

The Font



ST VINCENT'S
HOSPITAL
MELBOURNE

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21st anniversary
reunion

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Coming of age for
a hospital ahead of
its time

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Celebrating the
people at the
heart of healthcare



Message from the CEO

October is a special month for St Vincent's, and we've been celebrating. We're celebrating because 21 years ago the centrepiece of our Fitzroy campus, our 11-storey inpatient hospital, opened its doors.

The development of the new hospital was about so much more than bricks and mortar. St Vincent's recognised a once-in-a-generation opportunity to reimagine public healthcare, bringing together hundreds of staff to design a new approach which put people at the very heart of care.

The result was a hospital universally praised as ahead of its time, setting a new standard in public healthcare – the *Herald Sun* said it 'restored humanity and warmth to the medical setting'.











Over the past 21 years, well over a million people have passed through our hospital doors in need of care or to visit a loved one, and countless thousands of staff and volunteers have welcomed them, shown them compassion and offered the highest standards of healthcare.

That is what we are celebrating – the community of care represented by the hospital building but which stretches across all St Vincent's sites and services in Victoria. We are also celebrating the values that inspire us every day, that drive us to approach each day with compassion and integrity, a sense of justice, and a commitment to excellence.

In this issue of the Font we share our 21st birthday celebrations with you, and introduce you to a handful of the remarkable staff, volunteers, patients, and supporters who make this community so special.

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

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Excellent hospital and very close to home. So convenient and a massive asset to the community. Cannot speak well enough of the medical staff. Thanks guys.

Juan Sebastián Martínez



Great wonderful service, mum was in for a half day procedure and being 83 years old was a little nervous and scared, but everyone treated her with so much care she felt the whole experience was fantastic. Thank you St Vincent's Hospital and please keep up the great work.

Tina Ballos

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.



21st anniversary reunion

Every Wednesday, Paul Brooks can be found in the mosaic tiled art-deco foyer of Building C, (Healy Wing), greeting patients and visitors as they enter the hospital and helping them to find their way around the campus.

Paul has been a patient of St Vincent's for 25 years, and became a St V's volunteer in February. He wanted to give something back to the hospital that has done so much for him. He now helps other patient to find their way to their clinic appointments.

Paul lost a kidney due to cancer at the age of 12, and began dialysis in his mid-40s when he lost his second kidney. After over two years on daily dialysis, his sister-in-law Maree offered to donate her kidney, and she was found to be a good match.

21 years ago, just one month after the new Main Hospital building opened, Paul became the first patient to receive a kidney transplant there. Paul was one of the new building's first long term residents, spending three months in the new renal ward after the transplant.

So when Beth Turnbull walked through the Building C foyer, Paul recognised her straight away. Beth, who is now Quality and Risk Manager, was the NUM of the Renal Ward in 1995 and cared for Paul during his recovery.

'I can remember all the nurses' names, I can remember their husbands' names,' Paul says. 'I recognised Beth as soon as I saw her. I've put on a bit of beef due to all the steroids I need to take, but she hasn't changed one bit.'

The transplant and the continuing care by nephrology staff has allowed the grandfather of seven to retain a rewarding and active lifestyle. Paul and his wife Cheryl recently returned from a trip to Italy.

'I am so thankful for Beth and the staff who cared for me, and of course Dr David Goodman and his team who continue to care for me today.'

Do you have some spare time and enjoy working with and assisting people in times of need? Then why not become a volunteer at St Vincent's. For further enquiries please contact Judy Clover at judy.clover@svha.org.au or on (03) 9231 2027.



Robotic arm the future of surgery

When the Main Hospital opened 21 years ago it was ahead of its time, with state-of-the-art theatre and ward facilities designed to lead Victorian healthcare into the 21st century. Now, St Vincent's is again at the cutting edge of the next advances in surgery.

St Vincent's has become the first public hospital in Australia to take delivery of the Mako Robot system, a highly advanced, surgeon controlled robotic arm that will take orthopaedic surgery to the next level of precision.

The Mako Robot creates a kind of GPS system for the procedure, assisting the surgeon to stay within the pre-programmed route of the surgical area. Using a CT scan of the patients own joint, the system creates a 3D virtual view of the patient's bone surface, improving accuracy, preserving healthy tissue and bone, and perhaps, most importantly, reducing recovery time significantly.

The system has shown to reduce post-operative pain and provide quicker recovery for joint replacement patients due to the minimally invasive nature of the procedure. From October, orthopaedic surgeons will use the robot to perform partial knee replacement procedures – full knee and hip replacements will soon follow.

Coming of age for a hospital ahead of its time



When the new, 11-storey St Vincent's hospital building was opened 21 years ago, it was greeted with acclaim.

'The new \$160m St Vincent's Hospital is set to revolutionise the way hospitals are perceived in Australia. In designing the new hospital, the staff and management of St Vincent's have created an environment that puts the patient first and restores humanity and warmth to the medical setting.' Herald Sun on 5 October 1995.

Many Fitzroy locals will remember the location as the former site of the Sisters of Charity convent, which was brought down by a controlled implosion in 1992 to make way for the new hospital.

'What an incredible gift it was,' says St Vincent's CEO Susan O'Neill. 'The Sisters gave their home in the service of something greater. They saw an opportunity to reach more people in need and they were compelled to meet



that call, even if it meant demolishing the place they called home.'

'More than 300 staff across 23 working parties came together to look at healthcare with fresh eyes. They designed a new approach which put people at the very heart of healthcare – a new approach that was reflected in the very architecture of the building.'



1991

Premier Joan Kirner announces that St Vincent's will be fully redeveloped as a major 490-bed teaching hospital

1992

The Sisters of Charity Convent on Princes Street is imploded to make way for the new building

1993

Construction begins

1993–1995

A new Patient Care Model is developed and helps shape the floorplans

12 September 1995

The first patients are admitted to the new hospital

5 October 1995

Premier Jeff Kennett and Archbishop Frank Little officially open and bless the building

Celebrating together!

To help share the celebration with our patients as our Main Hospital building turned 21, each patient staying the night received a delicious cupcake, baked in our kitchen. St Vincent's fabulous kitchen staff, led by Pastry Chef Melissa Baptista, were kept busy, making over 650 cupcakes. Don't they look scrumptious?



Celebrating the people at the heart of healthcare



It was a feast for the eyes and the tastebuds on 5 October when St Vincent's celebrated the 21st birthday of our main hospital building with a hotly contested Big Birthday Bake Off and the crowning of 21 Everyday Heroes from our vibrant community of staff and volunteers.

Celebrating a birthday is the perfect reason to start every meal with dessert so it was fitting that our birthday party started with the grand finale of the Big Birthday Bake Off.

21 bakers entered the 21st birthday competition – coincidence or divine providence? We'll let you be the judge. Our Bake Off judges had their hands (and stomachs) full choosing between (anatomically) correct heart cakes, cupcake brains, and an array of other delicious indulgences.



CONGRATULATIONS to the winners

Grand Prize

Paige McCullough 'Red Velvet Ticker'

Special Judges Award

Monica Gallego 'Rainbow Piñata Cake'

Best Slice, Tart or Biscuits

Lindsey Horton 'Gateau Opera'

Best Cake

Celia Clingin 'Fudgy Chocolate Cake with Raspberry Swiss Butter Cream'

Best Decorated Cake

Paige McCullough 'Red Velvet Ticker'

THANK YOU

to our generous Bake Off prize donors

Grand Prize

Sunbeam Planetary Mixmaster valued at \$285, with thanks to the XLI Club

Special Judges' Award

5-course Feed Me dinner for 2 donated by Casa Ciuccio, valued at \$98 | casaciuccio.com.au | Gertrude Street, Fitzroy

Category winners

Three \$75 gift vouchers donated of No Plain Jayne Beauty Retreat | www.facebook.com/noplainjaynebeautyretreat | Victoria Parade, Collingwood

Behind the scenes tours

As part of 21st birthday celebrations of the Main Hospital building, donors, past patients, families, doctors and nurses were invited to a behind the scenes tour by former St Vincent's Mission Director Marg Rankin.

Marg began her nursing training at St Vincent's in 1972 and has an extensive knowledge of the hospital and the development of the Main Building, providing visitors with valuable insights into a rapidly changing era.

The new building was seen as an opportunity to rethink systems and involved all staff, working collaboratively, in order to streamline systems and improve patient care. The design choices included sunrooms and sitting rooms on the corners of each floor, where patients and families could have some time away from the wards. The use of wood throughout the foyers and the inclusion of tutorial rooms for study and exams, have all stood the test of time.

For many in the Medical Alumni group, it was their first time back at St Vincent's since moving on. Much had changed since their time on the wards. Many stories were swapped about their time training, the intensity of long hours, the fierce matrons and the high standards which have stood them in good stead throughout their careers. The Graduate Nurses greatly valued living on campus and having the time to debrief where they could share stories after a difficult day on the wards.

Tours are also planned for next year and we anticipate showcasing the different aspects of the Hospital's working life. If you are interested in future tours, please contact Sue Worland, on 03 9231 3363 or email events@svhm.org.au



Everyday Heroes

As part of 21st birthday celebrations, CEO Susan O'Neill acknowledged 21 'Everyday Heroes', staff and volunteers who put people at the heart of everything they do, presenting each with a certificate and limited edition 'Everyday Hero' pin.

'All of our Everyday Heroes truly live St Vincent's mission and values, approaching each day with compassion and integrity, a sense of justice, and a commitment to excellence,' Susan said. 'These are the people who bring a little something extra to their work and help make the St Vincent's community unique and remarkable.'

Over 80 nominations were received – thank you to everyone who took the time to nominate the people who inspire them.

Here, we introduce you to four of our Everyday Heroes, using the words of the co-workers who nominated them. To meet the rest of our heroes, go to St Vincent's Facebook page where we are profiling one hero every day.

'Everyday Hero' recipients

Dannielle Chick
Marilyn Marr
Zoran Mohorko
Fay Axiotis
Jacqui Regan
Kathryn Connor
Penny Chapman
Teresa Van De Velde
Paul Foudoulis
Stella Moon
Gary Reid

Graeme Smith
Dr Ivon Burns
Fiona McKinnon
Tamie Samyue
Danielle 'Danni' Avery
Dr Adam Steinberg
Cathy Moore
Margaret Kleeman
Leanne Hall
Shaun Dowling



Always a pleasure to work with Zoran! Well deserved recognition!

Ezz Stewart

'One of the greats! Good work Zoran.'

Mark Nathan

'These are the people who bring a little something extra to their work and help make the St Vincent's community unique and remarkable.'

Zoran Mohorko

Zoran has worked at St Vincent's for over 27 years spending his days transporting patients from all over the hospital backward and forward to our Medical Imaging department for an x-ray or MRI.

Zoran has great customer service skills, never failing to ask the patients if they have a 'Myki card' on them as he gently transports them along the corridors chatting and putting them at ease.

Zoran's patience and helpful disposition also extends to willingly training a stream of students to transport patients using the Gzunda or electric wheelchair. The students often comment about Zoran's happy disposition and are a bit in awe of how fast those feet go.

If you ask Zoran what he is going to do after work or weekend he will always say he might go out for a 10km run, those happy feet again taking centre stage. Zoran's quiet happy nature is reflected in how well he gets along with his colleagues in Imaging and across the hospital.



Dr Adam Steinberg

Adam has been an ardent representative for the wellbeing of his medical colleagues as they confront emotional stress on a daily basis. Through the STAR program, he has strived to contribute to the supportive and compassionate nature of our health service while bringing his initiative, integrity and kindness to the peer role and in every encounter he makes within the hospital.

Having worked in international community development post disasters, Adam has said he has been keenly sensitive to the “whole gamut of human emotion”. He has developed a deep interest in psychosocial support. This empathy has translated to his work on the STAR program and in particular his care and concern for junior doctor support and wellbeing. Adam has actively promoted the service and other avenues of assistance through the junior medical network at our hospital.



Margaret Kleeman

Volunteer Margaret is a former nurse of 17 years at St Vincent's, who now visits patients with her two year old black poodle Bertie, offering patients a tactile and novel respite from their time in hospital.

Margaret also leads the 'Angel' volunteer program, recruiting, training and leading other 'Angel' volunteers who enhance the care our staff can offer patients by providing meals assistance and diversional therapy to patients.

Margaret thoroughly enjoys her volunteering and regularly goes above and beyond to ensure that a patient gets everything possible to make their hospital stay just that little bit better, whether it's washing patients' clothes, getting them a Greek newspaper, reading to them or visiting with Bertie.

She believes we all have a choice to help others and that it is her calling to do as much as she possibly can to help those that aren't in a position to help themselves.



Danielle Chick

Since beginning as a graduate nurse in 2004, Dannielle Chick has developed a reputation as a caring advocate for vulnerable patients.

As an ANUM on the Geriatric Evaluation Medicine (GEM) Unit, Dannielle cares for patients who have Dementia, many of whom are agitated and restless and require frequent reorientation or distraction from being in hospital.

Calm, approachable and consistent, Dannielle brings a gentle approach to these patients, taking the time to find out their hobbies, interests and what brings them happiness.

Dannielle is known for her generous nature, from buying hair dye for a patient who couldn't recognise herself with greying hair, to bringing in sewing equipment to sit with a lady with advanced dementia and sew together to keep her calm. Dannielle is often reaching into her own pocket, or into her own time to give to these patients.

Dannielle is also a role model to staff, who goes above and beyond to educate the staff on the needs of patients with dementia.





Awards season

Physiotherapy Awards

What a great year 2016 has been for our Physiotherapy Department. The team was recently recognised at the St Vincent's Health Australia Innovation and Excellence awards for the innovative Neurosurgery Physiotherapy Spinal Triage Clinic.

This six month trial of an advanced musculoskeletal physiotherapist led clinic to assess long waiting neurosurgery patients improves access for patients referred to neurosurgery and ensures the right patient is seen by the right person at the right time.

The project has significantly reduced the length and size of the waitlist, with 900 patients removed from the neurosurgery spine waitlist so far,

many of whom have waited as long as four years for an appointment.

The team was also recognised at 2016 APAC Forum, with physiotherapists Carolyn Page and Bridget Shaw winning a Ko Awatea International Excellence in Health Improvement Award for developing a flexible and sustainable health workforce. The award recognised their contribution to the success of a DHHS state-wide project implementing Advanced Musculoskeletal Physiotherapy services across Victoria.

The project successfully implemented Advanced Musculoskeletal Physiotherapy services across Victoria and measured the impacts of this workforce redesign.

Mental Health Service

The St Vincent's Hospital Mental Health Service won a research award in the 2016 TheMHS Awards program for service to mental health. The team won The Tom Trauer Evaluation and Research Award category, given in recognition of academic mentoring, collaboration and co-production in mental health services research.

annual award in recognition of our best practice, excellence and innovation in mental health service delivery. We are proud of our mental health team for the exceptional work they do and we congratulate them on this great achievement.

The award acknowledges excellence in the way the mental health service

The Smart Heart necklace – a collaboration of Design, Electronics and Health Science



What if you could wear a piece of jewellery that was also beneficial for your health? This is a question that St Vincent's researchers and RMIT designers and electronics engineers have been working on for the last few years, thanks to generous support from Gandel Philanthropy.

Since 2013, St Vincent's, in collaboration with RMIT and The Nossal Institute for Global Science, have been working on a wearable 'Smart Heart' necklace that also doubles as a cardiac monitor.



have approached research and championed co-design, co-production and co-authorship, with an emphasis on questioning and learning together, combined with respectful mentoring.

The Recovery-Oriented Group for Evaluation and Research (ROGER) research team have engaged in extensive collaborative research with people with lived experience of mental illness and their families, with interdisciplinary staff within clinical services, and with programs and staff across the community support services sector.

SVHA Innovation and Excellence Awards

People's Choice Poster Award
Support Team Action Response (STAR) Peer Support Program

St Vincent's team wins Catholic Health Australia Award

Congratulations to Clinical Nurse Consultants Lucy McDonald and Anne Craigie, who were recognised for their work improving services for Victorian prisoners at the 2016 Catholic Health Australia Awards.

Lucy and Anne were presented with the Outreach Health Care Award at a Gala Event in Sydney on 30 August. The awards recognise achievement towards improving services within the framework of a Catholic approach to care.

Lucy and Anne were awarded for their work managing the Statewide Hepatitis Program (SHP), an integrated prison based program for the assessment, treatment and management of prisoners with chronic viral hepatitis.

Hepatitis C virus is a major public health challenge for Australia and prisoners are one of the most high-risk and complex populations living with chronic viral hepatitis. With more than 6,200 prisoners in the Victorian prison system and an estimated prevalence for HCV of over 40%, they are especially vulnerable to the serious health consequences of untreated liver disease.

The SHP is an initiative that represents a successful working partnership between St Vincent's Hospital Melbourne Gastroenterology Department and Department of Justice, State Government of Victoria. The SHP has implemented an innovative model of care that is committed to reducing the transmission of HCV and advocating for prisoners living with chronic viral infection.

The project aims to develop a piece of jewellery suitable for both men and women that can collect, store and transmit health information such as a heart rate, which can then be analysed by medical professionals. In the last year a prototype has been developed and there are further plans to investigate potential use in other areas of healthcare.

Associate Professor Keely Macarow says designers have a proven track record in designing innovative health related wearable jewellery.

'The team has previously designed a bracelet that identifies allergies and rings that administer nano-engineered insulin through the skin for diabetics. In this project, developing the Smart Heart necklace has included the weaving of conductive fibres into a necklace to replace the need for bulky wires and electronics.'

Gandel Philanthropy Grants Manager, Australia Programs, Alexandra White said that they had been particularly impressed with the project investigating a new area where health and design intersect.

'Innovative technology is impacting on every aspect of our lives and this project was aiming to develop a user-friendly approach to reduce the impact of collecting important information from a patient.'

St Vincent's, RMIT and The Nossal Institute would like to thank Gandel Philanthropy for their support of the project.

Emma running for rehab



As an Occupational Therapist, Emma Parfitt sees every day the courage and determination of patients facing the challenges of rehabilitation after illness, accident, surgery or progressive disease.

Emma's role as an OT is to help patients re-engage in the things that are important to them and help them reach their individual goals. It was as part of the rehab team that Emma met Ray, whose courage and strength inspired her to push herself to reach her own goals.

'I met Ray in 2014, following a car accident that left him with life threatening injuries,' Emma says. 'I worked with Ray over the following 10 months and was inspired by the determination and commitment that he and his family had towards his recovery.'

'His story served as a great reminder to me that we all have potential, we are all capable of amazing things if we believe in ourselves and have a supportive team of people helping us.'

Inspired by Ray, Emma undertook a challenge that she had considered, but never believed was possible – to run a marathon.

'I was not a runner! I am a mum of two young boys and part time OT,' Emma says. 'The first week I managed only 3km.'

However Emma committed to training for 12 months, the duration of time Ray spent in hospital, and since November 2015 Emma has run more than 580 kms.

On 6 November Emma will be running in the Marysville Marathon, a 42km course through eucalypt and fern forests, past waterfalls and up some very steep hills.

Emma is raising money to purchase a new Power Wheelchair for the rehab ward.

'Like many of our patients, Ray had the opportunity to use a Power Wheelchair during his time in rehab. These wheelchairs provide a link to the outside world and give people back a sense of control and hope. Over

and over again we see the positive impact access to Power Wheelchairs has on patients and their ability to stay motivated and positive about their therapy and progress.'

'We are all capable of amazing things if we believe in ourselves and have a supportive team of people helping us.'

To support Emma

To support Emma and help purchase a Power Wheelchair for St Vincent's Rehab Ward visit www.stvfoundation.org.au/Runningforrehab or text **RUNNING** to 0400 807 807 and please donate. Every little bit helps Emma get closer to her goal.

Meet our people

Meet our new Director of Addiction Medicine

Since beginning her career at St Vincent's Clinical School, Associate Professor Yvonne Bonomo has shown a commitment to clinical excellence to some of the most marginalised people in the community.

Yvonne has been recognised for this commitment with her appointment as Director of Addiction Medicine at SVHM.

She has a long association with St Vincent's and has worked at SVHM as a Consultant in Addiction Medicine since returning from Oxford, UK in 1997. She has served as President and Chair of Education of the Australasian Chapter of Addiction Medicine (AChAM) and has also held a number of roles at the Royal Australasian College of Physicians.

A/Prof Bonomo is currently an advisor to the World Health Organisation (WHO) in the area of substance abuse particularly among young people in the Western Pacific Region. She is on the board of YSAS (Youth Support & Advocacy Service) and has been a member of the Board of the Australian Drug Foundation (ADF).

As the appointed Head of Unit, A/Prof Bonomo will coordinate clinical services, teaching, research and policy development in the area of alcohol and drugs. She will play a vital role for the SVHA strategy with regard to our contribution to the area of substance abuse at local, national and international levels.



Meet our new Director of Nephrology



The St Vincent's community is pleased to welcome Professor Frank Ierino, who recently began as the new Director of Nephrology.

Prof Ierino was Deputy Director of Nephrology at Austin Hospital for 16 years, as well as physician in charge of their Renal Transplant Program. He is also a transplant physician with the National Pancreatic Islet Cell Transplant Program here at St Vincent's, a program that treats patients with Type 1 Diabetes.

Prof Ierino has a strong passion for both clinical and laboratory research, particularly in the area of transplantation, and has a PhD in Immunology from University of Melbourne. Dr Ierino also spent four years as a Research Fellow

at Harvard studying tolerance in kidney donors, an area he is still focussing on.

With a passion for research, teaching and clinical work, Frank is excited about the opportunities to maximise the talents of the outstanding Nephrology team.

'St Vincent's has a deservedly strong reputation for excellence,' Frank says. 'There is an internal hunger for research and a passion to build a comprehensive clinical service that is highly regarded.'

'We have a team that is highly collaborative, with strengths in different areas, and we now have common goals that we all want to achieve.'

Fishing and golf beckon, as CFO heads to retirement

From Bradmill to Telecom to St Vincent's, Chris Doidge's career has spanned some of the great public institutions in this country.

As we bid farewell to our Chief Financial Officer, Chris has shared some memories from his 21 years at St V's.

Chris joined the hospital as a Clinical Costing Person, in the same year that the new Main Hospital Building was opened. One of his early memories is of delivering linen to the wards, because there was a linen strike!

At that time, the Finance department was housed in the Aikenhead wing, although Chris was assured they would soon be moving; as the building was to be pulled down to make way for new facilities. At his farewell, Chris wryly observed that the building is still waiting to be demolished!

Over the years, Chris' skill and dedication saw him promoted, eventually to the position of Chief Financial Officer. He says in the intervening years, governance and compliance requirements have increased 100-fold, with hospitals now much more accountable than ever.

Chris says he's looking forward to spending time dangling a line, and swinging a club; but that his connection to St Vincent's will remain, and he will do some part-time work for the group office in 2017.







Awesome staff, especially Dr Jana who took the time to explain things to us.

Cathy Wilson



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HOSPITAL**
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