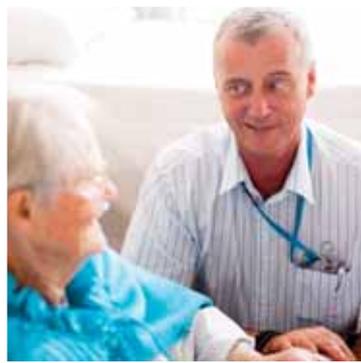


2014 Philanthropy Report

Above & beyond

Epworth
Medical
Foundation



Your support saves lives.

Above and beyond

Epworth HealthCare has a rich history of caring for our community. For almost 100 years, our desire to provide every patient with an unprecedented level of care and compassion has guided our growth and development.

“ It is the generosity and cumulative impact of all our donors that enables us to do what we do ”



Philanthropy has always been central to Epworth in achieving this goal, and remains critical to this day. You may not realise that your donations fund more than half of all new equipment purchases in our hospital, and more than 80 percent of all research. Your donations also make possible world-class new facilities, state-of-the-art equipment and compassionate support-programs to help patients and their families cope emotionally and financially with a difficult diagnosis and treatments.

For example you'll read in this report how you have helped equip our hospitals with more than \$750,000 worth of vital, life-saving cardiac equipment; and that thanks to you, patients with breast cancer now have access to Victoria's first scalp-cooling system, that can prevent hair-loss from chemotherapy.

You'll learn how your donations have helped build and equip new paediatric rooms that enable us to safely and effectively accommodate increasing numbers of children, and ensure they are cared for in rooms that are welcoming, comforting, enable parents to stay, and provide distractions from the anxiety and discomfort that accompanies their treatments.

In Epworth's Research Institute, donations are funding important studies, such as a possible new treatment for severe trembling due to Parkinson's Disease; and an international trial into a life-saving, minimally-invasive form of heart surgery.

And I am proud to share how philanthropy has established Epworth as the only hospital in Australia to offer over 30 scholarships, endowed in perpetuity, to build a legacy of learning that will impact both staff and patients at Epworth and beyond, now and well into the future.

In April next year I will be walking in Japan to raise funds for our cancer patients, and have set myself a task of raising \$20,000. I would like to invite you to join me on this walk, which has proven so popular that we will actually be hosting two walks (more of this on page 19). If you are interested in coming along, feel free to call me to discuss it.

On another matter, a number of our donors have contacted me to inquire whether or not we share our supporter details with other groups and charities. Epworth Medical Foundation has never nor will we ever share the names and details of our supporters.

I truly believe that our donors – you – are extraordinary. So often I find myself deeply humbled by the care and compassion you show to our patients through your thoughtful generosity. Your gifts truly change the way we can treat our patients, and enable us to go above and beyond in the way we care for them.

I want to thank you for the support that you have given us during the past year. It is the generosity and cumulative impact of all our donors that enables us to do what we do. Thank you!

Best wishes,

A handwritten signature in blue ink that reads "Scott Bulger". The signature is fluid and cursive, written on a light-colored background.

Scott Bulger

Executive Director,
Epworth Medical Foundation



Big Hearts

Epworth HealthCare is one of Australia's leading providers in cardiac care. During the past year, the Foundation contributed more than \$750,000 to ensure that patients across all areas of Epworth, in every hospital, had access to the most advanced cardiac equipment and resources. This was made possible because of your donations.

Global best practice

Epworth HealthCare is a leading cardiac facility, demonstrating global best practice in cardiac care. This is significantly helped by your donations, which have funded the following.

On the wards

State-of-the-art cardiac monitoring systems, V60 ventilators, more SpO2 monitors, and environmental changes to enhance patient comfort and care

In theatre

Surgical headlights, upgrades to all surgical instruments, the first hospital in Victoria to have minimally-invasive aortic instruments, pacing boxes to monitor all patients during surgery, ultra-vision retractors

In the Emergency Department

Multiple ECG machines and life-saving cardiac compression equipment

Non-invasive cardiac unit

Xcelera image-management system for cardiovascular information, including advanced detection of myocardial dysfunctions

A first for Victoria

Epworth HealthCare recently became the only private hospital in Victoria to treat the heart condition "atrial fibrillation" by using a dual methodology of both cryoablation and radiofrequency.

Atrial fibrillation occurs when the upper chambers of the heart fibrillate, resulting in a rapid and irregular heart-beat. Blood is not pumped efficiently to the rest of the body, and this can cause heart palpitations, fatigue and shortness of breath.

In a tremendous milestone, Epworth cardiologist Dr Andrei Catanchin performed the first of these dual procedures in the Catheter Lab at Epworth Richmond this year.



25 years of excellence

Epworth's Emergency Department is celebrating 25 years of excellence in emergency medicine since it opened its doors in 1989. At that time it was Victoria's first private, not-for-profit emergency department and, since then, it has achieved many more firsts. The strength of the department's growth is a testament to the hard work of our staff.

Epworth HealthCare: at a glance

- **Total bed days** 415,590
- **Total patient admissions** 132,969
- **Operations** 85,207
- **Emergency Department attendances** 26,606
- **Intensive care and coronary care bed days** 13,662
- **Births** 2,984
- **Same day surgery attendances** 37,050

Did you know

Thank you!
Your donations have
recently funded each
of the following.

	EQUIPMENT	FUNCTION
	Symbionix ARTHRO Mentor	An advanced arthroscopic surgery training simulator, reducing training time and considerably improving the learning curve of complex surgery techniques
	GreenLight HPS Laser System	Combines an optimal wavelength with advanced laser technology for prostate resections and to treat other urologic conditions
	Flu detection kit	Enables early detection of influenza, a viral illness that is becoming increasingly common and is known to cause significant mortality
	CPM (continuous passive motion) Machines	The CPM machines are used after surgery to gently flex and extend the knee joint, improving motion, and eliminating stiffness and scar tissue
	Medfusion® 3500 syringe infusion pump	An efficient, customisable “next generation” pump used to provide accurate medication delivery to patients in critical care units, including neonatal and paediatric intensive care
	Baby scales for Emergency Department	The dose of drugs administered to children is weight-dependent, so a “baby scale” is essential in the Emergency Department
	IntelliVue Patient Monitors	This portable machine allows clinicians to collect, combine & cross-reference a patients BP, temperature & pulse
	Video laryngoscopy equipment	A form of indirect laryngoscopy in which visualisation of the larynx is performed with a fiberoptic or digital laryngoscope inserted transnasally or transorally

Your donations now fund more than 50 percent of all new equipment purchases across all of Epworth HealthCare. This is an extraordinary contribution that ensures our patients receive the best possible treatments, comfort and care. Thank you!

	EQUIPMENT	FUNCTION
	Heartsmart ICU defibrillators	Pivotal, life-saving equipment used to treat patients with abnormal heart rhythms in emergency situations. First-line treatment for patients with low or non-existent heartbeat
	Bioness H200	Activates the nerves that control the muscles that move the hand and arm muscles. Used in rehab to help patients with acquired brain injuries recover the use of their hands
	Music therapy	Used to provide a positive way to cope with the physical and emotional stress of hospitalisation, following invasive treatments, unexpected news and unfamiliar environments
	Rehabilitation driver-simulators	Gives rehab stroke and acquired brain injury patients the best possible chance of returning to driving. Enables therapists to assess strength, flexibility, behaviour and reaction times
	Ambulatory Blood Pressure Monitor	Used to regularly measure and record blood pressure over an extended (eg. 24-hour) period
	Emergency Accommodation Grants	Provided to out-of-town patients requiring regular and prolonged day-treatments (eg chemotherapy), and to family members of hospitalised patients from out of town
	Family Room Furniture	The family room was totally refurbished on the cardiac ward a new kitchen, fridge, chairs and tables to create a comfortable and pleasant area for patient families and visitors while at the hospital



Comprehensive Cancer Care

Epworth HealthCare is one of the largest and most progressive cancer hospitals in Victoria. Cancer patients at Epworth have access to state-of-the-art facilities, the latest in chemotherapy and other drug therapies, and surgery, all at one location.

Next generation stereotactic system at Epworth Freemasons

Thanks to the generosity of our donors, oncology patients at Epworth Freemasons will now have access to benefit from the Varian Medical Systems TrueBeam STx linear accelerator, the next generation in stereotactic systems.

This equipment, which has stereotactic radiosurgery capability that allows for sub-millimetre accuracy to treat multiple cancer types, will double the number of patients that can be treated at Epworth Freemasons.

The system can also be used to treat non-cancer related, functional conditions, such as epilepsy, Parkinson's Disease and tremors.

In addition, patients at Freemasons and Richmond will also benefit from the introduction of a motion management system next year. The system uses radiofrequency transponders that are surgically placed into tumours to actively adjust the radiation beams, allowing for the patient to make subtle movements (such as breathing).



As such, radiation therapy can now be delivered to much smaller areas, enabling patients who would traditionally not be candidates for radiation therapy (such as those with renal and pancreatic tumours, and many with tumours that were previously considered inoperable) to access this life-saving treatment.

Donors fund Victoria's first scalp-cooling system

The reality of dealing with cancer is many-faceted. Sometimes, the appearance of the disease can be almost as devastating to patients as its less-obvious symptoms. Many patients feel that their hair loss is a constant reminder to everyone around them – from family and friends to complete strangers – that they are sick.



To combat this, Epworth donors have funded the purchase of the first scalp-cooling system in Victoria that can prevent hair-loss in patients with breast cancer. Worn during chemotherapy treatments, the cap cools the temperature of the scalp and causes blood vessels to constrict, which prevents the chemotherapy drug from attacking the cells in the hair roots.

Keeping their hair creates "a different mindset to how you feel about yourself," explains breast surgeon Dr Jane O'Brien. "You're not reminded of the disease, and you actually have an opportunity to forget that you're going through this from time to time."



The treatment and care I received at Epworth Freemasons was excellent. The nursing staff really become part of your extended family and you rely on them so much. Nothing is ever too much, they are so attentive and I have never felt alone on this journey.

“When you are away from home for weeks and sometimes months at a time, you want to feel at home. I can honestly say that I am provided with the best care and in a soothing, comforting environment.”

Sue, cancer patient

“Home away from home” at Freemasons oncology

Generous Epworth donors have funded a comprehensive upgrade to the Oncology Ward at Epworth Freemasons that equipped the ward with state-of-the-art equipment and comfortable furnishings that make it a much more welcoming place to stay.

The upgrade included new chemotherapy trolleys, BP monitors, HiLow beds and an ice machine. In addition, the palliative care rooms were fitted with sofa beds so that loved ones can stay overnight, and balconies were furnished with chairs and plants to give patients and their guests a comfortable, pleasant place to take some time out.

“Our staff are truly humbled and overwhelmed by the continued support and generosity that we receive from our donors,” says Oncology Nurse Unit Manager, Colleen O’Hara. “It is so important to us that we create a home away from home when our patients are receiving treatment. This upgrade has increased the levels of both comfort and safety for our patients and their families.”

New beds at Epworth Eastern make patients feel special

New beds purchased for palliative or at-risk patients at Epworth Eastern oncology have significantly improved both the care and comfort of the patients.

“When my treatment finished I left feeling emotional, and not in the best physical state either. Trish told me about the rehab program and we worked together to structure a comprehensive plan that would address my needs, both physically and emotionally.

“I am a very independent soul and although I was enthusiastic about the program, it took me a little while to come around to accepting this kind of support, for which I am now extremely grateful.

The beds include stand-on digital weighing scales with safety rails, making it easier for both patients and nurses, reducing risk, and enabling patients to weigh themselves if they wish to do so without supervision. In addition, the ward is equipped with 12 easy-to-move IV poles with glide-wheels that make it easier and safer for patients receiving drip therapy or chemotherapy to move around and maintain their independence.

The patients and families using these beds say they feel not only more comfortable, but very special. The family of one patient felt the bed made such a difference to him in his final days that they purchased another one for the ward, in his memory.

Life beyond cancer

Collaborating with Richmond Acute and Rehabilitation service, Epworth specialist breast-care nurse Trish Calder, and rehabilitation manager Catherine Carracher, are the driving forces behind a new rehabilitation program that helps breast-cancer patients maximise their physical, social, psychological and vocational wellbeing after their official treatments have ended.

This is an important step on the road to recovery. All too often, patients report that the support they feel during their treatment gives way to a feeling of “abandonment” once it has ended. Yet cancer survivors experience a number of physical and emotional needs.

“The program brought strength and positivity back into my life, and helped me embrace life again, which can be very difficult when you are worried about what the future might look like.

“This disease can be life-shattering, so to have this supportive network makes such an incredible difference. Going through this was the best thing I could have done.”

Mignon, cancer patient



Caring for our littlest patients

Nobody looks forward to a hospital stay but for children in particular, admission to hospital can be a frightening and lonely experience. It is our job to care not only for their physical health but also their emotional comfort and wellbeing.

“I don’t want to go home yet!”

When Epworth made the decision to treat an increasing number of paediatric patients, it became a priority that we upgrade the rooms and equipment to ensure that our littlest patients could receive the best possible care in the most welcoming and nurturing environment. And thanks to the generosity of our donors, state-of-the-art Epworth paediatric equipment and facilities are now available at all Epworth acute sites.

Each paediatric room contains a sofa bed to allow a parent or guardian to stay overnight, and is equipped with entertainment units including a selection of DVDs and playstation games, and Skype capability to allow children to be in touch with friends and relatives.

The entertainment units are important tools to provide not only activity and contact with friends, but also a distraction from the discomfort associated with the recovery from surgery. Distraction therapy is a proven, non-pharmacological form of pain management that decreases a child’s anxiety and lessens their concentration on the experience of discomfort.

One young patient recently complained on discharge “I don’t want to go home yet!” which was the best possible endorsement we could receive.

“

I would like to thank the donors for purchasing our paediatric trolleys. When children are unwell or having problems, we need to be able to put our hands on the right equipment to treat them, very quickly. But we care for children from newborns up to 16-year-olds, and there is significant variation in the size of equipment needed to treat children of such a wide age-range. The paediatric trolleys funded by donors are colour coded by age, and of the right size to enable us to keep all the equipment together. In addition, they are standardised across Epworth so that wherever we are, we can easily find the right equipment to treat each child, quickly and safely.

”

Sally Willcox, paediatric educator



Thailia is a happy nine-year-old who has visited Epworth several times to have her hip fracture treated. On her first visit she stayed in an adult room but on her second visit, she was able to stay in one of the new, donor-funded paediatric rooms. She loved it so much – particularly the colours and the games – that she didn’t want to leave. Her parents were thrilled with the support she received, and particularly that they were able to pull out the sofa bed and stay with her.



The path to independence

Patients at Epworth Rehabilitation benefit from purpose-designed, state-of-the-art facilities and equipment to help them on their path back to independence.

Cutting-edge rehabilitation equipment

"I was at Epworth for about two and a half months and I pretty much had to learn to do everything again, from sitting up and walking to eating and making food. The staff were incredibly encouraging, and kept me focused. I also had access to really great equipment, which aided in my recovery."

Iron Man competitor Rob was involved in an accident during a training ride that threw him from his bicycle and put him in a coma for 43 days. When he did wake up, he was almost completely helpless, unable to sit up or walk or eat.



These simple tasks that we take for granted are essential not only to our physical wellbeing but also to our emotional health. "I really struggled with the mental challenge of my condition," Rob said. "I was always tough but even I had my breaking point, suffering a deep, deep depression. I was saved by the people around me. I don't believe any human being can do everything on their own."

Rob worked closely with Dr Gavin Williams, a senior physiotherapist in the acquired brain injury unit at Epworth, slowly teaching his body the basic skills that would help him return to health and independence.

Purpose-designed kitchens

One of the key skills Rob had to learn was to feed himself, and in this he was fortunate to be able to practice in the state-of-the-art, purpose-designed rehabilitation kitchens that donors have funded at Epworth Camberwell, Richmond and Brighton.

These kitchens are tailor-made to suit the special needs of rehabilitation patients. Benches, hot-plates and cupboards are all electronically-adjustable to suit both standing patients and those in wheelchairs. There is extra space for wheelchairs and other mobility support devices, and a clever layout that improves safety and reduces the risk of falls.

At the Brighton campus, patients using the newly-renovated kitchen also had the added benefit of a newly refurbished waiting room and purpose-designed bathroom.

Australia's first Alter G

In addition to the new kitchens, Rob and other Epworth patients who have difficulty walking or are unable to walk are also now benefiting from cutting edge new technology called the "Alter G Treadmill."

Epworth was the first rehabilitation facility in Australia to give patients access to the Alter G, which enables a normal walking pattern to be achieved early in the rehabilitation process.

For many multi-trauma orthopaedic patients, the prospect of walking again can be quite daunting. However the Alter G provides support and bears the weight of patients during each component of walking, removing the fear of falling. For many, it has enabled them to walk pain-free for the first time since their accident.

One of Rob's fellow patients told us recently, "The use of the Alter G Treadmill is one of the best things that could have happened to me during my rehabilitation. Running is one of the things I love most, and this treadmill has given me the platform to work towards this important goal a lot earlier in my recovery."

Thank

Meet just a handful of the people whose lives have been changed by your generous donations.

I'm not sure if your generous supporters can begin to imagine the difference their donations make to our everyday lives here on the floor at Epworth Cliveden. We try our best to give excellent care every day but the donor-funded equipment makes it that much easier to give our patients the best!



I don't think I've seen the ward staff quite so excited as they were the day the Vital Signs Monitors arrived! It has given them more accurate observations while saving them time, which they can spend with their patients. The ECG and trolley have also meant a lot because now we can do the ECGs and patients don't have to wait.

The Broselow Paediatric Resuscitation Trolley is absolutely beautiful and gives all the staff so much more confidence in our child-care. And the Theatre staff mention almost daily about how wonderful the Video Laryngoscope is and how the patient safety is maximised.

Would you please impress upon your donors that their gifts make an enormous difference to the care we are able to give our patients, and that we are extremely grateful for all they've done and do.

Peta Doodson: Acting Director of Clinical Services, Epworth Cliveden

I find the new walking machine extremely beneficial as it provides a dedicated area for walking which allows concentration on controlled breathing to assist with walking. The controls (slope and speed) allow you to determine output, monitor performance and adjust effort in accordance with your condition on the day. It provides feedback and allows you to see progression over the sessions.



Helen Wilkinson: patient

It is impossible to underestimate the impact of [donors] Roy's and Joan's generosity. It is only through the endowment they made that we are able to purchase all the texts requested by our clinicians; and in return Epworth is able to offer the best clinical care, and importantly educate the next generation of health professionals. Every time I lend a book or see a trainee reading a text I know Roy and Joan would be delighted, and I am thrilled to be able to plan a bright future via the Mackenzie endowment.



Susie Morton: Library Manager

The equipment that has been provided for cardiac surgery is outstanding and allows our clinicians to be at the forefront of cardiac surgery in the country. Thanks to all the donors to the Epworth Medical Foundation – we simply couldn't do it without you.



Jo de Garis: Associate Nurse Unit Manager, Theatre

Thank you so much – the donors to the Epworth Medical Foundation have provided such a positive difference without their support we simply could not provide the standard of care we do. We continue to be incredibly grateful as they have provided a real life emotional impact – compassion.



Tom Rose: Pastoral care

you!

The Epworth Rehabilitation service is well regarded in the industry and consequently has a high level of inpatient and outpatient activity. It is imperative that the equipment offered by the division is contemporary and in keeping with the best practice expectations of the patients we treat and the staff who provide their skilled services to the respective rehabilitation sites. We are extremely grateful to the Epworth Medical Foundation and the many donors who have enabled an upgrade of requisite equipment to ensure that our facilities are at the cutting edge of treatment.



Vincent Borg: Executive Director, Epworth Rehabilitation

Just wanted to let you know that one component of the Bioness H200 has arrived at Richmond (left arm splint). This will be a fantastic addition to our treatment options for upper limb retraining for our neuro patients. Thank you very much for helping us to get this fantastic equipment. Your help is really appreciated



Anne Sutherland: Manager Occupational Therapy, Epworth Rehabilitation

The heartsmart defibrillator that your donors funded is a pivotal piece of equipment that will help save the lives of many patients. The Intensive Care Unit would like to thank your supporters for the purchase of this equipment. Thanks to them, all our patients are receiving the best possible care.



Marnie Price: NUM ICU

My brother was recently transferred by ambulance to Epworth Freemasons. When I visited him there, an oncologist had diagnosed the return of his lymphoma. He had a nurse with him 24 hours a day. He was washed, turned and massaged every two hours. He was given pain relief. The nurses talked to him as they attended to him. My brother died five days later, pain free and at peace. For that I will be forever thankful.



Melissa Bridges: patient's sister

The Orthopaedics ward at Epworth Richmond appreciates the support provided through the Epworth Medical Foundation. The generosity of our donors has helped purchase blood pressure machines which benefit both patients and staff ultimately keeping our patients safe. In addition the recent purchase of a CPM machine (Continuous Passive Movement) is enabling our patients who have had total knee replacements to reach their physio goals much faster and return home sooner.



Jacqueline Dingle: Nurse Unit Manager 3NS Orthopaedic Unit, Epworth Richmond



Crossing medical frontiers

The research projects undertaken at Epworth give patients access to new treatment trials at the frontier of medicine, with the possibility of health outcomes that are above and beyond those that could be achieved in a standard clinical setting.

An Australian first: new treatment for Parkinson's

Parkinson's Disease is a progressively degenerative neurological disorder for which there is no known cause, and limited treatment. In Victoria, an average of 19 new cases are diagnosed every week.

The mainstay treatment is drug therapy, however, patient responses are highly variable and side-effects can be substantial. Moreover as the disease progresses, the impact of these drugs is reduced and management of the illness becomes more complex.

For Parkinson's Disease patients with a severe, disabling tremor that is resistant to medication, surgery becomes a treatment option. Traditionally this has involved ablative therapy through thalamotomy or thalamic deep-brain stimulation.

But in a first for Australia, the Epworth Radiation Oncology Research Centre (ERORC) is offering patients with severe and drug-resistant tremors the opportunity to take part in a trial to explore a surgical alternative: stereotactic radiosurgery to sub-thalamic nuclei.

Traditionally understood as a cancer therapy, stereotactic radiation will be administered to the patients in a single (escalating) dose, applied using robotic image guidance. The patients will then be carefully monitored for potential side effects and quality-of-life measures, both pre-and post-stereotactic radiation.

Leading this research trial is ERORC's Dr Michael Dally, one of Australia's most experienced radiation oncologists in the field of stereotactic radiosurgery. Dr Dally will work with neurologists and neurosurgeons to define a new treatment strategy for Parkinson's Disease.

Epworth Radiation Oncology Research Centre

In 2014, Epworth HealthCare launched the new Epworth Radiation Oncology Research Centre (ERORC), a state-of-the-art research group dedicated to finding breakthrough new treatments, therapies, preventions and cures for cancer.

The group is helping to redress an imbalance in published cancer research, wherein significant funding and exploration has been afforded to science-based initiatives, while radiation oncology has received relatively minor support.

ERORC will create an environment in which new and innovative treatments can be trialled, and become a key contributor to the development of global knowledge.

Based in the world-class Epworth Radiation Oncology unit, ERORC benefits from the unit's combination of leading specialist expertise, facilities and equipment; alongside the sheer volume of cancer patients cared for each year (more than 3000 patients admitted, and more than 12,000 receiving day oncology treatments).

The goal is to see research integrated into clinical practice in the shortest possible time.



Elizabeth with her daughter on a recent birthday outing

A life-saving surgical trial

Epworth is one of eight Australian hospitals taking part in an international trial in which surgeons can replace a diseased aortic valve without open-heart surgery.

The procedure, known as a “core valve replacement,” is minimally invasive and particularly beneficial to patients who are considered to be a high or prohibitive surgical risk, such as older patients.

At the age of 81, great grandmother Elizabeth Crowley had already led an extraordinary and active life. She had travelled the world by yacht, driven a VW Kombi from Singapore to England in 1965, and forged a career as a renowned artist.

After being diagnosed with Aortic Valve Stenosis, a disease of the heart valve in which the opening of the aortic valve was narrowed, Elizabeth wasn't about to let heart disease slow her down. She was referred to Epworth Interventional Cardiologist Tony Walton, who was leading the trial at Epworth, and underwent a core valve replacement.

“I feel fantastic,” she said recently. “I am now able to spend more time with my family, and even help out when needed without feeling tired or breathless. I am really glad to be part of this trial, which is changing and saving people's lives.”

New hope for kidney-cancer patients

A new trial underway at the Epworth Radiation Oncology Research Centre (ERORC) is giving new hope to patients with renal cell cancer (adrenal and kidney tumours).

The incidence of kidney cancer is increasing in Australia. However as it is predominantly a disease of the elderly, many patients are considered unsuitable for surgery owing to the presence of medical co-morbidities. A number of minimally invasive treatments have been explored, with varying success. Some of these treatments have proven toxic and painful, and still require invasive procedures to deliver the assigned therapy.

Now a new clinical trial at ERORC will explore the potential benefits of stereotactic radiosurgery as an alternative treatment to manage early kidney cancer. Patients will be managed with five painless outpatient sessions of stereotactic radiosurgery, targeting the cancer, over one and a half weeks.

The cancer control outcome of the trial will be determined by MRI and CT scans. Moreover, a careful assessment of the patients' kidney functions will be made, in the hope that the patients will be able to maintain normal functions, avoiding dialysis.



Get Social

Epworth was founded almost 100 years ago on philanthropy and compassion, a genuine care for our fellow human beings. This sense of community and friendship has stayed with Epworth throughout the decades, and is one of the reasons why the social activities organised by the Foundation's Network Club are always so much fun.

Everyone is welcome to join the Network Club: it is made up of men and women who want to go along to a variety of social outings, enjoy behind-the-scenes tours of state-of-the-art new Epworth equipment and facilities, receive insights into groundbreaking new research and meet some of Australia's leading medical luminaries.

But perhaps most importantly, members of the Network Club enjoy coming to our events to make new friends and reconnect with old ones, and to laugh and chat and reminisce over a good meal or a glass of wine or a cup of tea.

Bendigo day-trip

The Club recently chartered a bus and took a day-trip to the old town of Bendigo for a visit to the famous Bendigo Art Gallery and a wander around town. The weather was stunning so lunch was enjoyed on the verandah of the local Shamrock Hotel. The Shamrock opened in 1854 during the days of the gold rush, and has played host to a number of musical luminaries including Dame Nellie Melba and Richard Strauss, and in 1983 welcomed Charles and Diana, Prince and Princess of Wales, during their royal visit.

Membership in the Network Club is \$30 a year for individuals or \$50 a year for couples. Every member receives:

- Invitations to social functions organised by Epworth auxiliaries and volunteers
- Invitations to seminars and tours hosted by Epworth's expert clinicians
- Invitations to attend Epworth's dynamic Research Week Symposium
- Access to useful health-related information and advice from Epworth experts
- A newsletter featuring news and health-related articles
- A visit from a staff-member of the Foundation if you are ever admitted to hospital

For more information or to join the Network Club, simply contact Jayne Coates on 03 9246 6131 or email emfinfo@epworth.org.au.

Cranbourne Gardens

Despite the wet Melbourne weather, 30 Network Club members braved the cold to enjoy a recent tour of the Royal Botanic Gardens at Cranbourne. A feature of the day was a tour of the Australian Garden, with an interesting lesson in how Australian plants had evolved and adapted over millions of years, and how human interaction with plants had changed during the progress of time. Afterwards we enjoyed a lovely lunch together.



Celebrating 30 years of Heartbeat Epworth

Heartbeat is an extraordinary success story. Run entirely by volunteers, this group has raised more than \$1.5 million to help cardiac patients at Epworth.

"This year marks the 30-year anniversary of Heartbeat Epworth, a dedicated group of volunteers whose hard work helps ensure that heart patients at Epworth receive the best possible care.

"We are deeply grateful to each and every member of Heartbeat. The equipment donated by this impressive group ensures that our cardiac patients have access to state-of-the-art equipment that gives them the best chance of a return to health.

"Most recently this group has funded new defibrillators, a cardiac heating and cooling system, an intra-aortic balloon pump, and a critical care cardiac monitoring system. All of these items are essential to providing the best care at Epworth, and the money was raised by sheer hard work and dedication, through special events, raffles and stalls.

"This year, to commemorate their 30-year anniversary, Heartbeat will fund two perpetual scholarships for cardiac nurses, known as the Heartbeat Cardiac Nurse Scholarships. These scholarships will enable our nurses to further their education, experience and research on an international level, then bring what

they have learned back to the rest of the team on the ward, ensuring that their patients continue to have access to global best-practice in cardiac care.

"In addition to fundraising, the volunteers also provide emotional support to cardiac patients on the ward. As most members have either experienced the disease themselves or close to someone who has, they are able to offer each patient a unique level of understanding and empathy that is quite invaluable.

"My great appreciation goes to the founding members who had the vision of starting Heartbeat back in 1984. I am sure they would be proud to see what has been achieved over the years."

Scott Bulger

Executive Director,
Epworth Medical Foundation

Heartbeat welcomes new members.
If you are interested in being part of this wonderful group, contact Jayne Coates on 03 9426 6131 for further information.

A legacy of learning

Last year for the first time in Epworth's almost 100-year history, we were able to offer dynamic scholarships that have been perpetually endowed by individual families. This year, several more scholarships have been created and endowed in perpetuity, establishing an extraordinary and lasting legacy of learning at Epworth HealthCare.

This is a hospital commitment to education and improvement that is unparalleled in our country. Epworth HealthCare is the only hospital in Australia to provide a suite of endowed perpetual scholarships of this size or importance.

Endowing a scholarship in perpetuity involves making a significant donation, and we are deeply grateful to the families who have so generously given. We know that they have chosen to do so because of the excellent care that they or someone they love received at Epworth, and this is something for which all of our staff-members should be proud.

Each scholarship will continue to contribute to best-practice patient care at Epworth HealthCare, year after year, and ensure that the generous families who endowed the scholarships and gave them their names will be remembered fondly and forever at Epworth.

Over time, the contribution that each donor-family – and each yearly scholarship-recipient – make to both patients at Epworth and the broader medical community will become truly extraordinary.

In 2014, generous families like the Hydens, the Patons and the Heymansons, the Jreissatis and the Voss' have all donated funds to endow scholarships in perpetuity, ensuring that their wonderful legacy of learning and medical care will last forever.

The vibrant scholarships program at Epworth HealthCare is our most prestigious and highly-promoted staff engagement tool. The scholarships help our staff-members further develop their skills and abilities, ensuring that Epworth will continue to strive to be the best, and provide patients with the best care possible.

Scholarship winner:
Emma Fitzgerald,
radiation therapist



"I was extremely fortunate to receive a scholarship that enabled me to attend a four-day Multidisciplinary Management of Breast Cancer training course in Prague. The course was run by some of the most renowned physicists, surgeons and medical and radiation oncologists from across Europe.

"I also had the opportunity to present Epworth Radiation Oncology's breast cancer techniques at Oxford University in the UK. I was so honoured to have this experience, and it enabled me to connect Epworth radiation oncologists with other radiation oncology researchers across the world.

"Returning to Epworth, I was able to confirm that the techniques we offer are on par and in some cases ahead of those available in Europe. I was also able to complete and update our radiation therapy breast cancer protocols, as well as suggesting what the next step in our research could be.

"I am extremely grateful for this experience, and cannot thank the donors enough for making this once-in-a-lifetime opportunity possible for me."

Remembering Bruce Heymanson "fondly and well"

The Heymanson Family Oncology Nurse Scholarship was established to honour the compassion and generosity of the late Bruce Heymanson. His wife Rosalie and their three children are proud to honour Bruce's memory in this meaningful way.

In August 1965, when Bruce was just 25 and newly married to Rosalie, his beloved mother Marion passed away at Epworth after a painful battle with ovarian cancer.

Her loss marked the beginning of a long association with Epworth for Bruce and Rosalie. During the next 48 years, they supported Epworth by making donations, organising fundraising events, and providing voluntary support at the Foundation office.

In early 2012 when Bruce was diagnosed with oesophageal cancer, he refused to be treated anywhere else but Epworth. During treatment, the family developed many close friendships with the oncology staff. They are forever grateful for the excellent care and support that Bruce received.



Sadly Bruce passed away on 10 January 2013. When once asked how he would like to be remembered, he had responded "Fondly and often." His family can think of no better way to ensure that he is remembered "fondly and often," well beyond his circle of family and friends, than with this scholarship.



what's
in a
name?

Mrs Audrey Voss



Directors of Emergency Dr Ron Sultana and Dr Bill Nimo with Mrs Audrey Voss

Many of our donors give to Epworth Medical Foundation because someone they love has benefitted from our world-class care. They want their donation to be a commemoration of that person, and to ensure they are remembered.

The Foundation is proud to offer a number of naming-rights opportunities that can be used to commemorate loved ones, or celebrate an individual or family's commitment to the care and good health of others.

Named endowments

By making a named endowment, your donation will be invested to work for Epworth in perpetuity. It is a meaningful and lasting way to have your name, or that of someone you love, honoured forever.

Endowed research funds, for example, are able to provide "seed funds" for new initiatives that could change the way certain diseases are treated in the future. They may also be used to equip researchers with state-of-the-art new equipment or facilities.

Named facilities

The redevelopment of Epworth Richmond is a truly historic event, creating a hospital campus that will set the benchmark for medical care in the 21st century. Since making named facilities available, we have named 60 rooms in honour of our donors.

If you would like to play a part in this legacy, the Foundation would be happy to discuss a range of naming options that may suit you. For example, we are currently offering prestigious naming rights to the new operating theatres and private patient rooms.

Audrey and Matthew Voss

Audrey and the late Matthew Voss met in Melbourne in 1949, when Matthew had recently emigrated from the Netherlands. It was love at first sight.



Both of them worked hard for most of their lives. Matthew was a Master Baker at the Modern Bakery in St Kilda, and Audrey worked in retail at George's for 24 years, and as the executive buyer for children's wear for 13 years.

They have had a long association with Epworth HealthCare, and have become generous supporters and dear friends.

Indeed, Audrey's recent gift was one of the most significant philanthropic gifts ever made to Epworth HealthCare. She has endowed a research fund to seek better treatments for rare gynaecological cancers, and we have named the new Audrey and Matthew Voss Emergency Department in her honour.

If you are interested in named endowments or naming a facility, please do not hesitate to contact Scott Bulger at Epworth Medical Foundation, on 03 9426 6133.

take five with us

Two of our clinicians took five minutes out of their busy schedules to chat with the Foundation about their motivations and goals, and share a little from their day.

Meet Associate Professor Gary Richardson

Associate Professor Richardson is an oncologist at Epworth HealthCare. He has also been an attending physician at the National Cancer Institute in the US; Director of Oncology at Monash Medical Centre; President of the Private Cancer Physicians of Australia; and Chairman of the Medical Oncology group of Australia.

Can you describe your day for us?

Mildly chaotic. I'm up at 6am, at work in the ward by 7am, consulting by 8:30am. From then it's patient contact, constant phone calls and emails, until the end of the day. Usually a multi-disciplinary team meeting or other administrative meeting before heading home. I catch up with my kids over dinner, listen to the youngest read and complain about going to bed, then relax.

Why did you decide to become an Oncologist?

The decision related to three things: it was an emerging, rapidly progressing speciality; it involved technology and scientific discovery; and I had a very influential mentor in Graeme Brodie.

Tell us a little about your specialities and research.

I have significant experience in treating all malignancies, and in particular, a major interest in gynaecologic and lung cancers. My major research interest is in new drug development, particularly targeted therapies.



What would you most like to achieve?

I would like to create an environment in the private sector where patients could be given world-class, cutting-edge care and be exposed to the latest treatments through involvement in clinical research. This environment would ideally foster education and research, and allow young oncologists to work in the private sector with me.

Tell us something we might not have guessed about you.

I have seven children, a black belt in Tai Kwondo and love heavy metal music.

Meet Cardiac Nurse, Charles Bonavia

Charles is Nurse Unit Manager 3ES, Cardiac, at Epworth HealthCare.

When we asked him to share his greatest achievements the first thing he listed was marrying his wife Natalie and becoming a father to their two sons, Noah and Jonah. Next up he spoke about his work setting up a new ward for cardiac patients during the Richmond Redevelopment while maintaining a positive, friendly and calming environment.



Can you describe your day for us?

I specialise in cardiac care so our ward is always really busy and hands on. My days are spent maximising time to ensure we provide the best care for our patients: scheduling staff, defusing issues that may arise, and being a point-of-contact for our patients and, just as importantly, their families.

What do you like best about your role?

During nursing training, we learn about the reward that comes with fixing the illness a patient may have. But it's not until you actually become a nurse that you understand the privilege that comes with looking after a person facing the end of their life.

I remember a time I was caring for a patient who was with us during the end stages of a terminal illness. He called for his family to share his last moments, and built up enough strength to get out of bed and embrace his wife and two sons one last time. Five minutes later, he passed away. I'm aware you don't always get the opportunity to say goodbye.

These sorts of insights into humanity are not available to most people. I appreciate the depth of meaning my job has given me in my personal life. It has taken my appreciation of my family to a new level.

Why did you decide to become a nurse?

I consider initially studying accountancy but realised early on that it was not what I wanted to do. I am a people person and I am extremely passionate about supporting and helping people.

In my role, I feel a sense of purpose when empathising with families during tough times. As clinicians, we need to be mindful that our patients have unique personalities. This is a skill that makes us better at knowing what patients and families need, and what to offer during their trying times, be it a hug, a cup of tea, a listening ear, space and privacy, or simply time. This is why I became a nurse and this is what I love about being a nurse.

Tell us something we might not have guessed about you.

I am a keen cyclist, I am always keen to test myself, I am also known for my unbridled enthusiasm and I'm a mad Essendon supporter. Go Bombers!!

Join us on the trip of a lifetime

You are invited to join Epworth Medical Foundation on two extraordinary adventures to raise funds for our cancer patients. Trek along the Great Ocean Road, or follow Japan's ancient pilgrimage route.

Walk for Wellness (Australia)

Strap on your hiking boots and spend three days trekking the stunning wilderness along Victoria's Great Ocean Road. You will meander along cliff-tops and through coastal forests, enjoy shipwreck relics, isolated beaches and wildlife sightings.

FAST FACTS:

Dates:	21-23 November, 2014
Trip duration:	3 days
Days trekking:	3 days
Location:	Australia's Great Ocean Road
Challenge grade:	moderate
Accommodation:	cabins
Total cost:	\$2,500(\$1,500 is tax deductible & the full amount can be fundraised)
Beneficiaries:	cancer patients at Epworth HealthCare

"My son Jack and I did the recent Walk for Wellness with the Epworth Hospital as a fundraiser for country patients. The weekend was a wonderful experience in so many ways and one I would recommend to anyone. The Great Ocean Walk is truly one of the country's great wonders. As a recent patient of the Epworth I experienced this amazing organisation in a different way with the same positive outcomes! Thank you to all."

Jenny Fellows, participant

Kumano Kodo Walk for Cancer (Japan)



Walk the ancient pilgrimage route along Japan's Kii Peninsula, building your fitness while immersing yourself in traditional culture. Explore colourful markets, taste traditional food, sleep in isolated rural hamlets, and soak in traditional hot spring baths.

Note: this trip is proving so popular that two walks are now planned for 2015. See below for details.

FAST FACTS:

Dates:	20 - 29 March 2015 AND 10 -19 April, 2015
Trip duration:	8 days
Days trekking:	6 days
Location:	Japan's Kii Peninsula (the Kumano Kodo pilgrimage trail)
Challenge grade:	moderate
Accommodation:	hotels & small guesthouses
Total cost:	\$5740 (\$2500 is tax deductible & the full amount can be fundraised)
Beneficiaries:	cancer patients at Epworth HealthCare

Epworth
Medical
Foundation



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In support of Epworth HealthCare incorporating
Epworth Cliveden, Epworth Eastern, Epworth Freemasons,
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Your support saves lives.