

# Saving Lives

EDITION 20 • WINTER 2021

## WORD FROM

### CEO Robert Hohnen

A big thank you to all our wonderful donors for their continued support during the last financial year. We are grateful for your donations, social media likes, shares and comments, enabling the Foundation to continue its important mission to support excellence in patient care.

Despite 2021 turning out to be a difficult year, the Foundation team and our generous supporters have shown great commitment and determination to continue to support the hospital through Appeals, fundraising and donations and our Annual Grants, which funds a range of projects, research and innovations across the hospital. Our recent Tax Appeal was the most successful to date and has enabled the Foundation to purchase a vital piece of medical equipment to support Australian-first research into the prevention of vision loss and blindness for people living with diabetes.

A huge thank you to our dedicated Dry Julyers who gave up alcohol in July – one of the most challenging months for Sydneysiders – to raise funds for our cancer patients. Your efforts are inspiring and will support people living with cancer.

I hope you enjoy this edition of Saving Lives, which is full of exciting research updates, inspiring patient stories, and hospital and Foundation news.

*Robert Hohnen*

## NOVICE RESEARCH GRANT

# Infectious aerosol particles – the invisible risk for healthcare workers

**PARTIALLY FUNDED BY** the 2020 Foundation Grant Rounds, Dr Eckhardt's research challenged the guidance that special aerosol precautions are only needed when using oxygen therapies for COVID-19 patients and raised concerns about staff and patients being inadequately protected from infectious aerosols otherwise. Our bodies naturally produce and release droplets and aerosols when breathing, coughing and speaking. Surgical masks can protect from droplets which are the larger particles, but only N95 or P2 masks can sufficiently protect from much smaller aerosols which tend to stay in the air for much longer. Many current guidelines are designed to protect staff from aerosols only when certain procedures are performed, or when certain respiratory therapies are being

used. Certain treatments may not be offered to patients due to the perceived risk of aerosol generation and disease transmission to staff.

The research outcomes however suggested that breathing, speaking, and coughing create aerosol particles that we perhaps have not adequately protected ourselves against in the clinical setting. It also suggests that the so deemed 'aerosol generating' devices and therapies that we use in hospitals may not pose as great a risk as we first thought. This research will help promote further investigation into healthcare protection standards and hopefully encourage access and use of respiratory therapies where previously they were withheld. Well done to Dr Eckhardt and his amazing team.



# DIABETES

## DIABETES APPEAL

### Did you know?

Despite diabetes being such a common disease, lots of people get confused between type 1 and type 2 diabetes. Type 1 is considered an autoimmune disease meaning that your own body attacks cells in your pancreas that produce insulin. Type 2 diabetes means that your body is unable to make enough insulin, or the insulin produced does not work effectively.

The main thing to understand is that both types of diabetes have no cure, and both can lead to serious health complications. One of these complications is vision loss and blindness.

The Prince of Wales Hospital Diabetes Centre is a place for patients to find assistance in managing the disease to avoid serious complications but, the centre also pushes boundaries by conducting Australian-first clinical trials. The FAME 1 Eye Trial – a research study led in conjunction with other hospitals – is examining early or moderate retinopathy in people with type 1 diabetes using an oral medication that has shown results for patients with type 2 diabetes. This research study was made possible, thanks to our supporters who generously gave towards the recent tax appeal and raised funds for a vital piece of medical equipment.

## DRY JULY

# Thank you for 'losing the booze' this July (despite the lockdown)!



**\$13 MILLION RAISED  
FOR PEOPLE AFFECTED  
BY CANCER**

[www.dryjuly.com/POW](http://www.dryjuly.com/POW)

I WON'T DRINK TO THAT!  
DRY JULY FOUNDATION

**WITH JULY NOW** behind us, the Foundation thanks a special group of supporters who have shown great dedication to staying dry during July to support cancer patients at Prince of Wales Hospital. Funds from Dry July – a fun fundraiser that encourages participants to go alcohol free for the month of July - has funded large and small projects aimed at making our cancer patients more comfortable. From the

refurbishment of the Cancer Survivorship Centre to new recliner chairs to painted murals as well as funding services for young cancer patients struggling with fertility after their cancer treatment - we are thankful for our committed Dry Julyers who have made this possible in recent years. And whilst July is over, it is never too late to support our cancer patients, so please donate at [www.dryjuly.com/POW](http://www.dryjuly.com/POW).

## MENTAL HEALTH

### Taubmans' commitment to mental health

Last month Taubmans announced that the Kiloh Centre, the Prince of Wales Hospital acute adult mental health inpatient centre, was selected to be one of their 'Colour Communities' initiatives. This initiative provides volunteers, products, and financial contributions to bring colour and vitality to communities. Taubmans has generously offered to paint both external and internal spaces at our Kiloh Centre and we thank them for their ongoing support to improving spaces in the hospital to benefit patient experiences.

**TAUBMANS**<sup>®</sup>

## CONGRATULATIONS

### Member of the Order of Australia

The Foundation congratulates Prince of Wales Hospital staff Dr Antoinette Anazodo and Dr Mike Bennett for their recent Member of the Order of Australia recognition. Dr Anazodo was recognised for her service to medical research and Dr Bennett for his service to medical education as well as hyperbaric medicine. Special congratulations to former Foundation CEO Lulu Zalapa, who was recognised for her significant service to the Foundation and to health education.

## NEW CLINIC

# Head and Neck Cancer Rapid Access Clinic

**HEAD AND NECK CANCER** is the 7th most common cancer in Australia, with over 5,000 new cases being diagnosed each year. The impact of a Head and Neck Cancer diagnosis can be devastating, especially with late diagnosis. Long-term side effects of diagnosis and required treatment can include loss of voice, vision, hearing, taste and smell- as well as difficulty swallowing, inability to chew, chronic pain and numbness.

*The average 5-year survival for Head and Neck Cancers is 71% in Australia, but this can be as low as 22% for one type of throat cancer when it presents at a late stage - even with maximal therapy.*

Early diagnosis is the key for cure and optimal long-term function. To expedite and improve Head and Neck Cancer diagnosis, the Prince of Wales Hospital Head and Neck Department has established the first rapid access screening clinic. This clinic will allow a streamlined service for patients at risk of Head and Neck Cancer to diagnose the disease at an early stage and allow for less invasive treatment with fewer side effects and better outcomes.

Referrals for this clinic can be made via phone - 0499 099 874. An email for this service will be provided shortly.

## PATIENT STORY

# A new lease on life

**MARK WAS RUSHED** to the Prince of Wales Hospital Emergency Department in November last year with an acute onset of hepatic encephalopathy - a nervous system disorder caused by liver dysfunction. By the time Mark arrived at the ED, the build-up of toxins in his blood had travelled to his brain, affecting his ability to speak or recognise his situation.

"I don't have any visual memories of what happened, but I remember sensing that I was being taken care of by people who were genuinely concerned about my well-being."

During his stay in the ICU Mark experienced several life-threatening complications including respiratory failure and internal bleeding, but he never lost

hope. The calm and reassuring manner and the knowledge and expertise of staff put him at ease.

"I know quality care when I receive it. All the doctors and nurses were amazing. The staff at the Prince of Wales Hospital are a paragon of excellence. I would like to thank them for saving my life."



# Celebrations and Acknowledgements

## INTERNATIONAL NURSES DAY

**KICKED OFF ON 12 MAY**, the birthday of Florence Nightingale, the founder of modern nursing, to acknowledge and appreciate our compassionate and hardworking nurses. Congratulations to Amanda Murray for being awarded Nurse of the Year 2021. We also thank our generous corporate partners for their in-kind gifts to acknowledge all the nurses who work tirelessly across the hospital delivering quality patient care.



## NATIONAL RECONCILIATION DAY/NAIDOC WEEK

**MORE THAN A WORD.** 'Reconciliation takes action', was the theme for National Reconciliation Week 2021. The Prince of Wales Hospital recognized and celebrated National Reconciliation Week through a traditional smoking ceremony and learning about our shared histories, cultures, and achievements. A very special guest, Uncle Dean Kelly a Yuin, Walbunja, Dhurga, Gurung, Wailwin, Nypampi man from the La Perouse Aboriginal community spoke passionately about his inspiring vision for a land of peace, respect and appreciation.

## ADMIN PROFESSIONALS AWARD

**IT TAKES A VILLAGE** to run a hospital... and a lot of administrators! Our admins play an invaluable part assisting our medical staff, so we celebrated Professional Administrator Day on April 8th. The Foundation, which sponsored the event, congratulates Cindy Oxley for winning the Admin of the Year award. Cindy is a Ward Clerk on the Haematology ward and says that 'being there for her patients and their carers at very difficult and sad times is one of the most important tasks of her role.



## SMALL TOOLS FOR A BIG IMPACT

**BEING AN INTEGRAL** part but working mostly behind the scenes is our invaluable clinical engineering team. Patient equipment is no 'one size fits all' especially when it comes to wheelchairs. Patients spend long hours in their wheelchairs, so customisation makes an immense impact on their rehabilitation and helps avoid pressure ulcers and improve postural support to maximise a patient's functional mobility. The Foundation is very proud to have funded a specialised drill to help the clinical engineering team to customise patient equipment more efficiently during our 2020 Grant Rounds.



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