

2013 | Philanthropy Report



Your support saves lives.

“Together we have done extraordinary things”

It has been a year since I was last in touch to bring you Epworth Medical Foundation's *Philanthropy Report*, and what a year it has been!



Together, we have done extraordinary things. We have helped thousands of patients to receive the best care possible; we have educated and trained a new generation of medical professionals; we have undertaken groundbreaking research that will pioneer new treatments; and we have saved countless lives.

Did you know that your donations fund more than a third of all new medical equipment at Epworth? That your donations make it possible to expand our patient support programs so that more patients than ever before can get the care they need, when they need it? Or that you have helped us increase our vital medical research program, and build state-of-the-art new facilities?

Our goal is to become the pre-eminent provider of quality healthcare for our patients by integrating clinical practice with education and research. It is because of you that that goal is fast becoming a reality.

In recent months, for example, we opened a world-class simulation centre, complete with an operating theatre, patient room and multipurpose treatment room, so that the doctors and nurses of the future can learn best-practice medical care in a 'real' yet safe clinical environment.

Using donated funds, we were also able to purchase state-of-the-art new technology to help stroke patients and those with traumatic brain injuries regain movement and control in their hands and arms. Called "SAebo Flex," the new equipment enables patients to strengthen and practice their hand movements, dramatically improving their quality of life and independence after their injuries.

I am very pleased to share these and many other stories with you in this report: stories of compassionate care, given without measure; of new discoveries made; of new opportunities for patients; and continued learning for staff. All of these achievements – and more – are direct results of the donations you have made to the Foundation. I hope you enjoy reading about the very great impact you are having on their lives.

Best wishes,

A handwritten signature in blue ink that reads "Scott Bulger". The signature is fluid and cursive.

Scott Bulger

Executive Director,
Epworth Medical Foundation

ps Later this year, my daughter and I will join a group of Epworth supporters to hike the Great Wall of China and raise funds for cancer patients at Epworth. We'd welcome your support or your company on this adventure! More on page 15.



Epworth HealthCare: at a glance

Total admissions: **122,653**

Surgical operations: **78,196**

Emergency cases: **27,387**

Outpatient rehabilitation attendances: **147,053**

Day oncology attendances: **11,924**

Births: **3418**

Number of professorships: **7**

Number of university partnerships: **5**

Number of research projects: **150**

Total number of beds: **1217**

Number of da Vinci surgical robots: **3**

Number of campuses: **8**

Just what the doctor ordered

Thank you! Your donations to Epworth Medical Foundation are being used to ensure patients at Epworth receive the best possible care and outcomes.



Best oncology service in Victoria

"Thank you! Every day, our patients benefit from the support you have provided. Most recently this was seen when our new Day Oncology facility was furnished with specialised, state-of-the-art equipment capable of treating all types of cancer. Our commitment to improving the experience of Epworth patients is unrelenting. But this can only be done with the continued support of our community."

Alan Kinkade, Group Chief Executive,
Epworth HealthCare



Portable transport monitor: Emergency Department

"We recently used donated funds to buy a state-of-the-art portable transport monitor. This vital equipment allows us to do with one machine what previously required two pieces. It has made patient transport much easier, safer and more efficient."

Kirby Heenan, Critical Care Nurse,
Emergency Department



Patient comfort: Ward 5ES, Richmond

"I want to express my sincere thanks for your recent donations. We purchased a bladder scanner, a blanket warmer and a hover mat for the ward. All have now arrived and are in use on a daily basis, and we are thrilled with them! It has really made a difference for the staff to have this equipment available on the ward. And our patients, particularly vascular patients with poor circulation, are so thankful to have warm blankets and towels always on hand."

Carmen Wong, Nurse Unit Manager, 5ES Richmond



Volunteer driver service: Epworth Radiation Oncology

"Through the generosity of donors, we have been able to purchase a car and establish a volunteer driver service to pick up and drop home cancer patients who would otherwise be relying on ambulances or over-stretched transport services to access their treatments. This has significantly reduced the amount of time it takes a patient to get to and from radiotherapy, and reduces their stress."

Paul Fenton, Director of Operations,
Epworth Radiation Oncology



Donors fund oncology upgrade

A major redevelopment and refurbishment has provided Epworth cancer patients with an outstanding integrated cancer treatment area.

Using donated funds, we recently undertook a complete refurbishment of our Oncology Ward, and opened a state-of-the-art new Oncology Day Unit.

Following the \$750,000 investment, the Oncology Ward now boasts a range of new medical equipment and technology, ensuring cancer patients receive the best possible care.

Some of the equipment purchased for this upgrade includes an Accuvein Venepuncture support device to illuminate difficult-to-find veins in patients; portable Connex Vital Signs monitors to maintain vital patient observations; the BVI 9400 Noninvasive Bladder Scanner to measure patients' bladder contents without needing to catheterise them (particularly valuable for chemotherapy patients, as this treatment has the potential to impact renal functions); and Pulse Oxygen Saturation machines, which are used on a day-to-day basis in caring for patients but may also be used in emergency cases.

"Donations have allowed us to purchase equipment that supports patients throughout their cancer journey, whatever it may be," says Gabrielle Westin, Associate Director of Clinical Services – Oncology and Medical.

"When patients see we are a state-of-the-art service they feel less anxious. They see that everyone in the team knows what they are doing and they develop trust.

"Our patients get to know the nurses, and make friends with them. Most of all, they feel the care and support at Epworth, and they feel safe."

The refurbishment also took into account the emotional and social side of cancer, ensuring that patients were given the most comfortable and comforting surrounds possible in which to receive their treatments, and that family members and friends felt welcome to visit and stay.

This included everything from paint, furnishings, art on the walls and music and televisions in the treatment areas, to comfortable new sofa-beds for loved-ones to stay overnight.

A new family area is now under construction following a special appeal asking donors for their help. This serene, all weather-space is designed for patients and their loved ones to be able to spend time together doing activities that help them feel 'normal,' like cooking and eating together, playing with children, and simply relaxing in the garden nearby.

Meanwhile, also using funds donated by our generous supporters, Epworth has opened the state-of-the-art new Corrie Heath Day Oncology Unit and Day Medical Unit.

With 24 oncology chairs, 16 dialysis stations, six additional beds for oncology and renal day procedures as well as sleep analysis and child-allergy testing, the new unit has significantly improved the experience for our patients and provides them with the latest, most-efficient treatments and radiotherapy equipment.

"Thank you for your support, and thank you for caring!" Ms Weston says. "You are instrumental in helping us be the best we can be, and this flows on to our patients. You should be proud."

How the money is used

When you make a donation to Epworth Medical Foundation, you know that it will be used to directly improve patient care and outcomes.

Donated funds are used to improve patient comfort, establish new patient services, redevelop or build new patient facilities, and purchase life-saving medical equipment. Following is just a small list of items we recently purchased for our patients, using funds from our generous donors.



Advanced Cold Compression Therapy

Enables accurate “cryo-therapy,” which limits swelling and controls odema following orthopaedic surgery. Patients also benefit from faster recovery time.



Transport monitor

Used to transport critically-ill patients to various areas within the hospital. It includes a defibrillation capacity and a monitor on wheels, making it fast and easy to use.



Maternity blood-gas machines

Used to carefully measure the pH and partial pressures of oxygen, carbon dioxide, glucose and lactate in mothers during labour. Failure to control blood-gas can lead to hyperoxia and risk retinopathy.



Oncology chairs

Enable frail and unwell patients to get out of bed while ensuring they remain safe and comfortable.



Vital signs monitors

Enable nurses to perform a comprehensive set of patient observations at the touch of a button. The timely and accurate monitoring of vital signs ensures patients are in the safest possible environment during the critical hours immediately following surgery. The monitors are also fast and easy to use; giving nurses more time to provide the best possible patient care.



Cooling machines

Provide accurate temperature control for patients in the Intensive Care Unit, allowing for continuous regulation and providing better clinical outcomes. The machines are particularly of value to cardiac patients who may require cooling after heart-attacks, and for febrile patients who are in septic shock.



Volunteer transport car

Epworth Radiation Oncology has purchased a car – funded by donors – that is used to pick up patients to take them to their radiotherapy services, and drive them home again. It significantly reduces both time and stress for patients.



Bronchoscope

Used to suction airways during biopsy surgeries, and may also be used for bronchial washings.



Crash Carts

Crash carts are a mobile station within the ward, used in emergency and life-threatening situations. Because they are mobile, they can be brought directly to the patient rather than putting the patient at further risk by moving them.



Intense generosity for intensive care

Earlier this year, Epworth Medical Foundation wrote to its donors with an urgent plea: “Please help us raise \$100,000 to purchase a Critical Care Ultrasound System for the Intensive Care Unit (ICU).”

We are thrilled to report that our supporters responded with extraordinary generosity and the Critical Care Ultrasound System is now installed in ICU, helping our clinicians save lives every day.

This is the newest and best ultrasound system for Intensive Care patients available, and represents new breakthroughs in ultrasound technology. It is used to diagnose and treat a broad variety of illnesses from trauma and shock to heart attacks, deep vein thrombosis and more.

The new ultrasound machine is more advanced than any similar technology available. It provides greater clarity, allowing doctors to make more accurate diagnoses at the bedside, rather than removing the patient from ICU to undertake diagnostic examinations. This results in faster treatments and better patient outcomes.

Generous donors also made it possible to purchase a new MRI-compatible ventilator, enabling clinicians to quickly and safely transport patients with serious neurological problems to the MRI scanner. And ICU now has a new bronchoscope, which is used to help insert artificial airways into patients’ throats, and help diagnose throat and lung diseases.

Donated funds have also been used to purchase a cooling blanket, which helps some of the sickest patients in Intensive Care. Patients who suffer cardiac



arrest are at risk of brain damage due to a lack of oxygen to the brain while their blood is not able to circulate. World-leading Australian research has shown that patients benefit significantly from cooling the entire body for 24 hours after the cardiac arrest.

“We are extremely grateful for the donations that made it possible to purchase these new technologies for Intensive Care,” says ICU Co-Director Stephen Warrilow. “They will maintain our capabilities at the cutting-edge of acute-care practice. We really appreciate the support of each and every donor.”

ICU: at a glance

Our Intensive Care units have 23 beds across three sites
Average length of stay in the ICU is approximately 2.4 days
Our case-mix includes (but is not limited to) the following:

- Post-operative care for complex needs patients after major/prolonged surgery e.g. major cancer resections, vascular procedures, joint replacement, abdominal surgery, plastic surgical reconstruction
- Cardiac and thoracic surgery (e.g. coronary bypass surgery, heart valve replacement, lung resection)
- Overwhelming infections e.g. pneumonia, intra-abdominal infections with severe shock
- Acute kidney failure
- Heart failure
- Major heart attacks and cardiac arrests
- Strokes
- Severe metabolic and endocrine illnesses
- Severe asthma
- Cancer and haematology patients with chemo related problems
- Complex post-operative pain problems
- Average age is about 66-68 years, but we cater to all ages and illnesses

Supporting our operating theatres and cancer services



Generous donors have made it possible for Epworth to introduce new equipment to our operating theatres and cancer treatment units.

“A huge thank you”

“Having the best equipment means that we are able to provide the very best for our patients,” says Jill Faulkner, Nurse Unit Manager of Epworth Richmond’s Operating Theatres. “Donations have helped us buy a whole range of new equipment that has ensured our patients continue to receive the best possible care.

“For example, we recently purchased a new incubating bronchoscope, which is used to help insert artificial airways into patients’ throats, as well as to diagnose throat and lung diseases. Donors have paid for a trans-thoracic probe, an attachment for one of our ultrasound machines that enables the machine to be used in abdominal operations.

“We also received a new carbon fibre extension for the Maquet operating table, used for neurology and spinal operations. This is our second one, enabling us to have two surgeons doing these operations at the same time and reduce waiting times for our patients.

“Last but by no means least; donors have funded five new patient trolleys. A theatre can never have enough of these. Trolleys mean that patients can be wheeled safely through theatre, helping to maintain the safe and sterile environment.

“It is fantastic that donations mean our patients are able to get the very best treatment available. On behalf of all the theatre staff – and our patients – I would like to say a huge thank you to all our donors.”

World’s best treatment for cancer patients



Donors have also made it possible for Epworth patients with previously inoperable brain cancers to access the world’s most advanced radiosurgery treatment.

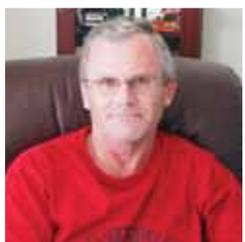
Epworth is the first private hospital in Australia to install a specialised piece of equipment called the Novalis Tx, which is designed to deliver high accuracy radiotherapy to very small brain malignancies that are normally inoperable.

Because of its accuracy, the Novalis Tx provides the hope of a cure for patients with inoperable tumours and, for many patients, enables them to receive painless treatments in a single visit.

This radiosurgery is now being used for brain, lung and renal cancers.

Celebrating our supporters

At Epworth, our sole purpose is to ensure that our patients receive the best possible care and outcomes. Thanks to our supporters, we have successfully been doing this for almost 100 years.



Philip (donor)

"My father was a cardiac patient at Epworth, and always received exceptional care. Dad donated regularly to Epworth and, by becoming a Patient Care Partner (regular giver), I am following in his footsteps.

"I give to Epworth because it is a very worthy cause, yet the hospital receives very little support from the government. It gives me great comfort to know that my donations help purchase vital equipment for patients at Epworth."

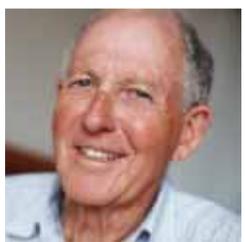


Gail (volunteer)

"I'd been supporting Epworth for several years but after I recently retired, I thought it would be a good idea to keep busy and give something back so I decided to become a volunteer.

"I really enjoy coming in and working so closely with the Foundation team. They are so welcoming and there is a good variety of work. After working for 47 years, I felt I needed the discipline of a regular commitment as the days can disappear easily in retirement.

As a previous patient, as a donor and now as a volunteer, I believe Epworth provides an excellent level of care. I really enjoy coming in each week."



Denis (bequest donor)

"After receiving cardiac surgery at Epworth, I felt like I had been given a second chance at life and health. Ever since, I have actively supported the Foundation by donating to its regular appeals.

"I also wanted to make sure I left something substantial that would help others after I was gone. I take great comfort in knowing that by leaving a bequest to the Foundation I will be helping other heart patients lead healthy and active lives, just like I have.

"I see Epworth as being an extension of my family. I really appreciate that they look after their 'family' by educating us and helping us stay healthy and active."



Paul and Ruth (donors)

"We started donating to Epworth back in 1988, after Ruth received a pacemaker. We recently became Patient Care Partners, committing to give a set amount via direct-debit every month to support the work that Epworth does.

"We really admire Epworth. We have both been lucky health-wise, but have several friends who have received such great care at Epworth. We believe that even though our donations are small, they make a big difference."



Kathleen (staff-member)

"I have been working at Epworth Medical Foundation for close to two years. Working here gives me the opportunity to see, first-hand, the impact that each and every donation has on our staff and, most importantly, our patients.

"I decided to donate on a regular basis not long after I started. In my own small way, I feel I am making an important difference to the lives of our patients and their families."



A running start



Once a teen athlete who ran “one-tenth of a second off the world record for 100 yards,” Ronda Jenkins, OAM, has since spent a lifetime volunteering and giving to sporting and medical charities.

Ronda still lives in the family home in Brunswick that was once owned by her grandparents. Growing up in Melbourne as a lean and long-legged teenager, she excelled at sprinting and raced competitively from the age of 16, eventually competing in the Australian Athletic Championships.

As an adult, Ronda channeled her love of athletics into philanthropy and volunteering. Recently she received a Queen’s Birthday Honour for her dedication and years of volunteering for Athletics Victoria and Athletics Australia. Later this year she will travel around Australia in her voluntary role with Australian Athletics.

Ronda has been supporting Epworth for almost as long.

“I started donating to Epworth after my mother passed away in 1993,” she said. “She was a patient at Epworth for many years, and was very well looked-after. I wanted to show my appreciation by making a contribution. Later, I became involved with the Friends of Epworth auxiliary, which I really enjoy.”

More recently, Ronda made the decision to ensure her support of Epworth would outlive her, naming Epworth Medical Foundation as a beneficiary in her Will. The decision meant Ronda was welcomed into Epworth’s Lockwood Society.

She said, “I have toured the hospital and seen first-hand the fantastic work that the staff members – doctors, nurses and others – perform every day. I am in awe of the equipment needed to save lives and get patients back on their feet. I am proud to be a member of the Lockwood Society, and consider myself lucky to be involved with such a great place.”

Understand your legacy

Epworth Medical Foundation and its philanthropic partner Perpetual will host two information seminars in September. The first seminar will cover what to consider in “estate planning,” and the second will cover “structuring your philanthropic giving.”

The seminars are free, and hosted by Perpetual in the company’s Collins Street office. We would be thrilled to welcome you to either or both. For more information or to book to attend these free information seminars, see the Events flyer included with this report, or call Vanessa Dannock, Donor Relations Manager, on **03 9426 6572**.



Always searching

We believe research and teaching are essential for achieving excellence in patient care. Our goal is to become a leading, world-class academic and teaching hospital, bringing the best possible medical care to our patients.

Funds raised through donations to the Foundation are being used to support a number of Epworth Research Institute's more than 150 projects in critical areas of health such as cancer, cardiac services, rehabilitation, orthopaedics, gynaecology and obstetrics.

Our researchers intend to transform these projects into breakthrough treatments that ease suffering, improve care and, ultimately, provide our patients with the best possible outcomes.

Safer treatments for gastrointestinal cancer

With funding help from our donors, Epworth's Dr Philip Smart is conducting a study that will help improve the way we treat patients with gastrointestinal cancer.

The study will determine the incidence of thromboembolisms (blood clots that break loose and are carried through the bloodstream to plug another vessel) in patients during anticancer treatments such as radiotherapy, chemotherapy and chemoradiotherapy.

Thromboembolisms can cause serious illnesses or even death in patients, particularly adults. By generating a risk profile to determine the likelihood of these clots occurring in patients during anticancer treatments, Dr Smart and his team will literally be saving lives.



World-first trial of prostate cancer treatments

Dr Patrick Bowden and his team at Radiation Oncology, using a grant supplied by the Foundation, are conducting a world-first randomised controlled trial to explore whether a combination of methods in treating prostate cancer may improve tumour eradication rates.

Currently, the process of "stereotatic ablative radiotherapy" is an effective and well-tolerated approach when eradicating secondary sites of the disease. Alternatively, "short-term androgen deprivation therapy" also has an established role in treating prostate cancer.

However, Dr Bowden and his team aim to determine, for the first time, the potential benefit of combining both approaches. If they are successful, their research will lead to better quality-of-life outcomes for men with advanced prostate cancer, a disease that affects 18,000 Australian men a year.



Better detection of deep vein thrombosis

Did you know that there is no clinical assessment to diagnose deep vein thrombosis (DVT) that can provide an accuracy of more than 60 percent?

The risk of DVT is high for all hospital patients due to their immobility, and those who have undergone joint

arthroplasty are at added risk due to their advanced age and the nature of their surgery.

Epworth's Dr Laurence Simpson is undertaking a donor-supported study to test an innovative, convenient and low-cost screening device that will detect lower-limb vascular abnormalities, including DVT. If the device meets expectations, it will have an immediate positive impact on the clinical management of – and health outcomes for – patients susceptible to DVT.

“It has given me my life back”

Often it is easy to think of medical research in a distant, clinical manner. But when that research reaches patients and their families, it becomes very personal indeed. This donor-supported research, for example, has helped Margaret to take care of her terminally-ill husband, a labour of love that means the world to her.

Internationally-recognised orthopaedic surgeon Professor Julian Feller is embarking on a study aimed at helping patients undertake demanding activities such as lunging, kneeling and negotiating stairs, after knee-replacement surgery.

While knee-replacement surgery is generally a successful operation in terms of relieving pain and improving people's ability to walk, stairs and other more challenging activities often create problems for post-operative patients.

The study is a collaboration between Epworth Research Institute, OrthoSport Victoria, and the Faculty of Health Science at La Trobe University. Through learning why patients face problems in these specific activities, the researchers hope to devise strategies that will enable them to overcome their limitations.

One of Professor Feller's patients, Margaret, had suffered chronic knee pain from a history of sports injuries and osteoarthritis before she underwent surgery for two knee replacements. Physiotherapy started straight away and, slowly, Margaret's confidence in her knees returned.

“This was a huge milestone for me,” she says. “After suffering for years, I was finally pain-free and able to walk around. I can now walk up and down stairs without having to go one at a time and sideways. I can do simple things like go grocery shopping. I feel strong again. It has given me my life back.

“When Julian asked me to be part of this research, I thought it was a great opportunity to give back. Hopefully it will give other patients great comfort and help give them the ability to get back to normal life faster.

“Six months ago, my husband was diagnosed with a terminal illness. I now know I have the confidence to look after him and enjoy what time we have left.”



The microscope that saves lives

A life-saving, state-of-the-art new microscope for assisting delicate brain surgeries is at Epworth right now, thanks to you.

Many of our supporters received a letter just a few months ago telling the moving story of Suzanne, a retired school-teacher who discovered while on holidays in Belgium that she had a rare and aggressive form of brain cancer.

Suzanne and her surgeon Craig Timms asked for your help in purchasing a newly-available microscope called the Leica Neurological Operating Microscope that would save, prolong and improve the lives of patients with neurological conditions at Epworth.

Your response was overwhelmingly generous, and we raised the full amount needed to purchase the microscope, which is now installed and has already been used to perform five craniotomies.

As a neurosurgeon, Mr Timms has one of the most exacting and demanding jobs in the world. His job involves literally cutting into a person's brain. And there is no other equipment that makes tumours as easy to see as the Leica Microscope.

"The Leica Microscope is an advancement in neurosurgery that will literally save or prolong a person's life," he says. "The technology is state-of-the-art, and the clarity it brings to such delicate and precise surgeries is outstanding."

Suzanne, meanwhile, has been deeply touched by your generosity as well as the many thoughtful inquiries into her health we received after writing to you.



"I am continuing my treatments, and feel overwhelmed that my story has helped raise the funds needed to purchase this equipment," she says. "It will help so many others facing a similar situation to mine. Please accept my sincere thanks for your donations toward this microscope, and for all your kind thoughts."



Great Ocean Road: Walk for Wellness

Epworth Medical Foundation invites you to join us on a walk along the Great Ocean Road OR a hike along the Great Wall of China, to raise funds for cancer patients.

Two great walks, one great cause

Both walks raise funds for cancer support services at Epworth. This includes a range of counselling and support programs developed by Epworth to help patients and their families come to terms with and cope with their cancer diagnoses. It also includes the new Accommodation Support Grants program, which provides financial assistance to patients living in regional areas, who would otherwise not have been able to afford to travel to and stay in Melbourne to receive the treatment they need to save their lives.

“How lucky am I?”

In December last year, Rachael Calvert and her partner Daniel Benda, who had both overcome cancer, joined a group of Epworth supporters on a three-day hike through rainforests and along the deserted coastlines of the Great Ocean Road.



Rachael had been diagnosed with Stage 3 Breast Cancer in December 2011, and was a patient at Epworth Freemasons.

“The care I received at Epworth was flawless,” she said. “The compassion of the doctors and nurses was second to none. They never grew tired of reassuring my mother and I, and helping us relax in what was a really emotional and stressful time for both of us.

“All I kept thinking was, ‘how lucky am I to have access to such wonderful facilities and care, all within walking distance of my home?’ That’s why I wanted to help those who had to travel from the country to receive their treatments.

“I saw the brochure for this walk and thought, what better way to show my thanks to Epworth than to help others going through the same thing as me? I was so happy to be healthy enough to take part in this walk, and give something back to Epworth by fundraising for it.”

China: The Great Hike for Health

Pack your passport and take a journey of a lifetime on a nine-day hike along the Great Wall of China.

This challenge runs from 18 to 28 October, 2013. The cost is \$6000, which can be raised from tax-deductible donations, or paid for directly (or a combination of the two).

Great Ocean Road: Walk for Wellness

Strap on your hiking boots and trek through the stunning natural wilderness along the Great Ocean Road for three days.

This challenge runs from 11 to 13 October, 2013. The cost is \$2500, which can be raised from tax-deductible donations, or paid for directly (or a combination of the two).

If you’d like to know more about either of these walks, please fill out and return the form attached to this page.

Epworth
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Foundation



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In support of Epworth HealthCare incorporating
Epworth Eastern, Epworth Freemasons,
Epworth Rehabilitation and Epworth Richmond.

Your support saves lives.