

The Font



ST VINCENT'S
HOSPITAL
MELBOURNE



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Go dry this July

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Five minutes
with our CEO

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From little things
big things grow



Message from the CEO

Good health is a blessing in itself but it has an even larger purpose, enabling each of us to live our lives in the way we choose, to the fullest extent possible.

At St Vincent's, world-class health treatment is at the heart of the exceptional care we strive to provide, but it is so much more; it's about giving hope and comfort, safeguarding a person's dignity, restoring their independence, or helping them reconnect with their community.

The transformation we see in our patients is its own reward, but we are often humbled by the fortitude, gratitude, and generosity of our patients and their families.

Claire Tarr has a serious progressive heart condition but her spirit and strength will see her lacing up her sneakers to walk 5km in Run Melbourne as part of Team St Vincent's, raising money for research into the disease that will ultimately take her life.

Trevor Wilson has beaten cancer twice over the past 18 years. Now eight years cancer-free, Trevor's 11 and 8 year old sons organised their own fundraising event at school, donating \$500 to our Cancer Centre to say thank you for caring for their Dad.

More than 200,000 people come to St Vincent's every year, for an appointment with a specialist, for a diagnostic test, or for care from one of our expert clinical teams. Each has a story as special and important as the ones we share in *The Font*.











'our staff and volunteers, and the many donors and supporters who make it possible for us to aim higher every day'

As CEO, I have the great privilege of leading this healthcare community. On page 4 I talk more about what I see as the keys to an even brighter future for St Vincent's, our patients, their families, our staff and volunteers, and the many donors and supporters who make it possible for us to aim higher every day.

Please 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.

enVision2025 is the roadmap for how SVHA will deliver on its mission over the coming decade, identifying priorities for the Group and its divisions.

Our ambitions and our commitment to the people we serve is embodied in enVision2025's three themes:

- Serving something greater
- Seeing something greater
- Striving for something greater

In each issue of *The Font* we will bring you stories of the ways St Vincent's Melbourne is serving, seeing and striving for something greater as we work towards the shared goals of enVision2025.



Patient's sons raise funds for Cancer Centre to say thank you

At 50, father of three Trevor Wilson is relatively healthy for a man who has beaten cancer twice.

Diagnosed with lymphoma 18 years ago, he received several rounds of chemotherapy treatment at our Cancer Centre, and a stem cell transplant.

Eight years later, having moved on with his life, Trevor was devastated when the cancer returned. He had another stem cell transplant and has now been cancer free for eight years.

Trevor still comes to the Cancer Centre for his regular check-ups and has made a habit of dropping in every now and then to say hello to the staff.

During his most recent appointment, Trevor was accompanied by his sons, Charlie, 11, and Billy, 8, who wanted to deliver a personal thank you to the Cancer Centre staff who looked after their Dad.

'The boys are quite interested in my story and they did a little bit of fundraising at school for the Cancer Centre,' Trevor says.

Charlie and Billy organised a 'Crazy Hair Day' fundraiser at their school in honour of their father, and between the two of them they raised \$500 which was donated to the Cancer Centre.

During his visit, Trevor was pleased to see many of the nurses who looked after him over the years.

'Because I was treated here on and off over 10 years, I got to know the staff very well and they are incredibly supportive and caring,' he said.

Associate Nurse Unit Manager John McPherson was also happy to see Trevor and his two sons. 'We remember them when they were babies and so to see Trevor healthy and happy with his kids is so rewarding.'

Go Dry this July

St Vincent's is excited to once again be nominated as a beneficiary for Dry July 2016 and Trevor is just as excited to be our Dry July ambassador.

Dry July encourages people to raise money to improve the wellbeing of adults living with cancer by taking up the challenge to give up alcohol for the month of July. Trevor is proud to give up, and is encouraging others to get on board and go Dry in July to support St Vincent's Cancer Centre.

Over the past three years the campaign has funded a range of items at St Vincent's. These were items that could not have been bought using government funds; including our

beautiful internal and balcony gardens, chemotherapy chairs, a state of the art massage chair, equipment to lessen patient discomfort during everyday procedures, artwork, iPads and many more items to assist our patients and their families during this difficult journey.

'The funds from Dry July enable us to purchase items that have made the journey for patients like Trevor and his family just that little bit easier,' says John. 'We are excited to be the beneficiaries of another Dry in July campaign so that we can continue to add improvements to our centre that will help ease the burden of receiving treatment for cancer.'

So join Trevor – go Dry in July and support St Vincent's Cancer Centre – and make a real difference!

How to get involved:

To sign up and go Dry this July for St Vincent's or to donate go to: www.dryjuly.com/beneficiaries/stvincentshospitalmelbourne

For more information contact Bridget Bible, Community Fundraising Coordinator on (03) 9231 3369.

Above: Dry July ambassador Trevor Wilson with his two children, Charlie and Billy.

Five minutes with CEO Susan O'Neil

What are your first impressions of St Vincent's?

It's a fantastic place, with great people, and there's a palpable commitment to caring for people; but we've got some tough systems that we've got to sort out. We've got a lot of committed people who've been here for a long time, particularly among the medical staff, and I think we've got some really good opportunities to pull all of our strengths together and move towards an exciting and positive future.

What do you see as our biggest challenge?

One of the biggest challenges I see is getting everyone to work together, while maintaining the focus on quality and safety. What I've observed is that there are a lot of self-managed teams, working cohesively together for the best patient care, but while the teams are coordinated, there are gaps between teams. With some carefully focused work, we can shine a light on those gaps, and create integrated systems that allow all of those teams to work together more; smooth out the gaps so that people work together more; across functions, across professions, and across services.

What's your vision for St Vincent's?

My vision is that we are known as an organisation that aims to continuously improve, and we have evidence to show that is happening. On the ground, staff should have the right environment, tools, and support, to do just that. As a CEO, my job is to create the environment for clinicians to deliver the best care that they can; to provide the circumstance where people can receive the best care, no matter what their health issue.

I am also committed to providing an environment which allows experts to strive for something greater – to imagine a better or greater outcome for a patient, or a new way to fix a physical defect. I love those questions, – what could be? – what if you tried that? – and watching people think it through! My vision is to enable those conversations, those explorations and those innovations.

Who do you admire as a leader?

Audrey Hepburn. What I liked about her leadership is that she had humility, authenticity and an altruistic approach. It was pretty amazing in how she used her influence as a celebrity to change public policy, and she was responsible for significant advances through her involvement with World Vision and WHO.

The other leader would be Taiichi Ohno, the father of the Toyota Production System. I admire his discipline and mastery of vision in relation to system design, and in particular, valuing the people who knew the system as being those best placed to improve the system and processes.

'My vision is that we are known as an organisation that aims to continuously improve, and we have evidence to show that is happening. On the ground, staff should have the right environment, tools, and support, to do just that.'



The hospital was founded by the Sisters of Charity; do you see their legacy in the way it's run today?

The Mission is very much part of the foundation and the way of life at St Vincent's. I was struck by the number of people who recall very fondly the time of the sisters actively working in the hospital, and many said, we can't lose the essence of that. I think the legacy is evolving, without moving too far from the original intent. The environment allows people, whatever their faith or background, to connect to the essence of St Vincent's; to nurture that support for the poor and vulnerable. I see that strongly in what people talk about, and what they seek in their personal and professional goals.

What are your interests and hobbies?

My hobby is being a learner. I like learning about things, study, work, meeting people – I get a lot of energy from meeting people – which is why I ask a lot of questions! I like to be informed and feel as if I can represent people across a broad breadth and depth across the organisation. In my personal life I'm fairly discerning about my time, it's really precious. I have a husband who's incredibly supportive, and is a wise and trusted guide and mentor. The important thing I've learnt through my career is to always keep a balance, and be sure to not forget the essence of family and friends, and what gives me strength. And I really like a nice glass of French champagne and cheese!

Many hands

make kitchen duties light work

In 39 years working at St Vincent's, it's estimated that Herminia Lopes has washed 800,000 plates and almost 2 million items of cutlery.

A lot has changed at St Vincent's since Herminia first began working in Food Services in 1977.

For starters, the manager of the kitchen was a Sister of Charity. At that time, there was not one central kitchen, but many serveries, spread across the various wards on campus.

Over the years, work and home have blended into one constant routine. 'I wake up at 4am and come to work, then get home at 4pm and go straight to the kitchen to cook dinner and wash the clothes,' Herminia says.

Herminia has recently retired to spend more time with her family.

Herminia fled East Timor in 1975, escaping to Australia with her husband and young daughter. After having her second child in 1977, Herminia began working in the St Vincent's kitchen, where she has been ever since.

The Food Services team is an extremely tight knit bunch, and it is easy to see the close bond Herminia shares with her co-workers.

'Although I am happy to be able to spend more time with my family, I am going to miss my friends. We are like sisters.'

Asked if the estimates of plates and cutlery washed are accurate, Herminia laughs, 'We never counted, we just wanted to finish it all, but it would be millions over all these years.'

And a final reflection on her years at St V's?

'The work is ok, but friends make the work easier. If you have no friends here, you will find the work very difficult to cope with.'



Herminia I will miss your smile which greeted me every time I entered the kitchen.

Melissa Quin

Congratulations Herminia, we will miss you greatly but you are always welcome back to visit us workers!

Stephen Tippet

Congratulations Herminia, you will be missed by many but we know you won't be able to stay away for long. Come and visit us.

Michelle Mirilov





The value of a node probe:

helping to provide better health outcomes

Marie Burdett remembers the day she received her breast cancer diagnosis, in the same hospital where she had cared for so many throughout her career.

'I immediately thought to myself I can handle this. Then when the realisation and the enormity of the situation hit me – I realised I couldn't,' Marie muses. 'The type of cancer I had required an operation, a course of chemotherapy and radiotherapy.'

So began Marie's personal cancer battle. As part of her treatment, Marie underwent minimal armpit lymph node surgery, an important development in breast cancer surgery.

Due to the highly delicate and personal nature of armpit lymph node surgery, a piece of equipment called a lymph node probe is often used to ensure that the procedure is as non-invasive as possible.

Nikki Dennis, Perioperative Services Manager, says the lymph node probe is an amazing piece of equipment.

'The probe identifies a tumour using a radioactive dye. It then maps the location to ensure we're only removing what we need. But it can also be used to show that you don't need to conduct further surgery,' Nikki explains.

Like Marie, many patients have greatly benefitted from this piece of equipment. However, the existing lymph node probe is now 15 years old and has reached the end of its working life. This year, we aim to replace this important piece of equipment for our Operating Suites.



'Because this piece of equipment is in high demand, patients can face delays if the machine is not working,' Nikki says.

Over the years there have been significant improvements in imaging technology. The new lymph node probe will provide a far higher quality image, improved location mapping and targeting. 'The advances in mapping also helps to further minimise the level of surgery required, improving the patient's outcome and recovery time,' Nikki says.

How to get involved:

Please show your support for our appeal by making a donation today. Go online at www.stvfoundation.org.au/healinghandsappeal or call a member of the foundation team on (03) 9231 3365.

Above: Marie Burdett.



Meet our people

'Working as a doctor in ED, I have had the opportunity to be there in some of the most pivotal moments of people's lives, which is very special.

I recently retired from emergency medicine at St Vincent's after 20 years and it is only then that you realise how rare it is to be in that role.

The reason I stayed as long as I did is due to the immense dedication of my skilled, compassionate colleagues. It is a very hard job but we do it very well.'

Dr Sandra Neate,
Emergency Physician

Claire runs for a cause close to her heart

St Vincent's patient Claire Tarr is determined to remain as active as possible, despite being diagnosed with a rare, progressive and fatal disease.

Claire is being treated for Idiopathic Pulmonary Arterial Hypertension (IPAH), a devastating disease affecting the heart, lungs and arteries that severely impairs a person's ability to exercise. This has a direct impact on Claire's quality of life, says Director of Cardiology, Associate Professor David Prior.

'From the time of diagnosis, the patient usually has only three years to live,' says A/Prof David Prior

There is no cure for IPAH. Current treatment can slow its progress, although in Claire's case, despite medication, her condition has recently deteriorated.

As Claire's doctor, A/Prof Prior admires Claire's strength. 'Despite the effects of IPAH, Claire doesn't want to let this disease beat her.'

Claire is determined to lace up her runners for Run Melbourne on Sunday 24 July to support research into IPAH.

For many participants, Run Melbourne is more than just a fun run – it is an opportunity to give back to the community by raising funds for a cause close to their heart.

Claire has joined Team St Vincent's to take part in the 5km walk and her goal is to raise \$2,000 towards IPAH research at St Vincent's.

Claire has already raised an incredible \$1,000 for her chosen cause and is delighted with how much she has raised so far. 'I wasn't prepared for the phenomenal support, thanks everyone!'

Run Melbourne is on Sunday 24 July Sign up today and join Team St Vincent's

Run Melbourne is a great way to promote healthy living and fitness and is your opportunity to take part in one of Melbourne's most scenic and iconic sporting events. Sign up and join Team St Vincent's and you can support your chosen area of the hospital.

You may choose to support a particular department or current research project, fund a piece of equipment or provide financial assistance to patients experiencing hardship. Simply create a fundraising page and let us know your cause.

How to get involved:

Join Claire by either signing up or donating now at <http://ow.ly/qi6s3009DMP>

To join Team St Vincent's visit: <http://stvfoundation-runmelbourne.impactboard.everydayhero.do/>

For further enquiries, contact bridget.bible@svha.org.au



Congratulations Dr Harry Eeman



Congratulations to St Vincent's Pain Management Specialist, Dr Harry Eeman, who has been recognised for his outstanding contribution to his profession and community at the inaugural Inspire Awards.

The Inspire Awards are an initiative of Funds in Court, a division of the Supreme Court, and are awarded to a Victorian with a disability who is very well respected in their field of work or in their community. Nominees are acknowledged not only for their professional contribution to their work but for their outstanding leadership qualities and mentoring.

Dr Eeman was presented with the Australian Medical Association Best Achievement Award in Medicine by President of the AMA Victoria, Dr Tony Bartone.

Dr Eeman was the first intern at Canberra Hospital with tetraplegia and contributed to the floor-plan design of the emergency department at Canberra Hospital. He also partnered with the ACT AMA to get a better deal for Junior Doctors in EBA negotiations.

From little things big things grow

A new team is set to position St Vincent's as a leader in Aboriginal healthcare and research in a hospital setting, building on a decades-long commitment to working with the community to improve health outcomes.

'We want to build on the great work that's already happening and help it grow. We can draw on the depth of experience at St Vincent's, what we've learned and how it has contributed to a better experience and outcome for our Aboriginal patients,' says Toni Mason, Manager of the new Aboriginal Health Unit.

The Unit brings together the Aboriginal Hospital Liaison Officer (AHLO) program, and quality improvement, cultural awareness, training and cadetships. The formation of the team reflects community needs but also the success of our AHLO program, which was Victoria's first when it was founded in 1982.

'Many Aboriginal people don't go to hospitals for fear of judgment, that they'll be treated differently for not behaving in a certain way or that they're sick because they've lived a certain lifestyle,' Toni says.

'It leads to situations where, for example, Aboriginal people are not engaging in cancer screening processes so we see them at a much later stage – you can be giving them a diagnosis and talking about palliative care in the same sentence.

'The AHLOs have a deep understanding of community and cultural needs. They ensure that a person's social and emotional wellbeing is considered.

'Our AHLOs are very visible, they're always on the wards and talking to people, they're very friendly and approachable. That is so important for our patients but it has been just as valuable for our non-Aboriginal staff.'



'The AHLOs don't work in isolation but very much alongside the treating team. It increases understanding and creates an environment where Aboriginal health is everyone's business, which has laid the foundations for new projects and research in cardiac and cancer care.

'With the Aboriginal Health Unit we can build on those strong foundations and become more strategic and sustainable – that will help us have an even larger positive impact on the health of Aboriginal patients here and at other hospitals.'

St Vincent's is the largest provider of healthcare to Aboriginal adults in Victoria, caring for more than 5,000 people every year. Just as the Mercy is the hospital of choice for most Aboriginal mums-to-be, Toni says many people bypass other hospitals and come to St Vincent's when they're unwell.

'It's word of mouth, that if you need anything you go to these hospitals, it's ok, which is a nice thing.'

'When you come into St Vincent's we have artwork throughout the hospital and we have plaques that acknowledge traditional lands. We open our doors to everyone in the Aboriginal community on Sorry Day in May and we celebrate Reconciliation Week and NAIDOC Week.'

Toni Mason,
Manager of the Aboriginal Health Unit.

From left: Toni Mason, Sye Hodgman, Sonya Parsons, Kendra Keleher and Fay Halatanu.

St Vincent's and University of Melbourne restate Relationship Agreement



Last month, Susan O'Neill, CEO of SVHM and Prof Mark Hargreaves, Dean of Faculty of Medicine, Dentistry and Health Sciences at University of Melbourne signed a restated Relationship Agreement that will ensure a continued partnership to strive for the world's best research, teaching and clinical outcomes.

Above: Front Row (L-R): Susan O'Neill, CEO, St Vincent's Hospital Melbourne; Prof Mark Hargreaves, Dean, Faculty of Medicine, Dentistry and Health Sciences, University of Melbourne.

Back Row (L-R): Aaron Mentha, University of Melbourne; Prof Mark Cook, Director of Neurology and University of Melbourne Chair of Medicine; Rebecca Roberts, St Vincent's Hospital; Prof Patricia O'Rourke, CEO, Public Hospitals Division, St Vincent's Health Australia; A/Prof Justin Tse, Director of Medical Education and Clinical School Dean, University of Melbourne.

Meet our people



'We manage the North Fitzroy Prevention and Recovery Care service, which is a partnership between St Vincent's Mental Health and MI Fellowship. Our service helps people with mental illness. Some of our clients come here for early intervention so they don't relapse and go to hospital. Others come here for personalised support after they've been in hospital.'

**Ingrid Amann
and Jennie Fairclough**



'I love my role as a Speech Pathologist because it allows me to help patients communicate and express themselves. In doing that, I get to form a special relationship with those patients because I take the time to sit down with them. They often open up to me about a whole range of different things that they might not get the opportunity to talk about with other therapists.'

**Leah McKenzie,
Speech Pathologist**

Fran Timmins

St Vincent's new Director of Nursing in Mental Health, Fran Timmins, has witnessed a major shift in mental health care since she started working in 1978 – a shift away from large psychiatric hospitals to a more community-based approach.

In a 35 year career remarkable for its diversity, Fran has worked in almost all areas of inpatient and community care. It was a formative experience during her training that shaped Fran's approach to mental health nursing.

'The Shortland Clinic in Newcastle was ahead of its time. There were no boundaries of what you were capable of learning. It was an incredible experience and I was hooked, and I've spent the rest of my life hunting out opportunities to use the skills that other nurses didn't have the opportunity to develop,' she says.

'That's what I want to give nurses here. I want them to know that they do their job well when they give themselves permission to be inquisitive.

'We've moved away from 'I will take their temperature and change the bedpans' to 'I am able to influence this person's recovery'. That's what I want our nurses to focus on and what I want to help grow; because that influence is what's going to make a difference to the most marginalised, disadvantaged, vulnerable group that any of us will ever come across – and that's people with mental illness.'



Portable bladder scanners:

helping vulnerable people to maintain the best of health in the community

St Vincent's operates a number of services that work to keep vulnerable people out of hospital by supporting the management of their health conditions in their own home environment.

Two such services are the Residential-In-Reach (RIR) program and St Vincent's at Home. RIR aims to prevent unnecessary admission of frail and elderly aged care residents to the Emergency Department by providing outreach nursing and medical assessment and treatment, while St Vincent's at Home provides community nursing care to St Vincent's patients so they can maintain their independence.

Both services regularly assess clients with bladder and bowel problems which often require the use of a bladder scanner to identify how much urine is held within the bladder. While St Vincent's provides bladder scanning in the hospital, having a portable bladder scanner would enable early and accurate diagnosis and treatment in the community, reducing the need for admission to hospital.



St Vincent's Foundation approached one of our most generous and long standing supporters, the Collier Charitable Fund, who provided a generous grant to enable both services to purchase a bladder scanner.

Una McKeever, Complex Care Services Manager, says the new portable scanners are already an important piece of equipment that greatly enhances the care both services are able to provide.

'The scanner is used regularly and has enabled many patients to avoid coming in to hospital,' Una says.

'The RIR team recently saw an 84 year old gentleman in high level care who had become agitated over several days,' Una explains. 'After our initial assessment was inconclusive we performed a bladder scan and found he had acute urinary retention. After draining the excess urine with a catheter, the gentleman settled and his GP resumed providing his primary medical support.'

We are very grateful for the support of the Collier Charitable Fund for their support towards this project.

Helping develop Mental Health Services in Cambodia

St Vincent's has played a key role in helping to train three Cambodian psychiatrists, who have visited Melbourne to experience our community based care.

Cambodia, a land still scarred by the trauma of the so called Killing Fields, has suffered decades of unrest, social upheaval and chronic poverty. This has left high levels of mental health issues that experts say take a toll on a mental health service already inadequately resourced. As a result Cambodia has some of the world's worst mental health statistics.

But moves are underway to change all that. Cambodia's mental health services and training programs are still in their infancy, having been established just over a decade ago.

Under the leadership of Australian Asian Mental Health (AAMH) Co-Director Professor Chee Ng and AAMH International Unit Project Manager Brigid Ryan and with support from the Thomas Trauer Grant, a team of three Cambodian psychiatrists has received a fellowship to attend training placement at community mental health services throughout Melbourne.

Dr Sao Chamroeun, Dr Huong Pisey and Dr Sok Hong believe this training program is essential in building the mental health service capacity in their county.

'We are extremely grateful for this wonderful opportunity to grow our knowledge in mental health. These experiences have increased our knowledge and capacity to assist the people of Cambodia with mental illness.'

The placement gave the three doctors exposure to our community based mental health care system, focusing on the importance of patient centred care. The team acknowledged the importance to look at the needs of the patient, rather than using medication alone.

The trio have been impressed by the patient centred care approach, and acknowledge that the holistic care provided to each patient will be beneficial to the treatment and training provided for clinicians in Cambodia.

For further information on this program and the Thomas Trauer Grant, please visit www.stvfoundation.org.au/ThomasTrauerFund. For further information on the international program at St Vincent's, please visit www.aamh.edu.au.

All in the family

On International Nurses Day, Jennifer Mary Weale, the granddaughter of veteran St Vincent's nurse 'Cushla' Syria Mary Weale, visited our Archives department. Jennifer met Barbara Cytowicz and the archive team and presented them with a portrait of Cushla, who trained at St Vincent's from 1913 to 1916.

'My grandmother sailed for Europe in 1917 to nurse in World War One where she met my grandfather. From when I was four years old, and given a nurse's kit for my birthday, I never ever wanted to do anything else but be a nurse. I trained 44 years ago and I am currently working as a midwife,' Jennifer says.



Above: Jennifer Mary Weale with a portrait of her grandmother, 'Cushla' Syria Mary Weale.



Planning ahead

On Grand Final Day last year, Val Dunn would have loved to have been watching the Hawks take on the Eagles, even if her beloved Bombers did not even make the finals.

Instead, Val was sitting in the St Vincent's Emergency Department. Val knows the ED well, having completed her nursing training at St Vincent's many years ago and subsequently being an in-charge nurse of the ED in the 1970's.

As the siren sounded to begin the final quarter of the Grand Final, the ED doctor approached Val. 'Sorry Val, I have some bad news for you.' With those words, Val knew her life would be changed forever.

Val was diagnosed with terminal cancer and admitted to the ward for further treatment. Over the next few days, Val lay in bed in a room whose design she'd helped to influence, during her time at St V's, contemplating her next steps.

Val decided to never give up, and over the next few months Val underwent many rounds of chemotherapy. During one visit Val met Sue, a Social Worker, who introduced the topic of Advance Care Planning.

Advance Care Planning is a process of planning your future health and personal care, including your values, beliefs and preferences. This can guide doctors to make clinical decisions about your care in the future if you cannot make choices or communicate your own wishes due to lack of capacity.

Val knew what mattered to her and what her wishes were. 'My nursing experience, family values and my mother's death helped shape my views and wishes,' Val says. 'I don't want to prolong life without quality of life – I want to keep my dignity.'

Val's revised her Will and Powers of Attorney (Financial and Medical). Val never married nor had any children, so she chose a trusted and knowledgeable friend to be her Medical Power of Attorney. This person will make medical treatment decisions on behalf of Val when she is no longer able to make decisions herself.

'Dignity and respect are important to me and having my Powers of Attorney and an Advance Care Plan in place has given me peace of mind,' Val says.

For further information

Please visit www.svhm.org.au or contact Caroline Scott, Advance Care Planning Program Manager on (03) 9231 2847.



It was such a delight to meet you and to fill in some of the gaps of your grandmother's story. It has been a privilege to record the stories of St V's WW1 nurse veterans.

Maureen Challis Mitchell

A big round of applause for Scrubs Run participants!

On a beautiful morning in April, 500 staff, relatives, patients and friends of St Vincent's gathered at Princes Park with fun and fundraising in their sights at the annual St Vincent's Scrubs Run.

Demonstrating how strong and vibrant the St Vincent's community is, 44 teams from both the public and private hospitals took part raising over \$60,000 for nominated hospital departments.

Thank you to all of the Scrubs fundraisers and donors – your contributions will make a real difference to the lives of our patients.

We look forward to seeing you at next year's event on Sunday 26 March 2017 at Princes Park!



The impact of your giving

The money raised through Scrubs Run will support a variety of projects for different hospital departments.

The Physio department is just one of the teams who have whole-heartedly embraced Scrubs Run since its inception four years ago, whether it be participating, cheerleading or donating.

Over 15 physiotherapy staff members registered for the event, with two members winning their respective races – Olivia Jenvey in the 10km and John Groves in the 6km!

This result is almost as impressive as last year when they were placed first, second and third in the women's 8km race!

In addition to their presence on the track, the physiotherapy department provided one of the most popular tents on the day – the physiotherapy massage tent. 18 physios donated their time to provide massage, exercises and education to participants – including our CEO Sue O'Neill.

This year the team is raising funds to purchase a piece of equipment that will significantly benefit the inpatient rehabilitation team in treating patients with upper limb deficiencies. The Saebo Mobile Arm Support is a state-of-the-art upper limb training device that allows clinicians to individually adjust the support and then focus their handling to facilitate more complex functional movements of rehab patients.

To donate

Please contact the Foundation on (03) 9231 3365.

We would also like to say a big thank you to our Event Partners – 13CABS and Zouki – and all our supporters and 46 volunteers – we couldn't have done it without you!

Race results for runners –

www.tomatotiming.com
racetecresults.com

For photos visit –

www.scrubsrun.com.au



**ST VINCENT'S
HOSPITAL**
MELBOURNE

PO Box 2900 Fitzroy
VIC 3065 Australia
(03) 9231 2211
www.svhm.org.au

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