

Saving Lives

EDITION 21 • SPRING 2021

WORD FROM

CEO Robert Hohnen

Welcome to our 2021 Spring edition of Saving Lives. Spring is a symbol of renewal and rebirth and the opening of the Integrated Acute Services Building in 2022 couldn't be more fitting. It will be the beginning of a new and exciting phase for the Prince of Wales Hospital. The new facilities will come to life to take care of the first patients early 2022.

Despite these exciting developments, the Foundation continues to focus on raising funds transforming today's healthcare delivery at the hospital, ensuring the patient experience continues with excellence so that each and every patient receives state of the art care. For that, I would like to thank the Prince of Wales Hospital Foundation team, who have – once again - done an outstanding job throughout the lockdown. I would also like to welcome our newest team members Kate Bool, Meg Arias and Frenchy Mayr who have brought a wealth of experience and knowledge to the Foundation.

I look forward to continued support from our donors and corporate partners whose generous support makes our work possible.

Robert Hohnen



WELLBEING

Support our Healthcare workers

WHILST NSW IS celebrating the ease of restrictions, it is no secret that healthcare workers continue to work harder and under more difficult circumstances and at greater personal risk to support our community during the pandemic. The increase in physical and mental expectation for our doctors, nurses and other allied health staff is taking its toll as they continue to selflessly work around the clock to provide care to our patients. Their own personal health and wellbeing underpins their ability to provide compassionate patient care to our community, so please help us care for them. You can make a difference to their unpredictable and challenging days by donating at www.powhf.org.au. A donation of \$5 could buy a coffee for an ICU nurse, \$20 could buy a much-needed healthy meal during a long shift, \$100 could support a worker to access wellbeing services, and \$250

could provide a wellbeing session for a healthcare team.

"There are a lot of things that make work hard now. Changing out of your PPE to get lunch is often not an option..."

"Dealing with friends, loved ones and family of patients over the phone with no face-to-face contact, especially when delivering bad news is emotionally taking its toll on us..."

"We are at breaking point but need to prepare for worse to come."

Our healthcare community needs us so please donate now at www.powhf.org.au. 100% of your contribution will directly benefit our healthcare workers.



PREVENTION AND EARLY DETECTION ARE KEY

PATIENT STORY

An unexpected source of strength

When Annie was undergoing daily radiation treatment last June, she would walk down the corridors of the Hospital, passing the "Surfin Spider" – a painting by local artist Lyndsey Hatchwell.

"This spider brought me a lot of comfort during my radiation treatment. Whenever I walked past this little guy he would draw me in and put a big smile on my face. It was like he was saying "Hey lady, you're going to be fine". I promised him that when it was all over I would come back for him. Three months on he was still there waiting for me and now he's mine."



Head & Neck Cancer is part of the Australian way of life

FROM SUN EXPOSURE at the beach to smoking and alcohol at the local pub, cancer can affect our skin, mouth, and throat. Although not as common as other cancers (i.e: breast and prostate cancer) the impact of Head & Neck Cancer can be devastating and much more debilitating.

Think for a moment about never being able to speak properly again, having only one eye, or only drinking Sustagen for the rest of your life.

Unfortunately, some of our patients face these realities, every day of their lives. Consequently, although prevention is key, we see the importance of early identification and treatment strategies.

The Foundation funded a Translational Research and Head & Neck Cancer Fellowship to further expedite care through the Prince of Wales Hospital's Head & Neck Cancer Rapid Access Clinic. The appointment of Dr Connor O'Meara involves implementation of novel strategies to expedite patient care, exploring integrated reconstruction techniques and researching novel therapies for treatment of Head & Neck Cancers- all aimed to improve treatment access, reduce the impact of disease morbidity and risk of mortality.

Dr O'Meara oversees the further development of the Head & Neck Cancer Rapid Access Clinic, associated data acquisition and infrastructure streamlining, management and surgical treatment of Head & Neck Cancer patients (under the supervision of the Head & Neck Oncology Team) and the development of a streamlined reconstruction and rehabilitation service for these patients. Since inception, the Head & Neck Cancer Rapid Access Clinic has reviewed more than 12 patients within 3 weeks, completing operations on six patients and reducing the average period of referral to surgical intervention to eight days.

However, Dr O'Meara's work doesn't stop here - he is also an integral part of a research collaboration identifying techniques to train the immune system to recognise cancer cells, while also identifying methods to directly deliver chemotherapy drugs to cancer cells.

"We believe this research will more accurately kill cancer cells, improving patient survival, reducing side effects (like nausea and vomiting, renal failure, hearing loss and swallowing difficulty), and hopefully over time, a reduction in the necessity for high doses of radiotherapy" says Dr O'Meara.

DID YOU KNOW?

472,000 Australians are living with dementia

Dementia is described to be a collection of symptoms that are caused by disorders affecting the brain. It is a broad term used to describe a loss of memory, intellect, rationality, social skills and physical functioning. There are many types of dementia including Alzheimer's disease, vascular dementia, front temporal dementia and Lewy body disease. Dementia can happen to anybody, but it is more common after the age of 65.

One place where people with dementia are cared for is the Prince of Wales Hospital Community Health's Annabel House situated within the Randwick Community Centre. It is a day care centre for people who are over 65 who may or may not have cognitive decline. Physical, social, cultural, and emotional safety is absolute paramount at Annabel House and underpins all the activities offered. Annabel House staff and services also provide the welcomed opportunity for the client's family and carers to have respite while the client attends Annabel House.

For more information about Annabel House, please contact 02 9369 0400

FOUNDATION FUNDING IMPACT

Managing and preventing Delirium

DELIRIUM IS A sudden change in a person's mental state and a common post-surgery presentation in older patients. Patients with delirium may seem confused, disorientated, and agitated, or quiet and withdrawn.

Delirium affects 50% or more adult intensive care patients and 23% of older patients in general medical settings.

The Foundation recently funded Non-pharmacological Delirium Management

Equipment for the Prince of Wales Hospital's Orthopaedic ward. In accordance with current evidence-based practise, the use of Non-pharmacological Delirium Management strategies should be implemented for patients at risk of delirium as well as patients with delirium. This equipment is now helping delirium patients to achieve improved cognition, emotional wellbeing, sleep mobility, hydration and nutrition, leading to a reduction in admission to Residential Aged care Facilities and improved quality and safety outcomes for patients.



THANK YOU

CUSA funding

WITH THE HELP of our generous supporters, the Foundation was able to fund a new Cavitron Ultrasonic Surgical Aspirator (CUSA) for the Prince of Wales Hospital. The CUSA is an essential device that is used in tumour surgery. It uses

low frequency ultrasound energy to dissect or fragment tissue to distinguish between pathologic tissue and normal tissue allowing for improved visibility, less collateral tissue damage and less blood loss during surgery.



Whats on...

DONATIONS LIFTING SPIRITS

GENEROUSLY DONATED GROCERIES from Woolworths Metro Randwick, refreshing organic Kombucha drinks from Remedy, delicious Lindt chocolates and mouth-watering cheese rolls from Baker's Delight Wynyard lifted spirits across our hospital staff. Thank you to our corporate partners for their exceptional contributions. You brightened some of our most challenging days and brought a smile to our staff's faces.



CHASING CLOUDS

THE WORLD IS EVERCHANGING and with that, lifestyle choices shift over time. Since cigarettes were identified to cause damaging effects to the body in many ways, touted better options such as vaping or e-cigarettes emerged. But does it offer a way in or a way out from the health burden of conventional cigarettes?

Chasing Clouds is a five-part, evidence-based podcast series produced in collaboration with the Prince of Wales Hospital Foundation and the Head and Neck Cancer Foundation exploring the social and public health impact of vaping and e-cigarettes in contemporary Australia.

Episodes are now available on YouTube, Apple Podcasts, Google Podcasts, and Spotify.



GIFTS IN WILLS PARTNERSHIPS

THE PRINCE OF WALES HOSPITAL FOUNDATION has partnered with Gathered Here for a free Will service. Having an up-to-date Will is one of the most important things you can do for yourself and your family. Write Your Will for free in under 10 Minutes with Gathered Here. Please visit gatheredhere.com.au/powhf to get started.

The Prince of Wales Hospital Foundation is one of 130 Australian charities working together to change the way Australians think about including charities in their Will through the Include a Charity Campaign. Include a Charity Week took place from 6-12 September and aims to raise the profile of charitable gifts in Wills every year. Still unsure about what legend you are and what legacy you may leave?

Take a short quiz below to work out what kind of mark you may consider making. <https://yourlegend.org.au/>



If you like to know more information on leaving a gift in your Will contact Grant on 02 9382 4085 or on 0418 405 561, or email grant@powhf.org.au



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