



Caulfield
HOSPITAL

Caulfield

Summer edition 2008/09

New look as redevelopment progresses

A new look Caulfield Hospital is taking shape, as the redevelopment progresses.

Last July, Health Minister Daniel Andrews officially opened our newest building – and stage one of the hospital redevelopment – the Logistics Building.

The \$23.5million state-of-the-art facility was completed after 18 months of building works. It contains a new receiving kitchen and houses support services, engineering and the pharmacy.

The hospital has now started on Stage 2 of the redevelopment – the State Government provided \$28 million in the 2007/08 budget for this stage of works which will include refurbishment for Allied Health facilities in the former kitchens.

Vacant areas on the first floor will also be refurbished to provide increased and improved clinical consulting rooms. Demolition of the disused theatres on this floor began in October. Works for the entire stage 2 redevelopment are expected to be completed by early 2010.

Executive Director Alan Lilly is excited about this stage of works.

“We are slowly moving out of the oldest part of the hospital – the Breezeway – and moving into new facilities,” he said.

“We are particularly excited about the works that will see newly refurbished area for therapy services – it will include separate gyms for neurological patients, a musculoskeletal gym and third gym for spinal and severe head injury patients.”

The new area will also have several rooms for occupational therapy, including a woodwork room, treatment kitchen and hand therapy room. Speech assessment and clinical psychology assessment facilities will also be housed in this newly refurbished area.

“This is a great step forward and will really enhance the care we can give our rehabilitation patients,” Mr Lilly said.

“The next step of the redevelopment is Stage 3, which involves construction of new inpatient wards – we have submitted a business case to the Department of Human Services around that proposal for consideration in the 2008/09 State Government budget, which will be announced in May 2009.”



Staff work in the new kitchen.

New name

You may have noticed the hospital is going by a simpler name these days, which is a return to our past. We have now adopted the name Caulfield Hospital, which is much less confusing than our previous moniker – Caulfield General Medical Centre (CGMC).

The hospital has undergone various name changes over the years to reflect its service changes – starting as No.11 Army General Hospital in 1916, the Caulfield Convalescent Hospital in the 1920s and then Caulfield Hospital in 1975 before combining with the Royal Southern Memorial Hospital and becoming Caulfield General Medical Centre in 1990.

While you will note we have a new logo, you may still see some correspondence from CGMC as we responsibly use up all of our current stationery. The signs outside the hospital will slowly be updated in time, as costs permit.

The health service, which takes in three hospitals – Caulfield, The Alfred and Sandringham Hospital – also has a new name, going from Bayside Health to Alfred Health.

New research on osteoporosis

A new study, being jointly investigated by Caulfield and Western hospitals, is looking for a definitive link between alcohol and the development of osteoporosis.

Caulfield Aged Care registrar Dr Liv Amos is running a case controlled study to evaluate bone mineral density in participants with alcoholic cirrhosis compared to participants with no cirrhosis or hepatitis C cirrhosis.

The study will involve 60 people – 20 with alcoholic liver disease, 20 who have a high alcohol intake but haven't been diagnosed with cirrhosis and a final group of 20 with Hepatitis C, who will act as a control group.

Dr Amos says there have been conflicting studies on the effect of alcohol on the bones.

"There have been a number of studies on patients with chronic liver disease having osteoporosis to varying degrees

and studies showing the detrimental effect alcohol can have on the bones. But there have been other studies that have concluded alcohol is good for the bones," she said.

"We will be looking at the effect alcohol has on bone density and expect that those with alcohol induced cirrhosis of the liver will have the thinnest bones of the three groups studied."

Caulfield Hospital consultant geriatrician Dr Lemke, who is helping recruit participants, said: "The great problem with osteoporosis is that while it can be prevented with good diet and exercise, you cannot reverse or cure osteoporosis once you have it".

Study participants are being recruited through both hospitals – through Caulfield's inpatient wards and clinics and through Western's drug and alcohol unit.

Annual Appeal update

A big thank you to our wonderful, loyal supporters who made a donation to the hospital's 2008 Annual Appeal. Thanks to your generosity, the hospital was able to purchase several manual blood pressure machines and sphyganometers to assess blood pressure.

We were also able to purchase a high quality wheelchair for inpatients, two shower chairs and several items for Occupational Therapy use including a vertical ring tree and work bench (both pictured).

Finally, we were able to purchase \$15,000 worth of neuro-psychological testing devices for the Psychology department to use in assessing patients. The remaining funds will be spent on upgrading the telehealth facility, which allows patients to have medical appointments via video link rather than having to travel to other sites.

Fundraising Manager Heather Thomas was thrilled with the outpouring of support.

"Caulfield Hospital donors are really terrific – they recognise the hospital has a very real need and they respond. We appreciate every single gift we receive – whether it be \$2 or \$2000," Heather said.

"The staff were all thrilled with the response and are finding the new equipment makes life so much easier for them to care for our patients. Thank you everyone – the difference our donors make is truly tangible."



New equipment for Occupational Therapy is benefitting our patients, helping with manual dexterity (above and below).



Legacy to Amputee Unit

A large bequest from the Estate of Irene Florence Joan Foreman was left to the hospital's Amputee Unit earlier this year. The funds have been used to spruce up the amputee waiting room, with new furniture plus showcases display the unit's historical prosthetics. The Amputee clinic consulting rooms have also benefited from the bequest, with three patient assessment plinths purchased plus a consulting room desk.

Inpatients have also benefited from the very generous bequest, with a self-propelled mobile shower commode purchased for use on the wards and three ramps purchased for new amputees confined to wheelchairs. These ramps can be borrowed by amputees until they are ready for a prosthetic limb, allowing them to get around their homes by wheelchair with ease.

The remaining funds from the Foreman bequest will be used to renovate the prosthetic casting room to improve patient privacy and comfort.

If you would like more information on how to leave a bequest to Caulfield Hospital, please call (03) 9076 6275 or email bequests@cgmc.org.au



Healthcare award gold!

Caulfield Hospital's Mobile Assessment & Treatment Service (MATS) came away with gold at the recent Victorian Public Health Care awards, which recognises the very best of the state's public health system.

MATS, a service that serves all three Alfred Health hospitals, won the category of "promoting least intrusive and earliest effective care".

The MATS team were recognised for developing a unique model of care, which addresses the need of providing the best care for older people in the most appropriate environment – often in their home.

MATS also featured in the Health Minister's "outstanding achievement by a team" category, receiving a high commendation from the judging panel.



MATS team members: Mel Bahuth, Dr.Suma Poojary, A/Prof Peter Hunter, Georgina Calder, Bernadette Donnellon with Alan Lilly

Philanthropic support

In the last six months, the hospital has been very fortunate to have the support of various community groups, trusts and foundations.

The Caulfield Volunteer Opportunity Shop has been a long supporter of the hospital and this continued when it came time for the shop to close and the final distributions to be made. The hospital received a grand total of more than \$69,000. Of this, \$11,000 went to the hospital's Community Health Service to purchase equipment for the podiatry and physiotherapy areas. The remainder of funds were used to purchase a whole host of equipment including teaching aids for nursing education, bedside commodes, thermometers, a standing hoist, infusion pumps and electric beds for Montgomery Nursing Home. Of these funds, \$15,000 was donated to the development of the mobility track.

Thanks to the support of Collier Charitable Fund, the hospital has been able to undertake a pilot program on the self-administration of medications for hospitalised aged patients. The \$49,000 grant is being used to run a project designed to help elderly patients independently manage multiple medications at home and reduce unnecessary hospital readmissions. Approximately two-thirds of Australians aged over 60 years use at least four medicines per day. About 40 people on the AC1 ward at Caulfield Hospital will participate in this project during the first half of 2009.

The Ian Rollo Currie Estate Foundation continues to be a great supporter of the hospital, providing a grant of \$9655 to purchase a treadmill for the hospital's community rehabilitation centre.

We must also thank the hospital's two on-site auxiliaries – the Helmsmen Kiosk Auxiliary and REC Kiosk. Both kiosks, run completely by volunteers, have provided large donations in the last year, which go directly towards purchasing new equipment for the wards. Without their help, we would not be able to purchase some much valuable, up to date and essential equipment.

New outdoor projects

We are very pleased to announce that we now have enough funds to build a mobility track, which will be used for our inpatients and outpatients to test their balance, confidence and mobility. The mobility track will see a range of surfaces placed into the track, such as cobblestones, pavers, grass, gravel and tram tracks, all surfaces people would come into contact with on a daily basis. The track will be used by those undergoing rehabilitation or physiotherapy and it is hoped will reduce the likelihood of falls.

Thank you to all who donated funds to this project – the Rotary Club of Glen Eira, the Helmsmen Kiosk Auxiliary, Caulfield Volunteer Opportunity Shop, ANZ Trustees – Accommodation and Care for Older People, RACV Foundation and the William Angliss Charitable Fund.

It is hoped the track will be completed by early-mid 2009.

Another new project that will benefit our inpatients is a therapeutic, secured garden, to be built specifically for our inpatients in the Aged Care General ward who suffer from dementia and/or delirium. This outdoor area will help advance the care, comfort and recovery of these patients.

It is thanks to several foundations that this project will come to fruition. Thank you to Trust Co who gave \$20,000 through the Fred P Archer Trust; Aged Persons Welfare Foundation which donated \$28,000; The Jack Brockhoff Foundation donated \$15,000 and the Pierce Armstrong Foundation and Sunshine Foundation both donated \$5000 each.

We look forward to having this unique garden, which will focus on sensory elements, available for use in 2009.

Having a Ball

A staff ball, introduced at the hospital in 2007, has become an annual fundraising event.

The tangible benefits of the 2008 Caulfield McMillan Shakespeare Cocktail Ball have become apparent, with the funds raised from the event spent on equipment to benefit inpatients.

Funds, raised through sponsorship, the live auction and raffle, have been used to purchase a patient stretcher trolley for the private consulting suites and five low-low beds for the inpatient wards.

Director Residential Care, Carer Respite & Nursing Services Janet Weir-Phyland said: "It's terrific to have this annual event where all the staff can enjoy themselves and at the same time, thanks to our sponsors, our patients benefit."



* **We are already planning the 2009 Caulfield Cocktail Ball and have secured our first sponsor – Maxi-Care Promotions has taken out a platinum sponsorship. Any businesses interested in sponsoring this event or providing a prize for the silent auction of raffle, please contact Fundraising on 9076 6275.**



Contact us

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260 Kooyong Road
Caulfield, Victoria 3162

Telephone: (03) 9076 6275
Facsimile: (03) 9076 6434
Email: fundraising@cgmc.org.au
Web: www.caulfieldhospital.org.au

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