



IN THIS ISSUE

Welcome to your News - Page 2

Great care, everywhere, every time -Page 3

Total support for people diagnosed with cancer
- Page 4

Encouraging great research - Page 5

The power of community in support of women
with breast cancer - Page 5

Celebrating life and all its colours - Page 6

Zero Suicide - Page 6

Angliss Hospital celebrates 100,000 births - Page 7

Thank you - Page 8

Message from the Chief Executive

Welcome to your Eastern Health Foundation News

At the heart of everything we do is our philosophy of 'patients first'. This philosophy drives our vision of great care, everywhere, every time throughout Eastern Health. In fact, every staff member, doctor, nurse, midwife, allied health therapist and researcher is driven to learn, discover and innovate for the benefit of each person who walks through our doors.

We are able to provide great care, everywhere, every time, because of the generosity of you, our donors and vital partners in health.

Individuals, community groups, businesses and organisations within the local community have helped us purchase state of the art equipment to treat and care for patients, provide supportive care programs so patients and their loved ones better understand how to manage their illness, and undertake ground-breaking research that has changed the way we deliver medicine and healthcare.

I hope you enjoy reading this newsletter. It is our way of keeping you up to date with the latest healthcare news and events around Eastern Health. It is **your** news.



Adjunct Professor David Plunkett
Chief Executive



Farewell Anne Gribbin

Eastern Health recently bid farewell to Anne Gribbin as Director of the Foundation. Over the last four years, Anne led the Foundation team to support a number of projects and new initiatives including:

- The Vivian Bullwinkel Chair in Palliative Care Nursing and End of Life Care which will focus on innovative research into the way we care for people in their final stages of life
- The development and enhancement of Cancer Services provided across Eastern Health
- The unique Storyboards across Peter James Centre, Angliss Hospital and Box Hill Hospital recognising and celebrating philanthropy

We wish Anne all the very best. She will be missed.

After four years as Director of Eastern Health Foundation we bid Anne Gribbin farewell



Providing Great Care, Everywhere, Every Time for you and your loved ones

Eastern Health is one of Victoria's largest public health services, providing healthcare to more than 773,000 Victorians each year. Our communities are diverse in culture, age, socio-economic status and healthcare needs.

Our sites include Angliss, Box Hill and Maroondah Hospitals, Healesville Hospital and Yarra Valley Health, Peter James Centre, Turning Point, Wantirna Health and Yarra Ranges Health.

We provide healthcare services for every person at every stage of their life – birth, childhood, adolescence, adulthood, aged and end of life.

At the heart of everything Eastern Health does is our philosophy of 'patients first'.

Eastern Health prides itself on being innovative, responsive and forward-thinking to the community's changing healthcare needs. We continue to develop initiatives based on research and best practice to support great patient care.

Demand for our services is growing. As our population ages and grows, Eastern Health recognises this will lead to a demand in healthcare services. This demand will necessitate additional state of the art equipment and innovative programs and services across the Eastern Health network to improve care and wellbeing.

Delivering great care, everywhere, every time relies on strong partnerships with individuals, community groups and businesses who are committed to ensuring their local hospital can continue to provide the very best of care.

Support **Your Local Hospital Appeal** and give a donation towards state-of-the-art equipment, patient-focused research or supportive care programs.

Visit www.easternhealth.org.au/foundation to donate online or call the Foundation on 03 9895 4608.

- Aged Care
- Cardiology
- Community Health
- Drug and Alcohol
- Emergency
- Family Violence Program
- Gastroenterology
- In home services through Eastern @ Home
- Intensive Care Unit
- Maternity and Paediatrics
- Medical and General Healthcare
- Mental Health including children, adolescent, adults and aged
- Oncology
- Palliative Care
- Rehabilitation
- Renal
- Respiratory
- Social Work
- Spiritual Care
- Stroke
- Surgery

GREAT CARE, EVERYWHERE, EVERY TIME

Comprehensive support for people diagnosed with cancer

With one of the busiest oncology services in Victoria, Eastern Health's dedicated oncology teams work with patients to coordinate their treatment and support them in ways that minimise stress yet maximise comfort and care throughout every step of their journey.

The generosity of individuals, businesses and community groups has seen the introduction of three specialised Cancer Supportive Care services available to all cancer patients and their loved ones here at Eastern Health.

Katrina Wragg - Stem Cell Transplant Coordinator

At the end of 2015 over 1,000 caring donors raised funds to appoint Eastern Health's first dedicated Stem Cell Transplant Coordinator. Katrina works within a multi-disciplinary team including medical oncologists, haematologists, cancer nurses, allied health and external healthcare facilities. She assists patients and their families navigate a complicated journey. She coordinates stem cell collection, pre-transplant tests, chemotherapy, inpatient care and discharge planning and is responsible for achieving and monitoring clinical outcomes and best practice in clinical care.

Bernadette Zappa – Wellness Coordinator

In 2016, donors generously raised over \$100,000 for the Cancer Services Wellness program. This generosity is enabling Eastern Health to provide a range of patient education and wellbeing programs so patients with cancer and their loved ones better understand their illness and the treatment they will receive in a supportive environment. The Wellness programs are designed to assist patients to "live well" with and beyond a cancer diagnosis. Bernadette brings not only a wealth of experience and expertise, but also her caring, empathetic and gentle nature to support patients and their loved ones through their journey.

Cancer Care Coordinator

From the moment a person is diagnosed with cancer and throughout their treatment, they will receive personalised care from a highly specialised Cancer Care Coordinator. Focused on patient care and treatment, the Coordinator will identify a patient's needs, develop a tailored program, and coordinate medical and allied health teams. The appointment of a new Cancer Care Coordinator will occur in early 2018. We gratefully thank the Rotary Club of Box Hill who, through their *Show of Hearts* event, raised over \$35,000 towards this position.



"When people hear the word cancer they often don't hear anything else. They find themselves in an anxious state, unable to make sound decisions. If we can help them manage their worry or fear at the start of their care, it can head the person in a really good direction."

**Bernadette Zappa,
Wellness Coordinator**

Encouraging research across Eastern Health

The breadth of research conducted at Eastern Health extends across all areas of healthcare including aged care, emergency, drug and alcohol, oncology, mental health and more.

Launched in 2012, the Eastern Health Foundation Research Grants program has awarded over \$1 million to date, encouraging staff to investigate the most effective methods of care and treatment, maximise patient wellbeing, and improve practices, policies and quality of care.

Individuals, businesses and organisations provide seed funding, ongoing financial support and significant donations so our researchers can focus on research that enhances patient care and provides essential skills and insights to staff. Their generosity

means our researchers are better able to understand diseases, discover treatments, and explore medical practices that can have immediate benefits to patients today.

Keeping a watch on cardiac patients

When Dr Andrew Teh, Jinthin Sajeev and Louise Roberts were awarded an Eastern Health Foundation Research Grant in 2017, they began research into whether smart watches can provide doctors with accurate data on a cardiac patient's heart rate, fitness and health. To date their research suggests that smart watches are not as accurate as medical grade equipment, however, technology is progressing at a faster rate than healthcare and in time their findings may be quite different.

The 2017 Eastern Health Foundation Research Grant recipients



The power of community for women with breast cancer

Launched in October 2016, the community-led Coolheads campaign raised funds to implement a scalp cooling service at Maroondah Hospital. Driven by the **Ringwood East and Heathmont Community Bank® Branch of Bendigo Bank**, the Coolheads campaign was generously supported by local businesses and community members.

Stuart Greig, Chair of the Ringwood East and Heathmont Community Bank® Branch of Bendigo Bank saw this as a great opportunity for his staff to get behind this worthy campaign. "The thing that touched a lot of community members was that scalp cooling machines were not available to people inside the public healthcare system."

As a result, women are now able to access scalp cooling free of charge. Scalp cooling machines can prevent or reduce hair loss by restricting the blood flow to hair follicles during chemotherapy sessions while patients wear a 'cold cap'.

Many women undergoing breast cancer treatment express their concerns over losing their hair.

We thank everyone involved and look forward to formally recognising their support later this year with the unveiling of the Coolheads storyboard at Maroondah Hospital.



Rhonda, wearing a cool cap

Celebrating life and all its colours

Eastern Health and Eastern Health Foundation welcome Professor Claire Johnson to the role of *Vivian Bullwinkel Professorial Chair of Palliative Care Nursing and End of Life Care*. Prior to joining Eastern Health, Prof Johnson was a member of the University of Western Australia's Cancer and Palliative Care Research Evaluation Unit.

With anticipated demand for palliative and end of life care expected to increase by 5 per cent every year, Prof Johnson's appointment represents an exciting opportunity to improve patient outcomes related to palliative and end of life care.

Prof Johnson will explore models of care, educate health care providers and engage the community in conversations around end of life care. She is already in the early stages of planning research, developing networks and meeting with potential funding bodies. *"I am driven to support people at the end of their life. In fact, I believe we have a duty to provide better, if not the best options in this area of healthcare,"* she says.

The generous support received from Box Hill RSL, the Australia Macau Business Council and the community, along with funds raised from Eastern Health's 2016 Searchlight Dinner has enabled Prof Johnson's appointment.



Professor Christina Mitchell (Monash University), Adjunct Professor David Plunkett (Eastern Health Chief Executive), Mr Tony Bowden (Box Hill RSL President), Professor Claire Johnson, Matt Sharp (Executive Director of Clinical Operations) and Anne Gribbin (Former Eastern Health Foundation Director) with a portrait of Vivian Bullwinkel

On the road to Zero Suicide

In Victoria alone, more than 500 deaths every year are caused by suicide- this is over double our road toll. Suicide does not discriminate. Any person may experience suicidal thoughts, regardless of race, socio-economic status, religious or personal beliefs, ethnicity or gender.

Eastern Health is working to reduce the rate of suicide in our community to ZERO. As one of the largest public Mental Health services in Victoria, we provide clinical onsite and community-based services for people experiencing mental illness, including suicidal thoughts and behaviours.

In launching the Zero Suicide program Eastern Health is developing an organisation-wide response that will educate staff to identify and recognise patients at risk, and a community-based program that encourages conversation around mental health and suicide in the broader community.

Zero Suicide is bold, ambitious and an aspirational challenge Eastern Health fully accepts. It reflects our commitment to strive to make suicide as close to non-existent as possible.

If you are in an emergency, or at risk of harm to yourself or others, call Emergency Services on 000 or Lifeline on 13 11 14.



Searchlight Dinner 2017

Eastern Health is thrilled to welcome ISS Facility Services as Gold Sponsor of our annual signature event, Searchlight Dinner, sharing our vision of excellence in research.

ISS Facility Services staff will be joining over 400 guests on Tuesday 31 October 2017 at Searchlight Dinner for what will be a memorable night with guest speaker Wayne Schwass and MC Tracey Spicer.

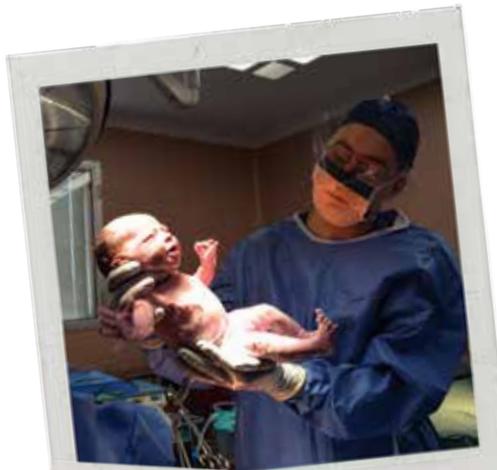
The night will raise awareness and funds for Eastern Health's Zero Suicide program.

To support Zero Suicide contact Eastern Health Foundation on 03 9895 4608 or email fundraising@easternhealth.org.au

Angliss Hospital celebrates 100,000 births

Angliss Hospital recently welcomed its 100,000th baby! Baby Taylor of Chirnside Park was born at 10.25am on 31 July 2017. Taylor's mother, Elise, said she was thrilled to share the hospital's excitement in such a significant milestone.

"This is a huge milestone not only for our maternity staff, but for those involved in the care of women throughout their pregnancy, birth and post-natal care." **Paul Leyden, Angliss Hospital Site Director**



Elise and baby Taylor, the 100,000th baby



Medical imaging staff Viv Mastertoun, Sandy Richardson and Janet Tongue



Rakesh Patel assists women in labour to arrive safely and also assists in theatre as a technician



Be part of the team that help deliver babies safely at Eastern Health by making a donation today



Tanya Kerr and Liz Perry help expectant mums at Angliss House



Fetal maternal assessment clinic staff Carmen Brookshaw and Dani Hogan



Pathology plays a huge role in the care of women and babies. Pictured here is medical scientist Aileen

Our thanks to you

Eastern Health has many wonderful and generous supporters who selflessly give towards great care, everywhere, every time. We take this opportunity to thank those that have supported the purchase of equipment, research and new programs and initiatives across Eastern Health. While we cannot profile everyone, we can highlight a few who have made a difference for our staff and patients.

In support of Melanoma Research

Now in his third year of community fundraising, Steve Goodie has raised over \$20,000 towards melanoma research in memory of his late wife Carolyn, who passed away in June 2015 from melanoma. Steve initially hosted a trivia night raising \$4,000. In 2016 he organised a Melanoma Awareness Round with AFL Yarra Ranges Football Netball League and Gembrook-Cockatoo Football Netball Club, raising around \$8,600. Many gave in honour of Carolyn, who was a life member of the Gembrook-Cockatoo Football Netball Club.

Steve's efforts resulted in the *Carolyn Goodie Memorial*

Melanoma Research Award being granted to Dr Eliza Hawkes for her research project "*Role of on treatment PET scanning in melanoma patients receiving immunotherapy*". Both Steve (pictured left with A/Prof Phil Parente, Director Cancer Services) and Carolyn's family attended the Awards event in February 2017. This year, Steve encouraged AFL Yarra Ranges, AFL West Gippsland and AFL Barwon Football Netball Leagues to get involved. Each league hosted a Melanoma Awareness Round on 5 August raising \$8,000 towards the *Carolyn Goodie Memorial Melanoma Research Award*.

Melanoma is the most commonly diagnosed cancer for Australians aged 15-29 years. This grant will enable another Eastern Health researcher to investigate the best possible methods of care and treatment for people diagnosed with melanoma.



Shades of Pink for Breast Cancer Centre

The recent *Shades of Pink* fundraising luncheon raised over \$32,800 for the new Breast Cancer Centre at Maroondah Hospital. We extend our sincere gratitude to organisers Sarah Allan, Katherine Coopersmith, Mary-Anne Lowe and Sarah Pedersen for a fun and successful event.

The new Breast Cancer Centre, due to open in March 2018, will provide a purpose-built facility that brings together the very

best in breast screening, breast cancer treatment and supportive care services. The Centre will also provide services closer to home for thousands of patients. Funds raised at Shades of Pink will be specifically used to fit out patient-friendly quiet spaces that are appropriate, intimate and comfortable for patients.



Fight Like A Girl for breast cancer patients

Having received care at Maroondah Breast Clinic, part of Maroondah Hospital, local Ringwood East resident Sara Henriquez and her family chose to say 'thank you' by hosting a fundraising event with their local community. *Fight Like a Girl* raised over \$6,000 and will support Breast Cancer services at Maroondah Hospital - helping patients and their families at a very difficult time in their lives.