

The Font

*Celebrating
125 years*



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Message from the CEO

This year St Vincent's Hospital Melbourne turns 125. It's a wonderful achievement and a fitting legacy for the five Sisters of Charity who established the first St Vincent's Hospital in a small converted terrace on the current Fitzroy site.

Throughout our 125th we will be using the phrase 'St Vincent's Cares. Always has. Always will' to help encapsulate the essence of the 125 year journey of the Hospital and its mission.

St Vincent's has developed a calendar of events to celebrate this milestone, and we will be inviting staff, community, volunteers, patients and families to join us in the various events, activities and celebrations throughout the year. There are so many ways for you to be involved; you can find events advertised on our website and via our Facebook channel.

Throughout our 125th we will be using the phrase 'St Vincent's Cares. Always has. Always will' to help encapsulate the essence of the 125 year journey of the Hospital and its mission.

Visitors to the Fitzroy campus will have noticed the Hospital proudly displaying the 125th celebration flags; and our 125th logo adorning the entrance doors.

The key theme of our celebrations will be stories about St Vincent's. Every day I hear about someone's extraordinary experience at St Vincent's - something that's touched them or a loved one. From a reassuring nod to help ease the pain, to a Fitbit for the brain, we strive to improve the health and lives of our community's most vulnerable. These stories helped shape our 125 years and this year we will be asking people to share their stories.

I hope you enjoy reading this edition of The Font.

Angela Nolan
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.

Part-time interns Pushing for progress

Jean Gador-Whyte and Laura Toscano are excited to be beginning their medical careers at St Vincent's as members of the 2018 intern class.

However as young mothers, Jean and Laura will juggle the demands of the job with the added responsibility of raising a family. This year they are the only part-time interns in Victoria, sharing one job at one site during a two year internship.

Laura, who has a five month old, raised the possibility of undertaking an internship part time at last year's open day.

'I was surprised to be greeted with such a positive response,' says Laura. 'I'd asked a few other hospitals as well and been told 'no way'.'

'St Vincent's was the place I wanted to work and I thought there was no way they would have us, but they said they would definitely consider it. A couple of months later we received the good news that our submission had been accepted.'

Both Jean and Laura agree that a part-time internship is something that should be offered more broadly. Traditionally junior doctors were quite young, but now it is becoming more common for students to be older when they being an internship. It is also becoming more common for medical students to have kids, or be planning a family, while still studying.



'I don't think there's ever a good time in medicine to take a year off to have a baby or to do anything in your life that isn't medicine related,' Laura says.

'If I had to choose, I would rather choose a family,' Jean, who is the mother of an 18 month old, says. 'But we are both lucky to have this opportunity and determined to make it work. Everyone has been really supportive.'

They also believe that there are added benefits to interns and junior doctors raising a family at the same time.

'The organisational skills that a parent can bring make them a particularly good candidate,' Jean says. 'As a parent, you need to juggle a lot of things.'

There are also others who may benefit from part-time internships.

'It's not just a women's issue,' Jean says. 'Medical issues or other reasons could put people off continuing in medicine, which is something we should better understand.'

As their careers progress, both would like to do General Practice, working part time while their children are little.

'Once you get into the GP training program, it is much more common for people to work part-time and juggle family and work life,' Laura says.



St Vincent's congratulates the 68 new medical interns who have commenced their medical careers at our hospital this week after completing years of gruelling study. We warmly welcome each and every one of you to the St Vincent's family and wish you a wonderful start to what will be a very fulfilling career.

Lensa shares her story



Nurse Lensa Dinka works in the St Vincent's Day Procedures Unit, where patients come for procedures like angiograms and endoscopies; that must be done in a hospital, but patients don't stay overnight. Many patients are worried and anxious when they arrive.

Lensa knows better than most what it's like to feel a bit lost and anxious.

A former refugee, who arrived in Australia with very little English, Lenka learnt the language and then studied nursing, determined to make a better life for herself.

When Lensa Dinka was just 16 years old, she and her siblings fled their home country of Ethiopia, to Sudan.

'One morning my parents heard that my father was wanted again, and would be imprisoned if he was caught, so he had to flee the country,' Lensa says. 'He left with one umbrella, and never came back again. They also arrested and questioned my mother.'

After eight years in the refugee camp Lensa was finally granted a humanitarian visa, along with her partner, and they began a new life in Australia.

Lensa has worked in the St Vincent's Day Procedures Ward for six years and finds the job very rewarding.

Having not seen her mother since she was 10 years old, and unable to return to Ethiopia, Lensa she never gave up hope of a reunion.

After many failed attempts to locate her mother through aid organisations, Lensa met someone in church who was from the same village as her family. With her help, Lensa managed to locate her mother and began supporting her from Australia.

When her mother was diagnosed with cancer, Lensa arranged to meet her in Thailand, where she could receive treatment.

'That was the first time I had seen her in 30 years,' Lensa says. 'She was so strong when I knew her, but when I finally saw her again she was very frail.'

When Lensa's mother passed away last year, the team in Day Procedures were very supportive. Day Procedures Manager Siobhan Lenihan asked if Lensa would like to share her powerful story on the staff bulletin board, which sits outside Siobhan's office.

'I update the board monthly with different themes and staff usually come and have a laugh and a chat as they read the board,' Siobhan says.

'However when Lensa's story went up, I could hear the footsteps as staff stopped to read the board, but there was no laughing or chatting, only silent contemplation. Staff were incredibly moved by Lensa's story.'



Cultural Diversity Week 19-26 March

**Monday
19 March**

Organise a Taste of Harmony Lunch

www.tasteofharmony.org.au to register and download event ideas

**Tuesday
20 March**

Cultural Diversity Workshop

Intercultural conflict resolution management: the art of reconciling cultural differences

12:30pm
Aikenhead Conference Centre

**Wednesday
21 March**

'Jamaica Irie' musical performance

12:30pm – 1:30pm
St Vincent's Courtyard

**Thursday
22 March**

'Inka Marka' musical performance

12:30pm - 1:30pm
St Vincent's courtyard

Cultural Diversity Quiz

Enter online to win 2 gold class tickets, chocolates with Zouki coffee vouchers (Prize for team entries) or a bottle of Oyster Bay sparkling!

www.surveymonkey.com/r/5YDWYD6

Living our Mission: Helping our prisoners

Prisoners are among the most marginalised groups in society. The Victorian prison population is increasing, and although prisoners overall are mostly young men, there is a growing group of older prisoners with a unique set of health problems.

Risk factors such as higher rates of smoking, illicit drug and alcohol use mean there is an increased need for the provision of cancer care among this disadvantaged and vulnerable group.

Oncologist Dr Genni Newnham provides specialist care for all cancer patients in Victorian prisons and says they are often difficult to treat for a number of reasons.

'They have poorer outcomes than other groups and often don't receive optimal care,' Dr Newnham says. 'These patients frequently refuse to come to appointments, and as a clinician I never really understood why.'

Dr Newnham is conducting research analysing prison patients with a cancer diagnosis treated at St Vincent's over the past 15 years. This research has been made possible due to funding from St Vincent's Inclusive Health Innovation Fund, which supports St Vincent's clinicians passionate about improving outcomes for the poor and vulnerable.

'What we are learning is that there are priorities for these patients that are perceived by them to be more important than their healthcare. Concerns for their own safety, or the consequences of leaving prison (such as losing their cell or job), even for an outpatient appointment, lead some to refuse medical appointments or treatment.'

In addition, a more detailed analysis of prisoners with cancer in the last six years is being undertaken to determine if optimal care pathways have been followed for these patients. The research will explore potential changes in hospital practice to improve prisoner compliance and outcomes.



'Our ultimate goal is to develop a prison oncology program'

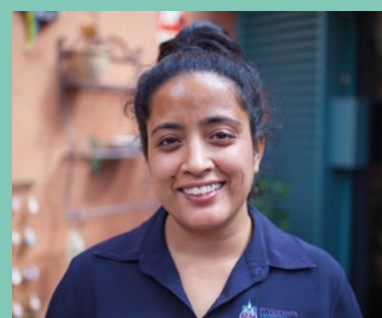
Dr Newnham wants to know more about the risk factor profile of prison patients, better understand the types and stage of cancers occurring in these patients, the mode of presentation, and the types of treatment.

Finding these patients for continuing care once they have been released from prison is a major issue. Many patients are lost to follow up once they are released. In many cases it is not until they reoffend that these patients re-enter the healthcare system, often in much poorer condition.

'Our ultimate goal is to develop a prison oncology program together with supportive programs for post discharge follow up, to ensure equitable access and health outcomes.'

'We are hoping that once we analyse all the data, we can identify two or three main trends which contribute to poorer outcomes and come up with some strategies for improvement.'

Changes already introduced include an increase in the use of telehealth consultations in cases where a patient doesn't need intravenous treatment.



'I have been working here at Cambridge House as a Registered Nurse for 8 years now. Cambridge House is one of St Vincent's residential facilities where we provide care for elderly residents. I first worked here as an agency nurse when I was a student and I knew it was where I wanted to work. What impressed me about Cambridge is that those looking after the residents are either enrolled or registered nurses which is great for the residents given the complexity of their care needs.'

– Saroja Sharma

You are right Saroja! All qualified and compassionate. Good luck with your future!!

– Barry Sheales

Introducing our new Patron: A Visit from The Governor of Victoria



St Vincent's is proud to announce the Governor of Victoria, Her Excellency the Honourable Linda Dessau AC, as the Patron of the Hospital.

This great honour recognises the important role St Vincent's has played in the lives of Victorians.

As we begin celebrations for our 125th year, St Vincent's new

Chief Executive, Ms Angela Nolan, welcomed the Governor, and was keen to show her some of the great work we do.

The Governor toured the Emergency Department, the Cancer Centre and the state-of-the-art BioFab3D Centre – Australia's first robotics and biomedical engineering centre.

'We wanted the Governor to see aspects of our modern development, and our growth over the past 125 years,' Angela said. 'We were founded on the principles of providing compassionate care, and we remain committed to that ideal.'

For 125 years St Vincent's has been offering the highest standards of healthcare driven by our concern for others, especially those in need. This focus permeates every aspect of our work, guided by the values of compassion, justice, integrity and excellence.

Founded by the Sisters of Charity in a terrace house in Fitzroy in 1893, the Hospital has grown to be a vital health service for the Victorian community.

The Governor experienced the frenetic energy of the ED, one of Melbourne's busiest. 46-thousand patients visited last year at all times of the night and day.

She inspected recent work undertaken at the Cancer Centre gives Victorians confidence they are receiving the very best treatment, with the latest technologies.

'The BioFab Centre is a unique collaboration between the Hospital and Australia's leading bio-medical and bio-engineering universities,' Angela said. 'It looks into the very future of health treatment, as the researchers explore options in "bio-printing" of bones and organs.' Said Angela.

Celebrating 125 of saving lives

This year we celebrate 125 years since the Sisters of Charity founded St Vincent's in a small terrace house on Victoria Parade, at a time when Fitzroy was one of poorest parts of Melbourne.

The Sisters were innovative and determined in their commitment to offering first-class healthcare to the community, especially the poor and vulnerable, and St Vincent's has been built on a foundation of caring for those in need. They have instilled in our culture a Mission to care for the most vulnerable in the increasingly complex and challenging area of public health.

St Vincent's cares. Always has, and always will. That caring spirit has inspired our tagline for our 125th celebration.

This year will be a year of celebration... join in the festivities!

Calendar of events

March	April	June
<ul style="list-style-type: none"> • Opera in the Market • Foundation Walking Tour 	<ul style="list-style-type: none"> • St Vincent's Fun Run, 15 April • Medical Alumni Golf Day 	<ul style="list-style-type: none"> • Caritas Christi 80th Birthday • Nurses Open Evening • Sisterhood Luncheon • Men's Health Week Lunch, 15 June
July	August	September
<ul style="list-style-type: none"> • 125th Art Exhibition 	<ul style="list-style-type: none"> • 125th Gala Ball, 11 August 	<ul style="list-style-type: none"> • Mission Week
October	November	December
<ul style="list-style-type: none"> • Everyday Hero and Service Awards 	<ul style="list-style-type: none"> • Celebratory Birthday Mass, 1 November • Official 125th Birthday, 6 November 	<ul style="list-style-type: none"> • Staff Christmas celebration

Share your St Vincent's story

We love hearing about people's extraordinary experiences at St Vincent's -something that's touched them or a loved one. This year we invite you to share your St Vincent's story. Your story has helped shape our 125 years and we want to share this with others and document it for future generations. Head to <https://svhm.org.au/home/125years> and share your St Vincent's story.

Roll out of bed and join us in your PJs for the St Vincent's Fun Run



Step up to the challenge and register for the St Vincent's Fun Run to help make a difference for the 57,000 patients treated every year at St Vincent's Hospital.

This year St Vincent's turns 125 and to celebrate we're calling on the community to help raise funds to support the vital work of the hospital by participating in a 3km, 6km or 10km run or walk on Sunday 15 April at Princes Park, Carlton North.

Participants are encouraged to wear their pyjamas in support of the hospital's patients, such as Travis.

A few days after his wedding day to Ellie, Travis fell severely ill. What should have been a whirlwind of excitement and happiness became a whirlwind of tests, medications and treatments.

Travis was admitted to St Vincent's and was diagnosed with Leukaemia. On top of that, the severe symptoms of the blood cancer had also led to a stroke.

Unable to speak, paralysed on the right side and battling cancer, Travis survived months of treatment at St Vincent's – in the ICU, the Cancer Centre and the Rehabilitation Centre.

Travis had to learn how to walk and talk again, and even how to eat again and after more than two years of treatment, Travis was discharged.

Travis now intends on hitting the running track at the St Vincent's Fun Run with his family and friends by his side.

Funds raised will go towards supporting the future of the hospital and patients like Travis, and will be distributed across medical research, equipment, training and education programs.

A variety of free entertainment including face-painting, food trucks, a jumping castle and a petting zoo will be available for participants and their supporters to enjoy. Participants will receive a free goodie bag on the day.

To find out more about the event or to register as an individual or part of a team visit:

www.stvincentsfunrun.org.au

Date

Sunday 15 April 2018

Time

9:30am

Location

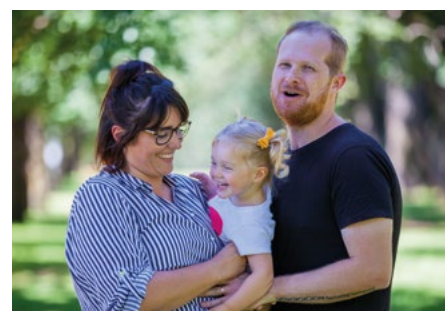
Princes Park, Carlton North

Register

www.stvincentsfunrun.org.au

Watch

Travis and Ellie's interview with Ten Eyewitness News Melbourne:
www.stvincentsfunrun.org.au



This year St Vincent's turns 125 and to celebrate we're calling on the community to help raise funds to support the vital work of the hospital

Graduate Nurses



Mikhala Howells

'I just started my career as a mental health nurse here at St Vincent's. I did Bachelor of Nursing and Bachelor of Psychological Sciences as a double degree at Deakin University. I did my final placement in ENT, Plastics and Vascular Surgery here at St Vincent's. I hadn't done a surgical placement before so it was a really fantastic learning experience. The support I was given as a student was fantastic. So choosing St Vincent's to do my grad year was a no-brainer for me. Community mental health nursing is an area that I am passionate about and that's what I am looking forward to doing this year.'



Jack Kent

'I went to ACU in Fitzroy to study nursing and I am now starting my nursing career here at St Vincent's. I'm looking forward to putting into practise everything that I learned over the last three years and having a bit of independence to work with patients and other professionals. I also want to work on bettering myself as a clinician and making sure that I help to achieve better outcomes for the patients.'



'I fell down in my doorway about one month ago and my neighbour called an ambulance which brought me to St Vincent's. I was unconscious and spent a few weeks in ICU. The doctors removed my skull to reduce the pressure on my brain and that's why I am wearing a helmet.'

I haven't been outside for over a month and today the nurses took me out so I can get some sun and fresh air. The nurses and the doctors are just wonderful and they look after me well.'

– Didi Nyuon

First patient to be given the gift of saving their hair



Afaf Shenouda couldn't believe her luck when she was told she would be the first patient to be treated with a scalp cooling cap during her chemotherapy treatment at St Vincent's.

'How lucky am I to receive this treatment?' Afaf says. 'I'm so grateful to the donors who have given me the opportunity to keep my hair.'

Committed Dry July supporters and the Dry July Foundation helped us reach our goal and purchase one of the first scalp cooling caps available to public patients in Victoria. The cap reduces the risk of hair loss during chemotherapy by decreasing scalp temperature and blood flow to hair follicles.

'It feels and sounds like rain, like it's hailing on my head,' Afaf explains, when the cap was first turned on.

Afaf was diagnosed with stage 1 breast cancer last December and is receiving chemotherapy at the St Vincent's Cancer Centre.

'It all happened very suddenly. I am a very healthy mother of four and I just turned 60 last November. I discovered the lump by chance when I felt a hard lump underneath my breast, which was quite hidden. I was reluctant to tell my doctors as I was scared of what the answer may be.'

Before Afaf knew that the scalp cooling cap was available she cut off 30cms of her beautiful hair to prepare herself for losing it during treatment.

'My hair was my signature. My whole life I had very long hair and people would always stop me and comment how beautiful it was. It means a lot to me to have my hair and I have now been given the opportunity to save my hair.'

Cancer Centre Nurse Unit Manager Jan Chapple has sung the praises of donors and the opportunity they have provided to patients.

'This is what we are all about here at St Vincent's, going the extra mile for patients and making a difference. That's the main thing for us, it's not just giving the treatment that's ordered it's giving everything - the whole meal!'

If it wasn't for generous Dry July donors we would not be able to provide patients like Afaf with this tremendous treatment.

'I'm very grateful for the donors who have provided me this treatment and also given this opportunity to other patients. Fear prevented me from having a regular mammogram but I urge all women to make sure they have regular check-ups.'

Donor of the month

After losing his son to cancer, St Vincent's supporter Michael Reilly has kindly donated a treatment chair to provide comfort for other cancer patients at St Vincent's.

'My son Enda was a patient at St Vincent's where he received treatment for Non-Hodgkin Lymphoma, before sadly losing his battle in July last year,' Michael says.

Enda Reilly was a humble young man who loved life. He was an accomplished footballer, keen sports enthusiast and away from sport he had a passion for art.

Michael greatly appreciated the care Enda received while he was treated at St Vincent's in

both the outpatient clinic and the oncology ward.

During Enda's treatment Michael saw the need for new equipment and thought it would be a fitting tribute to his son's generous spirit while helping many others facing a difficult time.

'This donation is a way of giving back while also directly helping cancer patients who are being treated in a similar situation.'

'All the staff including haematologists, doctors, nurses and general carers did their very best for Enda and treated him with the greatest care, respect and dignity. This is something St Vincent's staff continue to do each and every day.'



You too can provide life changing equipment to patients by donating today at:

stvfoundation.org.au/donate

Tijana says thank you



When Tijana Klashoviski's grandmother passed away at Caritas Christi Hospice, the 10 year old wanted to do something to give back to the place had treated her grandmother so well during her final days.

Tijana started to make colourful slime, using the time she would normally go and see her grandmother on the weekends to make the colourful goo. Tijana then sold the slime at school, raising \$140 for Caritas Christi in the past 12 months.

'I wanted to fundraise to give back for what the staff at the hospice did for my grandma and to show how much I respect them and how grateful I am,' Tijana says. 'I would like the money to go towards things to

comfort the patients like a blanket and maybe things to put in their room like flowers or teddy bears.'

'I also want to say to young people who come to Caritas Christi to visit their family members. It is important to recognise what the carers do for their relatives and also believe that they can do things to help the hospice. And to the carers, I say thank you.'

It is important to recognise what the carers do for their relatives

You too can fundraise and support the good work of departments like Caritas Christi Hospice, just head to www.stvfoundation.org.au for more details or call us on 03 9231 3365.



Mrs Cui Ye Ying recently celebrated her 106th birthday at Cambridge House, surrounded by family, residents and carers.

'Birthdays are moments where all the staff, residents and family come together for one person. All birthdays here are a special occasion, as each birthday is an accomplishment. Mrs Ying's birthday is the biggest we've had in the five years that I've been working here.'

– Kellie McLagan,
Music Therapist and
Activity Coordinator



I recently joined St Vincent's as a senior Aboriginal Health Liaison Officer and it has been an enjoyable journey so far. I work with an incredible Aboriginal team, all of whom are dedicated and knowledgeable in the area of Aboriginal Health. It is vitally important that Aboriginal patients have Aboriginal staff that can support them during their hospital journey. Supporting staff to ensure Aboriginal patients are able to participate in their treatment and recovery plans in a transparent manner is equally important. I look forward to working with such a 'deadly' team and hope that we can leave our future generations a pathway that is worthy of travel.'

– Moira Rayner

Volunteer recognised for Embodying St Vincent's values



St Vincent's volunteer Margaret Milne has been recognised for her outstanding effort over many years, winning the Service category at the recent Premier's Volunteer Champions Awards.

Marg, as she is known across the health service, has provided support and care for palliative care patients for the past 21 years, assisting patients to die with dignity, compassion and love. Marg was presented with her award at a ceremony in the hall of Government House last month.

Marg builds trust with the patients and their families by showing empathy at the most difficult time in their lives. The extent of Marg's kindness makes patients feel loved, cared for and above all, never forgotten.

The impact of Marg's volunteer work has been immense. After caring for a woman who died on the palliative care unit, the patient's daughter returns each year on the anniversary of her mother's death to give Marg a \$200 voucher.

Marg uses these vouchers to purchase what she calls 'smellies' – items such as hand cream, aftershave, perfume and deodorant – which are used to bring dignity back to dying patients by letting them feel beautiful and attractive even when their appearance is failing.

After 21 years of devoted service, Marg is winding down her volunteer role and although she will no longer be coming in at 7:30am each Wednesday morning, she will continue to ensure the 'smellies' are well stocked and available to be used by staff and other volunteers for the benefit of our patients.

Marg has provided support and care for palliative care patients for the past 21 years.

Our supporters from St Columba's College

We'd like to thank the students at St Columba's College for their continued support of St Vincent's Hospital.

The students' most recently donated household supplies and fundraised close to \$620 for the residents at Prague House.

Prague House is a specialised Aged Care facility that supports people living with a mental health diagnosis and or an acquired brain injury. Many residents at Prague House have a history of homelessness or have been at high risk of becoming homeless.

The student's donations will brighten up the resident's rooms, helping them to settle into their new environment. It will also form part of Prague House's

emergency fund, which enables staff to promptly buy residents necessity items that they otherwise could not afford.

St Columba's College students also contributed to the Cottage Christmas Hampers last year and kindly donated \$429.

The Cottage is a home-like environment where 'hospital in the home services' are provided to people who are homeless or at risk of homelessness.

Patients who come to The Cottage usually have no or little belongings. The student's donation will give patients a sense of hope and dignity on their journey to recovery.



\$429

Kindly donated to Cottage Christmas Hampers last year.

\$620

Fundraised for the residents at Prague House.



St Vincent's cares. Always has. Always will

- I want to support the next 125 years of caring for the Victorian community.

I want to make

Single gift:

\$1,250 \$750 \$250 \$125

My choice \$ _____

A regular gift of:

\$ _____ Deducted*

Monthly

2 Monthly

6 Monthly

Annually

*Your gift will be processed after the 15th of each month, and will continue unless you notify us to stop it.

My donation details

Please debit my:

Mastercard Visa Amex

____ / ____ / ____ / ____

Expiry: ____ / ____

Name: _____

Signature: _____

Address: _____

Preferred phone number: _____

Email: _____


Date of birth: ____ / ____ / ____


Your date of birth helps us identify you should you need to contact us in the future

**Please return this completed form to:
Reply Paid 65162, Fitzroy VIC 3065**

Other ways to donate

 www.stvfoundation.org.au/donate

 (03) 9231 3365

 St Vincent's Foundation Office,
Ground Floor, Rear, 55 Victoria Parade
(next to Courtyard 55 Café)

All donations of \$2 or more are tax deductible. ABN: 22 052 110 755

Please contact me as:

- I would like to include St Vincent's in my Will
 Keep me updated on future news and events
 Do not send me future St Vincent's Foundation Communications

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March edition 2018

A tribute to Ron Walker AC CBE

St Vincent's would like to acknowledge the contribution of Ron Walker to St Vincent's Hospital. With his wife Barbara, Ron established the Barbara Walker Centre for Pain Management at St Vincent's Hospital.

Opened almost twenty years ago by Prime Minister John Howard, the Centre continues to serve patients experiencing chronic pain, especially pain associated with cancer treatment.

We are very grateful to Ron and his family for this initiative and its lasting legacy.







'I came to St Vincent's on Christmas Eve with a major kidney illness and spent Christmas Day in ICU. Thanks to the care of St Vincent's staff I'm now much better and am going home today. The doctors and nurses are wonderful and they among the best in Melbourne. I have two children and four grandchildren and I'm looking forward to seeing them all at home.'

– Domenica Cotroneo



**ST VINCENT'S
HOSPITAL**
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