

Prince of Wales  
Hospital  
Foundation

POWHF

# Saving Lives

EDITION #28 2023

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are creating a  
healthier tomorrow.

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# Message from the CEO

We received a total of 92 grant applications, and as a result have awarded a record high of 48 grants worth 1 million. The grants awarded are focused on innovation, research, education, and for the first-time staff and patient wellbeing initiatives.

The quality of grant applications was outstanding and are deserving of recognition and acknowledgement.

The grant winners were announced recently, and the successful projects can be viewed on our website. A celebration event was held for all grant applicants, and we are looking forward to seeing the outcomes and impact of these projects over the next 12 months.

I would like to make special mention of our community of donors and supporters, who make these grants

possible. We will provide more news on progress of these exciting initiatives and the benefits they bring to the hospital, in future editions.

As always, if you are interested in supporting us in creating a healthier tomorrow, please visit our website to find out how you can help.

Yours in good health.

**Robert Hohnen – CEO**

## World Thalassaemia Day

To celebrate and acknowledge World Thalassaemia Day on 8 May, we interviewed Nancy who has been living with major Thalassaemia since the age of four.

Thalassaemia is a blood disorder caused by a lack of hemoglobin production in the body.

Hemoglobin is an important part of the red blood cells so Thalassaemia is usually managed with blood transfusions.

Nancy has been coming to Prince of Wales Hospital since the age of 21 to receive her treatment and she really appreciates the caring and compassionate staff as well as the convenience of having all necessary disciplines like Endocrinology, Cardiology, Pathology and Pharmacy in one place.

**'This hospital is like my home and the staff have been amazing. As you get to know the nurses over the years, you make connections and form strong bonds.'**

'You know when they go on holidays, have children or when they get married so for me this is not just receiving treatment when I come to Prince of Wales Hospital.' Nancy says that 'living with Thalassaemia is a journey and not always an easy one' but she refuses to let Thalassaemia define her.



Thalassaemia patients are treated at the Nelune Comprehensive Cancer Centre which provides best practice patient care and treatment and is partially funded by us.



# Onsite epilepsy machine that helps patients at home

**Epilepsy patients require regular Electroencephalograms (EEG) and are therefore faced with frequent hospital admissions.**



EEGs detect abnormalities in brain waves, or in the electrical activity of the brain and help monitor and predict seizures. However, many patients are unable to undergo these tests due to the requirement of a lengthy 7-day hospital stay. Thanks to the generous support of our donors, we have funded the acquisition of a state-of-the-art Onsite A.V.S ambulatory Video EEG System. This advanced technology empowers the team to capture both video and EEG patient data, including seizures, in the comfort of the patients' own homes, eliminating the need for hospital admission. The new system provides a lifeline for epilepsy patients residing in regional areas or those with young children at home. This groundbreaking solution not only saves time and travel expenses but also enables the timely capture of critical data for remote treatment by our doctors. With the Onsite A.V.S system, our technical staff can remotely log in to view live EEG readings and analyse any potential seizures experienced by patients at home. This feature enables prompt intervention when needed, even from a distance and brings diagnostic and monitoring capabilities directly to a patients' home, ensuring their comfort, convenience, and safety. Thanks to your support, our team has been able to invest in cutting-edge technology that revolutionises the way we care for epilepsy patients.

## The Art of Wellbeing

**Studies have shown that creative expression helps maintain our immune system and art is clinically proven to reduce stress, elevate mood, and lower blood pressure.**

To take further advantage of this undeniable link between art and health, the Foundation is hosting a curated art exhibition of promising and emerging Australian artists on 14 September from 5:00-8:30pm at the Acute Services Building Botany St, Randwick. All exhibited art will be available for purchase during

the evening with a percentage of the proceeds funding art therapy in mental health. To join us for this event, please email Lucy at [lucy@powhf.org.au](mailto:lucy@powhf.org.au)

## An Outdoor Sanctuary for Patients and Staff

**With the official opening of the cancer survivorship garden last month, patients and staff now have access to a space to**

**enjoy the sun and fresh air, while still being on hospital grounds.**



Funded by us, the garden is a valued sanctuary and wellness space to rest, recuperate and share time with others. The

design includes shade trees and native flora as well as plants with specific health and wellness benefits. We are very grateful to our generous donors who helped bring the garden to life.

A special thanks to Adam Robinson and Hamish Chapman from Robinson Designs for the landscape architecture, Andrew Smith and his team for building the infrastructure of the garden, Colin Stenning who engineered the logistics of the project and our amazing Fundraising Coordinator, Lucy for managing this project so passionately!

## Sip Til Send

**As the first Adult Hospital in Australia, Prince of Wales Hospital is introducing Sip Til Send.**



Sip Til Send allows patients to enjoy oral fluid in form of water, tea or juice right up until their surgery. Previous guidelines suggested a fasting time of at least two hours before anaesthetic which often extends to as long as 10 hours resulting in discomfort, dehydration, nausea, episodes of hypoglycaemia and anxiety. Funded by us, this innovative project is now enabling patients to sip fluids until they are called for surgery.

## Clinician in the spotlight

Meet Dr David Murphy (left) – the Medical Director of the Emergency Department. He has been at POWH for 22 years.

What is your role at Prince of Wales Hospital?

I am the Director of Emergency Medicine at POWH ED. I started at POWH ED as a junior trainee in 2001 and liked it so much I've stayed.

What does a typical day at work look like for you?

I am lucky to work with our Nurse Manager Brett and a fantastic team of doctors, nurses and support staff at Prince of Wales ED. No day is the same in the ED, but my typical work week would involve planning, educating, recruiting, meeting with staff across the hospital, and generally supporting the team on the ED floor.

**'I also have at least one day a week of direct care for patients – this is essential both for me to keep my skills up, and I think it's really important for my role in the ED.'**

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

I love to be outside – depending on the time of year I love getting out for a



bushwalk or bike ride, or to get out on the harbor for a sail.

**'Sydney is a beautiful place to live. I also love spending time with my wonderful family.'**

What is your favourite café or restaurant in Sydney?

I'll give two plugs: Royale Café in Surry Hills for coffee and lunch, and Muum Maam (once upon a time in Surry Hills, now at Barangaroo). Happy memories.

What is the best part of your workday?

Getting through to the end of a shift is always fun. The ED has some lovely moments of teamwork, and it's a real buzz when we gather at shift changeover for someone's birthday or other milestone.

What is your favourite patient memory?

I am lucky to have had many, from the first moments of life to the last. I once

received a card with two tiny footprints on it from a baby I'd helped breathe at birth- that is quite hard to beat!

...and your biggest challenge at work?

The ED is always challenging -

from ensuring that care is provided in an effective and caring way, to ensuring that we have sufficient staff and working with the hospital to ensure that we have sufficient space.

Funniest faux pas

My faux pas are many, and the main one that people who know me learn to cope with is that I am terrible with names. So to all the Maddies, Taylors, Joshes and James's out there, I'm very sorry.

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

I felt privileged to be a part of what we did together as a community. I really appreciated the patience and understanding families showed during those difficult times when relatives couldn't visit, the effort our ED team and the health system made to respond, and the amazing vaccination program which started from nowhere and saved so many lives.



# Annual Grant Celebrations

Every year our annual grant rounds are open to applications for funding of staff-led research and innovation projects as well as education and wellbeing initiatives.

This year we received a record number of 92 applications for funding across the four categories. To acknowledge the amazing applications received and the winners of the awarded grants using a total funding pool of \$1 million, we hosted an evening of celebration at the Crowne Plaza Coogee Beach. After speeches from our CEO and our Director of Philanthropy, previous grant awardees presented

their projects. These included the development of an emergency department procedure app, the upgrade of the cardiopulmonary rehabilitation gym as well as a study to better understand and address adolescent and young adult cancer survivors' psychological needs. We are so proud to fund these impactful projects for innovative patient care and a healthier tomorrow.

## Celebrating our Nurses on International Nurses Day

On the birthday of Florence Nightingale, the founder of modern nursing, we celebrated International Nurses Day. As the single largest workforce group, nurses are there at every turn, making a real difference to the care and the experience of patients and their families and carers.

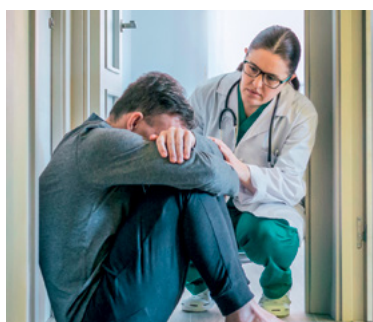
The hospital and our team organised a week of events to thank the nursing staff for their dedication and compassion. Congratulations to the following award winners:

- Inspirational Leader: Jane Bayaca
- Clinical Nurse: Aisza Rica Louise Villarosa
- Transition to Practice: Sean Wood & Franky Ackerly
- Champion of Innovation: Community Management Centre
- Nursing Team: Parkes 7 East
- Healing Heart: Catherine Valenzuela
- Nurse of the Year: Emma Birrell



## Better Treatment for Severe and Complex Mental Health Disorders

Through our 2022 grant rounds, we funded a 16 month long intensive Dialectical Behaviour Therapy (DBT) course for a team of Prince of Wales Hospital clinicians.



DBT training is an evidence-based cognitive behavioral therapy commonly used to treat suicidal behaviors, borderline personality disorder and other severe and complex mental health disorders including emotion dysregulation, post-traumatic stress disorder, eating disorders, substance dependence, depression and anxiety-related issues. The team attending the training was awarded the NSW Health Award for Excellence in Mental Health for their innovation in

establishing multiple services to support adults experiencing suicidal distress. As a new and evolving service, this training ensures that the team is building further expertise in the decision-making processes required to determine the most effective treatment program and it equips participant teams with not only the practical knowledge of DBT, but also guidance on how to effectively apply DBT in their respective treatment settings for the best patient treatment and outcomes.

## Kinchela Boys Home Corp Visit

Survivors Uncle Willy and Uncle Richard from the Kinchela Boys Home Aboriginal Corporation came to the Prince of Wales Hospital to have a yarn about the Stolen Generation and the life-long impacts on children removed from their families.

Uncle Willy and Uncle Richard held a truth-telling session and revealed simple but effective ways to build trust and engagement in healthcare for Indigenous Australians. We are incredibly grateful for sharing the space with them. It was such a privilege for our team to host this session with them.



**Donate today for a healthier tomorrow.**