

Prince of Wales
Hospital
Foundation

POWHF

Saving Lives

#27 AUTUMN 2023

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A message from the CEO, Robert Hohnen

Welcome to the Autumn edition of Saving Lives. This season we are excited to share progress updates on some of the projects that were funded through the Foundation's Annual Grant Rounds. We'd like to extend our gratitude to our generous donors who have helped make it possible for us to support the Prince of Wales Hospital to improve the standard of patient care, fund innovative research and provide the staff with well-being programs as well as leading-edge medical equipment needed to care for patients. For this coming quarter we will be running the Tax Appeal campaign to support nurses in the Emergency Department and the lifesaving care they provide every day. We are also announcing the inaugural event "The Art of Wellbeing" to our POWH community as we are showcasing the benefits of art in the hospital for patient recovery and wellbeing. We have invited local artists who have a connection to the fantastic work of the hospital to exhibit their work. A portion of the art sales from this event will generously go towards the Foundation's lifesaving work. Stay tuned as we will be sharing more details soon. Dry July is fast approaching and every year we aim to raise funds for vital cancer patient care across the Prince of Wales Hospital. Your continued support will be appreciated so make sure you get your friends and family involved to forgo alcohol for the month of July! Read on to discover the strength and bravery of patients and clinicians at Prince of Wales Hospital.



"My family were so touched by this and so grateful that after all these years, the nurse still remembered me and my family."

Patient Story: Cara Curan

Cara recently shared the story about her heart condition and her treatment journey at Prince of Wales Hospital with us. "My name is Cara Curan and I was a patient at the Prince of Wales Hospital for as long as I can remember. I was born with quite a complex congenital heart condition and for my childhood right up to my early adult years. During my years as a patient at the POWH, I had countless hospital admissions, procedures, and my fourth major heart surgery in 2005. My first two major heart surgeries were completed at the formerly known Prince Henry and my third was done at Camperdown Hospital.

My experience as a patient at the POWH was brilliant. I can't fault anything. The staff were always friendly, reassuring, kind and gentle. I had my last surgery and admission at the hospital when I was 21 years old in 2005. One of the ICU nurses that was stationed with me, remembered me as a child at what was previously known as Prince Henry Hospital. My family were so touched by this and so grateful that after all these years, the nurse still remembered me and my family. Sadly my condition has changed and progressed over the years and I am now awaiting a heart transplant".

Cardiopulmonary Rehabilitation Gym

Patients with chronic health conditions such as respiratory disease, heart failure and chronic pain spend a significant period of time (generally multiple times a week over two months or more) attending rehabilitation programs in the cardiopulmonary rehabilitation gym at Prince of Wales Hospital.

The rehabilitation programs are designed to improve their physical and functional status, disease self-management, as well as their psychosocial wellbeing and quality of life.

Thanks to funding from the Foundations Annual Grants Rounds, the cardiopulmonary rehabilitation gym recently received a makeover with the aim to de-medicalise and aesthetically improve the clinical gym environment and evoke a sense of serenity and pleasure in an environment where participants are frequently challenged to experience and overcome unpleasant sensations and symptoms such as breathlessness, fatigue and pain.



Clinician in the Spotlight

Meet Dr Stephen Thompson
Dr Thompson is a senior staff specialist in radiation oncology at POWH. He is heavily involved in clinical research and passionate about training the next generation of radiation oncologists. We caught up with him to learn more about his work.

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

Time with my family. We have three teenagers, which can keep one pretty busy. I also love board games. It's very nerdy, but who wouldn't want their radiation oncologist to be a nerd? I play with the kids; and also with a couple of groups who meet up regularly, including old school and uni friends and new friends. During COVID we moved on-line but it's great to be meeting in person again. My other passion is reading – leave me anywhere with a good book and I'm happy. When I was small and mum needed to go shopping she'd leave me in DJ's book department.

How do you unwind?

See above. When I can, I walk Pepper the poodle with my daughter and I jog (it wouldn't qualify as running) while listening to podcasts. Podcasts also cover the commute drive, many from the ABC (especially Rear Vision) and I'm working my way through the 20 year weekly back catalogue of In Our Time from the BBC.

What is your favourite restaurant in Sydney?

I'm going to cheat on this one. We've just come back from a great beach break at Gerroa on the South Coast: our meals at the Blue Swimmer were delicious, but it was the whole experience that made the experience: the meal with the family, the view of the beach, and the slow walk home across the sand as the sun set.

What's the best part of your day at work?

Radiotherapy planning. I tell my surgical colleagues that they need to stand for hours on end operating, the radiation oncologist's version is sitting at my desk with a cup of coffee working on the computer to create the best possible treatment plan for each patient.

"What is the biggest lesson the last two years have taught you? The importance of social connection."

What is your favourite patient memory?

I wouldn't name just one. It has to be telling a patient after five or ten years' follow-up that they're cured and don't need to come back to clinic. Fortunately that's a regular event!

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...and your biggest challenge?

Sitting in clinic with a patient when the news is bad. Despite everything we do, sometimes the treatment doesn't work. It's never an easy conversation. All you can do is sit with them, explain the situation, and give empathy and time.

Funniest faux pas (at work or outside of work)

I don't know if you'd call it a faux pas, but when the kids were younger we saw the Listies (kids' comedians who are really funny) at the Opera House, the kids volunteered (thanks!) me up on stage. I ended up with a donkey mask on, couldn't see anything, and blundered about the stage until I stepped in a bucket of water. On the way out of course I bumped into a colleague.

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

The importance of social connection.



The impact of Gift in Wills in honour of the late Mrs Hill

The Foundation recently received a generous bequest from the Estate of the Late Mrs Hill dedicated to the Prince of Wales Hospital Emergency Department. Brett, who is the Nurse Unit Manager at the Emergency Department has kindly shared a few words to express his gratitude and explain how donations are making a lasting impact.

"We are delighted to express our sincere gratitude and appreciation to the many donations made to the Emergency Department of Prince of Wales Hospital.

Many of these donations are at times where there has been a loss of a loved one and moments of sorrow, despair and reflection, and still valuing the memory, compassion, and care of giving during these times. The generosity of each donation cannot be expressed in words alone but also in how these donations have impacted and made a difference in patient care in the Emergency Department. Education is our main focus, providing a high level of clinical skills, knowledge, and practice to further enhance the excellent patient care we provide.

This is more apparent in 2023 as we have moved to the new Acute Services Building and a new Emergency Department where training and education is in a greater need with many new staff commencing their career.

On behalf of the Emergency both the Director and I, thank you"





The art of wellbeing

It is no secret that a visually pleasing environment contributes to a patient's recovery and wellbeing. The Foundation team is organising an exclusive event to highlight the positive impact of art and culture on individuals but also the community as a whole.

The event will showcase selected works of local artists who have a connection with the hospital. If you'd like to know more about this event, please email lucy@powhf.org.au.

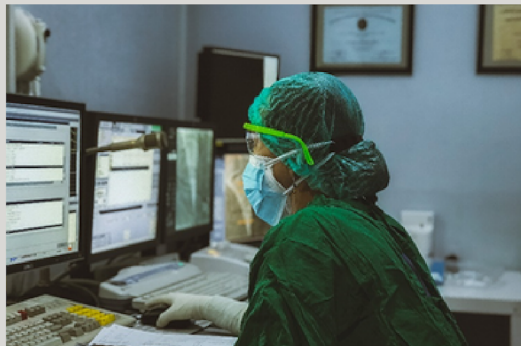
Emerging NUM Program 2023

The Foundation is proud to welcome the new class of Emerging Nurse Unit Manager Program nurses to their 12-month program. The emerging NUM Program helps to equip nursing staff with leadership skills and prepares them for future roles in management. The new group of emerging NUM's will shadow senior managers working alongside Nurse Unit Managers and their teams to collaborate and gain first-hand experience. Their learning objectives include compassionate leadership attributes and behaviours, risk management and cultural focused patient care. Let's give a warm welcome to the new group of emerging NUM's for 2023!



Annual Grant Rounds 2023-4

The POWHF is excited to launch its biggest ever funding pool of \$1 million through the Annual Grants Program for 2023-4, which is now accepting applications from all staff at POW Hospital. The Program supports excellence at the hospital by funding outstanding applications in the areas of Research, Innovation, Education and Wellbeing of staff and patients. All staff are encouraged to submit their ideas for improved staff and patient outcomes at powhf.org.au/grants by 30 June 2023. The Annual Grants will be awarded in August 2023 for projects in the upcoming financial year. We're looking forward to receiving some inspiring applications! For more information, please email ola@powhf.org.au.



Stay dry this July for POWH cancer patients and services.

Please join us this year for Dry July and help raise vital funds to ensure that cancer patients across the Prince of Wales Hospital can continue to access the highest standard of care possible. Forgo alcohol for the month of July, enjoy the health benefits and get your friends and family involved. Funds raised from past Dry July campaigns have funded a kitchenette in the POWH Cancer/Haematology department, refurbishment of the Cancer Survivorship Centre garden, recliner chairs and a new clinical nurse psychologist for the POWH Fertility & Reproductive Health team helping young adults with fertility struggles after cancer treatment and beyond. To register your interest, please contact carola@powhf.org.au

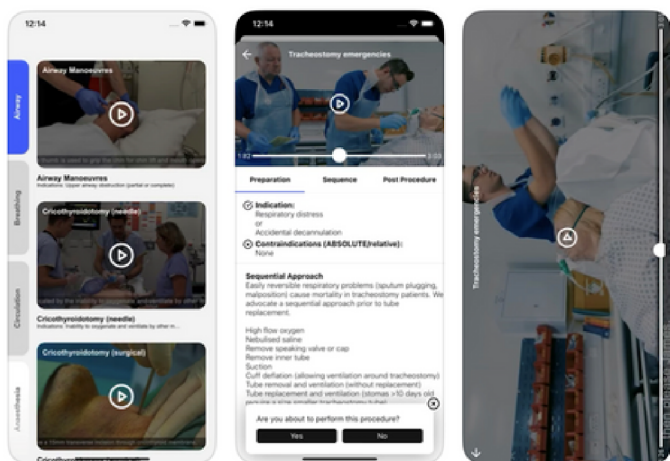


Acute Services Building officially open for business!

The Acute Services Building officially opened for its first day of operation on Wednesday 8 March. Some of the Prince of Wales Hospital services that relocated already include the Community Management Centre, Respiratory & Infectious Diseases, Haematology, Oncology, Orthopaedics, Acute Aged Care, Aged Care Rehab and Acute Aged Care Extension and Neurosciences, Acute Stroke. With the new building now open to the first patients, the hospital can continue to provide exceptional patient care with new innovative and state-of-the-art technology within purpose designed and built facilities that support contemporary clinical practice.



Emergency Procedures App



Prince of Wales Hospital clinicians have led an international team to produce a much needed Emergency Procedures App, which is supported by the POWH Foundation.

The app is targeted at clinicians performing procedures within the emergency department and it is designed to help those in training and as a memory aid for experienced clinicians. The app is providing standardised recommendations for common Emergency Department procedures with the aim to reduce variation in practice and provide an evidenced-based methodology to assist providers to perform procedures safely and competently.

A structured and evidence based, peer reviewed open access tool did not exist prior but is desperately needed because 'you might need to do your first lateral canthotomy, when there is no one to help. Because when you do your 100th Lumbar puncture, but the first in six months, it's still good to have help.' – Dr James Miers, lead author of the free app.

The POWH Foundation is proud to be supporting the App through funding from the 2022 Annual Grant Round.

Prince of Wales Hospital Foundation

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