

CONNECTION

Keeping you
healthy this winter

Bringing resilience
and passion
to Frankston

A near fatal
asthma attack

 **Nesreen Mussa**
Nurse Unit Manager

**“You have to have a
heart and always go
above and beyond
for the patient.”**

-Nesreen Mussa

This Issue AUTUMN

Welcome to the Autumn issue of Connection magazine.

In this issue, you will meet Nesreen Mussa, the Nurse Unit Manager of our Oncology ward at Frankston Hospital. Nesreen grew up with her widowed mother and six siblings in war-torn Eritrea in eastern Africa, but now calls the Peninsula home with her partner and two young children.

Very few local organisations have contributed to our health service like the Peninsula Branch of the Victoria Police Blue Ribbon Foundation, and you will meet the couple behind the success story, Darryl and Rhon Nation.

Our volunteers play a vital role at Peninsula Health, and they often help us in varied and unusual ways, as Sue Gilbert did in our Consumer-Simulated Patient Program.

We greatly appreciate your generous philanthropic support of Peninsula Health. Your commitment to our health service makes a key difference to the lives of so many people across our hospitals and community health sites.

Thank you.
I hope you enjoy reading this issue of Connection.



Felicity Topp
Chief Executive
Peninsula Health



IMAGE: Darryl and Rhon Nation with the Peninsula Health Patient Transport Bus funded by the Blue Ribbon Foundation

2-3
Back from the brink

12-13
Very special care

4-5
Proactive care an Australian first

14-15
Keep your blood pressure in check

6-7
Passion leads the way

16
Winter health tips

8-9
Consumer simulation reaps rewards

17
Thank you

10-11
Saving lives and honouring the fallen

Back Cover
Wish list

Connection is a community publication from Peninsula Health. This magazine is distributed across our facilities at Frankston, Hastings, Mornington and Rosebud, and sent to our volunteers and supporters. You can also download it from our website. To subscribe or be removed from our mailing list please contact us.

Corporate Communications & Philanthropy
Phone: 9788 1284 • peninsulahealth.org.au • fundraising@phcn.vic.gov.au

FOUR STEPS OF ASTHMA FIRST AID

1. Sit the person upright.
2. Give four separate puffs of the reliever puffer.
3. Wait four minutes. Give four more puffs if still no improvement.
4. Call triple 000 if the person has still not improved, while continuing four puffs every four minutes.

Source: Better Health Channel

Back from the brink

BY JESSICA MILLS

“I always thought asthma was mild, but I was wrong, asthma is deadly,” says Dromana mother, Beck Gourlay.

Beck’s son Riley doesn’t usually suffer from asthma – but a perfect storm of bushfire smoke and a cold left the four-year-old struggling to breathe.

“Riley was fine, playing on the playground, but then he started to need more and more Ventolin,” recalls Beck, who already had an asthma management plan in place for when Riley had a cold.

“I took him to Frankston Hospital Emergency Department,” continues Beck. “Riley was well enough to walk into hospital, though he was crying and upset about not being able to breathe properly.”

After starting treatment to help his breathing Riley then became agitated.

“He started screaming like nothing I have heard in my life. It was like someone was falling off a cliff,” says Beck.

“Then his eyes rolled backwards, the nurses pressed a button and everyone came running.”

Riley was in respiratory arrest.

“I watched as they put tubes in him and put him on three different IVs, including one that went into his bone marrow to get the medication into his blood stream faster.”

“His chest wasn’t even moving, that’s how full it was – he had trapped carbon dioxide in his lungs.”

Beck says the Emergency Department team was amazing.

“Everyone had their place and I knew to step back and let them work.”

“The doctor checked if I was ok and asked if I had any questions. ‘I said is he going to survive? He hasn’t even started kinder yet.’”

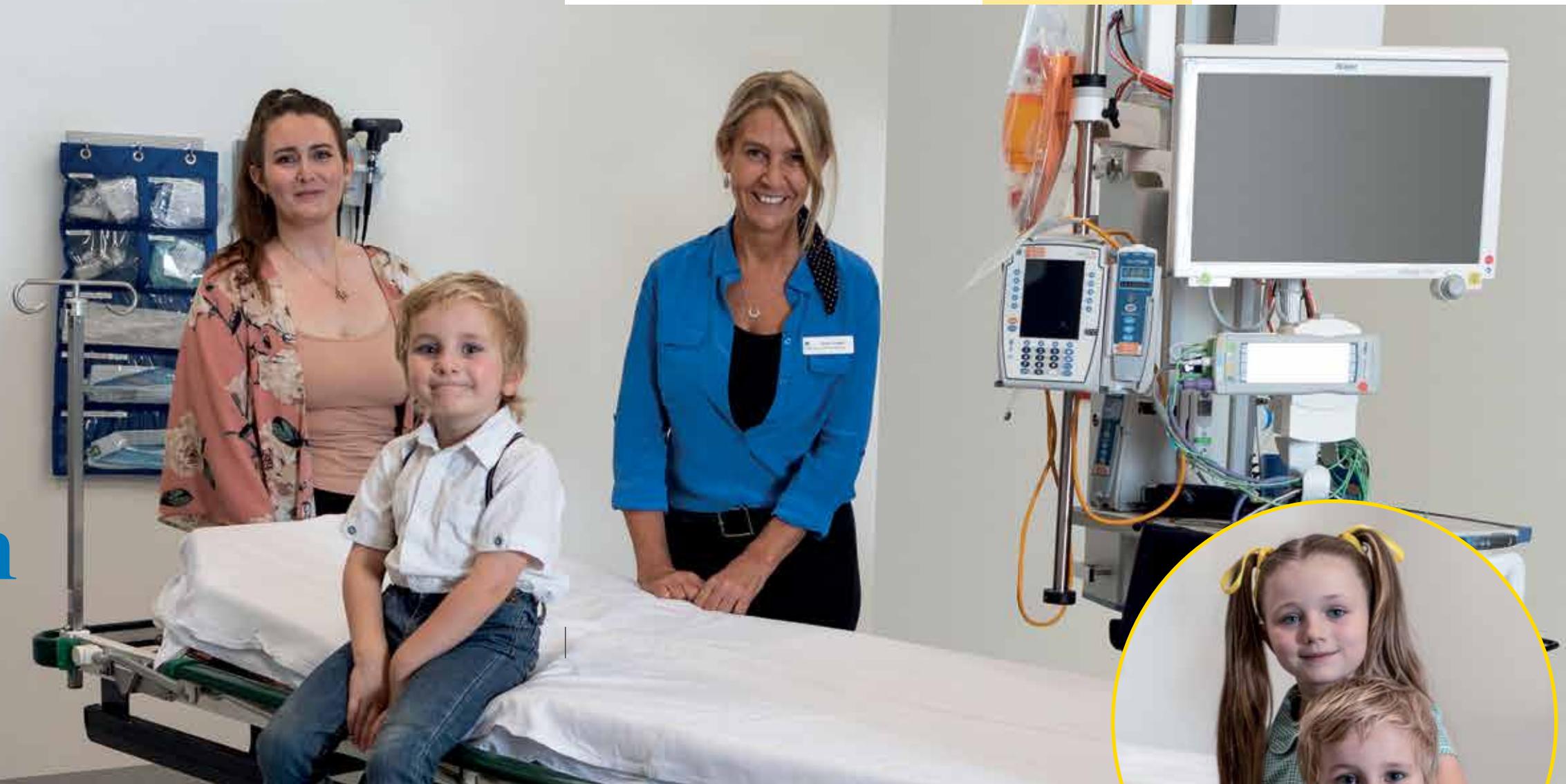
The Emergency team saved Riley’s life that night. By 10 o’clock the next morning he regained consciousness and was back to his usual happy self. A few weeks on, Riley has started kindergarten and is loving it.

“Asthma isn’t something you can mess with – if your child has symptoms you need to go to hospital straight away. Thanks to the staff at Frankston Emergency, Riley is a happy kindergarten student – they saved his life.”

The Operations Director of Frankston’s Emergency Department, Trish O’Neill, says community support plays a significant role in helping the team be well-equipped for when patients like Riley get very sick, fast.

“Thank you to everyone who donated to the Emergency Appeal last Christmas.”

“Your support helps us to purchase the very best medical equipment, so we can care for severely unwell patients like Riley when they need it.”



Proactive care an Australian first

Frankston Hospital is now home to the best and most advanced CT scanner in Australia, which is helping save lives on the Peninsula.

“Only a few hospitals in the world have this scanner,” explains Dr Manuja Premaratne, Head of Cardiac Imaging at Peninsula Health.

“This scanner enables us to scan more patients than ever before, at a much lower radiation dose and it provides a far clearer picture – so it’s a win-win-win situation for patients on the Peninsula.”

The Computed Tomography (CT) scan is a medical imaging procedure that uses x-rays and

digital computer technology to create detailed two- or three-dimensional images of the body.

The state-of-the-art machine at Frankston Hospital is being used to diagnose cardiovascular disease, which is the leading cause of death on the Mornington Peninsula.

Sorrento local Christine Warner is one of the first people to benefit from the new scanner since it was installed late last year.

“I was always feeling tired and I have a family history – my Dad died of a massive heart attack

– so my doctor referred me to Peninsula Health to have a CT scan,” says Christine.

“The scan picked up that I had a 70% blockage in my arteries.”

The retiree had a stent put in to unblock her arteries and prevent a heart attack.

“If the blockage wasn’t detected I could have had a heart attack anytime, then my heart would have been damaged or worse,” adds Christine.

“The machine is brilliant – I’m an example of that!”

CT is now the first diagnostic test for people who come to the Emergency Department with chest pain.

“Since the scan can so accurately show blockages, we are preventing heart attacks before they occur,” says Dr Premaratne.

As well as saving lives, the diagnostic tool is also helping people stay at home and to live longer.

“Even if you don’t have heart disease that needs a stent, the scan can show even the tiniest amount of disease so we can start people on medication much earlier,” adds Dr Premaratne.

“The prevention of heart disease is much more of a reality now with this scanner.”



- Five patients are scanned with the new machine every day and this will soon increase to 10
- More than 400 stents are inserted every year at Frankston Hospital
- A heart stent unblocks arteries either to prevent a heart attack or to aid recovery

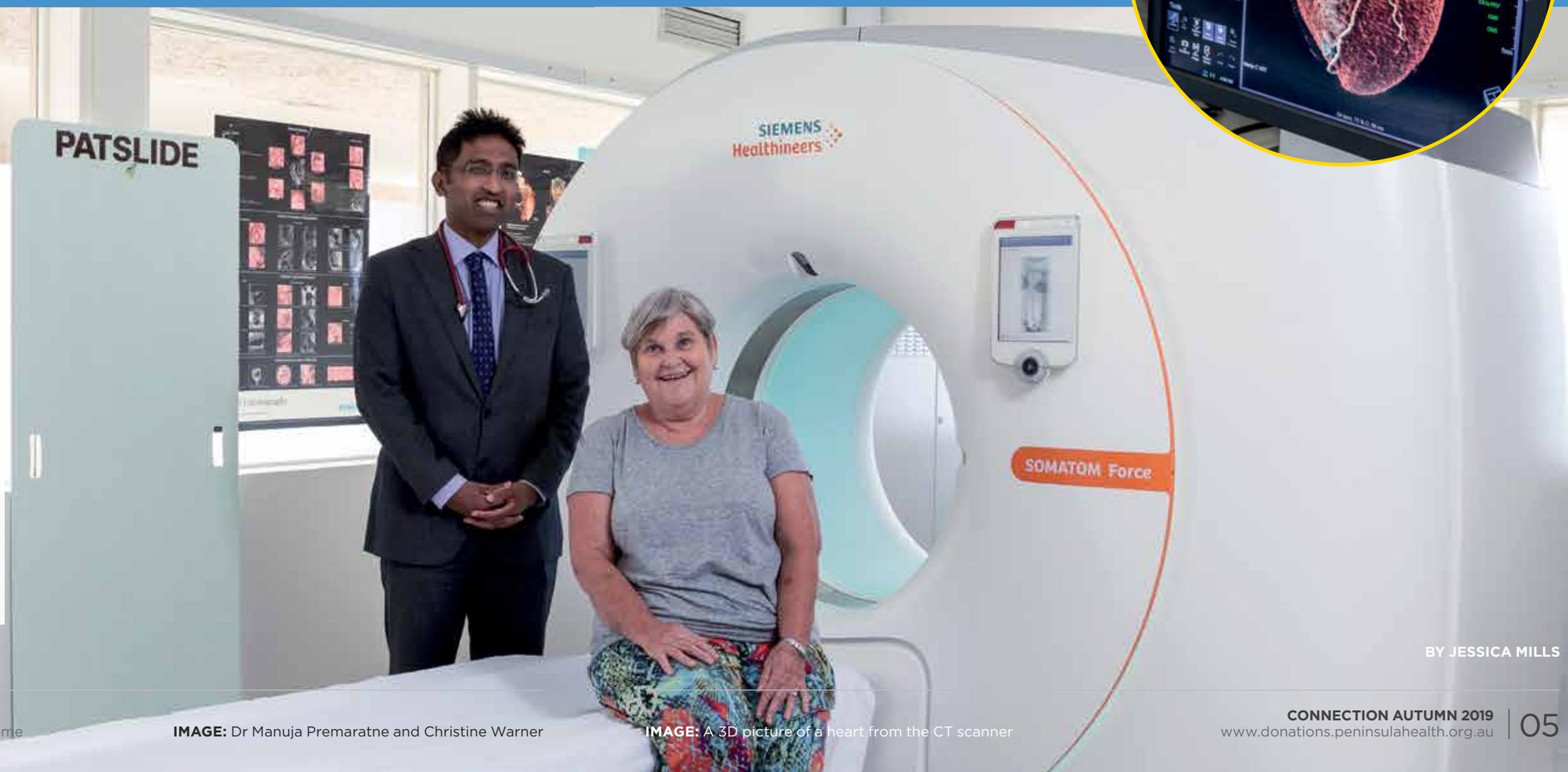


IMAGE: Dr Manuja Premaratne and Christine Warner

IMAGE: A 3D picture of a heart from the CT scanner

BY JESSICA MILLS

Passion leads the way

BY JESSICA MILLS

Nesreen Mussa's passion for caring for others began when she was a girl growing up in Eritrea, eastern Africa, with her six siblings.

"My mother taught us that even if you don't have much, you should always appreciate what you have," explains Nesreen. "As a widow she cared for all seven of us by herself and we migrated from war-torn Eritrea to Australia when I was a teenager."

"Having a dedicated and resilient mother as a role model is where I got my compassion and commitment to helping others."

A YOUNG LEADER

Nesreen is the Nurse Unit Manager (NUM) of 5FS, an oncology and acute care of the elderly ward, at Frankston Hospital.

After spending the first four years of her career as an emergency nurse, she moved into her first leadership role managing a small medical ward.

"I was a very young NUM, but I had a lot of mentors who supported me to develop my management skills," says Nesreen.

The cancer services provided on ward 5FS have increased exponentially under the leadership of Nesreen and Head of Oncology, Dr Zee Wan Wong.

"Four years ago we had far fewer cancer treatments – now we can provide hundreds, which is fantastic, as more patients can have treatment here rather than travelling to the city," says Nesreen.

"This expansion would not have been possible without the support of the 5FS team, many of whom have completed further study to specialise in oncology nursing."

CARING FOR PEOPLE THROUGH THEIR CANCER JOURNEY

A cancer diagnosis doesn't just affect the person – it affects everyone around them, which is why Nesreen and her team strive to provide holistic care for the person involved, their family and friends.

"In cancer care you have to have a heart and you always have to go above and beyond for the patient and everyone around them," explains Nesreen.

When a terminally ill mother asked to see her son, who was also at the end of his life at a hospital in the city, Nesreen sprang into action.

"I arranged for her son to be transferred to Frankston for a few hours so they could say their last goodbyes," recalls Nesreen.

"The mother was unconscious, but she opened her eyes when she heard his voice. Two days later she passed away – it was a privilege to be able to grant her last wish."

MOTHERHOOD AND A REWARDING CAREER

Outside of work Nesreen lives locally with her husband and two daughters, aged 8 and 5. She enjoys going to the beach with her kids and running to relax.

"I have a very supportive husband and family, which enables me to give back to the community and this position."

Nesreen loves what she does – which is what drives her to balance having a family with a challenging role – where some patients get better and others spend the final days of their life in her care.

"I'm lucky to work with committed people who still can smile and laugh when it gets really hard, because it is a rewarding career that changes your appreciation of life."



COMMUNITY SUPPORT

Donations from the Dry July Foundation and CommBank have funded wellbeing initiatives on ward 5FS, such as a free TV service and massage therapy.

"It's beautiful because people say 'yes' I have a diagnosis of cancer, but this makes me feel normal for 10 minutes," explains Nesreen.

You can help cancer patients access the best of care, close to home by getting together with your friends for an afternoon tea, BBQ or coffee morning to Take a Break for Cancer this winter.

Last year, Take a Break For Cancer raised \$25,000 for local cancer services.

For more information head to www.peninsulahealth.org.au/takeabreak

Consumer simulation reaps rewards

BY JESSICA MILLS



GET INVOLVED

More than 800 volunteers complement the care and treatment of patients and clients across Peninsula Health.

There are opportunities available for both volunteers and consumer representatives.

To learn more about the role that might best suit your interests, please head to our website www.peninsulahealth.org.au/community-participation or call 9788 1501.

Retired medical practice manager Sue Gilbert, has no acting experience, but you wouldn't know it after watching her play the lead role in a medical simulation to train doctors and nurses at Frankston Hospital.

Last year Peninsula Health started the Consumer-Simulated Patient Program, where four consumers play the role of patients and family members in training simulations.

Sue, a consumer representative and volunteer at Peninsula Health, uses her insight from working in the healthcare field and her own experiences as a patient to get into character for each scenario.

"One particular situation involved my father collapsing at home before he was rushed to

hospital to try to resuscitate him," recalls Sue, describing a simulation where she played the concerned relative.

"Afterwards the doctor said the scenario was so realistic he had tears in his eyes when he was talking to me. It is so valuable to have something more lifelike than a manikin for staff to learn communication skills."

"Consumers are a fantastic addition to the Simulation team, adding a depth of engagement

and genuine communication with participants," explains Joy Davis who manages the Simulation Centre at Frankston Hospital.

"They also provide valuable feedback from the consumer's perspective in debrief sessions."

As well as helping to train the next generation of healthcare professionals, Sue is active on numerous Peninsula Health committees and an Assistance and Care in Emergency (ACE) Volunteer at Rosebud Hospital Emergency Department (ED).

"I'm passionate about person-centred care and the wellbeing of older people, which is why I became a Consumer Representative," says Sue.

"At committee meetings I ask questions and provide input as to how the community feels

about a topic. In the ED, I'm there to try and make at least one person's life more comfortable in a situation where they may be frightened or stressed."

"I like to think that if I ever needed to be in hospital, there would be a volunteer there to support me."

Last year Sue was made a Life Governor of Peninsula Health, in recognition of her 10 years service to the organisation.

"That was a big highlight for me," says the Rye local.

"Peninsula Health has always been so welcoming to volunteers. They encourage them, mentor them and appreciate them. It's a great organisation to volunteer for."

Saving lives and honouring the fallen

BY STEVE PEARCE

Not many charities or organisations can talk of \$500,000 raised in the last eight years to help the local community, but that is exactly the case for the Peninsula Branch of the Victoria Police Blue Ribbon Foundation.

Despite devoting four decades of his life to Victoria Police, Darryl Nation only briefly pondered retirement with his family before succumbing to his wife's idea of giving back to their local community by raising money for Frankston and Rosebud Hospitals.

"All thanks should go to Rhon," explains Darryl. "It was because of her insistence that ultimately her idea of a Peninsula Branch became a reality."

The husband and wife team were already registered volunteers for the Blue Ribbon Foundation, so it was only a short leap of faith from there to starting their own branch.

"Rhon suggested that if we were going to continue volunteering with Blue Ribbon we should start up our own branch," says Darryl. "We set up a meeting with (Chief Operating Officer) Brendon Gardner to discuss our ideas, and he was very positive, so in April 2011 we launched the Peninsula Branch."

Rhon and Darryl's work has an important dual cause, as each time a donation is handed over to Peninsula Health, a dedication is made to a Victorian police officer who lost his or her life in the line of duty. The concept is Blue Ribbon's across Victoria, and the Nations are very much committed to the cause.

"It gives Darryl and me great pride and satisfaction that our small group is able to help our community whilst remembering our fallen police officers," says Rhon. "To see the look on the faces of the fallen police officer's family, when they realise that their loved one will never be forgotten for their ultimate sacrifice, is a moment that we will always cherish."

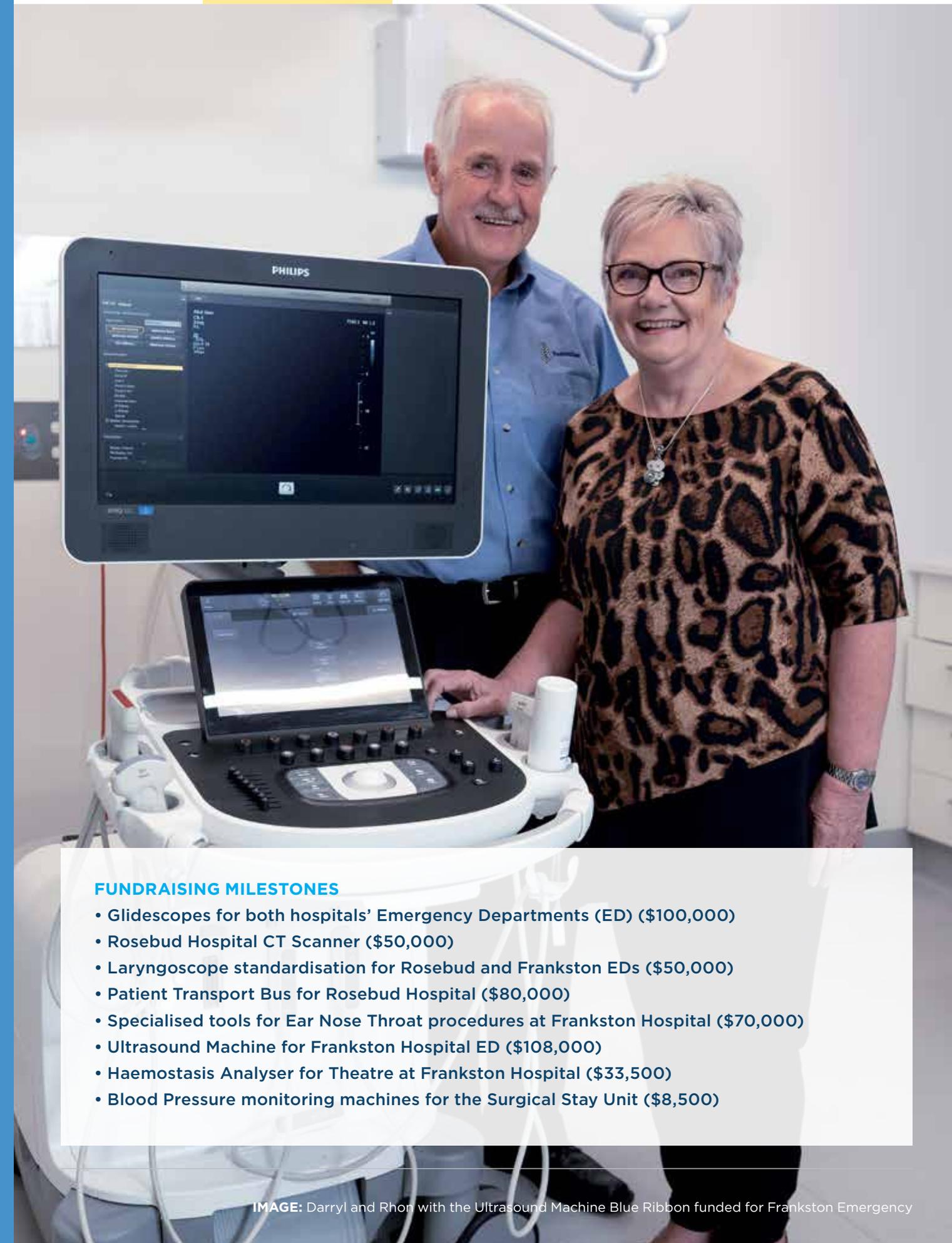
The commitment of Darryl and Rhon is of huge benefit to the local Peninsula community and their passion for what they do is clearly infectious.

"We have our son, daughter, sister, nephew and friends all involved in our Branch and we are very lucky to have their support. We are also very lucky to have Renee Mazzoni from Peninsula Health in our corner, she is a member of Blue Ribbon Foundation, she always puts her hand up to help us with all of our fundraising and she is a great friend."

For more information on the Blue Ribbon Foundation's Peninsula Branch, please visit www.remember.org.au/branches/peninsula or call Darryl and Rhon Nation on 9775 5978.

MAJOR FUNDRAISING PROJECTS:

- Inside Story nights at the Frankston RSL with presentations from lead detectives.
- A Golf Day to Remember held at Settlers Run Golf Course in November.
- The Navy Blue Harmony Concert held at Frankston Arts Centre in November.



FUNDRAISING MILESTONES

- Glidescopes for both hospitals' Emergency Departments (ED) (\$100,000)
- Rosebud Hospital CT Scanner (\$50,000)
- Laryngoscope standardisation for Rosebud and Frankston EDs (\$50,000)
- Patient Transport Bus for Rosebud Hospital (\$80,000)
- Specialised tools for Ear Nose Throat procedures at Frankston Hospital (\$70,000)
- Ultrasound Machine for Frankston Hospital ED (\$108,000)
- Haemostasis Analyser for Theatre at Frankston Hospital (\$33,500)
- Blood Pressure monitoring machines for the Surgical Stay Unit (\$8,500)

Very special care

BY JESSICA MILLS



“Everyone thinks you get pregnant, have a baby, take them home and that’s it – however sometimes you can’t take them home,” explains local mother, Jenna Sparkes.

All four of Jenna’s children have spent time in the Special Care Nursery at Frankston Hospital, which looks after sick and premature babies.

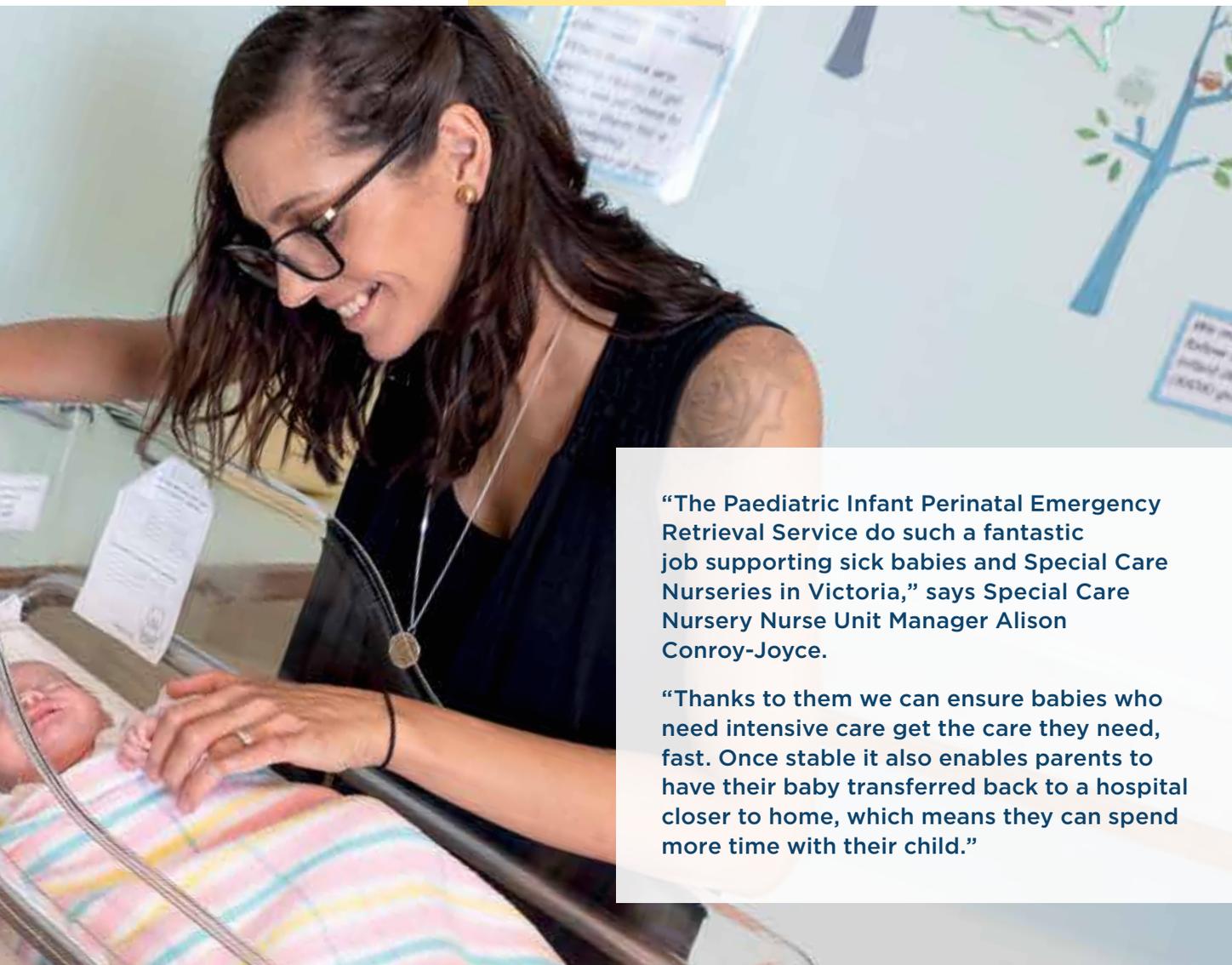
“As hard as it is to leave hospital without your baby, it’s easier knowing they are being so well cared for by staff who treat them like their own,” says Jenna.

Jenna’s first son, Brodie, was born at Frankston Hospital and spent one day in the Special Care Nursery. Her other children, Noah and twins Evie and River were born prematurely and needed far longer stays before they were ready to go home.

“Noah, my second son, spent 101 days in hospital including 11 at Frankston after he was born at 29 weeks,” says Jenna.

“The twins were due on 11 March but arrived on 10 January. After two weeks at a hospital in the city we were transferred closer to home to Frankston.”

Evie and River were doing well, but then River’s condition deteriorated and he had to be transferred to another hospital for intensive care and a blood transfusion.



“The Paediatric Infant Perinatal Emergency Retrieval Service do such a fantastic job supporting sick babies and Special Care Nurseries in Victoria,” says Special Care Nursery Nurse Unit Manager Alison Conroy-Joyce.

“Thanks to them we can ensure babies who need intensive care get the care they need, fast. Once stable it also enables parents to have their baby transferred back to a hospital closer to home, which means they can spend more time with their child.”

After recovering, River was transferred back to Frankston and reunited with his twin, Evie. They spent several weeks in the Special Care Nursery before finally going home on 27 February.

Jenna says the twins had many milestones at Frankston Hospital.

“They both more than doubled their birth weights of 1607 grams and 1622 grams,” adds Jenna.

“They also learnt to breast feed, which is nice.”

Even as an experienced mother-of-two, Jenna says she was still able to learn a lot from the nurses.

“Having a five year gap between pregnancies, I am constantly learning things and I needed that extra support,” she says.

“The nurses taught me how to swaddle bath which is amazing for premature babies as it makes it far less stimulating and more relaxing for them.”

While Jenna can’t praise the care enough, she hopes her recent stint in the Special Care Nursery will be her last.

“The care was fantastic, everyone is so helpful,” says Jenna. “Now we’re excited to finally have the twins home with us and their older brothers for lots of cuddles.”

In 2018, 2864 babies were born at Frankston Hospital and 688 babies were cared for in the Special Care Nursery.

Keep your blood pressure in check

High blood pressure triggers more heart attacks and strokes in Victoria than any other cause.

Dr Phil Carrillo, Head of the Peninsula Health Heart Service, shares some advice on how to maintain a healthy blood pressure.

Dr Phil's simple rules:

1. Stop adding salt to your cooking & remove salt from the dinner table.
2. Go for a brisk half hour walk every day.

3. Maintain a healthy weight. Your weight in kilograms should ideally be same number as your height in centimetres minus 100.
4. Try to follow the Mediterranean diet; meat twice a week, fish twice a week, fresh fruit and vegetables every day and eat only what is in season.
5. No more than two standard alcoholic drinks per day, with at least three alcohol-free days a week.
6. A short siesta after lunch is good for you, if you have the time!



Recipe by Eating Well

Spaghetti Bolognese

500 grams whole-wheat spaghetti
 2 teaspoons extra-virgin olive oil
 1 large onion, finely chopped
 1 large carrot, finely chopped
 1 stalk celery, finely chopped
 4 cloves garlic, minced
 1 tablespoon Italian Herbs
 500 grams lean mince beef
 1 800 gram can crushed tomatoes
 ¼ cup chopped flat-leaf parsley
 ½ cup grated Parmesan cheese



Bring a large pot of water to a boil. Cook pasta until just tender, 8 to 10 minutes or according to package directions. Drain.

Meanwhile, heat oil in a large skillet over medium heat. Add onion, carrot and celery and cook, stirring occasionally, until the onion is beginning to brown, 5 to 8 minutes.

Stir in garlic and Italian herbs; cook until fragrant, about 30 seconds. Add beef and cook, stirring and breaking up with a spoon, until no longer pink, 3 to 5 minutes. Increase heat to high. Stir in tomatoes and cook until thickened, 4 to 6 minutes. Stir in parsley.

Serve the sauce over the pasta, sprinkled with cheese.

MONITORING YOUR BLOOD PRESSURE

It is important to detect high blood pressure early, before too much damage is done.

Peninsula Health is one of the only health services in Victoria to bulk bill the loan of ambulatory blood pressure monitors. Other services charge up to \$300 for a 24-hour loan. We need more blood pressure monitors to meet community demand for this free service.

With your support, we can purchase more monitors to provide a better outcome for local people, close to home. Find out more by turning to the back of this magazine, or online at

www.peninsulahealth.org.au/help-hearts-grow-stronger

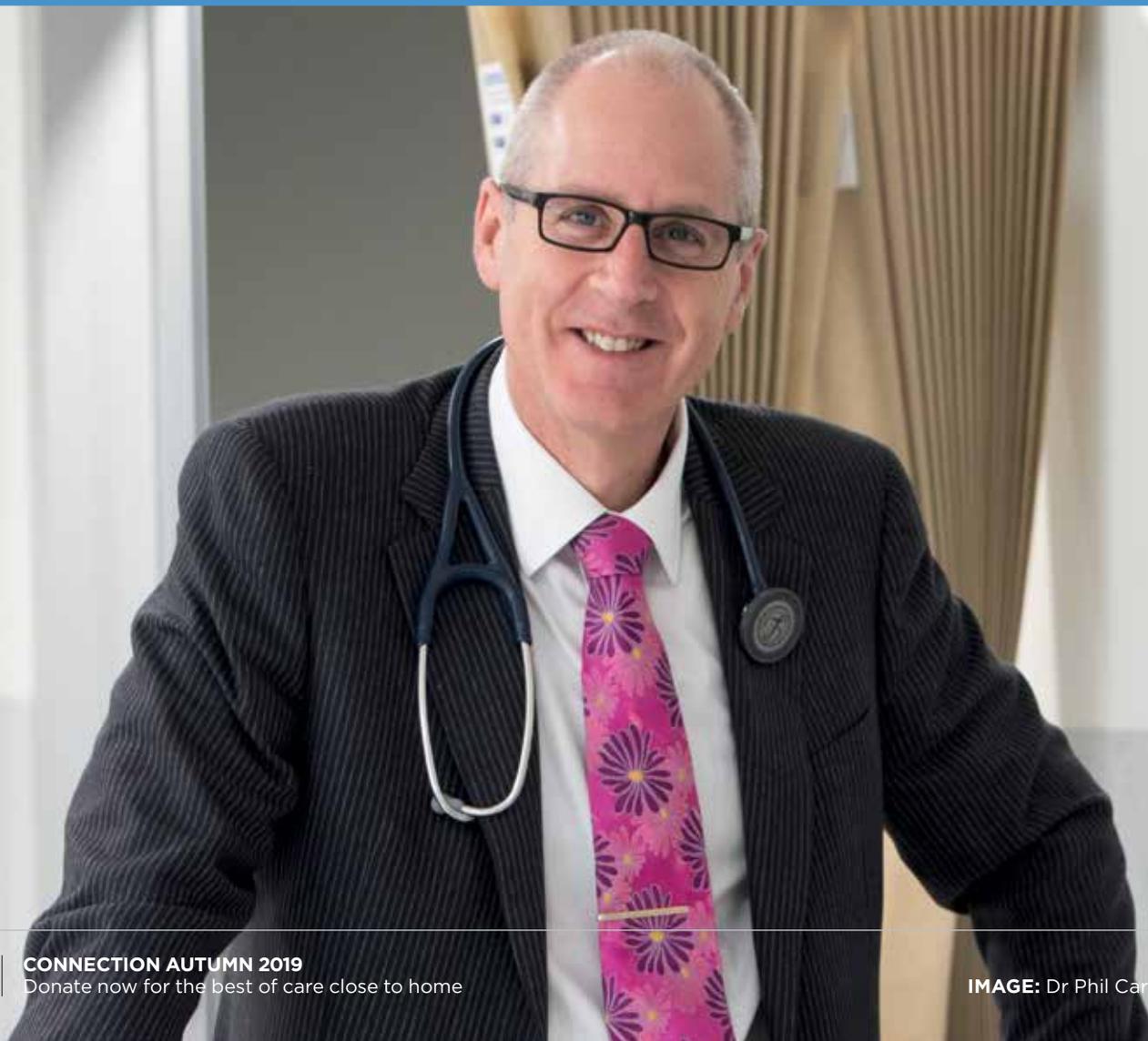


IMAGE: Dr Phil Carrillo

Winter health tips



As the temperature drops heading into winter, the number of senior people coming into hospital with pneumonia and 'flu increases.

Peninsula Health Geriatrician, Dr Kristy Sioström, shares some tips and ideas to help you and your family stay healthy this winter.

- Have the yearly 'flu vaccination.
- Check that your pneumonia vaccination is up to date - this is not something you need every year so if you are 65+, check with your GP.
- Maintain a healthy diet - aim to eat lots of fruit and vegetables high in Vitamin C.
- Stay hydrated - in summer people feel thirsty because it's hot, it is easy to forget to drink as much water as you need in winter.

- Keep active - this may need to be an activity indoors in winter.
- Wash your hands - to prevent catching germs or spreading disease.
- Avoid sick people - it is best for friends and loved ones to stay away if they are very unwell, particularly if you have a chronic illness or multiple health concerns.
- Keep warm - if you have heating turn it on, stay rugged up and drink warm drinks.
- Practice good personal hygiene - cough into your elbow rather than your hand and leave meal preparation duties to someone who is well if possible, to avoid spreading germs.
- See your GP regularly to make sure your health is in check.

IMAGE: Dr Kristy Sioström

Thank you

Aged Citizens Club
Hellenic Association of
Mornington Peninsula

Australian Croatian
Social Club

Bauer Media Group

Blairgowrie Senior
Citizens Club

Collier Charitable Fund

Commonwealth Bank

Country Women's
Association Rosebud
Branch

Crib Point RSL

Daniel Trust Fund

Dry July Foundation

Estate of Eunice Irene
McDonald

Flinders District
Lions Club

Frankston Hospital
Pink Ladies Auxiliary

Greenways Residents
Committee

Joe White Bequest

Kate Le Fevre

KIDS Auxiliary

Lady Marigold Southey

Lifestyle Communities

Lifestyle Hastings
Social Club

Melanie Rees

Mornington Peninsula
Sew n Sews

Mr & Mrs Byron
& Verene Woods

Mr & Mrs David
& Patricia Tredinnick

Mr & Mrs John
& Elaine Smeaton

Mr & Mrs John
& Teresa O'Hanlon

Mr Gary Simberg

Mr Geoffrey Alan Ward

Mrs Anne Rotheram

Mrs Janice Hillbrick

Mrs Lorraine Chalmers

Mrs Rhonda Jones

Mrs Stephanie Johnston

Nepean Invitational
Masters Group

Peninsula Aqua
Ladies Sorority

Peninsula Boys Car
Enthusiasts

Rosebud Hospital
Auxiliary

Rosebud Hospital
Kiosk Auxiliary

Rosebud Hospital
Pink Lady Group

Rosebud RSL
Women's Auxiliary

Rotary Club of Mt Eliza

Rye & Peninsula Greek
Senior Citizens Club

Rye & Peninsula Greek
Women's Group

Rye Hotel

Rye Lions Club

Sorrento Golf Club
Women's Division

Southern Peninsula
Community Advisory
Group Fundraisers

The Toni Kaye Foundation

Tootgarook Senior
Citizens Club

Victoria Police Blue
Ribbon Foundation
Peninsula Branch

Village Glen
Workshop Club

Waterfall Gully Residents

Gussie Allen-Hutchison

Ian Birkinhead & Hazel
McBride

GIFTS MADE IN MEMORY OF:

Miss Kylie Brownscombe

Mr Frank Candela

Mr Cyril Charles Fincher

Mr Apostolos Giotopoulos

Mr Richard Hanmer

Mrs Irene Betty Hellmuth

Mr Leslie Hillbrick

Mrs Mavis Hopkins

Mrs Dorothy Ellen
Johnson

Mrs Marcia Anne Maher

Mr Vincent Norriss

Mr Timothy Joseph
O'Hanlon

Mr Kevin John Ostwald

Ms Melanie Claire Rabot

Mr Joel Scott Rees

Mr William Joseph
Robinson

Mr George Romancz Snr

Mrs Joyce Ellen Scaife

Mr Robert Arthur Scales

Mrs Katrina Vlahandreas

WISH LIST



PET THERAPY PALS

Pet Therapy Pals are special weighted soft toy animals that can remind patients of the feeling of holding and caring for an actual pet, keep patients company or are just available for a cuddle. These animals help older patients who struggle with cognition and can become lonely and sometimes confused.

Quantity required: 156
Amount per unit: \$50-\$105
Total amount: \$12,090



BEDSIDE PATIENT MONITOR

Doctors and nurses use bedside patient monitors to record and track vital signs of adults, kids and babies in hospital.

Quantity required: 4
Amount per unit: \$17,000
Total amount: \$68,000



PORTABLE BLOOD PRESSURE MONITOR

Portable 24-hour Blood Pressure monitors deliver accurate blood pressure readings while a person is going about their day and when they are sleeping at night. These results enable doctors to tailor the treatment regime accordingly for each person.

Quantity required: 10
Amount per unit: \$3,476
Total amount: \$34,760

Although the government provides us with the essentials, there is always more that can be done and we rely on the community to help us remain at the forefront of the best and newest technologies.

Make a donation to Peninsula Health so we can purchase the above items, to help our doctors and nurses provide the best of care, close to home.