

The Font



ST VINCENT'S
HOSPITAL
MELBOURNE



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speaks on realising
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Pedal power
proves effective



Message from the CEO

Welcome to the April edition of *The Font*, the first edition of the St Vincent's magazine to merge the *Font* with our Foundation newsletter.

Six times a year, *The Font* will bring you all the latest news from St Vincent's, keeping you in touch with what's happening across our campuses and introducing you to more of our people, patients and supporters than ever before.

In this issue, we report on Nobel Prize winner Sir Paul Nurse's visit to St Vincent's. Sir Paul is one of the most successful and forward-thinking medical researchers in the world, and this year he will take the helm at what could be his crowning achievement, the new Francis Crick Institute in London.

There was a lot to talk about, because Sir Paul's vision has much in common with our ambition for the Aikenhead Centre for Medical Discovery. The Aikenhead Centre will be Australia's first hospital-based biomedical engineering hub. It will connect medical practitioners, scientists, and engineers to fast track life-saving and life-changing treatments for patients.

The ten Aikenhead Centre partners and the Victorian Government have pledged \$120 million to the project, and at the time of writing, we are seeking Federal Government support for the final \$60 million so we can get started on the project, and have the Aikenhead Centre open by 2018.

Public support has always been at the heart of St Vincent's success, from the early days when people donated blankets and canned goods for our patients. These days, our two most significant community events, Opera in the Market and the Scrubs Run and Walk are held in the first half of each year. This year's Scrubs Run is coming up on Sunday 24 May. I took part for the first time last year, just a few weeks after joining St Vincent's, and it was a fantastic introduction to this vibrant community. Go to page 6 to find out how you can be part of the fun. I hope you'll mark the date in your diary, and join the St Vincent's community for a great day out in Melbourne.

Ben Fielding
Chief Executive Officer
St Vincent's Hospital Melbourne

'Public support has always been at the heart of St Vincent's success, from the early days when people donated blankets and canned goods for our patients.'

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Nobel Laureate speaks on realising the dream

One of the world's leading medical researchers visited St Vincent's in March, to share his insights on establishing a new research facility. It was a coup for St Vincent's to have Nobel Laureate, Sir Paul Nurse for an intimate breakfast meeting.

Sir Paul is the President of the Royal Society, the longest surviving scientific body in the world. Founded in 1660, the Royal Society boasts an impressive list of previous past Presidents, including Sir Isaac Newton, Sir Joseph Banks, and Sir Howard Florey.

Sir Paul described the strategies he employed to convince existing institutes to merge into his new facility. It took about eight years to bring his dream to reality. There are clear similarities between this, and the aims of the Aikenhead Centre for Medical Discovery (ACMD), and the partners from the ACMD were keen to hear how he did it.

Sir Paul's dream was to create a medical research facility which would harness the strength of existing and often competing research institutes, into one location where young scientists would be nurtured as they built a career, where experienced researchers would

be at the forefront of their disciplines, and their ground-breaking results would lead to innovative medical treatments.

The Francis Crick Institute will open this year, with Sir Paul Nurse as the Director. It's an amalgamation of six of the most successful UK research institutes including the Medical Research Council, Cancer Research UK, Wellcome Trust, UCL, Imperial and Kings Colleges London.

'There will be 1400 researchers in the building,' Sir Paul says matter-of-factly. 'There'll be 10 laboratories, and they'll be set up in a 'village', with a mix of disciplines.'

The ACMD will be a research and industry hub, bringing together leading medical practitioners, engineers, researchers and industry experts in a hospital setting.

The ACMD is a research collaboration between St Vincent's Hospital Melbourne, St Vincent's Institute, the University of Melbourne, University of Wollongong, the Bionics Institute, the O'Brien Institute, Swinburne University, RMIT University, Australian Catholic University, and the Centre for Eye Research.

While the ACMD partners are already collaborating on research projects, the aim is to have a purpose-built research facility on St Vincent's Fitzroy site. The ACMD will be a research and industry hub, bringing together leading medical practitioners, engineers, researchers and industry experts in a hospital setting, to re-model the treatment and management of disease; generating new jobs and enterprises in a growing global market.

The Francis Crick Institute is funded by the participating organisations, and the UK government. The ACMD will need \$180m to become a reality. Currently, it has \$120 million pledged funding from its participating organisations and the Victorian government, and is seeking \$60 million from the federal government to turn the concept into reality.

Above: (From left) Prof Stephen Smith, Dean of Medicine at University of Melbourne, Dr Megan Robertson, Director of Research, Sir Paul Nurse and Ben Fielding, Chief Executive Officer.

'I'm really happy to be leaving now. I still love my job today, and that's a good time to leave.'



Nursing star eyes new horizons

It's 4:15pm on her final day at work, and Maryanne Welch still has more things to do before she can head off for the last time.

But happy as Maryanne is to be leaving after 34 years at St Vincent's ('this time around!') it's fair to say that her colleagues don't share her joy.

Maryanne finished her time at St Vincent's in the role of General Manager of St Vincent's Mental Health & Aged Care services, in addition to her role as the Director of Nursing at St George's in Kew. It was a demanding role for this capable, caring woman, with a deceptively no-nonsense approach; and a long way from her trainee nursing days.

'I've been thinking about leaving for a while,' she says with a smile. 'I have such a busy time in my job that I don't have time to decide what I want to do next. I'm stopping now so that I can find out.'

Maryanne started her nursing career at St Vincent's, training on the job, and living in the Nurses' Home.

'In those days of course the Sisters of Charity still ran St Vincent's. It was strict, hierarchical and very serious. While some of that has

changed over the years, what hasn't changed is that it always was, and still is, very patient focused.'

'As a trainee, it was drilled into you what to do, and to do it perfectly. In those days, patients were in the hospital for a long time.'

'The Sisters were very adept at running the hospital. There was very little discussion about the values then, because they were modelled by the nuns.'

'There's great heart here: great nursing care, great medical care. They always go the extra mile at St Vincent's.'

Maryanne's years at St Vincent's encompassed an array of roles she never dreamt possible when she first donned her nurse's uniform. 'I even lived in Druids wing (nurses' home) under Sister Agnes for a while. After I came back from working in bush nursing, I worked in medical wards and theatre; but my specialty was coronary care, I loved it!'

Later, Maryanne worked in Human Resources, running organisational change management training. This was at the same time as studying for her Arts degree.

St Vincent's is justifiably proud of its STAR program, a staff-run support system to help staff cope with a critical incident. The system has been modelled by other health services, and has a reputation as Australia's leading peer support program in the health industry. STAR is another of Maryanne's legacies at St Vincent's.

'The strength of St Vincent's has always been that nurses have been prominent in the running of the hospital. The culture has always been focused on the patient. The doctors are fantastic, and they're respected for their treatment and research which is wonderful. Allied health and other staff are crucial, but I'm especially proud of nursing at St Vincent's.'

'There's great heart here: great nursing care, great medical care. They always go the extra mile at St Vincent's.'

Rehab in a local community setting

Suffering from chronic heart failure, diabetes, and with an implantable cardioverter-defibrillator (ICD) device, Ricardo Hormazabal knows he needs to exercise as part of good self-management of his conditions. Despite this, in August last year, he stopped the exercise rehabilitation program he had been given.

When St Vincent's exercise physiologist Lauren Farrugia found out, she thought Ricardo would be a perfect candidate for the 'Lung at Heart' Community Gym Integration Program.

The program places an exercise physiologist in a local gym setting to help patients with chronic and complex conditions to reach sustainable level of physical activity. Lauren's role is also to train gym staff, liaise with the client's specialists and GPs, and assess client outcomes.

'The benefits of exercise for people with chronic lung and heart conditions have been well documented,' Lauren says. 'However, there are barriers for patients to continue physical activity once they have been discharged from

rehab programs, such as cost of gym membership, lack of appropriately trained gym staff in managing people with complex medical conditions.'

'We saw an opportunity to address these barriers and enable clients to confidently and safely exercise independently in their local community.'

Lauren meets with clients such as Ricardo at a number of community gyms across Melbourne, training and educating them towards independent self-management of their condition.

'This is going to change my life. Going to the gym is great. I get to train in great facilities with someone who cares about my health and it is close to where I live.'

In six months since Lauren stepped in, Ricardo has improved a lot.

'When I visited my cardiologist before Christmas, he told me my heart function was 25%,' Ricardo says. 'When I visited again recently, I was told my heart function had increased to 45%.'

'This is going to change my life. Going to my local gym is great. I get to train in great facilities with someone who cares about my health and it is close to where I live,' Ricardo says.

Lauren says that the key to maintaining results is instilling behavioural change in clients.

'If clients can change their lifestyle to include regular exercise as part of the routine, then the health outcomes dramatically improve,' Lauren says.

The Community Gym Integration Program was funded by a Workforce Innovation Grant from the Department of Health.

Below: Exercise physiologist Lauren Farrugia with program participant Ricardo Hormazabal.

Patient Outcomes

10% INCREASE IN 6 MINUTE WALK TEST DISTANCE

14% INCREASE IN LEG PRESS ONE REP MAX

21% REDUCTION IN HOSPITAL READMISSION

4 AVERAGE GYM ATTENDANCE PER MONTH



Pedal power proves effective

A team of about 60 hardy pedal pushers and their supporters recently spent a weekend in country Victoria to raise money for important research which could help thousands of Australians.

They rode from Hamilton to Port Fairy, a 90 kilometre challenge which was part of the Murray to Moyne fundraising event.

The dedicated bunch, who'd been training for months, gathered in the pre-dawn darkness at Hamilton Showgrounds, ready for the challenge.

It was still dark when they set off, on an undulating country course passing through picturesque Peshurst, where many succumbed to the temptation to stop for a cuppa and some food.

They were particularly blessed with fabulous conditions – a brisk start to the day, a pink tinge to the paddocks as dawn was ushered in, then clear blue skies and no wind to speak of!

The St Vincent's pedal pushers raised more than \$65,000 for a research project looking to grow human cartilage using adult stem cells.

 @StVincentsMelb

Congrats to team St Vincent's for finishing the gruelling 90km #MurraytoMoyne cycle relay from Hamilton to #PortFairy

Lack of cartilage is an issue for people who have hip or knee replacements. There were 700,000 of them in Australia last year but artificial cartilage breaks down, causing pain and reducing mobility.

Below: Candice Quinlan, Amy Cooper and Sarah Dempster with St Vincent's CEO Ben Fielding.



ST VINCENT'S SCRUBS RUN

A fun-filled family day!

Go the extra mile at St Vincent's Scrubs Run/Walk and Family Fun Day

Welcome to St Vincent's family fun day and Scrubs Run or Walk. This is your opportunity to make every step count as you raise funds for the St Vincent's Hospital department of your choice.

A great chance to spend active time with your family, to catch up with friends, or just to get fit.

From 9:30am-1pm you can cheer on participants, enjoy music, roaming entertainment, our yummy BBQ and food vans, jumping castle, magic show, face painting, kids crafts and novelty races, and much more!

Raise money for your preferred hospital department or research project. The event is open to all staff, friends, and supporters of St Vincent's. Each participant who raises \$200 or more will be entered into a free draw with some fantastic prizes:

- Channel Nine experience for 4 people (including a tour of the studios) and watch LIVE as Peter Hitchener delivers Melbourne's News FIRST;
- 6 tickets to the Thursday Footy Show at Docklands Studios;
- Quest Deluxe accommodation package including one night's accommodation for two people and welcome hamper;
- \$500 Taxi Kitchen voucher;
- \$500 Simone Perele voucher;
- 12 month gym membership from St Vincent's Lifestyle Centre;
- one case (12 bottles) Bellvale Wine, and lots lots more!

For all ages and a family fun day finish in beautiful Princes Park.

Date: Sunday 24 May 2015

Time: from 9.30am

Venue: Princes Park, Carlton North

What: 4km walk/run; 8km run;
Run a Mile for St Vincent's

Register at: www.scrubsrun.com.au



Bravi!

Queen Victoria goes upmarket

The historic Queen Victoria Market was once again transformed from busy shopping hub to glittering opera house, as two thousand guests gathered for one of Melbourne's most anticipated philanthropic events of the year, Opera in the Market.

At centre stage were two of the nation's leading Opera singers, tenor David Hobson and soprano Greta Bradman, accompanied by Opera Scholars Australia, Alpha Sinfonia and a spectacular 100-voice choir conducted by ABC presenter, Guy Noble.

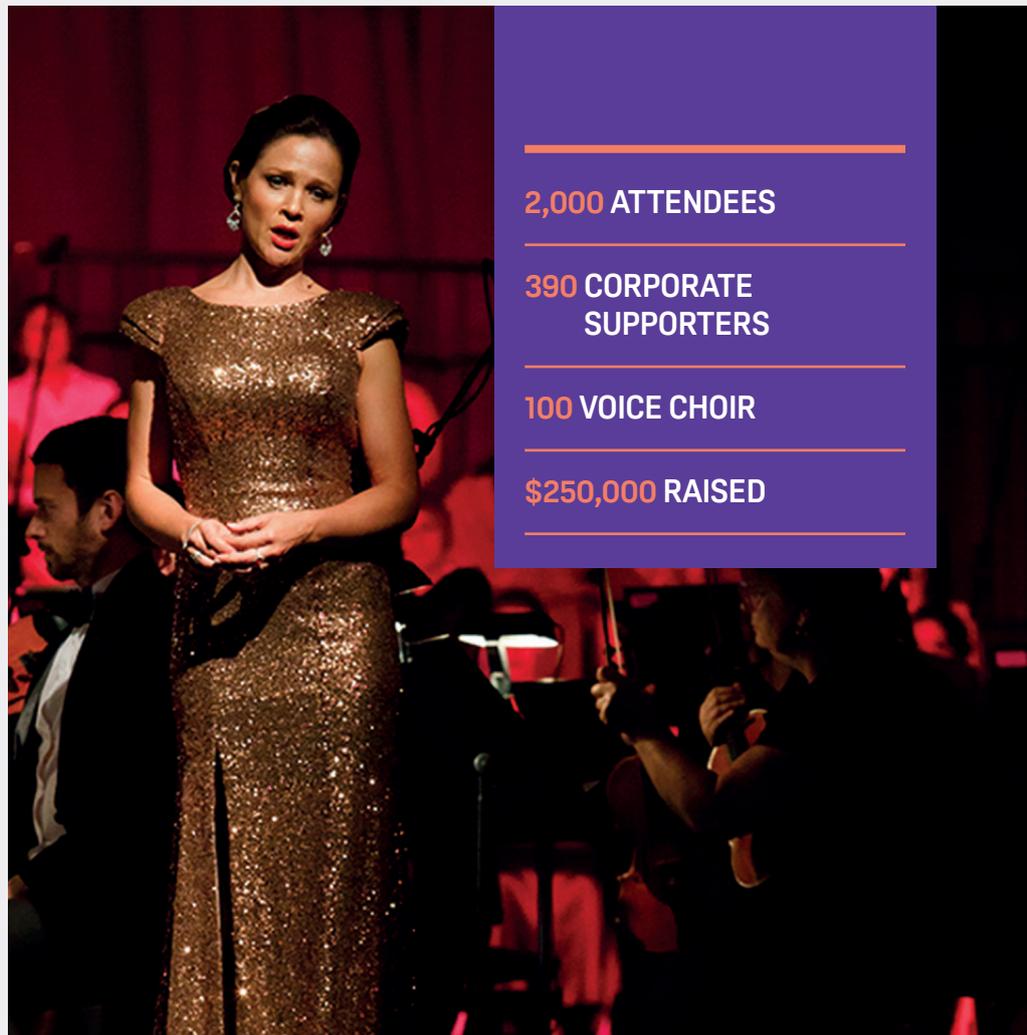
This year funds were directed to St Vincent's Hospital's Clinical Research Centre, the second stage of our Cancer Centre development. The Clinical Research Centre will bring cancer researchers and clinicians together, over dedicated cutting edge research, to change and revitalise the way the disease is diagnosed and treated.

St Vincent's would like to extend a warm thank you to LUCRF Super, the Queen Victoria Market, Australian Music Events and caterers Fred & Ginger for their invaluable support.

The Clinical Research Centre will help to reduce the burden of cancer on people and their families and ultimately increase the number of people cured from this disease.

If you would like to support St Vincent's in its vision to find a cure for cancer, please contact the St Vincent's Foundation on (03) 9231 3365.

Right: Soprano Greta Bradman was one of the highlights of this year's Opera in the Market.



2,000 ATTENDEES

390 CORPORATE SUPPORTERS

100 VOICE CHOIR

\$250,000 RAISED





Kitchen staff now talking the same language

Frank Tracomala loves being a kitchen hand in the St Vincent's Food Services department. Frank has been a part of the team for almost ten years and receives a lot of enjoyment and fulfilment from his job. But when pressed, he does admit to occasionally feeling frustrated at work.

Frank is deaf and has previously found that he was unable to effectively communicate as none of his colleagues understood sign language. In particular, it was very hard to receive proper guidance and feedback from his manager, Stephen Tippett.

'Frank has a very good ability to simplify his signing so we can understand it. Over time you learn to recognise his cues,' Stephen says. 'We would get through a conversation with a mix of body language, rudimentary signing and writing, but it became apparent that we needed to make the workplace more inclusive for Frank.'

About this time, speech pathologist Aoife Sheehy, coordinator of the Deaf and Hard of Hearing Program identified a need and approached Stephen to ask if the team would be interested in some Auslan training.

Aoife organised two half day workplace training sessions for Food Services and Pathology staff. Both departments have staff members who are deaf and were keen to be able to communicate with their colleagues in their first language.

Stephen and five more of Frank's colleagues took part in the training, and found it an extremely valuable experience.

'We began with some basic awareness training where we were able to get an understanding of some of the barriers deaf people experience,' Stephen says. 'It's made me realise how difficult it must be. If you can't communicate and no one is making an effort, it can be really isolating.'

'We also learned some basic sign language skills. We are now making an effort to practice each day with Frank and develop our vocabulary.'

'We also learned some basic sign language skills. We are now making an effort to practice each day with Frank and develop our vocabulary.'

Stephen has noted that Frank seems happier, something that Frank confirms.

'I've noticed a difference already – I feel more included. The team just needs to practice more to build up their signing vocabulary,' says Frank.

The primary goal of the Deaf and Hard of Hearing program is to ensure the health service is as responsive as possible to patients with a hearing impairment through the provision of information and equipment, access to interpreters and education for staff.

In February, Aoife and her team delivered Auslan training to over 70 St Vincent's staff members who communicate and interact with deaf patients on a day to day basis.

Rotary helping patients find their voice

An innovative program using iPads to help patients with communication problems, has been possible due to the support of the Rotary Club of Collingwood.

Rotary provided funding for an iPad for the initial pilot study, and when this proved to be an overwhelming success, they funded two additional iPads, which allowed the program to become an established part of St Vincent's speech pathology service.

The colour screen and audio-visual feedback is more interactive and stimulating for patients, and empowers them to be more involved in their own treatment. The tablets can record progress in therapy, provide visual feedback to patients and create communication aids. They're also

very user friendly, and people from a range of backgrounds and age groups with differing speech, language and cognitive disorders

'The iPads are an invaluable resource to us on the rehabilitation ward. Our patients thoroughly enjoy using them – even if they've never used one before! We have had a lot of patient success with them both as a therapy and education tool.'

– Renee Heard, speech pathologist

have all responded positively. Patients with communication difficulties can become isolated and depressed, but the speech pathology team reported that those using the tablets, were more easily able to stay in touch with friends, family and the world around them.

Rotary is delighted with the result, 'We were attracted by the innovative use of iPads in this area of healthcare and were delighted with the success of the pilot study. It is very encouraging to know that this is now a regular part of patients' rehabilitation,' said Wendy Tang, Collingwood Rotary Club President.



'We were attracted by the innovative use of iPads in this area of healthcare and were delighted with the success of the pilot study.'



Patricia Russell Starr

This is a wonderful hospital. They are so caring to every patient that arrives via Ambulance or to have a procedure done. On the 2nd March I slept on a couch, then up on 4th floor I wouldn't go to other accommodation & insist on sleeping in a chair besides Sam, they woke us at 6am to get ready to be transported to Essendon to be flown home via Air Ambulance that had arranged for us the day before. Thank you St Vincent's Hospital Melbourne.



Norm-bev McSwain

My husband was at St Vincent's for a long time and I would just like to say the care we both received was of the highest quality, they were fantastic every doctor gave him 120 per cent and their nursing staff were fantastic I give them 1,000 points so caring.

A powerful union; supporting asylum seekers

Two iconic Melbourne services, the Asylum Seeker Resource Centre (ASRC) and St Vincent's Hospital have signed a Memorandum of Understanding (MOU), committing to working together now and in the future to be a powerful voice for asylum seekers. The development solidifies a relationship which has been building for many years.

At the official signing ceremony, St Vincent's CEO Ben Fielding highlighted the history of St Vincent's as one of advocating for the voiceless and providing services to many in our community who find themselves on the margins.

The head of the Resource Centre, Kon Karapanagiotidis emphasised his agency's role in advocating for the rights of asylum seekers to equal access to services regardless of how they may have come to this country.

The event, held at the ASRC building in Footscray involved not only the signing of the formal documents, but also the unveiling of an artwork created by Boman Ali Wakilzada.

The painting entitled 'The Inside Story' is loaded with symbolism, and highlights the struggle that many asylum seekers encounter when coming to Australia. Boman, a St Vincent's polio patient originally from Afghanistan, himself spent years in detention centres across Australia.

The painting and the story behind it will be on display in each organisation, one original and one copy, reinforcing the commitment both organisations have made to improving the dignity and care of those seeking asylum.

Above: Boman Ali Wakilzada with his poignant artwork, The Inside Story.

From the archive...

The Bryan Egan Memorial History Prize is an annual award sponsored by the Egan family and the St Vincent's Medical Alumni Association, which honours the work of the late Dr Bryan Egan, St Vincent's alumnus and historian.

The award encourages original work giving insight into an aspect of St Vincent's history, adding to the richness of source material available to the St Vincent's Archives and Heritage Centre.

Entries for the 2014 prize were assessed by a judging panel comprising Dr Egan's daughter Frances Bell, historian Mary Sheehan and hospital archivist Barbara Cytowicz.

This year's Bryan Egan Memorial History Prize of one-thousand dollars will be shared between the authors of two outstanding works, 'Microsurgery at St Vincent's Hospital in 1974' by Philip Sykes OBE and 'The Studio – The History of St Vincent's Artist in Residence Program' by Anneliese Milk.

Philip Sykes' work adds substantial new material and a different perspective to the important story of the pioneering work of Bernard O'Brien and the Microsurgery Unit.

Anneliese Milk's work gives a highly accomplished account of the genesis and development of an important and innovative program that is outside the traditional parameters of services offered by health care providers.

Bryan Egan Memorial History Prize

Joint Winners

Philip Sykes OBE: 'Microsurgery at St Vincent's Hospital in 1974'

Anneliese Milk: 'The Studio – The History of St Vincent's Artist in Residence Program'

Book prize awards

Peter Burke
Helen Matson

Highly commended

Tina Melrose

Oh what a feeling; expert guidance in continuous improvement

In an Australian first, St Vincent's and Toyota Australia have teamed up to find ways to streamline the way we work and improve the healthcare experience for our patients.

It's a highly collaborative process that's based on the world-renowned Toyota Production System, which introduced an approach known as 'lean thinking'. The Toyota Way, which revolutionised manufacturing worldwide, has been successfully applied to many different sectors, including healthcare.

St Vincent's Hospital CEO Ben Fielding says he is delighted to be working with Toyota.

'In many ways we are a natural fit for Toyota because we've made a real commitment to improving our approach to patient care using lean management techniques. They have a lot of knowledge to share,' Mr Fielding says.

The partnership connects staff from St Vincent's and Toyota to identify opportunities for positive change.

The first project focused on our Correctional Health Pharmacy, which fills and packs thousands of often-complex prescriptions each year. By applying concepts from Toyota, the team cut the packing time by a staggering 83 per cent, from 210 minutes to just 34 minutes per pack.

Work has now started in the Chemotherapy Day Unit. There are many steps and clinical

decisions that need to be made when a patient comes to hospital for cancer treatment like chemotherapy. The patient may need to have a blood test and wait for the results before their chemotherapy can begin.

The partnership connects staff from St Vincent's and Toyota to identify opportunities for positive change.

There can be up to an hour of waiting time between each step in this process, and that's what this project is working to change. The team is tracking and timing the complete patient journey, from arrival through to treatment; taking a fresh look at how chemotherapy treatment chairs are configured and used; and examining how pathology and pharmacy services connect to the patient journey. The aim is to cut the time between each step so our patients spend less time in hospital and more time at home with their loved ones.

Training is another key feature of the partnership. So far, 64 staff members, including doctors, nurses and members of our leadership team, have been trained in the Toyota Way.

We are on social media



[www.facebook.com/
StVincentsHospitalMelb](http://www.facebook.com/StVincentsHospitalMelb)



[www.linkedin.com/company/
st-vincent's-hospital-melbourne](http://www.linkedin.com/company/st-vincent's-hospital-melbourne)



[@StVincentsMelb](https://twitter.com/StVincentsMelb)



[@stvincentsmelbourne](https://www.instagram.com/stvincentsmelbourne)

Autumn Appeal update

A library with a difference

In February 2015, St Vincent's Foundation launched its Autumn Appeal to support the work of the Central Equipment Library through the purchase of additional equipment.

The Central Equipment Library houses items that are shared between wards according to demand, such as intravenous pumps, air mattresses, bed occupancy alarms and bladder scanners. In its short existence, the Central Equipment Library has

In its short existence, the Central Equipment Library has significantly helped to improve the care we provide.

significantly helped to improve the care we provide. Demand for the service is growing by the week, and the library needs to purchase additional medical equipment to meet this demand.

At the time of going to print we are pleased to report that so far over 1000 people have generously donated \$65,000 towards our appeal. Each donation will go towards new equipment for the Central Equipment Library's Wish List.

St Vincent's Foundation continues to seek support for the Central Equipment Library and hopes to reach our target of \$114,900.

Should you wish to contribute donations can be made by calling (03) 9231 3365, online at stvfoundation.org.au/donate or complete and return the donation form in this newsletter.



1000 DONATED

\$65,000 RAISED

\$49,900 STILL TO GO

Dine out and save

The new 2015/16 Entertainment Book™ is now available for purchase as either a book or as a digital membership using your Smart Phone.

For just \$65 members will receive over \$20,000 in value in offers for restaurants, hotels and attractions.

For every Entertainment™ Membership sold through St Vincent's Hospital Melbourne, 20 per cent goes towards fundraising.

The more memberships sold the more St Vincent's Foundation raises.

You can buy an Entertainment Book™ membership online at entertainmentbook.com.au/orderbooks/9137w47.

For more information please contact Julia Evans on (03) 9231 3365, or email Julia.evans@svha.org.au.

