

Spring | 2021

Pomegranate

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Ready for our biggest redevelopment ever

The facilities at St John of God Subiaco Hospital will be completely transformed, and new services including a 24/7 emergency department, will be introduced as a part of the redevelopment.



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On the cover: Artist impression of St John
of God Subiaco Hospital redevelopment.

St John of God Health Care is one of
the largest Catholic providers of health
care services in Australia. Established
in Western Australia in 1895, we
are a not-for-profit private health
care group, operating 24 facilities
comprising more than 3,400 beds
and employ more than 15,500 staff
across Australia and New Zealand.

GROUP CEO UPDATE

The increasing vaccination rates across Australia are giving everyone a sense of hope. While the ongoing outbreaks of COVID-19 continue to remind us that this pandemic is not over, the more of us who are vaccinated will help keep our communities safe and reduce the impact of the virus on our health system dramatically.

I thank all our caregivers who have played an important and valuable role in our COVID-19 response. It is particularly encouraging to see the ingenuity and compassion of our caregivers at this time. If there is a positive to be taken out of this pandemic, that would be it.

In addition to responding to the pandemic, we have also been keenly focused on our core business of providing high quality health care services and responding to community need.

I am excited to announce the major redevelopment of St John of God Subiaco Hospital, which will be the largest in our history. It will add new services, including an emergency department, as well as transforming the facilities used for, and to support, patient care. I encourage you to read all about it on page 4.

Mental health is one area of increasing need. In this edition we reveal the expanded mental health services we are introducing.

It is always wonderful to share the achievements of our caregivers, and I was delighted to hear that St John of God Bunbury Hospital palliative care physician Dr Carolyn Masarei

was awarded Specialist of the Year (non-GP) in the 2020 Rural Health Awards, and two of our nurses winning separate awards at the 2020 WA Nursing and Midwifery Excellence Awards.

These achievements, and the efforts of all of our caregivers in continuing to provide outstanding patient care, are truly worth celebrating when we are navigating our way as communities through such uncertain and challenging times. 🍷



Dr Shane Kelly
Group Chief
Executive Officer

WHAT'S INSIDE?

EXTENDING OUR CARE

4

St John of God Subiaco Hospital set for biggest ever redevelopment

6

Mental health services expanded for south east Melbourne

8

When waste isn't waste

10

Providing care in regions and cities

12

Supporting Makayla to join the Force

13

Forging a bright new path

14

Bringing mental health change to the national table

ENHANCING THE PATIENT EXPERIENCE

16

New kitchen facilities unveiled

17

Maintaining a deep connection during end-of-life care

18

Nurturing new parents

19

Catering changes for restricted diets

INVESTING IN INNOVATION

20

What the doctor ordered

21

Transforming our procurement and supply

RECOGNISING EXCELLENCE

22

St John of God Health Care nurses earn statewide recognition

23

Dr Masarei wins Specialist of the Year in Rural Health Awards

CELEBRATING OUR PEOPLE

24

New Zealand CEO charts path to growth

25

Launch of Chair in Digital Health and Telemedicine

26

Emergency medicine educators here to inspire

27

Allied health conference highlights commitment to excellence and innovation

MAKING A DIFFERENCE TO OTHERS

28

The gift of sight given three times

30

Supporting student doctors through the pandemic

31

Donated ventilator key for future

—

Aiding the COVID-19 fight abroad

32

An apple a day... sharing our health and wellbeing advice

34

Caring when we can't cure

St John of God Subiaco Hospital set for biggest ever redevelopment

St John of God Health Care has announced approval for the major redevelopment of St John of God Subiaco Hospital, the largest in the organisation's history.

The redevelopment will add a new eight storey clinical block, private emergency department, a Mother and Baby Unit including a new Neonatal Intensive Care Unit, a virtual care hub, and a purpose-built pandemic ward to care for patients when outbreaks of highly infectious diseases such as COVID-19 occur.

It will also transform the hospital experience for patients, offering a hotel-style stay, including a la carte room service, and 98 per cent of the hospital's rooms will be single, private rooms.

St John of God Health Care Group Chief Executive Officer Dr Shane Kelly said the redevelopment would enable the hospital to provide a greater range of services as well as enhance the patient experience.

"This substantial investment will advance St John of God Subiaco Hospital's position as a leading provider of private hospital services by creating a state-of-the-art hospital designed and equipped to meet the health needs of our community now and into the future," he said.

"As Western Australia's largest private hospital operator, St John of God Health

Care is focused on responding to our patients and communities needs by identifying opportunities to add new services, and enhance our key services lines through the addition of new technology and equipment."

A new eight storey clinical block is the centrepiece of the redevelopment, featuring 260 single rooms and will add more than 150 beds to the hospital site. A further six new theatres, including a hybrid theatre will be part of the development.

The new 24/7 emergency department will offer a boutique experience enabling patients to be treated rapidly. This will be supported by a virtual care hub enabling remote monitoring of patients in the hospital, at home and, potentially, at other St John of God Health Care hospitals.

The new clinical block will also feature a dedicated Mother and Baby Unit, including a new Neonatal Intensive Care Unit, with large and luxurious bedrooms on the upper floors offering new parents magnificent views.

The lower floors will have a dedicated Heart Centre, bringing together cardiac

intervention services, a new coronary care unit and cardiothoracics.

St John of God Subiaco Hospital Chief Executive Officer Professor Shirley Bowen said the redevelopment would set the standard for the future of private health care delivery and facility design.

"We are creating a hospital of the future, transforming care delivery, the patient experience and the health care environment," she said.

"We are delighted to radically improve our amenities to provide our patients, in particular our new mums and dads, a hotel-style experience, including a la carte dining, and large, modern rooms with private ensuites, underpinned by the safest possible care."

Prof Bowen said the facilities would enable innovations in care and, through the addition of an Emergency Department, facilitate the community to get immediate 24/7 access to the hospital.

"We are excited to add an emergency department and incorporate the virtual care hub into our hospital. The hub uses technology to further inform our nurses and specialists about



the wellbeing of our patients and take action immediately, and will enhance the level of care we provide to patients in our hospital, at home, and even extend our care to our other hospitals,” she said.

“Our new services will extend the excellent clinical care for which St John of God Subiaco Hospital has long been renowned.”

Prof Bowen, who is also a Professor of Infectious Diseases and a high-profile leader of WA’s private hospital response to COVID-19, said including a dedicated pandemic ward into the design was a priority.

“To be prepared for future outbreaks of COVID-19, or similar infectious diseases that can arise at any time, and are increasing in frequency, we are including a purpose built ward to

help us care for patients who need to be isolated, or need specialised equipment,” she said.

The ward will be negatively pressured and provide a safer environment for our patients and caregivers.”

The first stage of the redevelopment will upgrade the hospital’s kitchen, increase the number of lifts, and expand the sterilisation department.

Additional floors will be added to the car park, and a new engineering/energy plant will connect new and existing facilities.

Approval was previously granted by the Town of Cambridge for the hospital’s Local Development Plan, and a Development Application is progressing for the remaining work. 🍷

Redevelopment overview

- new eight-storey 260 bed clinical block
- state-of-the-art facilities with connected technology to enhance patient experience, clinical excellence and innovation
- new 24/7 emergency department offering a boutique experience and enabling rapid access to clinical care
- virtual care hub to enable remote patient monitoring
- Mother and Baby Unit with large patient rooms on pre and post natal wards, new emergency obstetric operating theatre, 10 birth suites, and neonatal ICU
- six new theatres and pre and post surgical facilities
- infectious diseases pandemic ward
- kitchen upgrade to enable hospital-wide a la carte room service
- additional lifts to improve movement around the hospital for caregivers, patients and visitors
- upgraded Sterilisation Services Department (SSD)
- increased beds from 550 to more than 700 beds
- additional two-storeys of visitor car parking on the existing multi-storey car park
- new site engineering plant
- upgraded perioperative services
- upgraded cardiology services
- refurbished oncology ward
- upgraded hospital entrance and dedicated public open spaces
- new Chapel

Mental Health Services expanded for South-East Melbourne



St John of God Health Care is extending its mental health services in the growing south-east corridor of Melbourne with the redevelopment of St John of God Langmore Centre.

The former site of St John of God Berwick Hospital, Langmore Centre will be redeveloped into a community mental health service, offering inpatient and outpatient services.

St John of God Pinelodge Clinic and Langmore Centre Chief Executive Officer Linda Allen said there was clear demand for mental health services in the south-east Melbourne corridor.

“After community consultation in late 2019 and an analysis of health care provision and demographics across our rapidly growing population, it was apparent that there was a need for mental health services, locally,” Linda said.

“Research tells us that clients have better health care outcomes and more sustained recovery when they have access to early intervention mental health services close to home.”

The redeveloped St John of God Langmore Centre will open in mid-2022



“Research tells us that clients have better health care outcomes and more sustained recovery when they have access to early intervention mental health services close to home.”

and provide inpatient, day and community services and offer the latest evidence-based therapies to assist people living with a range of mild to moderate mental health conditions or addiction dependency, and a specialised unit to support parents experiencing perinatal mental health issues.

The facilities feature all private room accommodation for inpatients, a neuro-stimulation suite for electroconvulsive therapy and transcranial magnetic stimulation treatments, in-house dining facilities, and therapy rooms including specialised art rooms and a gym. There will also be specialist consulting suites on site.

The wide corridors, natural light and internal courtyards that were a feature of the original building will remain to assist in creating a peaceful and positive environment to assist recovery.

“One in five Australians live with a mental health condition. Mental health is the single largest contributor to years lived in ill health in Australia, and people with severe mental illness die significantly younger than other Australians,” Linda said.

“Most common is anxiety and depression which affects people of all ages and can be very debilitating mentally, physically and socially.”



“With the significant number of people being impacted by mental health it is quite possible someone in our family, a neighbour or someone we know at a local sports club, the local school or working with us is affected.”

“Sometimes we will know of their struggles and other times they deal with these in isolation. We are all touched by mental health and it is important that people are able to access and be provided with the right support close to home to focus on improving their quality of life.”

The addition of St John of God Langmore Centre will enhance St John of God Health Care’s scope of services in Melbourne’s south-east growth corridor. Services already include acute medical, surgical and maternity

services located at St John of God Berwick Hospital, rehabilitation services at St John of God Frankston Hospital, and mental health services at St John of God Pinelodge Clinic.

St John of God South East Melbourne Hospitals Chief Executive Officer Lisa Norman said the organisation had always involved itself in the community and responded to need.

“This is reflected in the types of services we offer and the social outreach partnerships we form locally,” she said.

“St John of God Langmore Centre will complement our broad suite of services, across our various sites in south-east Melbourne, allowing us to provide whole-person care for our community from birth through to senior years.” 🍷

When waste isn't waste



“We have estimated that we have filled the equivalent of about four 40ft shipping containers with these items which will be reused. This is an incredible result.”

Preparing the former site of St John of God Berwick Hospital for its new life as the St John of God Langmore Centre has presented an initial hurdle – what to do with 10 tonnes of equipment that is no longer needed.

Many of the items were still functional but were no longer needed or usable at the new St John of God Berwick Hospital and were surplus to requirements for the new facility.

So the redevelopment team, led by St John of God Langmore Centre Clinical Redevelopment Manager Evan Rundell, engaged Environmental Sustainability Coordinator Chris Bourke and International Health Director Anthea Ramos to find some solutions.

Anthea sought funding and help from Rotary – Donations in Kind, to fill and transport a 40ft shipping container filled with about four tonnes of medical items to donate to Timor-Leste’s national hospital including:

- 32 hospital beds
- 35 mattresses
- 50 pillows
- 40 bedside tables
- 35 over-bed tables
- 32 chairs
- 1 filing cabinet.

Pictured: Evan Rundell and Anthea Ramos in a shipping container of donated beds and other medical items.

Pictured: Hospital beds, chairs, and theatre equipment were among the items donated.

“We are really pleased to have been able to find good use for the items in Timor-Leste. The beds, mattresses and pillows will provide a great deal of comfort to patients, and the bedside lockers and over-bed tables will make life a little easier as well,” Anthea said.

“We estimated that if the hospital had wanted to purchase these items it would have cost in excess of \$250,000.”

Chris engaged social enterprise, PonyUp for Good, to remove e-waste, scrap metal was recycled, and a caregiver garage sale was held to give a second life to other furniture items with money raised donated to charity.

“A veterinary practice even removed the theatre lights and sterilising equipment for reuse,” Chris said.

“We have estimated that we have filled the equivalent of about four 40ft shipping containers with these items which will be reused. This is an incredible result.”

Evan said it was amazing to see everyone bring their skills and networks together, for a common cause.

“It initially felt like a massive task, one that could leave anyone overwhelmed but a great strength of St John of God Health Care is the resources and skills of our workforce.” 🍷





St John of God Geelong Hospital provides a high level of clinical care to the region.

Providing care in regions and in cities

Responding to community need has seen St John of God Health Care services dotted in regions and cities on either side of the continent with significant differences in services profiles to meet those needs.

Almost one third of the organisation's hospital beds are located in regional Australia, with those located in the regional Victorian towns of Ballarat, Bendigo and Geelong the largest in the organisation outside of capital cities.

Over the past decade, St John of God Geelong Hospital has added 100 beds to the facility and almost doubled the number of caregivers employed.

It now features a busy emergency department, a critical care unit, and offers robotic surgery and a number of acute services, enabling the hospital to care for more patients closer to home.

Recently, the hospital responded to changing community expectations in offering low-cost maternity care options, and this year it became the first private hospital in regional Victoria to perform 1,000 robotic assisted surgeries.

St John of God Geelong Hospital Chief Executive Officer Stephen Roberts said this milestone highlighted the hospital's commitment to ensuring it was able to grow and develop to meet the Geelong community's needs.

"A part of responding to need is ensuring access to the latest technology and innovations close to home, as

well as evolving our services profile to meet the changing expectations of our communities," he said.

"It is not just about adding more beds or new facilities, it is making sure that our community knows that they will get safe and high quality care informed by the latest research and tools right here, where they live."

Similar stories of growth and investment in services are told at Ballarat and Bendigo, which have grown in bed numbers, added surgical robots on site, and continued to evolve their services.



Pictured, L-R: St John of God Geelong Hospital; St John of God Geraldton Hospital; caregivers involved in the Advanced Neonatal Resuscitation training at St John of God Geraldton Hospital.

St John of God Health Care Group Chief Executive Officer Dr Shane Kelly said people living in regional communities should have the choice of where they want to receive high quality care close to home.

“We continue to look at different ways of servicing regional communities, and ensuring we continue to provide consumers with choice and good quality health care, which in turn can reduce pressure on regional public hospitals,” he said.

On the other side of the country, in regional WA, St John of God Geraldton Hospital is a picture of consistency.

The small 60-bed hospital continues to be integral to the community and throughout last year provided all the maternity care for people living in the Mid-West, as the public hospital transferred and merged its obstetric services, including midwives, to allow for capacity in case of a COVID-19 outbreak.

This meant the hospital was likely to care for higher risk pregnancies and very pre-term and unwell babies who await air transport to Perth. This resulted in the hospital looking to the wider group to upskill its workforce so it could provide this higher level of care.

The Advanced Neonatal Resuscitation training program provided onsite

education for the maternity team, and other caregivers, who work together to support mums and babies at the hospital.

St John of God Subiaco Hospital Specialist Neonatologist Dr Jo Colvin and Clinical Midwife Felicity Anderson travelled to Geraldton to provide the training and upskilling of their regional colleagues.

St John of God Geraldton Acting Chief Executive Officer Jack Harding said midwives and nurses, as well as obstetricians and other specialists, working in regional areas needed to be highly skilled.

“Working in small, regional hospitals means our caregivers need to be highly skilled and well-trained so they can provide the appropriate care in a range of situations that they could encounter as members of smaller teams,” he said.

“This training was a great opportunity to provide the knowledge and hands-on skills needed at once to all those involved in caring for premature babies and their mothers.”

This has demonstrated the benefits for the regional hospitals in being a part of the wider St John of God Health Care group in allowing them to access support, and, on the other side of the country, respond to growth.

“There is often a focus on services and care available at metropolitan hospitals,



as naturally, that is where the majority of our population resides,” Dr Kelly said.

“Our regional communities deserve access to, and choice of, the hospital care they receive and we are proud that St John of God Health Care continues to be able to deliver that care, which has largely been made possible by all of our hospitals and services working closely together to respond to need.” 🍷

Supporting Makayla to join the Force

After only four months of living at St John of God Horizon House in Geraldton, 17-year-old Makayla has achieved her life-long goal and moved to Canberra to join the Australian Defence Force (ADF).

“Applying for, and being accepted into, the ADF is one of my proudest achievements and was a very long process,” Makayla said.

“The support workers at Horizon House encouraged me every step of the way and were just as excited as I was when I received my acceptance.

“They helped me with any problems I faced while undertaking this new journey and really gave me the confidence and security I needed to pursue my dream.”

Makayla moved into Horizon House Geraldton in March 2020 to escape an abusive and unsafe home life.

She is one of the 167 young people that the program supported during the 2019–20 financial year.

In addition to giving young people who are at risk of homelessness a safe, stable place to call home, Horizon House provides a life skills program that teaches residents essential skills such as cooking, cleaning and personal budgeting that they will need in order to live independently.

“Horizon prepared me so well for my future with the things we aren’t taught in school such as how to do chores, budgeting, and just general advice,” Makayla said.

“The program is amazing for getting any individual prepared for the future and they do this in a way that gives you your independence while always being there if a helping hand is needed.” 🍷



Pictured: Horizon House client Makayla.

“The support workers at Horizon House encouraged me every step of the way and were just as excited as I was when I received my acceptance.”

Forging a bright new path

Twenty-year-old Tommi-Rae is mother to an adorable one-year old boy named Charles, is studying hospitality at TAFE, and is about to begin a work placement at a local café.

"I really like cooking and eventually, I would love to own my own business – maybe a food truck – serving traditional dishes," Tommi-Rae said.

Meeting Tommi-Rae now, you see a happy, driven young woman whose baby boy is clearly the centre of her world but 12 months ago, things were very different.

"My life a year ago looked nothing like it does now," Tommi-Rae said.

"I was a bad drug addict, I had nowhere to live, no job and no goals.

"When Charles was born, something inside me changed. I knew I had to do better for my baby."

After completely ceasing her drug use, Tommi-Rae moved to Perth from Geraldton in December 2020 to join the Horizon House Young Mother and Baby Program when Charles was nine months old.

At serious risk of homelessness, she had struggled to access emergency accommodation in Geraldton but persevered and eventually was able to secure a place at a local women's shelter.

While staying there, she got in touch with Horizon House Geraldton and the

caregivers referred her on to the Young Mother and Baby Program in Perth.

Tommi-Rae said it has changed her life.

"When you don't have a safe, secure and stable place to stay, it's pretty much impossible to think about anything long-term," she said.

"Horizon House has given me stability, security and a routine, which I love but never had before.

"The staff here have helped me set goals for myself and they support me to work towards them – they teach me how to do things for myself so that I can be a strong, independent woman and mother.

"For example, before I started my hospitality course at TAFE, they took me up to the campus to check it out and then they sat down and looked at the public transport journey planner with me and helped me figure out how I was going to get myself there and back every day.

"They're supporting me to find childcare for Charles while I study and do my work placement, they've helped me access Centrelink payments and basically to figure out and then do all the things I need to do to get my life in order.



"Being around other mums has been another really great thing about being here.

"I've got other people to talk to who really understand what I'm going through and we can support each other with all the challenges and emotions that come with being a new mum.

"We get to share all the wonderful things about having a baby together too.

"I love my little boy so much and I want to make sure I'm setting a good example for him and that he will grow up to have a life where he has opportunities and options. I want him to be able to have goals and my job as his mum will be to support him to achieve those goals." 😊

Wexford Centre



DID YOU KNOW?

St John of God Health Care is a major mental health provider. We operate three specialist mental health hospitals in New South Wales and Victoria - St John of God Richmond and Burwood Hospitals and St John of God Pinelodge Clinic; provide a comprehensive public service including adult mental health at St John of God Midland Hospital; and operate a specialist older adult ward on behalf of the state government at St John of God Mt Lawley Hospital.

We also provide accommodation services to people with mental health issues in Sydney; offer free community mental health services at seven locations across Australia; operate publicly funded drug and alcohol counselling services; and provide free counselling and psychiatric services for families experiencing perinatal depression at 17 locations across Australia through St John of God Social Outreach.

Pictured: St John of God Murdoch Hospital's mental health team led by Deputy Director of Nursing Monica Taylor, Mental Health Lead Dr Chinar Goel, and Deputy Mental Health Lead Dr Stefan Schutte.

Bringing mental health change to the national table

“It is enormous to be involved in something that will absolutely change the whole platform by which services are delivered.” With that short sentence, St John of God Murdoch Hospital’s Mental Health Deputy Director of Nursing Monica Taylor captures not only why she was excited to join the hospital but also summarises what St John of God Health Care’s focus on mental health aims to achieve.

Monica, who was also recently appointed as Vice President of Australian College of Mental Health Nurses (ACMHN), said after a career spent in mental health nursing, clinical and project leadership and hospital administration she was well aware of the needs of the community and the opportunity for change in the mental health sector.

“On a micro level I am excited by the opportunity to build a mental health service south of the river in Perth,” she said.

“In particular, services for young people delivered at their earliest point, which will have a life-long impact on patients and their families.

“Looking beyond that, enabled by St John of God Health Care’s mental health strategy, I see an opportunity to change the whole platform by giving people access to the services they need, a choice of where, how and when to access that care and connection with ongoing mental health support beyond the hospital.”

“It is enormous to be involved in something that will absolutely change the whole platform by which services are delivered.”

Now holding the role Vice President role with ACMHN, in addition to Chair of the WA Branch of ACMHN, Monica said she was excited to bring the developments in WA to the attention of the rest of the country.

Monica was the most recent appointment to join the team leading the hospital’s mental health services alongside Mental Health Lead Dr Chinar Goel and Deputy Mental Health Lead Dr Stefan Schutte.

The service will start offering day programs within the next six months, while construction of the stand-alone \$45 million 72-bed mental health facility gets underway with completion due in late 2023.

Day programs will help patients with anxiety, depression, self-esteem, anger management and positive psychology.

Dr Chinar Goel said the services will help meet a fundamental need in the community.

“Our services will offer a dedicated contemporary specialist youth and adolescent program as well as services for adults experiencing mental health disorders,” she said.

“It will be the first private mental health service offered south of the river, and eventually the largest facility in the state to provide inpatient services for WA’s youth.”

The new mental health facility is the first step in the next phase of development at St John of God Murdoch Hospital, with additional operating theatres and beds coming on line next.

St John of God Health Care is a major provider of mental health services across Western Australia, Victoria and New South Wales and plans to expand these services nationally to meet growing community need. 🍷

New kitchen facilities unveiled

Patients at St John of God Mt Lawley Hospital's Restorative Unit have a new kitchen and common area designed to build a sense of community and support wellbeing.

The publicly funded unit supports patients older than 65 years of age to restore their movement and recover from illness or injury.

Nurse Unit Manager Sarah Saeedi said that the Restorative Unit was different from the traditional hospital setting where patients spend most of their time in their rooms.

"Our patients have a length of stay of up to 25 days while they receive therapy, such as physiotherapy and occupational therapy, to help them to reach their rehabilitation goals," Sarah said.

"The kitchen and dining room really is the heart of the Restorative Unit.

"Patients enjoy their daily meals at shared tables in our central dining room, when COVID-19 restrictions allow, that are also used for group rehabilitation activities and as space for our patients' families to visit and spend time with them.

"The new kitchen will support this model and also provide healthy snacks, refreshments and a more homely environment for patients."

St John of God Mt Lawley Hospital is the second biggest provider of rehabilitation services in Western Australia after the State Government.

The hospital provides private and public services to support rehabilitation for orthopaedic fractures and joint replacements and reconditioning after illness or cardiac trauma. 🍷

Pictured: St John of God Mt Lawley Hospital Restorative Unit caregivers Catrina Wilmot, Sarah Saeedi and Max Bhavnagarwala.

"It is important during this time that we provide opportunities to develop a sense of community and interaction that can be really important for their wellbeing."



MAINTAINING A DEEP CONNECTION DURING END-OF-LIFE CARE

This year, St John of God Foundation has focused on raising money for a special style of bed that enables patients receiving end-of-life care to be closer to their loved ones.

Known as Cuddle Beds, the equipment enables people to sit alongside their loved ones in hospital, removing the physical barriers at this important time.

One of St John of God Health Care's patients, Janine, was offered a Cuddle Bed at her end of life, and her husband Chris Chalwell shares his story about the amazing impact it had, and why he believes this style of care is so important.

"Janine was my best friend, my soul mate, and the mother of our children. She lived for family, she was selfless and had a magic blend of passion and compassion.

Over 45 years together we shared such a deep loving connection and pride in our family and the life we had built.

Janine was diagnosed with cancer (melanoma) in 2017 and spent much of last year in hospital as her condition worsened.

Janine did all she could in her power with the support of a very capable medical team to beat the cancer without ever complaining, but sadly passed away in September.



The care Janine received through St John of God Health Care was outstanding, but against our strongest hopes, it became clear that she was very ill and our time together was limited.

We were really lucky to be offered some time in the hospital's only Cuddle Bed, which meant we could lay together during some of the time that Janine was receiving care. This was incredibly special and made a huge difference for us both.

Whenever Janine and I lay in the Cuddle Bed together, her spirit visibly lifted. The effects of physical touch and intimate comfort were undeniable.

I later discovered there are only a small number of Cuddle Beds in use across Australia, and we were lucky to spend time in the only one in Western Australia.



My hope is that more people can access this incredible style of care as it had a huge impact for both me and Janine in a very difficult time.


I want to thank all the St John of God Health Care caregivers for the care Janine received and for giving us the chance to maintain a deep connection through the Cuddle Bed. It really did bring us a feeling of greater inner strength and hope.

I believe the Cuddle Bed is a real winner. Our family will be personally donating to this wonderful initiative, and I would encourage anyone who has the chance to do the same.

The Cuddle Bed just works, that's all I can say. Love works."

Chris Chalwell.

You can find out more, including how to donate at:

www.sjogfoundation.org.au 

Pictured: L-R: Chris and Janine in the Cuddle Bed, St John of God Murdoch Hospital CEO Ben Edwards and his team with the hospital's Cuddle Bed, and Chris and Janine with their family.



Nurturing new parents

A new parenting service offered at St John of God Bendigo Hospital is helping nurture new parents so they feel prepared and supported during pregnancy and in the early weeks of parenting.

St John of God Bendigo Hospital's new perinatal service, The Nurture Collective, extends the hospital's midwifery parenting support and education offering, so that parents can access expert support when they need it.

The service offers a mixture of one-on-one appointments and small group sessions depending on individual needs.

St John of God Bendigo Hospital Chief Executive Officer Michelle Stares said the service provides a relaxed space to talk, seek advice and have queries answered by caring and experienced caregivers.

"We want to help women and families navigate their way through pregnancy and the early days of parenting armed with support and expertise from our midwives," Michelle said.

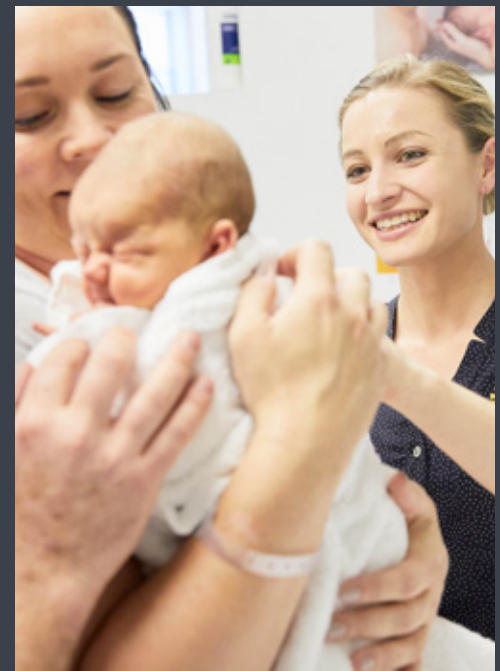
"We are so excited to have this space and service now available for our families to access when they need it. Sometimes new parents just need reassurance, other times it is practical tips for breastfeeding or sleeping, and other times it's a need for mental health support.

"Whatever parents need, The Nurture Collective can provide the expert advice and support right here at the hospital or provide the guidance on available services to help."

Areas of care and support include:

- breastfeeding support
- exploring normal newborn behaviour
- tips and techniques for sleep settling, including classes provided by Tiny Sleepers
- transition from hospital to home
- postnatal mental health awareness
- postnatal physiotherapy advice
- postnatal wellbeing advice and looking after self
- drop in support sessions with other new mothers

Consideration is being given to introducing flexible antenatal wellbeing support and education sessions, including hypnobirthing, along with other services such as baby massage, first aid, water safety and Pilates.



Michelle said the new service is a part of the hospital's focus on enhancing the patient experience beyond the hospital.

"One of the challenges that new mums have told us they experience is not knowing where to go for expert support and guidance throughout pregnancy and as new parents," Michelle said.

"This service enables us to address that challenge by making the wealth of expert knowledge and support available within our hospital more accessible." 🧡



Catering changes for restricted diets

Pictured: St John of God Ballarat Hospital Speech Pathologist Annette Churchill, Hotel Services Team Leader Kate Roberston and Quality and Development Manager Josh Stott

St John of God Ballarat Hospital has brought together its dietitians, speech therapists, quality and development team and catering caregivers to better cater to the needs of patients with restricted diets.

Caregivers identified simple ways to improve the meals being offered to people who have restricted diets, due to allergies, medical conditions or physical abilities, to make them more appealing and to improve the patient experience.

St John of God Ballarat Hospital Quality and Development Manager Josh Stott helped bring the hospital's dietitians, speech therapists and catering caregivers together to find better ways to meet patients' needs.

"Our dietitians went into the kitchen, where they were able to educate and support our caregivers making and

delivering meals, to help ensure the meals would always meet patient requirements," he said.

"Our speech therapists, who are focused on supporting patients who have restricted diets due to swallowing issues, also helped the kitchen caregivers ensure that the food looks as good as it tastes while accommodating the dietary requirements."

According to Josh, patients have responded really well to the changes.

"We transitioned to the common menu recently which made a difference to the offerings across the hospital," he said.

"These additional tweaks make sure that the experience of a patient with a restricted diet is the same as other patients, and we are starting to see that in our patient feedback."

The team also invited a family member of a patient to contribute to the redesign of the menu.

"We were able to gain their insights directly and then use these to benefit other patients going forward, as well as demonstrate our commitment to the fact that every moment matters," Josh said.

St John of God Health Care Patient Experience and Nursing Strategy Group Manager Caroline Zani said this work was a great example of person-centred care in action.

"We are rolling out the 3Cs program across all of our hospitals, which is focused on providing support and training so that all of our caregivers remain focused on providing person-centred care through communication, connection and compassion," she said.

"The work done at St John of God Ballarat Hospital in using patient experience and applying the learnings across the hospital is exceptional and exactly what person-centred care is all about." 🍷



What the doctor ordered

St John of God Health Care is making a multimillion dollar investment in its medication administration systems to automate processes and enhance patient safety.

Giving medicine is the most common intervention done within our hospitals – on wards and in theatres – every day, so getting it right each and every time is critical.

By investing in an automated medication system, BD Pyxis, manual processes and record keeping will be reduced, which in turn will reduce the risk of error.

The system is being introduced in theatres at St John of God Health Care's WA hospitals in the first instance, with the intention of rolling out to Victorian and NSW hospitals in the near future. A trial of the system at St John of God Bunbury Hospital has also been included in the first phase of the approved rollout.

St John of God Health Care Clinical Outcomes Coordinator Tammy Sandison said automating the

dispensing of medication at the point of care was a critical opportunity to reduce risk.

“Automating this moment in a patient's care helps to ensure the exact medication dose, strength and formula is given at the right time to the right patient,” she said.

“Currently this is a manual process which, while extremely rare, means there is a chance of error occurring and the record keeping involved is time consuming.

“So not only will this reduce the risk of human error, it will also reduce the administration load on nurses so they can instead spend that time caring for patients at the bedside.”

Tammy said the technology was becoming more widely used in theatres across the country and was the first step in St John of God Health

Care hospitals looking to innovative solutions to electronically manage medications.

“We all know that health care has become more complex as our knowledge grows and personalised care becomes more commonplace,” she said.

“Investing in the right tools and resources, as well as processes and policies, will support our nurses and doctors to provide consistently high quality, safe clinical care.

“As we go forward, we will look at what an electronic medication management roadmap could look like and investigate opportunities to automate other processes around medication storage, secure access and e-registers.”

Transforming our procurement and supply

Following a review of global best practices, St John of God Health Care is transforming all aspects of its purchasing and supply processes and experiences to deliver a new model of procurement and supply chain service delivery so caregivers can access the equipment and services they need as quickly and easily as possible.

Group Chief Procurement Officer and Program Executive Sponsor JP Rebola said robust and responsive procurement and supply chain processes were crucial to service provision at St John of God Health Care.

“Caregivers are the heart and soul of the care we provide to our communities, however, without quality clinical products, equipment, infrastructure and suppliers we simply cannot deliver that care,” he said.

The Procurement and Supply Chain (P&SC) Program of Works aims to improve the end-user experience and engagement levels for caregivers, generate supply cost savings, gain value from our suppliers and minimise risks throughout the end-to-end supply chain.

“Our goal is to optimise our procurement and supply chain processes, systems and technology to better serve our frontline caregivers and the patients they care for,” JP said.

“The changes mark a significant shift in how we partner and collectively engage with the supply market to deliver the best value for our organisation, patients and clients.”

So what does the future state of procurement and supply chain at St John of God Health Care look like?

Better end-user experience

New, user friendly and standardised processes and systems, will enable caregivers to spend more time caring for patients.

Through user-friendly dashboard and reporting tools, P&SC will support the organisation to identify opportunities, and make informed and data driven decisions about our spend commitments.

Cost savings and better value from our suppliers

To gain the greatest value from our suppliers, we will harness our group-wide buying power and approach the supply market as one organisation, rather than individual sites and services.

Networks of newly formed decision teams, made up of subject matter expert clinical and non-clinical end-users, will collectively make group-wide recommendations on the purchase of goods and services. This concept, known as ‘user-directed strategic sourcing’, will work to bring together

sites and services and take advantage of our collective buying power.

Minimise procurement and supply chain risks

Minimising risk and maximising value are our priorities when engaging with our suppliers. New processes for the robust management of contracts and supplier relationships will ensure we maintain high standards with suppliers.

“An efficient and reliable supply network, which has been highlighted by COVID-19, is at the crux of making sure our caregivers and specialists have what they need, when they need it, to deliver excellent patient care.

Our philosophy is ‘one way, same way’, creating harmonised supply operations across all sites and services,” JP said.

“We look forward to rolling out this program as commitment to our financial stewardship and sharing its benefits with the people who come to us for care.” 🍷

St John of God Health Care nurses earn statewide recognition

Two St John of God Health Care nurses working in mental health and community-based nursing have earned statewide recognition as winners of the 2020 WA Nursing and Midwifery Excellence Awards.

St John of God Mt Lawley Hospital Nurse Unit Manager Ashly Grabski and St John of God Social Outreach (Drug and Alcohol Withdrawal Network) Clinical Nurse Specialist Jupp Groenveld were winners in the Excellence in Registered Nursing and the Consumer Appreciation award categories respectively.

St John of God Health Care Group Chief Executive Officer Dr Shane Kelly congratulated both nurses for the significant impact they have had on their patients and clients.

“It is great to see our nurses recognised by their peers as providing exceptional care to our patients and clients in the hospital and at home,” Dr Kelly said.

“Both Ashly and Jupp show their dedication and commitment to putting the needs of our patients and clients first in providing the highest level of care in all that they do.”

Ashly earned her award as Nurse Unit Manager St John of God Mt Lawley

Hospital’s Ursula Frayne Unit, an older adult mental health unit, for her work in improving processes in the unit to reflect best practice and improve patient care, as well as supporting her colleagues and clinicians with training and education.

“Winning this award is an enormously encouraging compliment to receive as a new leader,” Ashly said.

“I am passionate about ensuring that optimum and recovery-focused mental health care is provided to those experiencing mental health challenges. I am passionate about reducing the stigma associated with mental health and mental health nursing, and nurturing emerging mental health specialists so that we can continue to provide care to some of our community’s most vulnerable members.”

In winning the Consumer Appreciation Award, Jupp was singled out for recognition by a client she supported

through DAWN, a program which assists people to reduce or stop their substance use by providing care and support at home.

“Being recognised by a client truly means the world to me. I do the best job I can each day, I put my heart and soul into helping our clients at DAWN,” she said.

“To receive this nomination, and now the award, is so special. However, it’s not just an award for me – it’s an award for the whole DAWN team, and an acknowledgment for Social Outreach and the wider St John of God Health Care group.

“The Sisters of St John of God saw a gap in the provision of services for home-based withdrawal some 20 years ago, and today we are still helping our communities and delivering our services with great passion – knowing that the work we do can improve the lives of others.” 🍷

Pictured: Dr Carolyn Masarei



Pictured: St John of God Mt Lawley Hospital
Nurse Unit Manager Ashly Grabski

Pictured: St John of God Social Outreach
(Drug and Alcohol Withdrawal Network)
Clinical Nurse Specialist Jupp Groenveld



Dr Masarei wins Specialist of the Year in Rural Health Awards

St John of God Bunbury Hospital Dr Carolyn Masarei was recently awarded Specialist of the Year (non-GP) in the 2020 Rural Health Awards for her work as a palliative care physician.

Dr Masarei started at St John of God Bunbury Hospital in 2012 as the only resident palliative care physician.

She has since developed a holistic palliative care service that extends beyond end of life care to include outpatient clinics in Bunbury, teleconferencing to other sites throughout the south-west region, and inpatient consults at the South West Health Campus.

Dr Masarei also cares for acutely unwell patients in a 10-bed specialist palliative care unit in Bunbury which offers complex symptom control and end of life care. She works closely with the community palliative care teams and palliative care nurses throughout WA's South-West region.

In her award nomination, Dr Masarei was commended for her wide scope of work as a solo regional specialist and her support of continual service improvement.

She was described as being instrumental to the development of medical and nursing colleagues in the hospital and community as well as the introduction of new innovation and technology such as telehealth.

Dr Masarei demonstrates exemplary care and dedication for her patients and their families. St John of God Health Care and the south-west region of Western Australia are fortunate to benefit from her extensive skills. 🙏

New Zealand CEO charts path to growth

St John of God Hauora Trust's new Chief Executive Officer, Sarah Williams, has assumed the role as the organisation moves to meet strong demand for its services.

Sarah was appointed in June having acted in the role since November 2020, after previously leading the organisation's Community, Youth and Child Services division since 2014.

"When I started with St John of God Hauora Trust, everything felt familiar because of my experience at a boarding school operated by the Sisters of Mercy," she said.

"The Sisters of Mercy have similar origins to the Sisters of St John of God in Wexford, Ireland, and as a result I feel a deep connection to our shared values."

Sarah's career in health started as a registered nurse, and she found herself drawn to caring for vulnerable people. She worked in community services, supporting people with traumatic and acquired brain injuries, and later as a senior clinical leader specialising in care and rehabilitation programs for young offenders with intellectual disability.

These experiences in the health sector, as well as senior leadership roles in New Zealand and the United Kingdom will inform her focus as Chief Executive Officer.

Sarah's primary driver is developing the five-year strategic direction for the Trust, putting people at the core of everything.

"Our residents, clients and their families are at the centre of everything we do. In recent months we have commenced a comprehensive strategic plan refresh for the organisation that will support our capability to respond to, and deliver on, demand for our services," she said.

"We are fortunate to have the support of an experienced and skilled Board in New Zealand as well as the collaboration with the leadership group of St John of God Health Care to support our strategic development."

The Trust is also looking to grow its Health and Ability Services division to add another 24 beds at St John



St John of God
Hauora Trust CEO
Sarah Williams

of God Halswell for residential and transitional rehabilitation care.

"The Board of St John of God Hauora Trust has recently approved the business case for the development of 24 additional beds at St John of God Halswell that will be known as the Lucena Unit," she said.

"We are consistently at capacity for our residential care and rehabilitation services so this is fantastic progress in our ability to reduce our standing waitlist and support more people in need of our quality service."

Additionally, Sarah said she was looking at ways of using data to power their decision making about services.

"We have a lot of qualitative information that highlights the value of our services but our next focus is building the capability to better evaluate our services, measure our impact and make sound decisions to improve the support we provide," she said. 🍷

DID YOU KNOW?

St John of God Hauora Trust is a leading provider of disability, youth and social services in Aotearoa, New Zealand.

The Trust supports people living with a physical or neurological disability through our health and ability services at various locations throughout New Zealand.

In the South Island, the Trust operates St John of God Halswell, a residential and respite care facility, as well as four community homes in the Christchurch and Selwyn districts of Canterbury.

In the North Island, residential and respite care is provided to people living with a physical or neurological disability at St John of God Karori.

Community Youth and Child Services deliver innovative programs at St John of God Waipuna, providing young people, their families/whanau and the community with support and opportunities for development.

LAUNCH OF CHAIR IN DIGITAL HEALTH AND TELEMEDICINE

New innovations in digital health, telehealth and patient care are set to be expanded in Western Australia thanks to a new research appointment between St John of God Midland Public and Private Hospitals and the University of Notre Dame Australia.

Professor Yogesan Kanagasingam has been appointed the Chair in Digital Health and Telemedicine at the University of Notre Dame and will focus on building contemporary and cutting-edge practices in digital health and telehealth plans at the hospital.

St John of God Midland Public and Private Hospitals Chief Executive Officer Michael Hogan said the hospital was delighted with the new arrangement which will support research, education, training and commercialisation in digital health.

“The Chair and the team will support creation of a digital plan and develop world-class translational research to improve patient care at St John of God Midland Public and Private Hospitals,” Michael said.

Professor Yogesan Kanagasingam said he was honoured to be appointed as the inaugural Chair.

“As the Chair I will lead research into digital interventions that could help improve quality, safety and efficiency of patient care,” Prof Yogesan said.

The new appointment will help to build the digital workforce and upskill medical, nursing and allied health personnel at the hospital.

Previously, Prof Yogesan was the Director of the Australian Telehealth Research and Development Centre and worked at The University of Western

Australia. He achieved a Fulbright Scholarship to Stanford University School of Medicine in 2011, where he worked on developing a non-invasive imaging device to screen premature babies for retinal abnormalities.

A little more about Prof Yogesan

- Highly recognised for his work to develop innovative technology for treating eye disease, Professor Yogesan has received numerous honours and awards.
- He has published more than 150 peer-reviewed papers and four books in telemedicine and digital home care. In addition, he has a patent portfolio of more than 35 patent applications.
- Professor Yogesan’s expertise includes ophthalmic diagnostics and imaging, digital health, telemedicine, machine learning, artificial intelligence and imaging device development.
- He has a strong passion for invention and innovation and considerable experience in commercialisation and building and developing products. His eye imaging device has been used at NASA’s International Space Station.
- Professor Yogesan is a visiting scholar at Harvard University and has previously worked in the USA, Norway, Japan and Singapore.



Pictured: Professor Yogesan Kanagasingam



Emergency medicine educators here to inspire

An exciting professional partnership between emergency medicine experts, Professors Michelle Johnston and Steve Dunjey, was established at St John of God Murdoch Hospital in early 2021.

Both Michelle and Steve have extensive backgrounds in emergency medicine and are now heavily involved in the education of current and upcoming health care workers.

Their roles at the hospital are to further caregivers' education through workshops, discussions, simulations and other activities.

"This is a unique job to upskill, and provide a higher level of education to practising clinical staff," Michelle said.

The role gives both professors the opportunity to inspire and educate health care professionals who may have lost their excitement for learning.

"We are enablers of people continuing to love their work. It is an incredible feeling to rekindle and keep alive the passion to want to learn more, and we also get to pass the baton onto junior health care workers," Michelle said.

Prof Johnston is based at St John of God Murdoch Hospital two days a week, running topic-based conversations with emergency

medicine registrars and consultants, as well as discussing high-level topics with caregivers on a monthly basis.

"For the monthly topics, we will look deeply into existing research and literature, as well as deliberate on best practice across all areas of discussion," she said.

"I will also run simulations where caregivers learn to respond to different scenarios and make quick decisions, communicate effectively and prioritise efficiently." 🧠

Allied health conference highlights commitment to excellence and innovation

St John of God Health Care's allied health expertise was on show at the recent 14th National Allied Health Conference.

Group Manager Allied Health Rachel Resuggan played a pivotal role in this year's conference as a member of the organising committee and the scientific committee, and allied health caregivers from across the organisation gave poster and oral presentations.

"St John of God Health Care's involvement in the conference is a real testament to our allied health caregivers' commitment to striving for clinical excellence in all that they do," Rachel said.

"I am very proud of our caregivers, not only for the quality of their work but also for their preparedness to present and showcase their learnings and achievements to the nation."

Among the presentations were:

- St John of God Warrnambool Hospital Physiotherapist Karen Benson – The physical effect of ceasing maintenance hydrotherapy as a result of COVID-19 pool closure.
- St John of God Mt Lawley Hospital Dietitian Kera Fulurija – Allied health teams embrace virtual care delivery in the wake of COVID-19.

- St John of God Midland Public and Private Hospitals caregivers Natasha Tucker, Janice Wong, Christopher Kwok, Luvern Moothan – Clinician based perception of the implementation of telehealth services during the COVID-19 pandemic. An Australian experience.
- St John of God Midland Public and Private Hospitals caregivers Bethany Leslie, Jessinta Benton, Anthony Hall – Refreshing our lens looking beyond chronic disease. A breakdown of figures a year after the instigation of a hospital avoidance team, the impact on our hospital and our patients.
- St John of God Warrnambool Hospital Physiotherapist Alicia Boyd – Oncology Rehabilitation Referral Audit.
- St John of God Health Care Group Manager Allied Health Rachel Resuggan – Allied Health Governance in the Catholic Health sector – bringing the allied health voice to the national systems level.

St John of God Health Care was also a sponsor of the conference resource gallery which showcased the lightning oral presentations, comprising more than 150 video presentations in 23 different categories.

As sponsors, St John of God Health Care received three complimentary registrations for attendance at the conference. Our allied health caregivers entered a competition for these places where they submitted why they thought they should be given a spot at this year's event.

The lucky winners were:

- Suzy Boot, Occupational Therapist, St John of God Subiaco Hospital
- Anne Fraser, Clinical Psychologist, St John of God Social Outreach
- Karina Graham, Dietitian Team Leader, Hawkesbury District Health Services 🍷

"St John of God Health Care's involvement in the conference is a real testament to our allied health caregivers' commitment to striving for clinical excellence in all that they do."

The gift of sight given three times

Bill Waterer has watched his eyesight slip away, not once, not twice but three times, however thankfully cornea donations have given him back his vision three times over.

Bill, who had his surgeries at St John of God Subiaco Hospital, shared his story to encourage others to register to become organ and tissue donors.

“You don’t know what it is like to lose your eyesight until you have lost it. You can’t read, you can’t drive, it impacts on everything you do,” Bill said.

“Receiving the cornea transplants has given me back my life and allowed me to do what I am passionate about once again.”

After losing his vision in his right eye, Bill received his first cornea transplant in 2018 with the surgery done at St John of God Subiaco Hospital by Ophthalmologist Dr Steven Wiffen.

In April last year, he received a corneal transplant for his left eye, with that surgery being one of the last elective procedures done at St John of God Subiaco Hospital before they were

temporarily postponed that month due to COVID-19.

Unfortunately, his first corneal transplant started to fail this year but he was lucky to receive a third corneal transplant in April.

Bill said getting back his vision meant he was able to continue doing what he loved, including his work with the Dr Jane Goodall Roots and Shoots program which he set up in WA, and for which he was awarded a Medal of the Order of Australia for service to wildlife conservation.


The program encourages young people to take action to protect animals and the environment, and Bill was at the heart of the organisation in WA.

“Losing my eyesight meant that I had to step away from this work that I loved and was passionate about,” Bill said.

Bill encourages everyone to become an organ and tissue donor, knowing firsthand the life changing difference it can have.

“What is the good of being buried or cremated with organs or tissues that can make a world of difference to another person?”

How to register:

The easiest way to register is on the DonateLife website, at donatelifelife.gov.au/register 

Pictured: St John of God Subiaco Hospital patient, and cornea transplant recipient, Bill Waterer.

“Receiving the cornea transplants has given me back my life and allowed me to do what I am passionate about once again.”

DID YOU KNOW?

In 2020, due to COVID-19 there was a 16 per cent decrease in the number of donors and a 12 per cent decrease in the number of people receiving a transplant compared to 2019. There was also a 16 per cent drop in registrations in 2020 compared with 2019.

This means it's never been more important to encourage people to register as an organ and tissue donor, and to talk to their family about donation.



Supporting student doctors through the pandemic

The importance of financial support for four young Aboriginal and Torres Strait Islander students, who are each recipients of St John of God Health Care scholarships, to pursue their dreams of becoming doctors was highlighted over the past year.

The four students, Dominic Breslin, Rosie Manolas, Cameron Howard and Kelly Reynolds, are currently in their third year of studying medicine at Notre Dame University.

Like so many people, their experiences last year reinforced the importance of support from family, friends and the wider community.

Dominic faced the challenges of studying remotely, combined with welcoming his second son into the world with limited family support.

“It is so pleasing to hear that we have made an impact on the lives of these students so they feel secure and supported to focus on, and continue their studies.”

“I prepared myself for a very stressful semester. I also realised I would need to be very organised for this semester as our family couldn’t come over to visit and help out due to the COVID-19 restrictions,” Dominic said.

Rosie juggled study with a, “frantic house hunt in the middle of a pandemic in a critical rental market.”

While Cameron and Kelly said the scholarships meant they could focus their energy on study without having to juggle additional work.

St John of God Health Care Group Director Workforce Carla Bonev said it was fantastic to hear just how significant the support the organisation provided was to each individual.

“It is so pleasing to hear that we have made an impact on the lives of these students so they feel secure and supported to focus on, and continue their studies,” she said.

“When there is so much uncertainty in our community, it is easy to forget that support for individual people can have a huge benefit to them and, looking long term, to the communities we live in.

“We are all excited to see what these students achieve this year and next year, in their final year of study, as well as in their future careers.”

Rosie and Cameron are spending 2021 in Broome under the Rural Clinical School Program, while Kelly is continuing her study in Kalgoorlie, and Dominic is continuing his studies in Perth.

“I hope I can make an impact on the town of Kalgoorlie and be involved in the community. I am most excited to learn more about rural health and Aboriginal health first hand outside of a city context,” Kelly said. 🍷

DONATED VENTILATOR KEY FOR FUTURE

A brand new Hamilton Ventilator was kindly donated to St John of God Murdoch Hospital, thanks to donor support through St John of God Foundation.

The new ventilator, which was installed at the hospital in March, is a part of the hospital's COVID-19 preparedness system.

St John of God Murdoch Hospital Director of Emergency Medicine Jason Fitch said the ventilator would play a vital role if Murdoch needed to care for COVID-19 positive patients.

"It allows us to use our isolation room as a resuscitation area, plus it enables us to divide into respiratory and non-respiratory areas, in-line with the hospital's COVID-19 escalation plan," Jason said.

The ventilator features an intelligent ventilation mode which adjusts respiratory rate, tidal volume, and inspiratory time continuously, depending on the patient's lung mechanics and effort.

Dr Fitch said the ventilator also provided critical care for acutely unwell patients.

"In addition to its function as a ventilator, it can also supply non-invasive ventilation and high flow nasal oxygen. Two vital treatments in the care of critically unwell patients," he said. 🍷

Aiding the COVID-19 fight abroad

A recent donation of medical equipment from St John of God Health Care hospitals in Victoria and Western Australia is making its way across the Indian Ocean to help Sri Lanka care for people with COVID-19.

The equipment includes: a high dependency unit bed, and six vital sign monitors from St John of God Bendigo and Murdoch hospitals that are used in critical care and intensive care units to track blood pressure, oxygen saturation, pulse rate and temperature and alert caregivers to changes in these vital signs.

The opportunity to make this donation, worth almost \$80,000, was identified by a St John of God Health Care specialist and will assist the country in caring for patients who have COVID-19.

Sri Lanka is still battling increasing infections.

St John of God Health Care Chief Procurement and Supply Logistics Officer JP Rebola said it was wonderful to be able to provide this equipment, which was no longer in use at our hospitals, to support the pandemic response in Sri Lanka.

"We know there are many countries and health systems struggling under the weight of this pandemic, so we are pleased to be able to provide some support where it is needed at this critical time," JP said.

"This essential health care equipment will be sent to hospitals in Sri Lanka currently experiencing shortages in necessary resources to care for patients who are severely unwell." 🍷

An apple a day... sharing our health and wellbeing advice

St John of God Health Care has launched a new health care and wellbeing blog section on the organisation's website to give communities easy access information about their health needs.

It features more than 500 articles, as well as podcasts and videos, from more than 100 of the organisation's expert specialists, nurses, clinicians and other caregivers, providing easy to understand information.

St John of God Health Care Group Manager Marketing and Corporate Affairs Sally-ann Parker said the new section of the website was easy to navigate, with plenty of visuals, including photos and graphics, to help people understand their health condition, as well as how to access care and treatment.

"Importantly, the new section enables people who are seeking information about a health condition to quickly and easily connect with a hospital, service or specialist for treatment or care," she said.

"We have curated our blogs to provide dedicated information to people with specific health conditions or interests. For example, pregnant women and new mums can now easily browse and find all the maternity information they need in one spot, as well as finding out more about our maternity care options across our various locations."

The new section is aligned to the organisation's strategic focus on patient experience, and is designed to improve the organisation's ability to give easy to access information to our patients and community members about all aspects of their care.

"We asked our patients, former patients and community members to tell us about their hospital experiences and they overwhelmingly said that being able access health care information at key points in their hospital journey was really important to them," Sally-ann said.

"So we are excited that we are now able to give everyone access to health and wellbeing information from our experts in one place online.

"Additionally, providing this information helps involve patients in the decision-making regarding their care, even before they come to hospital." 🍏

"We have curated our blogs to provide dedicated information to people with specific health conditions or interests."



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Health and wellbeing blogs

At St John of God Health Care we know your health journey can be a complex one. Our blogs, written by our trusted experts, can help you find out more about your health condition, what to expect when you come for care, treatment or surgery and how to improve your wellbeing.

23 September 2021

Blog 22 September 2021

Blog



Advanced nursing care for patients

Adele Dufano

Meet our caregivers



A discussion on low intervention birthing options

Dr. Lisa Fowler

Maternity

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2:42

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- What to eat after breast surgery
- The essential maternity bag checklist

Caring when we can't cure

Voluntary Assisted Dying (VAD) legislation came into effect in WA in July this year. This legislation has been operational in Victoria for two years.

St John of God Health Care welcomes all patients and caregivers to our services, respecting their views and beliefs.

We walk with our patients and their families at the end of life, providing palliative care, and pastoral and chaplaincy services which are attuned to the needs of each person and help the people in our care to die as comfortably as possible and with dignity. However, we do not assist people to end their own lives.

While news about VAD is prominent in news and online forums, particularly in WA, it is important all caregivers know and understand that we do not provide services related to the provision of VAD at St John of God Health Care hospitals or services.

We understand that patients or clients may wish to explore the option of voluntary assisted dying from another provider. Our commitment is to enter into open and sensitive discussions with the people we serve and ensure we do not impede a person from seeking information about voluntary assisted dying, respecting their legal right to do so.

We support palliative care research and strive to deliver evidence-based high quality palliative care and pain management to patients who are referred to our palliative care services. There is an abundance of evidence that demonstrates the benefits of integrating other treatments with palliative care when a disease or illness becomes life-limiting. It is important for our community that patients and their families have access to timely and appropriate palliative care services to optimise quality of life.

Our commitment remains to care for all patients who require our service in line with our Mission and the values that underpin our organisation and to respond to patients and families with sensitivity and compassion.

Caregivers across WA have been trained to help and listen to patients and clients who express a desire to hasten death. 🍷





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