



Supporter Newsletter
Autumn 2024

Acknowledgement of Country

In the spirit of reconciliation, St Andrew's War Memorial Hospital, as part of the wider UnitingCare family, pays respect to Elders past, present and emerging and the unique role Aboriginal and Torres Strait Islander Peoples play in the communities we serve.

We acknowledge our gratitude that we share this land today, our sorrow for the costs of that sharing, and our hope to move to a place of justice and partnership together.



'Life in all its fullness'

This artwork concept and narrative was developed by Tarni O'Shea. Tarni is a South Sea Islander and Butchulla artist and designer at Gillimbaa Creative agency. To learn more about UnitingCare's vision for Reconciliation, please visit: unitingcareqld.com.au/about-us/who-we-are/reconciliation.

Special thanks to our contributors

- Anisah Parvin
- Danielle Little
- Emi Nishiyama
- Simone James
- St Andrew's Auxiliary
- Ward 4E: Staff and Volunteers
- Wendy Keegan

Your voice matters

In fact, we think it's invaluable. Sharing your story allows for others in the St Andrew's War Memorial Hospital community to feel more connected. It might even inspire someone else to tell their own story!

Please email philanthropy@ucareqld.com.au or call 1800 961 441 to discuss how you'd like to share your story.

Thank you for supporting our Christmas Appeal



St Andrew's cardiac patient June Mitchell

Your generous support of our Christmas Appeal helps Queenslanders to continue to receive world-class cardiac treatment and care at St Andrew's War Memorial Hospital.

As June's inspiring story reminded us, heart conditions like atrial fibrillation are complex and can have a huge impact on your quality

of life and may involve multiple treatments over time. That's why it's vital that they are accurately diagnosed, expertly treated and closely monitored by a team of specialists.

Thanks to support like yours, the St Andrew's team of cardiac specialists can continue to bring together 65 years of experience in world-class treatment and care.

Comfort, care and joyful connections

At St Andrew's War Memorial Hospital we're making a difference in the lives of our elderly long-term patients on Ward 4E. Your generous support has helped us to create a special space where patients can feel comforted, engaged and supported on their path to healing.

We've set up a welcoming lounge, a place where patients, volunteers,

and visitors can come together to connect and share meaningful moments.

To enhance the patient experience, we've introduced the Mindsettle program, offering soothing nature videos and calming soundscapes through a SMART TV in the lounge area; creating a serene escape.

We've brought in a variety of sensory resources to boost interaction and happiness. These

tools, provided by Dementia Shop Australia, give our dedicated volunteers more opportunities to engage with patients and create moments of joy.

Your continued support transforms St Andrew's into a place where patients can connect with others, find solace, and experience moments of happiness. Thank you for being an essential part of this journey.



Patients, with the support of volunteers, enjoying the new sensory resources in Ward 4E's lounge



Emi Nishiyama

Leading through learning: Empowering nursing excellence

Because of those who have contributed to our Bursary Program, our health professionals can apply for funded learning opportunities. This includes graduate certificates, conferences, and educational opportunities that will aid their professional development.

Emi Nishiyama, a Registered Nurse in the Intensive Care Unit (ICU) was recently awarded an educational bursary.

Emi's journey began five years ago when she joined St Andrew's War Memorial Hospital as a Registered Nurse in the cardiothoracic ward. Last year, Emi decided to take her skills to the next level by applying for the one-year Transition Programme into the ICU. This program was designed to build a foundation level of knowledge and skills. Emi shares, "being able to care for critically ill patients during their most vulnerable moments is not only fulfilling but also incredibly inspiring".

After completing the programme, Emi wanted to dive deeper into her field and undertake a Graduate Degree; with the goal of being the best nurse she could be. This is

where the St Andrew's Bursary Program played a role, providing Emi with the pathway she needed to turn her ambition into reality. The bursary covers all tuition fees for the Graduate Certificate in Nursing (ICU), removing financial barriers that could stand in the way and easing financial stress, allowing Emi to focus on her work and studies.

Emi's educational journey has been far from easy. Her postgraduate course has challenged her to understand the complexity of diseases affecting patients and honed her critical thinking skills as a healthcare practitioner. Emi tells us that she is still on the path to becoming a seasoned ICU nurse, but she's certain that further studies have fast-tracked her growth in providing the highest standard of care to her patients.

At St Andrew's we believe that continuous learning and professional growth are vital if we are to continue to deliver excellent healthcare.

To you, our donors, Emi has a simple yet heartfelt message:

“ I want to say a big thank you to our supporters who have made this bursary possible. Your generosity has given me a chance to grow, and I promise to use what I've learned to give back to the hospital and our patients. ”

Leading through learning: The heart of health care



Anisah Parvin Hameed

St Andrew's War Memorial Hospital is a sanctuary of care for many patients facing cardiac-related health challenges. Our dedication to providing excellent care, and commitment to the well-being of our patients, has left a permanent mark on countless lives. In the following conversation with Anisah, Registered Nurse (RN) in the cardiothoracic team, we'll share how an educational bursary and your support make a positive impact.

A heartfelt commitment: Anisah is a valued member of the St Andrew's team, taking care of patients before and after heart surgery. Anisah and her colleagues provide essential care, education, support, and guidance for their patients, focusing on their journey to recovery. Despite the risks that come with heart surgery, Anisah and her team choose to focus on the bright side, showing patients the life that awaits them beyond the operation.

Choosing a specialised path: Anisah's journey into cardiothoracic care wasn't by chance. Her love for cardiology and a previous role in the Intensive Care Unit (ICU), led her to work in the cardiothoracic ward. Her decision to continue in this field shows her dedication to her work and the patients she cares for.

The significance of bursaries: Anisah is the recipient of an educational bursary that will fund a Graduate Certificate in Nursing (Cardiothoracic). These studies are important for healthcare professionals to keep up with the latest

developments in their field. Anisah explained that many heart issues have complex treatment plans, and to explain them effectively to patients and their loved ones, you need to understand heart matters deeply. Educating herself in this area not only helps her support patients better but also keeps her up-to-date in the ever-changing world of medicine. "I see how appreciative patients are when you explain complex medical terms to them in a way that they understand".

Balancing life's demands: Anisah's dedication to education is truly impressive, especially considering the many responsibilities she manages. As a single parent, she navigates the challenges of parenthood while juggling work and studies. Anisah is currently completing a course that will finish early next year; before taking up further study with this funded graduate certificate.

The heart of St Andrew's: Anisah says that her ten-year commitment to St Andrew's

is due to the supportive and nurturing environment. The hospital's approach, which puts its employees first and works to address their challenges, creates a real sense of belonging.

You, our generous supporters, make educational bursaries like this possible. You play a part in shaping the future of healthcare by supporting dedicated professionals like Anisah.

In Anisah's own heartfelt words,

“ It comes from a place of immense generosity. We are deeply thankful and appreciative of donor support for education and the pursuit of knowledge. So, a resounding thank you. ”



Asked & answered with Danielle Little

After commencing her career at St Andrew's War Memorial Hospital 11 years ago, Danielle Little now leads the dedicated and highly-skilled Cardiac Catheter Theatres (CCT) team.



Q: Tell us a bit about you and what inspired you to pursue a role in the Cardiac Catheter Theatres.

Unfortunately, I lost both my grandfathers to cardiac disease, so I have a personal connection to this work. It really got me thinking about how I could help others going through the same thing.

This led me to pursue a career in healthcare, and after beginning my career as a registered nurse in intensive care, I found my way into the CCT here at St Andrew's. Being able to make a real difference in the lives of patients and their families has been a driving force in my work.

Q: What is the TAVI and what difference has it made on patients?

The TAVI, or Transcatheter Aortic

Valve Implantation, is a highlight of the recent advances in cardiac care. The TAVI program commenced in 2015, and since that time we have treated more than 1,000 patients with this technology.

TAVI is a game-changer for patients who require aortic valve replacement. With TAVI, patients can experience a faster recovery and improved quality of life. We've seen patients who were unable to walk up a flight of stairs before the procedure, being able to manage them with ease.

Q: What exciting innovations do you see on the horizon?

We are always looking for ways to innovate and improve. We recently applied for funding for an OCT machine, or Optical Coherence Tomography machine. This machine provides high resolution, more precise

images, and being the latest in technology, ensures we are providing the best care that we can for our cardiac patients.

Q: What would you like to say to our donors who have supported the work that you do?

We are so grateful for the generous support of the donors that have made this innovative TAVI program possible. Their generosity has allowed us to provide our patients with the latest in cardiac care, and the results have been remarkable.

We have also used donor funds to purchase Impella Catheters; we have been fortunate to secure funding for four catheters per year. This equipment helps us to save people's lives, literally, as the Impella takes over the pumping of the heart.



TriClip: A heart-healthy marvel

St Andrew's has a long and proud history of medical innovation. Over the past 65 years, we have continually strived to provide our patients with the latest treatments and technology, setting a standard for excellence that we are dedicated to maintaining.

Today, we are excited to take you on a journey through a medical advancement in our cardiology department—the TriClip procedure.

Imagine a tiny peg on a washing line, delicately clipping onto a valve within the heart, sealing any leaks, and restoring natural blood flow. This remarkable procedure is as advanced as it is minimally invasive, avoiding the need for traditional open-heart surgery.

Patients who undergo the TriClip procedure benefit in many ways. It results in lower risk surgery, faster procedures, and shorter recovery times. Patients can be discharged as early as two days post-surgery; compared to much longer recovery periods for traditional procedures.

Not every patient is eligible for open-heart surgery, and this is where the TriClip procedure offers a lifeline. For individuals like Margaret, who has an autoimmune disorder, which meant traditional surgery was not an option, the TriClip became her saving grace.

Margaret's inspiring journey is a demonstration of the life-changing impact of the TriClip procedure and your invaluable support. As only the second patient at St Andrew's

to undergo the TriClip procedure, her health insurance covered only a portion of the cost. Thanks to your generosity, we were able to bridge the financial gap, ensuring Margaret received the life-saving surgery she needed.

While some health funds are now beginning to recognise the value of the TriClip procedure, a year after Margaret's surgery, there's still much work to be done to ensure it's available to all eligible patients.

Thank you for being a vital part of our mission to heal hearts and save lives.

Be remembered for your generosity and kindness



When we think about the future, we often consider how we can make a lasting impact. One way to do this is by including a gift in your Will to St Andrew's War Memorial Hospital. By making this thoughtful decision, you can contribute to the hospital's mission of providing exceptional care for patients for years to come.

The impact of such gifts is profound. They allow the hospital to invest in vital resources, modern equipment, and the ongoing training of medical professionals. This, in turn, ensures that the hospital can continue to deliver high-quality healthcare to those in need. Your gift can truly make a difference in the lives of patients and their families, offering them hope and healing during challenging times.

It's important to make a Will to ensure that your wishes are carried out after you're gone. By including St Andrew's War Memorial Hospital in your Will, you are expressing your commitment to supporting the hospital's mission and ensuring that future generations can benefit from its services.

It's also crucial to discuss your intentions with your family. Talking openly about your decision to leave a gift to the hospital can help avoid confusion and ensure that your wishes are respected. This can also provide your loved ones with a better understanding of the causes that are important to you.

Seeking professional legal advice is essential when creating or updating your Will. A legal professional can help ensure that your Will accurately reflects your intentions and complies with all legal requirements. They can also provide guidance on the best way to structure your gift to St Andrew's War Memorial Hospital to maximise its impact.

By leaving a gift in your Will to St Andrew's War Memorial Hospital, you have the power to positively impact the lives of countless individuals. Your thoughtful contribution can help ensure that the hospital continues to provide exceptional care and support to those in need. Consider the lasting impact you can make by including a gift to St Andrew's War Memorial Hospital in your Will.

For more information or to have a confidential chat, contact Nicole Williams, in our Gifts in Wills Team on **1800 961 441**, email plannedgiving@ucareqld.com.au or click on the QR code:

