond volunteers, Lois, Janice and Nola

Lois Drinnan and sisters Janice Pearce and Nola McNeany were all born at Epworth and today they help provide Epworth Richmond patients with a calm and satisfying Epworth experience.

Lois and Janice currently staff the Erin Street information desk, guiding patients around the hospital and providing information to newcomers. Nola assists with administrative duties for Epworth’s Heartsmart program.

All three have been volunteering with Epworth for the past six years and say they get as much out of the job as the people they help.

“We get something back too, it’s always a two way street. There is a lovely group of volunteers at Epworth and we enjoy the work we do,” Nola said.

“We enjoy it; it’s a very nice atmosphere. The staff always say good morning and management are very supportive,” Janice added.

“For patients, even just the stress of trying to find a car park, especially if they are unfamiliar with the area can contribute; they are preoccupied with their treatment and stressed.”

“A lot of patients are really thankful for a little help navigating the hospital or an answer to their question,” Lois added.

Frances Yucedag, Volunteer Services Program Manager, says the three are indispensable members of the Epworth team. “They are very supportive of my role when I’m away, helping me out. I wouldn’t be able to leave my office to do other things if it wasn’t for them.”

“We are looking forward to when the new Erin Street site is redeveloped, I think this will be great for Epworth,” said Nola.

For information on volunteering contact Frances Yucedag ph: 9426 6217.

Boroondara Volunteer Expo 2014

Epworth representatives attended the Boroondara Volunteer Expo at Hawthorn in March, to assist with growing the organisation-wide volunteer program.

Volunteers Trish Amoretty (Epworth Freemasons), Gill Bell (Epworth Eastern) along with her guide dog Gilda and Keith Cozens, Emma Bardon, Robert Mero, Kaye Caulfield, Lois Drinnan and Janice Pearce (Epworth Richmond), worked incredibly hard to ensure Epworth’s presence at the expo.

Volunteer Services Program Manager, Frances Yucedag said, “The support of our current volunteers was invaluable and greatly appreciated on the day. It was a very successful event - we handed out over 200 expression of interest forms. This expo is something that I would like to participate in each year.”

Pictured above: (L-R) Janice, Lois and Nola
The Epworth Research Institute hosted a successful annual Research Week (26-30 May), showcasing many of the clinical research projects being undertaken within Epworth in partnership with its academic and research partners.

An extensive program of events ran throughout the week, including forums, symposiums and the annual Epworth Research Institute dinner.

The Epworth Research Institute is committed to fostering research that will improve healthcare and enable Epworth’s patients to access novel treatments that would not otherwise be available to them. This aspiration calls for strengthened partnerships at many levels - Epworth clinicians, researchers, government, industry, patients and the community.

The Epworth Research Institute hosted a packed program of forums and symposiums during Research Week 2014, featuring Epworth researchers and guests from a variety of key health institutions and organisations.

The week was launched with a presentation from Professor Robyn O’Hehir, Director of Allergy, Immunology and Respiratory Medicine, Central Clinical School Monash University and The Alfred Hospital, entitled, ‘The value of doing health & medical research from a clinician’s perspective’.

Professor O’Hehir later participated in the Allergy Respiratory Research Forum on day two, together with Dr Joanne Smart from Epworth’s Allergy Group and chaired by Dr Marcus McMahon.

Louise O’Connor, Epworth Eastern Executive Director, chaired a lunchtime presentation session on technological innovation for healthcare with speaker Professor Jim Black.

Dr Ron Dick, Chairman, Cardiac and Clinical Services, Epworth, chaired the cardiac sciences research forum on day three of the program, followed by Dr Ross Jennens, Medical Oncologist, later presenting an update on Epworth cancer trials and Dr Genie Pedagagos chairing the research oncology forum.

The full program of events continued on day four, with a breakfast stem cell research forum chaired by Ian Fraser, Chairman, Internal Medicine Clinical Institute, Epworth, and a clinical research symposium helping researchers to further develop their skills as clinical investigators.

The week wrapped up with a forum chaired by Alan Kinkade, Group Chief Executive, contrasting the US and Australian systems.

Attendees enjoyed viewing a display of 32 posters showcasing research being undertaken across Epworth.

Research Week also included the much-anticipated launch of patient documentation tool Smartward, trialled at Epworth and designed to support clinicians and administrators in the delivery and documentation of care in a public and private healthcare system.

The poster display, a pivotal part of Research Week, provides Epworth researchers with an opportunity to present their achievements and gives our community a chance to view the many and varied studies being undertaken across the organisation.
The annual Epworth Research Institute Dinner was held on Thursday 29 May at the Melbourne Cricket Ground, with keynote speaker for the evening Professor Peter Singer AC, who presented on current issues in bioethics.

The dinner included a presentation of the Epworth Medical Foundation-funded grants, an annual round of grants to fund current research projects. Five of this year's grants were named in honour of influential Epworth clinicians; Dr Graeme Sloman, Professor Priscilla Kincaid-Smith, Professor Brian Buxton, Mr Kingsley Mills and Assoc. Prof. Joe Tjandra.

Congratulations to the following recipients:

- The Dr Graeme Sloman Research Grant - Ms Sylvia Nguyen
- The Prof. Brian Buxton Research Grant - Professor Nilmini Wikramasinghe
- The Assoc. Prof. Joe Tjandra Research Grant - Ms Helen Crowe
- The Prof. Priscilla Kincaid-Smith Research Grant - Dr Andrew See
- The Mr Kingsley Mills Research Grant - Associate Professor Gavin Williams

Further research grants were awarded to:

Ms Michelle Kahn and Dr Rob Stirling

A certificate and a $1000 voucher were also awarded to poster winners, Dr Emma Cohen for her poster entitled Patient participation in acute cancer care: Quality of symptom management and Ms Louise O'Connor, for her poster entitled The use of point of care surveys to identify key quality and safety priorities for a multi-site health service.

Poster boards acknowledging the contribution of Dr Sloman, Prof. Buxton, Assoc. Prof. Tjandra, Prof. Kincaid-Smith and Mr Mills were on display as guests arrived, and placed permanently across Epworth sites for patients and visitors to view.
1. Dinner Keynote speaker Professor Peter Singer AC
2. Alan Kinkade with Poster winner Louise O’Connor
3. Sylvia Nguyen and Dr Graeme Sloman
4. Alan Kinkade with Poster winner Dr Emma Cohen
5. A/Prof Ian Frazer, Prof Priscilla Kincad-Smith and Dr Andrew See
6. Mr Kingsley Mills and A/Prof Gavin Williams
Billboard celebrates Epworth Freemasons’ babies

A billboard celebrating the lives started each year at Epworth Freemasons was revealed on Mother’s Day, featuring winning bub Alexander. The 18 square metre artwork will be displayed for six months and includes 489 babies born at the hospital in the past seven years.

From December, Epworth families were invited to submit their babies’ photos via our Maternity Facebook page for the baby mosaic competition.

Babies can be viewed by zooming in on the mosaic accessible through the Epworth Freemasons Maternity Facebook page - the highest ‘liked’ maternity hospital page in Australia. The page aims to improve the patient experience by providing an informative, supportive and fun space for mothers before and after birth.

Metabolic issues in mental health

The Epworth Clinic | The Epworth Redefine Weight Management Program

Although the focus of exploring metabolic syndrome (MetS) in mental health is at the moment on psychotic illnesses, there is a deluge of evidence about the scourge of MetS in mental illness in general, particular in the context of the number of psychopharmacologic options that are available presently for the whole spectrum of psychiatric illnesses.

It is beyond doubt that persons with a mental illness are at a higher risk for developing MetS – which is characterized by obesity, hypertension, hyperglycaemia and dyslipidemia. It is estimated that 75 per cent of Australians with a psychotic illness have obesity, nearly 50 percent have hypertension and dyslipidemia and nearly 30 per cent have hyperglycaemia leading to an overall prevalence of MetS of 54 per cent in this cohort of patients alone.

Fifty-eight per cent of patients with Bipolar illnesses have obesity. The magnitude of the problem in depression and anxiety sufferers is as yet not fully mapped out.

MetS results in overall poorer physical and emotional quality of life for our patients – multiple diseases, multiple medications and results in overall shortening of life span by nearly 12-19 years.

Managing MetS is a double edged sword as many psychotropic medications play a role in the development of MetS. A multidisciplinary approach is the best and our Epworth GP, Dr Marlene Tham, who is directing the Epworth Redefine Weight Management Program runs a 12 week multidisciplinary medical weight management day program incorporating the principles of a team approach for mental health outpatients at Epworth Clinic.

For further information contact Dr Graham Wong ph:9805 4309, Dr Marlene Tham ph:9088 9898 or the day program intake coordinator ph:9805 4338

Dr Vaidy Swaminathan
Consultant Psychiatrist
Epworth Camberwell | Epworth Clinic

References:

Dr Vaidy Swaminathan
Consultant Psychiatrist
Epworth Camberwell | Epworth Clinic
Epworth Richmond theatre audit update

In March 2014, PricewaterhouseCoopers (PwC) conducted a review of the business systems in place at Epworth Richmond operating theatres and provided key recommendations to improve the patient journey and to optimise processes for surgeons, patients and staff.

Since then, a program has been underway to implement the PwC recommendations with the support of Epworth staff, management and doctors. The program includes changes applying to Epworth Richmond only, and others that will be implemented across the Epworth group of hospitals.

One of the most significant changes is the implementation of standard booking principles across the group, designed to ensure timely receipt of booking information for surgeries, and enabling more efficient planning to benefit Epworth patients, doctors and operating theatre staff.

The new booking principles will be effective from early September and have been carefully designed to meet the needs of doctors, their practice staff and patients. We are grateful to the doctors who gave their time to participate in the consultation process that assisted with the final design of the booking principles. To support these principles, standard Epworth group-wide performance measures will be implemented to facilitate consistent, timely and accurate reporting of booking practices and operating theatre utilisation.

At Epworth Richmond, a new organisational structure for operating theatres has been created to support activities of the Patient Service Centre. A refurbishment of the existing operating theatre complex is also planned, to improve storage capacity for equipment and supplies, as well as patient flow.

Each of these changes is expected to improve the patient journey, while better meeting the needs of Epworth staff and doctors.

Epworth partners with Ovarian Cancer Research Foundation

A new partnership between Epworth and the Ovarian Cancer Research Foundation (OCRF) has been established, to develop an ovarian cancer research centre at Epworth Richmond.

The new facility will primarily undertake translational research, implementing clinical trials arising from previous and ongoing OCRF-funded projects, as well as basic clinical and scientific research programs. The collaboration is expected to lead to a rapid expansion in the growth of basic science and clinical trial opportunities for those involved.

Dr Andrew Stephens from the MIMR-Phil Institute of Medical Research said, “The partnership is really good for us. What we do in here is the basic bench research and identifying things we think are going to be important in diagnosis, prognostic evaluation or new therapies.

Previously, we had no mechanism to take that to patients and no mechanism to get that into the clinic, which is the absolute key. This partnership now facilitates that important translational connection between the lab and the clinic.”

The OCRF fund the majority of the work undertaken in the MIMR-Phil Ovarian Cancer Biomarker Laboratory and is fully funding the lab at Epworth. Proposed projects include the search for an early detection test using combination blood and urine markers and a newly discovered cancer specific mechanism of immune evasion, which may offer novel detection and treatment regimes.

The OCRF was established almost 15 years ago, with the specific mission of improving prognosis for patients diagnosed with ovarian cancer. Under the direction of Professor Tom Jobling, the OCRF has established research funds and brought together surgical, clinical and laboratory research teams to develop a better understanding of ovarian tumour pathology. These relationships have evolved into a strong and focused program of research, aimed at improving diagnosis and patient management.
Dr King tackles major tabaccos

Her campaign to reduce superannuation investment in tobacco companies has led Epworth Radiation Oncologist, Dr Bronwyn King to be awarded a 2014 President’s Award from the Thoracic Society of Australia and New Zealand, at a ceremony held in Adelaide earlier this month.

In her work at Epworth and Peter Mac, Bronwyn has a special interest in treating women’s cancers with advanced technology, but outside of work, she is committed to seeing people avoid the dangers of smoking.

In 2010, while applying for a home loan, she co-incidentally discovered she had been unwittingly investing in the tobacco industry via her superannuation investments.

Shocked that she hadn’t previously thought about where her super monies went, she founded the ‘Tobacco-Free Super’ campaign to help others ask about their investments.

"As a cancer doctor who cares for patients and families directly suffering as a result of tobacco exposure, I felt obliged to act. Initially, I engaged with the executive teams and boards of several large Australian superannuation companies and presented the case for tobacco divestment... The case became clearer and the complexities of divesting seemed surmountable.

"In July 2012, First State Super announced divestment of tobacco stocks worth more than $250 million. Since that time, nine other super funds have divested, bringing the total tobacco divestment to more than a billion dollars,” Bronwyn said.

Breathing technique helps avoid radiation

Patients with breast cancer are being coached to hold their breath while doctors deliver radiation treatment, in a technique that may virtually eliminate long-term risks from radiation to the heart.

Epworth HealthCare radiation oncologist Dr Andrew See said radiation was an effective treatment for breast cancer but was linked to a small increased risk of cardiac complications, including heart attacks, in the years to follow.

He said the new technique helped minimise radiation to the heart by delivering a dose only when patients held their breath, which expanded their chest and pushed it away from their heart.

Andrew said the technique had been used successfully overseas but is relatively new to Australia. He added that women being treated for left-sided breast cancer at Epworth were being invited to use the technique, which would soon be part of a clinical trial to run at multiple hospitals around Australia.

"Rates of heart injury were very high in the 1970s and 80s because the treatments were quite crude and beams used to shoot through the entire cardiac silhouette.

"With modern treatments the heart dose is quite low but it’s not zero. With this new technique, we can bridge that gap and reduce the low dose to almost a zero dose,” said Andrew.

"I was a bit concerned, it’s all on the one side – the breast cancer, the recurring lump and the heart”

Andrew said women undergoing radiation for left-sided breast cancer had a one to two per cent increased risk of cardiac complications within five years but this was higher for some groups, including women with diabetes.

Judith Rothe is one of about 10 patients to try the breathing technique since it was introduced at Epworth in May.

She was diagnosed with breast cancer five years ago and recently found a recurrence of the cancer under her arm, requiring surgery, chemotherapy and radiation treatment.

Mrs Rothe said she was concerned to protect her heart following a heart operation to repair her mitral valve about 10 years ago.

"I was a bit concerned, it’s all on the one side – the breast cancer, the recurring lump and the heart. But Dr See put me at peace with that and said this new technique will be helpful,” she said.

*Reprinted with kind permission from Kate Hagan and The Age.

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Pictured: Dr Bronwyn King

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Pictured: Dr Bronwyn King
$5.6m raised for research as Epworth Goes to Rio

Epworth's gala ball, 'Epworth Goes to Rio' was a bumper event this year, with a record crowd of over 1300 and a record $5.6 million raised for research at Epworth.

The black tie event was held on 2 August at the Palladium Ballroom at Crown - Epworth received $2.3 million specifically from pledges, with $2.2 million of this donated by Audrey Voss and Greg Curzon-Siggers.

Audrey's $1m benefaction was the first major surprise of the night, which led to a standing ovation as Audrey walked to the stage to say a few words.

No sooner had Audrey sat down than Greg announced he would pledge $1.2m to the Epworth Research Institute, with a special focus on pancreatic cancer in memory of his wife. Greg mentioned how Epworth doctors and staff had compassionately cared for his wife during her illness, providing excellent care in difficult circumstances.

These two benefactors have grown to know Epworth through their experience at Epworth HealthCheck, Epworth Freemasons and Epworth Richmond. A number of doctors have specifically been involved in the care of these two benefactors and their family including: Dr Di Bethell, Dr Allan Zimet, Dr Peter Trembath, Mr Paul Sitzler, Associate Professor Tom Jobling, Associate Professor Ron Dick and Professor Geoffrey Metz.

Alan Kirkade, Group Chief Executive, said, "I would like to thank these doctors for their care and support for Epworth HealthCare. It is through the great work and compassion of our doctors and staff that benefactors support Epworth."

"Thank you to staff across the whole group for the empathy, compassion and expertise they show our patients in delivering excellence in healthcare. I am exceedingly proud of Epworth, its success, our people and our commitment to excellence, everywhere, every day," Alan said.

In addition to the incredible pledges from Audrey and Greg, a further $100k was pledged, including donations from: Princes Laundry, Freemasons Victoria, Slades Pharmacy, James and Linda Wang, Medtronic, Technology One and Brookfield Multiplex.

Once again the Special Events Committee, led by Chair Robyn Beddison OAM and supported by the Epworth Medical Foundation, did a fabulous job of organising the event with an amazing line up of fundraising prizes including ten live auctions, over 200 silent auction items and last but not least a blue Alfa Romeo.

The new owner of the Alfa, vascular surgeon Dr Claire Campbell based at the Vein Clinic in Richmond, will put the car to good use helping to transport staff between her clinics.

The evening was sponsored by major partner ConMed, associate sponsors ANZ, Brainlab, Brookfield Multiplex, Gallay Medical, Medownick, Rauland, Technology One and more than 40 sponsors of tables, auction items and event services.

Pictured are Robyn Beddison OAM, Chair, Special Events Committee, and Alan Kirkade, Group Chief Executive.
1. Greg Curzon-Siggers pledges $1.2m towards Pancreatic Cancer Research at Epworth
2. Behnam & Katarina Roohizadehan, Technology One
3. David & Claire Nowell
4. Vatos Locos heat up the night
5. Clinical Education staff enjoy the night
6. Dr Aubrey Almenda & Helen Thomson
7. David Slade (Slade Pharmacy) pledges $10k
1. Ashley Jade from Déjà Vu entertains guests
2. Alan Kinkade with Greg Kinkade, Irene Soryal & Denise Kinkade
3. David & Tammie Slade
4. Damian & Anita Armour
5. Chris & Jessica Adams
6. Generation Healthcare
7. Guests join a conga line
8. Nick & Tricia Maclean, Special Events Committee
9. Behnam Koochizadegan, Technology One, pledges $21k
1. Lou Campbell & Adam Carroll, Westpac
2. Epworth Goes To Rio program
3. James & Lina Piplios
4. Graham Cottam, Brookfield Multiplex, pledges $5k
5. Kathryn Johnston, Robyn Beddison OAM & Scott Bulger
6. Ciaran Mooney, LCI
7. Shane & Maureen Neaves
8. Dr Julian & Toni Feller, OrthoSport Vic
9. James Wang pledges $10k on behalf of he and his wife Linda
1. Greg Allen & Kylee Mason
2. Mr Gary & Liz Crosthwaite
3. Stephen Theisz & Nikki Van-Helden, Kane Construction
4. MC Matt Hetherington ‘Goes to Rio’
5. Prof Richard & Mandy De Steiger
6. Chris & Brian Deakin, First State Super
7. Dr Tony & Gaye Walton
8. Rob & Tracy McKay
1. Peter & Virginia Vat, Gallay Medical
2. Dr Cameron & Virginia Norseworthy, OrthoSport Vic
3. Phil & Jayne Cardamone, Brainlab
4. Dr Andrew See & Dr Lawrence Harewood
5. Guests applaud Audrey Voss following her $1m pledge
6. Maryjane Crabtree, Board
7. Brazilian drummers welcome guests
1. Robyn Beddison OAM draws the raffle
2. Janet Latchford & Alan Kinkade
3. Gail Roche & Dawn Rowe, Friends of Epworth, kick up their heels
4. Paul & Deb Stephenson
5. Dr Guillermo Hurtado & Natalie Rumbolo hit the dance floor
6. Dr Nerina Harley & Olivia Wilson
1. Paul & Sharon Fenton  2. Dr Rick & Hilary Masters  
3. Jamie Stanistreet, Medtronic, pledges $10k  
4. Andrea Hunter, Karyn Bone & Gabrielle Weston  
5. Peter Buchanan & Sheila Daly  
6. Peter Jones & Alison Kinkade-Jones  
7. Mike Dally & Sue Pearce
Epworth Richmond

Epworth Richmond is undergoing major expansion. It is an exciting time and I am confident we will continue to go from strength to strength.

We have already achieved numerous milestones and the next phase will deliver expansion of our 24 hour Emergency Department, Intensive Care and Cardiac Critical Care Units, 140 inpatient rooms, six new operating theatres, Ambulance Victoria facilities, consulting suites and car parking.

We have an energetic Executive and Leadership team dedicated to the growth of services and development of staff and doctors, while delivering high quality patient care.

Recent appointments include Shane Neaves, Chief Operations Manager - with over 20 years of healthcare experience in both the public and private sectors; and Sharon Howell, Director of Clinical Services (DCS) – in addition to her experience as DCS at Epworth Brighton, Sharon has an extensive background in acute care.

New Medical Director A/Prof Bruce Waxman; Senior Business Development Manager Sherri Watkins and Clinical Operations Manager Maree Pane will also join our team in August.

Our team has spent time developing priorities for the next year to support a seamless journey of care for patients.

In line with this, the recent review of our Operating Theatres resulted in the development of new business principles for patient bookings, designed to assist in delivering quality patient care, while meeting the needs of doctors.

We have received wonderful feedback from patients and have been the recipients of generous donations, which would not be possible without the care provided by our staff and doctors. On behalf of the Executive and Leadership team I thank each of them for their great work.

Nicole Waldron
Executive Director
Epworth Richmond

Epworth Geelong

The Epworth Geelong site on Pidgons Road has been bustling with activity since site preparation works commenced on 28 April. The main construction phase began in July with the first slab pour. Brookfield Multiplex Construction is working towards completing the building shell by April 2015 with the internal fit-out to follow.

Behind the scenes, the project team has been working on the finer details of the hospital, sourcing services and equipment and finalising internal designs.

I am pleased to announce the appointment of Leonie Lloyd to the Epworth Geelong team in the role of Clinical Operations Manager. Leonie will spend her time between Richmond and our new temporary office in the heart of Geelong’s CBD on Ryrie Street.

Epworth held the commencement of construction ceremony on Tuesday 8 July with Victorian Premier, Denis Napthine and Minister for Health, David Davis among other key representatives from Deakin University, Geelong City Council and the Geelong health industry. It was encouraging to hear the positive feedback about Epworth Geelong from leaders of the community.

We continue to receive expressions of interest from people seeking clinical and non-clinical employment opportunities at Epworth Geelong when the hospital opens in 2016.

Epworth Geelong will provide ongoing employment for more than 580 FTE staff following its commissioning, including medical, nursing, diagnostic allied health, administrative and support services staff.

Jobs are a key focus of the Geelong region at the moment and I’d like to take this opportunity to note more than 250 construction jobs have been created and 29 apprenticeships started on site at Epworth Geelong since construction commenced. Overall, we expect to provide approximately 900 FTE direct construction jobs with additional indirect jobs in related industries.

Leonie Lloyd
Clinical Operations Manager
Epworth Geelong
Epworth Eastern

We are very excited at Epworth Eastern to have a new executive team and welcome Andrew Stott, Business Manager and Nicole Argall, Director of Clinical Services. Andrew has been acting in the role at Epworth Eastern for the last six months on secondment from corporate where he was the manager of Epworth Specialist Centres. Nicole Argall comes to us from the Peter MacCallum Cancer Centre where she was the Nursing Director for inpatient units, speciality nurses, access and workforce. A big thank you to Isobel Smith, Epworth Excellence Group Coach who has been supporting Epworth Eastern in the Acting Director Clinical Services role since January.

Epworth Eastern recently ran a successful winter appeal where we asked for donations of clothes, packaged food items and other household items to support two of our local charities; UnitingCare Harrison Services who support youth and families in crisis and ongoing need (this includes children). They also have a Youth Homelessness team who deal with young people who are alone and faced with homelessness. Boroondara Community Outreach Program who help adults, most of whom have a dual diagnosis of mental health issues and a disability. Thanks to all our staff, the appeal was very successful.

We are coordinating a Green Team at Epworth Eastern to look at ways to be more environmentally sustainable – expressions of interest have gone out to staff who want to participate as we look at ways to reduce our carbon footprint and cost – Go Green Team.

Our leadership team recently completed a one day workshop to develop our operational plan for 2014/15. Our focus and vision for the coming year is on the Epworth experience – caring with excellence, compassion and dignity. The team is engaged and enthused to be able to move Epworth Eastern to the next level.

Louise O’Connor
Executive Director
Epworth Eastern

Rehabilitation and Mental Health

The predominant activity in Rehabilitation and Mental Health in the recent past has been to showcase the fantastic work undertaken in the division and to increase the level of customer service that we provide to both internal and external referrers. The Business Development team has gone to great lengths to promote services in the division through case studies, educational forums, quality presentations and publications, whilst we have simultaneously tried to make it as easy as possible to refer to the service. We have further initiatives in the planning stage to make this process smoother still.

At the recent Research function hosted by Epworth, I am proud to say that three of the seven awarded research grants were awarded to staff within our division. This exemplifies the quality of work done within our service and the desire to continuously improve patient outcomes.

The development of our mental health service at Epworth Clinic has also been very exciting and demand is such that we expect to occupy a second ward very soon. The feedback from psychiatrists and patients has been very complimentary to our skilled staff, and the quality of the rooms and therapy areas is indeed superb.

Finally the division has recently taken over the management of acute services at Hawthorn and we are looking forward to working with this team. Our main aim is to try and grow inpatient services – which really should be quite easy given the beautiful rooms and wonderful team!

Vincent Borg
Executive Director
Rehabilitation and Mental Health
Epworth Freemasons

I must say that I have had a very warm welcome to the Epworth Freemasons division and I am enjoying and looking forward to the opportunity to work with all Epworth Freemasons and Clveden staff and doctors through what will be a period of significant redevelopment and change. I look forward to working in a dynamic team environment with people committed to each other and the best in patient care and quality.

In my work, I will be seeking to preserve and even enhance the wonderful culture and reputation of the hospitals in embracing new opportunities and growth on the back of the investment that Epworth is making across the sites.

Since joining the division, I have been heartened by the number of unsolicited compliments and recognition for our staff that has come directly from patients or their relatives via our website and email. It has reinforced to me the quality of our staff, and the care that they are able to provide, which is the cornerstone of what makes Epworth Freemasons and Clveden special.

Undoubtedly people are our greatest asset, but it is also important that our facilities and appearance support our aspirations to be an even better hospital. To this end, it was very pleasing to see the completion of early works in the Level 3 theatre complex at Clarendon Street providing for staff amenity and storage. The main works of the redevelopment have now commenced and will provide two new Theatres, a new Day of Surgery Admission area, a new Central Sterile Supply Department and additional Post Anaesthetic Recovery areas.

Following on, the existing five older theatres will be upgraded and the associated building plant will all be refreshed. This development ensures that we will be able to offer the very best experience for our patients, doctors and staff. The new theatres will be on-line in the first half of 2015, with the associated works planned to extend until the end of the year.

Lastly, I would like to acknowledge the contribution that Greg Allen has made over past months as Acting Executive Director and for his support to me since my commencement.

David Nowell
Executive Director
Epworth Freemasons

Digital work, digital life

Professor Nilmini Wickramasinghe, Epworth Chair of Health Information Management has once again helped an Epworth project win international recognition. With her colleagues Drs Steve Cole and Len Kliman, Professor Doug Vogel and Mr Steve Goldberg, they received the 2nd runner’s up award at the European Conference on Information Systems (ECIS) for best Research in Progress paper."

Their research is for the gestational diabetes mellitus (GDM) pilot trial underway at Epworth Freemasons, to enable superior self-care for patients with diabetes.

“To receive a best research in progress award at ECIS is a great testament to the quality and calibre of the research. Steve Goldberg and I started this idea a while back and stuck with it although at the time many people thought we were crazy, but together we were able to move successfully from idea to realization,” Nilmini said.

“Receiving this award was a great external validation of the merits of this work. We are particularly grateful to Epworth CEO Alan Kinkade for the seed funding which enabled us to move forward with the pilot trial and thank everyone involved who helped us make this a success.

More than 500 people attended the conference held in Tel Aviv in June. With the theme Digital Work, Digital Life, it explored innovative designs, new business models as well as the affordances and controversies of digital work and life.

The conference chairs noted, “Our physical reality is increasingly entangled with digital representations. We are continuously connecting to distant others via digital and mobile devices. We rely on big data analytics to act in our increasingly digital world, and inanimate objects are beginning to communicate with one another in the Internet of things.”
Robotic Surgery a highlight at Men’s Health Lunch

The Epworth Medical Foundation held its second Men’s Health Lunch in May with a focus on robotic assisted surgery in the treatment of cardiac disease, raising $140,000 for cardiac care at Epworth.

450 guests attended the event organised by Epworth’s special events committee in the members’ dining room of the Melbourne Cricket Ground.

Radio 3AW’s John Burns provided light-hearted relief as Master of Ceremonies with speakers A/Prof Ron Dick, Chair of Cardiac Sciences; Dr Peter Larkins, Sports and Exercise Physician; and Mr Aubrey Almeida, cardiothoracic surgeon specialising in robotic assisted surgery.

A cardiac compression machine and surgical robotic console were on display for guests to test their surgical expertise as well as an information desk providing blood pressure checks and practical health tips.

Major sponsor of the event Device Technologies was joined by associate sponsors Advantage, ANZ and Philips and table sponsors Abbott Vascular, Commonwealth Bank, Conquest Services, Ernst & Young, First State Super, Freemasons Victoria, Ilhan Allergy Foundation, Melbourne Pathology, Slade Pharmacy and WTC Wharf.

1. The EMF team hand out gift bags to all guests attending the event
2. Guests Robyn Beddison and Helen Ward check out the cardiac compression machine with clinical education staff Tom Hallahan and Tess Vawser
3. Dr Peter Skillington and Dr Ron Sultana with Peter Bateson from Abbott Vascular 4. Derryn Hinch, Gerald Thornton & Anthony Gigacz enjoy the lunch
5. Tim Grogan from major sponsor Device Technologies demonstrates the interactive robot to guest Robin Squire
Delivering Excellence to our GP community

Epworth’s GP Continuing Professional Development education programs are specifically tailored to the educational needs of GPs.

The topics are selected by the GPs themselves through regular questionnaires, which help to identify learning gaps in the GP community. Appropriate Epworth HealthCare specialists are then selected to provide high quality and up-to-date education. All education meetings are accredited by the Royal Australian College of General Practitioners (RACGP).

Dr Graham Wong, Medical and ECT Director at Epworth Clinic, presented at the Mental Health in General Practice symposium.

Epworth HealthCare hosted the Mental Health in General Practice symposium on Saturday 26 July at Epworth Clinic.

Guest presenter Susan McLean, Australia’s foremost expert on cyber safety, spoke about caring for kids in an online world and the mental health issues caused by misuse of online technology.

A number of Epworth Clinic psychiatrists also presented on a broad range of topics specifically relevant to general practice, including depression and anxiety, bipolar disorder, dementia, peri-natal maternal health issues, metabolic effects of mental illness and the use of fish oil in mental illness.

Mental health is an important area for general practitioners (GPs) to maintain their knowledge. Patients often present after having visited Dr Google, so having the latest information at hand and a current knowledge of best practice is key to treating patients.

The session was well received among GPs, who noted they enjoyed the “wide spectrum of mental health issues covered”.

Another noted, “the openness and approachability of presenters allowed the link between specialist and GPs to happen. “Breaking up into small interactive groups worked well. [The session] was very relevant to general practice.”

Dr Graham Wong, Medical and ECT Director at Epworth Clinic, is a passionate champion of furthering GP education.

“It is important to provide practical and relevant education to GPs about mental health, so they can best treat people and reduce the impact of mental illness in our community,” he said.

Mental health presentations are also on the rise and GPs are at the forefront – they are the first port of call for people. One in five Australians aged 16-85 experience a form of mental illness each year – nearly half of whom are diagnosed with two or more disorders.

How much do you know about mental health issues?

1. What percentage of people with mental health illness does not access treatment?
   - 23%      57%      64%      70%

2. How many Australians die from suicide every day?
   - 0      2      4      6

3. Approximately how many Australians will experience mental illness in their lifetime?
   - 10%      30%      45%      75%

4. Approximately how many Australians are affected by anxiety disorders each year?
   - 5%      14%      22%      28%

5. Approximately how many people have a mental health episode before they are 25 years old?
   - 1/4      1/3      1/2      3/4

Check your answers on the back page of Epwords.
New guides support our nursing teams

Nursing care guides are being introduced throughout Epworth for each clinical specialty, with information about procedures or medical conditions to support and guide our nursing team.

The guides are being introduced to improve the quality, accuracy and content of nursing documentation and care pertaining to patients.

Guides have been rolled out across the Urology, General Surgery, Colorectal, Breast Surgery, ENT, Orthopaedics, Neuroscience, Gynaecology, Oncology and Medical specialties over the past 12 months. Rollout will continue across Epworth by specialty.

To date, the guides have been positively received by nurses and doctors, with noticeable improvements in documentation and care.

Initially, a pilot program was implemented in the urology specialty across Epworth Eastern, Richmond and Freemasons. Pilot results indicated an improvement in nursing documentation content consistency.

An audit six months post urology implementation was then performed. This demonstrated continual compliance with documentation of recording an introduction on admission and progress notes.

Documentation of complications has improved since the pilot.

Patient outcomes were well documented in areas of patient response to pain relief, drug orders and doctor follow-up and resolution of issues. This has lead to improved communication between all health professionals which in turn has a flow-on affect to patient outcomes.

For staff queries relating to Nursing Care Guides please contact Melanie Gordon (Clinical Services Project Manager) or Nicola Timms (Clinical Projects team member) ph: 9426 6588.

Pictured: (L-R) Nicola Timms and Melanie Gordon

Epworth in the media

Since our Autumn edition, Epworth has received interesting and informative coverage in both the print and electronic media. The following are available on ‘latest news’ on the Epworth website homepage.

The Age, 9 July 2014
Patients with breast cancer are being coached to hold their breath while doctors deliver radiation treatment, in a technique that may virtually eliminate long-term risks from radiation to the heart.

Geelong Advertiser, 9 July 2014
Jobs boom as Waurn Ponds’ Epworth hospital starts taking shape ahead of time. Building work on the new Epworth Hospital at Waurn Ponds is ahead of schedule and contractors are eyeing an opening date of early 2016.

ABC 774 Red Symons, 19 June 2014
Epworth Endocrine Surgeon Dr Julie Miller, spoke with Red Symons about a variety of medical conditions that affect the thyroid.

ABC 774 Richard Stubbs, 18 June 2014
Statewide medical segment - Epworth Freemasons Assoc Prof Mark Daniell talked about eye surgery and corneal implants, assuring listeners that the right anaesthesia would manage the pain for the majority of procedures.

Channel Seven News, 2 June 2014
Dr Tony Walton - Core-Valve Trial has given life to hundreds of older Australians.

ABC 774 Red Symons, 26 May 2014
Could camels really be responsible for transferring a severe respiratory condition to humans? Hear Dr Michelle Caldicott talk about symptoms, what to do and what to avoid.

Channel Nine, 1 May 2014
Respiratory Physician Dr Michelle Caldicott recommends that people over 60 years of age talk to their GPs about Pneumococcal Vaccine.
Rehabilitation hosts CEO Dinner

It was Epworth’s Rehabilitation & Mental Health services turn to host the CEO dinner, held at Richmond auditorium on Thursday 22 May.

The theme was the circus, and there were definitely a few clowns involved!

A fun night was had by all and the Epworth Richmond food services staff provided outstanding food and service.

Forty-five well-deserving members of staff received an award on the night, in recognition of their ongoing hard work and dedication to Epworth.

Thank you to all those involved in making this a fun and successful night.

Medication management team guides antimicrobial use

Epworth HealthCare introduced a Antimicrobial Stewardship (AMS) team in April, in partnership with Slade Pharmacy.

Three experienced physicians, Dr Joseph Doyle, Dr Caroline Marshall and Dr Trisha Peel have been appointed part-time and clinical pharmacist, Glenn Valoppi appointed full-time to the team, which is dedicated to the design and implementation of this new service.

The ability to prevent and treat infection with antimicrobial drugs has facilitated the successful practice of modern medicine.

A recent study at Epworth showed a third of patients were being given an antimicrobial. The ongoing usefulness of these drugs can be best maintained by prudent selection of when and how they are used (stewardship).

Many hospitals throughout Australia have introduced AMS teams over the last few years, and Epworth is one of the first in the private sector to do so.

The goals of AMS are to help patients by optimising antimicrobial use, and reducing the development of resistant micro-organisms.

These can be achieved through monitoring local prescribing trends and results of microbiology tests performed for Epworth patients.

The AMS team will help ensure a patient’s antimicrobial prescription is reviewed whenever extra information becomes available - to use the most appropriate choice of treatment.

This includes timely feedback on prescribing to doctors, or suggesting referral to an infectious diseases consultant when necessary. There will also be a close working relationship with the infection control and pharmacy staff.

The AMS team is engaging with staff to agree on locally relevant guidelines for prescribing antimicrobials to prevent infection during surgery.

The team will also monitor the use of broad-spectrum agents, to help them remain useful for as long as possible.

This work helps Epworth achieve its Accreditation Standard 3 target – Preventing and controlling healthcare associated infections.

The AMS team look forward to working with you to get the best outcomes for our patients. For more information please contact glenn.valoppi@slade.net.au.

The ability to prevent and treat infection with antimicrobial drugs has facilitated the successful practice of modern medicine.
Triumph in the face of adversity

Sixteen years ago, Cheryl Koenig, a Sydney mother of two, came to Epworth desperately seeking rehabilitation for her 12-year-old son Jonathan, when he was left with a brain injury after being hit by a speeding car while crossing the road.

Cheryl quit her job to provide full-time care and focus on his rehabilitation and, for more than a decade, travelled to Victoria with Jonathan to come to Epworth Richmond for week-long intensive rehabilitation therapy with physiotherapist, Dr Gavin Williams and the neurological rehabilitation team.

It was here that Jonathan achieved outstanding results, aided by Cheryl’s commitment to supporting her son’s development.

Jonathan has returned to walking, running, skiing, swimming, playing tennis and piano. Initially, when in NSW, he was given very little chance of survival and when he did survive, the doctors predicted it was unlikely he would ever walk, talk, or even eat again.

Cheryl published a book in 2008 - ‘Paper Cranes’ - which tells her story of strength and courage that allowed her to survive the unthinkable and help her young son regain his life. In her book, Cheryl names Epworth as ‘the best specialised rehabilitation hospital in Australia’ and attributes the successful turnaround to the treatment that Jonathan continues to receive here.

Cheryl is a strong advocate for brain injury support and became a member of various organisations following her son’s accident. She is a founding member of the Brain Injury Association of NSW’s mentoring program advisory committee and sits on the NSW Carers Advisory Council.

Her strong will, focus on care and commitment to brain injury awareness were the contributing factors to her being awarded the prestigious Medal of the Order of Australia in January 2014, for service to people with disabilities, their families and carers.

Epworth congratulates Cheryl on this well-deserved recognition.
Epworth says thank you during National Volunteer Week

The annual Epworth Volunteer Thank You Lunch was held at Epworth Richmond on Friday 16 May, in appreciation of the almost 300 volunteers across the organisation.

A number of volunteers received service awards during the event, including Margot Jenkinson, Audrey Lane and Judith Selby for five years of service at Epworth Eastern; and Emma Bardon, Ross Baxter, Kathleen Barr, Erica Hillas and Dot Williams for five years volunteering with Epworth Richmond.

Three Epworth Freemasons volunteers, Judy Currie, John Currie and Joan Miller were recognised for an impressive 10 years of dedicated service to the site.

Scott Bulger, Executive Director, Epworth Medical Foundation and John Thurkle, President of Heartbeat, spoke on the important work undertaken by Epworth volunteers, with Heartbeat marking 30 years fundraising on behalf of Epworth.

Alan Kinkade, Epworth Healthcare Group Chief Executive, presented an update to guests of organisational milestones over the past 12 months, thanking the volunteers for their support.

“I wish to convey the appreciation of the Board, Executive and staff for your generosity in so freely giving your time and supporting our clinical, support and corporate staff.

“The support of our volunteers is becoming increasingly important, as we continue to expand our services and sites, serving more Victorians and patients from across the country and across the world every year.”

Volunteer Coordinator, Frances Yucedag, said, “The theme for National Volunteer Week this year is ‘Celebrate the Power of Volunteering’ and this is a fitting theme for Epworth volunteers. People pay attention to our volunteers and listen to what they have to say because they have the best interest of others at heart. Our volunteers contribute greatly to Epworth’s reputation as a leader in patient care.”

Established in 1989, National Volunteer Week is the largest celebration of volunteers in our community and to say thank you to the more than six million Australians who volunteer.

Thirty-eight per cent of women aged 18 years and over were volunteers compared to 34 per cent of men and the annual value of the work contributed by volunteers to non-profit institutions has been estimated to be $14.6 billion.

Pictured: Alan Kinkade, Emma Bardon and Nicole Waldron
Men’s Health in General Practice

Epworth hosted a successful Men’s Health in General Practice symposium on Saturday 31 May. Sixty-seven GPs from metro Melbourne and regional Victoria attended the symposium held in the Clinical Education and Simulation Centre at Epworth Richmond.

The event, which preceded Men’s Health Week being held 9–15 June, provided GPs with much needed information on a wide range of issues affecting the health of men.

Presentations were made by Epworth’s leading specialists on topics including screening and treatment of prostate cancer, digestive health, bladder, testicular and kidney cancers, sexual dysfunction, mental health, obesity, sleep apnoea, muscle disorders and cardiac risk factors.

The success of the event was evident in the feedback received including the following GP comments:

“I would like to commend your group for a job well done for the Men’s Health Seminar held on 31 May. It is very informative, innovative and relevant to our current General Practice.”

Dr Warren Meneses

“I just want to say that yesterday’s men’s health symposium was really great. Thank you for organising such a successful and beneficial event. Well done.”

Dr Peter Louis Guirguis

The major redevelopment at Epworth Richmond continues, redesigning the way the hospital operates to meet the needs of the 21st century, responding to patient, doctor and staff expectations and building a healthier future in the heart of Melbourne.

Construction is now in full swing on the Pod 4 development, reaching a major milestone late in June with the first pour of the concrete slab.

The southwest corner (closest to the existing Epworth Richmond building) was the first to receive 100 cubic meters of concrete, delivered to the site in 15 trucks.

A basement level is being poured approximately every two weeks and construction is expected to reach ground level by September.

Two tower cranes are also now erected on site, eliminating the need for mobile cranes which would take up space along Erin Street. This has allowed us to contain essential deliveries within the Pod 4 loading bay and decrease traffic disruptions to the area.

The gantry which holds the site offices for Kane Constructions on Erin Street received a makeover in July, with a new banner installed along the facade.

The banner has been designed to promote the new Pod 4 development and also direct members of the public towards the existing Emergency Department which is currently tucked away under the gantry structure.

The first phase of the redevelopment will deliver expansion of our 24 hour Emergency Department, Intensive Care and Cardiac Intensive Care Units, five levels of basement car parking for staff and patients, 140 private inpatient rooms with ensuites, six new operating theatres, Ambulance Victoria facilities and private consulting suites.
Nursing leadership series

On 20 May, 85 nurse leaders gathered at the Park Hyatt for the third session in our Nurse Leadership Series.

The theme of the session was Elevating the Patient Experience - Advancing Towards Patient Centered Care, a topic that is pivotal to the organisation as we strive to provide outstanding and compassionate care to every patient, every day.

Joan Meadows, Senior Director from US-based The Advisory Board Company, was guest speaker and throughout her presentation she reminded us that patient-centered care is reliant on a commitment from all nurses to provide a proactive approach to achieving sustained outcomes.

Joan spoke about reinvigorating compassionate caregiving and the need to address less compassionate behaviours. Guests also heard about the impact that patient care stories can have and how these stories can influence care delivery.

Practical examples were provided on how patients and their carers can participate in care delivery at the bedside, as well as how nurses can include patients in conversations about their care linking in quality and safety initiatives and standards.

The nurse leaders who attended were able to reflect on the care that is provided to patients in their departments and began to challenge their thinking to come up with strategies, tools and ideas about maximising patient outcomes.

It was great to see staff walk away energised and keen to implement the ideas that were shared and fundamental to delivering exceptional nursing care.

Innovative non-invasive prenatal testing now available

Women with high-risk single and twin pregnancies now have access to a more advanced non-invasive prenatal screening test before needing to proceed to amniocentesis or Chorionic Villus Sampling (CVS).

The verifi™ test is available at Epworth Pathology, through Melbourne Pathology.

The verifi™ test measures genetic material (or DNA) from a pregnant woman’s blood to identify too few or too many copies of chromosomes in the mother and baby. Missing or extra copies of chromosomes are called ‘aneuploidies’ and may be related to conditions such as Down’s syndrome, Edwards syndrome or Patau syndrome. The test can also look for other conditions caused by missing and extra copies of sex chromosomes (X and Y).

The test is intended for use at 10 weeks or more gestation with single or twin pregnancies who meet any of the following criteria:

- Advanced maternal age
- Positive results of prenatal aneuploidy screening
- Presence of ultrasound abnormalities
- Previous affected pregnancy for fetal aneuploidy

In singleton pregnancy, the verifi™ test detects chromosomes 21, 18, 13 or chromosomes 21, 18, 13 plus sex chromosomes. Testing options in twin pregnancies reports chromosomes 21, 18, and 13 or chromosomes 21, 18 and 13, plus presence of Y.

The test is only available at specific Melbourne Pathology and Epworth Pathology collection centres (listed on the referral). Tests must be made on a special request form and can only be ordered by obstetricians and does not qualify for a Medicare rebate.

For more information about verifi™, contact an Epworth Pathology site, call the Melbourne Pathology help desk on ph. 9287 7799 or visit the Melbourne Pathology website www.mps.com.au.

Epworth Pathology is the culmination of the long standing relationship between Epworth HealthCare and Melbourne Pathology. It represents the coming together of two like-minded organisations that are committed to providing quality health care to the Victorian community.
Feedback from the gala ball

On behalf of the Board thank you and all at EMF, for last night’s amazing effort. The fundraising result was extraordinary which is only possible due to how you all go about your work. Your care for our donors is a wonderful example to us all and as everyone could see last night goes to the heart of Epworth.

Well done
Regards
Janet
Janet Latchford
Epworth HealthCare Board of Management

Fantastic effort and a wonderful outcome. I am so very proud of you and the great work you do throughout the year that results in the sensational support Epworth received last night. I totally agree with Janet’s comments. Well done and my sincere appreciation

Regards Alan
Alan R Kinkade
Group Chief Executive Officer

After 3 hours sleep I am now back in Qld to continue my golfing getaway with friends. I obviously told them over breakfast of the extraordinary result of last night’s Gala Ball. They were amazed, including two friends from Adelaide who said it just wouldn’t happen over there. To Scott and Team, your sincerity and support for people at their time of need is producing a wonderful legacy for Epworth. I think it’s fair to say our standing in the Community has never been higher.

Regards Rod
Rod Fitzroy
Vice President
Epworth HealthCare Board of Management

5.6 Million! Congratulations to Robyn, Scott and Kathryn and everyone on the special events committee! An unexpected but thrilling result! Look forward to our next meeting!

Robyn Baillieu x

Last night was sensational. We raised a mighty $5.6 million.
Thank you to you all for your hard work, your enthusiasm and for a great sense of commitment to making sure that we put on a first class night.

love
Robyn
Robyn Beddison
Chair Special Events Committee

Congratulations on a historic evening for Epworth hospital, and Crown - (the pledges on the evening surpassed any event in Crown’s history) and a new benchmark for fundraising / philanthropy in Victoria / Australia!
You will be happy to know the Alfa will be put to good use in the medical field / helping to deliver great patient care - bought by vascular surgeon Dr Claire Campbell – Vein Clinic - to transport her staff between her clinics!

Warm regards
Chantel
Dr Chantel Thornton
Specialist breast cancer surgeon

One of the most amazing nights we have ever been involved with!!!
Peter Jones
Peter Jones Special Events

As always we had a very entertaining evening and by all accounts it seems this year may have exceeded the hospital’s expectations.

Thankyou again
Ralph Jennings
MANAGING DIRECTOR
ConMed Australia
Bringing our values and behaviours to life

I wanted to take a moment to drop you a line in relation to my recent Epworth care experience.

My much loved brother recently had a very nasty accident involving a fall from a ladder and as a result suffered quite a number of nasty fractures and a mild brain injury. He was taken to the Alfred initially and from there I sought assistance from our Rehabilitation team to have him admitted to Hawthorn where he has been for almost three weeks.

I have worked for Epworth for six years or so now and during that time have always known how important Rehab is to patients and how good our staff are at delivering this care. This perspective has of course been from a professional point of view in my role that supports the clinicians. Due to my brother’s accident I have now had an up close and personal exposure to their care and I have to say I am completely humbled by their dedication, their commitment and their compassion. They left no doubt in my mind that my brother’s care was in the absolute best possible hands.

I am extraordinarily proud to be a member of such an amazing team and I wanted you to know of my personal experience. My brother and I are both so grateful.

To whom it may concern,

Recently I had a surgical procedure with Dr Dhan Thiruchelvam who operated on me to remove an inflamed appendix. I was stationed in a four bed ward on Level 5. The quality of nursing care was high and there were several nurses who went beyond what I would have described as excellent service into the realm of outstanding service.

The nurse who was in the post-operative recovery area, Mrs Areti Psihogios, displayed exceptional care and devotion. Nothing was too much trouble for her and she ensured that my temperature was warmed up so I stopped the violent shivering I was suffering from. I was extremely grateful to her for her wonderful care and attention.

There were other nurses who also excelled at their work, particularly the overnight staff. I hope I have got two of their names correct. One was Danielle Quade. I really appreciated the care which she gave to me. She was kind-hearted and did her best to ensure that I was comfortable. Another was a young man with a beard. I think his name was Wilf. The phone beside my bed was out of order. He chased up the maintenance people and when they took longer than expected, he loaned me his own phone to make an urgent call. When I offered to recompense him he declined the offer. In addition to this exceptional response, he displayed great skill with his work and worked actively to ensure that my stay was as pleasant as possible.

I commend these people to you for their excellent service and ask that you pass on my grateful thanks to them.

Unfortunately, there were others who also did their work in a commendable manner, but I didn’t retain their names in my memory or can’t read my writing which was affected by the procedure I underwent.

I have travelled from Mackay in Nth Queensland to have my spinal surgery performed by Mr Peter Turner and rehabilitation at Epworth Richmond. My physiotherapist was Rosie (unsure of the spelling of her surname). Rosie’s professionalism, knowledge, experience and clinical care is exceptional and an asset to your organisation. During my rehab sessions Rosie assessed that I was not recognising my left side and arranged for me to complete different exercises and a computer program to improve this. Not only has this worked, no other physio in the previous three years following a car accident assessed what the problem was let alone how to treat it. Rosie has changed my life, keep up your good work. There are some special people we meet along life’s way who make our journey brighter by the things they say and do. Rosie, you are a special person and the care that you give as a physio changes many patients’ journeys, including mine. Could you please pass on my gratitude to Rosie.

A fortnight ago, my father was admitted rather suddenly to Epworth Emergency then ICU. Unfortunately he passed away the following day.

I would like to express my sincere thanks to your Emergency and ICU teams – both doctors and nursing staff. It was quite a traumatic period, requiring some difficult assessments to be made.

My father had had a long association with Epworth, having had a heart bypass some 18 years ago at Epworth. Over recent years, there had been other procedures. He had the greatest respect and admiration for the hospital and the people who worked in it. I would be grateful if you pass on our family’s sincere thanks to both the Emergency and ICU units.
I am writing to let you know how much I have appreciated the excellent care I have received from Epworth Eastern, while in hospital for an angiogram and then an operation to replace my aortic valve and now from the Hospital in the Home unit (still ongoing as I receive antibiotic treatments).

The nursing and medical staff at Eastern were outstanding in their care, their professionalism and their commitment. Let us not forget the cleaning and food services staff who were always cheery and were efficient and hard working. The food was amazingly good, considering the institutional scale on which it has to be prepared. Food and eating are very important to me and I enjoyed every meal while in hospital. An impressive range of choices (particularly for a vegetarian) and always tastefully prepared and presented.

I have also sent a card of appreciation to ward staff but I was keen to let you know that, in my view, you preside over a wonderful hospital.

When I am fully recovered I look forward to becoming a volunteer of one sort or another, in the hope of giving back at least a bit of the great benefit that I have been so fortunate to receive from Epworth.

I am writing to commend you on the fantastic work of Epworth Eastern Hospital.

My family has had many dealings with your hospital over the past 15 months since our amazing and inspiring Mum, Gail Bourke, was diagnosed with terminal cancer after bowel surgery. Mum has fortunately been under the care of Malcolm Steel and Jo McKendrick.

Our dealings until recently have predominantly been with the day oncology team who have been outstanding in their care, compassion and professionalism. They do an incredible job with such grace and care from front desk to nurses.

On Monday 28th July, Mum was admitted for significant surgery under the care of Malcolm Steel, who has been both clinically and holistically a “Godsend” for Mum. I have no doubt you have had similar feedback about Malcolm and his team.

I consider myself very fortunate as I know Louise O’Connor both personally and through some connections with my work with Device Technologies, as well as Jane Thomas, Theatre Educator, both of whom we cannot thank enough for their extra special care of our Mum.

That saying, you obviously have an amazing leader in Louise and her leadership group because both what Mum and we as a family experienced over 12 days in your hospital, was an incredible team culture of true professionalism and genuine compassion. The entire team from theatre nurses, ICU staff, those who came to clean Mum’s room, the orderlies, front desk, those providing meals, amazingly dedicated nursing staff and physicians (I’m sure I’ve missed others) were fantastic. It didn’t matter their role or brief, they always greeted Mum and her family, introduced themselves and their purpose with a genuine approach to patient care.

Our sincere thanks in particular to all the staff of Ward 5 North.

This poem was passed on to staff from a patient following a recent stay at Epworth Camberwell:

You have probably heard it all before, the thanks and adoration,
And if by chance you haven’t, there’s been
A lack of communication,
Because the work that you all do here,
Between
The paperwork and embraces,
Makes a difference that can’t be measured
And it’s on a daily basis.
On days I had no will to smile, you
Somehow
Made me grin,
And no matter how much I believed I would fail,
You believed that I could win.
It’s more than true when people say, you never
Get the credit you deserve,
For your kindness, care, concern and help
Over hours that are absurd.
I must say throughout my time here, I’ve never
Felt so understoon,
You never shed away, though I was convinced
That you all would.
If a bad word is said about you at work
Or otherwise,
Please never, ever believe them, for I promise
It’s all lies.
What each of you has done for me will be
Always in my mind.
A better team of carers, the world will
Never find.

A rehabilitation patient found his eight-year old daughter had scribbled these notes during his recent visit to Epworth.

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The rehabilitation patient's daughter also left a note with a poem for the hospital staff:

What excellent care I am receiving on 1East. The care has been outstanding all the way from the Admission Office, Operating and Ward Staff. Thoroughly impressed with all...
Mental Health quiz answers
1. 64%  2. 2  3. 45%  4. 14%  5. 1/3