



ISSUE ONE, FEBRUARY 2007

IMPROVING PATIENT CARE THROUGH EDUCATION AND RESEARCH

Above, Clinical Assistant Research Nurse Jane McCasker and below, Cabrini's dedicated breast care nurse, Jenny Macindoe

Breast care nurse joins the team

Welcome Jenny Macindoe, below, Cabrini's first breast care nurse coordinator.

Cabrini Institute is looking forward to working with Cabrini's first breast care nurse, Jenny Macindoe, as we further develop our focus on women's health.

With breast cancer so prevalent in our society – one in 11 Australian women will contract the disease – the Institute and Cabrini are keen to enhance care of these patients, to increase our research and to educate our staff and students.

The good news is that more women are overcoming the disease with a five-year survival rate of 86.6 per cent. Between diagnosis, treatment, recovery and hopefully long-term survival, there is a clear need for continuity of care from a breast care nurse who understands the emotional and physical journey involved.

The role is a special one with Jenny supporting newly diagnosed patients throughout their care and connecting them to other key members of the treatment team. "One important aspect of my role is to clarify information that is provided during the trauma of the first appointment when the bombshell is dropped," Jenny says. "I then continue to liaise with the patient and the treatment team and act as a link between other areas of care, helping to ensure a smooth journey for the woman."

Jenny's position is part funded by someone who particularly understands the plight of these patients – breast cancer survivor, Kerrie Hunter. Ms Hunter has a long association with Cabrini, having had her two children here. But in 2004 disaster struck at Christmas time when she was diagnosed with an advanced breast tumour.

Ms Hunter underwent six months of innovative treatment by oncologist Romyne Holmes – involving chemotherapy to shrink the tumour – and then a mastectomy by breast surgeon, Miss Jenny Senior.

As she recovered, she was grateful for the excellent care she received from her doctors, those on the wards and in day oncology. Though describing herself as an "ordinary person, not the sort who organises fundraisers", she knew she wanted to contribute to Cabrini to help other women facing breast cancer.

Cabrini thanks Ms Hunter for her thoughtful contribution to the wellbeing of Victorian women.

If you would like to support the work of Cabrini Health, please call Libby Crosthwaite at the Cabrini Foundation on 9508 1757.





Left, Associate Professor Peter Lowthian, Executive Director, Cabrini Institute

Welcome to the latest *Research + Discovery* from the Cabrini Institute

Around Australia, the push is on for an increase in the number of specialist doctors joining the workforce to overcome forecast shortages, especially in rural areas. There is a groundswell of support for specialist trainees to work and train within private hospitals with the Federal Health Minister, Tony Abbott recently allocating \$25 million to develop the concept within the private sector.

Recent press reports indicate that Nicola Roxon (Labour health spokesman) and Professor Lindon Wing (Chairman of the Medical Deans Australia and New Zealand) are also supportive of the concept.

The Institute, with Cabrini Health and Monash University, have been involved in both undergraduate and postgraduate medical education as well as medical research in the private hospital sector for more than nine years. We have committed significant expenditure on infrastructure and have enjoyed the support of Cabrini's experienced medical clinicians, the deans of Monash University Medical School and our visionary donors.

This year Cabrini Health and the Cabrini Institute are expanding the medical undergraduate student program, and are prepared to increase our commitment to medical education by taking specialist trainees in appropriate areas.

This year brings a new face to the Institute and Cabrini, with the appointment of Professor Tracey Bucknall, to the Chair of Nursing and Head of the Cabrini-Deakin Centre for Nursing Research. Prof Bucknall joins us after many years of experience in senior roles at the University of Melbourne and in nursing research at Western Health. She joins us at the end of March and we look forward to her contribution to improving the care of our patients.

The Institute's researchers constantly seek to answer questions which cut to the chase and remind us why we're here. How effective is this new treatment? How well are we communicating with our patients and their loved ones? How safe are our patients? Are we educating people as well as we might?

We constantly seek to answer questions which cut to the chase and remind us why we're here. How effective is this new treatment? How well are we communicating with our patients and their loved ones? How safe are our patients? Are we educating people as well as we might?

Underpinning all that we do is the need to ensure the emotional wellbeing of patients while offering the best in proven, evidence-based care.

None of the cutting-edge research into areas like cancer, nursing care, surgical techniques and cardiac care would be possible without the extraordinary support of our donors. Their generosity will live on in others coming through our doors for many years to come.

A/Prof Peter Lowthian
Executive Director, Cabrini Institute

1300

Cabrini provides over 1300 day oncology patient treatments per month. Many of our patients choose to be involved in research.

12000

12,000 people are diagnosed with bowel cancer in Australia each year – and 40% of those will die from it. The Institute's Department of Surgery has a bowel cancer data base project to provide diagnostic and treatment outcome data to ensure we continue to develop the best levels of care.

If you would like to help Cabrini Institute continue its education and research programmes please call Libby Crosthwaite at the Cabrini Foundation on 9508 1757 or mail: Cabrini Foundation, Reply Paid 63245, Malvern, 3144. Thank you for your support.

From sewing machines to surgery

A COUPLE'S VISION IS HELPING CABRINI'S CARDIAC PATIENTS AND MEDICAL RESEARCHERS.

Cabrini Institute is now recognised as the first private hospital in Australia to offer a Chair in Surgery, thanks to a generous donation from two remarkable Victorians. Now another philanthropic gesture by this Melbourne couple will ensure cardiac research leaps ahead.

One family's name is carried through the corridors of Cabrini, Monash University and beyond as a reminder of the contribution made by Helena and Joseph Fröhlich West.

The Fröhlich West Chair of Surgery is well and truly established and is held by Adrian Polglase, the Professor of Surgery and Chairman of the Cabrini Monash University Department of Surgery.

The couple's most recent donation will help open the way to new, improved cardiac care. Our cardiac researchers in the Department of Medicine can now develop a new stream of cardiac research, thanks to the generosity of Mr and Mrs Fröhlich West.

Helena and Joseph Fröhlich West's generosity will:

- Further our research into cardiovascular disease and care of cardiac patients
- Advance research into bowel cancer
- Help us to study and treat a range of gastrointestinal conditions
- Assist the teaching of surgical and medical undergraduate and graduate students
- Reduce pain through better use of local anaesthetics
- Help fund Australia's first chair in surgery in a private hospital



The impact of their support reaches across several areas including bowel cancer and upper gastrointestinal conditions. And the result? They will help patients of the future live better lives.

Mr and Mrs Fröhlich West's generosity stems from a desire to give something back to the country that welcomed them after they fled Poland having survived World War II as a young couple.

They arrived in Melbourne in 1950 with few possessions but were armed with their precious sewing machines, hopeful they would provide a living.

And indeed they did. In an attempt to assimilate, the couple changed their name to West and started a lingerie business in Chapel St, Windsor. The business, Dominant Lingerie, took off and the Wests worked hard to supply department stores around the country.

"My wife, Helena, was cared for in a most devoted way by Dr Lipp who has since died. Over the years, we knew Cabrini deserved our support as they continued to care for my wife," Mr West says.

"We wanted to make a start by donating, to set an example so others might open up their hearts.

"We also wanted to give back to the wonderful Australian people who supported our business for more than 40 years."

Mr and Mrs West's contribution to the academic life at the Cabrini Institute and Monash will have far-reaching implications, according to Prof Polglase.

"A major focus of my research team has been the causes, prevention and management of bowel cancer and other bowel disorders," Prof Polglase says. "This latest contribution from the Wests will offer us the opportunity to help so many people living with cardiovascular disease."

16

Cabrini Institute is in its ninth year of educating medical students. As one of the first private hospitals to do this, we are keen to expand the program. We currently have 16 third year students for their core medical and surgery teaching year.

24

In Australia a person dies from bowel cancer every two hours and a person dies from breast cancer every four hours. Cabrini Institute researchers are involved in projects to investigate a range of cancer therapies and to limit the side effects of treatments through 24 separate clinical trials in the Medical Oncology Department.

20%

20% of Australians over 50 develop fractures of the spine due to osteoporosis. Institute researchers are conducting a National Health and Medical Research Council sponsored trial of vertebroplasty treatment for pain relief in this condition.

Left, Cabrini theatre staff in action
Right, Professor Adrian Polglase (right)
and Dr Paul Simpson (left)



Keeping track of our colorectal patients

A NEW DATABASE ENSURES SAFER TREATMENT FOR OUR COLORECTAL PATIENTS AND WILL IMPROVE THE CARE OF THOSE WHO COME TO CABRINI IN THE FUTURE.

The progress of patients who have been treated for colorectal cancer will be tracked and recorded to help future patients under an innovative new program. Initially involving patients from Cabrini, the database will soon include those from Monash Medical Centre and the Alfred Hospital.

The storing of patient details will strictly adhere to privacy legislation and has been approved by the Cabrini Human Research Ethics Committee.

The data will reveal far more than a simple clinical audit and will be unique in its scope. It will help the Institute ensure best practice in surgery, and will allow assessment of new treatments and risk factors. This will allow surgeons to predict, before surgery, an individual's risk, thereby ensuring safe treatment options.

The data base will provide a framework to allow large scale clinical trials, beyond Cabrini's previous capacity, and the opportunity to be linked with the MMIM Bio 21 project, a national initiative allowing the sharing of similar information from patients across the country.

Congratulations to our dedicated team of surgeons led by Paul McMurrick, which includes Professor Adrian Polglase, Chip Farmer, Stephen Bell and Peter Carne. This unique initiative has been made possible by the generous contribution of donors and benefactors.

This will allow us to predict, before surgery, an individual's risk of adverse outcome, thereby ensuring safe treatment options.

And the next step forward?

According to key player, Dr Paul McMurrick, "Further funding would allow us to expand the use of the model as a framework for conducting further clinical trials, assessing current and new treatments and to include patients undergoing other major colorectal procedures, not just cancer.

Learning from those with vision

Research Day at Cabrini was a great success with a record number of people visiting to hear about Cabrini research making a difference to patients' lives. A highlight was the seminar and the keynote lecture delivered by Dr Carolyn Arnold from the Caulfield Pain Management and Research Centre. We also welcomed experts from the Epworth, Austin Health and Caulfield General Medical Centre.

As the Institute enters its tenth year, it's gratifying to acknowledge our talented researchers and their findings. Professor Adrian Polglase (above right) won the award for the best presentation on his pain buster project. Dr Paul Simpson (left), a surgical research fellow, won a prize for his poster describing gastric emptying following oesophago-gastrectomy surgery.

This year's Research Day is on Thursday, November 15, 2007.

What's on



CABRINI INSTITUTE EVENTS

Wednesday March 7
Twilight garden party at Como House, South Yarra.

Thursday March 22
Peter Meese Memorial Lecture, "Not a breast cancer victim but a survivor – using a voice to bring about change" with Lyn Swinburne, the CEO of Breast Cancer Network Australia.
To be held at 5pm in Cabrini Malvern Chapel.

Thursday July 12
Harry Potter premiere, Dendy Brighton.

Thursday November 15
Research Day.

For all event enquiries and bookings please call Cabrini Institute on 9508 1375.

Cabrini Institute – A division of Cabrini Health
183 Wattletree Road Malvern Vic 3144
Phone 03 9508 1375 www.cabrini.com.au