

SAN NEWS

SEPTEMBER 2011 EDITION



SYDNEY ADVENTIST HOSPITAL

'Christianity in Action'

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GIVING BABIES THE BEST CHANCE TO THRIVE

When Miller Sparrow was born at only 28 weeks gestation in May this year, 12 weeks short of her expected birth date, she needed specialised care, equipment and attention to ensure she could develop and grow.

Weighing only 1300 grams Miller was cared for in a neo-natal intensive care unit.

At 32 weeks, she was transferred to Sydney Adventist Hospital, where she had been booked into, to be born, and where she was closer to the Hornsby Heights home of her parents Mardi and Nigel, and her big sister 2 ½ year old Morgan.

Miller was delivered into the expert hands of the San's Special Care Nursery medical and nursing team, who use their specialist equipment to care for approximately 400 pre-term or ill babies each year.

Her parents have affectionately called the incubator which became Miller's home for the next 5 weeks, her "womb with a view".

According to Coralie Batchelor Nursing Unit Manager of the San's Special Care Nursery since it first

opened in 1990, the incubator supported Miller's growth and development at a vital time of her young life. With a baby of Miller's gestation and size, they are life saving.

"The care of premature and sick babies has come a long way since the days when parents were banished outside locked doors and only allowed to look in.

Today, because of better science, better incubator technology, and better understanding of the health benefits to newborns of breastmilk and parental involvement in care the prognosis for premature and ill babies has improved.

The modern incubators give us the best chance to maximise the care we give these fragile babies."

Modern neonatal incubators provide a safe, quiet, controlled environment that allow for close observation of a baby, oxygen supplementation and appropriate air humidity (infant respiratory distress syndrome is the leading cause of death in pre-term babies), accurate management of



"We were able to sit beside her...reach into the incubator and hold her tiny hands..."

a baby's temperature, protection from cold, infection, noise, drafts and excess handling.

New incubators automatically adjust oxygen levels when opened, are more stable in terms of temperature and humidity, and allow access to the baby from both sides.

"We were able to touch Miller without disrupting the safe healthy environment she was in and each day we could literally see how she was growing and flourishing. Being able to sit beside her, reach in and hold her tiny hands – just having that skin to skin contact – we all bonded straight away... cont page 2

25 YEARS OF VOLUNTEERS SAVING LIVES AROUND THE WORLD See page 6 for details



SYDNEY ADVENTIST HOSPITAL
Building for the Future
Caring for our Community

\$180M REDEVELOPMENT STARTS AT THE SAN
See page 4 for details

SAH FOUNDATION 2011

Helping the San to help others

Dear San Supporter,

Even after 40 years as a doctor, every week I am moved by stories of how the team here at the San have had a life changing or life affirming impact on people's lives.

It may be a wife relieved at the expertise on hand during her husband's emergency admission.

Sometimes it's a husband comforted that the midwives' calm allayed his wife's fears.

Often it's a family thankful the nurses compassion made their loved parent comfortable.

These stories all make me feel privileged.

They all humble me.

They all make me determined.

Determined, that despite the competing pressures of costs and demands, we will live up to the vision and dedication of the thousands of people that have worked here since the San opened 108 years ago.

Determined, that we will provide our local community with the best care that we can.

These stories also make me incredibly thankful.

Thankful that supporters of our Foundation continue to be altruistic and generous.

Thanks to you we can make the San a special place. We can actively live our Mission of Christianity in Action where our priority is caring.

Caring for our community – for you, your health, your life.

This edition of San News highlights what we have done and what we hope to do with your ongoing support. It highlights our exciting redevelopment, new equipment and the work of our team.

Thank you for helping us to help others.

Dr Leon Clark

Chairman Sydney Adventist Hospital Foundation
Chief Executive Officer Sydney Adventist Hospital

GIVING BABIES THE BEST CHANCE TO THRIVE from page 1

... we were so relieved that she was getting the medical care she needed and we could show her our love at the same time."

By August 15th which was the date she was due to be born, we were glad to be home and starting our life as a family."

The Sparrow family wrote to the San Special Care Nursery Team.

"We have had our joys and our hurdles... and through it all you have been there to answer our questions, no matter how small or strange... to offer words of encouragement when they were needed, and most importantly, to know when to be there and when to give us space. It is a special talent that you ladies have and I feel touched to have been on the receiving end of such specialised and unique care.

Miller has received nothing but love and kindness from you all and I have left each day knowing that she was in the best hands possible.

You are all truly angels."

The San's Special Care Nursery Incubator Appeal hopes to replace 4 of the 8 incubators currently in operation as they each reach their use-by-date. Modern incubators cost approximately \$30,000 each.



Special Care Nursery team members with some of the over 400 babies they care for each year

NEW FACE FOR THE SAH FOUNDATION

The San Foundation welcomes a new Manager. As from late October Barbara Ward will be working with the Board of the Foundation as the new Managing Director after an impressive career in management, fundraising, marketing and financial roles in local and state government and not-for-profit organisations.

MEET OUR TEAM...



Nerelle Roy
San Intensive Care Unit

"I support the relatives...the nurses and the doctors... little stuff is what feeds the big stuff which makes it (all) work...."

...I have had lots of life experience and when you have faced some crucial and life-changing events you then have the words to say to other people when they are facing similar situations. I think at the end of the day that is what people remember. If someone says a kind word, if they explain something so that they can understand, they are not going to remember the technical jargon that they are given but they are going to remember somebody who was kind to them or somebody who could give them a hug when they needed it and I hope that I fill that role that is a little part of the old guard that gave this Hospital what it is known for – that thing that doctors say you walk in the door and you feel."

"QUANTUM LEAP" X-RAY TECHNOLOGY

EOS imagery of a child with scoliosis (below)



Dalcross Adventist Hospital is home to Australia's first EOS x-ray imager.

According to doctors the EOS Imager will change the way orthopaedic and spinal patients are diagnosed and treated.

It is particularly beneficial for patients with back pain, hip and knee problems – where vertical weight bearing images of bones are helpful.

Based on Nobel prize winning technology the EOS imager provides a three dimensional image of a patient's spine giving doctors a clarity previously only visible during surgery.

The EOS technology also results in up to 9 times less radiation dose than a traditional x-ray.

Specialist Paediatric spinal surgeon Dr Davor Saravanja is particularly excited about it's use for the diagnosis of children with paediatric scoliosis.

"Children can have more regular scans" said Dr Saravanja.

"The EOS image allows regular monitoring of curvature changes that might require urgent intervention. It is quantum leap technology."

The imager takes only 10-20 seconds to do a full scan and provides amazing full size images of standing, weight bearing patients.

World renowned spinal surgery pioneer Dr Bill Sears who has done over 5000 spinal surgeries says that it will enable research into spinal anatomy with the potential to transform patient treatment.

Dr Sears patient 60-plus-year old Dawn, who had spinal fusion surgery for degenerative spinal stenosis and spondylolisthesis, benefited by Dr Sears ability to take x-rays before her surgery while she was standing.

Dr Sears and Dr Saravanja both addressed a media conference on the arrival of the imager in late June. The installation attracted widespread print and television media coverage.

The EOS scanner's purchase, installation and setup cost approximately \$1 million.

**FIRST IN AUSTRALIA AT
DALCROSS ADVENTIST HOSPITAL**

OTHER AUSTRALIAN FIRSTS AT THE SAN

- > First private hospital cardiac surgery
- > First Green Light Laser procedure
- > First 'Faster than a beating heart' dual source CT scanner



SAH FOUNDATION HELPS THE SAN

As a result of fundraising and donations over the last year the SAH Foundation was able to present a cheque for \$850,000 to the Hospital at the Foundation Annual General Meeting in August. Guest speakers included Dr Leon Clark, Dr Barry Oliver, entrepreneur and philanthropist Dick Smith AO, and Cancer surgeon Associate Professor Arthur Richardson.

Dick Smith spoke about the need for more community philanthropy saying it was ingrained in him by his parents. "The greatest satisfaction I've ever got in life is from giving" he said. "Seventh-day Adventists and the Salvation Army do wonderful witnessing of putting things back into the community. Giving empowers you and gives you confidence that you can do more."



SAH CEO Dr Leon Clark accepting the donation



Philanthropist Dick Smith AO at the AGM



WHAT'S ACTUALLY HAPPENING?

The 25,000sq m expansion includes:

- An expansion of the Clinical Services Building providing for up to an additional 14 operating theatres and 180 new patient beds
- A new Entry and Arrivals Building
- A purpose built new Integrated Cancer Centre providing one central entry point for cancer patients to screening, diagnostic, treatment, and counselling services
- A multi-deck car park and other car parking spaces increasing car parking by approximately 700 spaces to 2000 on-site.

SAN REDEVELOPMENT UNDERWAY!

The San's \$180 million Redevelopment has commenced and was celebrated with an official groundbreaking ceremony in June.

Local Mayors and hospital supporters joined current and former staff at a ground breaking and sod turning ceremony.

"Today is the start of a milestone journey in the history of the San which is already full of significant moments" Sydney Adventist Hospital Chief Executive Officer Dr Leon Clark told the close to 100 guests.

"While our Mission has consistently been to apply Christian and holistic principles to demonstrate Christ's message of hope, health and healing, the San has come a long way from the 61 bed Sanitarium started in 1903 as a place where people learned to stay well."

The development is being undertaken to meet the expected 60% increase in demand for the San's medical and nursing services between now and 2026.

"Community needs mean we must grow and provide new expanded and refurbished facilities and services" said Dr Clark.

"It is a privilege to have the opportunity to be involved in a Redevelopment that will honor the altruism, the skills, and the vision of so many people who have in the past, or still work at, and support the San...and in a project that will enable healthcare professionals to continue to provide high quality care to the people in our local community."



Further details available at www.sah.org.au Email SANdevelopment@sah.org.au

INNOVATIONS MAKING HOSPITAL ADMISSION EASIER

The San is trialling e-admissions. This is an online pre-admission system that patients can choose to use for their admission by early next year. It will allow former patients of the hospital to use their previously registered details. The system complies with national medical record information standards and in an Australian-first innovation, includes a comprehensive clinical history.

ALZHEIMER'S ON SAN'S RESEARCH RADAR

With an increasingly aged population, diseases of the brain like Alzheimer's, are on the rise.

Understanding the significant social, financial and emotional costs of this rise to the community, the San's research arm, the Australasian Research Institute (ARI), is starting a world-first-study that aims to identify what specifically causes the damage to the brain and how this damage worsens as people age.

"Science already knows that lifestyle factors like diet, exercise, body mass index, stress and sleep deprivation cause damage to the cells in our body that causes faster ageing and can lead

to cancer, heart disease, and other diseases like Alzheimer's" says Dr Ross Grant, biomedical pharmacologist, lecturer at the University of NSW, and Chief Executive of the ARI.

"We also know that the cells of young people are more resilient to and recover better from damage caused by lifestyle factors. What we want to identify in this study is at what age is the tipping point – when does the damage caused by lifestyle factors become harder to recover from? We want to future-proof people against brain-cell-death by giving them accurate advice about how their body will react at certain ages to certain lifestyle choices. We want to

help them realise the importance of earlier intervention and prevention."

The world- first-study has been recognised with an award from the BUPA Health Foundation who will partner the research. The BUPA Health Foundation actively partners programs across Australia each year aiming to promote wellness and healthy ageing.

See www.sah.org.au/australasian-research-institute



Dr Ross Grant



Australasian Research Institute



NURSING PIONEERS AT THE SAN

Years of specialised training by two Sydney Adventist Hospital nurses is being recognised by their profession through endorsement as Nurse Practitioners.

The San oncology ward's Julie Edwards has been endorsed as a nurse practitioner in palliative care while Megan Greig from the San's Emergency Care expects her endorsement shortly.

A Nurse Practitioner is a Registered Nurse who has completed a Masters Degree and participated in extensive clinical training to expand the traditional role of a Registered Nurse. They use extended skills, knowledge and experience to assess, diagnose, plan and evaluate patient care.

The San is currently investigating how the nurse practitioner role can be utilised to further enhance the provision of quality patient care.

"Becoming an endorsed Nurse Practitioner is very satisfying and enriching" says Julie.

"It reaffirms why I went into nursing 31 years ago. I'm particularly pleased the role of nurse practitioner provides career opportunities and professional growth for nurses."

Megan Greig says doctors and staff have been incredibly supportive during a trial in Emergency Care.

"Even more importantly we've had great feedback from our patients who understand that nurses simply want to provide the best care we can to our patients."

WHAT IS A NURSE PRACTITIONER?

A Nurse Practitioner:

- Is a registered nurse
- Works both independently and with doctors
- Uses their knowledge, education and management skills.

THEY CAN:

- Prescribe medicines
- Order diagnostic tests
- Refer patients to other health care professionals
- Interpret tests and manage care.

A NURSE PRACTITIONER MUST:

- Have a post graduate degree in a speciality and
- Have a Masters in Nursing (Nurse Practitioner)
- Meet the national standards for endorsement.



San Oncology ward staff with Julie Edwards



Emergency Care's Megan Greig

MEET OUR TEAM...



Dr Greg McDonald.
Director of SAH Emergency Care

"...the doctors who work in Emergency Care, the core doctors, the ones who are full-time or permanent part-time in Emergency Care, all those doctors understand the ethos of the department is "If in doubt, say yes".

The patients deserve time. The patients deserve you to make an effort for them.... they have made a choice to come to see you because they were worried, scared, in pain. And so when they come you have to value their time, you have to spend time with them (as much as you can), you have to tell them what you are doing and why you are doing it. It is not a mystery. You just have to tell them what you are trying to do. You have to engage them personally. You have to care about getting them better, getting their symptoms relieved. You have to care about the people around them who are worried. That is what I believe makes a good emergency department. I believe that the San's Emergency Care provides that better than anybody."

FRIENDS OF THE FOUNDATION



Looking for cute stocking fillers now that Christmas is just around the corner? And want to help us to help others?

'Cat', 'Oxy', and 'Edwina the Emu' are small soft toy 'Friends of the Foundation' available from various public areas around the Hospital or from the Foundation office for only \$5.

Please call
1300 034 357

CLINICAL SCHOOL CELEBRATES

NSW State Health Minister Jillian Skinner will be returning to the San shortly to meet with Stage 1 medical students of the newly established Sydney Adventist Hospital Clinical School of The University of Sydney. Celebrating the end of their first year of clinical placement, the students will share their experiences with the Minister. The school is the first clinical school established at a private hospital in NSW and will help redress the national health workforce shortage. It provides inter-professional training for medical, physiotherapy, pharmacy and other allied health profession students.



San CEO Dr Leon Clark with Health Minister Jillian Skinner on a previous visit.

25 YEARS OF SAVING LIVES



1500 volunteers



3200 lives transformed

The San's humanitarian aid program **Healthcare Outreach** is celebrating its 25th birthday. The San has helped coordinate medical, nursing and other health professionals from hospitals around Australia since the first trip to Tonga in 1986 to undertake cardiac surgery. Volunteers donate their time and expertise and also contribute financially towards the costs. Sponsors assist with other expenses. Inspired by a San Nurse who rallied his colleagues when he realised that young mothers were dying in Tonga of heart conditions that could easily be operated on here, there have now been more than 100 trips providing free surgeries to more than 3200 men women and children. A recent **Art from the Heart** Art exhibition celebrated their humanitarian achievements. The types of surgeries have been extended as needs have been identified. Today the teams do cardiac, orthopaedic, reconstructive and women's health surgeries and general medical and nursing clinics.

"The altruism of the volunteers who travel across the world to transform and save the lives of people they've never met, and to share their skills with local medical and nursing teams in the hope they can leave a legacy of self sufficiency, is inspiring. They are great ambassadors for Australia."

Dr Brendan Nelson
Australian Ambassador to the European Union and NATO

"What we have accomplished is amazing...however we haven't even scratched the surface of the need. To grow the program we need more sponsorship and more volunteers – both in leadership roles for the program and in medical and nursing disciplines to provide different medical services ..."

Russell Lee
Inaugural Operation Open Heart Team Member, Tonga 1986

Contact Healthcare Outreach Executive Officer Michael Were
via email michael.were@sah.org.au or call 9487 9295



Dr Suhan Baskar
Medical Director San Hospital In The Home

"Patients say to me "Hang on a minute – you are discharging me from the main Hospital but are still going to care for me while I live in my own home?"

And I say yes we are discharging you - but don't forget you are still admitted to a ward.

It can be a challenge to look after people who want to be at home but making this happen is enlightening, and professionally and personally satisfying. Particularly as we see mums with mastitis who can stay at home with their families, elderly couples who don't want to be separated just because of a chest infection or people needing palliative care who just want to be home... our whole team works together to try and keep these people at home. To me, it's a win/win for all of us...it's inspiring and invigorating. It makes me realise again - this is why I did Medicine. It's about being good to other people, of caring for others ...

How you have helped us to help others.



Donations from supporters have been used to fit out the **San Hospital Transport vehicle** to carry two beds used

to transport patients to nursing home and rehabilitation or other facilities. The vehicle is now in line with NSW Ambulance Service requirements.

SAH Breast Cancer patients can have access to two **Breast Care Navigators** whose appointment has been financially supported by donations. The Breast Care Navigators support, counsel, provide



direction and care to women and men during diagnosis, surgery, treatment and recovery.



San patients' blood can be analysed for a wider range of conditions more quickly, and

results passed onto their specialist doctors for more rapid diagnosis and referral for treatment thanks to **new blood cell analysers** partly funded by donations. Up to 700 blood samples can be analysed daily for a range of conditions including leukaemia, lymphoma, and multiple myeloma.

*If you would like to speak to someone about new hospital projects that need support please ring **1300 034 357***

THE LenSx ARRIVES

Dalcross Adventist Hospital's position as a leading ophthalmic centre of excellence has been reaffirmed with its purchase of Australia's 2nd Femtosecond Laser for cataract surgery (Alcon LenSx). Worldwide there are only 6 outside the USA.

Expanding technology has helped the evolution of cataract surgery over the last 20 years. The LenSx is the latest development using a computer-guided laser to perform the early stages of the cataract operation.



Associate Professor Geoffrey Painter



Dalcross' Theatre and Ophthalmology Manager Kerrie Legg (right) and the LenSx machine

"Early overseas clinical data seems to indicate better patient outcomes with potentially more accurate lens positioning and reduced surgical time, resulting in a gentler procedure with quicker visual recovery" says Dalcross' Ophthalmic section head Associate Professor Geoffrey Painter.

"The laser may give a greater chance to reduce dependence on glasses".

He and Dalcross' Theatre and Ophthalmology Manager Kerrie Legg will be undertaking clinical trials to confirm these findings.

SURVIVORS MEET OLYMPIC LEGEND

Two San Cancer Support Centre attendees met former Olympic legend and breast cancer survivor Raylene Boyle during a national summit.

Soledad Astudillo and Chris Handel were among nearly 300 breast cancer survivors at the Breast Cancer Network Australia (BCNA) event in Melbourne in August.

The Cancer Support Centre offers free drop-in-centre services, resources and support groups.

Soledad, only 30 when she was diagnosed last December with breast cancer, is a member of the Young Women's Breast Cancer Group which meets every week.

"It has enriched my life"

"At first I felt very angry – very embarrassed... and when I was going through my treatment, very lonely... attending the support groups gave me people to talk to who knew what I was going through. I want to share my experiences. I realise how powerful knowledge can be in helping cancer sufferers cope."



Know someone suffering with cancer? Or a carer who needs some support? Ring San Cancer Support at 9487 9061.

CHRISTMAS FROM THE HEART SUNDAY 11TH DECEMBER

The **San's Free Annual Carols by Candlelight** is a chance to celebrate 'Christmas from the Heart' with family and friends on the Hospital's front lawn. Headline performers **Gina Jeffreys and Becy Cole** will be joined by talented Carols favourites Laura Jane, Dave Martin, The Carols Band and the Wahroonga Adventist Primary School Choir.

The **Sanitarium Weet-Bix Kids' Concert** will feature the popular 'Smurf, Smurfette and Pappa Smurf' from the Very Smurfy Christmas Show.



4pm – Food Stalls & Family Activities

7pm – Kids Concert

8pm – Main Program starts, ending with the Hallelujah Chorus and a spectacular fireworks display

Picnic rugs and low rise chairs welcome.

See www.sah.org.au or ring 9487 9871 for more 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 Incubator Appeal Cancer Care Heart Care

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

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SAH Chief Executive Officer & SAH Foundation Chairman

Dr Leon Clark

Deputy Chair

Allen Broome & Mathilde Kearny-Kibble

Acting Treasurer

Russell McNair

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