

Wesleylink

SPRING 2016



**Confidence in
robotic surgery**

Wesleylink is a community publication of The Wesley Hospital, a leading Queensland not-for-profit private hospital

Col and Jan Fraser with Gynaecological Oncologist Dr Jim Nicklin

Message from Ann Maguire, General Manager



Cancer is an issue that touches every single person, whether they know a family member or friend who has been affected, or they themselves have been diagnosed with the disease.

This is also true of the Frasers. They have both been through the journey of diagnosis and treatment at The Wesley Hospital, and with the help of our expert surgeons and cutting edge technology, they have come out the other side smiling.

Our hospital has a comprehensive cancer care service, which provides the most up-to-date treatment options for patients with all types of cancer. We have experts who specialise in haematology, urology, gynaecology and radiation oncology, among others.

For the Frasers, the extensive experience of both Dr Geoff Coughlin and Dr Jim Nicklin gave them the confidence to undergo robotic surgeries to remove their cancers. I am delighted to say they have both recovered quickly and easily, enabling them to live their lives to the fullest again.

In this edition of Wesleylink we thank our great fundraising partners, especially The Wesley Hospital Auxiliary. As a not-for-profit

hospital, we rely on the generous donations we receive to ensure our patients have access to the best facilities and clinical care available. The Wesley Auxiliary members give their time to raise much-needed funds for our hospital and for that we are very sincerely grateful. The latest donation of a lymphoedema detection machine means patients who are at risk have a higher chance of this condition being detected and treated in its early stages.

At The Wesley Hospital, we love our volunteers. Our "vollies" are wonderful people who donate their time and energy to make our patients' and staff's lives easier. Recently, we honoured two of our dedicated volunteers, Cecily Walker and Ailsa Jones, who between them have volunteered at the Wesley for more than 60 years. I also want to mention Aleksandar Lovre, who was named as the Wesley Volunteer of the Year. He has spent years giving patients and their loved ones directions and information at the Wesley's information desk.

Our Intensive Care Unit is a vital service which allows the hospital's surgeons to perform complex procedures. We are proud that the ICU has acquired life-saving nitric oxide ventilation systems, enhancing care for critically ill patients.

Pastoral Care Manager Julie Mackay was commissioned into her new role in June. It was a wonderful ceremony, attended by Julie's family, friends, and colleagues. Julie has been working with us at the Wesley for six years, and I am looking forward to working with her in her new capacity.

On behalf of our patients, I thank you once again for your support and urge you to consider a tax deductible donation to The Wesley Hospital this spring.

Ann Maguire
General Manager
The Wesley Hospital

Robotic surgery cancer treatment



Col and Jan relaxing at home

You've heard of the bionic man, now meet The Wesley Hospital's robotic couple.

Col and Jan Fraser have both had aggressive cancers treated by the hospital's expert surgeons using da Vinci robotic surgical systems.

Col was diagnosed with prostate cancer in June 2012, and had a robotic prostatectomy performed by Urologist Dr Geoff Coughlin. Jan's robotic experience was more recent, undergoing a laparoscopic hysterectomy by Gynaecological Oncologist Dr Jim Nicklin in June.

For Col, who was one of the first patients to participate in the hospital's unique MRI trial for prostate cancer detection, the decision to go robotic was an easy one. A robotic procedure reduced the risk of any potential side effects of a prostatectomy and also reduced recovery times.

"The bladder and erectile nerves around the prostate are so close – millimetres apart – that there could potentially be side effects if the cut is not fine enough," Col said.

"Having a health scare really puts things into perspective. We are so grateful for what we have now, our life, our friends, family and grandkids."

"The robot can do a little cut with so much more accuracy. In my case, we were lucky that I acted early and the cancer was confined to the prostate – it was a totally successful operation."

Within weeks, Col had completely recovered from the procedure, and

the couple were free to continue with a passion of theirs – travelling through the Australian desert in their beloved LandCruiser.

However, in June this year Jan was diagnosed with aggressive endometrial cancer, only days before they were due to leave for another trip through the desert. When Dr Nicklin suggested he perform a robotic hysterectomy, Jan didn't hesitate. Less than two weeks after she was diagnosed, Jan was recovering in hospital after a successful surgery.

"Because Col's surgery was so successful, I had confidence to do mine.

"With the robot, I didn't feel any pain. Perhaps some discomfort, but no pain. I didn't even need paracetamol – it was such a fast recovery."

For the intrepid travellers, possible health problems did play on their mind while they were out in the wilderness of the desert.

"It is so isolated out there," Jan said.

"You can be in the desert for days and not see a single person. I love the tranquillity and the remoteness, but it can also be a bit concerning – where do you go if you do have an urgent health problem? We are just lucky that both our conditions were picked up early and our operations were successful.

"Having a health scare really puts things into perspective. We are so grateful for what we have now, our life, our friends, family and grandkids."

The Wesley Hospital is committed to providing the most advanced clinical services and cutting edge technology available in the healthcare field. As a not-for-profit hospital, the Wesley relies on donations from the community to ensure our patients have access to the highest-quality medical care. If you would like to support us, please contact our fundraising team on 07 3253 4650 or fundraising@uhealth.com.au.



The da Vinci robot in use

Donation delivers early detection



Wesley occupational physiotherapists with patient Gloria Brown

Early detection of lymphoedema is the key to managing and treating the condition so patients can get back to living their lives to the fullest.

The Wesley Hospital's lymphoedema therapists have been given a new tool to increase the chances of early detection of the condition, thanks to a donation of a U400 L-Dex machine from the Wesley Hospital Auxiliary.

Lymphoedema is a condition that can cause the accumulation of lymph fluid, resulting in swelling in one or more regions of the body. It may occur as a result of some cancer treatments such as removal of lymph nodes or radiotherapy, and could happen within months or even years later.

“Lymphoedema does not affect all cancer patients but it can be quite overwhelming for those diagnosed.”

Senior Occupational Therapist Miranda Hawke said the machine was best practice for early detection of lymphoedema.

“This allows lymphoedema therapists to identify the early stages

of the condition much sooner than other methods of assessment,” she said.

“Lymphoedema does not affect all cancer patients but it can be quite overwhelming for those diagnosed. In addition to swelling, symptoms include heaviness, ache and a feeling of fullness in the limb. If lymphoedema is picked up early we can start early intervention and minimise most of the symptoms so that the patient has a much better outcome.”

Senior Women's Health Physiotherapist Briony Porter said treatment of lymphoedema at The Wesley Hospital is individualised for each patient and can include education and skin care advice, lymphatic drainage massage, compression bandaging, targeted exercises and prescription of compression garments.

“Because lymphoedema treatment is a specialised area, it is important patients are treated by qualified lymphoedema therapists,” she said.

Auxiliary donation boost



L-R: Barbara Carroll, Ann Maguire and Jill Reeves

The Wesley Auxiliary recently donated \$49,000 to provide larger digital TV screens for the oncology ward, two vacuum-assisted closure (VAC) machines that promote wound healing and included an annual contribution for their ongoing support of nursing scholarships. Funds are raised by hosting a variety of events, including fashion shows, musical performances and the sale of crafts, produce and raffle tickets. New members are always welcome. Please call Lynda on 3300 3110 for further information.

Valuing our volunteers



Volunteers Cecily Walker (left) and Ailsa Jones (middle) with The Wesley Hospital General Manager Ann Maguire

For 95-year-old Cecily Walker, volunteering at The Wesley Hospital helps to keep the “cobwebs off my mind”.

The former government administration officer started volunteering 31 years ago to keep herself occupied during her retirement.

“I’ve had 31 years of enjoyment,” Cecily said.

“I’ve had a feeling of doing something good for somebody else, and I have made a lot of friends over that time. It has been a pleasure.”

Cecily and fellow volunteer Ailsa Jones were both honoured for their unwavering service for over three decades at a National Volunteer Week morning tea.

“I’ve had a feeling of doing something good for somebody else, and I have made a lot of friends over that time. It has been a pleasure.”

The morning tea was an opportunity for the Wesley to celebrate the dedicated volunteers who supported hospital staff, patients and the community.

Clinical Nurse Manager Di Fichera told more than 70 people who

attended the event the volunteer community was an essential part of the hospital.

“As volunteers, you are interwoven into the fabric of our community. We could not do what we do without you.”

Volunteer Manager Gary Pember said on average, The Wesley Volunteers provide 5,000 hours of voluntary service per month, from driving patients to and from their appointments to guiding visitors entering the hospital.

“Our volunteers are a special group of people of all ages and from all walks of life. They are truly a dedicated team who deserve our appreciation for a job well done,” he said.

Meet our Volunteer of the Year – Aleksandar Lovre

Around every corner in The Wesley Hospital, you will see the friendly face of a volunteer.

The Wesley’s volunteers, who wear their iconic purple vests, are some of the hospital’s most valued resources. They offer advice, information, driving services, as well as providing essential administration, service support and more.



Aleksandar Lovre

Aleksandar Lovre is a familiar face around the hospital. The 92-year-old was the recipient of the Volunteer of the Year Award.

Aleks has been volunteering at the Wesley since 2009, and does an outstanding job of fulfilling his duties on the Information Desk. He is a loyal and experienced volunteer who is a great example in our community.

“I love meeting people,” Aleks said.

“It’s a good life – I love it. I appreciate the opportunity to work here.”

For an insight into volunteering at The Wesley Hospital, or to find out how to apply to be a volunteer, go to wesley.com.au/community/volunteer-service

ICU acquires life-saving ventilation system



A new life-saving nitric oxide ventilation system is giving the Intensive Care Unit's medical staff more options to treat critically ill patients.

The ICU is the first private hospital in Queensland to be equipped with the system, which delivers nitric oxide gas by invasive ventilation and is primarily used as a life saving measure.

With 19 beds, the Level 6 ICU is the largest private intensive care unit in Queensland. State-of-the-art facilities and equipment ensures critically ill patients at The Wesley Hospital can be given top-priority care when needed.

Clinical Nurse Manager Kerrin Houston (pictured) said that in addition to the excellent facilities, the ICU was able to deliver a wide range of complex critical care therapies thanks to a highly skilled and dedicated multidisciplinary team.

The ICU is a busy, dynamic unit that operates at full-capacity a majority of the time. Many patients are pre-booked into the unit after undergoing complex surgeries. There are also at least 14 to 15 unplanned admissions to the ICU in any given week.

For Ms Houston, the job is exciting and fast-paced but it does have its difficulties and challenges. However, it was a very satisfying area to work in.

"The job can be quite sad in a way, because you can't save everyone. At the same time, it's also very rewarding and interesting.

"When you have a patient who is quite unwell you go through the journey with them. When you see them leave and they come back weeks or months later and thank you, it can be very satisfying."

Julie commissioned

New Pastoral Care Manager Rev. Julie Mackay (pictured below) is already a familiar face at The Wesley Hospital.

In the six years she has worked with the Wesley, Julie has been a huge source of support for patients and staff. While spending two years overseeing pastoral care in women's health, she has also developed the Perinatal Bereavement Program, which aims to give grieving parents support and understanding after a neonatal loss. Before this, she drew on her own personal experiences to comfort patients and their families in the Palliative Care Unit and oncology wards.

Julie was commissioned into her new role in front of staff and volunteers, family, friends, as well as congregational members, Presbytery and Synod representatives such as the Queensland Moderator of the Uniting Church.

"For me, it was a truly humbling occasion and I'm very grateful for the presence of the executive and staff members who represented our Wesley community," Julie said.

Julie said plans for the future of pastoral care included building on an already high profile base for chaplains and continuing to provide even greater support for staff and volunteers so they are inspired to offer quality person-centred and holistic care. One example of stepping up chaplaincy support included providing 'quiet spaces' such as the garden behind the Pastoral Care Department (near the ambulance bays) to allow time for reflection and re-energising.



Thanks to our community fundraisers

Running for Choices



Team Wesley turned out in force to support Choices Cancer Support Centre at the Rotary Fun Run in May. With about 120 people registered, we were the largest team participating in the event.

The new course this year, starting at Rocks Riverside Park along the Brisbane River, proved to be successful with 500 people turning up to pound the pavement on the day.

Rugby League

Normanby Hounds Rugby League Club Captain Jack Walters, pictured with Choices' representative Erin Peters, is the man behind the Normanby Ladies' Day Charity Match.

The clubhouse at Purtell Park, Bardon was full of families enjoying a barbecue while cheering on the teams in three exciting matches. More than 200 people attended to watch their favourite teams go head-to-head on the field. A generous amount was raised on the day through raffles, as well as donations from patrons and both teams.



Opera for charity

The Wesley thanks the organisers and everyone who supported our Opera in the Vineyard event at Ballandean. This event which benefits The Wesley Hospital has stood the test of time – it has been held on the first weekend in May for more than 20 years.

The afternoon and evening event is staged in the spectacular vineyards of Ballandean Estate Wines, with opera stars David Hobson and soprano Katie Stenzel wowing the crowd. During the event Ballandean



Estate and the Rotary Club of Stanthorpe presented UnitingCare Health Director of Fundraising and Marketing, Nesli Eris, with a \$5000 cheque to support the Wesley Palliative Care Unit and the work being done to care for our patients at the end of life.

Bayside Bombers



The Bayside Bombers threw their support behind Choices by holding a fundraising event. The day included a lively AFL match, stalls, and games for children. Both sides wore specially-designed jerseys representing their respective charities, with the jumpers being auctioned after the game.

Please contact 07 3253 4650 or fundraising@uhealth.com.au to learn more about fundraising for the Wesley

Yes, I'd like to help The Wesley Hospital

Please direct my donation to: (please tick)

- Cancer Care Services Area of greatest need
 Other

Please choose a gift amount:

\$200 \$150 \$50 \$500

Own choice \$

Cardholder details:

Name:

Address:

Suburb: State: Postcode:

Phone:

Mastercard Visa Expiry date /

Card number

Name on card

Signature

My cheque/money order payable to UnitingCare Health is enclosed

Deposit directly into our bank account using the information below:

BSB: 014-002 **Account:** 8356 72569

Reference: Please use your last name and TWH

Donations over \$2 are tax deductible and a receipt will be sent to you.

Detach your completed form and send to:

Fundraising and Marketing
The Wesley Hospital
GPO Box 2240
Brisbane QLD 4001

Thank You



How you can make a difference

Donate

Your gifts are one of the best ways for The Wesley Hospital to enhance our services, keep up-to-date with technology, expand our clinical capacity and update our facilities. Thanks to the generosity of people like you, we can continue to improve the highest quality of clinical care for our patients.

Regular giving

You decide the amount and the frequency of your donation which can be altered or paused at any time.

Include us in your will

The inclusion of The Wesley Hospital in your will is the ultimate gesture of gratitude and perhaps the greatest compliment that you can pay the hospital.

Our mission is to improve the health and wellbeing of individuals and their families. We differentiate ourselves by living out our values to optimise patient care and experience, every day. Donations over \$2 are tax-deductible and a receipt will be sent to you.

For more information on how you can support our life-saving endeavours, please contact our donor care team on 3253 4650 or by email fundraising@uhealth.com.au

Contact us

To learn more about any hospital project or service, please contact our team on 3232 7000 or visit: wesley.com.au

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