Gala ball brings Moulin Rouge magic
Page 16
Simulation workshops offer creative education
Page 13
Providing support to Epworth’s NUMs
Page 14
SEN’s Andy Maher completes Epworth HealthCheck
Page 38
Welcome to the spring issue of Epwords. It’s always a happy time when we notice the daylight lingering a little longer each day and the chill starting to leave the air. We ended the winter here at Epworth with our annual Gala Ball, always a highlight in Melbourne’s social calendar and this year was certainly no exception.

An outstanding $3.3 million was raised on the night thanks to sponsors, attendees and auction bidders, with funds going to the Epworth Research Institute to support research at Epworth. I would particularly like to thank the $1 million anonymous donation by a thankful patient to establish a cardiac research fund. Thank you to the Epworth Medical Foundation and the Special Events Committee for organising ‘Epworth Moulin Rouge’ and spiriting away our 1300 guests to a magical Parisian-themed evening.

Continuing our commitment to expanding our reach of care, Epworth’s redevelopments are making excellent progress. Epworth Freemasons’ Clarendon Street campus celebrated the completion of refurbishment works to wards 1 and 2 West in July, and the addition of two new theatres, a new day of surgery admissions centre, a new short-stay unit and six interview rooms. More than 200 staff, specialists and friends of Epworth Freemasons attended a cocktail launch on 30 July which provided an opportunity to thank everyone for their support during construction and the flood recovery. Guests were invited to tour some of the newly redeveloped areas.

The Epworth Richmond Lee Wing and Epworth Geelong developments are on track for their early 2016 and mid-2016 openings, respectively. As these huge projects take shape, we have commenced our recruitment campaigns to begin filling senior positions at both sites. More than 800 people have expressed interest in working at Epworth Richmond and an incredible 4200 people at Epworth Geelong.

Attracting quality staff that will enhance Epworth’s service offering is of crucial importance, which is why we have recently launched Epworth’s new careers website: epworthcareers.org.au. The new site is designed to be easy to navigate and is mobile-friendly, and allows visitors to find out what makes Epworth such a great place to work. It’s an exciting period of growth for Epworth and we look forward to welcoming our new employees to the Epworth family over the coming months.

Epworth Excellence continues to deliver exceptional care and I am very pleased with the improving trend in patient satisfaction we’re seeing across the group with our divisions now rated best in the country. Well done.

There has also been much progress on Point of Care and the Board has now committed to roll this initiative out across the group. This will significantly enhance our face-to-face care of patients.

There has been a tremendous effort undertaken this year to better recognise and reward our nurses and to provide them with the tools to be successful. I sincerely appreciate the extensive work that has occurred by executive sponsors and clinical staff. I truly believe this initiative will play a significant role in attracting and retaining the best NUMs in the industry — this will lead to Epworth providing compassionate and exceptional care.

I applaud all staff that applied for scholarships through the 2015 Epworth Scholarship Program, and nurses who have applied for placements in the 2016 Cleveland Intern Program. At Epworth we always encourage staff to do and be their very best. The 70 scholarships on offer provide the chance for staff to undertake extra development opportunities whether it be a work-related project or attending a conference, professional course or study tour. Enhancing your skills not only benefits your career but ensures we can offer our patients the very best treatment and care.

Alan R Kinkade
Group Chief Executive
Epworth recruits 100th participant for cancer trial

Epworth Radiation Oncology Research Centre is delighted to announce accrual of the 100th participant to the TRANSFORM clinical trial. The trial is led by the director of Epworth Radiation Oncology, Dr Pat Bowden, and supported by a grant from Varian Medical Systems Inc. and the Epworth Medical Foundation.

Opening to accrual in April 2014, TRANSFORM is larger than any comparable published study of stereotactic radiotherapy for oligometastatic prostate cancer. Historically, metastatic prostate cancer has been treated with hormone therapy or chemotherapy. This carries with it the potential for unpleasant side effects as well as the development of resistance to treatment. The use of targeted, high-dose radiation to treat a limited number of lesions (less than five at any one time) is an exciting development in the treatment of prostate cancer, which we hope will demonstrate improved outcomes in the form of extending lifespan and improving quality of life for patients.

The Epworth Radiation Oncology Research Centre is on track to meet our accrual target of 200 participants by mid-2016. Reaching this important study milestone is an opportunity to acknowledge the contribution of the existing participants in the study, as well as the hard work of those involved in running such a large clinical trial in a single centre.

Jo Benhamu
Clinical Trials Coordinator

Expanding our mental health care

The Epworth Clinic has seen significant growth over the last financial year, with an increase in staff and service offerings, and expansion into a second ward. It’s proof of the ongoing demand for treatment options for patients with mental health issues — something that Epworth strives to deliver with excellence, innovation and, above all, sensitive patient care.

Headed by Director of Psychiatry and ECT Dr Graham Wong and Director of Clinical Services Sue McLean, the clinic includes senior managerial staff, approximately 30 psychiatric nurses and 11 multidisciplinary team clinicians, made up of social workers, occupational therapists, clinical psychologists and an exercise physiologist and dietician. Currently 26 accredited psychiatrists work on site in the clinic’s consulting rooms.

In 2015 we saw the introduction of an innovative treatment modality for depression known as transcranial magnetic stimulation, which involves the application of a pulsed magnetic field that alters the excitability and blood flow in specific areas of the brain. It’s been providing relief to patients who have not had success using antidepressants, with encouraging results.

In addition, the therapeutic day programs now include several new offerings: WISE (wellness, interaction, support and engagement) for the over-65s; MOVE (mindful movement, intuitive eating), focussing on the long-term behavioural change of eating habits and physical activity; and ACT, acceptance and commitment therapy, which now includes a specialist program for patients with obsessive compulsive disorder and an advanced course called ACT for Relationships.

Two separate programs at the clinic are designed specifically for young people. Life Skills helps support functionality across multiple domains including school, vocational pursuits and social connectivity, and helps develop and strengthen coping strategies for high-prevalence disorders such as anxiety and depression. DBT (dialectical behavioural therapy) for youth is tailored to young people who are experiencing interpersonal difficulties and centres on increasing the ability to practice mindfulness, distress tolerance and emotion regulation.

In September the clinic will introduce after-hours programs to support people with work or family schedules that restrict their ability to attend daytime programs.

Lauren Moore, Epworth Clinic’s new intake coordinator, says it’s an exciting time for the clinic as it heads towards further expansion.

“Our staff strive for excellence in client-centred care. Focussing on our future as a service, we will provide a mental health program that maintains high levels of care, professionalism, communication and team work.”
Meet ... Carolyn Bell
Chief Operations Manager, Epworth Richmond

Carolyn joined Epworth Richmond as chief operations manager in March this year. Carolyn’s earlier career commenced in medical, surgical and coronary care nursing before a transition to clinical leadership and then senior leadership positions at the Royal Women’s Hospital and in health-related organisations, such as BreastScreen Victoria. Carolyn’s appointments have included executive positions in clinical operations and workforce planning.

What attracted you to working at Epworth, and this position in particular?
I had always admired Epworth from afar and saw it as an ambitious and innovative organisation that I hoped one day I could be a part of. I was thrilled when the chief operations role came up and over the moon when the role was offered to me.

Please briefly outline the main duties in your role.
I often describe my role to people as one eye looking down on the here-and-now and one eye looking out on our future. As chief operations manager I am responsible for managing the day-to-day operational performance of the hospital. I also work closely with our Epworth Richmond executive director, Nicole Waldron, on a range of service and business development strategies.

I am fortunate to be surrounded by a team of great staff and could not do my job without the skills, experience and commitment of our clinical and support service staff.

What do you hope to achieve in this role?
To ensure the smooth running of the hospital, to be a hospital known for great care, to be a magnet for quality staff and to facilitate the transition of our staff, doctors and services throughout the redevelopment.

How have you found the work so far?
Very rewarding! I am loving the scope of the role and the challenges and opportunities that each day brings. I have been impressed by the commitment and dedication of the staff, the focus on patient experience and the many ways that we invest in the development of our staff. I am so proud to tell people I work at Epworth.

What are some of your interests outside of work?
Polar opposites; I love the arts and escaping into someone else’s reality through a play or the ballet and I also love motorsport, particularly F1 and MotoGP. Time with my family is also high on the list.

Epworth becomes a clinical school of the University of Melbourne

Epworth HealthCare has been steadily increasing its teaching program for medical students from both Monash University and the University of Melbourne over the past eight years.

Epworth is thrilled that we have become a clinical school of the University of Melbourne. We will have 16 students from second year at the University of Melbourne (MD2) in 2016. These students will spend the whole year at Epworth studying general medicine and surgery and their subspecialties, and they will see Epworth as their ‘home site’. This is in addition to the obstetrics and gynaecology students who are taught through the department of O&G at Freemasons.

We continue to have a very close relationship with Monash University and host around 20 students from third year medicine at Monash and smaller numbers from their 5th year cohort, plus individual students from universities around Australia and throughout the world completing their six-week elective studies in their final year of training. All in all, Epworth is proving an increasingly popular place for students to undertake sections of their medical training!
Andy Gillott says he cannot believe how small, repeated movements next to a mirror have helped correct his paralysed left hand.

In the six weeks that followed major brain surgery, Andy went from limited function on his left side to riding a bike to his session at Epworth Rehabilitation Brighton.

His story is a tumultuous one. He experienced a seizure on 2 April, which led to a diagnosis at The Alfred of a stage 3 anaplastic astrocytoma. There followed hasty plans for surgery at the Royal Melbourne Hospital, after which he chose a rigorous inpatient rehab program at Epworth Brighton — one that focused on physio, occupational and speech therapy.

“My goal was stability and balance — and I really did not expect to get to this stage so quickly,” he says, as he squeezes pegs while moving them from one rod to another, then picking up and holding small coloured balls. “I expected that this particular therapy might improve movement, but I did not anticipate it could actually help my function return,” Andy says.

Andy was awake during the brain surgery that successfully removed most of the tumour, so he remembers hearing the words “we’ve lost the left arm”. In the days that immediately followed, he plotted his rehabilitation journey with the same analytical expertise and skill of logic that he deploys in managing his large businesses. He set goals, mapped out his own recovery and put the shock diagnosis into perspective. He determined he would need time off from his next big project to manage this personal one, and to ensure his family could enjoy a different sort of journey alongside him.

“This clever little glove works by stretching out my hand with tensioners on the joints. I work against that to pick up the ball and that strengthens my movements,” explains Andy. “After wearing it at a therapy session, I could actually feel electrical pulses return to my hand, and when I went home I noticed I could capably hold vegetables firmly while I chopped them with the other hand.

“In essence, by pulling against the tensioners, the glove extends my fingers. With all the recent talk in the media about neuroplasticity, I understand that this process helped my brain’s memory wake up, and then hold onto the sensations of strengthened movements and muscles being refined. It has been extremely helpful and I wanted other patients to be able to have the same opportunity to experience those same results.”

Andy was so impressed he donated four gloves to Epworth Rehabilitation Brighton and has one to use at home.

The lightweight glove was launched by Saebo at the end of 2014, after which thousands have been sold across six continents. It was created after 15 years of the company’s experience in design of products for clients with minimal tone, with the purpose of improving motor recovery and functional independence.
“It’s not my job” — is this living the Epworth values?

We should all be very proud of the volume of compliments we receive every month. We do, however, also need to review the complaints/feedback we receive and action accordingly to continually improve the service to, and experience of, our patients. Recently, we’ve had an increase in written feedback that includes the theme ‘it’s not my job’.

I think it is important to look at this through the patient’s eyes and understand that they don’t know what each of our roles is and are simply asking us for help. How does the patient feel when we tell them, “it’s not my job”?

At Epworth we have a clear vision: the Epworth experience — consistently delivering excellent patient-centred care with compassion and dignity, and we display the behaviours associated with our values to achieve this. Therefore, when everyone in the organisation understands this ultimate outcome, it’s everyone’s job to contribute to that by applying themselves and giving their best in their role.

We need to work together to eliminate the ‘it’s not my job’ attitude.

What can we do differently? If, indeed, what you are being asked is outside the scope of your role, then refer to the correct person and advise the patient that you are doing this. For example: “Thank you Mrs Smith, for advising me of your dietary requirements, I will ask Mary the menu monitor on our ward to organise the correct food for you and come back and check it has been done.”

Now let’s think about this from your point of view. If you ask a co-worker for assistance and their response is “it’s not my job”, how does this make you feel? Is this displaying the team culture? There are times when we all have to do a little more to support others, even if it is not specifically part of our duties. This is what it means to be a part of a team.

In Epworth everyone’s ‘job’ as it relates to the patient or customer experience is the same. Whether you are the CEO responsible for the entire organisation’s performance or the receptionist at the front desk answering the phone and greeting customers, we are here to uphold Epworth’s values and provide the best in patient and customer care. Let’s all do our very best to help each other out, to ultimately help our patients — that is our job.

Alan Kinkade
Group Chief Executive

Jean Hailes partners with Epworth Freemasons

Epworth Freemasons has embarked upon an exciting collaboration with Jean Hailes for Women’s Health — a national not-for-profit organisation dedicated to improving women’s health. The new clinic, Jean Hailes at Epworth Freemasons, is located at Epworth Freemasons GP Clinics at 113 Albert St, East Melbourne.

Both Jean Hailes and Epworth Freemasons have been operating services dedicated to improving women’s health for over 20 years. Jean Hailes has an existing women’s health medical clinic in Clayton where work is undertaken through the integration of research, clinical care and community and health professional education.

Many of the health professionals at the new clinic are the same as the former Epworth Freemasons Women’s Health Clinic, complemented by the arrival of Jean Hailes’ medical director and most senior clinician Dr Elizabeth Farrell, and a host of Jean Hailes health professionals and experts. This team will continue to provide women with a professional and caring approach, backed by extensive experience and in-depth understanding of complex women’s health issues.

The collaboration between our two organisations is an excellent opportunity to position both organisations towards meeting the health needs of women into the future.
Introducing the Epworth Knowledge Bank

Each year Epworth produces numerous publications covering the range of exciting work being undertaken across the organisation. The Epworth Knowledge Bank (EKB), launched in June this year, was created to ensure these materials are readily available to our staff and clinicians, as well as the wider medical community and the general public.

The EKB is an online digital repository, which is an electronic database holding all Epworth publications in one location, used to store Epworth’s knowledge assets.

The materials available are categorised into two areas: academic/clinical and corporate, are searchable by author, date, title and subject, and are accessible across the intranet and internet.

The EKB publications include journal articles, book chapters, reports, conference papers, theses and dissertations, recordings such as Grand Rounds and teaching clips.

Since EKB was launched, its profile has grown both within Epworth and amongst our peer clinicians and researchers around the world. We have had hits from the US, UK, Canada, Germany, Belgium, Netherlands, Finland, China and Japan.

Back home, the benefits for our staff have been reflected in comments such as “I can see what great work we are doing”, and “now I know who to contact for help with my paper”. As EKB grows, it will become a tremendous knowledge asset for our clinical, education and research activities.

View the EKB at knowledgebank.epworth.org.au or if you would like to find out more about adding materials or general information about the EKB please email library@epworth.org.au.

Epworth Rehabilitation steps out for AIDET

Epworth Rehabilitation has stepped out — way out! Affirming Epworth’s commitment to excellence, everywhere, every day, executive and senior staff created a unique video to promote the use of AIDET.

Sometimes it’s the simple things that make a big difference. That’s what AIDET is about. Acknowledging patients by name, Introducing yourself, Duration: letting patients know how long you’ll be there, Explaining what you are doing, Thanking them when you leave. AIDET creates a culture of compassion for our patients and demonstrates our staff engagement in their care.

Epworth Excellence Coach Jeynelle Broatch worked on creating the video and says the project was about repositioning the tools of AIDET to the forefront of people’s minds.

“"The seriousness really is there in the lyrics, saying that nobody likes the silent treatment,” says Jeynelle. “I think clinicians often don’t realise — certainly not intentionally — that patients are often kept in the dark, unless we use these tools.”

So make sure to check out the video on Epworth’s You Tube channel and sing along to the lyrics!

Epworth remembers Chaplain John Patrick Flynn

Epworth Freemasons is sad to announce the death of Monsignor John Patrick Flynn, who died peacefully on 1 June this year, aged 79. Father John was a missionary in Papua New Guinea for 33 years and, after returning to Melbourne, ensured that his retirement would continue to be busy and fulfilling by becoming hospital catholic chaplain to patients at Epworth Freemasons.

Fr John had a particular fondness for Epworth Freemasons, where he also became a chaplain to staff, who very much appreciated his kindness and friendship.

The relationship was reciprocal and staff showed Fr John special care and concern — it didn’t take them long to realise that Fr John especially appreciated the steady supply of chocolates which he enjoyed immensely!

More importantly, and particularly as Fr John grew notably more frail, staff provided care for someone who represented a kind and gentle father figure.
Epworth Richmond

Lee Wing

When the Lee Wing opens in February 2016, Epworth Richmond will open a new and expanded emergency department and provide an additional 142 acute inpatient beds, with a larger intensive care unit, a cardiac acute and high-dependency unit and three inpatient units housing orthopaedic and neurology specialties. The Lee Wing will also provide a new theatre precinct with six new theatres (including one that incorporates hybrid functionality) as well as new consulting suites and 250 car park spaces.

Recruitment has commenced to fill the roles required in preparation for this growth. There has been significant interest in employment, with more than 800 having expressed an interest to work at Epworth Richmond via the new careers website.

Information sessions are being held in September and October for people wanting to learn more about the hospital, to gain insight into working at Epworth Richmond, find out about the plans for the hospital’s future and also ask the executive team some questions.

Construction of the Lee Wing has kicked some goals in the last few months. The facade panels have now been installed to level 4 with the majority of other works now taking place internally, coordinating the fit-out and finishes within the building.

Bridge Road entry works

Works have been underway to upgrade and improve the Bridge Road entrance to Epworth Richmond to offer a welcoming first impression for patients and visitors coming to the hospital via Bridge Road.

On completion in November 2015, the air lock space will have an enhanced look, with timber and marble finishes, a new chandelier to provide modern lighting and, the addition that will have the most positive impact, a dedicated reception desk and concierge space to assist patients and visitors coming to the hospital from this entrance.

The hospital’s Bridge Road air lock entry has been closed while these works have occurred, with visitors diverted via Slade Pharmacy, located to the left of the hospital’s doors. Access via these doors is between 6am and 10pm.

Epworth Richmond’s concierge team has played a vital role in maintaining a positive experience throughout this time, positioned at the Slade Pharmacy entrance to assist patients and visitors coming to the hospital.

Kitchen upgrade project

Epworth Richmond is moving to a permanent room service meal delivery model following a successful trial across a number of inpatient units earlier this year.

Plans are now underway to redesign the kitchen space to accommodate this new model and, at the same time, expand the kitchen to cater to the increase in inpatients when the Lee Wing opens next year.

Works are expected to commence in the coming months and staff, patients and visitors will be kept informed of all works throughout the project.

Clarendon Street Campus redevelopment

The refurbished 1 and 2 West at the Epworth Freemasons Clarendon Street campus opened in late July 2015, with improved single and double inpatient rooms, a brighter reception space, new services and modern decor offering a more comfortable and welcoming environment for patients and visitors.

The $59 million redevelopment at the Clarendon Street campus has been underway since 2014 and has now provided two new theatres, a new day of surgery admissions centre, a new short stay unit and six interview rooms, all of which have greatly improved the day surgery patient flow from admission to discharge, and has enhanced patient privacy in the level 3 day surgery precinct.

The new facilities are supported by a fully refurbished and expanded central sterile supply department (CSSD), which recently opened.

In September, upgrades to major services and refurbishment works commenced to operating theatres 7 and 8 with works expected to take six weeks to complete. Works to the final three operating theatres, 1, 2 and 3, are now expected to commence in January 2016.

Externally, upgrade works are underway to the building facade, including repainting, replacing down pipes and repairing cracked render to the walls. The external scaffold is also now being progressively dismantled in line with the completion of this work.

Major infrastructure upgrades have occurred to the Clarendon Street campus as part of this redevelopment package, including a new electrical substation, switchboards, generator, and replacement of mechanical services, including chillers and air handling units. In addition, the central domestic hot water unit has been replaced. All of these upgrades have provided significant patient amenity and improved service delivery.
South West Regional Cancer Centre

Epworth HealthCare was awarded the contract to design, construct and operate the South West Regional Cancer Centre on behalf of the Victorian government.

In June 2015, Epworth received a cheque for $5 million from the Peter’s Project Foundation, a group that lobbied for a dedicated cancer facility in Warrnambool and with generous support from the local community raised this money towards the $30 million construction costs.

Located opposite South West Healthcare’s Warrnambool Base Hospital on Ryoit Street, the cancer centre will have the capacity to provide radiotherapy treatment for up to 500 patients per year with two radiotherapy bunkers, one with a linear accelerator (radiation treatment machine), operated by Epworth Radiation Oncology as a public service with no cost to patients.

An 11-bed day oncology unit on level 1 will be operated by South West Healthcare, with consulting suites on levels 1 and 2 for medical oncologists, radiation oncologists, allied health professionals and other specialists to collaborate in a multidisciplinary environment.

A dedicated supportive care centre on the ground floor, named in honour of the Peter’s Project foundation, will offer services and resources to support the wellbeing of cancer patients and their carers.

Construction is progressing well and the centre is on schedule for opening in August 2016.

The bunker structure and the ground floor slab have all been poured. Precast panels for the main building are now installed to 90 per cent of the building and the level 1 slab is now being formed.

A dedicated two-storey car park is also being built across the road from the cancer centre. The last section of the car park ramp was poured this month and precast walls are nearly complete.

Epworth Geelong

There are now more than 4200 people who have expressed an interest to work at Epworth Geelong when it opens in July 2016. Positions are progressively being advertised for leadership roles with plans to recruit the majority of clinical and non-clinical staff early in 2016.

Most recently, Epworth Geelong has appointed a number of senior roles, including Dr Matthew Ryan as director of emergency, who will commence early in 2016.

Well regarded in the Geelong medical community, Matt comes to Epworth with an array of emergency medical experience both as an emergency physician in Geelong at Barwon Health Geelong Hospital and St John of God, as well as in Queensland where he spent several years at Nambour. He has also held leadership roles, most recently at Werribee Mercy Hospital where he has been the deputy director of emergency services for six years.

Matt has big plans for his role, wanting to establish Epworth Geelong as having one of the best private emergency departments in the country, and we look forward to having him on board.

Epworth Geelong’s new human resources manager has also been appointed and will commence on 26 October 2015. Mick Fuller has a big task ahead of him but is up for the challenge, having worked in a number of leadership HR roles for large organisations including Quiksilver, NAB and Ford.

Continued on the next page
Neurosurgeon Mr Nick Hall will join the hospital to provide a much-needed service to the greater Geelong region. Specialising in the treatment of patients with complex skull-based tumours, trigeminal neuralgia and minimally invasive spine surgery, with expertise also in areas of general neurosurgery, Nick will bring years of experience to our patients.

In construction news, the facade has been completed and asphalt to the car park has been poured. Landscaping has also commenced with the planting of the site’s first trees, and Epworth Geelong’s exterior is looking close to the finished product. The majority of works are now underway internally with much still to be completed, but we are well on track to be ready in time for a July 2016 opening.

Epworth Geelong is now on Facebook! Like our page at www.facebook.com/EpworthGeelong and share it with your friends and family to stay up-to-date on the hospital’s construction progress, service announcements, recruitment information and everything else in between as we prepare for opening in July 2016.

**A new theatre and expansion to day oncology at Epworth Eastern**

A growing demand for access to theatres and day oncology services at Epworth Eastern has led to a new redevelopment project set to commence later this year — installing a tenth operating theatre and increasing the hospital’s day oncology capacity from eight chairs to 17.

The new theatre, located on level 3 within the main theatre complex, is expected to be used by multiple specialties.

The day oncology unit is located on level 4 and the proposed expansion to provide nine additional chairs sits directly above the new theatre, enabling both these works to take place simultaneously. The works to day oncology will ensure the unit makes the most of the existing parkland views out across Box Hill Gardens.

This package of works is expected to be completed in March 2016.

**Queen’s Birthday Honours**

Three Epworth professionals were honoured for their contribution to Australian Society in the Queens Honours list, released in June.

Epworth Eastern’s Associate Professor John (Jack) Mackay, a colorectal surgeon, was honoured for his extraordinary contribution to both the public and private health sectors in Australia, with an Order of Australia as a Member in the General Division (AM). A/Prof Jack Mackay was appointed the inaugural medical director at Epworth Eastern in 2005, and has contributed to Epworth’s Teaching Hospitals Steering Committee since 2007 and the Clinical Review Committee since 2009.

Renowned cardiologist Dr Jennifer Johns was appointed a Member of the Order of Australia (AM) in recognition of a lifetime’s work in medicine, including her role as the first female president of the National Heart Foundation and her charity work with the Australian Sri Lanka Medical team in the wake of the 2004 Boxing Day tsunami. Dr Jennifer Johns has practised at the Austin hospital since 1987 and has run a private practice at Epworth Richmond for 31 years. She left on her 13th trip to Sri Lanka in July to provide assistance and equipment to rural hospitals there.

Professor Niki Ellis is a member of Epworth’s Human Research Ethics Committee, and is one of Australia’s leading occupational physicians and an expert in assisting organisations to manage workplace stress. The Health Consultant provides leadership and advice regarding research governance in Australia. Professor Ellis received a Medal (OAM) in the General Division.

Group Chief Executive of Epworth HealthCare Alan Kinkade said he was proud to have such distinguished people working at Epworth and congratulated them all.

“For many decades, our specialists have devoted their careers to the better treatment and management of illness, therefore significantly improving the lives of people both here in Australia and overseas.

“They have also been committed to the teaching of Australia’s future clinical workforce through their mentoring of younger colleagues and their myriad publications,” Alan said.

**Epworth in the media**

We make headlines across the media for advancements in technology, medical firsts and our ability to change patients’ lives. See our media coverage on the staff intranet homepage and the Epworth website under ‘latest news’.

**The Project , 13 August**
Dr Eli Dabscheck from the Epworth Sleep Centre talks to The Project about what happens in the brain when we are asleep.

**The Standard, 1 August**
Respected local fundraiser and founder of Peter’s Project Vicki Jellie has fulfilled a community dream of raising $5 million towards the $30 million construction costs of the South West Regional Cancer Centre in Warrnambool.

**The Age, 11 July**
The Age interviews Dr Nick Christelis about the benefits that electrical implants provide to patients suffering debilitation chronic pain.
Meet ... the Olfactory Impairment Clinic team

Established in July this year, the Olfactory Impairment Clinic, located at Epworth Hawthorn and Epworth Richmond, helps patients with changes in their sense of smell. Mel Drummond and Chloe Douglas staff the clinic, which is the first to be established within a rehabilitation facility in Australia.

How long has the Olfactory Impairment Clinic been in operation?
The Olfactory Impairment (Olfactory) Clinic officially opened in July 2015 however we have been seeing patients who experience olfactory impairment for many years.

Who are the staff members in the clinic and how long have they been with Epworth?
The Olfactory Clinic was set up and is run by Melanie Drummond, speech pathologist/project coordinator for the rehabilitation executive team, and Chloe Douglas, senior speech pathologist. Mel has been working at Epworth for 14 years and it is her PhD research that was the catalyst for setting up the clinic. Chloe has been at Epworth since 2009 and played an integral role within the PhD research whilst working as a research assistant.

What service does your team provide to patients?
The Olfactory Clinic primarily serves as a diagnostic clinic which allows people who report changes to their sense of smell to have this assessed, and the severity level of their impairment classified. Olfactory impairment can result following many different causes including traumatic brain injury, Parkinson’s disease, stroke, facial fractures or surgery.

Our patients report that the best part of the clinic is the discussions which occur after the assessment outlining the consequences of having an Olfactory Impairment, to both the individual and their significant others. Olfactory impacts upon many areas within an individual’s everyday life including: the ability to identify hazards such as smoke and gas, interest in food, monitoring of personal hygiene, interest in leisure activities, work and relationships.

Please describe a typical day for the team.
Each day in the Olfactory Clinic is filled with a range of different patients being assessed. The future vision is to run group sessions which allow patients to meet others who also experience Olfactory Impairment.

Are there any challenges the team faces?
Our biggest challenge is getting patients to see the importance of the clinic. This is because many patients with Olfactory Impairment are not aware that they have the impairment until after the assessment is complete — so often they may be reluctant to attend because they don’t see it being relevant to them. Many are overwhelmed with their assessment results and the impact that an Olfactory Impairment may have on their life.

How has the service been received so far?
The feedback from patients has been extremely positive with many reporting feeling relieved that they can come and talk to clinicians who understand their issues. Specifically, patients are reporting that the individually tailored problem solving and management strategies they receive relating to how Olfactory Impairment impacts their life is invaluable.

What might people be surprised to know about the team?
Speech pathologists are VERY good at trivia. We know this because there were five speech pathologists sitting on the winning table (and one physio and two dietitians) at the recent Rehabilitation and Mental Health trivia night.
GPs embrace ‘Lunch and Learn’ program

Epworth’s GP Liaison webinar series educates GPs on their lunch break.

The webinars, introduced in 2014 and extended from monthly to fortnightly in early 2015, have proved increasingly popular as GPs embrace online education. The one-hour sessions titled ‘Lunch and Learn’ run from 1-2pm and enable GPs to log on from the comfort of their office or home to listen and participate in an interactive, virtual education session with leading Epworth specialists.

Epworth’s GP education programs are specifically tailored to the educational needs of GPs, and topics are selected by 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) and each webinar carries two (cat 2) CPD points.

GP Education Coordinator Fiona Scoullar runs the webinars and says the popularity of the series reflects GPs’ desire to have access to convenient, compelling educational programs.

“So far this year, more than 200 GPs have joined leading Epworth specialists online during their lunch hour to watch education across a range of topics,” says Fiona.

“The online education has greatly extended the reach of the program with GPs participating from Western Australia, South Australia and New South Wales. Many of the GPs participating in the online program are new to the industry, and we hope that by providing online education to these GPs we will be able to introduce them to VMOs who work at Epworth, thereby influencing their referral patterns.”

During a webinar, interaction is encouraged between the presenter and attendees in the form of a real-time Q&A forum. There is also functionality for polls and surveys during the presentation. For those that can’t attend at the scheduled time, webinars are recorded and added to a library of on-demand education that GPs can access at their convenience.

Feedback from attendees and presenters using the service has been overwhelmingly positive.

Orthopaedic surgeon Mr Austin Vo presented a webinar in July this year on the topic of common shoulder problems, and says he was pleased with his experience.

“I really enjoyed the opportunity to present my webinar and believe it has helped improve general practitioners’ knowledge. It has potentially also generated patient referrals,” he says.
Simulation workshops offer creative education

Epworth’s Clinical Education and Simulation team has been working closely with the Victorian Simulation Alliance (VSA) and the Department of Health and Human Services (DHHS) to provide a series of workshops focused on improving outcomes in different aspects of simulation-based education — namely, moulage and debrief. These workshops are directed at health professional educators and aim to foster an open, safe learning environment with an emphasis on best practice, inter-professional collaboration and continued improvement in simulation education across Victoria.

On July 9 2015 the simulation team hosted two moulage workshops on behalf of the DHHS. Moulage (derived from the French word for casting/moulding) is the art of creating mock injuries for the purposes of emergency response training, and a total of 36 participants from across Victoria learnt tricks and tips in moulage from the team. Participants were shown how to create fake lacerations, burns and body fluids, often using grocery items or simple makeup products. They were impressed by the simplicity of the recipes and the ability to create life-like wounds in a short time.

The more serious aspect of simulation education is the debrief. Conducted after each simulation scenario, the debrief session enables participants to assess their performance through critical reflection, questioning and evaluation. The debriefing workshops hosted by Epworth in conjunction with the VSA focus on equipping learners with the skills to translate this critical reflection into actionable strategies for achieving best practice, with particular emphasis on communication and teambuilding. Feedback from the debrief workshops has been resoundingly positive and Epworth’s simulation team is excited to continue this collaboration with the VSA.

Partnering with our Patients Week at Epworth Eastern

Epworth Eastern hosted its inaugural Partnering with our Patients Week on 24–28 August. During this very special week we reflected upon the journey we share with our patients and celebrated our commitment to creating positive patient experiences.

Partnering with our Patients activities held throughout the week:

**Monday** — opening ceremony and lunch followed by a hospital tour
**Tuesday** — cupcakes for a patient and staff morning tea, harpist playing in the wards
**Wednesday** — hospital tours
**Thursday** — cookies for a patient and staff morning tea, harpist playing in the wards
**Friday** — closing ceremony and BBQ in the MIA car park

**All week** — information desk in main foyer with giveaways for patients and visitors. The staff at the information desk captured feedback from the community, a staff quiz was held and patients received fun activities on their meal trays.

The Partnering with our Patients week also provided us with a focused time to celebrate our accomplishments, reenergise efforts and honour the people who impact on the patient experience every day. From nurses and physicians to support staff and the executive team, patients, families and the community we serve, this event brought together the entire Epworth Eastern team.
Nurse unit manager program of work: update

Supporting our nurse unit managers (NUMs) to be their best and give their best is a top priority for Epworth and central to our continued success. A significant program of work with four project themes has been developed, each of which has an executive sponsor. Together, these projects address the key feedback that NUMs provided through the consultation with PriceWaterhouseCoopers into the effectiveness and attractiveness of the NUM role.

In September, a forum was held at The Boulevard in Kew with all NUMs to update them on the program of work. The afternoon was a wonderful celebration of the achievements of the NUM project to date. Alan Kinkade opened the event and reinforced his, the executives’ and the Board’s commitment to the project and Epworth’s NUMs. He reflected on a patient story which provided a heartfelt account of the NUM’s role in creating a culture of compassion and dignity on their wards in alignment with Epworth’s values.

The NUMs then received an update from each executive sponsor. The many achievements that could be celebrated in a relatively short period of time demonstrated to all the significant investment being made into the project. Key highlights include:

• The completion of a 360 degree feedback survey by each NUM to provide them invaluable feedback and support career development
• An increase of NUM management time and ward clerk hours to ensure NUMs have the time and support to be successful
• The planned implementation of an updated NUM position description that clearly articulates performance priorities. This includes reviewing the role of the ANUM and ward clerk to ensure roles are aligned to support optimum operations and an exceptional patient experience
• The sign-off of numerous recommendations that will address the key priorities NUMs identified as important in making them feel valued
• Specific development for NUMs in financial management and reporting, as well as streamlining and consolidation of reports to improve access to key information
• Planned future investment in technology to support consistent excellence in nursing care delivery

Following each presentation, a highly interactive and informative Q&A panel was held with all executive sponsors and Alan Kinkade. This innovative and diverse program of work will support NUMs in the crucial role they play in ensuring Epworth achieves our vision of consistently delivering excellent patient-centred care with compassion and dignity and remains an employer of choice for top nursing talent.

Rehabilitation staff prove their smarts at trivia night

On Friday 14 August the Rehabilitation and Mental Health division held a staff trivia night to raise money for the upcoming Vietnam walk in February 2016.

A total of 128 staff attended the night, seated at tables of eight, and a gold coin donation at the door collected $204. Epworth Medical Foundation kindly donated a lovely hamper of beauty products which was raffled and raised another $600.

Each table was required to present a talent act for the evening; we had a range of acts from synchronised swimming to magic tricks to the winning act — a nail-biting rose ceremony scene reenactment from The Bachelor. Needless to say, some people definitely could have used talent lessons, but a great effort was done by all.

The evening was a great success and highlighted the wonderful culture in the division. Bring on next year’s competition!
Ablation procedure using alcohol a first

On 1 June, Epworth Richmond’s cath lab successfully performed its first procedure using injected alcohol to reduce muscle thickening in the heart.

Hypertrophic obstructive cardiomyopathy (HOCM) is an uncommon inherited condition that causes thickening of the muscle of the left ventricle (LV), and usually involves the septum — the muscle that divides the right and left ventricle. Thickening of this muscle at the base of the septum can impede blood flow out into the aorta, leading to symptoms such as shortness of breath, chest tightness, dizziness and palpitations.

Patients are treated with medications and usually respond well. For those whom medications cause significant side effects or if medications are ineffective, open-heart surgery is usually performed to remove the thickened heart muscle (surgical myectomy). This is a very effective operation but it is major surgery and the risks may be high in those who are elderly or have significant co-morbidities. Recovery from surgical myectomy can be prolonged.

An alternative, minimally invasive approach performed through the skin by catheters can be used to ablate (reduce) the muscle thickening by injection of alcohol. This procedure, called alcohol septal ablation (ASA), is currently being offered to patients who are over 60 years old and who have reasons that make them high risk for open-heart surgery. It is also offered to those who would like a less invasive approach after an informed discussion with surgeons and interventional cardiologists.

This procedure is offered at Epworth Richmond and was recently performed on an 84-year-old woman with exertional breathlessness who was found to have significant obstruction of blood flow from the LV into the aorta. Despite optimal medical therapy, she was still symptomatic. After injection of a small amount of alcohol, the obstruction was abolished with no complications. The patient was discharged on day five from hospital and is symptomatically much better on follow-up. In 25% of patients undergoing ASA, a permanent pacemaker is required as the alcohol can also damage the conducting system.

Short and long-term observational clinical data have suggested that survival following surgical myectomy and ASA are similar but that surgical myectomy may be more effective in reducing the obstruction in some patients. There are no direct head-to-head comparisons of the two approaches in clinical trials at the present stage.

Dr. William Chan
MBBS (Hons), PhD, FRACP, FCSANZ
Consultant & Interventional Cardiologist, Epworth Richmond

Results are in and the patients have spoken!

Over the last 12 months, Epworth Eastern has achieved outstanding results in patient satisfaction.

Among private hospitals in the 151-300 bed category, Epworth Eastern has consistently received patient satisfaction scores between the 78th and 99th percentile, according to results from Press Ganey.

These results are quantified from feedback from patients about the level of care received during their stay in hospital. Some of the measurable patients rate include:

- Nursing care
- State of the patient room
- Food services
- Noise levels
- Discharge process

Epworth Eastern is proud to have achieved these impressive rankings due to the combined efforts of all staff members.

Executive Director Louise O’Connor says to all Epworth Eastern staff:

“These continuous outstanding results are achieved due to the dedication and hard work of all members of staff at Epworth Eastern — they are evidence of compassionate care, that you take the time to communicate with your patients effectively, that you all make the patient feel safe, informed and have a clear understanding of what they are going through. That you truly work as a TEAM — nursing, allied health, food services, enviro, orderlies, technicians, engineering, clerical and administrative staff demonstrating collegiality and teamwork across departments in achieving the ultimate aim: excellent patient care. What an inspiring journey to be a part of.”

Epworth careers website is now live!

Our new careers website has been designed to provide prospective employees with all the information they need to know about working at Epworth. It is intended to help attract and convince high-quality people to make the decision to choose Epworth as their preferred employer.

The mobile friendly website includes information about the benefits of working at Epworth, how to join the Epworth team, current job opportunities and the Epworth difference.

The website has been created initially in response to our workforce planning needs following the redevelopment of Epworth Richmond and the development of our new hospital, Epworth Geelong.

We will continue to update information about our different locations and roles over the coming months.

Please visit: www.epworthcareers.org.au

We’d love to hear any feedback and ideas — please email website@epworth.org.au.
Epworth Gala Ball brings Moulin Rouge magic and raises $3.3m!

Thanks to the sponsors, doctors, staff and friends that attended this year’s Epworth Gala Ball, the Epworth Research Institute will be $3.3 million better off!

A total of 1300 guests were transported to Paris for ‘Epworth Moulin Rouge’, this year’s Epworth Gala Ball held in the Palladium ballroom at Crown on Saturday 1 August for an evening of cabaret in the round, with a centre stage and surrounding dance floor.

Major sponsor Medownick Laser Clinic and major partners Conmed and Gallay were accompanied by 50 other sponsors who supported the event each helping to achieve this year’s amazing success.

Eleven auction items were on offer including a mega media package from Seven, 3AW and the Herald Sun, business class tickets to Europe via Singapore Airlines, a forgone commission with Kay and Burton and two generous hospitality packages from Levantine Hill winery in the Yarra Valley.

A highlight of the evening was when Epworth Group Chief Executive Alan Kinkade called for pledges in support of research at Epworth. Doctors, sponsors and benefactors stood to pledge their support often expressing appreciation for the care provided by Epworth to members of their family.

The room fell silent when Professor Brian Buxton stood to advise that one of his former cardiac patients had asked him to announce their anonymous pledge of $1m to establish a cardiac research fund at Epworth. In addition, the Epworth Board of Management agreed to match every dollar donated during the evening, doubling the difference made through grants provided to fund translational bench-to-bedside research.

The Epworth Gala Ball is the Epworth Medical Foundation’s major fundraising event of the year. It is just one of the events organised by Epworth’s Special Events Committee chaired by Mrs Robyn Beddison OAM.

Next year’s Ball will be held on Saturday 6 August 2016 with further details to be released shortly. For more information about upcoming events and charity challenges go to www.emf.org.au.
1. Group CEO Alan Kinkade, EMF’s Kathryn Johnston, Denise Kinkade, Chair of Special Events Robyn Beddison OAM and EMF’s Scott Bulger; 2. David & Tammie Slade (Slade Pharmacy); 3. Dianne & Andrew Rule (Special Events Committee); 4. A/Prof Ron Dick explains the difference the $1m pledge will make at Epworth to Prof Brian Buxton and Group CEO Alan Kinkade.
1. Vincent Borg & Melanie Barr (Epworth Rehabilitation & Epworth Richmond); 2. A somersault on stage by Rob Mills; 3. Michele & Ciaran Mooney (LCI); 4. Leslie Jarvis & Ralph Jennings (Conmed); 5. Group CEO Alan Kinkade & Denise Kinkade with David & Claire Nowell.
1. A/Prof Nerina Harley & family; 2. Sally & Ross Sutherland (St Jude); 3. Dancing girls get skirts and hearts fluttering; 4. Alan and Denise Kinkade on the dancefloor; 5. Daniel Tomé from Perpetual Private and his wife Fiona; 6. Epworth volunteers on duty on the night; 7. Dr Mike Dally & Sue Pearce.
1. A few fireworks light up the show; 2. Jenny & Anton Gaudry (Advantage Salary Packaging); 3. Mark Shaw & Dr Bronwyn King; 4. Ken & Cathi Biddick (Trustee, benefactors); 5. Katarina & Behnam Roohizadegan (Technology One); 6. Peter Buchanan & Sheila Daly (Epworth Brighton); 7. Jim Fagan & Leonie Hemingway (Special Events Committee).
1. Sarah Tricks & A/Prof Ron Dick; 2. A table setting; 3. Su-anne Len & Brad Harris (Trustee); 4. Dr Paul D’Urso and team; 5. Chris Rowe & Terayut Jaitrong (Singapore Airlines); 6. Graham & Mary Slade (Slade Pharmacy); 7. Benefactor Susan Harris and guest.
1. The ballroom ready for guests; 2. EMF Executive Director Scott Bulger with major benefactor Audrey Voss; 3. Kensi Naicker (GE Healthcare), Brendan Cummins & Karley Forster (Baxter Healthcare); 4. Ted & Robyn Baillieu (Special Events Committee); 5. Major sponsors Mark & Alla Medownick (Medownick Laser Clinic).
1. Nicole & Matt Waldron (Epworth Richmond);
2. Jo & Dr Pat Bowden (Epworth Radiation Oncology);
3. Jamie & Gina Stanistreet (Medtronic);
4. Daniel & Jennie-Ann Sciore (Victoria Police);
1. Dr Andrew & Veron Tang and family; 2. Bill Wright and Simon Cleur (Bidvest); 3. Dr Daniel & Annele Moon; 4. Professor John & Judy Olver; 5. Margaret Doyle & Dermot Murray (Bonacci); 6. Dr Joanne Smart and friends.
1. Prof Brian Buxton makes a pledge of $1m to cardiac research at Epworth on behalf of an anonymous donor; 2. Natalie Rumbiolo & Dr Guillermo Hurtado; 3. Karyn Bone, Deanne Campbell & Eliza Armstrong; 4. Kylie Mason & Greg Allen (Epworth Freemasons); 5. Karen & Dr Peter Skillington; 6. Natasha Zaritski & Dr John Zelcer (Epworth Board).
1. Paige & Rod Fitzroy (President, Epworth Board);
2. Brian & Chris Deakin (First State Super);
3. Sharon Donovan with son Jarrod (Epworth Corporate);
4. MC Rob Mills and the dancing girls kick off the event;
5. Maree Feery and Chris O’Neill (Human Resources);
6. Greg Kinkade & Irene Soryal;
7. Miles & Amanda Wentworth (Generation Healthcare).
1. Stephen & Robyn Payne (Bonacci); 2. Moulin Rouge accessories; 3. Carolyn and David Bell (Epworth Richmond); 4. Philip & Elizabeth Williams (Trustee); 5. Dr Allan & Julie Zimet; 6. Tess & Tim Vawser (Clinical Education); 7. Anita & Damian Armour (Epworth Geelong).
1. Dr Hary & Heather Widjaja; 2. Dr Tony & Gaye Walton; 3. Dr Michael & Jenny Ponsford; 4. Stuart & Mandy Kinkade; 5. Geoff Martin and partner (GE Healthcare); 6. Dr Andrew & Linh See (Radiation Oncology); 7. Louise O’Connor & Isobel Smith (Epworth Eastern & Epworth Corporate).
1. Dean & Roxanne Alex (Epworth Corporate);
2. Patricia Ilhan & Peter Cohen (Special Events Committee);
3. GCE Alan Kinkade addresses guests;
4. Hillel & Sue Benedykt (Freemasons Victoria);
5. Lisa Smith & Nadene Pilsbury (Epworth Corporate).
1. James & Lena Piplios (Epworth Corporate);
2. Robert & Helen Ward (Special Events Committee);
3. Kate & Judy Sharp (Epworth Corporate);
4. Stuart & Chelsea Moore (Epworth Corporate);
5. Steve Theisz and partner (Kane Construction);
Leadership development opportunities at Epworth

Great patient care is at the heart of what drives our leaders and we are proud to offer a number of development opportunities at Epworth which focus on enhancing leadership skills. These teach our leaders to effectively lead and manage staff to deliver an exceptional patient experience, as well as preparing them for future career opportunities.

In the 2014/2015 financial year, 416 participants attended various leadership one-day workshops, 60 participants started the emerging and operational leadership programs and 30 participants graduated from these programs with a Diploma of Management from Swinburne University.

The government has recently announced a number of changes to the Diploma of Management and as such there will be some changes to Epworth’s emerging and operational leadership programs. Due to these changes applications for the 2015/2016 leadership programs are anticipated to open in October 2015 along with further information about the leadership programs.

Applications for the leadership one day workshops remain open; please visit the Leadership Development intranet site for course dates, overviews and the online application form.

Perioperative Medicine Symposium

The Perioperative Medicine Symposium was held at the Park Hyatt on Saturday 5 September 2015.

The organising committee of Critical Care Clinical Institute Director A/Prof Nerina Harley and Deputy Director Dr Simon Reilly, Internal Medicine Clinical Institute Director A/Prof Ian Fraser and Dr Con Giannellis coordinated an interesting and educational day. The program featured eminent local and interstate speakers participating in a panel discussion, providing the audience with the opportunity to participate in a lively discussion of topical issues.

The symposium again reached record numbers with 149 people attending on the day from the Australian Capital Territory, Queensland, New South Wales, South Australia and Victoria.

We would like to acknowledge support from our sponsors:
Abbott, bioCSL, Care Essentials, Melbourne Pathology, MSD, SonoSite, Verathon

Vale Professor Priscilla Kincaid-Smith AC CBE

Epworth mourns the loss of Professor Priscilla Kincaid-Smith, who died peacefully at her home on Saturday 18 July.

Professor Kincaid-Smith AC CBE joined Epworth in 1992 as director of nephrology. She also served as an Epworth board member, and was chair of the Medical Advisory Committee and a member of the Epworth Human Research and Ethics Committee.

Professor Kincaid-Smith was the first woman to be appointed to a Chair at the University of Melbourne in 1975 and became president of the World Medical Association in 1993. Her most substantial contribution to medicine was the discovery that certain analgesic combinations were causing chronic kidney disease, leading to the banning of these compounds and saving many people from developing end-stage renal failure. She also made substantial contributions to research on the link between the kidney and high blood pressure, and campaigned for easier availability of oral contraceptives for women in developing countries.

In 2014, the Epworth Research Institute announced a research grant would be named in her honour, as one of the leading consultants who left their mark at Epworth and helped build our reputation for excellence in clinical care.
Epworth Medical Imaging opened at Epworth Richmond on 25 September, offering a new extended seven-day service which is focused on providing a superior patient experience.

An enormous amount of planning and dedication from a great number of staff saw the service space transform overnight — with new equipment, technology, signage, furnishings and infrastructure installed throughout the night from midnight Thursday 24 September for an 8am Friday 25 September opening.

Epworth HealthCare’s commitment to progressing the MRI licence for Epworth Medical Imaging saw us successfully secure our licence from the federal government prior to our 25 September opening. We are happy to say that we now offer bulk-billing for eligible MRI patients.

Epworth Medical Imaging’s newest location at Epworth Richmond is committed to providing:

**Continuity of care** for patients through their inpatient and outpatient episodes.

**Reduced wait times** with priority, same-day appointments.

**Increased access** with an extended seven-day service.

**Faster reporting** — delivering on urgent reports within 90 minutes and non-urgent reports within 24 hours without compromising on accuracy.

**Experienced and highly skilled radiologists:** Associate Professor Pramit Phal, clinical director of imaging, leads an experienced team of diverse radiologists, including Dr Anthony Felber (general, interventional and breast), Dr Nick Trost (neuroradiology), Dr Mike Holt (neuroradiology, neuro-intervention and MRI), Dr Michelle Thong (breast and MRI) and Dr Greg Compton (paediatric and cardiac).

**Bulk-billing:** We guarantee competitive prices with bulk-billing available across all Medicare-rebatable scans. Epworth HealthCare staff are bulk-billed across all Medicare-eligible modalities.

**Multimillion-dollar facilities:** multimillion-dollar, purpose-built facilities. Services will be located on level 2 in the existing imaging space (nuclear medicine, ultrasound, angiography and x-ray), as well as on level 1 (MRI, BMD, OPG), level 3 (CT) and in the ED.

**Stronger relationships:** building on existing relationships, as well as forging new relationships with Epworth Richmond specialists, nurses and clinical and administrative staff.

For bookings into Epworth Medical Imaging, please phone 1800 MYXRAY or 1800 699 729.

Thank you to all staff involved in the establishment of this new Epworth Medical Imaging service.

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Celebrations for Clarendon Street

In celebration of the reopening of 1 and 2 West at the Clarendon Street campus, a cocktail party was held for staff, specialists and friends of Epworth Freemasons on Thursday 30 July 2015.

More than 200 people attended the event which provided an opportunity to thank everyone for their support and for guests to tour some of the newly redeveloped areas including the new inpatient rooms on level 2 and the new day surgery precinct on level 3.

While Epworth Freemasons is undergoing a planned redevelopment to some areas, the refurbishment of 1 and 2 West came quickly and unexpectedly, damaged by a major flooding event prior to Christmas.

Guests, including specialists and practice managers, had only positive things to say about the refurbishment and about the way in which staff across Epworth rallied together to support the Freemasons team and, more specifically, the dedication shown by the Freemasons team to ensure no patient was inconvenienced by this flooding disaster.

Epworth Freemasons executive and staff should be truly proud of what they have achieved in the last seven months.
VIETNAM HILL TRIBE HIKES

Pictured here are three Epworth faces who are taking on a Vietnam hill-tribe hike in Vietnam next year. They are orthopedic surgeon Dr Tim Whitehead and executive directors Scott Bulger from the Epworth Medical Foundation and David Nowell from Epworth Freemasons. They look clean and tidy here but they have agreed to raise a sweat next year while raising funds for Epworth — and they invite you to join them.

Tim’s troupe is raising funds for orthopedic research, David’s tribe is supporting Epworth Freemasons and Scott is fundraising to purchase clinical equipment at Epworth hospitals.

Which group would you like to join? The dates and details are listed below:

HIKE & HILL-TRIBE, VIETNAM

What: Visit remote hill-tribes of Northern Vietnam
When: 2 to 10 March 2016 (for Orthosport Victoria)
       4 to 14 March 2016 (for Epworth Freemasons)
       11 to 21 March 2016 (for Epworth HealthCare)
Cost: $3590 plus $2500 fundraising towards the cause
Benefits: All will benefit patients at Epworth

Highlights:
• Breezy cyclo tour through Old Hanoi, with bustling markets and water puppets
• Trek to mist-shrouded mountains with hill-tribe villages and local markets
• Homestay in SinChai Village with Red Dao ethnic hosts and traditional meals
• Visit a village school over Silver Stone Mount, with Red Dao and Hmong children
• Cycle ride around the breathtaking Mai Chau Valley, visit a former munitions cave

The Epworth Medical Foundation is here to help. We can offer ideas on how to reach your fundraising target. This can be done through a variety of fundraising activates.

One such activity is a film premiere of The Dressmaker starring Kate Winslet, Judi Davis and Hugo Weaving on Wednesday 21 October at 7pm at Rivoli in Camberwell junction. Tickets are available at $35 each with $25 of each ticket sold by a participant in one of our charity challenges going towards their fundraising target. Simply list your name as the participant on each ticket to have the funds credited towards your challenge.

For a detailed brochure on each of the Vietnam hill-tribe hikes go to www.emf.org.au or call Kathryn Johnston in the Epworth Medical Foundation on 03 9426 6359 or email Kathryn.johnston@epworth.org.au
Internal Assessment Team eases patient referral process

Providing a conduit for patients on their journey from acute treatment to rehabilitation, the Epworth Internal Assessment Team, established in July, is improving access to services across the board.

Jane O’Connell, manager of the team, alongside rehabilitation assessors Fleur Wilson and Rachel Palmer, says having dedicated staff members based within Epworth acute areas allows for direct communication and transparency between departments.

“Having a team based in acute areas allows us to work with the acute sites to improve bed flow management, ensuring timely referrals and access to rehabilitation for those patients that require this service,” she says.

“It allows us the opportunity to start the education process for the patients to make it a more seamless transition. This in turn should improve the patient’s Epworth experience.”

Jane says the service has been well received by all since its launch.

“Everyone has been very welcoming of the team and excited by the change. Acute staff have commented on the improvement in the assessment service which has facilitated timeliness of assessments, resulting in same-day transfers, if required.

“Rehabilitation bed coordinators are finding this additional communication has enhanced their admission process and bed flow managers have utilised the service to improve bed management at peak periods and have been happy with the outcome.”

Farewell Epworth Rehabilitation’s Helen Harrington

Helen Harrington, Epworth Rehabilitation’s manager of the Community Integration Team and Transitional Living Centre (TLC) in Thornbury, has left Epworth after a long and wonderful career.

Helen achieved amazing results with her work in the acquired brain injury (ABI) sector. She was a driving force in improving services for people after traumatic brain injury (TBI) since her start at Bethesda in the early 90s. Her list of achievements is many, including starting the TLC with Professor John Olver and getting the CIT service up and running.

Helen has forged a significant reputation as an occupational and family therapist, and she has been a long-term contributor to training across Victoria through the Bouverie Centre and lecturing at La Trobe. Her dedication to TBI is evidenced by her founding membership and long-term contribution to VCASP (Victorian Coalition of ABI Service Providers) through which she worked with other members to develop cohesive public services across Victoria. She started the OTs in ABI education group at Epworth which inspired many OTs to want to join the TLC and CIT.

Her area of research interest is family supports — what the strengths are, why so many families do well and what we can learn from this. She also won an RACV scholarship which she used to focus on family supports, which included provision of training and workshops for family members.

Helen has presented at many conferences and workshops on her family work, rehabilitation and TLC outcomes. She is considering commencing her PhD in the future, which we would love her to do in collaboration with us at Epworth.

Helen has been an amazing advocate for people with TBI, their families and for community rehabilitation services, and Epworth HealthCare has been extremely fortunate to have learnt from her expertise and creativity in service delivery. We are extremely sad to see Helen leave us but wish her health and contentment in her move to the country, and thank her so much for everything she has taught us over her many years of wonderful service and friendship.

Jo Goodridge and Epworth Rehabilitation
Could research be bad for your health?

To the strains of Another One Bites the Dust, six of Epworth’s eminent professors and one corporate counsel marched into the auditorium for a comedic Grand Round on Wednesday 19 August.

The Great Debate featured Prof Richard de Steiger, A/Prof Genie Pedagogos (in monkey suit) and legal brain Tess Lye (in chicken costume) on the affirmative team, putting a great case forward about cruelty to animals kept in cages, flown to outer space or used for questionable research. Prof de Steiger strengthened the argument by citing the early deaths of researchers such as Henry Gray who died aged 34 after completing his eponymous tome Gray’s Anatomy, as well as lesser-known doctors for whom the filling in of application after application for a research grant is so stressful that the applicant needs to spend more time in a university bar, therefore shortening his lifespan.

The negative team, proposing research is good for you, boasted that research lead the world to discover that cashews help cure headaches, that chocolate is very good for you and that fat people are happier. Prof Richard Gerraty, Prof Mari Botti and Prof John Olver claimed researchers are capital R resilient due to negative peer reviews, yet small r relaxed thanks to delivering their findings at conferences held in exotic locations. Prof Gerraty said that, ultimately, research enables boys to play with toys that are paid for with other people’s money, and to relieve stress by flying overseas in the point end of a plane to give important talks about their findings.

From the antique speaker’s chair, Professor John Catford sought the vote from a packed audience (many sitting on the floor or standing at the back) via the loudness of their cheering and applause, then declared the negative team — promoting the goodness of research — as clear winners. Given how proud we are of Epworth Research Institute, we knew that was always going to be the result now didn’t we?

Boost to ENT services at Epworth Richmond

We have been excited to be able to enhance our ear, nose and throat (ENT) surgical services at Epworth Richmond recently.

The purchase of a KTP laser has enabled greater ability to treat laryngeal conditions and Epworth is the only private hospital in Melbourne to be able to provide this technology.

The KTP laser features Starpulse technology which allows precise delivery of laser treatment to the laryngeal and associated areas, resulting in superior patient outcomes.

Additionally we have recently commenced transoral robotic surgery (TORS) at Epworth Richmond. TORS offers patients with throat cancer a far less intrusive surgical treatment and precise removal of cancerous tissue. We are fortunate to have some of the most experienced surgeons in Melbourne, at this type of surgery, operating at Epworth Richmond.

Endoscopic skull base surgery will be commencing in the near future; this type of surgery requires both ENT and neurosurgeons working collaboratively on conditions affecting the complex brain and facial structures.

Purchase of a specialised navigation system and instrumentation has enabled our surgeons to now provide this surgical option to our patients.

We look forward to the ENT surgical services at Epworth Richmond continuing to grow and enabling the best treatment possible for our patients.
Maximising wellness with Epworth HealthCheck

For those concerned about staying healthy, Epworth HealthCheck, established in 1991, provides a focussed process that reviews lifestyle, medical and family history. The program includes appropriate diagnostic and imaging tests to identify existing health status and to plan for optimal management of health risks.

Professor James Cameron, director of Epworth HealthCheck, says the service is popular among patients wishing to pay closer attention to their physical wellbeing and to take action — often pre-emptively — to maintain optimal health in the future.

Feedback from patients using the service highlights the potential life-saving benefits of getting checked early.

“The last time I completed my HealthCheck was three years ago and it saved my life. I am very happy to be doing it again this year,” says patient Peter Halstead.

The HealthCheck program involves a medical consultation and investigations to assess patients’ current health and to establish an evidence-based pathway to optimise wellness and maximise prospects of enjoying a longer, healthier and happier life.

Blood sugar, blood pressure and cholesterol level tests help to measure an individual’s risk of heart disease and diabetes. Unhealthy lifestyle choices such as poor diet and smoking begin to have effect in the mid-thirties, however known risk factors have very few symptoms and many people may not realise they are at increased risk of stroke, heart disease or heart failure.

Stress echocardiography provides ultrasound imaging of the heart before and after a treadmill exercise stress test. It provides structural and functional information on the structure of the heart chambers and valves and is useful in stratifying risk of heart disease.

Mammograms and/or breast ultrasounds aid in recognising changes in breast tissue and early detection of abnormal cells. Early detection increases success of treatment.

Bowel cancer screening involves an FOBT test and is the most effective and recommended way to screen for pre-cancerous polyps in their earliest stages when they are easier to treat and cure.

Skin checks help to monitor changes in the skin or to detect presence of skin cancers. An encouraging 95% of skin cancers can be treated successfully if detected early so it’s important to get to know your skin.

Body composition scanning provides an accurate evaluation of weight and fat distribution. The scans can assess weight, including skeletal, organ and muscle mass and focus specifically on the distribution of fat and lean muscle throughout the body.

Bone mineral density tests help to evaluate and monitor risk of osteoporosis or osteopenia and may provide a signal to start paying closer attention to bone health and to consideration of steps to alter diet and exercise.

Five key numbers for you to monitor

Blood pressure — keep it under 140

Cholesterol — HDL (healthy) above 50 — LDL (unhealthy) under 100

Fasting blood sugar — under 100

Waistline — men under 94cm — women under 80cm

Weight — know your healthy weight range and check and record monthly to stay on track
Feeling like The Six Million Dollar Man

Channel TEN and SEN journalist Andy Maher completes the Epworth HealthCheck

PART ONE: THE CONSULTATION

So after filling out the paperwork and mentally committing to diving into the Epworth’s HealthCheck, it was off to the consultation.

This was the first half of the seven to eight hours I was going to give myself over to doctors, nurses and specialists; whose task it was to stress test me. From top to bottom, inside and out.

As I said before, by the time I found myself here I was quite prepared to receive the news — good or bad. And this is something of a bridge to cross. I’m one of those blokes who only ever go to the doctor when I’ve been crook for too long. Yes, I’m a victim of the ‘Man Flu’ and can milk it around the house when a lurgy might have me — but I’m not your Type A, Woody Allen-esque hypochondriac.

I’d be lying if I didn’t think that there might be something lurking in there somewhere as yet undiagnosed that the Epworth’s good people might detect. Having lived a pretty healthy life you’d like to think that you’ll dodge most bullets, but once you get to 50 and have worked pretty hard in an at-times stressful environment you never know.

In no particular order throughout the consultation, you are subjected to an array of tests.

Your hearing is put through the ringer, your vision is checked, with colour blindness revealing itself to be my biggest failing. No mayo here; I think there were 14 or 15 cards placed in front of me with various dotted patterns on them. Within the patterns were numbers or letters those with effective eyes will recognise. When the nurse started frowning I knew there was something up. I think I was successful with one of the cards. Not a great result. Hopefully this is as bad as it’s going to get.

You then are subjected to a range of physical tests. This was the stuff that I was actually looking forward to. They cross-reference your results against same sex, same age demographics. Having always had a gentle competitive instinct I was fascinated to see how I stacked up for flexibility, grip strength, back strength, leg strength, sit-up and push-up capacity.

Surprisingly I was no worse than average in my poorest category and was buoyed by the results in a few others.

At some stage throughout the extensive program of tests you are asked to stand on what appears to be a treadmill type apparatus. It’s actually a Body Composition Analyser. By standing still for about five minutes of scanning, it assesses your body composition, your fat content, your obesity levels, something called your segmental lean and your body water levels.

Happily, it spat out a series of numbers that were all satisfactory. I occasionally find myself looking at the print out of the scan and find myself grinning contentedly at a bunch of numbers and graphs I don’t totally understand. Bottom line, the word normal feels pretty good at times like this.

Probably the best element of the consultation is the hour or so you spend with the Doc’ discussing the data obtained, your lifestyle, your work-life balance, your stress levels — it’s the
sort of chat I suspect men (in particular) rarely give themselves over to. One they should probably have routinely come to think of it.

It was a fascinating exercise. It wasn’t at all onerous and while a time commitment is required, there’s no wasted time waiting to move from one test to the next.

More extreme testing will come in the second half of Epworth’s HealthCheck when the four-hour screen takes place. I’ll let you know all about the Echo Testing, et al when next we meet.

PART TWO: THE CHECKUP

Having done a bit of talking and a series of interesting tests throughout the early stages of Epworth’s HealthCheck, the second on-site visit was the one that I was most looking forward to.

Having watched *The Six Million Dollar Man* as a kid (apologies to all of those under the age of 50) I have distinct memories of Lee Majors (Col. Steve Austin, rebuilt injured astronaut) strapped to a running machine with tabs stuck all over him recording how incredibly capable he was aerobically.

The reason I mention that is as part of the second consultation, that was going to happen to me. I couldn’t wait.

So, with the carrot, it was no problem at all fasting, gathering poo samples, having abdominal ultrasounds, getting jabbed for my bloods and laying dead still as some phenomenal apparatus scanned me up and down to assess my bone density and skeletal alignment. These were the precursor to the big daddy of them all.

There were a couple of reasons the Six Million Dollar Man treatment (aka. the echocardiogram) was so alluring to me. One, is that I’ve been doing a bit of running over the last few years and was keen to see how I stacked up.

Another was to check the state of my heart. This thing is incredible. You lay there and the doc’ can see the four (I hope I’ve got that right) key parts of your heart and how they’re operating. You can see these internal valves of yours opening and closing as the blood flows in and out. It could be a chilling piece of vision if a) you knew what you were looking at and, b) your ticker was no good.

The third reason I was keen to have this done was pure vanity. I’ll admit that I went in thinking that I’d be in reasonable shape in this area, and I really wanted to test myself against the machine and the bank of data they’ve accumulated regarding men of my age. Basically, I wanted to beat the crap out of ‘average’.

This process is repeated with the gradient increasing throughout (I can’t quite recall if the speed is altered as well, but as the hill gets steeper the work gets harder). Before every level is entered the doctor checks that you’re ok.

I ran for 18 minutes. That’s a warm up for me on a flat, road run, but by the end of this thing I was cooked. I wanted to go another level, but this wasn’t life or death so I called quits on it. Had I gone another few minutes, the muesli bar I had a couple of hours earlier to break the fast was in real danger of paying us all a visit.

The results (given to me as part of the final consultation you have with your consulting doctor when all of the data is collated) showed that everything was working as it needed to be. I wasn’t happy with ‘exercise was terminated because of fatigue,’ but I did enthuse about ‘stress echo images demonstrated dynamic LV function with no evidence of inducible regional wall motion abnormalities.’ This wasn’t as readily readable to me as Champion Data type stuff, which I have some concept of, but I think meant that everything was as it should be.

And you know what, while it doesn’t make me the next Six Million Dollar Man, it gave me a great sense that there were no devils waiting to claim me.

And that whatever I’m doing to keep myself in some sort of healthy nick is working. Hollywood isn’t coming knocking, but seemingly neither is the Grim Reaper. And that made the whole exercise incredibly worthwhile.

And here’s the key point on what the Epworth’s HealthCheck is really all about. It will give you the lowdown on how you’re travelling. If there’s something in there that’s waiting to claim you, I suspect this is going to help you find it.

So, with the hairy chest shaved (only complaint of the entire process — this pinched) and the pads attached and connected to the ECG unit, it was time to run.

You start on next to no gradient and at a leisurely enough pace. At regular intervals the doctor asks how you’re going. “Are you ready to go to the next level?” he asks. “Of course Doc, let’s have a crack,” I enthusiastically reply.

Here’s the key point on what the Epworth’s HealthCheck is really all about. It will give you the lowdown on how you’re travelling. If there’s something in there that’s waiting to claim you, I suspect this is going to help you find it.
Meet ... the Food Services team at Epworth Brighton

Who are the staff members of food services and how long have they been part of the team?
The food service team comprises ten members, with a combined 110 years of service. Staff include: Gianni Caretti (heading the team), John Procter, Trevor Croft, Coleen de Fry, Esther Dudley, Paul Edralin, Deepak Shanmugam, Janice Hughes, Jaskaran Brar and Prabhyal Bange. Our staff turnover is nonexistent.

What are the main services the team provides for Epworth Brighton?
The service that we provide to our patients is food services delivery.

What might a typical day for the team involve?
Preparation of meals from breakfast to supper, and making sure that patients receive the correct meal according to their diet and are satisfied with the quality of service that we provide.

What are some of the challenges the team faces?
The challenges are many as the patients are well informed about food service standards and have very high expectations. We are forever looking at ways to improve the way we deliver our services.

Any highlights/department achievements?
We introduced a calling card service for patients that are at therapies during the morning and afternoon services, which reads:
'Sorry that we missed you when delivering your morning/afternoon tea. If you would like to have something to eat or drink call our friendly food service team on 19255', and on the other side of the card we list what is on offer.

We’ve also held two CEO dinners, transforming the physio department into a Great Hall, and succeeded in delivering the services for both.

What might people be surprised to know about the food services team?
_Cosa Nostra_ — what happens in the kitchen stays in the kitchen!
Made with love by Zonta

When patients at Epworth are given a little cotton sachet following a mastectomy or breast surgery, they are surprised and touched. The soft circular pillow is often accompanied by a card that says Made with Love by (name) — a volunteer with Zonta, a worldwide organisation that recruits volunteers to empower women.

Epworth recently received its second batch of 50 cushions, made by volunteers who gather for sewing days and organise various tasks to produce the cushions, including sourcing the material, stuffing and cutting.

Epworth Clinic therapy team supporting the value of community

During a recent team meeting the therapy team at Epworth Clinic started discussing Epworth values and how they could action them in their day-to-day work. After some discussion it felt clear that the value that often feels the hardest to incorporate on a daily basis is that of ‘community’ — so the therapy team decided it would be great to pick a charity project to champion.

The team decided that they would like to coordinate a food drive for the Asylum Seeker Resource Centre (ASRC). The mental health team asked all staff at Epworth Camberwell to purchase a couple of extra items in their weekly supermarket shop with the idea that if every staff member donated a couple of items we could make a real impact. With the support of Susan McLean, DCS mental health, and Suzie Hooper, DCS rehabilitation, the charity drive began.

The ASRC supports newly arrived people in our community of which over half have no income at all and 90 per cent live under the poverty line. Since its inception in 2003, the ASRC has assisted over 10,000 asylum seekers providing in excess of 2.5 million hours of free assistance worth more than $200 million.

After three weeks of collections at reception the team had amassed a huge bootful of non-perishable food as well as toiletries. They estimated the donations to be about $800 worth of products. The volunteers at ASRC were incredibly grateful of the staff’s efforts and complimented Epworth on supporting this initiative.
FANCY A CYCLING CHALLENGE IN SOUTHEAST ASIA?

Next year the Epworth Medical Foundation is holding two fundraising cycling challenges in exotic Southeast Asian destinations to raise funds for HeartSmart, Epworth’s cardiac rehabilitation program. The first cycling challenge travels down the coast of the Gulf of Thailand to the beautiful island of Koh Samui and the second is in tropical Sri Lanka.

Originally planned to help cardiac patients ‘get back on their bike’ after cardiac surgery, the challenges are open to anyone and everyone to take part. Already several doctors, nurses, patients, family and friends have signed up with a few places left if you too would like to join one of the troupes.

You don’t have to be an experienced cyclist to take part, as each participant goes at their own pace with plenty of rest and recuperation stops along the way. There is a support crew riding alongside the group and a support vehicle if the going gets too tough.

The terrain for the Thailand trip is particularly good with flat sealed roads off the beaten track with magnificent views of the Gulf of Thailand along the way. The Sri Lankan trip includes some hiking together with cycling.

HEARTSMART CYCLING CHALLENGE, THAILAND

What: Cycle through Thailand from Bangkok to Koh Samui
When: 6 to 15 February 2016
Cost: $3590 plus $2500 fundraising towards the cause
Benefits: Cardiac patients at Epworth HealthCare

Highlights:
• Cycling tour of the little-known ‘old Bangkok’
• Ride along stunning deserted coastlines and pristine beaches
• Visit a langur monkey colony and the amazing Waghor Aquarium
• Ride through plantations and take a tour of a rubber plantation
• Resort accommodation and delicious Thai food

HEARTSMART CYCLING CHALLENGE, SRI LANKA

What: Walk and cycle through Sri Lanka, from the highlands to the tropics
When: 20 February to 2 March 2016
Cost: $3950 plus $2500 fundraising towards the cause
Benefits: Cardiac patients at Epworth HealthCare

Highlights:
• Galle Fort walking tour
• Rail journey through tea plantations and spice gardens, tea-factory visit
• Climb to the summit of the exquisitely beautiful ancient ruins of Sigiriya Rock
• Cycle to Pinnewala Elephant Orphanage for an afternoon safari
• Bustling market visits, exotic spices, farm-cooked meals and (of course) tea
Staff in the Epworth Medical Foundation can help you reach your fundraising target. Simply ask for a copy of their Fundraising Kit with great ideas about the following:

- A personalised page with their online fundraising partner, Everyday Hero
- Salary-packaging the actual trip costs through salary sacrifice
- Holding raffles, stalls and events to help you reach your target

Funds raised from both of these cycling challenges will help to purchase much-needed equipment for HeartSmart to help other cardiac patients ‘get back on their bikes’ after their cardiac episodes.

For a detailed brochure go to emf.org.au or contact Kathryn Johnston: email Kathryn.johnston@epworth.org.au, or call 03 9426 6359.

A great day and record result at the races!

The Friends of Epworth Race Day held at Moonee Valley Racing Club on Saturday 20 June has been deemed the best race day ever with a record attendance and a record amount raised!

A total of 450 attended the three-course lunch in the Champions Room which included 150 staff from across all campuses of the healthcare group. Guests enjoyed a punt on the nine sponsored races, the largest number of races ever sponsored by Epworth suppliers and corporate friends on the day.

Guests dressed up for the occasion with prizes being awarded for Fashions on the Field. Melina Thomas from Silver Thomas Hanley won first prize in the ladies section with a stunning outfit in black and white and Zich Woirnowski won best dressed male.

Three fantastic live auction items were up for grabs including a behind-the-scenes experience at Moonee Valley Racing Club accessing areas normally restricted from the public. Executive Directors Liz Camilleri and Louise O’Connor purchased the prize to review the official jockey weigh-in, listen to the trainers in the Mounting Yard and watch the horses jump from the starting gates. They will also be off to the Cox Plate during Spring Carnival.

With thanks to our race sponsors Brookfield Multiplex, Device Technologies, HSPC, Kane Constructions, Melbourne Pathology, Pantry Packer, Silver Thomas Hanley, Sporting Globe and Vital Healthcare together with table sponsors, ticket sales and fundraising activities, $65,000 was raised from the day with guests already gearing up for next year’s event.

Aija and Melina Thomas with guests from Silver Thomas Hanley
Meet ... Dr Lyn-May Lim
Director of Old Age Psychiatry, Epworth Clinic

What is your professional background?
I qualified as a psychiatrist in 2005 and have been working in the public and private sector since then. My public work has largely been as an old age psychiatrist leading an inpatient unit at St George’s Hospital (part of St Vincent’s Health) whilst my private work has involved seeing general adult and old age psychiatry patients. I have an active role in supervising registrars and teaching medical students.

When did you commence with your new role at the Epworth Clinic?
I started in this role in mid-July 2015.

What brought about the establishment of the old age psychiatry service at the Epworth Clinic?
The Epworth Clinic has been steadily expanding since its inception two years ago. It is timely now to embark on setting up a subspecialty service in old age psychiatry, especially in view of the ageing population and high prevalence of mental health issues in our community. Epworth Healthcare strongly recognises this and is committed to providing a quality service to meet the needs of this group of patients.

What does your role entail and what does the service offer?
My role involves setting up and directing an old age psychiatry service to enable the seamless transition between inpatient, outpatient and day program services. The service aims to offer holistic care that is tailored to the individual and aims to specifically consider the life stage issues for older persons.

Can you describe a typical day?
My typical day involves admitting and reviewing patients and their families. I liaise with the nursing and allied health team in order to develop a comprehensive care plan which aims to achieve the best outcome for patients. I am also meeting with various members of the Epworth team to review the design of the ward and programs of the new old age psychiatry service.

Exciting opportunity to name a room

With the support and vision of our community, Epworth is investing in the future, designing, building and equipping new facilities to deliver better patient care now and anticipating the needs of patients tomorrow.

The Epworth Medical Foundation is pleased to offer doctors, staff and friends an exciting opportunity to name any of the 112 private rooms in the new wing of our world-class Epworth Richmond campus.

The Lee Wing will co-locate our critical care services, and open a new and larger Matthew & Audrey Voss Emergency Department alongside a 26-bed intensive care unit, a 39-bed acute and high-dependency cardiac unit, six new theatres, and three new levels of inpatient accommodation.

For a gift of $10,000, donors can name a room in the wing. They may choose to use their own name, or name the room in recognition of someone they love, a couple, a family, a company, or in memory of a loved one. Names will be inscribed on a plaque in their sponsored room.

The gift may be made as a one-off donation of $10,000, or as a pledge to be made in annual instalments of $2,000 a year for five years.

Anyone who names a room will automatically become a member of the Epworth Society. The Epworth Society recognises and rewards our major donors for their generosity, and the wonderful example of philanthropy they set in the community.

Building progress on Epworth’s world-class redevelopment at Epworth Richmond is continuing on schedule, and planning is underway for the official opening of the Lee Wing, early in the new year.

If you are interested in the Name-a-Room project, please contact EMF Fundraising Manager Kathryn Johnston on 9426 6359 or email Kathryn.johnston@epworth.org.au
Epworth Brighton launches new rehab project

On Thursday 30 July, the team from Epworth Rehabilitation Brighton celebrated an important milestone — the official launch of their project, ‘The integrated care model from the Emergency Department (ED) to Rehab for patients with falls related problems’.

Currently there is a lack of integrated services for older people who are at risk of falls and falls-related injuries. People who have a fall in the community without sustaining injury requiring acute admission are mostly discharged home without appropriate follow-up. These patients are highly likely to sustain further falls. A newly developed integrated care model will provide seamless collaboration between health professionals working in the ED and in rehabilitation services. This model has been developed for older people (aged 65 years plus) and includes a new care pathway, assessment and an individually tailored intervention.

Attending the launch were Vincent Borg, executive director rehabilitation and mental health; Ron Sultana, director of emergency; Bill Nimo, deputy director of emergency; Sheila Daly, director clinical services at Epworth Brighton; Barry Rawicki, medical director at Epworth Brighton; Robin Hunter and Nathan Johns, rehabilitation consultants; Margaret Jack, physiotherapy manager; Anne Sutherland, director of occupational therapy; and the team at Epworth Brighton. Thanks to Sheila, the launch was a beautiful event with a cheese and wine reception and talks about the project and, most importantly, was a great celebration of the success the Epworth Brighton team has achieved so far.

Epworth, a truly great place to work: a leader’s role in engaging their staff

Epworth strives to be a truly great place to work. In order to achieve this vision we need exceptional leaders who engage their teams. Over recent editions of eNews we have shared with our employees stories of some of our leaders who have created a culture that delivers great results and is a place where people enjoy coming to work. The purpose was to highlight the excellent work of our leaders and give an opportunity to learn from our success stories.

One of the key themes across the five leaders filmed (Allison Evans, Andrew Zafirakos, Nic Rush, Sally Morrison and Jess Johns) was the importance they placed on being visible, approachable and accessible to their employees. So if you are a leader ask yourself, ‘am I consistently having my regular one-on-ones as scheduled? Do I have regular conversations with my employees so I know them as a person?’ If not, maybe it’s time to put them back in the diary, as its easy in all the busyness we experience to let them slip.

If you are a leader and would like to have a discussion about strategies you can put in place to have an engaged team, contact your HR representative. If you are leader and would like to have a discussion about your development contact the Group OD team.
Dear Alan,

I thought I would drop a line of thanks for the wonderful care and attention I received at your rehab in Brighton. I cannot speak too highly of two of your wonderful nurses there, namely Ms Jess Tuck and Ms Jess Lees. Not only me but other patients too spoke highly of them. You should be proud of your staff there.

Yours sincerely,
William Collins

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To Mr Alan Kinkade

Recently I was in Epworth Richmond and had a procedure in the cath lab with Professor Lim and Ethan.

I found the staff in the hospital excellent and wanted to convey this to you personally.

Can you please pass on my thanks to Professor Lim and Ethan. They were first class.

Also my thanks goes to Denise in the cath lab who made me very comfortable before the procedure. I don’t know her surname but please pass on my thanks to her as well.

Thanks again and best wishes,
John Mitchell

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I just want to thank all the hospital staff especially Emma (PT), Trudy (PTA), and Kaz (OT). I’ve been to a few hospitals over my time and this one is the best in my opinion. That is why I always come here even though I live in Williamstown. Everyone is marvellous.

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I felt very comfortable here at Epworth Cliveden. The staff were all very friendly and happy and extremely attentive, from my beautiful nurses to the kitchen and cleaning staff, and of course my wonderful surgeon. The food and menu choice was delicious. I cannot fault my stay, I can only thank you for all you did for me. I’m very grateful to you all.

I’ve never been in hospital before, and my expectations were exceeded. I felt a real family atmosphere ... a home away from home.

You will be highly recommended.

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I was very scared to have a brachioplasty and breast lift procedure performed on me, mainly because of the pain afterwards. I absolutely have to commend my surgeon Dr. Loh on his fantastic work, and I needed to make sure the nursing staff assigned to me get recognition for their amazing work:

Linda, Sophie, Cheryl, Mandy and Julie were absolutely fantastic. They were kind, attentive, nothing was too difficult and they were happy to have a real conversation with me, not just medicate and leave. Thank you so much to the team at Epworth Cliveden, what an absolutely positive experience I’ve had!
Hi, I was recently an inpatient on level 1 (Clarendon St). As a nurse with 25 years of experience I would like to report that I received excellent care.

My observations were diligently attended to, my pain control was closely monitored and I was provided with the physical assistance I needed during my stay.

Also the food services and cleaning staff were very helpful.

Please pass on my thanks to all involved.

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Dear Sir,

I was recently a patient in Epworth Freemasons from the 11th-16th August 2015, and in August last year I was a patient in Epworth Richmond for a hip replacement.

On both occasions I received the most wonderful care and attention. Being an “old” hospital-trained nurse from the 1950s, I was sceptical about the college training. However I was pleased to see this system working well. The staff at both hospitals worked so well as a team and I am delighted to say that nursing is in excellent hands for the future.

I would also like to thank the expert and caring staff in your accident and emergency centre, where I have self presented before. Only a few minutes wait on my visit on 11 August this year and investigations were carried out promptly. My sincere thanks to Ian Davidson (a colleague of my cousin Craig Castle).

The meals at both hospitals were delicious, served hot and plenty of variety — something to look forward to.

Within the next 12 months I expect to be back as a patient in Epworth Richmond for my other hip replacement under your brilliant surgeon, Mr Justin Hunt.

My thanks not only to the nursing staff but to all the other staff who make these hospitals such a success.

Yours faithfully,

Wendy

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Feedback from the Gala Ball

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Dear Alan

Congratulations to you and all at Epworth Medical Foundation for putting on another fantastic Epworth Ball on Saturday. We had a wonderful night and this is now a fixed date in our diary for our group of friends and colleagues. We bumped into a number of non-medical friends from Hawthorn who were there as guests of others and they pointed out that the Epworth Ball is one of the top ‘society events’ in Melbourne and is always fun, even for those not directly associated. Congratulations again, especially on your own immense personal contributions on the night.

Kind regards

A/Prof Declan G Murphy

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Dear Alan

Many congratulations to you and your team for holding another very successful Epworth HealthCare foundation gala ball ... It was awesome that you could raise a significant amount of money for Epworth’s medical research. Katarina and I, and our guests, truly enjoyed your event, and it was good seeing Denise and you at the function.

Have a great week.

Behnam Roohipzadegan
Technology One

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Congratulations on another terrific event! We and our guests had a wonderful evening.

Thanks so much.

Kind regards

Dr Pat & Jo Bowden

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Built had a fantastic time at the Epworth Gala Ball and hope that with our sponsorship and all other party’s donations assisted in reaching sufficient funds for the hospital.

Regards,

Guy Finnis
Built

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Congratulations to you and the team at Epworth for putting together another fantastic Gala. The Vital team and our partners had a great evening and were especially moved by the video ‘A new Day.’ We can’t wait to see the theme for next year.

Thank you and best regards,

Richard Roos
Vital Healthcare
Excellence. Everywhere. Every day.
www.epworth.org.au