

SPRING 2020

ST ANDREW'S NEWS



St Andrew's
Hospital

2020
International
Year of the
Nurse PAGE 04

1,000th
Robotic Surgery

PAGE 08

Annual Appeal
Update PAGE 15

ISSUE
#43

FROM THE CEO



Welcome to the Spring 2020 Edition of the St Andrew's News.

We are very pleased to bring you this edition at a time when remaining positive, including celebrating achievements and milestones, is so very important.

2020 is the International Year of the Nurse and Midwife. St Andrew's is known for its high quality nursing teams, both on the wards and in theatre. We acknowledge all our staff with regard to their work ethic,

skill and personal care they provide to our patients. In this edition of the newsletter, we profile one of our longest current serving nurses, Rosey, as she heads off into retirement.

Our community page acknowledges two recipients of the Queen's Birthday Honours and a service award for the ISS St Andrew's Site Supervisor with the announcement of their Apple Award. I recently heard someone describe cleaning services teams as 'experience makers' and this is most certainly true for ISS who ensure our facilities are sparkling clean when our patients arrive and during their stay.

In other celebratory news, Dr Andrew Fuller recently performed his 1,000th robotic surgery at St Andrew's. This significant achievement is outstanding and reflective of the dedication of Dr Fuller to the hundreds of prostate cancer patients

who are treated at St Andrew's each year. Prostate cancer patients more broadly, will now also benefit from specialist prostate cancer nursing support provided through GenesisCare Radiation Oncology and the Prostate Cancer Foundation of Australia.

St Andrew's continues to be in a fortunate and encouraging place amid Covid-19. Thank you to everyone in our community for their commitment to keeping our patients and staff safe and healthy, in what has been a challenging time for us all.

Stay happy and healthy.

Stephen Walker
Chief Executive Officer

INSIDE

- 04 International Year of the Nurse & Midwife
- 06 Community
- 08 1,000th Robotic Surgery
- 09 Prostate Cancer Nurse Program Launch Morning Tea
- 10 Blood Management
- 11 Foundation News
- 12 Welcome
- 13 2020 Klingberg Scholarship
- 14 Projects Update
- 15 Annual Appeal Update

WELCOME NEW STAFF

Welcome to our new specialist Dr Leslie Shaw

St Andrew's is pleased to welcome ear nose and throat specialist Dr Leslie Shaw who, in May, was accredited to begin working at our hospital.

For further information about Dr Shaw, please contact his rooms directly.

WELCOME TO MEDICAL DIRECTOR - DR PAUL GAETJENS



The hospital welcomes Dr Paul Gaetjens as Medical Director. Paul joined St Andrew's Hospital in March, 2020.

Paul's role is to ensure the safe and smooth clinical operation of the hospital, working closely with the Director Nursing and Clinical Services, and CEO.

Paul has considerable clinical experience as a doctor working in various Emergency Departments

and as a clinician in SA, NSW and Qld. He has an extensive background working as a management consultant providing advice and support across many parts of the health sector, ranging from oncology to IVF to the blood service.

Paul's role is to ensure the safe and smooth clinical operation of the hospital, working closely with the Director Nursing and Clinical Services, and CEO.



CLINPATH
PATHOLOGY

Think Pathology. Think Clinpath.

Pre and Post Hospital Admissions

We are here for you. Our goal is to assist your Doctor with your preparation for surgery and then support you during your recovery.

St Andrew's Hospital

- PreOp blood testing
- All routine and specialist blood testing
- Experienced hospital collection staff
- Electrocardiogram (ECG)
- Non-invasive Holter Monitor
- PostOp domiciliary mobile services
- Patient Enquiries (08) 8366 2000

www.clinpath.com.au

INTERNATIONAL YEAR OF THE NURSE & MIDWIFE - ROSEY RIDLEY

2020 is the International Year of the Nurse and Midwife and this presents an opportunity to recognise and showcase the work and contributions of nurses to our patients.

Nurses and midwives are the foundation in most hospitals, providing skilled and compassionate care. St Andrew's Hospital's longest current serving nurse, Rosey Ridley, was always destined to be a nurse; her aunt was, and she always knew she wanted to follow in her footsteps.

In 1973, Rosey commenced her career at Osmond Terrace Hospital, Norwood as a nurse's aid until she started her enrolled nursing training. During this time, Osmond Terrace Hospital was sold and Rosey transferred to St Andrew's Hospital to continue the last three months of her training.

At that time, St Andrew's offered in-house training where some nurses lived on-site while also attending Glen Eden School of Nursing (now part of Marryatville High School). Rosey, choosing to commute daily, graduated in 1974.

Rosey has kindly provided us with some of her memories from her earliest days at St Andrew's.....

'Back in the earlier days, nurses were seen and not heard. I would never speak unless spoken to, and you always walked behind the sisters and doctors.

'Uniforms were very different, too. We wore small caps, initially made from starched linen and then paper. One day, a patient pulled my paper cap from my head and screwed it up! I was so scared that I'd get into trouble with the sister or matron for not having my cap, that I unfolded it and stuck it back together with sticky tape to get through my shift. I've seen many different uniforms over the years; initially ENs wore blue and RNs wore white, but now we all wear the same.

'In the earlier years, a student EN was only permitted to help wash and feed patients. Eventually, we progressed to taking temperatures and blood pressures, and finally performing wound dressings. I continued in my student training, and once I became qualified in 1984, I decided to transfer to Abergeldie, which was owned by St Andrew's Hospital, working in the area of eye surgery. In 1994, Abergeldie was closed, but I was fortunate enough to be able to move back to the main hospital to work on Ward 1A which also performed eye surgery at the time.

'I became known as The Eye Queen, and I began training other nurses in caring for patients having eye surgery. I also looked after the slit lamp room where I assisted the Ophthalmologist to assess the patients eyes the day after they

had their surgery. I then went onto TAFE where I completed training as a medication competent EN.

'Changes continued at St Andrew's. Ward 1A became Cardiac Step Down and eventually part of the Day Procedure Suite (DPS). During this time, I began working in a larger team of staff and patients. It was a wonderful time. I particularly remember the Rose Competitions that the DPS organised each spring - in which I took third place one year. The fundraising done by this group was donated to a nominated charity. We would hold cake stalls and it was nothing to leave work at 10:30pm, go home and bake a cake and be back on shift the next morning.

'One thing that was extremely important to me during my nursing years was Occupational Health Safety and Welfare. I became a Work Health Safety representative and sat on the committee for 11 years holding the position of Chairperson at one point. I was very serious about my work and I learnt so much being on the committee.

'An event I remember clearly in my nursing years is arriving at work in the morning to a fire in the ceiling above the kitchen. The patients didn't miss out on breakfast though; the nursing staff helped deliver the cereal while the Fire Department did their work and the hospital set up a temporary (MASH style) kitchen in the old carpark.

'In 2018, the hospital made some more changes and I moved into the Procedural Suite, working in the new Stage 2 Recovery and Day Surgery Admissions and Day of Surgery area. I never expected to work at St Andrew's for as long as I have, and I've enjoyed working in the recovery area more recently.

'This year has been an interesting one. COVID 19 has been a sobering time. It reminded us all to follow safety protocols and that we need to be flexible to adapt. I truly appreciate the hospital keeping us all so well informed during this time.

'There are a number of amazing staff I have worked with over the years. One in particular is Judy Parham, the artist who painted the pictured artwork. In retirement, I know I will miss the people and especially the patients. I have enjoyed sharing stories, swapping recipes and travel tips with so many. I plan to become a lady of leisure, catching up with friends and thinking about future travel when it is safe to do so.

'To all those aspiring nurses out there, nursing is a great career, rewarding and so worth it. Stick with it; it offers so much, and you will have many opportunities to advance your career.'

Rosey's last day at St Andrew's Hospital was the 16th of July, 2020. She will definitely be missed by many, and we take this opportunity to wish her all the best and thank her for her outstanding contribution of more than 40 years.

'To all those aspiring nurses out there, nursing is a great career, rewarding and so worth it. Stick with it; it offers so much, and you will have many opportunities to advance your career.' ROSEY



Rosey next to St Andrew's nurse, Judy Parham's artwork

Rosey Ridley as a student nurse in 1973



COMMUNITY

DOCTOBER – EXERCISING FOR DOCTOR'S MENTAL HEALTH –
1ST OCTOBER – 31ST OCTOBER, 2020



The beneficiary of these donations will be a charity that has the mental health of doctors as one of their main concerns.

Dr Jodie Semmler, gynaecologist, fertility specialist and laparoscopic surgeon has recently participated in 'Pawgust'. This involved walking 30 minutes a day to raise money for Guide Dogs SA. After six days of exercise, she experienced such an improvement in her mood, it got her thinking.

What a great idea to raise awareness of mental illness in doctors whilst at the same time prescribing exercise to help with their mental health issues, and so 'Doctober' commenced.

On her Facebook page, Dr Semmler says, 'Mental illness is prevalent amongst doctors. For a profession that is caring and compassionate, we do not look after each other very well. We save the lives of strangers whilst our colleagues suicide.'

'There is still discrimination around mental illness in our workplaces. There is also fear of mandatory reporting to our regulatory and licensing bodies. This is a disgrace! It's time to lift the lid.'

Doctober will begin on 1st October, 2020. The plan is that participants will exercise 30 minutes a day, every day, for the month of October. In turn, their supporters (friends, colleagues, relatives) will donate some money to encourage and support them. The beneficiary of these donations will be a charity that has the mental health of doctors as one of their main concerns.

St Andrew's Hospital places great importance on the health and well-being of staff and volunteers by providing education and support services through our Human Resources department. This includes the recent introduction of 'Wellbeing Wednesday's' raising awareness of mental health and balance.

If you would like more information or to become involved with this initiative please check out the 'Doctober' facebook page at <https://www.facebook.com/DrJodieSemmler/>

QUEEN'S BIRTHDAY HONOURS

The following visiting medical officers have recently been awarded Queen's Birthday Honours in recognition of their achievements in their respective specialities.

Dr Joseph Ken Montarello, awarded an OAM for service to medicine, particularly to cardiology.

Dr Susan Josephine Neuhaus CSC, awarded an AM for significant service to medicine, to community health, and to veterans and their families.

Congratulations to these individuals on receiving this honour, and for the part they play in continually providing medical and surgical excellence for their patients.



Dr Joseph Ken Montarello OAM



Dr Susan Josephine Neuhaus CSC AM

ISS FACILITY SERVICES - APPLE AWARD

ISS Facility Services provides cleaning services to St Andrew's Hospital. This important role ensures our patient rooms and offices are presented at the highest level while meeting infection control standards.

ISS has recently introduced Service with a Human Touch – The Apple Award, as part of its global customer service program.

Clients of ISS may nominate an ISS employee they believe has helped their organisation with their vision and purpose to achieve business goals.

Key expectations and behaviours to be considered when nominating an ISS employee are: do they read my signals, communicate with me and my organisation, support me and my organisation, make a difference and make it right for me and my organisation?

ISS Cleaning Supervisor Jane Morris from the St Andrew's team was our recent nomination and recipient of the award.

Jane is the epitome of a can-do person, consistently going above and beyond in the delivery of service. She has a strong interest in workplace training and an operational understanding of workflow and people management. She shows great passion for her work and her ethos is always to make a positive difference.

An integral part of the team at St Andrew's, Jane delivers Service with a Human Touch every day and we congratulate her on receiving this award.



Jane pictured with Jacquie Wiley, Director Nursing and Clinical Services and Stephen Walker, CEO.

Jane is the epitome of a can-do person, consistently going above and beyond in the delivery of service.

OUR PURPOSE

Connecting people and places to make the world work better

PEOPLE MAKE PLACES

ISS believes that people make places and places make people. We are a leading facility management company, supporting places that heal with people that care.

In 2020, ISS has proudly helped St Andrew's Hospital through the COVID-19 crisis, with an agile, professional workforce that are dedicated to hygiene, safety and patient care. We guarantee a clean and hygienic environment for everyone who arrives at St Andrew's as a patient, visitor or staff member, so they feel safe.

www.au.issworld.com



1,000TH ROBOTIC SURGERY



DR ANDREW FULLER

Dr Andrew Fuller recently performed his 1,000th robotic surgery as primary surgeon at St Andrew's Hospital.

This is a great achievement for Dr Fuller, and we are delighted that he has reached this milestone at St Andrew's.

An experienced and innovative robotic surgeon with outstanding clinical outcomes, Dr Fuller performs robotic surgery on more than 180 patients each year in SA.

Dr Fuller became a Fellow of the Royal Australasian College of Surgeons in 2010 and was accepted for further training in advanced minimally invasive endoscopic, laparoscopic and robotic surgical techniques at the University of Western Ontario, Canada.

After returning to Adelaide in 2012, he established a practice focused on minimally invasive robotic prostate, bladder and kidney cancer surgery and the management of kidney stone disease.

An experienced and innovative robotic surgeon with outstanding clinical outcomes, Dr Fuller performs robotic surgery on more than 180 patients each year in SA.

Dr Fuller is part of the team at South Terrace Urology, 326 South Terrace, Adelaide.

Adelaide's only cardiologist supervised and reported dedicated cardiac CT service

Expanding our comprehensive cardiac capabilities for patient's

Coronary Angiography (CTCA) | Coronary Artery Calcium score (CAC)

Sub-specialist consulting

- Electrophysiology
- Interventional including structural intervention
- Non-Invasive / Imaging
- Cardio-oncology

Testing

- CTCA
- Stress echo
- Blood pressure
- Echo
- Holter



Bookings and enquires: 08 8202 6600

genesiscare.com



 GenesisCare

GENESISCARE AND PCFA LAUNCH PROSTATE CANCER NURSE PROGRAM

Prostate cancer is one of the most common cancers of males in South Australia, with St Andrew's performing more than 2,000 prostate related procedures in 2019. Patients requiring radiotherapy are subsequently treated on-site at GenesisCare Radiation Oncology's rooms located on the grounds of St Andrew's Hospital.

GenesisCare Radiation Oncology centres in Adelaide will soon be providing specialist nurse support for all prostate cancer patients, thanks to the recent expansion of the Australian Government's Prostate Cancer Nurses Program in association with the Prostate Cancer Foundation of Australia (PCFA).

Leading South Australian and St Andrew's urologist, Dr Peter Sutherland OAM, said: "A new prostate cancer support nurse with GenesisCare is a major step forward for South Australian men."

"Men often require a lot of support because of the advanced nature of their disease. They need extra help and advice to get through a difficult disease with difficult decisions as to their best treatment."

"A prostate nurse will help hugely in advising and coordinating their treatment journey."

Dr Marcus Dreosti, GenesisCare radiation oncologist said, "GenesisCare is delighted to partner with PCFA to ensure more prostate cancer patients can receive access to the highest quality of cancer care from diagnosis, treatment, all the way through to after care."

"It's important that a patient's physical and psychological needs are looked after. It is well documented that a multidisciplinary approach to cancer management leads to better patient outcomes and a higher quality of life for both patients and their families."

"Prostate cancer nurses play an integral role in this collaborative approach to cancer care and I am delighted the government is funding this new specialist nurse position here in Adelaide."

PCFA's Director of Nursing Programs Sally Sara believes GenesisCare's commitment to this program will vastly improve the support on offer to South Australian men and their families impacted by the disease.

We are proud to support GenesisCare and this wonderful initiative, recently launching the program with a morning tea at Waverley House on the grounds of St Andrew's Hospital.



Dr Peter Sutherland OAM, Sally Sara & Dr Marcus Dreosti

BLOOD MANAGEMENT AT ST ANDREW'S HOSPITAL

Did you know one third of all blood donations in Australia are used for treating people with cancer?

The St Andrew's Hospital cancer service is the most comprehensive private cancer facility in South Australia, offering patients the medical expertise and support services expected from a centre of excellence. The St Andrew's Chemotherapy Suite is a 19-chair day chemotherapy suite on the first floor of the St Andrew's Medical Centre where many intravenous immunoglobulins are transfused daily.

The decision to transfuse blood to a patient must be based on individual needs and consideration of patient blood management (PBM) strategies; this is incorporated into the hospital's blood management policy.

At St Andrew's, safe transfusion is a priority and our policies, procedures, audits, education and interventions focus on the critical safety points for the patient. St Andrew's nurses undertake regular training to ensure they maintain their skills in transfusion practice. Auditing of these bedside/chairside checks provide evidence that St Andrew's staff follow the protocols that ensure our patient's safety.

The Blood Management Committee at St Andrew's is part of the hospital's quality management system ensuring the right blood components are given to the right patient, in the right way, at the right time, and for the right reason.



Many people may associate transfusions with red blood cells. Whilst we transfuse approximately 160 units of red cells per month, we also transfuse approximately 162 units of 'yellow' components such as platelets, plasma and cryoprecipitate. We also transfuse many patients with fractionated plasma products such as valuable intravenous immunoglobulins to treat a range of immune deficiencies and autoimmune conditions.

St Andrew's Hospital is always reviewing its transfusion processes and identifying areas for improvement. In 2018, A Massive Transfusion and Critical Bleed project undertaken at St Andrew's culminated in a high-quality film, internal eLearning course for

clinical staff, and a brochure for patients and their families to assist in understanding what a massive transfusion means for them.

This partnership project was nominated for various awards and was a finalist in the Australian Private Hospitals Association Awards for Excellence. The film is used by Bloodsafe on their education platform and can be accessed via the St Andrew's Hospital website at <https://www.stand.org.au/projects>.

If you would like to donate blood please contact The Australian Red Cross Lifeblood via www.donateblood.com.au

Foundation News



Klingberg Scholarship
recipient Page 13

Projects update Page 14

Annual Appeal
update Page 15



**St Andrew's
Hospital
Foundation**

**Celebrating
20YEARS**

Welcome



Welcome to the latest edition of the Foundation News.

Like me, I am sure you can scarcely believe we are more than half way through 2020. What a year it has been thus far. The foundation has spent the last six or so months looking for new ways to communicate with our community and harness the new 'normal' as a time to review our current practices.

Brainstorming like never before, the foundation team has realised exciting opportunities and designed innovative communication solutions. In such a relationships focused industry, this has been challenging and exciting all at once!

In a first, we had a 'virtual cuppa' with our volunteers to celebrate National Volunteer Week. This occasion was warmly received by the group. Our volunteer group had been sadly absent during the initial height of Covid-19 and so we enjoyed chatting and sharing stories, recipes and jokes online.

Many of the current foundation funded projects at the hospital were completed during the last six months including the staff cafeteria and 3rd and 4th floor patient lounge redevelopments. We are thrilled to see these finished and being used by patients, their families and staff.

The inside back cover of this newsletter proudly displays the architect's renders for the Paediatric Ward Upgrade, our Annual Appeal for 2020. We have reached a major milestone of having raised \$55,000 of our \$70,000 target. If you can donate, please do so today. We are grateful for all donations and thank everyone who has already donated.

I hope you enjoy reading our newsletter, especially the interview with one of our scholarship recipients, Nurse Claire Jenkins, as she shares her story of arriving in Australia to work at St Andrew's after seeing our hospital feature on the BBC.

Kind regards

A handwritten signature in blue ink that reads "Amy". The signature is fluid and cursive, with a long, sweeping underline.

Amy Bredon
Foundation Director

Many of the current foundation funded projects at the hospital were completed during the last six months including the staff cafeteria and 3rd and 4th floor patient lounge redevelopments.

2020 Klingberg Scholarship

Claire Jenkins – David and Maggie Klingberg Scholarship Recipient, 2020

The foundation offers four scholarship categories each year. The David and Maggie Klingberg Scholarship was offered for the first time in 2020, and awarded to scrub/scout theatre nurse, Claire Jenkins.

Claire recently moved to Australia from Canada and has been working at St Andrew's since 2019. Currently studying a Post Graduate Certificate in Perioperative Nursing, Claire kindly allowed us to interview her about her scholarship and her journey at St Andrew's.

Why did you decide to come to Australia and when did you arrive?

In November 2017, on our way back from a Caribbean cruise, we started to question why we lived in a country where there were seven or more months of cold weather every year. So, on our return to Calgary, Alberta, Canada, we decided to start the process of immigrating to Australia.

Although I had been to Australia before, completing my first degree in New South Wales, my husband had never been here. We decided on Australia, because we didn't want to keep working, hoping to get short vacation breaks to enjoy some nice weather. We didn't want to wait until retirement to enjoy life, and knew Australia offered a much better work/life balance, and better year-round weather.

We arrived in Sydney on Saturday 4th October 2019 and, after spending the weekend there, flew to Adelaide on the Monday morning.

Where have you worked previously and how did you end up working at St Andrew's?

In Canada, I worked for Alberta Health Services as an obstetrical nurse, assisting women through labour and delivery. Part of my duties involved being a scrub/scout nurse for caesarean sections and other related procedures.

My husband and I had been watching *Wanted Down Under*, a UK BBC television show, and one episode featured a character who had worked at St Andrew's Hospital.

I decided to research St Andrew's further and discovered a great place to work with values similar to my own.

What is your area of study and how will it help you in your work?

I am undertaking post-graduate studies in perioperative nursing. This has already helped me in my position at St Andrew's, giving me an understanding of why things are done in a particular way, with the first semester focusing on ethics, standards and national guidelines in the perioperative environment.

It also has a focus on learning practical skills, which allowed me to develop and gain more experience, with guidance and eventual evaluation from a more senior theatre nurse.

Are you enjoying it so far? What are you currently working/studying subject wise?

I am enjoying the program so far, finding it interesting and immersive. It covers so much information, all directly relevant to my current position.

I am currently in my second semester, studying Contemporary Perioperative Nursing Theory and Practice.



Some of the more specific topics being covered this semester are day surgery, paediatrics, ENT, gynaecology and bariatric surgery.

How has the scholarship helped you to achieve your career goals?

Aside from the obvious monetary assistance, it's because of the scholarship I was able to undertake this program of study. Since receiving the scholarship meant a commitment from the foundation to financially assist, it meant an equal commitment of my time and efforts to successfully complete it. It also meant a commitment from St Andrew's Hospital to provide me with opportunities to learn new surgeries, work alongside more experienced nurses, and to be critically evaluated on my skills – all contributing to a greater achievement and end-result.

This directly ties into my main career goal, which is to become increasingly knowledgeable and confident in my abilities in all aspects of nursing practice. My goal is to become specialised in an area of practice here in Australia, and this opportunity is providing me with the best foundation I could ask for.

Projects update

3rd & 4th Floor Patient Lounges

With thanks to the generous donors who gave to our Annual Appeal in 2019, we have now completed the 3rd and 4th floor Patient Lounges.

Patient lounges are private and spacious areas for patients and families to share some quiet time outside their rooms. The lounges may also be used for meetings with families and medical staff. The lounges have comfortable sofas, arm chairs with coffee table, a television and reading material, providing quiet space within the ward.

All donations to our foundation are welcome and valued. Your support really does make a difference.

Staff Cafeteria

On the 16th of March, we were able to open the doors to the new Staff Cafeteria. After a delay on chairs arriving and COVID 19 hitting in March, we are proud to now be enjoying this wonderful new space for staff.

The staff cafeteria redevelopment was made possible by the generous bequest of Errol Boland, a special friend of St Andrew's Hospital.



Thanks to his generosity, this newly developed area will be appreciated by many people for years to come.



Annual Appeal 2020 - Update

Thank you
for your
support
so far!



Architects rendering

Paediatric Ward Fundraising Update

After the launch of our 2020 Annual Appeal in May, we are delighted to announce that we have raised \$55,000 of the \$70,000 needed to completely refurbish the Paediatric Ward.

Given that we are experiencing such challenging times, we are truly overwhelmed by the support of our community, and take this opportunity to thank those who have so kindly donated.

More than ever, communities are rallying together to support each other, but we still have a way to go to reach our target of \$70,000 before works commence in December 2020.

**If you can donate to
support our appeal,
please use the enclosed
donation form or visit
www.stand.org.au/donate**



**On behalf of
all the children who
visit St Andrew's,
thank you.**

Annual Appeal 2020 - Paediatric Ward Upgrade

Our target is
\$70,000
by December
2020

To donate, please
use the enclosed
donation form or visit
www.stand.org.au/donate



Architects rendering

WWW.STAND.ORG.AU

If you are interested in submitting
an article or have a news story,
please contact Hayley Pryzibilla via
email hayley.pryzibilla@stand.org.au

Advertising enquires welcome:

St Andrew's Hospital
350 South Terrace
Adelaide
South Australia 5000

Telephone 08 8408 2111
Facsimile 08 8232 0328

Printed using vegetable
based inks.



ISO 14001 EMS-
Environmental Management
Systems

Paper is manufactured by a mill that is accredited
with ISO 14001, the international standard for
organising and achieving continual improvement in
environmental management systems. This standard
reviews the total manufacturing process and seeks
continuous improvement in aspects such as energy
efficiency, waste reduction and pollution control.