

SAN NEWS

MARCH 2011 EDITION



SYDNEY
ADVENTIST
HOSPITAL

'Christianity in Action'

A publication of Sydney Adventist Hospital Foundation Inc. Registered by Australia Post - Publication No. PP246764/00004

MEETING THE NEEDS OF CANCER PATIENTS

CANCER IS THE LEADING CAUSE OF DEATH IN AUSTRALIA.

In 2010 more than 43000 Australians died from cancer, and 1 in 2 people will be diagnosed with cancer by the time they are 85 years of age.

While nowadays, nearly more than 15000 more people die each year from cancer than 30 years ago, this is due mainly to our increased and ageing population.

Significantly, the cancer death rate has fallen by 16%.

More than 60% of cancer patients will survive more than 5 years and the survival rate for many common cancers has increased by 30% in the past two decades.

These patients will need support. This is the reality driving Sydney Adventist

Hospital's forward planning for the delivery of its cancer services and the development of a comprehensive Cancer Centre.

The San is already highly regarded for what it offers including a range of diagnostic services, surgical and medical treatments, radiation therapy, chemotherapy, palliative care, counselling and accommodation services, and specialist medical & nursing staff.

Multi-disciplinary cancer teams link medical nursing and allied health professionals across different cancer areas including gastrointestinal, breast and urology. Patients benefit through collaborative planning and management of their cancer.

The San Day Infusion Centre has recently expanded with the integration of Sydney Haematology and Oncology Clinic Hornsby. Patients now



Cancer Support Counselling Team

have the benefit of access to all the San's resources.

Among these are the San Cancer Support Centre and the accommodation facility Jacaranda lodge where services are free or subsidised.

San Cancer Support was opened in 1993, a truly innovative trailblazing service motivated by the understanding that the emotional and holistic needs of cancer patients was critical.

"There was someone here who was prepared to listen to me, to see the whole me" says San Cancer Support user Jane Ewins.

"...It is something that the San has and I am not alone in saying that. You come here and your body can be fixed but people are also interested in you as a human being. Coming here really did save my life in many ways."

Breast Cancer patient Elizabeth McKinnon feels the same way.

(continued on page 2)



A Cancer Council Information Centre is now open on Level 4 of the San Clinic. 10-4pm Monday to Thursday and 10-2pm on Fridays.



SYDNEY ADVENTIST HOSPITAL
FOUNDATION

Sydney Adventist Hospital is a not-for-profit organisation

SAH FOUNDATION 2011

Helping the San to help others

Our prayers and support are with the thousands of Queensland families who have lost so much in the floods. San staff have generously supported them through the Premier's Appeal and others have volunteered their time to help our fellow Australians. It is amazing how the true spirit of Australia comes through in a time of need.

Our next Foundation morning tea is on Tuesday 5th April with Assoc Prof Arthur Richardson, one of our renowned general and vascular surgeons, talking about "Cancer Care for the 21st Century". Call the Foundation on 1300 034 357 to reserve a place.

Contact us to organise a keynote speaker for your community group for topics including men's and women's health, latest advances in cardiac treatment or ophthalmic treatment, Hospital in the Home or our humanitarian Healthcare Outreach Programs.

Thank you to the many people who have supported our appeals. Your support of our community's hospital makes a difference for our staff and for the care of our patients.

Kind regards

Judy Harris
Managing Director
San Foundation
Sydney Adventist Hospital



REMEMBER YOUR LOVED ONES.

The San Foundation Ecumenical Memorial Church Service is an annual occasion to celebrate in prayer and music the lives of loved ones we've lost. This year's service on Sunday 1st May is open to people of all faiths in the local community. Feel free to invite family and friends. Seventh-day Adventist Church, 185 Fox Valley Road Wahroonga.
Ring 1300 034 357 for further details.



"When I was diagnosed...I thought: What do I do now? Where do I go? Then I found San Cancer Support. ...it has helped me understand, given me access to resources and helped me cope. I still have to focus on getting better but it has made the journey so much easier."

Other innovative cancer services include the Pets As Therapy program for patients in the palliative care area of the Poon Oncology Ward and the oncology massage service provided for inpatients which provides comfort for patients suffering nausea after chemotherapy.

The integration of the Sydney Haematology and Oncology Clinic with the San Day Infusion Centre at the main hospital campus and the relocation of the Clinical Trials Unit gives patients the benefits of access to the San site.

"Patients receiving cancer treatment at the San have access to national and international clinical trials of new and targeted treatments that they would not otherwise have access to" says Dr Gavin Marx, medical oncologist and Medical Director of the Clinical Trials Unit.

"This establishes the San as a major contributor to academic and clinical research and affirms that the San is at the cutting edge of current and future cancer treatments."

If you would like to help invest in or support the San's provision of future cancer services and the Comprehensive Cancer Centre please contact the Foundation on 1300 034 357.

Volunteers are needed to drive cancer patients to their radiotherapy treatment at the San. If you can spare 3-4 hours, have a current driver's license and like to help others, contact Shirley Lofgren on 02 9487 9062 or at shirleyl@sah.org.au.

IMPROVING PATIENT CARE

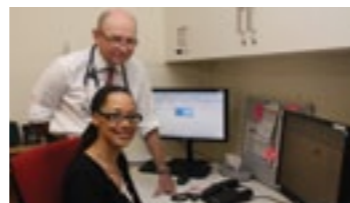
The San has invested close to \$1 million in the installation, training and staffing of a state-of-the-art clinical information system in its Intensive and Coronary Care Units.

Moving towards a paperless environment, the aim is to capture all the critical information that medical and nursing staff need to care for patients.

"Automated data collection, presentation, decision support, analysis and order management activities have been shown by a good body of evidence to improve patient

safety, quality measures and overall performance in diverse critical care facilities" says San Deputy ICU Director, Sydney University Professor Dr Simon Finfer. "This clinical information system is a move towards a fully digitalised environment with all clinicians accessing electronic medical records."

More than 45,000 inpatients and 155,000 outpatients are treated at the San each year. About 1200 are admitted to the 12 bed Intensive Care Unit and 1500 to the 11 bed Coronary Care Unit.



Dr Finfer with ICU/CCU Clinical Nurse specialist Cinnone Kearns.



2011 Stage 1 Medical Students

NEW CLINICAL SCHOOL AT THE SAN

More medical and allied health professional students will complete their training and enter the workforce thanks to the opening of a new clinical school at the San.

The first in a private hospital in NSW, the Sydney Adventist Hospital Clinical School (SAHCS), is a partnership with The University of Sydney, and provides clinical training placements for medical, physiotherapy, pharmacy, and other allied health profession students.

With training opportunities in public hospitals full, the new San initiative will help redress nationwide health workforce shortages, maximise skills and increase quality of care for patients.

"We have always understood the fertile environment that our casemix of patients, the expertise of our health professionals who work and consult here, and our faith, mission and holistic approach to healthcare, provides for best practice training" said Dr Leon Clark, CEO of the San.

"This initiative builds on our affiliation with the University and our long tradition as a teaching hospital."

The establishment of the Clinical School has been supported by \$1.75 million in funding from the Commonwealth

Department of Health and Ageing under the Increased Clinical Training Capacity Grant Scheme.

Teaching of students will include traditional ward based teaching and teaching in the consulting rooms of specialist doctors.

Academic appointments to the SAHCS include the disciplines of Medicine, Surgery, Critical Care, Ophthalmology, Obstetrics and Gynaecology, Physiotherapy, Pharmacy, and Interdisciplinary Learning.

Professor John Watson, Neurologist at Sydney Adventist Hospital, who has been appointed as Associate Dean of the Clinical School and Professor of Medicine, gave a moving and inspirational address to the new students and over 200 guests.

"...The beginning of the (Hippocratic) Oath... talks about 'teaching and learning' and 'teaching and learning', in a cycle flowing from teacher to student, and in turn to the next generation" said Professor Watson. "What we are doing today is another link in a long chain that can be traced back to the ancients, back to Hippocrates."

If we succeed, I hope that somewhere in 20 to 30 years you will be acknowledged leaders in your fields whether these

be clinical or not, primary care or specialty practice, clinical research, or public health leadership, national or international."

The interdisciplinary Clinical School will allow different professionals to learn together, improving learning outcomes, and ensuring the delivery of the highest standards of patient care.

Twelve Stage 1 medical students started their training in February 2011, with the intake to rise to over 40 Stage 1 enrolments by 2013. At full strength the SAHCS will have some 160 medical students across all stages of the course.

The establishment of the Clinical School builds on the over 20 year affiliation between the San and the University, already providing clinical placements for Stage 3 and Stage 4 (undergraduate) medical students, and in recent years Registrars.

In addition to the 12 new stage 1 medical students, 28 new physiotherapy students, 20 pharmacy students, and 2 health informatics students will undertake clinical training at the SAH Clinical School this year.

Her Excellency, Marie Bashir AC CVO, Chancellor of The University of Sydney officially opened the new school.



Clinical School Academic Appointments



Prof John Watson, Her Excellency Marie Bashir AC CVO, Dr Leon Clark, Professor Bruce Robinson

SAN 'BENCHMARK' RETIRES

Director of Maternity Mrs Wendy Wooller has retired after 39 years at the San where she first started as a midwife in 1971.

Thousands of babies have been born and patients cared for under her management which included maternity and women's health, paediatrics, diabetic education and the sleep studies unit.

Wendy's vision and the excellence of the San maternity team has been validated by Australia-wide and independent survey results which rated San Maternity as the best private hospital maternity unit in Australia (300 beds and over).

Wendy is remembered for her great leadership, care and mentoring. At a farewell tribute dinner, Wendy was described as a 'fantastic, wonderful, down-to-earth person', who satisfied the criteria nominated by inspirational leader Jessie Jackson that "Leaders must be tough enough to fight, tender enough to cry."



"The San is a fantastic place to work" says Wendy. "I have been privileged to be among wonderful colleagues, midwives, obstetricians and paediatricians" said Wendy. "My job would have been so much harder if it wasn't for their support. The survey results are a tribute to them all."

RUNNING FOR RESEARCH

1500 elite runners, local community and school teams, and individuals joined politicians Fun Run Patron Barry O'Farrell, Paul Fletcher, Jillian Skinner and Nick Berman in the San's Run for Life Fun Run.

Pymble Ladies College took home the Female Schools Championship Cup and Pennant Hills High won the Male Schools Championship Cup sponsored by NumberWorks'nWords at Pennant Hills.

Funds raised assist the work of the Australasian Research Institute - the hospital's research arm.

The 2010 Fun Run was sponsored or supported by:

Tom Kerr Auto Centre / Kennards Hire / Goldman Plumbing Services / Suncorp Bank / Brooks / Jaze / Snap Eastwood / NumbersWorks'nWords / Body Shape Female Fitness Centre / Automatic Fire Protection / M.E Ward Electrical Contractors / Suremploy / Banana Boat / Wrigleys / Sanitarium Health Food Company / Captain Cook Cruises / Domino's Pizza / Sydney Observatory / Featherdale Wildlife Park / BridgeClimb Sydney / Australian Museum / Hornsby World of Fitness / Imax Theatre Sydney / The Coonanbarra Cafe / Sydney's Luna Park / Sydney Ice Arena / Australian Reptile Park / Vagabond Cruises / Asquith Golf Club

See www.sanrunforlife.com.au



"For six weeks my family and I observed the wonderful dedication of the doctors and staff. We were aware that everything that could be done, was being done. The staff on Level 6 and in the Renal Unit showed constant kindness and consideration. They also displayed great patience. We were all enveloped in loving and tender care – both from the doctors and the staff. In a state where



SAN DR IS FACE OF NSW ROAD SAFETY CAMPAIGN

San Neurosurgeon and Associate Professor Brian Owler is the face of the NSW Road and Traffic Authority's 'Don't Rush' advertising campaign.

Professor Owler suggested the road safety campaign to the NSW Government, horrified at what he calls 'the avoidable surgeries' that he performs on road accident victims at public hospitals where trauma patients are admitted.

A NSW Australian Medical Association (AMA) Councillor, Professor Owler contributed his time to the campaign to help promote the message that every person was responsible for his or her own behaviour.

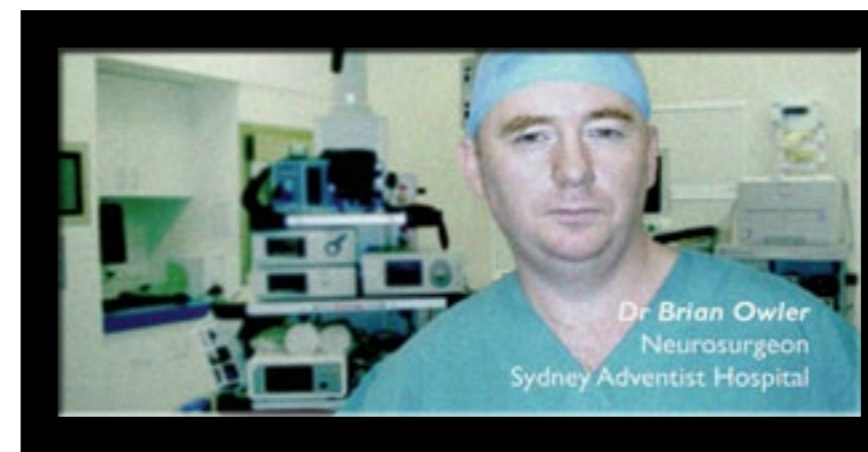
"Everyone thinks road trauma can't happen to them" says Professor Owler.

"They think that it won't affect their families, their friends or colleagues but I am here to say, loud and clear that it can – and it does. Broken bodies and broken lives go hand in hand with the choices we make on the road. I have seen it time and time again, and it has to stop."

In 2009, more than 24,000 people were injured in crashes. Some will never regain their former quality of life. This campaign reminds the motoring public not to speed, drive fatigued or take risks on the road.

"Since the campaign started prior to Christmas the statistics indicate people have taken notice. There has already been a reduction in road deaths this year in comparison to last year....people can learn to change their behaviour and it will save lives."

See <http://www.rta.nsw.gov.au/roadsafety/speedandspedcameras/campaigns/>



WORLDWIDE EXPERTISE IN WOUND CARE

The San Wound Clinic's Gary Bain was one of a select few wound care specialists from Australasia accepted for an Oxford University Summer School program for international experts.

Held over 7 days, lectures, workshops and working parties gave the 120 wound managements and tissue viability specialists an opportunity to increase knowledge, share techniques and establish relationships all designed to increase patient wound care.

Gary has been at the San for 22 years and started the San's outpatient Wound Care Clinic which treats wounds caused by trauma, pressure injury, ulceration, surgical and malignant wounds and minor burns. Close to 70% of all the Clinic's patients are treated for leg ulcers.

With a Bachelor of Nursing, Masters in Clinical Education and Diploma of Applied Science, Gary says the course added to the Wound Clinic's ability to help patients.

"Understanding the biology of wound care – knowing about the specialist products and anti-microbial dressings – and what will result in the fast and effective healing process – is critical. It can make a huge difference to the comfort, mobility and quality of life of our patients."



health and hospital services are so often being criticised – where health and hospital staff are reportedly under huge pressure due to financial constraints and staff shortages, we are blessed to have such a hospital as the Adventist Hospital Wahroonga."

BIRTHDAY AWARD

The San's HealthCare Outreach program celebrates its 25th anniversary this year and has won a Special Recognition Award at the Australian Private Hospital Association/Baxter Gala National Awards.

The award recognises the dedication and commitment of thousands of health professionals from around Australia who have volunteered their time and skills to provide cardiac, reconstructive and orthopaedic surgeries. HealthCare Outreach is extending its work into the Philippines with a team of specialist eye doctors and nurses heading to the Philippines in August to do cataract surgery.

"Our 2011 plan is to treat as many patients as we can afford" says project manager Michael Were who was encouraged by San Staff member Lita Ford to look at healthcare needs in the Philippines. "Our aim is to finance the surgery of 250 patients, at an average cost of \$300 per patient. We need to raise \$75,000 plus equipment."

Contact michael.were@sah.org.au

Operation Open Heart volunteers Linda Thomson-Mangall and Melanie Windus were reminded how important their life saving work is when they returned to Fiji recently for Linda's PhD reviewing health related outcomes after surgery for rheumatic heart disease.

"One former patient was still carrying a picture of one of our nurses" says Melanie. "She literally had the picture of the nurse in her pocket - close to her heart. She remembers the love and the care and realises that the team saved her life. We felt very humbled that they are so appreciative."



HCO Volunteers receiving the award

CAROLS A GREAT SUCCESS

An estimated 5000 people attended the annual San's Carols by Candlelight on 12th December.

The 'Sounds of Christmas' concert featured Peter Cousens and Trisha Crowe, Anna Weatherup, The Promise, Dave Martin & The Carols Band and Wahroonga Adventist Primary School Choir. The night finished with a fantastic fireworks display.

Thanks to our sponsors who make the event possible: Northside Star Mercedes-Benz; Hornsby Mazda; Sanitarium; Hornsby & Upper North Shore Advocate; McCarrolls Automotive; Precision Printers; St Ives Shopping Village; Instant Tax Service; Courtyard Marriott North Ryde; Snap Printing Eastwood; Brumby's Thornleigh

2011 San Carols by Candlelight will be held on Sunday 11th December.



SAN CALENDAR FOR CANCER CARE

2011 SAH calendars are now available for purchase from the Cancer Support Centre, Hospital Front foyer or Level 6.

At \$12.00 each all proceeds go to Cancer Services and complementary therapies, such as oncology massage.

Ring 9487 9061



The San's soft toy collection is available by contacting Foundation on 1300 034 357.



"I am writing this note on behalf of my late father. I have been his carer for many years now and witnessed with him the remarkable staff on Level 6 of your hospital. It was his wish that I let you know how grateful he was to be in the hands of such wonderful, caring and gentle doctors and nurses during his last days. You must be very proud of your special team on that floor, they are truly gifted people".

HELPING US TO HELP OTHERS

A beautiful work of Christian art now hangs proudly in the San Hospital foyer.

"In Faith" was painted and donated by West Pennant Hills artist Maya Sarkis after her daughter was cared for in the San's Intensive Care Unit.

An artist for 33 years, Maya says she was spiritually inspired to paint the stunningly intricate work highlighting biblical moments, because she truly believes her daughter's life was saved as a result of the mission, dedication and expertise of the staff at the San.

The canvass is on display on level 4 of the Tower building

Thanks to generous supporters of the San Foundation Christmas Appeal, all fulltime San nursing staff will soon be issued with personal stethoscopes. This recognises the specialist care they provide.



Judy Harris presenting Jodi Arndt Emergency Care nurse with her new Littmann Classic 11 SE Stethoscope.

Celebrating her 60th birthday, San Volunteer and breast cancer survivor Myrna Bulkin asked family and friends to give donations towards the San's new Comprehensive Cancer Centre development. "The San and Jacaranda Lodge were so supportive to me during my treatment six years ago" said Mrs Bulkin. "It made my journey that much easier. It gives me pleasure to think someone else's life can be saved with these gifts."



San CEO Dr Leon Clark, artist and San supporter Maya Sarkis & San Spiritual Care Team Leader Kristina Mazzaferri

HELPING THE BABIES

Over \$150,000 has been donated towards equipment used to care for babies in San Maternity.

Over 2000 babies are delivered each year at the San and access to life saving equipment is critical. Thanks to the 400 plus strong members of the San Help Team who run the San Snax café, \$150,000 has been donated to purchase 2 Pulse Oximeters, 2 Non Invasive Ventilators, Fetal, Maternal and Neonatal Monitors, and Resuscitation Training equipment.



Mrs Shohana Maheswaran, Rahul and Special Care Nursery staff

Thanks also to the Humpty Dumpty Foundation who have generously supported the San Special Care Nursery.

HOW YOU'VE HELPED US O-ARM CHANGES LIVES

San Foundation supporters' donations helped the purchase of an image scanner to assist in surgery on people with chronic back conditions.

86 year old inveterate traveller Ms Pyl Knight of Mosman was operated on by world renowned spinal surgeon Dr Bill Sears at Dalcross Adventist Hospital (DAH) at Killara using the new 'O-Arm' scanner.

"After an active life and being a great traveller, the thought that without surgery I might have been wheelchair bound was too upsetting. When Dr Sears mentioned he was going to be able to use the new machine I said "if

anyone can do it, you can!" After surgery and with rehabilitation and Dr Sears advice, I feel I'm well on the way to recovery. I still want to live. I'm young at heart."

The O-Arm scanner at Dalcross Adventist is a compact mobile imaging system that works like a GPS, taking pictures during an operation. It allows the best placement of instruments and screws reducing the need for revision surgery.

This reinforces DAH as a "Centre of Excellence" for spinal surgery.

SAN DIARY DATES

- April** FREE Women's Health Forum - Date to be confirmed. Ring 9487 9871
- 5th April** A/Prof Arthur Richardson presentation 10.30am - Cancer Care for the 21st Century" - free Morning tea RSVP 1300 034 357
- 1st May** Foundation Ecumenical Church Service, 2pm SDA Church Fox Valley Road, Wahroonga - All welcome please RSVP 1300 034 357
- 17th August** San Foundation AGM
- 21st August** San Alumni reunion afternoon tea RSVP 1300 034 357

GALA DINNER TO HELP YOUNG PEOPLE

The Upper North Shore's Novus Foundation Annual Gala Dinner is on Saturday May 28th.

Novus, the partnership of Wahroonga Rotary and McCarrolls Automotive, and supported by the San, has raised more than \$520,000 to invest in youth projects by groups like PCYC, the San's HealthCare Outreach, StreetWork and Rotary youth projects. In 2011 two additional beneficiaries have been added - Studio ARTES and Bear Cottage.

The event at Miramare Gardens Terrey Hills will include great food, entertainment and music.

Tickets from \$150. Sponsorship opportunities available. Contact enquiries@novusfoundation.org.au or www.novusfoundation.org.au



SAN NEWS

MARCH 2011 EDITION

SAH Chief Executive Officer & SAH Foundation Chairman
Dr Leon Clark

SAH Foundation Managing Director
Judy Harris

Vice Chairmen
Allen Broome & Mathilde Kearny-Kibble

Treasurer
Robert Stratford

SAH Foundation Board Executive Committee

Dr Leon Clark, Judy Harris, Allen Broome, Mathilde Kearny-Kibble, Robert Stratford, John Cameron

Other SAH Foundation Board Members
Pastor Ray Coombe, Ian Watts, Jason Howie, Phil McCarroll, David Tinworth, David Gibbons, Garry Webb.

International Ambassador
Norma Rosenhain

Foundation Staff
Judy Harris, Sandra Durrant, Naomi Muller, Natalie Milne, Ruwani Nadanopatham, Jane Millett, Helen Morrow

San News Production Team
Writer and Editor - Leisa O'Connor
Design - Jesika Carey

San News is Sydney Adventist Hospital Foundation Inc's official newsletter.

Correspondence to
Judy Harris
Managing Director
SAH Foundation Inc
185 Fox Valley Road
WAHROONGA NSW 2076
Email judy.harris@sah.org.au

San News is a biannual publication.

If you do not wish to receive any further marketing information from Sydney Adventist Hospital, please email our Privacy Officer at privacy@sah.org.au or contact the Foundation on 1300 034 357 to update contact details.

SO HOW DO YOU HELP US TO HELP OTHERS?

If you've decided it's time to take the step of making a contribution to help the San to help others, there are several easy options:

Fill in the SAH Foundation donation form and post enclosed envelope or fax to 9487 9280.

OR

Call the Foundation on 1300 034 357 with your credit card details or to request further information.

OR

Email foundation@sah.org.au or go online at www.sah.org.au/Donations

Sydney Adventist Hospital values our patients, our staff and our supporters - we welcome all San supporters to the SAH Foundation family.

The San is a not-for-profit hospital. The SAH Foundation is a self-sufficient body which does not draw on donations to the Foundation to pay for administration costs. 100% of all donations to the SAH Foundation are dedicated to the designated project. All donations are tax deductible. If you would like to make a donation please phone 1300 034 357 or 9487 9405.



SYDNEY ADVENTIST HOSPITAL FOUNDATION DONATION FORM

All donations are fully tax-deductible

Name:

Address:

Telephone:

Email:

I would like to help SAH Foundation to help others by making a donation of:

- \$500 \$250 \$100 \$50 \$20 Other

Method of Payment - Cheque or Money Order (Payable to Sydney Adventist Hospital Foundation).

- Mastercard Visa Amex Diners

Expiry date _____

Name on card _____

Signature _____

Please indicate where you would like your donation used:

- Where most needed Jacaranda Lodge Cancer Care Heart Care San Cancer Support

Other _____

Return address: SAH Foundation, 185 Fox Valley Road, Wahroonga, NSW 2076 Fax: 9487 9280

Email queries: foundation@sah.org.au

Please tick if you would like information on making a bequest to the San Foundation