

Connections

THE CABRINI HEALTH MAGAZINE Issue 07 June 2011



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Doctors gain instant access to test results

A message from the Chief Executive

In May 2011, we introduced the Cabrini Health Nursing Excellence Awards – awards voted by patients, recognising our nurses who deliver 100% right care, patient satisfaction and staff engagement. Winner of the Individual Nurse Award was Maggie Laughton, whom patients commended for her excellent nursing skills, her warmth and her compassion. The Midwife Award went to Bev Rothstadt and the staff of the Day Procedure Centre received the Team Award.

What these awards highlight is that each Cabrini Health nurse has a chance to change lives. Increasingly, patients and families are partners in the care we provide, they need to be fully informed of treatment options, they can speak for themselves and decide for themselves, and it is the role of the nurse to empower them to do so. Each nurse, midwife and team nominated for an award earned recognition from patients and/or their families for going beyond doing their job to the required technical level. Rather, these nominees saw their work as lifting the spirit of the individuals they work with, patients, families and colleagues. They bring themselves to work, they have engaged and lived their own values and the mission and values of Cabrini. They have made a difference in the way they go about their work, the way they communicate and the way they behave and I warmly congratulate each and every nominee.

Robot-assisted surgery is about to arrive at Cabrini Hospital Malvern. This new surgical system will benefit patients in four areas of our work – prostate disease, cardiac disease, colon disease and gynaecological conditions. Patients come to Cabrini Health because our surgeons and

specialists have pre-eminence in their fields of expertise and because we have an excellent reputation for care and results. The option of robot-assisted surgery is not only important for our patients, but also helps us to retain and attract the best medical specialists.

Recently we launched a major project to improve care for patients suffering a STEMI (ST Elevation Myocardial Infarction) – a condition best known as a heart attack. Hospitals around the world have changed the way they manage patients with chest pain to ensure they receive the best treatment within 90 minutes of arriving at hospital. This first 90 minutes are critical for people suffering a heart attack – both for determining the best chance of survival and a good recovery. Now, ambulances will deliver people with suspicious chest pain directly to the Cardiac Catheterisation Laboratory instead of the Emergency Department. Since its launch in early May, patients have received care well within the nominated time.

Finally we were delighted to be voted the best private maternity hospital in Victoria by new parents in a survey conducted by Medibank Private. Our maternity staff were thrilled with this ranking as they work so hard to ensure new mums and dads enjoy a memorable experience as they welcome their new baby into the world.

I trust you will enjoy reading more about these interesting innovations, as well as some other newsworthy stories.

Dr Michael Walsh
Chief Executive

Patients recognise nurses' care

Friday 13 May 2011 was a lucky day for nominees and winners of the inaugural Cabrini Health Nursing Excellence Awards. Sponsored by Maxxia and Aon, the awards are voted by patients.

"Never before have we had an opportunity to formally recognise the excellent work and dedication of the 1745 nurses who work across the organisation," said Sue O'Neill, Executive Director of Nursing.

"During the past three months, 50 nominees have been recommended by patients or their families as a result of their exemplary care, compassion and integrity."

Recipients received awards in three major categories:

Individual Nurse Award – Maggie Laughton

Individual Midwife Award – Bev Rothstadt

Individual Team Award – Day Procedure Centre

Cabrini Health thanks all the companies and individuals who provided prizes including Sofitel Melbourne, Novotel St Kilda, Clive Peeters, Lyall Hotel & Spa, Hotel Windsor, Pink Lady Chocolates, James Richardson, Haighs Chocolates, Molino's Florist, Endota Spa, Village Roadshow, Coles Malvern, Woolworths Malvern, Glaxo Smith Kline and the Yarra Lions Club.



WINNER OF THE INDIVIDUAL NURSING AWARD, MAGGIE LAUGHTON.



“Our doctors, midwives, nurses and clinical staff provide a comprehensive service emphasising quality and safety including onsite emergency, intensive care and diagnostic services on hand if needed.”

Cabrini maternity voted best in Victoria

In a survey conducted by Medibank Private, new parents ranked Cabrini Health the number one private maternity hospital in Victoria and the second nationally.

“This was a comprehensive survey by a major health insurer and provides wonderful recognition of our hardworking and committed obstetricians, doctors, midwives, nurses and staff – past and present – who have provided excellent maternity care to Melbourne families over the past 50 years,” said Sue O’Neill, Cabrini Health’s Executive Director of Nursing.

It was fitting that the results were announced in the same week as International Midwives Day (5 May) and Mother’s Day (8 May) and just ahead of International Nurses Day (12 May).

“Cabrini Health delivers 1400 babies every year and we are currently expanding our popular maternity service to meet the needs of our local communities,” said Ms O’Neill.

“The arrival of a new baby is a highpoint in the life of the parents and their families and we are delighted to provide our patients with the best possible care, support and comfort during this exciting time.

“Our doctors, midwives, nurses and clinical staff provide a comprehensive service emphasising quality and safety including onsite emergency, intensive care and diagnostic services on hand if needed.”

The *Medibank Maternity Experience Index* was prepared as part of the health insurer’s annual hospital experience survey. More than 2000 patients who recently gave birth in

private hospitals across Australia completed the survey. Parents were asked to rate hospital performance, environment, staff and support throughout the pregnancy, birth and early parenthood. It included topics from pre-admission care such as antenatal classes and hospital familiarisation, to breastfeeding support and advice on caring for newborns.

The first Cabrini baby, an infant girl, was safely delivered via caesarean-section at Cabrini Hospital Malvern in September 1958 by Dr Spiers and Dr Abrahamson.

(ABOVE) NEW PARENTS, ADRIAN & VANESSA TOTA, WELCOME THEIR DAUGHTER, ZARA, BORN PREMATURELY AT CABRINI HEALTH.



Robotic system breaks new ground

Robotic surgery has been around since 1999 but, a decade on, advances in technology mean it has become a whole lot better.

On 1 July 2011, Cabrini Health will move into this exciting technology with the third-generation model, the da Vinci Si HD Surgical System.

Fittingly named after the great Renaissance genius, Leonardo da Vinci – the first person to design a working robot – it is doubtful even his polymathic mind could ever have imagined such a versatile machine that can do more and see more than any human.

INVESTMENT IN THE FUTURE

More than 1460 robots are used at major hospitals around the world and have performed more than 205,000 procedures. For a not-for-profit health service such as Cabrini Health, the robot is a major investment in technology at \$2.7m but the benefits to patient care far outweigh the cost.

Gynaecologist Dr Tom Manolitsas is a proponent of the robot's value in the treatment of fibroids, female cancers, endometriosis and some types of prolapse.

"The robot is a fantastic tool, as it allows more complex surgery to be conducted in a more precise way and with better patient outcomes," he said.

The da Vinci surgical system is made up of:

- a surgeon console with sophisticated hand controls
- the robot itself with its four arms to control instruments such as scissors, scalpel, electrocautery instruments and endoscopic camera
- third console: a vision cart which records all the processes

Even though surgeons gain greater access to organs and greater depth within the body, surgery is less invasive with incisions only about 1 cm in length causing less damage to surrounding tissue and no need to disturb nearby body structures.

PRECISE PATIENT CARE

What does that mean for patients? Because operations are less invasive, recovery time is shorter.

Urologist Dr Daniel Moon has performed more than 100 radical prostatectomies (removal of a cancerous prostate) and was first in Australia to robotically remove a cancerous bladder in 2009.

"The most recent development I am excited about is the use of intra-operative ultrasound to enable resection of cancers embedded in the kidney – we are now saving kidneys that patients would previously have lost," he said.

Unlike traditional surgical instruments, the robotic arms have 'wrists' which achieve a 360 degree rotation – which is impossible in the human hand. Every movement the surgeon makes is automatically minimised and hand tremors reduced, yet with full control of the minute instruments at the end of each of the robot's arms.

The system's high definition three-dimensional vision, with up to ten times magnification, gives surgeons an unsurpassed view of the operation site.

"Robotic surgery allows cardiac surgeons to perform intricate surgery within the patient's heart through very small incisions. The high resolution imaging and the sophisticated robotic instruments give surgeons the ability to increase the scope of cardiac reconstructive procedures that can be performed with minimal invasiveness," said cardiothoracic surgeon Mr Randall Moshinsky.

Safety is a major advantage: throughout a surgical operation, the system performs more than one million safety checks every single second.

THE FUTURE

Its precision is first-class and its scope continues to expand. Its potential in colorectal surgery, one of Cabrini Health's key strengths, is also being explored.

Colorectal Surgeon Mr Peter Carne says the most outstanding aspect of robotic surgery is the prospect for future advances in minimally invasive surgical procedures.

"Rectal cancer and rectal prolapse are just two examples of complex conditions well suited to robotic surgery," he said.

Since robotic surgery is still quite new, not all surgeons are trained to operate the da Vinci robot. Cabrini Health will be the first hospital in Australia to introduce a simulator to provide surgeons with supervised training and ongoing practice in a virtual environment, much like pilot training in an airline simulator.

(LEFT) THE NEXT GENERATION DA VINCI SURGICAL SYSTEM. PHOTO COURTESY INTUITIVE SURGICAL.

PNG man's new chance at life



PANU ARRIVES IN MELBOURNE FOR HIS SURGERY AT CABRINI HOSPITAL

Twenty-year-old Panu Sugu arrived at Cabrini Health with dreams of being able to kick a ball. It's not a big dream, but when both your legs are severely bowed you might as well wish for the moon.

One of Cabrini Health's orthopaedic surgeons, John Griffiths, found Panu five years ago when he was brought to a special orthopaedic clinic at Madang Hospital in Papua New Guinea.

"Panu had Blount's disease and it was the worst case I had ever seen. He could barely walk and for years had suffered very painful knees," said Mr Griffiths.

Blount's disease is a progressive growth disorder of the shin bone. In Australia, it is corrected early, but in third-world countries many children have to learn to cope with their disability because they lack access to complex surgery and nursing care.

Panu's disability, and the cultural mores of his country, had caused him to give up his education at primary school level to work in the fields and



REALISING A LONG-HELD DREAM

to help his father in a mechanic's workshop. The young boy compared the normalcy of his twin brother's life to his own, believing he would never be able to emulate him by graduating from school, getting married or becoming a father.

What he did have, though, was a champion in John Griffiths. Mr Griffiths was determined to change Panu's life and set about making arrangements to bring him to Australia for specialised surgery to straighten his legs. Mr Griffiths knew it would take time and it did.

"Panu was a complicated case requiring multiple procedures over a period of nine to 12 months," said Mr Griffiths.

He contacted the Children First Foundation and sought Cabrini Health's support. He assembled a specialist team of surgeons, anaesthetists and nurses who all donated their time and expertise to help Panu.

The scene was set for the first operation on 1 May 2010 at Cabrini Health. The shy, young patient faced the prospect with stoicism and every confidence in the team of people helping him. Mr Griffiths and his fellow surgeon, Mr Minoo Patel, began the four-hour operation that aligned Panu's shin bone with his thigh bone, cobbling here, crafting there until finally a steel frame was braced and pinned through the shin bone – a device that would slowly straighten and his lengthen his leg over a ten-week period.

With the support of Cabrini Health's nurses and Moira Kelly and her team at the Children First Foundation, Panu made good progress. He underwent a second operation to his other leg in September 2010, again with a Taylor Spatial Frame fitted to straighten his leg.

All the while, Panu's confidence grew. He smiled more readily, laughing and joking with the nurses and he formed firm friendships with the children staying with the Children First Foundation.

By the time he celebrated his 21st birthday at a disco party in March 2011, Panu was standing firmly on two straight legs. On the point of returning home, when he met all the doctors and nurses gathered together to say farewell, he could not hold back tears. These were the people who had given him a whole new life and he could not thank them enough.

From theatre to racetrack in four weeks

Nothing much stands between barrister and Cabrini Health patient Peter Berman and the sport he loves: motor racing.

Following nine weeks of chemotherapy and just four weeks after surgery to remove a tumour in his oesophagus, 65-year-old Peter completed 18 fast laps of the circuit in the Shannon's Historic Demonstration held during the 2011 Formula 1 Qantas Australian Grand Prix in Melbourne in March 2011.

Despite being on his feet for many hours and driving his beloved green Aston Martin DB2-4 mark 2 at top speeds, Peter says he didn't feel exhausted and that the experience was exhilarating.

Peter is now back at work, his appetite is improving and he says he is feeling as good as ever. Despite owning three vehicles, the long-time classic car aficionado walks from his Toorak home to his outpatient appointments at Cabrini Hospital Malvern.

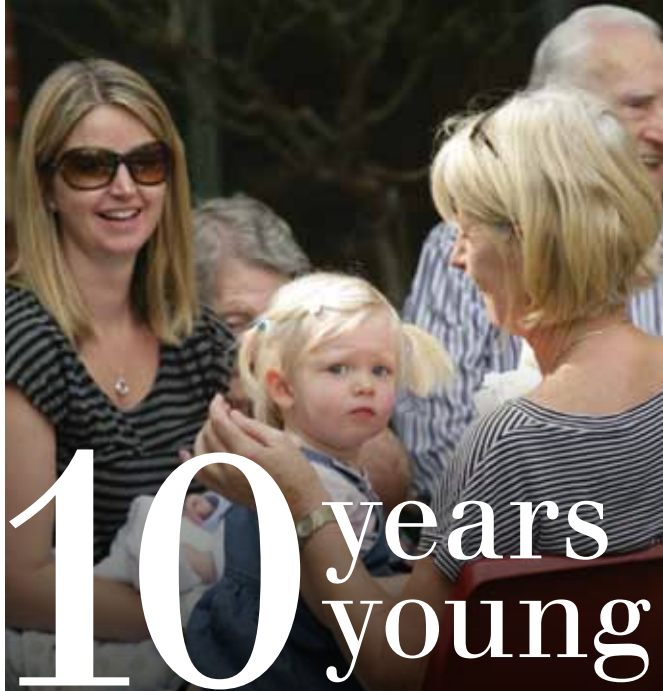
"Despite feeling quite tired at times, I have become stronger each day and I am here to say, there is life after an operation," he said.

Peter advocates rest and pacing oneself.

"I never push myself, I rest when my body says that's what I need, and owe much to the doctors and nursing staff at Cabrini Health who cared for me."



PETER BERMAN ON TRACK DURING THE 2011 AUSTRALIAN GRAND PRIX



(LEFT) ALL AGES ENJOYED CABRINI ASHWOOD'S 10TH ANNIVERSARY CELEBRATIONS.

10 years young

Hundreds of people including residents, family members, staff and volunteers joined the celebrations for Cabrini Ashwood's ten-year anniversary held over three days in April 2011.

More than 150 people were part of the first event, a religious celebration, held on 6 April attended by VIP guest Federal Member for Chisholm Anna Burke MP. Ms Burke is a long-standing friend of Cabrini Ashwood, as she officially opened the premises ten years ago in one of her first official duties as a newly-elected member of Federal Parliament. She described Cabrini Residential Aged Care Ashwood as the "standout residential care home in my electorate" and commended the staff on their care and attitude.

The celebrations continued the next day with the opening of a Remembrance Garden. The tranquil space bears plaques for those who have lived and contributed to life and the community at Cabrini Ashwood since it opened. Families were touched by the special recognition of their loved ones, and many of them took time to stroll around the garden and leave flowers or candles in memory.

"It has been the people who are the life of Cabrini Ashwood, so we wanted to establish a special place to honour everyone who had made it their home," said Amanda Kingham, General Manager of Cabrini Residential Aged Care Ashwood.

The final event was a Family Day on 9 April.

"This was fantastic, such a happy day – so many families and children and residents enjoying everything on offer," said Ms Kingham.

"This was a great opportunity to come together as a community and take some time to thank everyone involved in making this a welcoming home, a great place to live and work."

Despite a threatening change in the weather, residents and families enjoyed the music of a wonderful jazz band in the rotunda, a display of international dance, a magician and the Avila musical theatre group. The mobile petting zoo, face painting, Devonshire tea, sausage sizzle and gift stalls were great hits with the crowd.

Cabrini Residential Aged Care Ashwood has a community of 90 residents, where staff and volunteers provide high quality care and services with compassion and love. Residents' wellbeing and quality of life are enhanced by a range of social, recreational, spiritual and emotional support and activities. Since establishment in 2001, it has blossomed into a successful and highly sought after home for aged and disabled citizens in our wider community.



24/7

Clinical viewer keeps doctors connected

Cabrini Health doctors now have patient blood tests, x-rays and ultrasound results at their fingertips with the introduction of a new Clinical Viewer using a special application on their iPads.

The Clinical Viewer has been trialled by a few senior practising doctors at Cabrini Health over recent months, and following their recommendation, is now available free to Cabrini Health's accredited medical specialists.

"Clinical Viewer provides our doctors with a range of benefits including quicker access to information for clinical decisions," said Associate Professor Simon Woods, Cabrini Health's Executive Director of Medical Services.

"Having the device in our hands gives us improved communication with patients and families because we can now show results and images on the iPad and discuss it with them on the spot."

Anywhere there is a mobile signal or wireless network, doctors can gain instant access to their patients' test results. This rapid flow of information is vital to clinical decision making.

The multi-function application means that doctors can also use the Clinical Viewer to access family contact details, review dates of a patient's attendance at operating theatre or admissions, locate patients within any one of our hospitals and access information about referred patients admitted under other doctors.

Privacy of patient information is protected through secure encrypted connections.

"The system tracks the users to identify which patient records have been accessed and of course, Cabrini Health's doctors are very familiar with the privacy and ethical issues related to accessing confidential medical information," said Associate Professor Woods.

But this is just the beginning. Plans are underway for the Clinical Viewer to be accessed via desktop browser, enable doctors to e-prescribe patient medications and order clinical tests – improving healthcare for both patients and doctors.

A/PROF SIMON WOODS USES THE CLINICAL VIEWER AT CABRINI'S EMERGENCY DEPARTMENT.

Please help us serve the needs of the community.

Cabrini Health is a not-for-profit organisation. To make a gift towards our work, please contact the Cabrini Foundation on (03) 9508 1382 or donate online at www.cabrini.com.au or simply send your donation to Cabrini Foundation, 183 Wattletree Road, Malvern, Vic, 3144. Cheques should be made payable to 'Cabrini Health'.

All donations over \$2 are tax deductible.



183 Wattletree Road
Malvern Vic 3144
Telephone: (03) 9508 1222
Facsimile: (03) 9508 1098
www.cabrini.com.au

ABN 33 370 684 005