

The Font



ST VINCENT'S
HOSPITAL
MELBOURNE



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Message from the CEO

New years are about new beginnings, and as I welcome you to the first edition of the Font for 2017, we also welcome hundreds of new medical interns, graduate nurses and allied health graduates who are starting their careers at St Vincent's.

We have an enviable reputation for nurturing the talents and skills of our clinical staff, a reputation that attracts the best and brightest graduates to St Vincent's. We are delighted to welcome them to the St Vincent's community and inside this edition of the Font, we introduce you to half a dozen of our newest staff members.

We know that in their time with us they will come to display the excellent and compassionate care that sets us apart. This excellent and compassionate care is displayed daily by our staff, including our own Professor Mark Cook, who has led a clinical trial delivering medication directly into the brain of epilepsy patients for the first time.

It is also shown by Emergency Department physician Dr Neil Cunningham and the countless staff who demonstrated composed and dedicated care during the tragic events in Bourke Street in January.

In March, our staff and supporters will team together to celebrate the care we provide and raise money for the hospital at the annual St Vincent's Scrubs Run. In an exciting development, Collingwood Football Club has come on board as an official supporter, rekindling a relationship going back almost 125 years.

St Vincent's and Collingwood share a special bond, stretching back to the very beginnings of both organisations, which were established only a year apart in the 1890's. In the early days, St Vincent's staff cared for injured players, while Collingwood organised practice matches to raise much needed funds for the hospital.

St Vincent's has a remarkable heritage and extraordinary potential. I am excited about the year ahead look forward to sharing more stories of what we achieve together in the Font.

I hope you enjoy this edition of the Font.

Susan O'Neill
Chief Executive Officer
St Vincent's Hospital Melbourne

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St Vincent's Hospital Melbourne is proud to be part of the St Vincent's Health Australia group, which is the second largest health and aged care provider in the country. SVHA's mission is to bring God's love to those in need through the healing ministry of Jesus. We are guided by the values of compassion, justice, integrity, and excellence.



240,000 Australians
suffer from epilepsy

‘The procedure has had a dramatic effect on Natalie, it’s been surprising how effective it has been,’ Professor Cook says. ‘The side effects are manageable and we are all ecstatic with how things have gone.’

Autumn Appeal – Revolutionising the way we treat neurological diseases

For Natalie Kallelea, every day was a struggle. Natalie suffers from severe epilepsy and has spent many years incapacitated from multiple daily seizures.

Natalie’s seizures were so severe and unpredictable that she couldn’t walk to the letterbox or take a shower on her own. Natalie was confined to the couch from the moment her husband Alex left for work, until he arrived home in the evening. With time, Natalie lost her job and her independence.

The 27-year-old from Numurkah had exhausted every type of available anti-epileptic medication with no success, and five months ago phoned her neurologist begging to try something new after experiencing eight seizures in one day.

When a seizure occurs, Natalie is suddenly dazed. ‘I scream, seize up and fall to the ground.’ Natalie can stay in this seized state for up to 10 minutes, holding her breath the entire time. Natalie can sometimes remain in an unconscious state for up to three hours.

‘I said to him “I just can’t do this anymore, you have to do something,” Natalie says. ‘With the quality of life I had, I was willing to try anything.’

Natalie was referred to St Vincent’s Director of Neurology Professor Mark Cook, who was looking for suitable candidates for a world-first clinical trial that will deliver medication directly into the brain of epilepsy patients.

In December 2016, St Vincent’s neurosurgeons implanted a pump in Natalie’s stomach that sends medication, through a tiny tube, directly into the brain. It is the first time that drugs medication has been delivered in this way.

Natalie is the first of eight patients to take part in the trial, with two more patients to undergo the procedure. Although it is early days, preliminary results are encouraging that the new drug delivery system can control Natalie’s seizures.

‘The procedure has had a dramatic effect on Natalie, it’s been surprising how effective it has been,’ Professor Cook says. ‘The side effects are manageable and we are all ecstatic with how things have gone.’

Natalie says she hasn’t experienced a seizure since the night of the procedure. ‘I am now excited for what the future may hold.’

‘I hope that I will be able to go back to work, even if it’s just a part-time job. I haven’t worked in two and a half years,’ Natalie says.

‘I would also love to be able to drive again, then in the long-term, hopefully Alex and I can start planning for a family. That has been one of the biggest issues, because of the amount of medication I was taking and how strong they were.’

The next step for Professor Cook and his team will be to look at delivering different types of drugs in this manner.

‘Some medications aren’t available in a form that patients can take orally as a tablet, but may work very well for epilepsy, so if we can give them directly to the brain, it will give us another range of drugs to treat severe epilepsy,’ Professor Cook says.

The next step for Professor Cook and his team will be to look at delivering different types of drugs in this manner for other neurological conditions.

We can continue leading this world-first research and if successful, other conditions such as Parkinson’s disease, Alzheimer’s, stroke and anxiety are also potential targets for this novel procedure.

To donate, please text ‘Neuros’ to 0400 807 807 (standard text and data charges apply).

For further information, visit www.stvfoundation.org.au

High flying Pie returns to support at Scrubs Run



Pull on the runners and exercise your fundraising skills – registrations have opened for the annual Scrubs Run on Sunday, 26 March at Princes Park, Carlton North.

We are excited to announce that Collingwood Football Club will be supporting this great event. Players from the Men's and Women's teams along with the Netball team will be in attendance as runners and walkers limber up for the 3km, 6km and 10km challenge. It's an ideal time to bring along your autograph book or have your Scrubs T-shirt signed!

All registrants will receive a \$50 voucher from Active Feet to purchase some new runners and winners on the day will receive prize packs from Lorna Jane.

Scrubs Run is a fantastic morning full of activities to entertain the whole family, while participants raise money to support a specific hospital department. You don't even have to run or walk to be take part in the fun. You can organise your own fundraising to give on the day or make a one-off donation to www.scrubsrun.com.au

Above: Collingwood player Meg Hutchins with St Vincent's nurses Rachel Powell, Bodhi Mannix-Faiers and Drosis Stamboulakis.

If you can't decide on a hospital department, then we have made it easy for you. Simply choose one of the following that have been identified as requiring urgent support:

- Emergency Department
- Mental Health Department
- The Cottage (caring for homeless patients)
- The Good Samaritan Fund (providing small grants to assist our most disadvantaged and vulnerable patients)

If you're not able to attend this year, maybe you would consider donating or registering as a 'virtual participant' to support St Vincent's Hospital, visit www.scrubsrun.com.au

Register now – it's more than a run!

The Scrubs Run is a celebration of the St Vincent's Hospital community and a wonderful day to bring along your friends and family to cheer on the walkers and the runners as they journey around Princes Park. There will be music, roaming entertainment, an egg and bacon BBQ and food vans. Children are guaranteed to enjoy the jumping castle, magician, face painting and kid's crafts. It's a diary date not to be missed for the entire family and your furry friends.

High Flying Pie

As a former St Vincent's staff member, Collingwood player Meg Hutchins is excited to attend the 2017 Scrubs Run and see some familiar faces.

Meg worked as an Allied Health Assistant at St Vincent's in 2016 and has fond memories of her time. Meg became an inaugural member of the women's squad when she was picked up as a priority selection, and resigned from St Vincent's to take on a full-time role as women's football operations manager.

'It was sad leaving, as I was leaving such wonderful people, but they were very supportive of me for the special opportunity I was given and a lot of them were there to cheer me on at the first ever game against Carlton,' Meg says.

After 15 seasons in the VFL Women's competition, Meg finally has the opportunity to play the game she loves professionally.

'It's pretty surreal, but for so many people who have worked tirelessly for so many years, it is a great reward to see the league up on the biggest of stages. We couldn't be happier to know that people want to tune in, and want to come and watch.'

'When I was little, it was such a challenging time for my mum and when she told me that I couldn't play the sport I loved, I was devastated.' Today no daughter needs to be told that shattering news. It's so exciting to know that girls and boys can now grow up thinking girls playing football is normal.'

Meg Hutchins will join teammates from the men's and women's team, as well as the netball team at Scrubs Run on Sunday, 26 March.



The impact of your giving – meet last year's highest fundraisers

A group of dedicated nurses from 10 West raised nearly \$10,000 for their department, becoming the highest fundraisers for the Scrubs Run in 2016.

Seeing a need for an ECG machine, the staff banded together to form the 'Brainiacs', a team of fundraisers who set about raising money to buy the much needed piece of equipment.

'No donation was too small and we accepted everything,' says Nurse Unit Manager Kathryn Connor. 'The bulk of our supporters were friends and family who donated to our team and our fundraising page was shared through our Facebook pages. Our neurosurgeons donated as well as our patients and relatives.'

Every time the Brainiacs reached a milestone they celebrated and momentum kept growing. The team reached their target and recently purchased an ECG machine for our ward.

'We had been sharing one ECG machine across the 10th floor so having our own has made a big difference, providing quicker access to equipment, earlier intervention and better outcomes.'

'The patients are at the core of everything we do. We care for patients and their families at the most vulnerable times in their life and it's a privilege. Our role is to provide high quality care to our patients in their time of need. This is what drives us. I am very proud of what we have achieved.'

Below: Nurse Unit Manager Kathryn Connor (centre) with Brainiac team members from 10 West and their ECG machine.

Sign up for St Vincent's Scrubs Run today!

Date: Sunday 26 March 2017

Time: From 9.30am

Venue: Princes Park, Carlton North

Cost: Adults \$30 (includes a Scrubs t-shirt), Students \$25. Children free.

Register: www.scrubsrun.com.au or call 9231 3287



Meet our new graduates



Dr Clinton Hoxhallari
Medical intern

Why did you choose St Vincent's?

'The family environment that St Vincent's is renowned for is part of the reason why I chose to do my intern year here. I also know that there is a huge emphasis on teamwork at St Vincent's, which is very important not only in helping patients, but also in building strong networks between colleagues so that we can help each other achieve common goals.'



Dr Jocelyn Shan
Medical intern

Why did you choose St Vincent's?

'My older brother worked here as a doctor and he always talked about how all the staff are compassionate towards their patients. He seemed he really loved his job and I wanted that as a doctor.'

What are you most looking forward to this year?

'I'm looking forward to finally starting work after so many years of studying and reading textbooks.'



Dr Janaka Lovell
Medical intern

Why did you choose St Vincent's?

'I chose St Vincent's because my experience as a St Vincent's Clinical School student was just great. I also know St Vincent's cares for the disadvantaged and it is one of the few Victorian hospitals who take care of prisoners as well. So it is nice to know there is a real culture of generosity and kindness as these are nice qualities to have as a doctor.'



Erin McArthur
Graduate physiotherapist

What have you enjoyed about St Vincent's so far?

What's really great is that I have both a mentor who I can catch up with whenever I want and I also have a senior grade 1 physio who is helping me with the transition from student to full-time work, which has been very helpful.

Why did you choose to become a physiotherapist?

'I chose physiotherapy because I'm really interested in the human body and I wanted a career where I could combine that with working with people face-to-face, rather than a desk job.'



Kaely Kennedy
Graduate nurse

Why did you choose St Vincent's?

St Vincent's was my top choice, but I was offered a position through the Aboriginal Graduate Nursing Program. The program offers support, mentorship and cultural study days.

Firstly People had told me St Vincent's is so supportive, so I did a bit of research and noticed that the has won a lot of awards, including the People in health Award, and their graduate program had a really good reputation.



Jayden Saunders
Graduate physiotherapist

Why did you choose St Vincent's?

'I know a couple of people who have worked at StV's and have said the atmosphere is great and everybody is really nice. The hospital is also well known for providing a high level of care to patients and I wanted to be able to contribute to that.'

What aspects of Physiotherapy do you most enjoy?

I enjoy working in Acute, on the wards with the patient who have just had surgery. I enjoy getting them up and moving again and watching them progress so they can go home to their family.

Prague House gets furniture makeover

Since 1976 Prague House has been one of the few providers of aged care to people who come from a background of homelessness.

Our specially trained staff ensure Prague House is a friendly and comfortable home to people who cannot be accommodated in mainstream aged care or do not have the ability or finances to live independently.

In recent years, the furniture at Prague House had become worn and shabby and in desperate need of replacement. The Foundation applied to **Ian Rollo Currie Estate Foundation**, managed by Perpetual Trustees, who have been a generous supporter of St Vincent's Hospital over many years. To our delight, the Foundation received a grant to replace all chairs and couches including the 45 individual resident's rooms.

Prague House Manager, Tina Melrose, was overwhelmed by the positive feedback from residents, visitors and staff on the impact of the furniture.

'The support of Ian Rollo Currie Estate Foundation was fantastic,' Tina says. 'At Prague House we ensure our residents are treated with the greatest respect and give them a sense of pride in their surroundings.'

'The new furniture along with the purchase of additional storage cupboards for the activity area and extra chests of drawers for our female residents has been met with enormous gratitude.'

On behalf of all the residents and staff at Prague House, we thank the Ian Rollo Currie Estate Foundation for making our lives a little easy through their generous grant.



Congratulations to our top Graduate Nurse for 2016



Graduate Nurse Rebecca Jackson has been awarded the 2016 Ida O'Dwyer Prize for her exceptional commitment to nursing at St Vincent's.

Rebecca was presented the award by President of the Graduate Nurses Association Maureen Milton and last year's winner Natasha Tabone at a ceremony held on 27 January.

The Ida O'Dwyer Prize was originally awarded to a graduating nurse at St Vincent's when nursing training was completed in hospitals. Today the Graduate Nurses Association is proud to support this tradition by offering the prize to a St Vincent's Graduate Nurse.

Ida O'Dwyer left her home in Bendigo to commence her nursing training at St Vincent's Hospital and graduated in 1902.

Ida nursed in the First World War as part of the AIF delivering care in Egypt, England and France, achieving a Royal Red Cross for her devotion to duty. She was the inaugural President of the St Vincent's Hospital Graduate Nurses Association.

The prize, proudly sponsored by our Graduate Nurses Association is awarded to a Graduate Nurse who encompasses:

- knowledge and thorough nursing skills
- commitment to the nursing profession at St Vincent's
- behaviour reflective of our values,
- confidence to think ahead and act accordingly, and
- willingness to work effectively within a team and support colleagues

The prize is \$1,000 and a copy of the book: "A Professions Pathway – Nursing at St Vincent's since 1893".



Our important donors: Vale David Mackintosh

We were saddened by the passing of Mr David Mackintosh on 2 September 2016. David and his wife Kathy, have been friends and benefactors of St Vincent's for many years, for which we are deeply grateful.

A very generous man, David was a champion of St Vincent's, making it his mission to offer his time and financial support to ensure the hospital's growth. Donations towards Rheumatology helped to rebuild the Department with a new facility, providing a basis for research, training and for leading-edge patient care.

David and Kathy also made significant contributions to the Cancer Centre, Anaesthetics Department, 8 East Family room and purchased many pieces of equipment, such as a dialysis machine.

David was a man who led by example. On one of his many visits to the hospital, he once asked if there were any young patients he could assist. This led to a conversation about a

young man in his early 20s, who had been a Rheumatology patient since the age of 3, having continuous hospital admissions all of his life. David and Kathy gave the young man a family holiday, a chance to enjoy life away from his medical care.

As a successful businessman from regional Victoria, David brought his 'can-do' approach to not only his own ongoing care, but also to the organisations he cared about. His generosity extended to the St Vincent's Private Hospital in Fitzroy; an animal shelter, as well as supporting the Victoria Police activities with young people in the Yarra Valley.

David's lifetime can be measured by the positive and powerful impact he had on the lives of those he helped both directly and indirectly. David is no longer with us but his spirit endures. He will be long remembered at St Vincent's.

David's lifetime can be measured by the positive and powerful impact he had on the lives of those he helped both directly and indirectly.

Remembering a tragedy

The terrible events in Bourke Street in January sent shock waves around Australia and the world. Such a tragic event on our doorstep sparks many emotions; grief, distress and concern for loved ones, to name a few.

It is reassuring to know that at times of crisis there are well trained specialists who can remain calm, professional and extremely caring when dealing with patients with severe physical trauma. These qualities were demonstrated by our unflappable, level-headed Emergency Department staff.

Hospitals practice for multiple trauma cases, always hoping these skills and preparations will never be needed. During this terrible event, we exceeded all expectations. As soon as the Code Brown alert was raised, we saw un-rostered staff report for duty, others

came in from annual leave and some stayed on hours beyond the end of their shift. All staff were selfless and completely focused on supporting their colleagues and caring for our patients.

At this sad and tragic time for Melbourne, we want to acknowledge and pay a heartfelt tribute to those victims, their families and all the emergency staff who worked so selflessly at this critical time. It's often said that there is something special about St Vincent's Hospital and we saw that 'something special' in action on Friday.

When considering your next donation, please give to our Emergency Department so that this service can be maintained. Please Text 'ED' to 0400 807 807, to give to this most worthy cause.



What was it like in our ED during the Bourke Street Tragedy?

Hear it first-hand from Dr Neil Cunningham, the doctor in charge of our ED that afternoon.

youtu.be/CjJ7JdyV9BY



Well done everyone, thoughts go out to all who were working on that day. You are so lucky to have a great leader in Neil Cunningham working for you. What a great man and doctor.

Andrew Adams

Leadership team appointments

We would like to welcome new Executive Directors who will be joining our leadership team in 2017.



Maria Egan
Executive Director of Mission

Maria joins us from Villa Maria Catholic Homes, where she was the Director of Catholic Identity and Mission. Maria has extensive experience in a variety of roles within the Catholic community, including teacher, consultant and educational leader, and was previously Director of Mission at Calvary Health Care.

Born and raised in Melbourne, Maria has lived and worked in a refugee camp in Malaysia, a teacher training college in Pakistan and for RMIT in China.

Maria believes in working alongside individuals and to look for ways of providing opportunities for them to explore and grow in their own faith and personal spirituality.



Chris Roussos
Executive Director of People and Corporate Support

Chris Roussos is a highly experienced Human Resources professional who has held leadership positions in the Victorian health sector for 15 years.

Chris was previously Executive Director, Human Resources & Communications with Eastern Health, where he implemented a number of projects and services. These included a new service to provide HR advice and information for 8,500 staff, a Workforce Sustainability Unit to improve employee management and delivering OH&S improvements that met or exceeded regulatory requirements.



Martin Smith
Executive Director of Integrated Care Services

Martin joins us from Eastern Health, where he has held a variety of senior management roles since 2005. Martin has been an Associate Director of Medicine and Sub-Acute and of Surgery Programs and more recently he was the Chief of Clinical & Site Operations at Box Hill Hospital and Program Director of Surgery at Eastern Health.

Martin's key program responsibility at Box Hill was overseeing the \$447m redevelopment of the Hospital. In surgery, Martin oversaw significant improvement in timely access for emergency patients and a major reduction in patient waiting times.



Ian Broadway
Chief Financial Officer

Ian Broadway is a highly experienced Finance Executive whose most recent role was Chief Financial Officer at Austin Health, a position held since 2005. Prior to this Ian held a variety of positions in the private sector, and was Chief Financial Officer at the Victorian Workcover Authority, and health services including the North Western Health Care Network.

Ian's qualifications include a Bachelor of Commerce and post-graduate qualifications in accounting.



Antony Tobin
Head of Medicine

Antony is well known to the St Vincent's family, having begun his medical career here as an intern nearly 30 years ago. After years as an Intensive Care Registrar, he became Deputy Director of ICU and more recently held the position of Clinical Director Cardiovascular & Respiratory Services.

Antony's career included time at Monash Medical Centre, the Austin, the Alfred, Peter MacCallum, the Royal Melbourne and Northern Hospitals. In addition to his clinical experience, Antony has held numerous teaching roles and is also a dedicated researcher.



Simon Banting
Head of Surgery

Simon began his medical career here as an intern more than 30 years ago, and completed his surgical training at St V's, and was awarded the FRACS from here in 1990. After time in the UK, Simon worked at several Melbourne hospitals, including SVHM, Box Hill Hospital and the Austin. With a passion for medical teaching and training, he supervised General Surgical Training at St Vincent's for a period of time and currently chairs the Division of Surgery.

Simon also has substantial research credentials established over three decades of research, during which he published and presented more than 70 research articles on clinical surgery and the development of laparoscopic surgery.



Inspiring Giving

The St Vincent's Foundation's new Director, Judy Buchan, has one goal; she is keen to 'inspire giving' so that St Vincent's can maintain its outstanding reputation for care and innovation.

Judy brings a wealth of experience in strategic philanthropy to St Vincent's, most recently with the Lord Mayor's Charitable Foundation and as a philanthropic consultant to a range of not-for-profit organisations.

Leading the Foundation team, Judy is working to develop a philanthropy model so potential donors know how they can best make an impact.

'We want to ensure our donors are acknowledged and feel connected with us. I'm also very keen to learn more about what our donors would like to hear from St Vincent's,' Judy says.

If you would like to speak to Judy or someone from the Foundation team about supporting St Vincent's work, please call (03) 9231 3365.



Getting cancer patients back on their feet

When Tony Flude talks about his battle against cancer, he understandably gets a little bit emotional.

'When I came out of hospital at the end of September, I had to be lifted in and out of bed,' Tony says. 'I'd been receiving chemotherapy and got an infection, so I spent a lot of time in ICU. My body had wasted away.'

But Tony is determined to keep fighting. Now thanks to a new program at St Georges, Tony is well on his way to regaining his independence.

The Oncology Rehabilitation Program is specially designed for cancer survivors and their carers to build strength, stamina and confidence to recover after treatment for cancer.

The eight week program is run by a range of health professionals, including physiotherapists, occupational therapists, dieticians, social workers and psychologists,

Project Manager Andrea Shone says the program offers twice weekly exercise sessions as well as information sessions on topics such as healthy eating, dealing with the emotional impact of cancer, relaxation, managing fatigue and linking into community services.

'The program also offers information and strategies for carers in their support of loved ones receiving treatment for cancer,' Andrea says.

After two months of sessions, Tony says the program has made him much fitter and he can now do most of the things he did before treatment.

'I'm almost back to normal, walking around, lifting weights. I'm almost doing now what I was doing before I went in to hospital, but I still have a little way to go.'

'I want to get back to doing the practical things I was able to do, like catching public transport.'

'The staff are particularly trained to my needs and we have been able to build a one-to-one relationship during the program.'

'The focus on exercise, education and relaxation has helped me stay focused on regaining my strength and muscle mass.'

The pilot program has been supported by a \$100,000 grant from The Victorian Cancer Survivorship Program and Department of Health and Human Services.

For enquiries and referrals please contact St Vincent's Community Rehabilitation Services on 9231 2324.

Did you know? Our kitchen makes over 2,000 fresh homemade meals per day with 90 different menu variations to cater for our patients' dietary needs.

Thank you for your generous donations in 2016

Your support was directed to the following areas:

30%
Hospital
Equipment



20%
Cancer
Services



20%
Patient Care



10%
Research



5%
Cardiology



5%
Capital



5%
Aged Care



5%
Medical
Services



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