

FRASER

WINTER 2017



Gearing up
for TAVI

FRASER is a community publication of St Stephen's Hospital, a leading Queensland not-for-profit private hospital

Message from Amanda Cruwys, General Manager

Built from strong community support dating from the early 1900s, St Stephen's Hospital has become a world-class healthcare facility, opening new doors in October 2014 as Australia's first fully integrated digital hospital.

Almost three years on, it is heartening to see how we are continuing to evolve and support the people who live and work in Hervey Bay, Maryborough and neighbouring areas.

Being an integral part of the Fraser Coast and greater Wide Bay Burnett regions, our aim is to continually improve our comprehensive healthcare services to meet the communities' needs.

Last year St Stephen's wide range of services expanded to include the Fraser Coast's first private women's health clinic as well as cardiac, mental health and rehabilitation services.

As part of UnitingCare Health, we are now planning to invest in new infrastructure that will advance the level of cancer care services offered at St Stephen's.

While we currently have support from Brisbane-based Haematologist and Oncologists Dr Robert Hensen and Dr Simon Durrant, we haven't had an oncologist living nearby to support those services.

Consultant Medical Oncologist Dr Richard Osborne (see Page 5) now lives locally and supports our oncology and cancer care making

it possible for us to offer more services and increase our capacity to treat more people.

Ultimately, our goal is to build a Day Infusion Centre so local people who now have to see a specialist in Brisbane will be able to have all their treatments closer to home.

As a registered charity and not-for-profit facility, St Stephen's is committed to re-investing surplus funds for the development of the hospital, its services and its employees. This benefits the community by creating facilities that use leading edge technology and staffed by leaders in their field.

On behalf of St Stephen's Hospital I would like to thank you for your support as we continue to provide healthcare to our community. Without your contributions, our achievements would not be possible.

Amanda Cruwys
General Manager
St Stephen's Hospital



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TAVI has goitre be the way forward

When Clive Podd of Maryborough discovered he had goitre, he never thought it would lead to a heart valve replacement.

The former Royal Australian Navy safety and survival officer and Korean War veteran developed the goitre about three years ago.

A goitre is a swelling of the butterfly-shaped thyroid gland in the neck and produces hormones which help regulate the body's metabolism.

Clive's goitre has enlarged to the point it is affecting his ability to swallow and breathe. The only solution is a major operation to remove the gland (thyroidectomy).

However during pre-operative testing he was found to have aortic stenosis, a narrowing of the aortic valve.

This is one of the most common heart valve abnormalities and until recently it could only be fixed with open heart surgery where an expert cardiothoracic surgeon exposed the beating heart and then replaced the diseased valve.

“On the one hand I needed the thyroidectomy to have the heart surgery but on the other hand the heart surgery would have its own risk because of the size of the goitre.”



Clive Podd

For Clive, the risks of cardiac surgery were considerable because the thyroid had extended into his chest from the neck.

“It was a no win situation,” Clive said. “On the one hand I needed the thyroidectomy to have the heart surgery but on the other hand the heart surgery would have its own risk because of the size of the goitre.”

That's where meeting Dr Alex Incani helped provide Clive with an alternative way forward.

Dr Incani, an interventional cardiologist at the Cardiovascular Clinic based in St Stephen's Hospital, has expertise using a new valve procedure called a trans-catheter aortic valve implantation or TAVI.

This valve is inserted through one of the arteries in the groin and avoids having to open the chest and so it is ideal for patients who otherwise have a high risk with the traditional surgical approach.

In Clive's case this procedure was ideal because the thyroid gland does not interfere with the placement of the valve. Once the new valve is implanted then he will have his thyroid surgery.

Clive recently celebrated his 83rd birthday and is active in the community.

“I'm just happy to be alive and am thankful that these procedures can be done to improve my quality of life.”



Clive Podd (right) shares a joke with fellow in-patient William Goodland, 96

Reaching out through the community



Pastor Sandra Keay

Walking with people as they journey through life, offering friendship in times of joy and hope in times of sorrow, St Stephen's Hospital's Pastor Sandra Keay couldn't be happier with her chosen path.

Reflecting on her career and roles as Pastoral Care Manager at St Stephen's and Chaplain with BlueCare, both within UnitingCare Queensland, she said being a pastoral carer was about being present, connecting, supporting and encouraging.

"Just before my 18th birthday I went to New Zealand on a working holiday and tried all sorts of jobs including tea room lady, house maid, secretary and office manager," the Adelaide-born Pastor said.

"While at Wellington I joined friends at a church event and listened to a preacher. It was like a thunder bolt for me. I suddenly realised it didn't matter what I'd done; it wasn't going to make a scrap of difference to me in eternal life.

"That was a huge turning point for me, just knowing a real assurance, a peace, a hope. Soon after that I met my husband Roly, a Royal New Zealand Air Force supply officer. We married in Wellington, had two children and moved to the top of the South Island."

Now on the Fraser Coast, Sandra divides her work time between St Stephen's and Blue Care bringing peace, joy and hope to people every day of the week through her workplaces, Uniting Church and wider community.

"I make an effort to get to know as many staff as possible. We all have things going on in our lives outside of work. It's not nosey-ness but a concern for other people who wouldn't necessarily go to a church but who just need someone to walk beside them sometimes.

"A lot of things healthcare workers see are distressing. Some staff get really close to their patients – they become like family. Sometimes staff members don't want or need full counselling, they just need other ears to listen to them."

"I make an effort to get to know as many staff as possible. We all have things going on in our lives outside of work. It's not nosey-ness but a concern for other people who wouldn't necessarily go to a church but who just need someone to walk beside them sometimes."

"My typical days include managing St Stephen's volunteers, running Chapel services, visiting aged care homes and building relationships with as many people as I can whether they're interested in church or not.

"Likewise, I build relationships with families when their loved ones move into the palliative care stage."

Sandra also visits respite centres, organises Bible study groups and special services for dementia patients and carers. She facilitates Coffee Lounge social meetings as well as Bereavement and Loss, Dementia and Brain Disorder sessions, and funerals.

UnitingCare Queensland is committed to supporting all communities across the Fraser Coast and greater Wide Bay Burnett region. The organisation maintains community care with BlueCare, Lifeline and Australian Regional and Remote Community Services (ARRCS) staff travelling thousands of kilometres to reach out to regional and remote areas.

Cancer care ramps up at St Stephen's



Dr Richard Osborne

Cancer care on the Fraser Coast took a step forward in May when Consultant Medical Oncologist Dr Richard Osborne began practicing at St Stephen's Hospital.

General Manager and Director of Clinical Services Amanda Cruwys said securing Dr Osborne's services was a coup for Wide Bay Burnett people who would otherwise have to travel to Brisbane to see a private cancer specialist.

"While we have had support from Brisbane-based Hematologist and Oncologists Dr Robert Hensen and Dr Simon Durrant over the years, we haven't had an oncologist living within the Fraser Coast area to provide ongoing support to those services," Ms Cruwys said.

"Dr Osborne now lives locally and will support our oncology and cancer care services making it possible for us to offer more services and increase our capacity to treat more people.

"Ultimately, our goal is to build a dedicated cancer care unit with a Day Infusion Centre so local people who have to see a specialist in Brisbane will be able to have all their treatments close to home."

Dr Osborne moved from the UK to Hervey Bay last year to join the Wide Bay Cancer Care Service near St Stephen's on Medical Place, Urraween.

"The plan is that I will continue my existing work at the Wide Bay Cancer Care Service with the addition of a private practice at St Stephen's," said Dr Osborne.

"For St Stephen's, this move is about having a consistent service for in-patients and out-patients and expert supervision of chemotherapy that's delivered onsite in a dedicated suite."

Dr Osborne is currently Lead Clinician in Medical Oncology for the Wide Bay Cancer Care Service, operating between Hervey Bay Hospital and Bundaberg Hospital.

Inspiring women to be bold

Talking about her mother's near-death experience from a snake bite and her own ill health as a child, St Stephen's Hospital General Manager and Director of Clinical Services Amanda Cruwys has urged women to grasp opportunities whenever possible to grow their confidence.

"Mum almost dying was a terrifying experience when I was so young. From those very early memories my passion for nursing grew because I knew in regional areas access to medical services was critical and saves people's lives," Ms Cruwys told the 85-strong audience at the Maryborough Neighbourhood Centre's International Women's Day Luncheon.



Amanda Cruwys talking at the event

"Fraser Coast has some wonderful business networks for women. Community centres and work places also play important roles in making opportunities available. It is important women know these are available and there are other people who will support us.

"We recognise many women often don't have opportunities for education including those in domestic violence situations so it's important to share information about access to traineeships, bursaries and certificate courses that will help them grow, develop, gain confidence and be able to support themselves.

"It is also important they are able to link with services that deal with mental health and domestic violence issues and know it's not ok to be in those situations. There are alternative options."

Donations make flag poles possible



Pastor Sandra Keay and Hervey Bay RSL Sub-Branch president Brian Tidyman

Financial gifts from the Maryborough and Hervey Bay RSL Sub-Bran­ches have flagged the start a new project designed to proudly display our country's most important symbols.

Flag poles that bear Australian, Aboriginal and Torres Strait Islander flags will soon be erected in the hospital's Medicinal Garden.

General Manager and Director of Clinical Services Amanda Cruwys said the hospital was a place of healing and caring for people and the prominent display of their flags would add respect and dignity to special occasions.

"The new flag poles will be located in the Medicinal Garden where themes of reconciliation and ANZAC tradition are prominent," Ms Cruwys said.

"As well as local plants with medicinal qualities that create a link between traditional and modern healthcare, the garden also features a Maryborough-made cast stainless steel sword dedicated to servicemen and women who never returned from war."

Ms Cruwys said the symbolism of the memorial stemmed from the practice of using a sword as a mark for fallen soldiers lost on the battlefield.

"The sword is the symbol of the warrior. When placed straight down in the earth, it marks the grave of the slain warrior. When viewed at the grave, the sword represents the Lord's cross.

"The new flag poles will be located in the Medicinal Garden where themes of reconciliation and ANZAC tradition are prominent,"

"It is mounted on a rock sourced from Scrub Hill, which was presented to the hospital by Butchulla Elders and represents the sacrifice of the Indigenous community in past conflicts.

"The memorial serves as a reminder of the ANZAC values of mateship, courage, and strength."

Ms Cruwys also said the Medicinal Garden could be illuminated at night making it possible to fly flags in the evenings while honouring our custom to never let the light fade on our flags.

"Protocol allows only for the raising of flags during daylight hours, unless properly illuminated during hours of darkness."



Tahiti, here we come!



Theatre nurse twins Janella Anderson (right) and Gillian Parker

Theatre nurse twins Janella Anderson (right) and Gillian Parker are eyeing off the world outrigging titles in Tahiti next year after winning silver and bronze medals in the national titles at Kawana Waters in February 2017.

“We competed against eight teams in six-seater canoes racing 1000 metres with three turns and the 500-metre sprint,” Janella said.

“We were thrilled to get silver and bronze medals (respectively) as we were up against the Australian world medallists!

“Anaesthetist Goran Bosnjak’s daughter Marcia also won two medals in the Under 16 event.

“Training is a big commitment but fun in a group and we always had coffee after early morning (5.30am) training. Gillian and I trained three to four times a week in a team of six ladies.

“Outrigging is a great sport for young and old. Many just social paddle in Hervey Bay or Burrum River to keep fit. Our goal for next year is the world events in Tahiti.”

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Thank You



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Your gifts are one of the best ways for St Stephen's Hospital to enhance our services, keep up-to-date with technology, expand our clinical capacity and update our facilities. Thanks to the generosity of people like you, we can continue to improve the highest quality of clinical care for our patients. Donate online at ststephenshospital.com.au/donate

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Our mission is to improve the health and wellbeing of individuals and their families. We differentiate ourselves by living out our values to optimise patient care and experience, every day. Donations over \$2 are tax-deductible and a receipt will be sent to you.

For more information on how you can support our life-saving endeavours, please contact our donor care team on 1800 001 953 or by email fundraising@uhealth.com.au

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