

HEALING & HOPE

WINTER EDITION

SHARING THE
COURAGE AND
JOY YOU HELP
MAKE POSSIBLE.

INSIDE:

*"This thing can
kill you."*

Stonnington father's
fight with COVID-19

 **Cabrini**
FOUNDATION



- 3 COVID-19 EMERGENCY APPEAL UPDATE
- 4-5 LOCAL COVID-19 SURVIVOR
- 6-7 BELINDA'S AMAZING GIFT
- 8 GRENDA FAMILY GIVES BACK IN GRATITUDE
- 9 CABRINI JOINS AUSTRALIAN TRIAL INTO TREATMENT FOR COVID-19
- 10-12 HOW YOU CAN GIVE - COMPASSION PARTNERS, GIVING CIRCLE

WELCOME



We have all been impacted by the coronavirus disease. For most of us the impact has been social isolation, missing grandchildren, managing home schooling and the end of our social life.

For Cabrini, it has meant an intense period of preparation for what could have been the disastrous impact of COVID-19. Such as the tragic loss of many lives overseas.

We had to move fast. And we needed community support to get the right equipment, train our staff and double the number of ICU beds in a very short time.

We could not have done all of this without your help.

When we asked you to give, you dug deep and donated. Your support helped fund urgently needed equipment, Personal Protective Equipment and our conversion of four-bed wards into single-bed wards.

We have seen the impact of COVID-19 on our patients and the amazing response from our nursing staff and our support teams. Their dedication and care for our patients has been inspirational.

Cabrini's commitment to patient care is always paramount. We now look at preparing for post COVID-19 and supporting you and your loved ones with all your health needs.

We will always be here for you.

Thank you for being here for us when we needed you most.

Thank you for your ongoing support.

SUE PARKES

Director, Cabrini Foundation

COVER IMAGE: Cabrini patient Michael Naylor was a fit, healthy and physically active 51-year-old who had never been seriously ill in his life, then COVID-19 brought him to his knees. We thank Michael sincerely for sharing his brave story of survival with our Healing & Hope readers.

COVID-19 EMERGENCY APPEAL *update*

A rapid response from our amazing donors has ensured that Cabrini is equipped and ready to support our community's health needs in responding to the COVID-19 pandemic.

The early support has meant that Cabrini has already received vital equipment for the Emergency Department, Intensive Care Unit (ICU) and Respiratory and Infectious Diseases ward.

The additional equipment includes new ICU beds, which has increased our capacity to treat more patients who are critically unwell.

A dialysis machine for the ICU will ensure an increased number of patients who need dialysis can have their treatment within the ICU setting.

Additional equipment for the Emergency Department includes disposable bronchoscopes, which emergency physicians use to quickly and easily diagnose respiratory conditions.

Beyond the COVID-19 pandemic, this new equipment means that Cabrini can treat more patients who have complex medical conditions, such as cardiac patients who need admission to the ICU.



IMAGE: Cabrini Critical Care Nurse, Carolyn Dew, with a new ventilator.



IMAGE: Dr Ben Turner, ICU Specialist Physician and Associate Professor Vineet Sarode, Director of ICU, with some of the new ICU equipment.

"This new equipment means that we now have the capacity to treat more patients who become critically unwell and need urgent care."

ASSOCIATE PROFESSOR VINEET SARODE, DIRECTOR OF ICU.

LOCAL COVID-19 SURVIVOR SAYS:

“Thank you for saving my life.”

Michael Naylor was a fit, healthy and physically active 51-year-old who had never been seriously ill in his life, then COVID-19 brought him to his knees.

On the morning of Sunday 15 March, Michael woke up feeling like he was starting to develop a cold, but by the Thursday he was struggling.

“My temperature had risen from 38 to 41 degrees,” says Michael. “My chest was tight, I couldn’t breathe very well and I felt most unwell. So I went to Cabrini, and I was admitted straight away.”

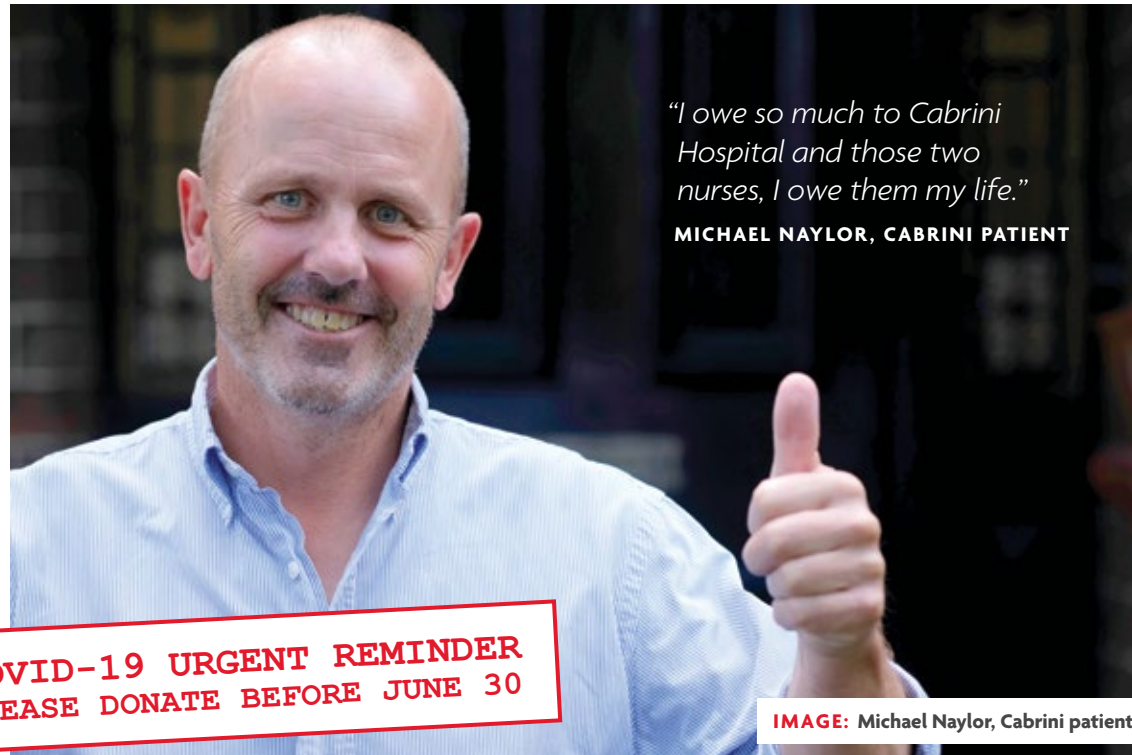
Michael had viral pneumonia in both lungs. His worst fears were confirmed – COVID-19. Michael’s lung capacity was already down to 50% and his temperature was dangerously high. He went straight into an ICU isolation room.

Over the next four days Michael’s body did everything it could to fight the virus attacking his body. And very nearly lost. His fever was continually at 42 degrees.

“I’ve always been a tough, very resilient human being, but this just took me to my knees.”

MICHAEL NAYLOR, CABRINI PATIENT

“I was burning up, cooking alive inside,” he says. “My organs were starting to shut down and I was starting to give up. I was delirious and I felt couldn’t go on any longer.” Michael’s wife stayed on the phone with him telling him to fight, that he wasn’t alone, and he would pull through. And she



**COVID-19 URGENT REMINDER
PLEASE DONATE BEFORE JUNE 30**

IMAGE: Michael Naylor, Cabrini patient

“Michael Naylor and his family are particularly grateful for the care they received at Cabrini. Michael spent about 10 days in the Respiratory and Infectious Diseases Ward at the new Cabrini Gandel Wing. It is great to hear their positive feedback during such a dark time.”

PROF PAUL MCMURRICK

was right, Michael was not alone. Alongside him were two young nurses, Trevor and Jack.

“Jack saved my life. I have no doubt about it,” says Michael. “Jack put me in a cold shower then packed me with ice. The ice packs burned off every 15 to 20 minutes, so he got more and kept packing me with ice.”



IMAGE: Prof Paul McMurrick

Jack and Trevor got Michael through those terrifying hours, but he was a long way from being out of the woods. It took two more days of hell before Michael’s fever finally broke and he began to turn the corner.

Today, he has nothing but praise for Cabrini. “Paul McMurrick was extraordinary. Way beyond what you’d expect. And the nursing staff were sensational, especially Trevor and Jack. They just went above and beyond.”

“Dr Jun (JK) Khoo and Dr Nicholas Manolitsas were so professional and immediate with their response. Dr Khoo is thorough, detailed and communicative. His follow up on my health now and further testing has been remarkable. Dr Khoo has my upmost respect and gratitude.”

Michael is adamant that it’s the people at Cabrini that make the real difference. And we couldn’t agree more. Not just our doctors and nurses, but you too. The amazing people who support our medical staff and help them to save people’s lives.

Michael thanks you. And we thank you too.



IMAGE: Ms Belinda Lim, who included a generous bequest to Cabrini in her Will. With partner Scott Beaumont.

BELINDA'S *amazing* GIFT

Belinda Lim was only 40 years-old when she died of oesophageal cancer.

A Melbourne Grammar student, Belinda worked with her father in the restaurant business and was in commercial property management.

“She was a kind soul, the most loving caring person you could ever meet. She had a kind and loving heart,” said her partner of seven years Scott Beaumont.

Ms Lim passed away at Cabrini Palliative Care in 2016. Mr Beaumont, who cared for her until she passed, said Belinda would love that her gift was helping others. “It makes me feel at peace that she was remembered and she’s helping save other people’s lives. For me it means there was significance to her life.”

A new high-tech, cutting-edge microscope has been funded by the generous bequest of the Late Belinda Lim. Featuring a robotic arm and the latest in 3D operating technology, the Zeiss microscope has placed Cabrini at the forefront of neurosurgery in the world and is saving the lives of thousands of patients.

Used almost daily by Cabrini neurosurgeons such as Dr Tony Goldschlager, the **Zeiss Kinveo 900 microscope** is vital in ensuring maximum patient safety by allowing microsurgery to be carried out with pinpoint precision.

Providing high-quality illumination and magnification of the operative field, usually deep below the skin or skull surface, the microscope enables structures to be carefully visualised.

It also enables the surgical and nursing assistants to be active participants during a surgical procedure with the ability to visualise the procedure on a monitor.

“It provides state-of-the-art neurosurgery, which is the highest level that’s available in the world right now,” said Dr Tony Goldschlager.

Dr Goldschlager is a leading neurosurgeon with extensive training in the management of brain tumours, pituitary tumours, and complex spine conditions.

“I’ve worked in the US and in Canada and we are better than those centres,” he said.

“The microscope has been an absolute game changer for us by enhancing the quality of the operations we can do. It also makes the theatre team work better because they can all see what’s going.”



“It’s amazing what Belinda has done, it’s changed the lives of hundreds, if not thousands of patients by being able to provide the best, highest quality neurosurgery that’s available in the world right now.”

DR TONY GOLDSCHLAGER

The Executors of Belinda’s estate, Dr Mark Merry and Mrs Manuela Merry contributed this information for our Healing & Hope readers.

“Belinda Lim possessed three very positive qualities.

The first was a great devotion to family. For her, the family was the most important element in her life. This might have originated from her Chinese cultural background, but it certainly was central to who she was right to the end of her life.

The second quality is evident in her many bequests to deserved charities such as the Cabrini Hospital. Belinda was at heart a very generous person. She was generous to her friends, empathised with those around her and readily gave to others.

The third was gratitude. It is not at all surprising that she selected the Cabrini Hospital as a recipient of her gratitude. She appreciated the great work of the people there and wanted to contribute to that work in this very tangible way. She would have been delighted to know that she was able to support those who had supported her during the most vulnerable time of her life and those suffering in the same way.”

If you would like to know how you can make a difference with a gift in your Will to Cabrini, please contact Natalie Sikora on (03) 9508 1376 or email nsikora@cabrini.com.au

GREENDA FAMILY GIVES BACK *in gratitude*

A dear friend of Cabrini Foundation, Margaret Grenda passed away at Cabrini Malvern earlier this year.

Margaret, together with her husband Ken and their family, have been supporting the Foundation for many years. Their contributions have helped to improve the care for patients at Cabrini, now and into the future.

The family were so grateful for the care that Margaret received that they have funded

the **Margaret Grenda Nursing Scholarship** in her memory.

This annual scholarship will support further training of aged care nursing staff.

“Both Margaret and I have been fortunate to have received excellent care at Cabrini for many years. We felt this was a way we could say thank you,” said Ken.

Each year Cabrini Foundation donors give more than \$160,000 towards scholarships for nursing and allied health staff as well as research opportunities. These scholarships help further the skills and training of our staff, which ultimately improves the care that they can provide to patients.

If you would like more information on scholarships, please contact Cabrini Foundation on 9508 1380.

IMAGE: Margaret Grenda's family memorial gift will help to improve care for patients through the Margaret Grenda Nursing Scholarship.



CABRINI JOINS AUSTRALIAN TRIAL *into treatment for COVID-19*

Cabrini has joined with more than 80 hospitals across Australia and New Zealand in a trial of treatments for COVID-19.

The Australasian COVID-19 Trial (ASCOT) will determine the efficacy of using existing antimalarial and HIV treatments against the virus.

There is currently no treatment for COVID-19, but the World Health Organisation considers that both these treatments could be promising.

The study is only made possible by the support of Cabrini Foundation donors.

This support has ensured funding to employ a part-time research nurse to coordinate the study over the next 12-18 months.

The aim of ASCOT is to test whether using these existing drugs will prevent patients deteriorating to the point of needing a ventilator in the Intensive Care Unit (ICU).

Associate Professor Vineet Sarode, Director of Cabrini ICU, said: “We hope by participating in this important research project, we can potentially save a lot of lives, not just here in Australia, but all over the world.”

Patients who are hospitalised with a positive diagnosis will be screened to see if they

are suitable to participate in the trial. Their treatment will be compared with more than 2000 patients nationally to determine which is the most effective treatment.

The international study is designed to be able to adapt if needed with possible new treatments added if they show promise or others suspended if they prove to be ineffective.



IMAGE: Associate Professor Vineet Sarode in ICU

Cabrini Compassion Partners

The beating heart of your community

Someone else who knows just how important Cabrini is to our community, is 66-year-old Francis Galbally, whose wife Carolyn passed away in 2014. Francis has never forgotten the care she received at Cabrini.

"I was unbelievably impressed over the five years Carolyn received treatment there. Her oncologist was fabulous, and the nurses were like angels. Every day we were touched by the hospital and everybody we dealt with was extraordinary."

More recently, Francis had a first-hand Cabrini experience of his own when he was rushed to our ED after a car accident that left him with a fractured spine.

"Once again, the people and the care were exceptional, from the trauma specialist who met me off the ambulance to the physios who helped me recover, and everyone in between.

I'm so grateful I live in this part of Melbourne, close to such an incredible hospital. I think of my support for Cabrini as giving back – saying thank you for everything Cabrini has done for us, and for whatever they might one day do for my children and grandchildren."

Almost everyone in this part of Melbourne knows someone whose life has been touched by Cabrini.



"The Cabrini Giving Circle is for all who want to be involved at a deeper level in the hospital and the community. It's a wonderful way for those of us who share this connection to make a real and lasting contribution to both."

**MELITA KENEALY, ASSOCIATE PROFESSOR
AT CABRINI HOSPITAL**



The **Cabrini Giving Circle** is a special community, within a community. One that's dedicated to securing a lasting future of state-of-the-art treatment and world-class care at Cabrini.

Cabrini Giving Circle members commit to give a significant donation annually. Collectively, Giving Circle members help Cabrini to purchase high-cost items urgently needed, and to meet specific funding needs for major capital projects.

In 2020, donations from the Giving Circle are currently funding ICU equipment.

To learn more about joining the **Cabrini Giving Circle** please contact Catherine McElhone on (03) 9508 1373.

Now you can preserve the quality of care and the world-class facilities Cabrini provides to people in this community by giving regular donations to **Cabrini Compassion Partners**.

When you become a **Cabrini Compassion Partner**, you will be helping your community by giving regular donations, making it easier to plan your impact all year long. You can choose the amount you wish to donate monthly (minimum \$10 per month), or quarterly, or annually. At the end of the financial year, you will receive a receipt of your donations for tax purposes.

Cabrini Compassion Partners receive a welcome pack with a Cabrini keyring and wallet-folder for your newsletters and receipts. You also receive a limited release bookmark as a small Welcome gift from the team at Cabrini Foundation. Plus, you will receive invitations to meet our Heroes of Health in the future.

To become a **Cabrini Compassion Partner** simply complete the donation form enclosed, or join online: cabrinifoundation.com.au



HOW YOU CAN GIVE HEALING & HOPE

To give your generous support to Cabrini please complete your donation form overleaf.

Mail to
Cabrini Foundation
183 Wattletree Road
Malvern VIC 3144

P 03 9508 1380
E foundation@cabrini.com.au
W cabrinifoundation.com.au

“You keep our doctors’ and nurses’ spirits up. You keep them going even when they are struggling. You make sure they have the best equipment in their hands and sufficient Personal Protective Equipment to do their jobs safely. Thank you.”

SUE PARKES, DIRECTOR – CABRINI FOUNDATION.



THANK YOU. Donations \$2 and over are tax deductible.

We value your support and would like to keep you informed. If you make a donation and prefer not to receive further Cabrini Foundation communications, please call (03) 9508 1380. Please visit: cabrinifoundation.com.au to view our privacy policy.

GRADUATE NURSES

SHARE THEIR *career aspirations*

AND WHY THEY CHOSE TO COMPLETE THEIR STUDIES AT CABRINI ...

“ I see myself as a nurse educator where I can maximize my knowledge and skills in improving the health care system, providing guidance to registered nurses and therefore create a positive impact to patients and residents.

Having been raised as a Catholic, the mission and values of Cabrini is not far from my personal beliefs and perspective in life. I love nursing and my job has been my driving force to create change in other people’s lives.

LEA

“ First, I think I’ll definitely become an experienced nurse and hopefully working in Cabrini critical care area, I hope to get into medical training to become a doctor. Being a doctor is my goal of my whole career.

STEPHANIE

“ I would like to be an experienced and professional registered nurse. I plan to do more study in the area of wound care, and I would like to be a wound specialist nurse.

Cabrini’s values and culture are compassion, respect, courage and integrity. I hold the same values as Cabrini. I believe that I can achieve my dream in this friendly, warm and culturally diverse environment.

KELLY

“ I hope to work in the theatre, do post-graduate study in theatre and maybe become an educator in the far future.

Cabrini is well known for exceptional care, quality and having a friendly, supportive environment for employees. In order to achieve my career goals and aspirations, a sense of belonging and a supportive environment to nurture passion is important to me.

LINH