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easing the
burden



Challenging
a gold
standard



The
perfect
gift



ALL SIGNS ARE POSITIVE

Work on the new state-of-the-art Gandel Wing is progressing well.

Cabrini is a not-for-profit organisation.

If you would like to make a gift towards our work, please contact the Cabrini Foundation on (03) 9508 1382 or simply send your donation to Cabrini Foundation, 183 Wattletree Road, Malvern, Vic, 3144. Cheques should be made payable to 'Cabrini'. All donations over \$2 are tax deductible. If you would like your details to be removed from the mailing list, please call (03) 9508 1382.

DO YOU HAVE, OR HAVE YOU HAD, LOW BACK PAIN?

Please help researchers at Cabrini to better understand low back pain by completing an anonymous survey.

Go to the link below to complete the survey:

<https://www.surveymonkey.com/r/backpainquest>

If you have any questions, please contact Melanie Hawkins at mhawkins@cabrini.com.au

This project has ethics approval from the Cabrini Hospital Human Ethics Committee (CHREC 02-21-08-17) If you are aged over 18 years and have, or have had, low back pain, you may be eligible to participate in this study.

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CABRINI MALVERN SPECIALIST DIRECTORY 2018

AVAILABLE
NOW!

A comprehensive directory of all accredited specialists at Cabrini Malvern is now available and being delivered to general practitioners.

If you have not yet received a copy, please email adminmm@cabrini.com.au or phone **9508 1983** during business hours.



Dr Wesley Thevathasan

EASING THE PHYSICAL BURDEN OF PARKINSON'S

An estimated 6.3 million people across the world suffer from Parkinson's disease and 80,000 Australians have the condition.

Its symptoms are recognisable – tremor, muscle rigidity, slow movement, sometimes a shuffling gait, lack of arm swing, speech problems and more. In short, this condition, which usually shows first signs of onset between 55 and 65 years, is extremely debilitating.

Pharmacological interventions have proven to be effective in delaying or mitigating many symptoms, but their efficacy fluctuates during the day and the dose needs to be increased with the condition's progress.

Now, the movement issues associated with Parkinson's are being treated with Deep Brain Stimulation (DBS). This surgical intervention embeds an electrode in the brain and a subcutaneous battery just below the collarbone. The two communicate via cables and provide constant stimulation to the part of the brain responsible for the unwanted movements.

One of Australia's most experienced DBS teams comprises neurologist Dr Wesley Thevathasan and neurosurgeon Mr Kristian Bulluss. They undertake the procedure at several hospitals but do many at Cabrini, making it one of the

largest centres for DBS in Australia.

The procedures take place over four hours with three distinct phases: the first encompasses preparation during which parameters are measured and a temporary stereotactic head-brace is fitted; then Mr Bulluss inserts the electrode into a very precise point in the brain while Dr Thevathasan navigates via imaging, records brain signals and monitors the awake patient; finally the battery unit is inserted beneath the collarbone under general anaesthetic and the cables from the electrode are run below the skin down to the unit.

The procedure can be used to treat other disorders including essential tremor, dystonia and epilepsy, but is predominately used for Parkinson's tremors. "However, DBS is not suitable for all Parkinson's sufferers," says Dr Thevathasan. "The patients to whom we offer it are generally under 75, have had a good response to medication and are cognitively reasonable."

He and Mr Bulluss are deeply involved with research aimed at increasing the effectiveness and precision of the surgery. "We conduct research across all

the hospitals in which we operate. This is great for our patients because we are always at the forefront of knowledge and can adopt new techniques very quickly."

In fact, these doctors are leading the field in many respects – they recently identified a biomarker which allows more precise implantation. Where precision of less than two millimetres is critical, this breakthrough is a game-changer. They are also working on a battery pack that responds to the patient's activity level. Current batteries send a constant 'on' signal to the electrode which means that it runs at full pace 24 hours a day. The ability of the battery to modulate the stimulation in response to patient activity levels would mean a better patient experience. Additionally, Dr Thevathasan and Mr Bulluss are devising a battery unit for implantation behind the ear rather like the highly-successful Cochlear ear. Their work has been featured on television including the ABC's 7.30 program and National Geographic channel.

For a referral to a Cabrini medical specialist, visit your GP. For information about Cabrini's medical specialists, refer: www.cabrini.com.au/find-a-doctor

Tracey Cabrié,
Centre Manager



by Catherine Garner,
Group Director, Mission
and Cabrini Outreach

HELPING ASYLUM SEEKERS AND REFUGEES

As we mark the second anniversary of the official opening of the Cabrini Asylum Seeker and Refugee Health Hub, it's timely to reflect on how well we have met our goals and aspirations.

We saw our first client on 20 June 2016, a red letter day in the sector as it marks the annual observance of World Refugee Day. By the end of June 2017, we had received 176 referrals and had 137 clients using the service regularly. In the nine months to April 2018, our referrals have doubled. We now have 245 active clients and 204 clients have a regular appointment with us.

Today our clients can access:

- A nurse-led health assessment and vaccination catch-up service
- General practice care
- Physiotherapy
- Specialist mental health services with psychiatry, counselling, case management and limited outreach



“Our clients now range in age from newborns to 71 years. They come from 36 different countries and 42 ethnicities.”

providing comprehensive and integrated mental health support

- A pharmacy waiver program where clients who have no income can have their prescriptions filled at a local community pharmacy, which then bills the costs to us

Our client profile has changed over the two years of operation. In the first 12 months, the dominant client group was young men. Since then, the number of women, young families and older people has grown. Our clients now range in age from newborns to 71 years. They come from 36 different countries and 42 ethnicities.

Most of our clients have complex health issues:

- 49 per cent have been diagnosed with a mental illness
- 11 per cent experience chronic pain
- More than 10 per cent have a serious, chronic illness (other than mental health problems)

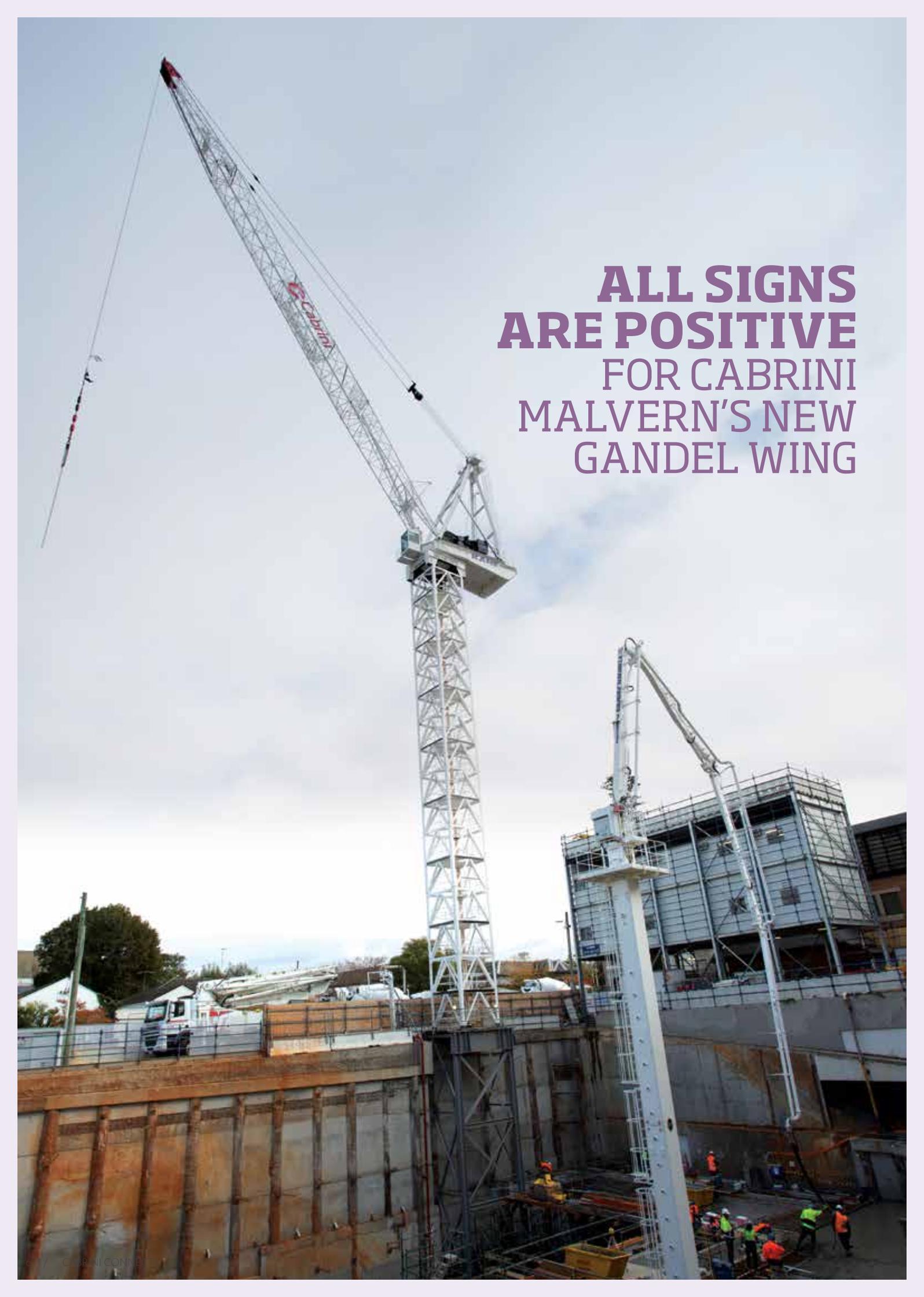
Ninety-five percent of clients have one thing in common: they do not have access to Medicare and/or no income. This is the group of people we set out to serve. We are able to provide them with free healthcare because of the generosity of our donors, our sponsors and our *pro bono* general practitioners, psychiatrists, psychologist and physiotherapist.

In the financial year ended 30 June 2017, we received approximately \$44,000 from donations and fundraising and \$120,000 in-kind support from St Vincent’s Hospital Melbourne. The *pro bono* health

professional contribution was valued at \$180,000. This accounted for nearly 50 per cent of the value of the service provided. The balance of costs was covered by a small amount of Medicare revenue and a generous cross-subsidy from Cabrini.

When we opened our doors in 2016, our vision was to one day be able to close the service due to lack of demand. That day is yet to come. We will continue to pray for a future where vulnerable asylum seekers and refugees in Australia are able to access the healthcare they need to live productive and meaningful lives and recover from the traumas of their past. In the meantime, with your help, we will continue to reach out with compassion to this most vulnerable group of our fellow human beings.

To make a donation visit
<https://cabrinifoundation.com.au/>



**ALL SIGNS
ARE POSITIVE
FOR CABRINI
MALVERN'S NEW
GANDEL WING**

Work on the new state-of-the-art Gandel Wing, on Wattletree Road at the corner of Isabella Street, is progressing well with the new building on-track to open in 2019.

Cabrini Health and the Cabrini Foundation welcome the generous support of principal donors John Gandel AC and Pauline Gandel. The community will benefit from life-saving cardiac, acute geriatric, medical imaging, and cancer services in the new wing.

Following a complex demolition project, the bottom of the large hole has been reached, achieving a major project milestone. The construction phase of the project is now underway, according to William Gullifer, Project Manager at Kane Constructions. "We hope to have the structure built to ground level by early September 2018, as long as the weather remains kind".

He says that excavation has been greatly assisted by Melbourne's warm weather during March and April of this year: "Removal of dry earth is a lot easier than taking out wet deposits, and we have made good progress to reach our current position, which is well on target".

Cabrini and Kane Constructions thank our staff, doctors, patients and neighbours for their patience and support during the demolition stage.

RECENT MILESTONES

- Demolition of the old medical centre (known as MCI) is now complete. Approximately 320 tonnes of existing structure both above and below ground has been demolished and removed.

- All retention and piling works at basement 2 and 3 levels have been completed. This was a complex phase, with excavation occurring in close proximity to the existing hospital. 'Piling', a building technique that involves use of a large piling rig, which drills into the earth, pumping concrete and installing steel reinforcement into the holes, was the technique used. This high-risk phase of the construction has been achieved safely.
- Bulk excavation works are now completed, with removal of 52,000 cubic metres of earth during this process.
- All ground anchoring is now complete with an end to associated drilling work. This was complex work to permit builders to excavate without any risk of geological instability.

CURRENT WORKS

More visible signs of the new hospital building will emerge over the coming weeks and months. Framework material is now being delivered and concrete trucks are starting to arrive.

- Well advanced, but not easily visible, is the procurement of the façade. The majority of the window wall and the bespoke terracotta secondary screen has been fabricated and now waits in storage.

- Our patient lifts are coming from Germany and will await customs clearance for the site.
- The tower crane was erected incident-free, and stands 32 m above ground and has a 52 m-boom. Its maximum lift capacity is 24 tonnes at a 10-metre radius.

WHAT COMES NEXT?

Now that the crane is operational and the hole is finished, building can commence. To facilitate this stage of the project, the other delivery loading bay along Wattletree Road will be opened. This will ease traffic along Isabella Street, a positive development for neighbours and commuters.

HOW TO HELP

Development of our proposed new clinical building is a significant investment for Cabrini, which is a charitable institution. Cabrini does not rely on funding from government or the Catholic Church. We are looking to the community to support us in this important development.

If you are interested in making a donation, please contact the Cabrini Foundation on **(03) 9508 1780** or visit <https://cabrinifoundation.com.au>



Mark and Leonie Wheeler

“...Cabrini recognises and thanks every one of our volunteers for their contribution of time, skills and passion.”

WHEELS KEEP TURNING FOR CABRINI VOLUNTEER

Mark Wheeler, 76, is one of the army of ordinary people who donate their time and skills to help others, in the Cabrini tradition of compassion, integrity, courage and respect.

Speaking at Palliative Care Victoria’s (PCV) volunteering conference in Melbourne on Wednesday 23 May, Mr Wheeler says being able to give back to his community through volunteering reflects his personal motto of *carpe diem* or ‘seize the day’.

“When I volunteer at Cabrini Palliative Care, every Friday morning, I sit by people who are dying, giving them companionship and listening... or disappearing if those are the vibes,” he says. “My approach is bubbly and positive.”

But it’s not simply that, or his decade of service that makes Mr Wheeler stand out. His beloved wife Leonie was diagnosed with cancer (acute leukaemia) in February 2017. The team at Cabrini Palliative Care in Prahran, where Mark has been a volunteer for more than a decade, were by their side to help her have the best quality of life during her illness. She died five months later.

PCV Project Manager Mike Kennedy says many volunteers don’t come back for a year or so after bereavement because it’s important people take the time they need before returning to some of their normal routines.

But Mr Wheeler is an exception to the rule, shaking tradition by returning to his volunteering soon after his wife died. He says he was able to do this because of his faith and his approach to death. “Death has never been a taboo topic in our family,” he says. “We’ve been blessed with six children of our own, and 12 grandchildren, and around our family tables, death and dying

with respect is discussed just as easily as who will win the footy next week.”

Mrs Wheeler worried that dying in the palliative care hospital where her husband worked as a volunteer would affect his willingness to return. He told her not to worry.

“Lonz, that’s what I called her, asked me: ‘Wheels’, that’s what she called me, ‘how will me dying at Prahran affect your volunteering?’ “

“It will make it even more special,” he replied.

“How about the room I die in?” she asked.

“It will be my favourite room,” he said.

During National Volunteer Week in May, Cabrini recognises and thanks every one of our volunteers for their contribution of time, skills and passion. They show in everyday realities what it means to represent Cabrini’s tradition of helping others.

For more information on volunteering with us: <https://www.cabrini.com.au/patients-and-families/volunteer-with-us/> or call 03 9508 1084 or email volunteers@cabrini.com.au

CREATING AN ENVIRONMENT FOR ALL CHILDREN

An important new project has been introduced within Cabrini to provide special support for children who have autism.

Research has shown that the healthcare needs of children who have autism spectrum disorders (ASD or autism) are substantial, and that these children have particular needs in hospital settings. Cabrini has long been aware of these needs, but the instigation of a special research project has provided a wealth of information that will guide how patients and their families can be better supported in the future.

The research project was led by Deakin University with collaboration from Monash University, Cabrini, the Royal Children's Hospital, and Amaze which is Victoria's peak body for people on the autism spectrum and their families. All shared the goal of identifying measures that could be introduced at Cabrini to provide an autism-friendly environment for children.

The study explored the views and needs of Cabrini staff who provide care to children who have ASD and their families, and parents of children who have ASD. Children who have ASD often experience heightened anxiety, and communication and social challenges, all of which need to be taken into account by staff in a hospital environment. The

TLC boxex; and Cabrini's Kelly Sherman and CEO TLC for Kids Tim Conolan



“Research recommends that healthcare professionals use distraction and communication to guide children...”

difficulties of hospital visits highlighted challenges such as disruption of the child's routine, waiting times, dealing with unfamiliar people and strange surroundings. The 'busyness' of the hospital environment can be disrupting and upsetting for these children.

Many recommendations were included in the report including:

- enhancing communication among patients, families and staff
- early identification of ASD in children
- minimising anxiety and sensory triggers in children
- training and education of staff

As a result, several Autism Aware initiatives have been introduced in Cabrini's paediatric ward including:

- daily quiet time, with dimmed lighting, limited corridor traffic, and quiet activities

- bedside communication whiteboards
- a pre-admission clinic for all children who have ASD
- ensuring the patient's record is clearly marked
- review and update of communication materials

Further, new sensory toolboxes are being developed with the support of TLC for Kids. Research recommends that healthcare professionals use distraction and communication to guide children through certain procedures. The sensory toolboxes contain a variety of sensory items (including toys and books) that cater to a range of common sensory needs.

These initiatives will be introduced to all areas of Cabrini that are contact points for children, including the Alan, Ada and Eva Selwyn Emergency Department at Cabrini Malvern, Cabrini Medical Imaging and surgical theatres. There will be a major focus on staff training and education about all aspects of care and communication.

The future is looking brighter for children with ASD at Cabrini.

CHALLENGING A GOLD STANDARD

Is it time to throw out 100 years of blood pressure monitoring? A research partnership between Cabrini Health and Monash University has developed the first stage of a reliable alternative to standard blood pressure monitoring, which has been done the same way for 100 years.



“We know we’re challenging the gold standard of non-invasive BP measurement, the inflatable cuff,” says the Chief Clinical investigator for the research at Cabrini Health and Monash University, Dr Keith Joe. “But do you know, it’s 100 years old and it isn’t totally reliable.”

It’s still a bundle of sticky patches, electrodes and wires but with the success of the first clinical trial, Dr Keith Joe says his team is confident that not too far down the track they’ll have a miniaturised, wearable digital chest patch which will enable them to monitor blood pressure 24 hours a day.

This will overcome the limitations of the cuff, which include patient anxiety when the test is done, arm squeezing induced by the cuff and the fact that it can’t be used frequently in the day.

A wearable device will mean patients can be tracked while on the move, and information can be transmitted, helping doctors understand changes in blood pressure with different activities and situations such as a fall.

“With digital technology, we can do a lot better now,” says Dr Joe. “Using this device, we can monitor blood pressure throughout a patient’s normal activities across 24 hours.

“For patients at home, it will help us to understand the impact of their medication and tailor their treatment. For patients in hospital, we will get better advance warning of trouble than was possible with the less frequent use of the cuff.”

There are other advantages. Digital devices are already measuring a range of vital signs including blood sugar levels,

without the need for blood sampling. In future, the new wearable chest patch can combine the measurement with other vital signs such as heart rate and rhythm, oxygen level and temperature, to provide a fuller picture of the patient’s cardiovascular health.

“...by creating something which is carefully crafted, evidence-based, and medical grade, it will stand the test of time.”

HOW IT WORKS

Blood pressure is measured through the chest with bioimpedance – that’s the body’s resistance to an electric current through its tissues. With a miniaturised device, the information can be gained wirelessly, transmitted in real time to be checked by the medical team.

“It may be some years of testing before we have something ready to use, but that’s where we are headed, and the signs are good,” says Dr Joe.

CLINICAL TRIAL

Dr Joe says the health industry-academic partnership demonstrates a great multidisciplinary link up, with clinicians, engineers and mathematicians working together to help improve care for patients. The clinical trial which ran in November 2017 included Dr Joe’s partners, Monash University Associate Professor Mehmet Yuce, an Australian Research Council Future Fellow, and two PhD students Fatima Heydari and Melika Pour Ebrahim.

The project is supported by a Victorian

Government grant and in mid-2017, Monash University announced it had received \$330,000 of Australian Research Council funding to develop the device.

In October-November, the team ran a clinical trial of the device at Cabrini, under *IEEE standards for testing medical devices, and achieved a 90 per cent success rate.

“We’ve proved we can get 90 per cent accuracy in the individual and about 70 per cent in the whole population. With more work we will be able to lift that rate,” Dr Joe says.

He warns that to make a medical-grade wearable is expensive and requires serious work. Many devices exist to measure calories, or back activity, but they are not medical-grade. His team is doing evidence-based research to ensure the final product measures up to Cabrini’s medical standards, reputation, integrity and tradition of caring for people.

“It has to be reliable – not a flash in the pan, so by creating something which is carefully crafted, evidence-based, and medical grade, it will stand the test of time. This standard of device is expensive to make but at the end of what could be a five-year process, we’ll have a brilliant piece of technology that will meet all the requirements of ethical and evidence-based medicine.

“The full capacity of these wearable digital devices hasn’t hit the mainstream medical profession yet,” says Dr Joe. “We have a vision for what we can do here, but it’s going to take a lot of work to show what we can achieve.”

*IEEE is a global membership organisation which promotes technical standards www.ieee.org



WAITING TIMES NOW PUBLISHED FOR THE ALAN, ADA AND EVA SELWYN EMERGENCY DEPARTMENT AT CABRINI

Cabrini's busy emergency department opened in 2002, and since that time, increasing numbers of patients are using the service.

It has gained a strong reputation among people of all ages, and especially among families who make Cabrini their 'hospital of choice'.

Mindful of the public's concern over long waiting times, the Cabrini website now publishes expected waiting times, and the number of patients yet to be seen by a doctor. This information gives both patients and referring doctors an indication of how long a person will need to wait. In 2017, this was 37 minutes on average.

To check your waiting time visit www.cabrini.com.au



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Ph: 03 9508 1380 www.cabrini.com.au



Dr Jaclyn Wloszczowski and her new daughter, Alannah.



THE PERFECT GIFT

Cabrini obstetrician Dr Jaclyn Wloszczowski chose Cabrini Maternity for her own maternity care, safely delivering baby Alannah on the evening of Mothers' Day with the help of obstetrician Dr Danielle Wilkins (Director of Cabrini Maternity) and Cabrini midwives.

Dr Jaclyn Wloszczowski says Alannah is the best Mothers' Day gift and that she feels blessed to share Mothers' Day with Alannah's birthday.

Baby Alannah is a little sister to Evie aged 4 and Dr Wloszczowski's and husband Erik's second child. Evie is excited about having a sister.

It was a humbling and challenging experience for Dr Wloszczowski to be the recipient of the care she normally provides. "The hardest things for me were letting others see my vulnerability and fear, which is in contrast to the confident and reassuring persona I try to present to my patients," she said. "The other difficulty

"Baby Alannah was the third baby to arrive at Cabrini Malvern on Mothers' Day and the second delivery of the day..."

was to be 'in the moment' and relinquish control, take my 'doctor' hat off and be a 'patient' and 'mother' – I think I did this much better this time around than I did last time – I remember being much more argumentative during my last labour! I'm a total backseat driver."

Dr Wloszczowski says it was wonderful

being cared for by her colleagues including Dr Danielle Wilkins, the mother of young boys herself, who spent much of her day at the hospital. "I felt safe and supported the whole time, even when things got a little bit hairy," she said.

Following a natural delivery at Cabrini Malvern, Dr Wloszczowski spent part of her hospital stay at the Como Melbourne, which allowed the family to be together with expert midwifery care onhand as needed.

Baby Alannah was the third baby to arrive at Cabrini Malvern on Mothers' Day and the second delivery of the day supported by Dr Wilkins.