

CLAN

SUMMER 2016



Nursing TLC shines through

The ancient Gaelic word, Clan describes a close group of families or friends, and it sums up St Andrew's War Memorial Hospital's community-centred approach, with an additional nod to the hospital's Scottish heritage.

Allison and Steve Turner

Message from Andrew Barron, General Manager

Welcome to the summer edition of *CLAN*, our community newsletter. Inside this issue you will read about the inspiring breast cancer survival journey of Allison Turner. Breast cancer is one of the most common cancers affecting women. In 2016, it is estimated that around 16,000 Australian women will be diagnosed with breast cancer. It is important to us at St Andrew's that patients like Allison not only get access to the best breast care surgeons but are provided emotional support and information at various phases across the continuum of care including diagnosis, surgical treatment, rehabilitation and follow-up.

We employ Natasha and Sophie, specialist breast care nurses, who are experienced registered nurses. Patients are personally supported from diagnosis through to surgery and subsequent treatments. The individualised care that we offer our patients can make the difference between feeling isolated and vulnerable or feeling secure and supported. On the day of surgery, a member of our breast care team will always meet with the patient on arrival and guide them through the day.

We have also released our first edition of a mindfulness colouring book titled *Companion*; another example of the extra things we do at St Andrew's that will help

many of our patients as they bravely undertake their physical and emotional journey with breast cancer.

You will also be inspired by the wonderful patient feedback regarding a cross-section of our medical services including cardiac surgery and treatment.

Along with seeking to grow our hospital's services to enhance and widen treatment options in the acute care sector, as part of the UnitingCare Health group of hospitals, St Andrew's also supports the Solomon Island's Helena Goldie Hospital. You will be lifted by the joy of staff at this Munda Province hospital who received simple donated items from our staff – things that we often take for granted in our modern and busy lives.

This is the last issue of *CLAN* for 2016 and I take this opportunity to wish you and your families a Merry Christmas and a Happy New Year for 2017.

Andrew Barron
General Manager
St Andrew's War Memorial Hospital



Courage, care and companionship combats cancer

Allison Turner, 33 of Upper Mt Gravatt is living every day with a positive mindset.

Allison is reclaiming a 'new normal' in life as she celebrates her three-year survival following an aggressive breast cancer.

In August 2013, while at work in the Brisbane CBD, Allison received life-changing news in a phone call from her radiologist.

"I'll never forget that moment. The radiologist's exact words were 'sorry kiddo, but you've got breast cancer'," she said.

Allison was diagnosed with Grade 3 (fast growing) oestrogen-receptor-positive (ER+) and HER2-positive (human epidermal growth factor receptor 2) cancer in the right breast.

"I was 29 and I received this severe breast cancer diagnosis a couple of weeks before my 30th birthday.

"Treatment had to start straight away and I had my second round of chemotherapy on my thirtieth."

Her prognosis has led to multiple surgeries at St Andrew's War Memorial Hospital, including a double mastectomy and lymph node clearance and breast reconstruction.

"I can remember waking up from my first mastectomy to a room full of family and friends, who had come to see if I was okay and just to be there to support me. That was really nice and just the start of them supporting me on my journey. I'm exceptionally lucky.

"It has impacted multiple areas of my life, particularly our plans to start a family and also my career.

"As for my relationships, it has brought my husband and I closer, as well as family and friends – it's like we have all banded together."

Allison says she is also appreciative of the care and support she received while at St Andrew's.

"I met Natasha, who is a fabulous breast care nurse who helped me out through my five surgeries. I could talk to her about anything and certainly things I felt I couldn't discuss with family, in case I worried them."



Allison Turner

"It has brought my husband and I closer, as well as family and friends – it's like we have all banded together"

Allison's brave cancer journey has also involved 16 rounds of chemotherapy as a first line of treatment post-surgery, five weeks of radiation and a 12-month course of breast cancer drug treatment Herceptin. She continues to have hormone therapy.

St Andrew's is happy to report that Allison goes from strength to strength. She is newly married to her partner of three years and has returned to full-time work for the first time in two years.

You can donate to our breast cancer care service in support of St Andrew's helping other patients like Allison make it through one of their toughest life challenges. Please contact our donor care team at fundraising@uhealth.com.au or call 3253 4650.



Stock imagery of medical scan

Highway to health: saving lives with the heart bus



Valda and Raymond Flohr

St Andrew's War Memorial Hospital cardiologists, participating in the Heart of Australia program, travel to rural Queensland on a quest to tackle the healthcare dilemma of distance in the bush.

Valda Flohr says her husband, Raymond (pictured above), was experiencing chest pain for months until one night at their home in Capella – 949km northwest of Brisbane – he became 'really quiet.'

"The pain would not leave him," Valda said.

Based on their doctor's referral the couple booked Raymond for a check-up on board the Heart of Australia's mobile cardiac clinic, the 'heart bus,' for its next visit to Emerald in late April 2015.

The appointment could not have arrived sooner.

"He was a walking time-bomb," recalls Dr Rolf Gomes, founder of Heart of Australia and cardiologist at St Andrew's War Memorial Hospital.

"The results of Raymond's on-board cardiac stress test were grossly abnormal."

Raymond was diagnosed with two clogged coronary arteries – with obstruction of 90 per cent in one and 70 per cent in the other.

The 'nagging pain' Raymond was experiencing was the precursor to a heart attack.

"For my whole life I have always been on my feet, fighting fit. Since the age of 14, I've been a stockman building yards, raising livestock and handling horses," Raymond said.

"I did not suspect something was crook with my heart."

Raymond, who at 74 continues to build yards at beef cattle feedlots, says he owes his life to the Heart of Australia program.

"Dr Gomes caught it in the nick of time. I would have kicked the bucket otherwise... and I'm not ready to do that yet," Raymond said.

"The results of Raymond's on-board cardiac stress test were grossly abnormal"

On the following Monday in a one-and-a-half-hour procedure at St Andrew's, Raymond had two surgical stents implanted and the next day, he was cleared to head home.

"The care and medical attention I received at St Andrew's was amazing," Raymond said.

"I had just one week off work and I got back into the swing of things with family and friends on my hobby farm."

St Andrew's War Memorial Hospital is an official and major sponsor of this Australian-first program that takes capital-city levels of care to regional and remote parts of the Queensland.



Dr Rolf Gomes

“Dr Gomes caught it in the nick of time. I would have kicked the bucket otherwise... and I’m not ready to do that yet”

During 2015/2016, the ‘heart bus’ treated 2,196 patients with 33 patient admissions to St Andrew’s. St Andrew’s cardiologists support the service and fly out to work in the truck, providing diagnosis, treatment and follow-up services for a range of cardiovascular and respiratory conditions on a rotating roster.

To learn more about how your donations can assist with delivering vital cardiac services in rural and remote Queensland, please contact our donor care team on 3253 4650 or via email fundraising@uhealth.com.au



The Heart of Australia truck

Donation moves and shakes

Thanks to the fundraising efforts of the patient services department at St Andrew’s, staff at Solomon’s Helena Goldie Hospital can now whip up their favourite smoothie (pictured). During a recent visit to the Munda Province hospital, St Andrew’s Dr Mark Dalton and Clinical Nurse Manager Trish Woods, also delivered a suction unit kindly donated by St Andrew’s.



Solomon’s Helena Goldie Hospital staff with a blender donated by St Andrew’s staff.

Mindfulness book

St Andrew's War Memorial Hospital has produced the first edition of *Companion*, a mindfulness colouring book and journal developed to accompany patients on their journey.

Featuring original artwork by Rebecca Cullum-Brown, who was diagnosed with breast cancer in December 2015, and quotes from patients and their loved ones, the book will become part of our breast care support package to be provided to patients diagnosed with breast disease.

"The voices of our patients are what make 'Companion' special and we hope that their words will help others on their own journey"

The project, led by Director of Medical Services Dr Mellissa Naidoo, a breast cancer survivor herself, was launched as part of Breast Cancer Awareness Week. "The voices of our patients are what make *Companion* special and we hope that their words will help others on their own journey", Dr Naidoo said. Space has been deliberately created within *Companion* for patients to write, draw, create, reflect, express, record, escape or release – whatever feels right for them at that particular time. "We hope within its pages, patients will find comfort and a safe space of their own".



Dr Mellissa Naidoo with Kay McGrath at the *Companion* launch

Patient thank-yous

St Andrew's War Memorial Hospital regularly receives patient letters, emails, social media messages and phone calls of thanks and appreciation for the care they have received at our hospital. To share their words of praise we have collated just some of the 'thank-yous' patients and their families have sent us in the last few weeks. To protect privacy, details of the authors of these messages have been omitted.

"Hi there. I meant to send you this message a few weeks back. I was readmitted for a small procedure earlier this month after having brain surgery in March and was in ward 5D. I just wanted to say thanks to all the nursing staff in ward 5D for their excellent care they showed me. Nothing was too much trouble and I wanted to let them know it was very much appreciated indeed. Also a very special thank you goes to Shane, the anaesthetist's assistant, present in the CT room before my first surgery in March. He was so nice when I was feeling scared. Thanks again everyone."



"It is all because of these three total legends at St Andrews War Memorial Hospital that I get to go home today with my brand new knee. Thank you Dr Greg Sterling especially for your professionalism, dedication and brilliant patient care but thank you most of all for returning my quality of life to me. For that I am forever grateful."

Software funding to improve surgical outcomes



The Hon Leeanne Enoch MP with Professor Obermair

St Andrew's War Memorial Hospital gynaecologist and oncologist Professor Andreas Obermair recently won a \$100,000 grant to further develop software that helps surgeons improve patient outcomes.

The State Government's Advance Queensland Ignite Ideas funding will enable Professor Obermair and SurgicalPerformance to continue to support 600 surgeons across Australia gain access to clinically meaningful data to enhance their services.

Professor Obermair says the software application, Surgeon Score Card, takes hospital data from the clipboard to a detailed, accurate and confidential database, which is accessible in real time.

"The Surgeon Score Card will also lead to the development of a smartphone app, which will allow surgeons to better and

more accurately inform patients about the surgical risks," Professor Obermair said.

"As more surgical specialties take up the offer to use SurgicalPerformance, we will be able to hire an engineer, as well as technical and support staff."

Minister for Innovation, Science and the Digital Economy and Minister for Small Business Leeanne Enoch (pictured left with Professor Obermair) says the software has strong global market potential and this funding will help deliver more jobs for Queenslanders.

"The Surgeon Score Card will also lead to the development of a smartphone app, which will allow surgeons to better and more accurately inform patients about the surgical risks"

Ignite Ideas was created to help businesses which are ready to take their innovative ideas to the next level and potentially create products and services with huge global market potential. Visit surgicalperformance.com to learn more.



Yes, I'd like to help St Andrew's War Memorial Hospital

Please direct my donation to: (please tick)

- Cardiac Women's health Helen Nugent Bursary
 Area of greatest need Other

Please choose a gift amount:

\$200 \$150 \$50 \$500

Own choice \$

Cardholder details:

Name:

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My cheque/money order payable to UnitingCare Health is enclosed

Deposit directly into our bank account using the information below:

BSB: 014-002 **Account:** 8356 72569

Reference: Please use your last name and STASU

Donations over \$2 are tax deductible and a receipt will be sent to you.

Detach your completed form and send to:

Fundraising and Marketing
St Andrew's War Memorial Hospital
GPO Box 2240
Brisbane QLD 4001

Thank You



How you can make a difference

Donate

Your gifts are one of the best ways for St Andrew's War Memorial Hospital to enhance our services, keep up-to-date with technology, expand our clinical capacity and update our facilities. Thanks to the generosity of people like you, we can continue to improve the highest quality of clinical care for our patients.

Regular giving

You decide the amount and the frequency of your donation which can be altered or paused at any time.

Include us in your will

The inclusion of St Andrew's War Memorial Hospital in your will is the ultimate gesture of gratitude and perhaps the greatest compliment that you can pay the hospital.

Our mission is to improve the health and wellbeing of individuals and their families. We differentiate ourselves by living out our values to optimise patient care and experience, every day. Donations over \$2 are tax-deductible and a receipt will be sent to you.

For more information on how you can support our life-saving endeavours, please contact our donor care team on 3253 4650 or by email fundraising@uhealth.com.au

To learn more about any hospital project or service, please contact our team on 3834 4444 or visit: standrewhospital.com.au

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