

# THE CLAN



SUMMER 2012-13

*The Clan is a publication of St Andrew's War Memorial Hospital, a world class not-for-profit private hospital with a reputation for complex clinical procedures and dedicated medical professionals who work to enhance the quality of patient treatment, care and outcomes.*



## Innovations and support ensure exciting 2013 for St Andrew's



St Andrew's War Memorial Hospital has further expanded its leading-edge treatment facilities and services by establishing centres of excellence in the diagnosis and management of pelvic floor conditions and coeliac disease. These developments add to a range of innovations and research activities, including establishing the St Andrew's Multidisciplinary Pain Service (StAMPS) and the launch of the St Andrew's-University of Queensland Asia-Pacific Centre for Neuromodulation. Read more about these and other innovations in this issue of *The Clan*.

### *Inside this issue:*

- *New research centre probes revolutionary neurological treatments*
- *Mr William Lingard's bequest benefits St Andrew's patients*
- *Chaplains provide around-the-clock support*

## New centre dedicated to neuromodulation research

*Professor Helen Chenery, Director Asia-Pacific Centre for Neuromodulation*

*The new Asia-Pacific Centre for Neuromodulation (APCN), a specialist multidisciplinary team of researchers and clinicians based at St Andrew's and The University of Queensland's Centre for Clinical Research, is harnessing the potential of "next generation" medical technologies to help patients and their families.*

APCN Director Professor Helen Chenery said that as our population ages, so neurological diseases continue to increase, and this made the work of the APCN all the more vital.

"Cases of human brain disorders which affect movement, such as Parkinson's disease, are on the rise - in total 64,000 Australians are living with the disease. Based on these estimates, approximately one in every 350 people in Australia lives with Parkinson's disease and that number is set to rise by 80% over the next 20 years," she said.

*“The APCN is dedicated to patient care, education and research, and it will take advantage of the immense knowledge gained about the human brain in the past two decades.”*



*Deep Brain Stimulation procedure*

"Advances in medical and information technology are offering unprecedented opportunities for researchers and clinicians to understand what goes awry in the brains of people with Parkinson's disease and other movement disorders, and how to alleviate the symptoms of these illnesses."



*Professor Peter Silburn, the Hon Mr Lawrence Springborg, Minister for Health, and St Andrew's Director of Medical Services Dr Christian Rowan during a 2012 visit by the Minister*

Neuromodulation, or Deep Brain Stimulation (DBS), involves surgically implanting electrodes in a deep part of the brain. This brain "pacemaker" sends electrical impulses to a targeted area on each side of the brain to block the signals that cause the disabling motor symptoms in conditions such as Parkinson's disease, Dystonia and Essential Tremor.

The DBS medical team at St Andrew's comprises Professor Peter Silburn and Associate Professor Terry Coyne. Over 20 years, they have performed a record number of DBS procedures - now more than 800 - on patients suffering from conditions including Parkinson's, Tourette's Syndrome, Dystonia (twisting disease), Essential Tremor and pain syndromes.

Earlier this year Professors Silburn and Coyne marked their 500th DBS operation together at St Andrew's.

"This was an extraordinary achievement, and we believe it to be unmatched by any other team in Australia - Peter and Terry are among the top five DBS specialist teams in the world. What they are doing is creating hope for the many people affected by chronic neurological illnesses," Professor Chenery said.

She said DBS is but one roadside stop in a patient's often-long journey with Parkinson's disease: "We are committed to integrating the use of these sophisticated medical technologies with advances in health service design, information technology, engineering, psychology, imaging, cognitive neuroscience, genetics, data linkage and health economics and this is where investments for patients will really pay off."

She said donor support, large and small, will be critical to the success of the new centre.

For more information go to [www.uqccr.uq.edu.au/apcn](http://www.uqccr.uq.edu.au/apcn)

## GIVING TO ST ANDREW'S

# Lingard bequest a huge benefit for St Andrew's

*A very generous bequest by a Brisbane man has contributed to major developments at St Andrew's War Memorial Hospital.*

Mr William John Lingard, who was known as Bill, lived in Coorparoo, Brisbane with his widowed mother, Violet Lingard, for many years. The family had lived in the same house since the 1930s after Violet married Bill's father, Charles, in 1930.

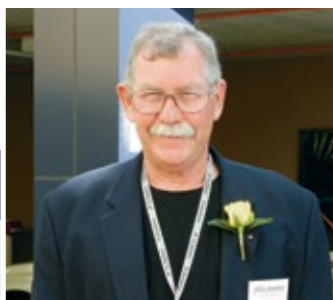
Violet and Charles had two children, Charles and William. Bill died in August 2007, and his beloved mother died the following year at the age of 97.

Several members of the family were treated at St Andrew's over the years and in his will Bill Lingard bequeathed \$6million to the hospital, to be used on projects that would contribute to the redevelopment of the hospital.

St Andrew's General Manager Dr Ian England said the hospital was very grateful to Bill Lingard for his magnificent donation.

"This significant donation contributed to the enhancement of a number of St Andrew's facilities, including our new eight-floor clinical services building. It also contributed to helping us grow our intensive care unit beds from 12 to 15, increasing the number of operating theatres from 10 to 14 and building three new cardiac catheter labs," Dr England said.

"The bequest also helped St Andrew's complete a marvellous restoration of our heritage-listed building on Wickham Terrace, Spring Hill, originally built for Emmanuel College in the early part of the 20th Century. The College moved to The University of Queensland and St Andrew's acquired the property which was later to become the nurses' quarters."



*Volunteer Ross Gault*

*Former St Andrew's patient Ross Gault had triple bypass heart surgery six years ago and now volunteers regularly at the hospital.*

Mr Gault, who is retired from a successful electrical manufacturing business, said he was touched by the care and compassion he received and was determined to give something back.

He said as a former patient he understood how overwhelming hospital stays could be, so he helps guide patients to the right room to make sure patients feel comfortable in a hospital setting.



*St Andrew's in the 1960s and now*

At a later stage, the building was used as the hospital's administrative headquarters and it currently houses a number of St Andrew's core units, including marketing, fundraising, human resources, education and the St Andrew's Medical Institute.

"We have just completed an exterior renovation and revamped the gardens, creating a lovely connection between our historical buildings and garden and our new hospital which is positioned close by on campus," Dr England said.

Additionally, the Lingard bequest funded the renovation of the hospital's training centre, also situated on Wickham Terrace.

"The training centre has had many uses over the years and it was a very old building in need of tender loving care. We have been able to refurbish the training centre so it is bright, welcoming and functional, as this is also where we do all our orientation training for new staff."

The bequest has even helped fund new facilities and services at St Andrew's, including the Pelvic Medicine Centre, the new Day Infusion Centre and Sleep Centre.

In his bequest, Bill Lingard requested a memorial plaque at the hospital in memory of family members Annie Elizabeth Narnst, Harry Narnst, Doris Lillian Narnst, his mother Violet Maud Lingard, and William John Lingard. A special dedication service is planned for 2013 and St Andrew's War Memorial Hospital remains grateful for Bill Lingard's generosity.

## HELPING HANDS

### Volunteers and Auxiliary make a big difference

He also helps people recovering from heart bypass surgery.

"I talk to them about things such as why it hurts to sleep on your side, and let them know the pain will go in a few days, and little things like how long to wait before tackling stairs or a trip to the supermarket. I enjoy doing it, and people really appreciate it," Mr Gault said.

Manager of Volunteer Services Cathy Cash said St Andrew's volunteers and the Auxiliary play a major role in the smooth running of the hospital.

"Our Auxiliary and volunteers have deep connections with St Andrew's and we are thrilled with their wonderful support."



## St Andrew's Medical Institute helps to ensure highest quality cardiac treatment

*St Andrew's continues to lead the way in complex cardiac cases and its results are backed up by the St Andrew's Medical Institute (SAMI).*

Each year St Andrew's and SAMI host an Audit Evening for the hospital's cardiologists, cardiac surgeons, and other medical staff to report on outcomes collated from procedures performed the previous year in cardiac surgery, angiography, angioplasty, electrophysiology, cardiac device implants and cardiac rehabilitation.

This year's audit demonstrated that St Andrew's cardiac service continued to deliver outstanding results.

The Chair of the SAMI Research Committee and Director of Cardiology, Dr Wayne Stafford, said SAMI's efforts aimed at improving the quality of data across all cardiac registries were paying off.

"The audit process received a huge boost from research recently completed through our three-year Applied Medical Intelligence project. Over one third of the \$2 million investment in this project was funded by donations, and St Andrew's patients from across Queensland will reap the benefits for many years," Dr Stafford said.

Dr Ian England, General Manager of St Andrew's, said SAMI worked closely with doctors, specialists and nursing staff across the hospital.

"We have accurate statistics for almost every cardiac procedure for about 15 years and our cardiac practice measures up with among the best hospitals in the world," Dr England said.

"At least four practical research projects are ready and awaiting funding so they can begin in early 2013. Our donors play an important role in funding the work of projects managed by SAMI," he said.

By its nature SAMI always has a range of practical research projects ready to start, and the support of donors can be the most important trigger to allow these to progress to action.

SAMI is presently seeking supporters who might be interested in the four important projects that could be initiated in early 2013 in the areas of open heart surgery, hip and knee replacement, bowel cancer surgery and improved practice to minimise radiation exposure for cardiac catheter patients.

## REHABILITATION SERVICES

### Dedicated and caring team

St Andrew's rehabilitation unit brings together a multi-disciplinary team of over 50 staff members. The team includes geriatricians and rehabilitation specialists, physiotherapists, occupational therapists, speech pathologists, dietitians, nurses, pharmacists, case managers and access to podiatrists and orthotists. The team aims to help patients rediscover their independence and develop an ongoing plan so they can either regain a better quality of life or return to a normal life.



### Research to improve results for St Andrew's rehabilitation patients

St Andrew's physiotherapists, working with geriatrician Dr Phil Aitken and the St Andrew's Medical Research Institute (SAMI), have plans to conduct innovative physiotherapy research at St Andrew's Hospital.

The project aims to develop a monitoring system for use by allied health practitioners and internal medicine specialists to measure and improve care for patients who take part in rehabilitation programs.

Manager of Allied Health Peta Dowling said: "We are committed to the best outcomes for our patients and would like to identify aspects of treatment that have the greatest impact on patients' recovery and quality of life."

The research will seek cost-effective opportunities to develop the existing paper-based admission and discharge assessments into a comprehensive evaluation of patient outcomes, for both in-patient and day rehabilitation - supported by SAMI.

### New centres of excellence will benefit patients

*St Andrew's War Memorial Hospital has further expanded its leading-edge treatment facilities and services this year with establishment of centres of excellence in the diagnosis and management of pelvic floor conditions and of coeliac disease.*

The new Coeliac Centre and the new Pelvic Medicine Centre at St Andrew's continue the hospital's commitment to delivering first-class treatment and world-class results. They add to a range of recent innovations, including establishment of the St Andrew's Multidisciplinary Pain Service (StAMPS) and the Asia-Pacific Centre for Neuromodulation (APCN), a joint initiative with the University of Queensland.

Opening in the near future will be a Sleep Study Centre with an overnight sleep studies laboratory. Currently under construction, this new facility will see St Andrew's provide a comprehensive consultation, diagnosis and treatment service for sleep disorders such as sleep apnoea, narcolepsy and restless leg syndrome.

Director of Medical Services Dr Christian Rowan said St Andrew's was responding to the evolving health needs of the community.

"We are committed to ensuring we continue to deliver the best services, facilities and medical expertise to our patients," Dr Rowan said. "As a not-for-profit hospital, the generosity

of our supporters and fundraising activities are vital to us continuing our tradition of excellence."

The Pelvic Medicine Centre is an example of that excellence, and positions St Andrew's at the forefront in Australia in the diagnosis, treatment and management of pelvic floor conditions.

It is one of the few centres in the world to provide a comprehensive, integrated and collaborative service for surgical and conservative management of conditions of the bladder, bowel and vagina, including urinary and faecal incontinence, and vaginal prolapse and atrophy.

The Centre brings together leading specialists in gynaecology, urology, colorectal surgery, sexual dysfunction, and men's and women's health. Also integral to its operation is sophisticated diagnostics, including urodynamic testing and colorectal physiology, and support services including a pelvic floor physiotherapist and incontinence nurse.

The Coeliac Centre is another example of excellence, and a first in Queensland. It combines the services of gastroenterologists specialising in adult and paediatric coeliac management, specialist coeliac dieticians, with rapid access to endoscopy and small bowel biopsy testing to ensure efficient diagnosis and coordinated care.

The aim of this multidisciplinary centre is to improve the outcomes for all patients living with coeliac disease. A key objective is early diagnosis of the disease to prevent health complications caused by lack of treatment, including osteoporosis, liver conditions, some cancers and infertility.

*St Andrew's War Memorial Hospital Pelvic Medicine Centre team, from left, Dr Michael Gillman, Dr Peter Campbell, Dr Damien Petersen, Dr Caron Forde, Dr Philip Hall, and Dr Eric Chung*





## STEWARDSHIP

### Chaplains provide around-the-clock support

*Around the clock, the pastoral care team at St Andrew's War Memorial Hospital is available to patients and their families to provide whatever is needed, whether it's practical assistance, someone to talk to, a comforting embrace or simply a supportive presence.*

Chaplain and Manager of the Pastoral Care Department, Theo Masselos (pictured above), said the approach was a holistic one, with the team offering compassionate care alongside the excellent clinical care provided by medical staff.

"The role of pastoral care in a hospital setting is a very diverse one," Mr Masselos said. "We work as an ecumenical team, supporting people of all faiths and cultural backgrounds in times of anxiety and sadness as well as in times of joy and celebration.

"Our chaplains offer time and space for people to share their concerns and hopes in an encouraging environment. We seek to journey with patients and families as they try to make sense of what is happening to them and around them.

"Anyone can call a chaplain directly at any time. Our starting point in a conversation with someone is what that person wants and needs at that time."

St Andrew's has a rich history and, as a War Memorial Hospital, contains a living memory of what it means to hold onto hope in the midst of despair.

The pastoral care team comprises four Uniting Church, Anglican and Catholic chaplains, assisted by four visiting chaplains of various denominations and faiths.

Mr Masselos estimates the team would have direct contact with as many as 500 people a week.

As well as providing one-on-one emotional and spiritual support for patients, families, hospital staff and volunteers, the pastoral care team engages in a wide range of activities. These include weekly chapel services, broadcasting hymns and relaxation music through the pastoral care TV channel, ward blessing ceremonies, assistance with charity events and hospital functions, and special chapel services, such as the annual remembrance service for family and friends of patients who have passed away, held this year on November 21.

Mr Masselos said the St Andrew's chapel, with its beautiful stained glass windows, is a welcoming and intimate space for people to visit at any time of the day or night.

The hospital also has other spaces for quiet contemplation and reflection, including the rooftop garden where a running water feature has recently been installed and dedicated.

## Furthering reconciliation

*In 2012, UnitingCare Queensland launched a Reconciliation Action Plan (RAP) to help UnitingCare Health hospitals, including St Andrew's, as well as Blue Care and UnitingCare Community, deepen and improve relationships with Aboriginal and Torres Strait Islander peoples.*

General Manger of St Andrew's Dr Ian England said this was an important initiative which St Andrew's had taken up with genuine commitment this year.

"Compassion, respect and justice are some of our key values, and I believe St Andrew's can make a difference, not just to our patients but to our wider community, including Aboriginal and Torres Strait Islander peoples.

"We support closing the health gap to ensure improved quality of life for all. One practical way some of our doctors have helped has been through the Medical Specialist Outreach Assistance Program (MSOAP), which is active in rural and remote areas of Queensland. Many other individuals at St Andrew's are privately involved in a myriad of activities."

St Andrew's is getting involved with RAP by committing to concrete actions. Some practical steps include ensuring greater Aboriginal and Torres Strait Island representation at all levels of the hospital, and this has included a strong focus on attracting, retaining and development of Aboriginal and Torres Strait Island staff. In recent years the hospital has offered traineeships and apprenticeships to young Aboriginal people to assist them into the workforce.

The provision of a specialist scholarship to support people undertaking their nursing degrees will be made available by the hospital and will also form part of the fundraising program for 2013.

### Supporting registered nurse training in the Solomons

*St Andrew's nurses and other hospital staff are showing their support for desperately needed nursing training in the Solomon Islands.*

Solomon Islands Nurse  
Picture: Russell Shakespeare, QWeekend Magazine



## Art at St Andrew's recognised for contributing to patient healing

*Dr Philip Hall and Tony Anderton, Coordinator, Art From The Margins*

*Patients, visitors and staff at St Andrew's have noticed the hospital is becoming increasingly adorned with colourful and captivating artwork.*

This is thanks to the drive of gynaecologist Dr Philip Hall who is a visiting medical practitioner at St Andrew's, a passionate private art collector and the hospital's volunteer art curator.

"Art is important in hospitals - beautiful works of art have a healing presence. Many major events in people's lives take place in hospitals - births, deaths and treatment for serious illness or injury - and it is important our hospitals are places that help healing," Dr Hall said.

The Art Connections Strategy was recognised at UnitingCare Health's 2012 Innovation & Excellence Awards, receiving a highly commended award in the category "Innovation for Success".

Dr Hall was recognised for building relationships with art galleries, tertiary institutions, indigenous groups, and other community groups to build a strategy that will provide St Andrew's with a quality art collection for the benefit of patients.

As part of this initiative, a group of donors, partners, supporters and St Andrew's staff attended an evening earlier this year with noted international artist Imants Tillers.

Owner and curator of a leading Brisbane gallery, Jan Manton, hosted the event and engaged in an open conversation with Mr Tillers, exploring the artistic process and one of his works, *Thou Majestic*.

St Andrew's General Manager Ian England said the hospital had launched a new donor program to encourage philanthropic support for the project.

He said some recent initiatives at St Andrew's included:

- > Supplying a collection of artwork to one of the wards, created by Northern Territory Indigenous artists;
- > Procuring a notable national collection of prints, entitled *Divine Geometry*;
- > Sponsoring the final year art prize for Griffith University Fine Arts honours students (PhD visual arts student Alija Bezer won the 2012 award for her *Etude Series* which is now displayed in the hospital); and
- > Working with the Wesley Mission Brisbane's creative initiatives Art From The Margins project to display artworks created by disadvantaged artists.

"The Art Connections Strategy will see an increasing number of additions to the collection and the Fundraising Office will work closely with the hospital and its supporters to raise funds to grow the collection," Dr England said.

A dedicated fundraising campaign launched by UnitingCare Health three years ago has made great strides in sponsoring the training of registered nurses at the Helena Goldie College of Nursing in Munda, in the Western Province of the Solomon Islands.

This fundraising initiative aims to raise \$3,000 per student per year to help pay for tuition, accommodation and meals.

For many Solomon Islanders who live in communities on remote islands, the closest doctor can be more than a two-hour canoe ride away, so they depend on nurses for medical help. While many Islanders are interested in becoming nurses, they cannot afford to pay for the training to become diploma-qualified.

Since 2010, when the College of Nursing began providing a three-year diploma course to qualify people to become registered nurses, UnitingCare Health in partnership with UnitingWorld has supported the College, as well as the Helena Goldie Hospital, through sponsorship of nursing students, teaching and sourcing much-needed medical equipment and supplies.

The project's goal is to help improve healthcare outcomes for the communities of the Solomon Islands.

Each year, a team of UnitingCare Health hospital nurses, led by the Helena Goldie Hospital Program Clinical Project Leader, The Wesley Hospital's Wendy Zernike, make two trips to Munda to teach at the College of Nursing and assist staff at the Helena Goldie Hospital.

St Andrew's War Memorial Hospital Emergency Unit Clinical Nurse Manager Annette Bailey was part of the team that visited twice in 2011, and said the experience was extremely rewarding.

"It is wonderful to see the progress from one visit to the next with the nursing education program and the commitment from people to deliver it," Ms Bailey said. "Providing funding for each nurse to train makes such a difference, as they have so little in the way of resources."

The first of the sponsored students at the Helena Goldie College of Nursing will graduate in April next year and Ms Bailey plans to fund her own travel to the Solomons to attend the graduation ceremony.

The Helena Goldie project is in line with UnitingCare Health's values of compassion, respect, justice, working together and leading through learning.

# Message of thanks from the General Manager



Next year, St Andrew's War Memorial Hospital celebrates 55 years of service to the people of Queensland. During this time the practice of medicine has changed a great deal, but what has not changed is our commitment to our patients and a deep belief in honouring our past.

St Andrew's was built as a living memorial to the men and women who served unselfishly in the wars of the 20th Century. We have come a long way since 1958 and everything we do is in memory of those fallen men and women. It is also about providing outstanding treatment for our patients.

Our hospital was an initiative of the Uniting Church and the Continuing Presbyterian Church of Queensland and its establishment and growth have been largely thanks to dedicated financial support by a wide range of donors, including the founding churches, over many years.

We started as a small hospital in Spring Hill with 84 beds and have grown to a 280-bed hospital with an excellent reputation. Part of UnitingCare Health, St Andrew's is known for "first-class treatment, world-class results" and delivers on this mission thanks to excellent doctors and nurses, state-of-the-art facilities and a commitment to caring, patient-centred health care.

St Andrew's, which has ISO9001:2008 accreditation, completed a \$76million redevelopment in 2009 to provide new, modern facilities, three floors of rooms for visiting medical practitioners, a day surgery unit, new operating theatres, state-of-the-art intensive care facilities, increased in-patient rehabilitation services and a new day rehab gym.

We have just become an accredited teaching hospital for The University of Queensland and will also support students from Griffith and Bond universities. We have a proud tradition of training young health professionals in nursing and allied health fields and look forward to supporting future young health professionals.

In this issue of *The Clan* you have read of many of our proud achievements.

None of this would have been possible without the support of our donors and St Andrew's thanks you most sincerely for your help. On behalf of everyone at St Andrew's War Memorial Hospital I wish you and your loved ones a happy and peaceful Christmas and safe New Year and we look forward to sharing our challenges and achievements with you in 2013.

**Dr Ian England**  
General Manager  
St Andrew's War Memorial Hospital



*The Clan* is an initiative of the Fundraising Office, UnitingCare Health. To provide support for any St Andrew's initiative, please contact Gordon Lynn, Major Gifts Manager, Fundraising Office, on 3834 4492 or email [Gordon.Lynn@uhealth.com.au](mailto:Gordon.Lynn@uhealth.com.au)

## Supporters thanked

*St Andrew's War Memorial Hospital held a thank you function for its donors, corporate supporters and volunteers, including members of the hospital Auxiliary (pictured left with donors Mr and Mrs Brock), on St Andrew's Day, 30 November 2012.*

*The 'Supporter Thank You and Reconnection' morning tea was held in the newly refurbished Training Centre on Wickham Terrace. It was hosted by the UnitingCare Health Fundraising Office, as its inaugural event at St Andrew's.*

*Guest speaker at the function was orthopaedic surgeon, St Andrew's visiting medical practitioner Dr Patrick Weinrauch, who spoke of the value of donors and supporters to the work of the specialists at the hospital.*

*The event had a Scottish theme and guests received a sprig of white heather, a traditional gift, wishing health, happiness and good luck.*