

Saving Lives

EDITION 17 • SPRING 2020



OUR FRONTLINE WORKERS

When time is of the essence

Michael Breeze –
Clinical Nurse Educator.
Image courtesy of the
Wentworth Courier.



BEFORE EVEN MUCH was known about the new virus, Prince of Wales Hospital was ready and prepared to handle anything coming its way. A new ward was built in just seven days with contractors, cleaners and Hospital staff working tirelessly around the clock. And despite the Hospital preparing for the worst, there was a calm atmosphere amongst the staff which only temporarily shifted to a more tense mood when the first patients suffering from COVID-19 like symptoms arrived. The staff is crediting being able to stay calm to the preparedness of the Hospital as well as the cooperation of the public.

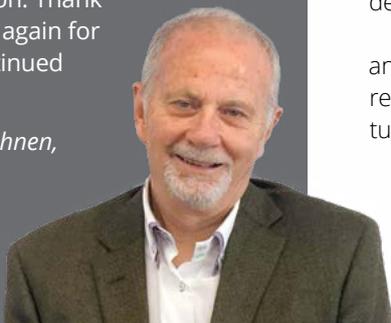
"I would like to say thank you to the public. We have done so well. We are being very careful of other people and respectful of personal space. We started taking this virus seriously and that is wonderful to see. However, we will need to continue that way; especially with a second and potentially a third wave; restrictions are hard on everyone." – Michael Breeze

A MESSAGE FROM

Our CEO Robert Hohnen

I believe that everyone will agree this has been an “unprecedented” year to use this familiar term. It has had a significant impact on all of us, but I want to reassure you that the Foundation is here to support the Hospital, the hard-working Hospital team and our patients through these difficult times. The Foundation has continued to seek donations for the Hospital needs, and I would like to thank all our generous donors. Without them none of our work would be possible. In addition, we have received several bequests, and I would like to acknowledge the grateful patients and their families for so generously giving back through the Foundation. Whilst a time of challenge and great difficulty for many, it is also a time to lift our eyes and try to find some positives. One example is the Foundation’s successful launch of the POWER Up! Challenge, which is an opportunity to have some fun while getting fit and raising funds for our Hospital. I would like to thank Braith Anasta, the POWER Up! ambassador for giving his and his family’s time to this initiative and helping us make this new event a success. This was only the first year of POWER Up! and we are excited to make this an annual event to look forward to! As mentioned in the last edition of Saving Lives, we have also launched the Annual Grants Rounds last month and together with POWER Up!, the Reg Inglis Scholarship, the Research Medal and our other regular programs, it has been a busy time for the Foundation. Thank you once again for your continued support.

Robert Hohnen,
CEO



DR MICHAEL BERGER'S REMARKABLE CONTRIBUTION

to Medical Imaging...

OUR HOSPITAL has seen many remarkable clinicians – and some like Dr Michael Berger, Senior Radiologist are recognised for being leaders of their times in new and emerging medical technologies.

Dr Berger was initially appointed as a radiology registrar at Prince Henry Hospital (PHH) in 1977 and, despite being in renal failure and on haemodialysis, he carried out his duties successfully. After a renal transplant in 1978 and a short stay in London, he was appointed Staff Radiologist at PHH and Prince of Wales Hospital (POWH), his main interests being Abdominal and Rheumatological radiology. Michael was instrumental in obtaining a CT scanner – a novel technology at that time – for PHH and for the Medical Imaging department at POWH.

Michael was an extremely interesting and engaging teacher, popular with the registrars, who enjoyed his dynamic tutorials. He remained a Senior Staff Radiologist at POWH until his untimely death caused by transplant failure in January 2019.

In recognition of his life’s commitment to the education and support of those at Prince of Wales Hospital, the current Medical Imaging Library has been upgraded and named after Michael. The ‘Dr Michael Berger room’ is now equipped with integrated audio and video conference functions enabling the department to maintain clinical meetings whilst physical distancing. The room upgrade is vital for a teaching hospital and the Foundation is very grateful to Michael’s generous friends who made the upgrade possible.



POWER UP!

Participants travel 30km in one week to raise money for healthcare heroes!

2020 SAW the inaugural POWER Up! Challenge launched by the Prince of Wales Hospital Foundation. The virtual event asked participants to pledge to complete 30km over one week from 14 - 20 September, their own way, whilst raising funds for the Foundation and support the 'superhero' healthcare workers who have worked tirelessly to keep the community safe during the pandemic.

"The Foundation was delighted to have NRL Legend Braith Anasta, join the movement and become our inaugural challenge Ambassador!"

A huge thank you goes out to Braith and all the participants who completed the challenge and raised money for the Prince of Wales Hospital - we can't wait until next year so we can POWER Up! again.



SAYING THANKS IS SO EASY... AND CAN HELP SO MUCH!

SO MANY PEOPLE wish to say thank you and we are making this even easier for you with a QR code that directs you to our website where you can say thanks to those who cared for you or your loved one. We will pass on the messages of thanks to the Hospital staff.

"We would also love to hear your story and share it with Hospital staff."

Did you know that you can also make a gift towards an area or department of your choice and we will let the Hospital know about this generous gesture.

Gifts like these have funded lifesaving medical equipment and vital priority needs at the Hospital.



- Please scan this code
- Visit www.powhf.org.au
- Email wendy@powhf.org.au
- Call 9382 4036 or 0439 780 728



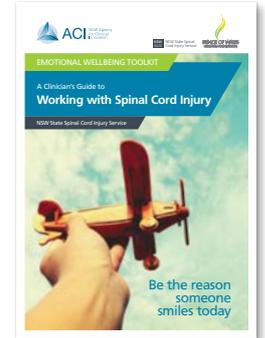
Q What do the ultrasound in Emergency, the kidney biobank in nephrology, the cold caps to prevent hair loss caused by cancer treatment and the therapy dogs who visit our stroke patients all have in common?

A These were all made possible at Prince of Wales Hospital through grateful patients saying thank you and supporting the Foundation.

What's On...?

EMOTIONAL WELLBEING TOOLKIT FOR PATIENTS WITH SCI

ANNALISA DEZARNAULDS, Clinical Psychologist at Prince of Wales Hospital Spinal Injuries Unit and the NSW State Spinal Cord Injury Psychosocial Strategy Steering Committee have worked hard to develop an Emotional Wellbeing Toolkit specifically addressing the challenges of spinal cord injury patients who often struggle to manage the grief for the loss of their previous way of life. "A Clinician's Guide to working with Spinal Cord Injury" is helping clinicians to understand and manage psychosocial issues such as depression, anxiety in addition to issues like trauma, ageing and sexuality all associated with acute and long-term spinal cord injury. Funds from the Prince of Wales Hospital Foundation Grants Rounds, specifically from the David Z Burger Foundation enabled the team to develop and share this important piece of work with other clinicians globally leading to its adaption and implementation by a rehabilitation team in Toronto.



INCLUDE A CHARITY

A SURPRISING FACT from "Include a Charity week" which took place early September, is that most Australians do not have a legal Will that clearly states how they want their estate to be distributed. A Will is one of the most important documents you will ever sign, and not having a Will can lead to challenges for those that you care about most. To find out more about the importance of having a Will ask for your free copy of our Gifts in Wills Handbook by contacting Grant on 02 9382 4085, 0418 405 561 or grant@powhf.org.au



CELEBRATING OUR NURSES

ON FRIDAY 28TH AUGUST the Prince of Wales Hospital Foundation supported the International Nurses Virtual Awards Forum at the Hospital. 2020 saw the awards taking place in a different format than usual but it was a great occasion with awards for Team of the Year, Champion of Change, Inspirational Leadership and Clinical Nurse. The virtual ceremony was a lot of fun and culminated in the Nurse of the Year award which was won by the very deserving Nikita Donnelly. Congratulations Nikita! We would like to thank our wonderful supporters from Woolworths Metro Randwick, Royal Randwick Shopping Centre, Silverbean, The Cookhouse Randwick and Barzura/The Living Room for their generous donations which supported the event and made it a great success!



PRINCE OF WALES HOSPITAL SPINAL INJURY UNIT

THIS NOVEMBER, please look out for your copy of our End of Year appeal raising funds for the Spinal Injury Unit at Prince of Wales Hospital. This unit is only one of two in NSW providing care for people with spinal cord injuries. The funds raised will be used for vital medical equipment as well as modifications aimed at making our patients more comfortable whilst we help them achieve as much independence as possible.



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