

Prince of Wales
Hospital
Foundation

Saving Lives

#26 SUMMER 2023

POWHF

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A message from the CEO, Robert Hohnen

Welcome to 2023, which is gearing up to be another positive year for the Foundation and its mission to support the Prince of Wales Hospital in the delivery of excellent patient care. As I reflect on 2022, there were many great achievements supported by the Foundation, among them the implementation of the Automated Dispensing Cabinets to ensure medications are delivered in the fastest, safest possible way to patients. We could not have achieved this without the generous support from our donor community. The Foundation is delighted to welcome Associate Professor Robert Farnsworth to the Foundation's Board of Directors, to lead our Clinical Advisory Committee which will ensure funds are directed to the most impactful projects throughout the hospital. Professor Farnsworth's 65+ years of service to healthcare will be an invaluable asset. The beginning of 2023 will be very exciting as we refresh our Annual Grants program. The Annual Grant Rounds have been awarded for over a decade and injected more than \$5 million into hospital projects. We will also embark on new initiatives to raise more funds and we hope we can count on your continued support. Of course, the most exciting event for 2023 is the opening of the Acute Services Building which we will cover in the next edition of Saving Lives.



Patient Story Martine - where are they now?

We recently caught up with Martine, whose story was featured in our tax appeal last year. Martine was diagnosed with invasive ductal carcinoma at the age of 29 and she has since been on a treatment journey involving a mastectomy, lymphadenectomy, preserving her eggs, chemotherapy, radiation and a medically 5-year induced menopause. Her strength and courage has been an inspiration to all of us here at the Foundation. Martine shared with us what she has been up to and what life has been like since her last active treatment session of radiation in May 2022.

"I am fantastic, I am back to full training in the gym,

ocean swimming and yoga. I am currently training for my second half marathon which is happening in NYC in March. I completed my first ever half marathon in September last year in Sydney. I also had my prophylactic left side mastectomy and reconstruction in October which will conclude my planned surgery for a few years. I will have my ovaries removed when I am 40 years old (31 years old now).

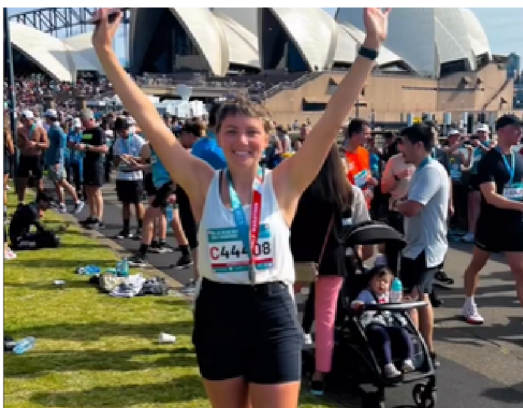
I visit the hospital every month as part of my ongoing hormone therapy where I have a huge needle administered in the chemotherapy ward in the Bright Alliance centre on level 2. This monthly injection is part of a five-year treatment plan along with a daily pill that keeps my body in a medically induced menopause."



"After my cancer diagnoses, my perspective on life changed massively and I no longer want to climb the corporate ladder. I have a new love for life and do not take anything for granted."

"I also see my oncologist in the same centre every three months, my physio every three months in the Royal Hospital for Women and will soon have a follow up with my breast surgeon. I will also attend annual screens at the Breast Centre.

I have recently quit my corporate job after seven years with my amazing employer. After my cancer diagnoses, my perspective on life changed massively and I no longer want to climb the corporate ladder. I have a new love for life and do not take anything for granted. I am hoping to set up my own business in the next few months so watch this space."



Christmas Appeal 2022



In November we kicked off our annual Christmas Appeal to raise funds for the Prince of Wales Hospital staff who continue to support all our patients during the busy holiday season. Even though a joyous time for most people, the busy festive season can be difficult for patients and staff alike as they spend time away from family. Services at the hospital continue with the same level of care and excellence and hundreds of patients depend on life-saving treatments over this period.

To raise awareness about the increased support and patient-needs, we shared Dean's* story. Dean was diagnosed with a rare form of kidney disease and eventually had to undergo life-saving surgery over the Christmas period in 2020. There are many patients like Dean who find themselves in need of life-saving treatment at Prince of Wales Hospital even during the most joyous part of the year. Thank you to all our wonderful supporters and community partners who generously supported our Christmas Appeal. Your ongoing support helps us to support the hospital to create a healthier tomorrow.

* Names have been changed to protect patient's identity

Stay tuned for the new Acute Services Building

The Foundation team was able to get an exclusive look at the new Acute Services Building (ASB) that is opening soon. The team had the opportunity to look at all the different parts of the new hospital building that will be the centre of a world-class health, research and education precinct which will be delivering compassionate and holistic healthcare and wellness programs to the local community and other residents of NSW. To support the new ASB, the Foundation has funded new Automatic Dispensing Cabinets for the Pharmacy department. These will increase time saving efficiencies when staff administer drugs for critically ill patients. The new cabinets offer workflow automation and data intelligence to reduce human error making them much safer for patients and staff.

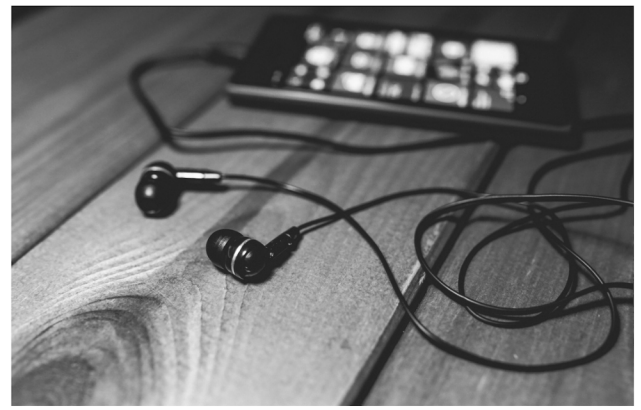


A strong finish for the Heartbreakers Team

The Foundation's City2Surf team – the Heartbreakers – have returned with full steam last year. It all started with the training for the City2Surf marathon and finished strong with the team handing over a cheque of over \$18,000 to the Foundation. The Heartbreakers raised funds during numerous fundraising events which included City2Surf, a Bunnings BBQ held at Eastgardens, an online raffle with amazing prizes and an in-house BBQ at the High St Entrance of our hospital.

The team dedicated their efforts and funds to the Aged Care department at Prince of Wales Hospital to purchase urgent patient care equipment and develop important dementia programmes for our patients in the local community. They have done a fantastic job and on behalf of the Foundation, we would like to thank and congratulate the Heartbreakers team and their passionate leader Fabian Heaton for their hard work and generosity this year in helping support the hospital, its staff and most importantly, the patients.





Music to our ears – the importance of music for dementia patients

The Foundation funded a music therapy initiative created by Vera Music for dementia patients. Vera – a music therapy app – allows patients, carers and hospital staff to select music from their chosen decade as part of their rehabilitation. Music therapy serves as a gentle tool to help patients with dementia relieve stress and anxiety, improve mood, and assist the patients ground back into the present using the music from their favourite past time. The Foundation will be continuing to support this program, so watch this space!

Balance training software – an invaluable tool for therapy

The Foundation funded a new Humac Balance system for the POWH Physiotherapy department. The Humac Balance system is an interactive gaming system designed specifically for patients with mobility limitations. It can be used for patients recovering from trauma or surgery, as well as those with orthopaedic, neurological, and vestibular disorders.

It uses exercises that can specifically target deficits in patients mobility and provides feedback to both the patient and the clinician. This system has already been used in the rehabilitation gym and patients and staff found it to be user friendly, challenging and motivating.

Thanks to the generosity of our supporters, this important equipment is now also being used in the Neurosciences gym in the new integrated Acute Services Building.



Clinician in the Spotlight – Dr Jeffrey Post



The Foundation had the opportunity to sit down and chat with Dr Jeffrey Post, Head of the Infectious Diseases department at POWH. We asked Dr Post some questions to get to

know him a bit more and to find out what he likes to do outside of supporting patients and their families at the hospital.

What do you do outside of work? Do you have a hobby or another passion you follow?

I've been going to a few shows with the Sydney Festival in January which I try to do every year and I try to watch Italian films to keep up my language skills.

How do you unwind after work?

Spending time with friends and cycling to and

from work which helps "put the work day behind" me.

What is your favourite restaurant in Sydney?

My favourite thing to do was yum cha at Marigold and I haven't found a worthy successor yet.

What is the best part of your day (at work)?

The best days are when you can see a junior doctor learn something new after a ward round or tutorial.

What is your favourite patient moment?

I still remember one patient who was admitted with COVID-19 during the delta wave and helping her to sort out care for her autistic child whilst she was in isolation in hospital. It took some time but she eventually trusted that the team had things sorted

and that her child would be alright.

...and your biggest challenge?

Dealing with the fear of everyone in the early stages of COVID-19.

Funniest faux pas?

Too embarrassing to share!

What is the biggest lesson the last two years have taught you?

Almost everyone has something that they are dealing with that we may not be aware of.

Regulating blood pressure after spinal cord injury



Every year around 300 Australians sustain a spinal cord injury. Spinal cord injuries do not only have a traumatic impact on patients and their loved ones but require lengthy and costly hospital stays. 75 percent of new spinal cord injury patients experience difficulties regulating their blood pressure when being moved from a lying to an upright position.

This phenomenon is known as Orthostatic hypotension which causes dizziness, fainting, impacts vision and limits the ability of patients to sit for more than a few minutes. Orthostatic hypotension can therefore delay rehabilitation and recovery extending hospital stays and impacting the patient's wellbeing.



To avoid unwanted side effects from blood pressure medication, the department is now leading a Foundation funded study using functional electrical stimulation (FES) of the abdominal muscles to maintain better blood pressure. The goal is to determine if FES can be used as an alternative therapy to mitigate Orthostatic hypotension so that patients can commence rehabilitation sooner. If successful, the results of this study will create the basis for a larger clinical trial that could inform and change clinical practise.

The Prince of Wales Hospital Foundation

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