



## NEWSLETTER | MARCH 2018

# A faster way to save your sight

**With adequate screening, chronic eye diseases can be detected early.**

As public hospital ophthalmology departments experience long waiting lists (up to 6-months) for an initial appointment, new models of care are needed to improve access to services for patients.

Westmead Hospital's Head of Department of Ophthalmology clinical associate Professor Andrew White wanted to give a tangible benefit to patients and help people to see better.

Last year, Professor White and his team launched the Community Eye Care Project (C-EYE-C), an innovative referral pathway that ensures patients with low-risk eye disease receive adequate monitoring by qualified optometrists in their local area.

"By streamlining services and ensuring the right patient is being seen in the right place and at the right time, we are providing better services and releasing spaces for patients who require treatment or have a greater need," Professor White said.

C-EYE-C improves access to hospital ophthalmology services by partnering with local optometrists to conduct standardised examinations that are transferred to Westmead Hospital's ophthalmologists for review.

### **Some of the C-EYE-C pilot findings include:**

- 47% of C-EYE-C patients didn't require hospital follow-up appointments, freeing up places for patients who require more urgent attention.
- The convenient location benefits patients: less travel, no parking costs, and shorter appointment times: C-EYE-C 40 mins Vs hospital 2.5 hours.
- Most patients preferred C-EYE-C appointments (55%) or had no preference (25%) compared to hospital appointments.

Pictured above are Professor White (center) and his team receiving the NSW Health Innovation Award for the C-EYE-C Project. This initiative also received the WentWest Health Partnerships Award.

"I became an ophthalmologist because I was always fascinated by how the eye works and how we see. At our vision centre at Westmead we are working on projects related to specific eye diseases such as age-related macular degeneration, diabetic retinopathy, and glaucoma among others."

To learn more about C-EYE-C and the work of Professor White and his team visit <http://www.ahj.com.au> 

**Diabetic eye disease and glaucoma cause 25% of blindness in Australia.**

# THANK YOU FUNDRAISERS

Last December, a group of enthusiastic and generous fundraisers who have been supporting the work of Westmead Medical Research Foundation for years, got together at Acacia House for a recognition event. They were welcomed by the Foundation's staff for a special occasion to thank them and give them the opportunity to meet fellow fundraisers and donors.



Ben, Belinda & Matt Doig - Annual Margi Doig Golf Day Fundraiser

“Without their incredible generosity, we would be unable to achieve our results translated into support for a diverse range of Westmead Hospital areas and wards such as NICU, palliative care, Women's & Newborn Health, neurosurgery, haematology; along with funds for heart disease research carried on at The Westmead Institute,” he said.

Donors spoke about the impact of Westmead on their lives and emotive videos of the fundraising initiatives were shared.

Guests learnt about how donations have made a big difference to patients and their families, medical staff and researchers.

Head of Development at WMRF, Joe Conneely said that the fundraisers who attended the event are truly committed to the Foundation's mission of supporting the delivery of medical research and patient care.



Event attendees

**For more information about supporting WMRF via hosting a fundraising event, please contact Marlene Nasr, Community Relations & Events Manager on 1800 639 037 or to find out how you can support, please go to [wmrf.org.au](http://wmrf.org.au) ❤️**

## A DATE FOR YOUR DIARY

November 10, 2018 is Westmead Hospital's 40th anniversary and we need your help to collect memorabilia to compile a visual digital photo gallery for patients, staff and visitors.

You may have old photos, newspaper clips, personal memories, dating back to 1978. If you do, the Corporate Communication's team at Westmead Hospital want to hear from you.

Your piece of history will be scanned and displayed in the main entrance leading up to this significant day.

**The Corporate Communications team can be contact on 02 8890 4564 or email [WSLHD-CorporateComms@health.nsw.gov.au](mailto:WSLHD-CorporateComms@health.nsw.gov.au). ❤️**



Westmead Hospital how it looked in 1978. Photo: Courtesy WSLHD

# “PRODIGY” AT WESTMEAD

Great things are happening at Westmead Hospital thanks to the work of a dedicated team of scientists giving hope to patients who need bone marrow transplants from both the Children’s Hospital at Westmead and the Adults’ Hospital.

Westmead Hospital is home to the largest and busiest blood and marrow transplant (BMT) laboratory in Sydney, a lab that a couple of years ago was the recipient of a CliniMACS Prodigy LP-34 System.

The “Prodigy”, as it is called amongst the team, saves a huge amount of lab work and was delivered thanks to a generous philanthropic donation received by Westmead Medical Research Foundation (WMRF).

The beauty of the “Prodigy” is its complete automation. It can perform complex procedures far better and permits safer cell processing and cellular therapies.

For just one procedure, the machine it replaced required at least two staff members, working for one entire day using multiple devices. “Prodigy” only needs one staff member to start the process and some supervision from time to time.

This technology changed the work of the lab, facilitating complex sequential cell processing steps in one device, producing consistent end products and freeing up staff allocated to other crucial tasks in a busy lab that serves other hospitals across the country.

“We were very lucky to have this state of the art machine as the first lab in Australia due to the team’s commitment and funds from WMRF,” Vicki Antonenas, Laboratory Director of the BMT Laboratory at Westmead Hospital said. ❤️



Mr Kenneth Yehson setting up Prodigy

## A LASTING GIFT FOR NURSES

William Stephens (Bill) was born in New Zealand. He lived in Germany, England, South Africa and then Australia. During his life, he travelled extensively and was a passionate believer in education.

Bill was treated and cared for at Westmead and passed away in 2016. As a donation in his memory, his wife Maria and his children Barbara (who lives in Germany) and Andreas wanted to fulfil one of Bill’s last wishes: “to give something to the nurses in Westmead Hospital.”

The Stephens family decided to establish the “Bill Stephens Palliative Care Nurses Fund” as their way to thank the nurses for dedicating their professional lives to palliative or stoma care nursing.

The purpose of the \$3,000 annual scholarship is to assist nurses with training and professional development and the amount is to be spent to enable the recipient to attend a major annual conference on palliative or stoma care.



Maria and Andreas Stephens with Westmead’s Palliative Care staff

**For more information about making a gift in memory of a loved one, please contact Alison Whittaker on 02 8890 9019 or by email [alison.whittaker@wmrf.org.au](mailto:alison.whittaker@wmrf.org.au) ❤️**

# REDBANK - OVER 3 DECADES OF YOUTH SUPPORT

For more than 30 years, Westmead Hospital's Redbank House has been at the forefront of specialist treatment for children and teenagers experiencing severe, complex and treatment resistant mental health issues.

There are many things that make Redbank House unique. It was the first service in NSW to treat whole families and not just the child. Opening an acute adolescent unit specifically equipped to treat teenagers who attempt suicide or who self-harm was another first.

A child with an acute psychiatric episode feels frightened and out of control. The specialists at Redbank House assess, stabilise and treat vulnerable children with complex mental health problems, those who live in out-of-home care (foster care and wards of the state) and children whose parents suffer from mental illness. These children can access specialist clinics within the facility, located in the grounds of Westmead Hospital.

How to manage strong emotions or anger is a technique children learn, helping them regain control, to prevent self-harm or to stop them from hurting others.

The ongoing generosity of donors such as Sargents Pies Charitable Foundation has been crucial for Redbank, which has received support in the form of exercise and music equipment, and more recently with the introduction of an Exercise Physiologist (EP) who will further develop each child's ability to manage stress and anxiety.

Research shows that exercise has many short and long-term benefits, not only for the children's physical health but also their mental health. Exercise stimulates endorphins and serotonin that improve the mood, as well as the parts of the brain responsible for memory and learning.

Regular exercise can reduce symptoms of mental health conditions such as depression and anxiety, assist with recovery from mental health issues and boost the immune system. Individual exercise programmes, designed by the Exercise Physiologist who has experience in the assessment, design, and delivery of exercise and behaviour change interventions, makes a valuable contribution to each child's recovery.



Artwork by Redbank children

**If you want to support the work of Redbank or any other area of Westmead Hospital, please contact us on 1800 639 037 or visit [wmri.org.au](http://wmri.org.au) ❤️**



## APPEAL UPDATE

Snezana Drazic cannot praise highly enough the help she received at Westmead Hospital – the place that thanks to your generosity can offer pioneering treatments and breakthroughs in care.

Thank you to all the donors who responded to our 2017 Christmas Appeal and continue to help us to support the delivery of medical research & patient care.  
**Through your gifts we raised nearly \$45,000!**

It is because of donors like you that we can support the work of medical staff and researchers so more mums like Snezana can see their children grow and celebrate together many Christmas and special occasions. ❤️

**THANK YOU FOR YOUR GENEROSITY**



Snezana & her kids

# 'SNAG' QUIZ

**Q: How many sausages does it take to make a wheelchair?**

**A: A heck of a lot**

Westmead Hospital has asked for our assistance to replace 100 general purpose wheelchairs, used daily in the hospital by people such as expectant mums, chemotherapy patients and patients at Westmead's Emergency Department.

The Lions Club of Holroyd has made a generous contribution of \$15,000 which was used to purchase more than 20 brand new wheelchairs.

Lions Australia is Australia's largest service club with more than 1200 clubs in Australia and Papua New Guinea.

In 2017, they celebrated the 100th anniversary of the founding of the first Lions club. Lions are people who share a core belief: community is what we make it. Their motto is "to serve".



Bob Nowfel and Peter Lake from Lions club of Holroyd

"A lot of our fundraising comes from holding community barbeques," Holroyd Lions club president Peter Lake said.

"Lions club members have lost count of how many bread rolls they have halved, how many onions they have sliced, and how many sausages they have barbequed over the past year."

[Learn more](#) about why Lions Club of Holroyd decided to support WMRF.

**We still need your donation to be able to deliver the target of 100 wheelchairs. If you would like to help, please contact Alison Whittaker on 02 8890 9019, or email [alison.whittaker@wmrf.org.au](mailto:alison.whittaker@wmrf.org.au) ❤️**

## Do you want to leave a lasting legacy?



A gift in your will helps fund  
medical research & patient care.

Contact Alison Whittaker  
02 8890 9019  
[alison.whittaker@wmrf.org.au](mailto:alison.whittaker@wmrf.org.au)

# SAVE THE DATE



Are you planning on hosting a fundraising event this year? Or maybe registering for an annual challenge such as City2Surf or Blackmores Running Festival?

Why not choose Westmead Medical Research Foundation as your preferred charity?



**17 MARCH**

**Run 4 Jess**

**8 MAY**

**Parramatta Chamber of Commerce Golf Day**

**12 AUGUST**

**City 2 Surf**

**16 SEPTEMBER**

**Blackmores Sydney Running Festival**

**21 SEPTEMBER**

**Coleman Greig Challenge**

**21 OCTOBER**

**Bowral Classic**

**For information about these and other upcoming events**

Visit [wmrf.org.au](http://wmrf.org.au)

Call us on 1800 639 037

Email us [wmrf@wmrf.org.au](mailto:wmrf@wmrf.org.au)

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