

CABRINI FOUNDATION ANNUAL REPORT 2015-16

LINKING CABRINI AND THE COMMUNITY







MAYORAL CHARITY GALA

\$50k

This event raised \$50,000 towards the purchase of two scalp cooling machines

HEARTBEAT CABRINI

\$140k

During 2015-16, Heartbeat Cabrini raised more than \$140,000 through events

CABRINI GIFT SHOP

1994

Since 1994, the gift shop has been offering a kind word of support to all

ABOUT THE CABRINI FOUNDATION

The Cabrini Foundation provides an important link between Cabrini, its donors, supporters and the community. Our purpose is to seek philanthropic support for Cabrini to improve the outcomes of our community. As Cabrini is a charitable institution that does not rely on government or church funding, we need philanthropic support from the community to provide the best possible care and services. The Cabrini Foundation's work is essential in ensuring Cabrini has the necessary funds for new projects, vital medical equipment and technology, clinical

education, clinical and translational research and investment in infrastructure and services.

The Cabrini Foundation oversees and guides all fundraising activities on behalf of Cabrini. It actively pursues philanthropic gifts for new programs, lifesaving equipment and capital funding for major building and redevelopment projects. We also seek funding for research initiatives and clinical education including scholarships for the development of the next generation of healthcare workers. This work

is essential in ensuring that Cabrini can continue to provide a wide range of vital healthcare services for the community.

Cabrini's reputation for excellence in healthcare has been forged with the help of our generous supporters and benefactors including individuals, philanthropic trusts and foundations, corporate supporters and business leaders.

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CHAIR AND DIRECTOR'S MESSAGE

Thank you from the bottom of our hearts

Sylvia Falzon, Chair, Cabrini Foundation Board

Sue Parkes, Director, Cabrini Foundation



It really is inspirational to look back on the past 12 months and reflect upon the great support our donors have given to Cabrini's work.

In this report, we have captured just some of these stories. We hope you enjoy reading about what the Cabrini Foundation and our donors have achieved together over the past year. Every day, around the clock, our brilliant and dedicated team at Cabrini works hard to provide exceptional healthcare to the people we serve.

Thanks to your generous support, the Cabrini Foundation has been able to provide vital financial contributions to meet the evolving healthcare and wellbeing needs of our patients through clinical care, research, education, training and the very latest equipment.

During 2015-16, we have held special events to thank donors and it has been wonderful to meet more of you at these events – bequest lunches, the launch of the our new magnetic resonance imaging (MRI) machine at Cabrini Brighton and exclusive film screenings, just to name a few – it has been a wonderful way to get to know each other better.

Over the past 12 months, your donations have been used to purchase scalp cooling machines for our

day oncology units at both Cabrini Brighton and Cabrini Malvern; introduced a medical scribe service in our emergency department that has improved the patient experience there; purchased two new dialysis machines and installed our new MRI machine at Cabrini Brighton.

At the same time, our scholarships and grants program has grown significantly thanks to the generosity of donors. The Cabrini Foundation funded 19 scholarships in 2015-16 and we look forward to providing individual reports to our donors. That way, we can share the students' successes and celebrate together. It is always wonderful to see donors at our annual Cabrini Research Day and we encourage you to come along and hear about the latest developments in research from our inspirational staff.

Your continued support is vital. We need to keep pace with advances in medical technology, and we need to make sure we continue to attract the best and most talented and passionate leaders, doctors, nurses, allied health professionals and support staff.

We are now focused on 2016-17 and would like to share with you what's in store for the Cabrini Foundation in the coming year. In 2017, we are excited to launch our capital campaign for Cabrini's new clinical building to be developed on our current footprint at Cabrini

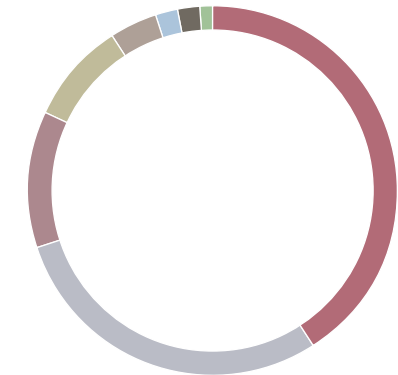
Malvern, on Wattletree Road at the corner of Isabella Street. The building will be a major step forward for Cabrini and demonstrates our ongoing commitment to responding to the community's ever changing needs. This will be the most significant building project in the history of Cabrini.

Innovation is another key focus for us in 2017 – we seek to discover, improve, adopt and adapt in the areas of health, education and research. By integrating these fields into the delivery of healthcare services, Cabrini will continue to provide exceptional healthcare.

We would like to acknowledge our amazing volunteer community at Cabrini. Through their ongoing passion and commitment, they play a significant role in helping us create a special place at Cabrini of compassion, care, integrity and respect towards our patients, their families, friends and each other.

Without generous support from people such as you, much of our work would simply not continue. Your donations, whether large or small, help us transform people's lives and we are grateful for your continuing support and believing in what we do.

SOURCES OF INCOME 2015-16



- Donations
- Capital
- Bequests
- Trufts
- Sponsorship
- Events
- Scholarships
- Outreach

Forever living and giving

→ On 29 October 2014, mother-of-three Elana Rotenberg finally succumbed to stomach cancer while under the care of Cabrini Palliative Care in Prahran. Her life had been characterised by open heartedness. After her death, people approached the family to tell of the many kindnesses she had shown them – things that she had kept to herself because she sought no praise. She lived by her motto: forever living and giving.

In honour of his mother, and modelling her motto, Rotem Rotenberg was moved to give back to the people who had cared for his beloved mother. He decided to raise money for Cabrini Palliative Care and embarked on a plan to compete in an Ironman event, using that as the base for a GoFundraise page. Funds immediately began to pour in.

An Ironman event is a gruelling physical and mental challenge consisting of a 3.8-km swim, followed by a 180-km bike ride and ending with a full marathon-length run. Rotem was already fit but this required something more, so he spent five months training hard – sometimes beginning at 3 am so that his fitness schedule would not affect his business.

The event was held in Port Macquarie on 1 May 2016. The day was warm but the heat was not a major factor for Rotem – rain was the problem. “It rained from start to finish,” he says. “Torrential rain; it was like pushing

through a never-ending sheet of water.” Even in dry weather conditions, the Ironman is as much a mental battle as a physical one. “It is you against you,” says Rotem. “You are fighting the whole way.” Though mentally and physically exhausted, Rotem had the inspiration of his mother Elana and the good that could be done with the money raised. “I was fighting to give back – to give to a cause.”

Rotem finished the race and did what he had set out to do – he raised more than \$27,000 for Cabrini Palliative Care: essential funds that will go towards advanced staff training. “My mother lived her life looking after others – she was a generous, warm-hearted woman – a compassionate listener and confidante. I wanted to give back to the people who had looked after her – Cabrini’s people supported her and supported our family so well. Doctors, nurses, everyone was always ready to listen to and discuss our worries. They were so attuned to her needs and ours.”

Elana was a bright, optimistic woman who loved nothing more than to gather people around her, to cook luscious, aromatic feasts for them and to fill her home, her family, her shops and her life with colour and joy. She leaves behind husband Coby, her three sons and two daughters-in-law, and a legacy of love for all – including Cabrini Palliative Care.





Rotem Rotenberg trained and competed in the Ironman event held in May 2016, in order to raise funds for Cabrini Palliative Care.

A lifelong relationship

→ Neville and June Smith have formed a relationship with Cabrini Hospital that has lasted a lifetime. The Doncaster couple have been involved with Cabrini since the 1940s, when Neville's father was treated there. Back then, the hospital was known as St Benedict's.

It wasn't until June was diagnosed with bowel cancer in 1979 that they came to know the walls of Cabrini from the inside. June says she was sent to a specialist at Cabrini and from there underwent a number of major operations under surgeon Mr Alan Cuthbertson before being given the all clear. It was during this time she was a founding member of the Ostomy Association Melbourne, a not-for-profit organisation catering for the appliance needs of ostomates. The Ostomy Association first operated from a small room on the fourth floor at Cabrini Malvern. June was a volunteer there for almost 40 years before deciding it was time to retire.

"I've been a volunteer, a consultant for helping new patients and a committee member – I've been

everything," June said. She says the care she received at Cabrini was "excellent – I'm still here to tell the tale".

Neville said both their fathers had died at the hospital and although it was a tough time for the families, they knew they were in a "very good hospital and getting the best of care". This was partly what had prompted them to donate to Cabrini. Neville and June are just two of the many generous donors to Cabrini who have opted to leave a bequest to Cabrini in their will.

Neville says Cabrini is "a worthwhile cause" and that he has enjoyed watching the hospital grow and develop. "It's very positive and worthwhile," Neville said. "We've been involved in visits to see new equipment and the care and dedication of the staff. I hope that others who use this hospital appreciate what it does for them. If you get good service or help, then you should be prepared to put in and help, every dollar counts."

June says Cabrini has played a big part in the couple's life. "It's a place of warm feeling and thankfulness of still being alive," she said.



June and Neville Smith are strong supporters of Cabrini and donors to our work.

HOW WE RAISE FUNDS

When you donate to the Cabrini Foundation, your generosity is used to directly benefit our patients and it makes a genuine difference. The Cabrini Foundation employs a range of fundraising strategies and activities to seek philanthropic support to help Cabrini in improving the health of our community.



Entertainer Brian Nankervis was MC at a mayoral charity event hosted by the City of Stonnington to raise funds for Cabrini.

→ Events

In October 2015, the City of Stonnington and the Cabrini Foundation hosted a mayoral charity gala to raise funds which enabled Cabrini Malvern to invest in scalp cooling machines, which reduce the likelihood of hair loss in cancer patients undergoing chemotherapy. The event, held at Malvern Town Hall, was jointly hosted by then-Mayor Cr Melina Sehr JP and celebrity Brian Nankervis (of SBS TV's *RockWiz* fame). The centrepiece of the evening was a trivia quiz. The event was well supported by the Cabrini community, raising \$50,000, and increasing community awareness of Cabrini's work in cancer treatment and research. Proceeds were directed towards the purchase of two cooling caps, storage and research.

The Cabrini Foundation regularly receives requests for assistance in funding particular programs. One example was a request for funding for an art-therapy program for residents of Cabrini Residential Aged Care in Ashwood. In April 2016, we held a film event



Councillor Melina Sehr JP, then Mayor of Stonnington, hosted a mayoral charity event at Malvern Town Hall which raised funds for Cabrini.



A mayoral charity event held at the Malvern Town Hall attracted 120 guests and helped to raise vital funds for Cabrini.



From left: Amanda Wallace (General Manager, Palliative Care and Residential Care), actress Julia Blake and Sue Parkes (Director, Cabrini Foundation).

to raise funds and awareness, during which the newly released film *A Month of Sundays* was screened at the Brighton Bay Cinema. We were fortunate to secure the opening night of the film, in which a miserable real estate agent Frank (played by Australian actor Anthony LaPaglia), whose business is failing and his relationship with his family is at an all-time low, meets by chance Sarah (played by Julia Blake), a kind woman who reminds him of his mother. Their friendship begins a process of emotional healing for Frank. A highlight of the event was a special appearance and question-and-answer session with Julia Blake who stars in the film. This provided a unique insight into the acting and filmmaking process.

A charity screening of *The Dressmaker* film, an Australian revenge comedy-drama which starred Australian actors Liam Hemsworth, Judy Davis and Hugo Weaving, was held at the Dendy Cinema in Brighton in November 2015, in order to raise funds for the scalp cooling machines.

Heartbeat Cabrini

Heartbeat Cabrini provides moral support, encouragement and reassurance to cardiac patients and their families.

In 2015-16, a total of 286 Cabrini patients received visits from Heartbeat Cabrini volunteers, both before surgical cardiac operations and afterwards, while the patients underwent cardiac rehabilitation. This enabled the patients to have a clear understanding of what to expect before treatment and how to manage the varied steps after an operation or treatment. The Heartbeat Cabrini volunteers have firsthand experience and provide invaluable empathy, support and care to Cabrini's cardiac patients.

Since 1987, Heartbeat Cabrini has raised more than \$2.5m for Cabrini's flagship cardiac services. In 2015-16, Heartbeat Cabrini members have raised over \$140,000. A core group, the Heartbeat Committee, spends many dedicated hours in organising fundraising events to reach this amount. These included an annual golf day, two raffles and a theatre night.

Tribute to Betty Robinson

After almost 12 years, Betty Robinson has retired as Treasurer of the Heartbeat Committee.

Betty is a life member of Heartbeat Cabrini. As well as looking after the finances, she was Raffle Convenor for several years. For more than a decade, Betty has been a constant presence at Cabrini and has played a significant role in raising more than a million dollars for Heartbeat Cabrini. Heartbeat Cabrini



Further support provided by Heartbeat Cabrini includes:

- An annual cardiac scholarship: a \$5000 grant provided to a cardiac services staff member to further their skills and qualifications
- Ongoing printing of the cardiac passport (a system of keeping records of each patient's heart-related details)
- Sponsorship of the Healthy Heart Seminar during Heart Week in May which is attended by more than 100 people

Heartbeat Volunteers support the dedicated cardiac service at Cabrini, helping patients make the most of their second chance.

Heartbeat Cabrini welcomes new members and provides 12 months' free membership to any new Cabrini cardiac patient. For enquiries or more information, please call (03) 9508 1953.

volunteers provide moral support, encouragement and reassurance to cardiac patients and their families. The funds raised assist with the purchase of vital equipment for cardiac services at Cabrini.

Operated entirely by volunteers, Betty's many contributions to Heartbeat Cabrini have been invaluable. The Cabrini Foundation and all of Betty's friends at Cabrini wish her well in her newfound leisure time and look forward to hearing about her travels now that she has some more time on her hands.

More than a gift shop

The Cabrini Gift Shop located on the ground floor at Cabrini Malvern continues to be a hive of activity at the heart of our health service. It not only provides retail therapy for all who shop there but a kind word and support for those who reach out. The staff of Penny Steele (Manager), Barbara Summerbell and the team of dedicated volunteers keep the stock turning over and provide a wide range of giftware, chocolates, homewares, sleepwear, jewellery, accessories, flowers, cards and gift wrapping. Money raised by the Cabrini Gift Shop supports Cabrini's social outreach programs in the community. The shop, established in 1994, was an initiative of the late Sister Irma Lunghi MSC (1926-2013) who worked at Cabrini over a period of 25 years.



From left: Manager Penny Steele and volunteers Patricia Hastings and Laurel Fimmel at work in the Cabrini Gift Shop.

Let's Beat Bowel Cancer

Since its inception in 2001, Let's Beat Bowel Cancer (LBBC), a Cabrini health promotion initiative, has experienced significant growth in order to more fully service and meet the needs of our donors and sponsors, as well as supporting and managing our dynamic community education and research programs.

LBBC continues to be led by the Frölich West Chair of Surgery Associate Professor Paul McMurrick with Emeritus Professor Adrian Polglase as Patron. Associate Professor McMurrick is now supported by a staff of three full-time employees including a full-time, non-clinical research fellow. This role is focused on



From left: Sylvia Falzon (Cabrini Foundation Board Chair) and Geoff Stansen (Chair of the Let's Beat Bowel Cancer Fundraising Committee).

driving clinical and translational research projects related to bowel cancer at Cabrini and translating research from the laboratory to new patient treatments at the bedside.

In June 2016, Mr Geoff Stansen, a long term LBBC Committee member, formally assumed the role of Chair following the conclusion of Mr Richard Morgan AM's term.

Key initiatives during 2015-16 were as follows:

GP education series

LBBC and the Cabrini Monash University Department of Surgery in conjunction with the Victorian Department of Health and Human Services created a four-part video GP education series for the national bowel cancer screening program. Released online in December 2015 for all general practitioners across Victoria, this series is designed to educate Australian GPs to help improve the uptake of the program.

Public education program

Have you got a strategy for bowel cancer?

LBBC has commenced planning a new national public education program designed to provide the general public with personalised information in relation to bowel cancer.

After answering a series of questions through an online portal pertaining to general health, bowel cancer risk factors, family history and potential symptoms, individuals will be provided with a print-out summary of their screening recommendation which can then be used as a starting point for discussions with their general practitioner.

HOW WE RAISE FUNDS

Third party fundraising events

LBBC readily welcomes any potential third party event organisers in advancing this important cause. The Beaumaris Football Club staged a successful fundraising event which supported our work in raising bowel cancer awareness and conducting world-leading research initiatives. Associate Professor Paul McMurrick spoke at this event, explaining the benefits of increasing the public uptake of bowel cancer screening through educating the general public.

Organoids

Organoid culture, a cutting edge technique in researching human diseases, is a method for growing live cells from tumours and normal tissue that more accurately simulates how the tissue is structured in the body than previous methods. Culturing organoids means we can now study the biology and genetics of bowel cancers growing outside of a patient's body. Shortly after a diagnosis of bowel cancer, tumour and normal tissue specimens can be taken from the patient, grown in a laboratory and then subjected to a number of treatment protocols including chemotherapy and radiation therapy to ascertain which treatment protocols will work best for that patient's tumour. This ground-breaking research has the potential to create personalised medicine, attuning cancer treatment to individual requirements. We are at the forefront of this process. Currently we are looking to create with Monash University and our collaborative research partners a revolutionary personalised medicine program based at Cabrini with great potential benefits to colorectal cancer patients.



Yet another successful Let's Beat Bowel Cancer golf day was held to raise funds and awareness.



Tribute to Richard Morgan AM

The Cabrini Foundation thanks the outgoing Chairman of Let's Beat Bowel Cancer Richard Morgan AM. We were fortunate to have Richard at the helm of LBBC for several years.

Richard took up the position of Chair in 2013 and played a pivotal role in the growth and strategic direction of the LBBC Committee. He brought invaluable experience to LBBC, which enabled us to ensure donations supported the work of the LBBC campaign for colorectal research and associated health promotion activities. He maintained the committee's focus on governance and compliance in an ever-changing world and his leadership ensured the success of various events led by the committee. Richard remains on the LBBC Committee to provide his continued support and advice.

Richard brought a wealth of experience and knowledge to the position, having served as Chairman of BPC Holdings Pty Limited, a private company with interests in Australian agri-business and venture capital. He had a long career in industry and was most recently General Manager of the Fertilizer Division of WMC Limited, Deputy Chairman of WMC Fertilizer Limited and Chairman of Hi Fert Pty Limited.

As well as his professional career, Richard has served Australian business and community organisations in a range of ways. He was a Director and Treasurer of the Victorian Chamber of Commerce and Industry. Richard was a Council Member and National Treasurer of the Australian Institute of Agriculture Science and Technology and was made a Fellow for

his contributions to the Australian fertiliser industry. He served as a Council Member of Geelong Grammar School and the Australia Institute of International Affairs Victorian Branch. Richard is a past National Chairman of the Australian Red Cross Society and served as a member of the Australian Red Cross Blood Service Board. He has degrees in agricultural science and commerce and has been a tutor of economics at the University of Melbourne's Faculty of Economics and Commerce.

Welcome to Geoff Stansen

The Cabrini Foundation welcomes Geoff Stansen, a long-term LBBC Fundraising Committee member, in his appointment as Chair following the conclusion of Richard Morgan AM's term. Geoff is an investment adviser and senior partner at Crestone Wealth Management. He has more than 35 years' experience in investment banking and wealth management, having worked across various international markets. Geoff specialises in family wealth, working with families who want to ensure their investments are structured appropriately. This may involve superannuation strategies, asset protection and allocation, trusts, tax optimisation, liquidity events or intergenerational wealth transfer. While family wealth is often complex and constantly evolving, Geoff relishes the challenge and provides advice based on sound strategic insight.

Other LBBC Fundraising Committee members include Andrew Facey, Associate Professor Paul McMurrick and Sue Parkes. Des Jackson remains Chair of the LBBC Golf Day Committee and a member of the LBBC Fundraising Committee.

WHERE WE INVEST FUNDS

The Cabrini Foundation invests donors' funds according to the donor's wishes and targets areas of greatest need whether for new patient services, lifesaving medical equipment, much needed research, education or training.



Vicki Durston (Breast Cancer Service Coordinator) and Dr Michelle White (oncologist) led a clinical trial prior to introduction of scalp cooling technology at Cabrini's Brighton and Malvern hospitals.

→ THE DIFFERENCE YOU MAKE

The work of the Cabrini Foundation is essential in ensuring that Cabrini has funds for new projects, vital medical equipment and technology, clinical education, clinical and translational research and major building and redevelopment. The funds donated to the Cabrini Foundation have helped enormously in a wide range of endeavours. As a charitable organisation that does not rely on government or church funding, we need the support of our community to enhance the service that we can provide. During the past 12 months, the Cabrini Foundation has funded many projects across Cabrini's hospitals and healthcare facilities, which has been possible by the generosity of our supporters.

Major projects

Many of our supporters have invested in the future of Cabrini by supporting major projects which have a great impact on advancing the services that Cabrini can provide both now and in the future.

New MRI at Cabrini Brighton

This new service opened at Cabrini Brighton on 30 May due to the support of Cabrini Foundation donors. Magnetic resonance imaging (MRI) is a medical imaging scan which uses magnetic field and radio waves to take images of the inside of the body. The new MRI will be used for a large number of cancer and orthopaedic patients at Cabrini Brighton to diagnose conditions and, after surgery or treatment, assess disease progress and recovery. Prior to this service being available at Cabrini Brighton, patients would either need to be transported to Cabrini Malvern or an external provider. Not only will inpatients at Cabrini Brighton benefit from having more rapid and

MRI service open at Cabrini Brighton

What an amazing feat it is to be able to see inside the human body. Medical imaging is a foundation of modern medicine having begun when the German engineer and physicist Wilhelm Röntgen (1845-1923) in 1895 produced and detected electromagnetic radiation in a wavelength range known as x-rays, which earned him the first Nobel Prize in Physics in 1901. He quickly realised their application to medicine.

X-rays were the mainstay of diagnostic imaging for decades, until the 1970s when two new modalities, computerised tomography (CT) scanning and ultrasound revolutionised medical imaging, allowing cross-sections (axial 'slices') of the body and much greater definition of soft tissue organs. CT scans use x-rays, whereas ultrasound as the name implies uses soundwaves to create the image.

The next imaging revolution occurred with the advent of magnetic resonance imaging (or MRI).

Physicists worked out the principle of MRI in the 1950s, where a strong magnetic field is used to image the distribution of hydrogen atoms (mainly within water) within the human body. Machines have evolved to provide exquisite detail and sensitivity of abnormalities throughout the body, even at the microscopic level. MRI, like ultrasound, has the significant advantage of not using radiation, so it is a safe modality.

Many patient services provided at Cabrini Brighton required MRI as a component of care. Almost all other medical services in Brighton and surrounding suburbs including local GPs will benefit from the first local high-end MRI scanner.

The Cabrini Foundation thanks and congratulates all of the donors who have made this important new service possible.



From left: Kris Ockwell (MRI Supervisor, Cabrini Brighton), Councillor James Long (then-Mayor, City of Bayside), Sue Hewatt (General Manager and Director of Nursing, Cabrini Brighton), Dr Matthew Andrews (Medical Director of Radiology, Cabrini Brighton) and Marion Sitter (Manager, Cabrini Medical Imaging).



A second patient transport vehicle has been purchased thanks to donor funds allowing us to expand this valued patient service. Neil Freeman (Patient Transport Officer) at work at Cabrini Malvern.

convenient access to MRI services, it will support patient demand on the MRI services at Cabrini Malvern, so patients at both campuses benefit. The Cabrini Foundation thanks donors for their generosity in making the new MRI service available at Cabrini Brighton.

Equipment

Support from Cabrini Foundation donors has enabled Cabrini to purchase life-saving equipment – both large and small – to ensure we can provide the highest quality care to our patients and residents. Following are just some of the items that have been generously provided with donor support.

Two new dialysis machines for Cabrini Malvern

In early 2016, the Cabrini Foundation purchased two new kidney dialysis machines for Cabrini Malvern. The number of Cabrini patients requiring dialysis during their hospital admission has increased significantly over the past three years, growing by more than 200 per cent. This meant that the limited service that was previously available was overwhelmed and many patients were transported offsite, which added risk to the patients and affected the patient's hospital experience. With thanks to our donors, we have been able to significantly upgrade our inhouse dialysis capability with the purchase of two new dialysis machines.

New patient transport vehicle

The generous support of donors has provided sufficient funds to purchase a second patient transport vehicle. This has allowed us to expand our patient

transport service and serve more patients who need to use it. Our new vehicle is lower to the ground for easier access by elderly people and less mobile patients. These vehicles service all campuses and prevent the unnecessary use of stretcher transport. For patients who need medical monitoring, Cabrini has partnered with the private contractor Industrial Medic Services (IMS).

Deep brain stimulation surgical equipment for Cabrini Malvern

Deep brain stimulation is advanced neurosurgery for patients with movement disorders, such as Parkinson's disease. For some patients, whose symptoms cannot be controlled with medication, insertion of a precisely

targeted electrode into the brain, connected to an implantable stimulator (similar to a cardiac pacemaker), will produce significant improvement. Their tremor may reduce and their mobility improve. The Cabrini Foundation funded equipment to enable Cabrini to provide this service to patients.

Scalp cooling machines

Following their success at Cabrini Brighton, two scalp cooling machines have been introduced at Cabrini Malvern's day oncology unit using donated funds. The scalp-cooling caps are used by patients undergoing chemotherapy treatment. They are worn before, during and after treatment to lower scalp temperature and prevent hair loss in up to 90 per cent of patients.



Patient Pamela Hasek wears a scalp cooling cap, in order to preserve her hair during chemotherapy.

Dialysis services increase at Cabrini Malvern

The number of Cabrini patients who need dialysis during their hospital admission has increased significantly over the past two years due to our ageing community.

Demand for this service has grown by more than 200 per cent over the past three years, which overwhelmed our limited service based in the intensive care unit at Cabrini Malvern. Over the past year, patient demand for this service resulted in more than 200 transfers to external dialysis services. Such transfers add risk and significantly impact on patients' hospital experience.

It was just such an experience that motivated the donation of our first dialysis machine ten years ago. With the generous support of the Cabrini Foundation, which conducted an appeal at the end of 2015, Cabrini has been able to significantly upgrade its inhouse dialysis capability with the purchase of two new dialysis machines. This has allowed us to recruit experienced renal nurses and establish a better dialysis service. We have located the service within our day oncology unit. The service is now available to inpatients at all Cabrini hospitals and healthcare facilities.

Paediatric defibrillator

When a child is in cardiac arrest, this paediatric defibrillator will be used to start the heart pumping again. It is specially configured for infants and children ensuring it is available to save a child's life when needed.

Education and Training

Cabrini provides a range of training, education programs and scholarships to ensure that our highly skilled staff are equipped with knowledge and skills required to provide exceptional healthcare for our patients and residents. These opportunities are provided with the support of our generous donors.

SimMom and newborn manikins for emergency response training

Both the SimMom and newborn manikins assist with training students, nursing and clinical for staff in how to respond in an emergency in the birthing suites. These manikins are available in Cabrini's Stewardson Charitable Trusts Simulation Centre, which allows participants to safely practise and review a range of emergency scenarios without risk to patients.

Research

Emergency Department Scribe project

Supported entirely by donated funds, Cabrini's emergency department conducted research into the use of medical scribes in an emergency setting. This was the first trial of its kind conducted in Australia. A medical scribe is used to shadow the emergency clinician in patient consultations. They take notes, make appointments for further testing and complete

all the necessary paperwork. This assistance means that the emergency clinician has more time to spend with patients, answer questions and explain what testing or follow up is required. This trial proved so successful that we have secured further funding from the Phyllis Connor Memorial Trust managed by Equity Trustees, in order to conduct further trials in a public hospital in partnership with Bendigo Health. This study has the potential to provide benefit to all patients who attend an emergency department across Australia.

Bowel Cancer Gene Testing

By testing and researching the DNA of more than 2000 bowel cancer patients, doctors can gain insights into which genes lead to this disease. This donor-funded



Medical scribe Will Dunlop at work in the emergency department at Cabrini Malvern.

Capping off our cancer treatment services

Often the fear of hair loss is one of the most distressing aspects of breast cancer treatment. In some cases, patients will opt not to have chemotherapy so as not to lose their hair. Wouldn't it be better if we could prevent or at least minimise hair loss in the first place? This question led oncologist Dr Michelle Wright and Breast Cancer Service Coordinator Vicki Durston to investigate cooling caps that had successfully limited chemotherapy-related hair loss in the UK.

The caps were tried on 30 breast cancer patients at Cabrini Brighton and a clinical trial was conducted to measure the level of patient satisfaction and tolerability of the cooling technique. The preliminary results were positive. The Paxman system was chosen because of its compact size and the ability for two patients to use it simultaneously. The technology is now offered

to chemotherapy patients at Cabrini Brighton as part of its treatment package (at no extra cost) as well as information to enable them to make an informed decision about whether to go ahead with scalp cooling.

The caps are filled with a coolant that constricts the blood flow to the blood vessels in the scalp during chemotherapy, thereby reducing the amount of chemotherapy agent reaching the hair follicles. They are fitted for 30 minutes prior to the treatment to ensure the blood vessels are sufficiently cooled and remain in place for 60 to 90 minutes after treatment.

Funds raised during the September 2015 appeal, as well as a generous donation from a major donor, has meant that all breast cancer patients at Cabrini Brighton can now access this option for their care.

research is intended to identify patients most likely to benefit from different treatment options, either chemotherapy or surgery, and predict those at highest risk of having a relapse. This will enable treatment that is tailored to individual bowel cancer patients' needs and help to ensure the best outcome for the individual patient.

Scholarships

Donations to the Cabrini Foundation support education scholarships to ensure our staff are at the forefront in providing the highest quality care. The Cabrini Foundation is grateful for the generosity and commitment of the following donors who have established scholarships in memory of a loved one, or in appreciation of the care they have received.

Cabrini supports the professional development of its staff in a range of ways. Through the generosity of donors and the support of the Cabrini Foundation, Cabrini has been able to make improvements and advancements in many areas of healthcare. To provide the best possible care, we need to have excellent clinicians with up-to-date knowledge about the best clinical practice nationally and internationally. The scholarships would not be possible without the philanthropy and foresight of Cabrini's donors.

Brian H Gillies Travel Scholarship for Palliative Care Nurses

This gift is given to acknowledge and recognise the care given to Brian Gillies by the staff of Cabrini Palliative Care Prahran. Brian died on 15 September

2012 aged 83 years. His wife Prue Gillies believes that the opportunities and benefits of professional development provided by international experiences are infinite, not only to the participant, but to the institution which promotes them. Henry 'Jonggy' Vizconde and Nicky Hondros were each awarded \$5000 to embark on the learning adventure of a lifetime in 2015. Their journey took them to London to tour St Christopher's Hospice – the first modern hospice – and to the Netherlands to attend a bioethics course on suffering, death and palliative care.

Brian J Sutton Nursing Scholarship

Established in November 2008, the Brian J Sutton Scholarship provides \$5000 to assist graduate nurses within any area of Cabrini to develop their clinical skills and advance nursing. It is open to Cabrini nursing staff from any specialty area or discipline to assist with attendance at a domestic or international conference, visit a national or international centre of excellence, undertake a postgraduate course or participate in a relevant educational event. Brian, a generous donor for many years and a confirmed bequestor, is himself a retired nurse. He has not worked at Cabrini but recognises the compassion and commitment of the Cabrini staff, particularly palliative care nurses. Brian volunteered for more than ten years at Cabrini Palliative Care in Prahran and was presented with his gold pin for service by the late Sister Irma Lunghi MSC. He was also the first volunteer in our emergency department located at Cabrini Malvern.

Jennifer Hetherington received the 2015-16 scholarship. She is working to complete a Master of Health Administration through Monash University. Jennifer used her scholarship to complete the tenth unit in her program: developing health systems.

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OUR HERITAGE STORY

Francesca Cabrini was born in northern Italy in 1850. Inspired by her deep faith in Jesus Christ, she was a woman of great compassion and courage. She saw her life as a mission to relieve suffering and serve those in need – particularly the poor and excluded. She established health, education and care centres in the USA and Latin America, in Europe and in England, becoming an inspiration to all whose lives she touched. She was the first citizen of the USA to be canonised a saint. At age 30, she founded the Missionary Sisters of the Sacred Heart of Jesus to show God's love for people through their compassionate action in the world. Today their mission reaches around the world, and includes Cabrini Health in Australia.

Our Cabrini story started in 1948, when ten Cabrini Sisters arrived in Melbourne to take over St Benedict's,

a small hospital in Malvern. The journey from Italy took ten days as the plane could only fly during daylight hours. The Sisters thought they were taking over a fully functioning hospital but unfortunately, this was not so. Without losing spirit, they worked hard to equip and make the place presentable so that they could re-open the facility. At the time, Melbourne was not the multicultural city that we know today. People were cautious of these Italian sisters who dressed and spoke differently to the Australian religious of the time. Despite their best efforts, in the first few months there were many complaints about their strange ways. However, the Sisters recognised there were people in need and, with courage and determination; they laid the foundation for the comprehensive healthcare service we have become today.

CABRINI FOUNDATION

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