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welcome

According to the latest Cancer Council research, 2,000 people from our region are diagnosed with cancer each year. This edition of Pulse magazine looks at how Peninsula Health addresses this serious illness in our community.

Our Cancer Services team, newly headed by renowned Specialist Oncologist Dr Romayne Holmes, provides a comprehensive approach and involves a wide range of specialists. From researchers to the Outpatients staff, the team is involved in prevention, treatment and support at all stages of the journey.

At Peninsula Health our services are complemented by the work of our dedicated volunteer base. We are pleased to cover, in this edition, the recent donation of eight wheelchairs to Frankston Hospital by the Men’s Auxiliary. Two champion volunteers, long-time fundraiser George Kokkinos and consumer representative Gus De Groot are also featured.

Winter also saw NAIDOC Week celebrations at Hastings Community Health, where the ongoing contributions of our Indigenous community were acknowledged.

On 6 October the annual Ageing Well Expo is on again, and I invite you to come along; details on page 8.

As you can see there is a lot happening at Peninsula Health. I hope you enjoy this edition and that it sheds light on some of the services that we offer.

Dr Sherene Devanesen
Chief Executive

Best care for Cancer patients:
the services, specialists, and research making a difference

A diagnosis of cancer is an overwhelming, life-changing, event that affects not only the patient but also their loved ones, and marks the start of a unique and personal journey.

At Peninsula Health, each patient with cancer has the benefit of a whole team approach, with experienced specialists working together to explore the best treatment options and provide the highest level of support.

Joanne Smith, Oncology Pharmacist, checking a patient’s medication pack is correct
“More than fifty per cent of cancers can be cured today, with new treatments happening at a rapid rate” – Dr Romayne Holmes, Director Cancer Services

Newly appointed Director of Cancer Services, Dr Romayne Holmes brings international experience to the role, including a Fellowship of Oncology and Research Prize from MD Anderson Cancer Institute in the United States for her work on cancer genes in leukaemia. She has also worked for major hospitals including St Vincent’s and The Alfred, and is in private practice.

“Joining Peninsula Health is a tremendous opportunity to work closely with the community and share my experience and commitment in treating cancer,” Dr Holmes says.

Our focus on patient care
In 2010/11 more than 500 patients received cancer treatments in the Day Oncology Wards at Frankston and Rosebud Hospitals. This equates to around 3,500 chemotherapy treatments, in addition to other treatments such as radiotherapy or surgery, which may be required.

Cancer of the bowel, breast and prostate are the most commonly presented malignancies seen at Peninsula Health. However, we manage a much wider range of cancers.

“Our services look at total care for patients and their families through this challenging illness. We have seven oncologists on the team, each with particular expertise, plus nursing and allied health professionals, and we all share a strong focus on research,” says Dr Holmes.

Our focus on research
Dr Holmes explains how this research focus involves maximising opportunities for patients to take part in trials with innovative new treatments, and ultimately developing locally based trials to enhance patient care.

“Our interdisciplinary team works closely with the Southern Melbourne Integrated Cancer Services (SMICS) which links our specialists with those from other major metropolitan health sites in the region. This means we can share expertise and treatment options.”

With the rate of lung cancer on the rise, Peninsula Health together with SMICS, is planning a new Lung Cancer clinic to be opened this year: “This dedicated facility is the first of its kind for the region, and is a response to the growing problem of lung cancer in our community. It will be attended by a medical oncologist, respiratory specialist and cancer support nurse.”

“As our services expand, there may be opportunity for more cancer specific clinics to open in the future,” Dr Holmes added.
Inside the Oncology Day Unit

Stepping inside the Oncology Day Unit is surprisingly calm and peaceful. The ward is lined with recliner chairs, and dotted with patients either chatting with nurses or their friends, or catching up on reading or their sleep.

“Our ward is about comfort and support. Treatments, like chemotherapy, can take hours at a time, so it’s important patients feel as happy and comfortable as possible; and we all like to share a laugh,” explains the new Nurse Unit Manager Joan Thomas.

“We do it all here. From the administration of chemotherapy, blood and blood product transfusions, to performing bone marrow biopsies, taking pathology and other investigative procedures. Patients receive expert care and education in a professional, warm and friendly environment,” Ms Thomas explained.

With seven nurses per shift in the Oncology Day Unit, one pharmacist and a pharmacy technician each day, the Unit treats up to 30 patients a day. It is open Monday to Friday. Rosebud Hospital offers a similar service every weekday, except Tuesdays. Up to 12 patients are seen there each day.

Clinical nurse consultants provide a telephone triage service where clients may be directed to support services such as Royal District Nursing Service, social workers, and dieticians - all aimed to support the client and family in their home environment.

“Client and family education is an important part of the Unit, with a phone service available to address any questions. We understand that the diagnosis of cancer has implications for all the people connected to the patient, and that we are here to help through their journey,” Joan added.

New Nurse Unit Manager Joan Thomas recently emigrated from England, where she was the lead chemotherapy nurse for a major cancer centre.

Reduce your risk

Top tips from the Cancer Council Victoria:

- Have medical checkups – regular screens and checks and report concerns
- Limit or avoid alcohol
- Eat a healthy diet - limit red meat to no more than 3 serves per week and avoid processed foods
- Maintain a healthy weight
- Exercise regularly - one hour of moderate activity or 30 minutes of vigorous activity daily
- Be sun smart
- Quit smoking – take steps to quit for life and also avoid other people’s cigarette smoke

For more information on our Cancer Services visit www.peninsulahealth.org.au

SMICS information is available via www.smics.org.au
Earlier this year, students and teachers of Mt Erin Secondary College shed their locks to raise money for Peninsula Health’s cancer patients. Following a school assembly where Oncology Nurse Unit Manager Joan Thomas was invited to speak to students, the special lunch time event involved a band, hair colouring and dozens of shaving stations. Some brave boys even had their legs waxed for the cause.

Sponsorships, entry to the event and donations for the free dress day resulted in $3,750 towards Frankston Hospital’s Day Oncology unit.

“We are thrilled to have the support of Mt Erin students and staff who have worked so hard. They are regular fundraisers for our unit, and on behalf of staff and patients we are extremely grateful,” Joan said.

The Living with Cancer education program is free for people with cancer and their family and friends. It provides information about living with cancer and the opportunity to develop skills to enhance quality of life. It is suitable for any person with any type of cancer, from newly diagnosed to recurrent.

The topics covered in the program range from what cancer is, treatments, health care team, and nutrition, to personal experiences, communication, relationships, loss, grief and community resources.

The sessions are run either over four weeks or as a full day at Frankston Hospital.

For further information or booking regarding these sessions please contact Jasbinder Singh Social Work Oncology at Frankston Hospital: 9784 7073.

Social workers can also assist with any emotional or practical issues at any stage of a person’s cancer journey. If you require support please contact Jasbinder on the above number.
NAIDOC Week recognises the National Aboriginal and Islander Day Observance Committee and is an annual celebration of Aboriginal and Torres Strait Islander cultures.

The Peninsula Health community celebrated the start of NAIDOC Week in July with a flag raising ceremony at the Hastings Community Health Centre.

Featuring local Aboriginal Baluk Art Dancers and support from the local Indigenous community, the event was symbolic of national NAIDOC Week celebrations.

Boonwurrung Elder Rhonda Dye and Aboriginal community member Glenn Foster were invited to speak at the flag raising ceremony. Rhonda gave the ‘Welcome to Country’ while Glenn acknowledged this year’s theme ‘Change: the next step is ours.’ The theme is about taking responsibility for the future by planning for change and taking action to make sure it happens.

Community representatives, Chief Executive Sherene Devanesen and staff joined together for the celebration. Program Manager for Connecting Communities Peter Dawson remarked, “NAIDOC Week is a good opportunity to recognise the contributions and achievements of Indigenous people to the health service and local Frankston and Mornington Peninsula communities.”

What is NAIDOC Week?
Teddy Bear Hospital

Sick teddy bears were diagnosed and treated for a variety of conditions recently, when Tyabb Primary School students visited Peninsula Health’s Teddy Bear Hospital with their soft toy companions.

Broken arms, gravel rash, and headaches were among the symptoms carers described their teddy bears as suffering from while visiting the specially designed hospital.

“Thankfully the teddy bears were cured after their appointment,” said Teddy Bear Hospital Doctor and Monash medical student, Cara Andrews.

Cara is one of two medical students who pioneered the paediatric program in Australia in 2009 to complement their study and clinical placements. They were introduced to the project by visiting medical students from England.

“The pretend hospital environment teaches children about the hospital experience and some of the basic procedures that may take place while they are there,” said Cara.

“It is a program designed to reduce anxiety among children over hospital visits and medical procedures, otherwise known as ‘white coat anxiety’.

“The program is also a great way for medical students to learn about interacting with children and explaining complex clinical information to them,” said Cara.

Teddy Bear Hospital sees children rotate around 11 stations, which mimic more familiar areas of a hospital and give children time to reflect on what they have seen and learnt. The teddies are admitted, diagnosed and treated.

“Children then work their way around and learn about different functions of a hospital including; hygiene, radiology, plastering, dialling for and being transported in an ambulance, visiting the emergency department and undergoing surgery,” Cara said.

“We also have healthy eating and exercise stations, where we highlight the importance of having a healthy diet and why exercise is so good for them.

“The most popular station is surgery, where we have a giant teddy who can be unzipped and his organs and abdomen are discussed and operated on!”

The international Teddy Bear Hospital program will return to Frankston Hospital later in the year giving primary school students the chance to experience the hospital atmosphere without being a patient.

For more information on the program visit www.gmsteddybearhospital.org.au
Frankston Hospital has eight new wheelchairs thanks to a generous donation from the Men’s Auxiliary.

Through their fundraising efforts, the long standing volunteer group raised $2000 to purchase the wheelchairs which have been delivered to the hospital’s Emergency Department, Short Stay Unit and general wards.

“We saw first hand the need for some new wheelchairs at the hospital, and we are always keen to help out wherever we can,” said Men’s Auxiliary Vice President Bob Gray.

The Frankston Hospital Men’s Auxiliary wish to give a special thank you to the Karingal Bowling Club who, through the efforts of Peter Naughton a member of both the Men’s Auxiliary and the Karingal Bowling Club, was responsible for the funding of four of the new wheelchairs.

They would also like to recognise Matt Davis at Peninsula Home Health Care for constructing the chairs at cost price.

To get involved with the Men’s Auxiliary call Bob Gray on 9789 5351 or the Volunteer Coordinator at Peninsula Health on 9788 1536.

Ageing Well Expo
6 October 2011

You can find out more about local volunteering opportunities, services and activities at this year’s Ageing Well Expo.

Thursday 6 October 2011
10am-2pm
New Peninsula,
370 Craigie Rd, Mt Martha

Enjoy a day of free entertainment and information, featuring guest speaker Sue Ingleton, to help you lead a healthy and active lifestyle.

Free bus transport is available, for more information phone Ageing Well: 9784 8320.
New clinical system adopted in Rosebud

Rosebud Hospital is part of the new digital age. In the first three weeks after launching a new computerised clinical system, Rosebud staff completed almost 5000 pathology orders, submitted over 1300 radiology orders and finalised 88 patient discharge summaries.

Using the new system, patient information can now be accessed by their Peninsula Health care team at any time from any site.

“The new technology will be used to deliver accurate and secure information about patient care more efficiently,” explained Lyn Jamieson, Director Clinical Systems project.

Its functions include:

• Clinical ordering of pathology and radiology services
• Results viewing
• Electronic ordering of discharge medication
• Sending discharge summaries electronically to GPs.

“Patient care information will feed into the new system and in the future, care teams at any site, including aged care, rehabilitation, or one of our hospitals, will have instant access to clinical records.”

“As a result we can expect better quality of care and enhanced safety outcomes for our patients”.

“And the benefits continue for patients even after they return home. For example, GPs will have faster access to outputs such as discharge medications and summaries, enabling them to provide improved patient care and support.

“These detailed records will also assist any future admissions, providing the latest information at our fingertips,” Ms Jamieson explained.

The seamless changeover to the new system at Rosebud Hospital occurred at 2pm on Wednesday 15 June, with Frankston Hospital to follow in September this year.

After successful implementation at Peninsula Health, the system will be rolled out at hospitals across the state.

The Rosebud launch marks an important milestone in the statewide HealthSMART Clinical System implementation, which is set to become the standard across the public hospital sector.
Champion volunteer wins award

Peninsula Health volunteer Gus de Groot recently won the Outstanding Individual Achievement Award in the metropolitan health services category of the 2011 Minister for Health Volunteer Awards.

This honour places Gus alongside previous award recipients the Frankston Hospital Pink Ladies, Rosebud Op Shop President and CAC Member Clair Duffus and Frankston Hospital Volunteer Andy King, who have been recognised in the past three years.

Gus is a long standing member of Peninsula Health's Community Advisory Committee (CAC), a role which underpins his involvement in the Frankston and Northern Peninsula Community Advisory Group (CAG), the Medication Safety Committee and the Frankston Hospital Information Help Desk.

He used his experience as a former patient to help improve the work of the Medication Safety Committee. Gus’ enthusiasm and creativity in this role included introducing the bumble bee as the mascot for the ‘Bee Alert’ medication safety program and ongoing medication safety campaigns.

Gus is a strong consumer advocate and is heavily involved in driving the current ‘Speak Up’ campaign which recruits consumer volunteers to encourage patients to become active, involved and informed about their medication management.

He has been active at conferences and is a regular friendly face at the Frankston Hospital Volunteer Help Desk.

The Minister’s Award recognises Gus’ ability to combine his volunteer and consumer roles and his contributions to significant improvements in processes and facilities at Peninsula Health.

For more information on volunteering contact our Community Participation Office on 9788 1536.

Meet ‘The Sausage Man’ George Kokkinos

Peninsula Health’s friend and fundraiser George Kokkinos of Safety Beach is also known around town as ‘The Sausage Man’. George is most often found in front of a barbeque, feeding a crowd and raising money to support his favourite charities.

This financial year, George is aiming to raise at least $100,000 towards the Beat Goes On Appeal for a new Digital Subtraction Angiograph machine for Frankston Hospital.

It’s a big job, but George is confident his delicious food and hard work will net great results. He is backed by a strong record of donating to charities.

Last year, his sausage sizzles raised $10,000 for Peninsula Health, $75,000 for Alfred Hospital and another $10,000 for overseas charities. He estimates that he will have cooked up 11 tonnes of sausages in the past three years.

Keep an eye out for ‘The Sausage Man’ at your local shopping centre!
The Respecting Patient Choices (RPC) Program is a highly respected model of Advance Care Planning funded by the Department of Health. It helps individuals plan ahead for future medical care. The RPC Program began at Austin Health in 2002 and was established at Peninsula Health in 2009.

A key aim of the program is to clarify your wishes for end-of-life care including life prolonging treatments. An RPC trained clinician can assist you to maintain a sense of control over your future and plan for a time when you may not be able to make decisions about your medical care by:

- Identifying what is important for you to 'live well' based on your values, beliefs, preferences, health and life goals
- Understanding your current health condition/s, prognosis, treatment options and choices
- Considering the benefits and drawbacks of medical treatments that may be offered in the foreseeable future
- Choosing and preparing an agent (Medical Enduring Power of Attorney) to have the legal authority to communicate preferences on your behalf if you become unable to participate in medical treatment decisions
- Documenting these decisions in an Advance Care Plan
- Reviewing the plan at subsequent admissions.

To find out more, contact our Respecting Patient Choices Office on 9788 1593 or email rpc@phcn.vic.gov.au

Information and brochures are also available via Peninsula Health’s website. Go to www.peninsulahealth.org.au/patientvisitor-information/respecting-patient-choices/

I Hate Coming to School!
NEW anti-bullying DVD

More than 100 school children recently attended the launch of a new anti – bullying DVD ‘I Hate Coming to School’ at ACMI at Federation Square, Melbourne.

The development of the DVD was a collaborative process between Peninsula Health’s School Focused Youth Service, Naranga School and media company Video Essentials.

The DVD includes a 10-minute short film, a 30-minute behind the scenes documentary and four printable lesson plans for teachers who want to discuss the issue of bullying with their students. The film was written, acted and produced by a group of middle year students at Frankston-based Naranga School, a school for students from prep to 18 years with mild intellectual disabilities.

Shaun Bacon, Assistant Principal of Naranga School, said the DVD was both fun and a valuable learning opportunity for the students. “They worked in a safe environment where they could express their emotions freely and come to grips with understanding the consequences of bullying, both as victims and bullies. During the role play sessions, they had to deal with unfamiliar emotions and the consequences arising from their actions. This gave them the chance to look at bullying from a fresh perspective, and to feel what it is like to be a victim of bullying,” he said.

If you would like your school to have a copy of ‘I Hate Coming to School!’ DVD contact Sonja Bottern d’Argent, on 9784 8123.
The beat goes on appeal...update

Thanks to donations from Pulse readers and local organisations, Frankston Hospital is getting closer to its goal to purchase a $1.8 million Digital Subtraction Angiography (DSA) machine for our new Surgical Theatres.

More than $500,000 has been pledged to the Beat Goes On Appeal, which includes $120,000 from individuals and organisations, with donations ranging from $5 to $30,000. The Frankston Hospital Pink Ladies are hoping to boost the effort by donating their annual $400,000 in proceeds.

The DSA machine will help save lives. It will enable surgeons and specialist radiologists to treat more patients, more quickly and safely, closer to home.

We are always grateful to those in the community who choose to support Peninsula Health.

The Southern Peninsula Community Fund Inc. has donated $67,314 to purchase a Laparoscopic camera and supporting equipment for the Operating Theatre at Rosebud Hospital.

The Rosebud Hospital Kiosk Auxiliary and Joe White Bequest have both given $30,000 to the Beat Goes On Campaign. In addition, the Joe White Bequest gave $25,108 to Rosebud Hospital Emergency Department for two Bariatric patient trolleys.

Recent donations over $1,000 include:
- The Hughes family in memory of Heidi Hughes
- Calvert-Jones Foundation
- All Saints Anglican Opportunity Shop
- Mrs Margaret Walker
- Rotary Club of Sorrento
- The Frankston Garden Club

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I WOULD LIKE TO HELP BUILD A HEALTHY COMMUNITY

MAIL TO: Peninsula Health, Public Relations, PO Box 192, Mt Eliza 3930

Name/s ___________________________ Contact number ________________

Address ____________________________________________________________

Postcode __________ Email ______________________________

I enclose a gift of $50 $100 $200 $ ____ (gift of your choice)

Debited from my Visa Mastercard OR I have enclosed a cheque/money order (Payable to Peninsula Health).

Card No. ____________ Expiry date ____________/__________

Name on card ___________________________ Signature __________________

I would like my gift to be directed to a specific facility (please specify)

Peninsula Health respects your privacy and observes the provisions of the Privacy Act 2001. Your details remain confidential. All donations over $2 are tax deductible. ABN 52 892 860 159

Thank you for your support.