

Saving Lives

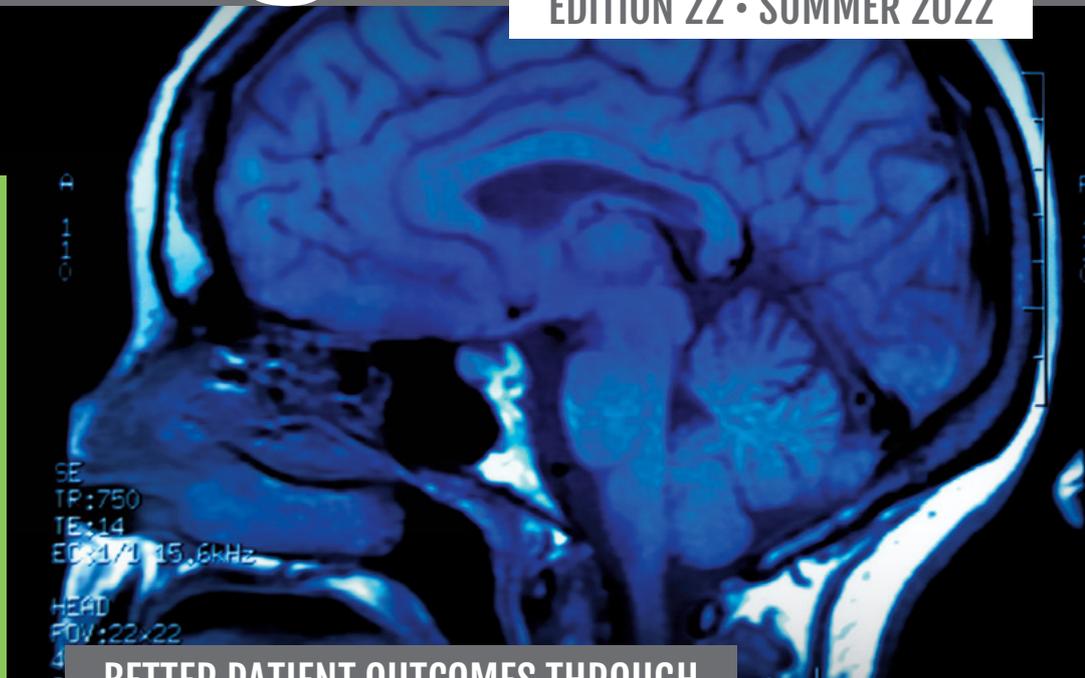
EDITION 22 • SUMMER 2022

A MESSAGE FROM

CEO Robert Hohnen

Happy New Year and welcome to our first newsletter edition of 2022. Like many of us, the Foundation team farewelled 2021 with a sigh of relief but also with immense pride in having achieved our fundraising targets. Over the past 12 months we have brought new skills and expertise to the team to better position the Foundation for the future. As such, we will be looking to grow our team further particularly in the corporate partnership space as well as welcome back our valuable volunteers and Foundation ambassadors. I encourage you to meet the team and see how you can help. The Foundation is very excited about the opening of the Integrated Acute Services Building (iASB) this year as it signals the first milestone of the Randwick Campus Redevelopment and is the catalyst project for expanding the world-class health, research and education facilities at the Randwick precinct. The Foundation and our donors will be supporting the creation of new services and facilities within the new building – especially the new operating theatres which will be the most advanced in Australia making 2022 a game changer for the delivery of healthcare to our community and beyond.

Robert Hohnen, CEO



BETTER PATIENT OUTCOMES THROUGH

Research and Innovation

THERE ARE MORE than 120 different types of brain tumours, which are distinguished by the type of cells they are made of, and their genetic mutations. As tissue is required to make this determination, identifying the specific type of cancer to guide optimal treatment requires surgical sampling. Magnetic Resonance Imaging (MRI) can be used pre-operatively to confirm the presence of a tumour, ascertain its location in the brain, and suggest its likely type. This knowledge is invaluable pre-operatively as it can guide how extensive a resection should be, especially when critical parts of the brain are involved. However, MRI resolution differs greatly from the resolution of microscopy, so understanding the microscopic correlates of imaging findings is limited. Through the Foundation's 2021 Grants Round, Dr Kevin Tay, in collaboration with other specialists

at Prince of Wales Hospital and University scientists, were awarded funding to bridge this knowledge gap. The Grant will fund a pilot project to evaluate the translational value of MR microimaging in brain tumour samples. MR microimaging is performed on tissue samples, rather than patients, and can therefore be performed at much higher magnetic field strengths than clinical imaging which allows imaging at a resolution closer to that of microscopy. This technique has previously been applied to prostate cancers, and it is hoped that a better understanding of MRI correlates of tissue microscopy features will eventually lead to more accurate pre-operative diagnosis in brain tumours. Results for journal publications are expected by the end of the research project so stay tuned for more updates.



Thanks to Dr Thomas and all our supporters!

SUPPORTER SPOTLIGHT

DEAN'S STORY

The gift of life

CHRONIC KIDNEY DISEASE is a silent killer, and no one knows this better than Dean. Just like most people with kidney disease, Dean experienced little to no symptoms of Focal Segmental Glomerular Sclerosis – which causes scar tissue to develop on the parts of the kidneys that filter waste from the blood – and it was only thanks to his very thorough GP, who ordered a full blood test, that he was properly diagnosed in 2007.

FSGS changed Dean's life immediately. 'All of a sudden at 23, I was fully aware of my own mortality for the first time in my life.' Regular medication, blood tests, urine collections, kidney biopsies and eventually dialysis became his new normal.

However, the hardest part was knowing that survival was ultimately dependent on a kidney transplant. With none of his families and friends being a suitable match and Dean being a rare blood type, the expected wait time was estimated to be up to 7 years so Dean was 'shocked and couldn't believe his luck' when a suitable donor kidney became available after only 11 months of waiting. Today Dean is still recovering from transplant surgery but his outlook on life has changed completely.

"Life is precious and short even when one is in perfect health. Having a chronic health condition just highlights how precious and yet fragile that lifespan is. There were times when I was low, depressed and questioning why my body was attacking itself, but in the end, I decided to live in hope and to fight on my feet rather than to give in on my knees."

"This mentality strengthened my conviction that if I have only one life, I wanted to spend it helping others, to bring them and myself light and positivity."

ONE OF OUR AMAZING supporters and a regular giver to the Foundation is Dr Thomas from the Malabar Medical Centre. As a GP in the Randwick catchment area, he regularly sees patients who express their thanks for the local hospital and the care they received. When his wife received cancer care at Prince of Wales Hospital, he was 'immensely thankful for the teams involved' and wanted to give back. 'It is an important thing to support others and a principal of paying it forward for the next generation.' Speaking about medicine and the hospital, he believes that 'we do our best job when we combine and foster a culture of compassionate care with leading-edge skills. The heart and the hand together deliver the best results.' Outside of work Dr Thomas enjoys gardening, keeping tropical fish, connecting with family and friends as well as serving at the local church. Fitness and staying fit, he admits, is very important but has been neglected a bit during the recent lockdowns. As for the future, Dr Thomas hopes to 'see out his GP career well and leave a lasting legacy.' The Foundation cannot thank Dr Thomas enough for his generous monthly donations and hopes that his support inspires others to follow.



A smartphone-based model of care trial for cardiac patients

CARDIOVASCULAR DISEASE affects all of us and accounts for over 1.2 million hospitalisations in Australia alone, so it comes as no surprise that the Prince of Wales Cardiology Department is the busiest inpatient department in our hospital.

"To make matters worse, hospital re-admission for cardiovascular patients, especially in the first 6 months, are sadly all too common."

— Dr Praveen Indraratna

To address this issue, Prince of Wales Hospital cardiologists Dr Praveen Indraratna and Associate Professor Sze-Yuan Ooi, in collaboration with Scientia Professor Nigel Lovell from the Graduate School of Biomedical Engineering UNSW, developed an Australian first smartphone app-based model of care to support the transition from hospital to home through real-time telemonitoring and education.

The app-based model funded through the Foundation's Reg Inglis Award, enables clinicians to make proactive interventions with patients long after their discharge from hospital, reducing hospital readmissions by 50% through improved cardiac rehabilitation and medication adherence whilst providing patients with peace of mind after a life-changing event.

"Because of the unprecedented patient benefit, and efficiencies for the public health system of the app-based model, the project will be scaled from two hospitals to 12 in 2022, representing a state-wide adoption reaching high risk patients outside of Prince of Wales Hospital's catchment area, including NSW's remote and regional population and indigenous communities."

— Dr Praveen Indraratna



"Patients can now champion their own health at home, and improve their self-care whilst also receiving support from clinicians who can remotely detect early warning signs of cardiac problems." — Dr Praveen Indraratna



PATIENT STORY



When two hearts break!

It is hard to forget the incredible story of Paul and Karen that we shared with our supporters during our end of year appeal. Like many Sydneysiders, Karen and Paul live an active and healthy lifestyle and never imagined that they would rely on the Prince of Wales Hospital's Cardiology team to save their lives. Karen suffered a heart attack in 2019, and she credits her life to the quick thinking and fast acting staff in our Cardiology Department. Just a few months later Karen went through it all again – this time with her husband Paul. Paul collapsed in front of their house after coming home from a surf. Knowing that Paul was going to be looked after by the amazing Prince of Wales Hospital staff was the only reassurance Karen had. Within 30 minutes of Paul's collapse, he had two stents implanted. 'The quality of care I received put me at ease and I am so grateful that there has been no permanent damage to my heart.' Paul is still recovering, but he and Karen were able to spend some quality time with their family during the holiday season.

SUPPORT FOR OUR FRONTLINE HEALTHCARE WORKERS

In memory of Kathryn

IT IS NOT A SECRET, that our healthcare workers continue to suffer the effects of the pandemic more than anyone else. We all hoped that 2022 would symbolise a new start, a new year and that this may be the year we would beat the pandemic or at least find sustainable ways to live with it. However, an explosion of COVID cases over the holiday season has led, once again, to severe healthcare staff shortages with entire teams forced into isolation, exhausted staff and increased risk of exposure. And whilst our hospital system is robust and prepared, the situation is perilous and difficult to navigate for patients and staff, with health advice changing frequently to adapt to an evolving situation.

To help our healthcare workers, the Foundation and its invaluable supporters raised funds to provide meals, coffees, wellbeing sessions and mental health consultations for our hardworking frontliners. Hundreds of contributions poured in including one remarkable offer from one special donor to match 48 hours of donations \$1 for \$1 and to top up our campaign to help us reach our goal of \$15,000.

Ross is helping our frontline workers because he knows firsthand that they sacrifice so much for the welfare of other individuals. He donated over

\$8,000 to improve their working lives and to let them know that someone cares for them – all in memory of his loving wife Kathryn. Kathryn was a nurse and midwife herself, who trained and worked at several top hospitals in Newcastle and Sydney. In 1991, she was diagnosed with brain cancer and was cared for at Prince of Wales Hospital by Prof Smee and Dr Kwok.

"Because of the wonderful medical care and attention which she received from clinicians and nurses, she was able to live a fruitful life of more than 20 years after her diagnosis, an astonishingly long time to live with such a severe illness."

In that time, she was able to raise three wonderful children, travel the world with Ross, live in the UK and USA for a few years, and spend time with their first two grandchildren before she sadly passed away in 2015. We remember Kathryn in honour of all nurses and healthcare workers who have given and continue to give their best for their patients every day.