

# NEWS SUMMER 2016

## The Royal celebrates 150 years

Royal Brisbane and Women's Hospital (RBWH) celebrates a very special milestone in 2017, its 150th anniversary. Not only is this a significant event for the hospital, but also an important milestone in Queensland's history.

The state's first public hospital was the Moreton Bay Hospital established in 1849. It took over from the old Convict Hospital on North Quay, near the site of the current Supreme Court buildings on George Street. It was renamed Brisbane Hospital in 1856.

Major population growth soon led to overcrowding and a strain on resources at the hospital, so a new facility was built on RBWH's current Herston site, which was then known as the Quarries. Patients were moved to the new hospital on 8 January 1867 and it was officially opened in April that year.

The Women's Hospital and Children's Hospital were later built on the same site, and in the 1960s, Queen Elizabeth II gave permission to use the Royal prefix on each of the hospitals.

In 2003, following a multi-million dollar redevelopment, two of the hospitals - Royal Brisbane Hospital and Royal Women's Hospital - were amalgamated to become one Royal Brisbane and Women's Hospital.

Times have certainly changed in the 150 years since the hospital first opened, but the commitment to excellent patient care, medical education and the advancement of research to aid the community of Queensland has remained constant.



The main building of the hospital in 1867.

Today RBWH is a leader in treatment, research and education, recognised for its world-class care.

RBWH is a 929-bed quaternary hospital which provides more than one tenth of all patient services in Queensland. In 2015 alone, 100,149 patients were admitted, there were 74,399 presentations to the Emergency Department, 17,369 elective surgery procedures were undertaken, 4,124 babies were delivered, and there were 469,179 outpatient appointments.

The Royal, as it is affectionately known, is the largest tertiary referral hospital in Queensland and fulfils a significant teaching and research role with links to the State's major tertiary institutions.

With specialities including medicine, surgery, orthopaedics, psychiatry, allied health, oncology, trauma, women's and newborn services, RBWH cares for patients from across Queensland, as well as Northern New South Wales, Northern Territory and neighbouring countries in the South West Pacific.

There are a number of activities planned throughout 2017 to celebrate the hospital's 150th anniversary including a special dinner in March for past and present staff members, an RBWH Heritage Display open to the public and the Foundation's annual Right Royal Affair will be a mega birthday bash with music and images from across the decades.

To keep up-to-date with the 150th celebrations, follow RBWH Foundation on Facebook, Instagram and Twitter.



The main building of Royal Brisbane and Women's Hospital in 2016.

## Fresh faces on RBWH Foundation Board

RBWH Foundation is delighted to announce several new appointments to the Foundation's Board including the appointment of its new Chair, Leona Murphy.

Leona, a Brisbane girl, has recently returned to Queensland following a 20 year corporate career in Sydney working in senior executive roles for ASX Top 20 listed companies.

Leona has a personal passion for creating community value and community resilience and was the Co-Chair of the Board for the United Nations Environmental Programme Finance Initiatives Principles for Sustainable Insurance. In 2015, she was recognised in the Global Category as one of Australia's Top 100 Women of Influence.

Her personal passion for community work has led Leona to RBWH Foundation as she believes that a strong health services sector is fundamental to building a resilient community.

Other new appointments to the RBWH Foundation Board include Balveen Ajimal, Greg Johnson, Dr Cliff Pollard, Alanna Geary, Luca Fu, Dr Owen Ung, Sue Coulter and John McFarlane.

RBWH Foundation would like to thank exiting Board members for their time, knowledge and commitment to supporting the advancement of healthcare in Queensland. These former Board members include Hamish Doley, John George, Bruce Humphrys and Professor Lawrie Powell.



Leona Murphy.

# OneDay can change a life

After its successful inaugural event on Saturday 20 August, the Susan Sudek OneDay to Conquer Cancer will return for a second year in 2017 to raise funds for Royal Brisbane and Women's Hospital.

The OneDay to Conquer Cancer is a 25km walk, 50km or 100km bike ride through the suburbs of Brisbane with participants raising funds to conquer all forms of cancer.

Funds raised by the event enable RBWH to invest in the most qualified people, research, new technologies and equipment to deliver the Diamond Standard of Comprehensive Cancer Care it is known for.

RBWH is the hub of Cancer Care Services for Central and South East Queensland. It is the only tertiary referral hospital for cancer care in the region and also provides outreach support to major regional centres such as Rockhampton, Bundaberg, Hervey Bay and Longreach.

The hospital provides care for all cancer types across the treatment spectrum, from diagnosis and radiation to chemotherapy and bone marrow transplantation. It is the only hospital in Queensland with a gynaecological oncology service.

With over 100,000 patient presentations each year, RBWH treats people of all ages and from all walks of life. For most, a cancer diagnosis is the last thing they expect.

When Emma Potter was diagnosed with breast cancer at age 29, it was an unexpected shock for a young woman who had no family history of the disease. It was one day she'll never forget.

Emma suddenly found herself undergoing treatment for a life threatening illness at RBWH.

She credits the supportive and holistic approach of the hospital's Cancer Care Services for helping her through, and still describes the staff as "family".

Clinicians gave Emma advice regarding future fertility, and staff even helped her to apply for financial support when she was too sick to work.

Although aggressive, Emma's cancer had not spread to her lymph nodes by the time it was diagnosed, meaning surgeons at RBWH were able to remove the tumor completely.

Five months of chemotherapy followed after which Emma had no choice but to return to work as an Event Manager so she could support herself.

"For two months, I was visiting the hospital for radiation treatment each day after work," she said.

Now aged 36 and cancer free, Emma continues to see her oncologist regularly, and undergoes biannual check-ups due to the aggressive nature of her illness. It is people like Emma who stand to benefit most from the funds raised by the OneDay to Conquer Cancer.

While current cancer treatments are of the highest standard, researchers at RBWH aim to further increase survival rates and quality of life by continuing to focus on individualised care.

The Cancer Care Services team also hope to further increase the level of support provided to patients and families from diagnosis through to survivorship - ensuring it is tailored to meet the needs of each.

Support the team of cancer researchers and clinicians at RBWH by registering now for the 2017 OneDay to Conquer Cancer on Sunday 20 August. Visit [www.theoneday.org.au](http://www.theoneday.org.au).



Emma Potter.



Ben Zabel and Karen Gallagher at the starting line for the 2016 OneDay to Conquer Cancer.

## Stem Cell Therapy for premature babies

RBWH plays a significant role in caring for Queensland's premature and seriously ill babies.

Not only does the hospital's Grantley Stable Neonatal Unit look after 1,500 premature and seriously ill babies each year from all over Queensland and Northern New South Wales, but there is an extremely active research team on the campus which is leading the world in many facets of its vital work.

The RBWH-based Perinatal Research Centre (PRC) is working hard to improve health outcomes for newborn babies as well as pregnant women. It is focussed on the fields of premature birth, stillbirth, gestational diabetes, and baby brain development.

Premature babies are at serious risk of brain damage and one area currently being investigated by the research team is the use of stem cell therapy to assist with baby brain development.

"We've been working on getting cells from the mother's own placenta, which is a rich source of stem cells, and developing them as a replacement therapy for babies," says Professor Paul Colditz, Director of the PRC.

"Where there is major damage to the brain at birth, replacing cells seems a better pathway than trying to deal with the injury through rehabilitation.

"We're already involved in a study using stem cells in older children with Cerebral Palsy, so there is a definitely hope for babies."

Mum Jodie Hollis-Tobin and her baby Tobias are assisting the PRC in its work.

After going into labour just 25 weeks into her pregnancy, complications arose and doctors informed the family that Tobias and Jodie may not make it.

Jodie was put to sleep and emergency forceps were used to save both their lives.

Tobias was born weighing 866 grams and measuring 33 centimetres long. He was placed on a ventilator and spent 81 days in RBWH's Neonatal Intensive Care.

"He had a bit of a bleed on the brain and while that has settled, they can't say how it will affect him in the long run," says Jodie.

Tobias is deaf in one ear and has a hole in his heart, but he is finally home. The PRC will continue to keep a close eye on him and his brain development.



Jodie Hollis-Tobin and little Tobias in RBWH's Grantley Stable Neonatal Unit.

## Young researchers awarded

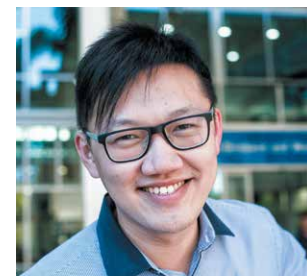
In August this year, two Royal Brisbane and Women's Hospital researchers won the prestigious 2016 Young Tall Poppy Science Award for intellectual and scientific excellence in their respective fields of Neurosciences and Cancer Care.

Dr Shyuan Ngo is researching safe, simple and cost-effective treatments for people living with motor neurone disease. Ultimately, her work aims to deliver personalised treatments for MND patients.

"This award helps to generate a lot more awareness about MND and it highlights to the wider community the importance of the research that the whole MND research team at RBWH and The University of Queensland conduct," said Dr Ngo.

Associate Professor Raymond Chan was recognised for his research into pain management for cancer patients, a critical component of comprehensive cancer care.

Tall Poppies are awarded by the Australian Institute of Policy and Science.



Associate Professor Raymond Chan.

# Anaesthetics and innovation: Our unsung heroes

It may surprise you to know that 17,369 elective and 6,332 emergency surgery procedures were performed at RBWH in 2015.

Every surgical procedure is a team effort involving specialist nursing, allied health, medical and support staff. Much credit is usually attributed to the Surgeon while the people keeping you safe and pain-free during the operation, the Anaesthetists, are often overlooked.

Anaesthetists are specialist doctors who have spent a minimum of seven years training after completing medical school.

These highly specialised doctors are often the unsung heroes, with many patients simply not aware of the vital role they have played during surgery.

Anaesthetists are with the patient for the entire time during surgery. It's their job to keep the patient asleep, safe and comfortable before and during surgery, and to wake them safely at the end.

At RBWH, there are more than 90 Specialist Anaesthetists, 50 Anaesthetic Trainees and 60 Anaesthetic Health Practitioners.

In addition to being a vital part of all elective and emergency surgical and interventional procedures, the team provide acute pain management often in the form of regional anaesthesia.

Regional anaesthesia is used to block sensations of pain from an area of the body, such as an arm, leg or abdomen, allowing a procedure to be done while the patient remains conscious. It is also used for post-operative pain control.

The Anaesthetics and Perioperative team at RBWH are also committed to further advancing their speciality through research and teaching.

Ten years ago, the team played an integral role in introducing the Red Blanket Protocol to RBWH. More recently they have established the Centre for Excellence and Innovation in Anaesthesia (CEIA) at RBWH as the epicentre of research, education and training, and equipment assessment for the department.

In 2014, CEIA Chair Professor Andre Van Zundert, received the 'Most Novel Innovation in Teaching and Learning Award' from the University of Queensland for his role in developing the concept.

There are several research projects now underway at the CEIA, most notably a project to test and assess the multitude of anaesthetic equipment available in Australia in order to create the first database that will provide clinicians with information that will enable them to determine which equipment is most suitable for use in caring for their individual patient.

Medical training is also underway at the centre following the purchase of a high-fidelity echo training simulator (CAE Vimedix®). When physicians, including Anaesthetists, care for patients with severe heart problems who also require emergency medical treatment, cardiac ultrasound is used at the bedside for patient management. This new piece of specialised equipment will accelerate and enhance training in the use of cardiac ultrasound.



Anaesthetist Nathan Roberts with the echo training simulator.

## Accidents happen

Jenny Tucker has a very long association with Royal Brisbane and Women's Hospital. Her father worked there as a vascular surgeon and Jenny trained and worked there for 10 years as a registered nurse. She never expected to end up back in the hospital as a patient in Intensive Care.

In June 2015, however, this wife and mum from The Gap was involved in a shocking accident when she crashed her bicycle into a guard rail while descending a steep hill. Her helmet was cracked and there was a little skin off her left knee, but it was Jenny's internal injuries that nearly killed her.

"I had a kidney that was in pieces in my belly, a torn spleen, a bruised bowel, fractured transverse processes in my back, a fractured ulna, a punctured lung and fractured ribs," Jenny said.

"The staff at RBWH had to make a decision quickly about what to do. I was taken to theatre and opened up from pretty much neck to knee.

"I had my destroyed kidney removed, my spleen glued up, my bowel inspected and put back into my belly, my arm splinted, and a band-aid put on my knee."

After a night in Intensive Care, she spent three weeks recovering at the hospital knowing that if it wasn't for the quick thinking of the staff, she could easily have died.

"The medical team saved my life. I was treated with care and compassion by all the people I came in contact with."

Jenny has now become involved with raising money for the RBWH's Burns, Trauma and Critical Care Research Centre (BTCCRC) as she truly appreciates the value of research to improving patient care.

"I had the benefit of the research that had happened before at RBWH. As a patient, I was interviewed by student doctors and researchers. I was also given nursing care by students. Hopefully the information collected from my care will be used to develop better care for others in the future," said Jenny.

BTCCRC is, in fact, the most active research facility at the hospital. Its major focus is in the area of antibiotic dosing and the management of Superbugs. Other research conducted by the centre is in the areas of burns, emergency medicine, military medicine, anaesthetics and trauma management.

"The biggest takeaway from my experience is that it can happen to anybody. Any one of us could end up in RBWH whether it be a cycling, motor vehicle or workplace accident - nobody is immune," she said.

"It doesn't matter how fit and healthy you are, accidents happen and life is really unpredictable.

"Grab each day with two hands and love it."

Donate to the Burns, Trauma and Critical Care Research Centre by calling 07 3646 7588 or visit [www.rbwhfoundation.com.au](http://www.rbwhfoundation.com.au)



Jenny Tucker.

## Christmas update for Honour Wall

The Royal Mums Honour Wall at the hospital - a tribute to all the mothers who have given birth at the hospital since it opened in 1938 - will be expanding in the coming weeks to include the names of all Royal Mums who have registered in the program over the past 12 months.

The Wall was first erected on level 6 of the Ned Hanlon Building in 2009 and since then it has been updated each year. The 2016 update will take place just before Christmas and should see the number of Royal Mums on the honour roll increase to around 32,000.



If you had a baby at RBWH, or you know someone that did, register at [www.rbwhfoundation.com.au](http://www.rbwhfoundation.com.au). All those registered before 2 December will be included in the 2016 update.

## Staff celebration for 150th Anniversary

The Royal Alumni Dinner is set to return in 2017 to celebrate RBWH's 150th Anniversary.

This special event will be held on Saturday 25 March 2017 at the popular Royal on the Park, and all past and present staff of Royal Brisbane and Women's Hospital are invited attend.

The inaugural Royal Alumni Dinner, held on Saturday 19 March 2016, was attended by more than 110 past and present staff members.

The event was hosted by the then Royal Alumni Steering Committee Chair Professor Ian Gough, and featured two guest speakers, one of the hospital's most dedicated former surgeons, Dr Russell Stitz and RBWH Executive Director Dr Amanda Dines.

Next year's dinner will be a more festive occasion to celebrate the hospital's 150 years of caring for Queenslanders.

The Royal Alumni was established in 2015, and provides an opportunity for connecting and reconnecting with past, present and new colleagues.

Royal Alumni membership is free and open to ALL former and current RBWH staff. Associate membership is also available for people with a strong affiliation or connection to the hospital.



Guests at the 2016 Royal Alumni Dinner (from left) Lisa Fawcett, Gillian Nasato and Tami Photinos.

Further information about the 2017 Royal Alumni Dinner will be available on [www.rbwhfoundation.com.au](http://www.rbwhfoundation.com.au) and on Facebook [www.facebook.com/RBWHAlumni](https://www.facebook.com/RBWHAlumni).



## Honda's helping hand for MND

Thanks to the generous support of the Honda Foundation, five pedometers with inbuilt software were purchased to enable further research into Motor Neurone Disease (MND) Research at RBWH.

"Our capacity to develop effective treatments for MND patients depends greatly on our understanding of the challenges that people living with MND face," said Dr Rob Henderson.

"We take for granted just how much we move every day and how seamlessly our bodies respond to the energy needed to move. This is not the case in MND.

## Moranbah rocks out and raises money

Moranbah's annual 4U2 Concert was launched by The Hornery Group in 2013 as a means to raise vital funds for two essential medical services - RBWH and CQ Rescue.

Each year, the concert features well-known Australian bands such as The Angels, Mental as Anything and The Choirboys. This year the line-up featured Thirsty Merc, Travis Collins and comedian Will Anderson.

Since 2013, the event has raised \$150,000 and this money has already been put to good use at the hospital. With funds raised so far we have purchased a special wheelchair for cancer patients, vital signs monitors, blanket warmers for patients undergoing chemotherapy treatment, a music system for patients undergoing radiation therapy, furniture for waiting areas and an outdoor BBQ and dining area where families and patients can be together in a less hospital-like environment.



Rocking out for a good cause in Moranbah.

A huge thank you to the Hornery Group. We can't wait to see what's in store for 2017.

## Thank You

RBWH Foundation would like to thank all the businesses, individuals and community groups that have supported us in 2016.

We are so grateful for your generosity whether you have donated a prize to be auctioned or items to be sold at our kiosk, volunteered your time at the hospital or to help with one of our many fundraisers, purchased merchandise, bought tickets for one of our events, or made a donation.

Because of your support, RBWH Foundation has continued to grow and provide increased funding to support more research and other patient care initiatives at the hospital. This investment will not only benefit patients today, but well into the future.

For full details on RBWH Foundation's performance in 2015/16, please visit [www.rbwhfoundation.com.au](http://www.rbwhfoundation.com.au) and read our latest Annual Report.



Volunteers and guests at the 2016 Right Royal 'Hawaiian' Affair.

"With the help of these units we can develop a far greater understanding of the energy costs associated with changes in muscle function in MND and can refine our research strategies accordingly."



RBWH's MND research team testing out the new pedometers.

## RBWH Foundation

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