

YOUR FOUNDATION

FLINDERS FOUNDATION NEWSLETTER

WINTER 2021



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Flinders Cancer Wellness Centre Re-Opens!

In 2020, the Cancer Wellness Centre at Flinders remained closed due to the COVID-19 pandemic, to protect vulnerable patients with cancer, and their families.

But in excellent news.... The Cancer Wellness Centre is now open!

Your generous support along with support from the Dry July Foundation and Mix 102.3, created this relaxing and welcoming space and programs to help people affected by cancer, thank you. The Centre is a space where patients and families can chat with experts and volunteers for advice, support and information to help them during and after cancer treatment.

Below are some of the services that will soon be available to patients with cancer, and their families

- ✔ Nutrition education sessions with a dietician including what to eat following cancer treatment
 - ✔ Sessions with a physiotherapist for advice on managing cancer-related fatigue and exercise during and post cancer treatment
 - ✔ Arts in Health activities including meditation and relaxation to music, creative writing and art therapy
 - ✔ Interactive information sessions related to finances, stress management, legal directives and grief, loss and survivorship
- A manager will soon commence to coordinate services and programs for patients and families. We look forward to introducing you to them.**
- The cancer wellness program schedule can be found in the Flinders Centre for Innovation in Cancer.**

You can help

Please send your kind gift today in the envelope provided. You'll be supporting people with cancer, and their families, during and beyond treatment. Thank you.

Lymphoedema support

Patients diagnosed with, or at risk of, lymphoedema now have easier access to a range of support and services.

The chronic lifelong condition can occur as a side effect of treatment in around 20 per cent of some cancers, when lymph nodes have been removed or damaged.

This service, operated by the Southern Adelaide Local Health Network (SALHN), will work in partnership with other support services in the Cancer Wellness Centre.

Patients can be referred to a dedicated lymphoedema physiotherapist like Brittany Siviour, pictured, who can help with fittings of and subsidies for specialised garments to reduce swelling, as well as education around skin care, exercise and preventing infections.



Physiotherapist Brittany Siviour with breast cancer survivor, Monique Bareham

A pre-screening program has also commenced to monitor cancer patients before surgery and treatment. This will equip them with information to allow the earliest possible management and treatment if the condition develops.

Breast cancer survivor Monique Bareham lives with lymphoedema and is the president of the Lymphoedema Support Group of South Australia.

"We really welcome support and services which give patients additional help and advice, and enables them to get earlier access to the treatment and management of the condition because

that's what is really helpful," Monique says.

"A cancer diagnosis is extremely disruptive and emotionally stressful on its own and you steel yourself for all that's involved. When you get to the end of treatment and you find that you have a lifelong chronic condition that's incurable, it can be quite devastating.

"Apart from being a physical condition, for many it requires daily management. It can have knock-on effects like preventing a return to work or other activities, and it adds to the burden of trying to recover from cancer."



You're helping clinicians detect head and neck cancers

More patients with suspected head and neck cancer can now be examined without delay, using a new scope, thanks to you and a generous donation from the FMC Volunteer Service!

"This slim line scope passes easily through the nose, down into the throat and gives a high-definition view of the larynx, pharynx and voice box which allows detection of any abnormalities in the tissues and blood vessels," ENT Nurse Practitioner and Head and Neck Coordinator Tracey Nicholls explains.

"This new scope allows us to examine patients promptly, and if we detect any abnormality we can go on and do further investigation, including a biopsy.

Head and neck cancer is the sixth most common cancer type in the world, with around 5,200 Australians diagnosed each year, and refers to a range of cancers occurring in the head and neck region of the body.

Each year many generous staff and grateful patients donate to Flinders Foundation's Head and Neck Cancer Fund and participate in fundraising activities to help purchase equipment and supplies to benefit cancer patients, including those who have undergone tracheostomy and laryngectomy surgeries. **Thank you!**

Thank you!

for giving
Flinders' sickest and tiniest babies the best start in life.



Neonatal medicine is everchanging and there's always new technology available which can help lead to better outcomes... and what we want is the best outcomes for our little babies.

Neonatal Associate Nurse Unit Manager,
Jacquie Glazbrook

A range of new equipment has arrived in the Flinders Neonatal Unit to help more than 1,400 sick and premature babies cared for each year, thanks to your generosity.

Among this vital equipment is a Giraffe OmniBed Carestation which has been in constant use since its arrival by babies needing intensive care.

The cot mimics in utero conditions, promotes faster healing, and has inbuilt scales so babies don't have to be moved to be weighed.

"With so many monitoring cords and often a ventilator attached to them, it can take up to three staff to move a baby, and they also lose a lot of heat each time - this bed is very helpful in keeping babies warm and stable,"

Neonatal Associate Nurse Unit Manager, Jacquie Glazbrook explains.

"The lid also glides up vertically for very quick and easy access if babies need resuscitation or urgent care."

Little Marcel (pictured inset), who was born at 24 weeks and transferred by air from Alice Springs, was among the first to use 'the Giraffe'. With its special access and technology, it even enabled doctors to perform two surgeries at Marcel's bedside, instead of transporting him to theatre.

Some of the unit's sickest and most unstable babies have also been using a new monitor which features a small ring that attaches to the baby's skin to monitor CO² levels in their tissue. It provides constant monitoring and removes the need for heel prick blood tests every four to 12 hours.

"If a baby's CO² level goes up, we can immediately respond

and make some suction or ventilation changes if they need," Jacquie says.

"It provides a lot of comfort for parents, because it's not nice to think of your tiny baby getting so many blood tests."

The Neonatal Unit provides specialised care for up to 50 babies at any one time, born from 23 weeks gestation.

"We're grateful for the generosity which makes this possible,"
Jacquie says.



Thanks to you,
these items are
also making their
way to the NICU!

- ✔ A Neurally Adjusted Ventilatory Assist (NAVA) mechanical ventilator. This machine synchronises with a baby's breathing, and provides them with extra breathing support when they get tired.
- ✔ A video laryngoscope to help train the next generation of neonatal doctors. This means doctors can see a baby's vocal cords on screen while observing an intubation.
- ✔ A second Giraffe Omnibed Carestation.



The NICU team are also working on a bespoke camera system, allowing parents to view their babies on their phone or laptop, around the clock, even when they can't be with them.

The Photo above shows a 'test camera' in use in the NICU. Stay tuned for further updates.

Along with your generosity, this equipment was funded thanks to support from Amy Purling and the Fun Run for Prems community, the Volunteer Service for the Flinders Medical Centre and Masonic Charities South Australia.



Little Lenny's under the sea adventure

Dolphin rides, swimming with seals and playing in a room full of kittens. Doesn't sound like your average trip to the emergency department, does it?

But that's exactly what five-year-old Lenny (pictured above and on the front cover) got up to during his recent visit, after a little accident at home required two stitches to his chin.

Lenny was completely unaware of the treatment administered by the Paediatric Emergency Department (ED) staff as he was wearing a SmileyScope – a new virtual reality headset which transported him off on an underwater adventure.

"I asked him after if he knew he had to have four needles, and he had no idea," mum Lauren said. "Not once did he cry, ask for me, or say he was scared... he was simply relaxed and enjoying what he was watching."

"Without the goggles on I think he would have been quite stressed and anxious, particularly seeing a needle come towards him, but instead he had a great experience!"

This technology will be offered to young patients in a bid to calm and distract them during procedures such as stitches, blood collection, needles, inserting catheters and nasogastric tubes, or fitting plaster casts.

The headsets were purchased thanks to your generous donations, support from engineering company Babcock Australasia, and fundraising by Emergency Department staff. Thank you!

"It's really wonderful to make what is often a traumatic experience for kids and their families that little bit easier. Instead of them crying or screaming they're talking about being under the sea and swimming with octopuses, penguins and dolphins... they're just blown away," FMC Paediatric ED Nurse Unit Manager, Megan Eastaughffe, said.

Thank you for making hospital a better place for kids and their families!



You're giving the gift of sight!

Did you know that the
Eye Bank of South
Australia is based at
Flinders Medical Centre?



Luke Weinel, Eye Bank of South Australia
Coordinator, with the new microscope and
biological safety cabinet

This small but dedicated team is on call
24/7 to retrieve each and every cornea
from donors across the state.

They meticulously prepare valuable corneas and then
provide them to surgeons for corneal transplants.

**Thanks to your generosity, and support from the Lions
Club of Glenside, this incredible service now has new
technology to carry out its life-changing work, helping
to restore the sight of more South Australians.**

The purchase of two new biological safety cabinets and
a highly-specialised microscope means the Eye Bank team
can now prepare tissue for DMEK – a new method of
corneal transplantation which strips the cornea to a much
thinner graft.

*"This method is better for patients and has a far quicker
recovery as they don't require stitches to secure the graft,"
explains Eye Bank Manager Tamme Golding-Holbrook.*

*"With this new technology we can also pre-prepare corneas
in our lab and provide them to surgeons ready for transplant,
so they don't have to spend time preparing the donor cornea
in theatre. This helps ensure we have good quality corneas
well ahead of time so that a patient's surgery can proceed,
and it also frees up the surgeons to perform more grafts."*

Tamme said the Eye Bank - which relies on donations
to fund its vital work - was incredibly grateful.

*"We've had a wish list for quite a while for technology we
need to help restore the sight of more people. Now that we
have some of this, we hope to be able to open our service to
more donor retrievals and support surgeons to perform more
transplants to restore sight - **thank you!**"*



Associate Professor Richard Mills
performing a corneal transplant
DMEK pre-stripping procedure

**In 2019, 138 people donated their corneas
to the Eye Bank of South Australia, and
238 people received corneal transplants.**

**Corneas deemed suitable for transplantation
can be grafted into any recipient, regardless
of their age, race and blood type.**

**Overall success rates are better than
90 per cent after one year, and 74 per
cent at five years.**

**The Eye Bank of South Australia is
not-for-profit and relies solely on donations
to purchase equipment and technology.**

Cataract surgery goes virtual

Ophthalmology trainee surgeon Ben demonstrates the virtual reality simulator

Trainee eye surgeons across South Australia can now practice delicate cataract surgery before they step into the operating theatre with the arrival of a new virtual reality simulator at Flinders Medical Centre – the first in South Australia.

The new \$250,000 Eyesi VR Simulator allows trainee ophthalmologists to practice their techniques on a virtual head and eye socket using a computer-connected microscope. They can then run through scenarios for routine and difficult surgeries as well as unexpected complications.

Cataract surgery is the world's most common eye surgery, with around 15,000 operations performed in South Australia each year.

"The virtual reality simulator is a far less stressful way to learn procedures and gain expertise, and it will make it easier for surgeons to transition to operating on patients," FMC Head of Ophthalmology, Associate Professor Richard Mills says.

"This equipment has a proven track record of improving surgeon performance and patient safety in the surgical training of ophthalmologists."

Associate Professor Richard Mills

FMC Head of Ophthalmology, Associate Professor Richard Mills (front) and Chairman of Sight For All, and 2020 Australian of the Year, Dr James Muecke AM at a demonstration of the Eyesi VR Simulator.

RESEARCH UPDATE



Heart care important for cancer survivors

New research out of Flinders has revealed cancer survivors require more care, awareness, and management of other health conditions – in particular cardiovascular disease – to help them live longer after cancer treatment.

Professor Bogda Koczwara published the findings of a research project funded through a Flinders Foundation Health Seed Grant, made possible thanks to your generous support of cancer research, prevention and care.

Prof Koczwara said these important findings would help guide improvements in care for patients in the future.

"If we want cancer survivors to live a long and healthy life and have a life expectancy that is equivalent of the general population, then we need to address not just their cancer



Professor Bogda Koczwara

mortality but also mortality from other conditions, in particular cardiovascular disease," Prof Koczwara says.

This additional care could focus on more cardio-oncology services and collaboration between cardiologists and oncologists, making sure patients are more connected to their GPs following treatment, and also equipping patients with self-management support and resources.

You can read more about this and other research projects at flindersfoundation.org.au

A good night's sleep in hospital can be hard to come by

But now, your support is funding a new research project seeking to understand the true impact of sleep disruption in hospital by focusing on one of the noisiest places – the Intensive Critical Care Unit (ICCU).

Flinders University's Professor Peter Catcheside has been awarded a Health Seed Grant to record overnight noise from the ICCU and then replay it to healthy volunteers in a sleep laboratory for comparison against a quiet night.



Professor Peter Catcheside

He hopes the work could pave the way for identifying specific noises that are most problematic and develop strategies to reduce them.

ROLL UP, ROLL UP!

This year's signature event has been a long time coming – so whatever you do, don't miss out!

Tickets on sale now at flindersfoundation.org.au/pybc or phone Mel on (08) 8204 5953

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**FLINDERS
FOUNDATION**

**RAISING
FUNDS FOR
CANCER
RESEARCH
AND CARE**

