

Summer | 2017

# Pomegranate

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## Participating in prized portraiture

St John of God Health Care's partnership with Black Swan Prize for Portraiture has made acclaimed art more accessible to the community



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**On the cover:** GCEO Dr Michael Stanford  
with artists Jana Vodesil-Baruffi (left) and  
Daniela Dlugocz (right).

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St John of God Health Care is a leading  
Catholic health care provider in  
Australia and New Zealand, with a  
network that includes 23 facilities with  
more than 3,000 hospital beds as well  
as home nursing, disability services  
and Social Outreach services for people  
experiencing disadvantage.



# GROUP UPDATE



A handwritten signature in black ink that reads 'M Stanford'.

**Dr Michael Stanford**  
Group Chief  
Executive Officer

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**As we embark on a new year, I am proud to present to you some of our recent achievements and plans for the future that give me great hope for our organisation, caregivers, partners, patients and clients in 2017.**

I, along with many of our people and our patients, have been actively engaged with the arts in our own communities through our interactive partnerships with the Black Swan Prize for Portraiture and Musica Viva. I encourage you to read and view the encouraging responses and outcomes.


It's been confirmed by patients in our care at St John of God Burwood Hospital and by Catholic Health Australia, that what we are doing in the area of pastoral care is making a difference in meeting the whole person needs of those in our care.

Catholic Health Australia Award winner Group Manager Pastoral Services, Eleanor Roderick quotes Pope Francis to remind us all that a model of pastoral care "is a presence that is inclusive, caring for all and authentic in expression."

We welcome our new Group Director Mission Integration, Marcelle Mogg whose excellent credentials will ensure that St John of God Health Care and Catholic healthcare plays a critical part in the Australian healthcare landscape.

So that our distinctive care can continue to be realised we have; commenced a refurbishment of our St John of God Frankston Rehabilitation Hospital, announced a major redevelopment of our St John of God Subiaco Hospital pending board approval, and the skyline and health care facilities of Berwick have changed forever as the new St John of God Berwick Hospital edges closer to opening at the end of this year.

We have launched a new website that better reflects the needs of health consumers today in the online environment.

I look forward to delivering on our Mission together in 2017 through further innovative and compassionate responses to those in our care. 

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*“We’ve identified in practice that art is an important part of the healing process.”*



# Participating in prized portraiture

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St John of God Health Care's partnership with Black Swan Prize for Portraiture has made acclaimed art more accessible to the community with a touring exhibition to our hospitals and live portrait sittings for patients, caregivers and visitors.

When the Black Swan Prize for Portraiture closed its exhibition at the Art Gallery of Western Australia, the 40 prize winning finalists and other commended pieces then went on display in St John of God hospitals in Midland, Murdoch and Subiaco.

The evocative artworks captured the attention of visitors to the hospitals as well as the interest of caregivers and doctors working in our hospitals.

Further capturing an audience were live portrait sittings in each of the hospitals by some of Western Australia's finest portrait artists.

Group Chief Executive Officer, Dr Michael Stanford was the subject for

**Main image:** GCEO Dr Michael Stanford took part in a live portrait sitting by acclaimed Western Australian artists Daniela Dlugocz, Jana Vodesil-Baruffi and Leanne Pearson (pictured in progress here) at SJG Murdoch Hospital.

**Pictured lower left:** Black Swan Finalist in 2016, Craig Soulsby was kept busy on his visit to SJG Subiaco Hospital, pictured here sketching Admin Officer Libby Walker. **Pictured lower right:** SJG Midland Public Hospital Pastoral Services Manager Fran Ball was the subject for local artists Bonnie Barlow and Jeff Bryant.

three artists at a live sitting in St John of God Murdoch Hospital's foyer.

Against a backdrop of the Black Swan Prize for Portraiture finalists, it was a fitting opportunity to engage passers-by in the arts and reinforced that our participation in the arts supports the wellbeing of people in our hospitals, our own caregivers as well as the broader community.

"Hundreds of people walked past, and every child that walked past stopped and smiled and their parents engaged with them," Michael said of his own portrait sitting.

"As an organisation we have had a philosophy in place for well over a decade that arts really matters and we've identified in practice that art is an important part of the healing process.

"We have had great success inviting visual and performing artists into our hospital settings and have a long-standing commitment to art as therapy in the care of our patients - they are making and they are creating," Michael said.

"There is also a lot of research evidence about the impact arts can

have on the workplace for staff and its ability to impact their work and their ability to deliver high quality care.

"It's also an interactive way for the community to engage with our hospitals.

"It was a privilege to be the subject for such talented, Western Australian artists and I hope my participation will encourage others to come forward and participate in the arts in our hospitals and communities."

Executive Director of ARTrinsic Inc, Tina Wilson is responsible for the Black Swan Prize for Portraiture, she said, "This is the third year we have partnered with St John of God Health Care and we are proud to be given the opportunity to expose more people to portrait artwork."

"We know that arts and culture plays a vital part in enriching, supporting, encouraging, comforting and healing the community, and it is fantastic to see it in practice," Tina said.

The Black Swan Prize for Portraiture is Western Australia's only portrait prize, and is the third richest prize in Australia behind the Archibald and Moran competitions. 🍷

# Marillac disability service to transfer to St John of God Health Care

**St John of God Health Care has entered into a Memorandum of Understanding with Marillac Ltd, a Ministry of the Daughters of Charity, to transfer the Marillac organisation and services to St John of God Health Care.**

The transfer is subject to due diligence by both organisations and various regulatory and Catholic approvals however it is expected to occur before the end of March 2017.

Marillac provides disability support services for children, teenagers and adults in Melbourne's south east region. It supports 350 clients and has 150 staff.

Executive Director Community Services, Kevin Taylor said St John of God Health Care, Marillac Ltd and the Daughters of Charity share a Catholic identity and similar Mission and Values.

"We both support the vulnerable in our community with compassion and respect, and give those in our care a reason to hope, and a greater sense of their own dignity.

"In Victoria we have made significant investment in the disability sector in the last few years with an \$8 million redevelopment of our Accord disability service in north eastern Melbourne, and substantial preparation for the implementation of the new National Disability Insurance Scheme (NDIS) in a region in which Accord operates in.


We also operate disability services in New Zealand through St John of God Hauora Trust.

"Accord's disability support service is at the forefront of improving and growing facilities and services for people with disability and their families.

"As the operator of Marillac and Accord, St John of God Health Care will have significant reach across many of the largest growth areas for disability in Victoria."

St John of God Health Care, as a leading Australian health care operator, has the financial strength and capability to see Marillac through the changing landscape of the disability sector with the introduction of the NDIS.

Kevin said that clients, families and the community of Marillac can be assured that St John of God Health Care has an absolute commitment to high quality service and excellence in care.

"Employees of Marillac will be part of a large organisation that provides career and development opportunities. They will also have the support of colleagues from Accord who will be working alongside them to support people with disability and their families in Melbourne." 

## ABOUT MARILLAC LTD

Marillac (previously known as Marillac House) has been operating for more than 60 years. It was established as a work of the Daughters of Charity, and continues to receive support from the Congregation, although it has been an incorporated company since 1990.

Marillac's services that meet the needs of children, teenagers and adults with disabilities and their families, are focused on Melbourne's southern metropolitan region.

Services include; five fully-supported houses, other independent accommodation options, outreach services and training for people choosing to live independently in the community, respite care and various forms of education and therapy to improve quality of life and outcomes for individuals.

*Marillac currently serves around*

**350 PEOPLE**

*and their families, and employs over*

**150 STAFF**

# Advancing the profession of pastoral care

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**When St John of God Health Care Group Manager Pastoral Services, Eleanor Roderick was announced Catholic Health Australia's winner of the Award for Excellence in Pastoral Care for 2016, she appropriately responded by taking the opportunity to advocate for pastoral services.**

Such is the reason Eleanor stood at the lectern as one of the key figures responsible for advancing pastoral services in Australia over the last decade.

"Right now in our Catholic hospitals and services across Australia, pastoral practitioners are reaching out to comfort and support a diverse group of people from all walks of life, who are vulnerable, who need to share their fears, their stories, their regrets and their joys," Eleanor said as she accepted the award.

"Each day and night our pastoral teams create and hold the space for healing.

"They walk with people patiently and compassionately, they listen to the voice of the other, enter the lives of the other, journey with the other and they are aware of the cry of the heart of the other and about acceptance of the situation as it is."

Eleanor's eloquent words were spoken from a place of great conviction and understanding.

Eleanor started working with St John of God Health Care in 2008 at a time when, pastoral services was emerging as a faith-based denominational model to a integral part of the multi-

disciplinary care team.

"Today our model is reflective of an intentional focus on professional competence and accountability to enable us to be more responsive to need," Eleanor said.

"In our hospitals we are seeing an increase in the complexity of patient cases, more multidisciplinary team involvement, shorter length of stay, outpatients and day patients."

"We evaluate how we add value to patient care and set ourselves targets to measure our effectiveness and efficiencies."

She cited bereavement support, a critical component of pastoral services, which is now quantifiable because the data is available to evaluate how we support families at this difficult time.

Through our bereavement support program, offered at all of our divisions, we live out our Vision "to give families a reason to hope, and a greater sense of their own dignity."

"We know that at this point in time, 88 per cent of patients who are dying while in our care are seen by pastoral services.



**Pictured:** St John of God Health Care Group Manager Pastoral Services, Eleanor Roderick proudly holds up her CHA award.

"In the area of pregnancy loss, only five per cent of families received pastoral support in 2008 and now half of all families grieving the loss of their baby reach out to pastoral services and participate in events like annual remembrance services at our hospitals.

"These events are a true demonstration of our values of compassion and respect for the fundamental value of human life and the dignity of each person – the hallmark of the Church's mission."

For Eleanor, the advancement of the profession of pastoral services is paramount.

"This can only be achieved through professional development, research and in the future formal certification of pastoral practitioners to work in the profession."

Pope Francis has called for a model of pastoral care that "is a presence that is inclusive, caring for all and authentic in expression".

"To ensure our patients and their families have their holistic needs met, the integral part of pastoral services in our hospitals is paramount. Pastoral service is the distinguishing and defining feature of our Catholic identity." 🍷

*“With 20 per cent of Perth’s Aboriginal people living in the hospital’s catchment area, we place great focus on providing culturally appropriate care and improving health outcomes for Aboriginal people,”*





# Aboriginal executive first for metro hospital

**St John of God Midland Public Hospital is the first hospital in the Perth metropolitan area to appoint a head of Aboriginal health onto its executive team.**

Dr Christine Clinch, a Yamatji woman and medical educator, was recently appointed Director of Aboriginal Health for the Western Australian public hospital.

St John of God Midland Public Hospital Chief Executive Officer, Dr Glen Power said he was delighted that someone of Christine's calibre is joining the hospital and the executive team.

"With 20 per cent of Perth's Aboriginal people living in the hospital's catchment area, we place great focus on providing culturally appropriate care and improving health outcomes for Aboriginal people," he said.

"As Director of Aboriginal Health, Christine will lead our Aboriginal health strategy, which covers clinician engagement and culturally appropriate models of care as well as maintaining strong links with key referral agencies in Western Australia."

WA Health Minister, the Hon John Day said the appointment of Christine Clinch was significant for the Aboriginal community and the wider health industry.

Mr Day applauded St John of God Midland Public Hospital for creating history in its appointment of a Yamatji woman as its Director of Aboriginal Health.

Christine has worked for the past six years in Aboriginal medical education at the University of Western Australia.

She will head the Aboriginal Health Team, which includes two Aboriginal Cultural Engagement and Patient Liaison Officers.

Christine will also expand the network of Honorary Liaison Officers, a local reference group of Aboriginal elders and community representatives designed to enhance the hospital's engagement with Swan and Wheatbelt region Aboriginal family groups.

In addition, Noongar woman Dr Paula Edgill has been appointed an honorary medical advisor to the hospital and will work closely with Christine.

Currently the Acting Chief Executive Officer at Derbarl Yerrigan Health Service and a GP, Paula will provide an additional link to this major referrer for the hospital.

"Paula's experience and connections will greatly assist us with developing our service models, especially in the important area of post-discharge liaison with the primary care sector," Glen said.

St John of God Midland Public Hospital provides a number of Aboriginal health services, including collaborations with external health providers such as Patches Paediatrics, the Lion's Eye Institute and Moort Boodjari Mia, which is being funded by St John of God Health Care's Social Outreach as a 12-month trial.

Workforce development will form another important area with 35 Aboriginal people now working at the hospital across a variety of areas.

The hospital is also undertaking research on Aboriginal health. 🍷

**Pictured:** WA Health Minister, the Hon John Day (left) acknowledges the significance of the appointment of Dr Christine Clinch as Director of Aboriginal Health, with St John of God Midland Public Hospital CEO Dr Glen Power.

# Midland one year on

**First birthday celebrations were held at St John of God Midland Public and Private Hospitals in November, which has treated more than 161,000 people since opening.**

St John of God Midland Public and Private Hospitals Chief Executive Officer, Dr Glen Power said he was extremely proud of the hospital's many achievements.

"We have dramatically raised the 'health self-sufficiency' of the region by offering new services, such as oncology, coronary care and intensive care," Glen said.

"In addition we are undertaking more complex clinical activity, reducing the need to transfer patients to tertiary hospitals."

Glen said patient numbers are expected to increase over the next 12 months thanks to a substantial increase in funding from the State Government this financial year.



"We will be treating even more patients for elective and non-elective procedures, maternity, mental health, as well as outpatient and rehabilitation services," Glen said.

The co-located private hospital has introduced more choice for people in the region, with more than 100 specialists providing treatment across a range of medical specialties and rapid access for surgery and other procedures.

## *St John of God Midland Public Hospital's first 12 months of operations*

<b>59,835</b>	<b>1,650</b>	<b>26,832</b>	<b>9,000</b>	<b>81,132</b>
<i>emergency patients</i>	<i>births</i>	<i>inpatients</i>	<i>procedures</i>	<i>outpatients</i>



**Pictured:** Avi was the first baby born at St John of God Midland Public Hospital on November 24, 2015. She and her proud mum, Bhumika Patel, came back on her first birthday to join in a double celebration, pictured here with St John of God Midland Public Hospital CEO Dr Glen Power and WA Health Minister, the Hon John Day kicking off a day of celebrations across the hospital.

“I extend my profound thanks to everyone who has made our wonderful new hospital a reality,” Glen said.

“It has been an outstanding first year and I look forward to continuing to deliver high quality care and ensuring the best possible health outcomes for our community.” 🍷

# New appointment to lead Mission Integration

**St John of God Health Care has appointed Ms Marcelle Mogg as Group Director Mission Integration, a key position responsible for advancing the healing Mission of Jesus Christ as part of Australia’s largest Catholic private hospital operator.**

Group Chief Executive Officer, Dr Michael Stanford said: “Marcelle’s leadership role is pivotal in continuing to shape our organisation and its culture, as a Ministry of the Church and in accordance with our Service Ethos as entrusted to us by the Sisters of St John of God.

“Marcelle will help to ensure that our Catholic identity is always evident in how we serve the people in our care and the broader Australian community,” Michael said.

Her recent experience has required Marcelle to take a leadership role within the Catholic Church in Australia as a key advocate for the Church’s mission within the church and on behalf of the church community.

Marcelle will continue to advocate in the health and social service sectors for the place of faith-based providers of health services and demonstrate the impact the mission makes in the lives of those served.

She will support St John of God Health Care’s Mission leadership team which has a presence in all St John of God hospitals and take responsibility for clinical and organisational ethics, advocacy, formation and pastoral care.

Marcelle was most recently the Chief Executive Officer of Catholic Social Services Australia, an industry body for 57 Catholic organisations, including St John of God Health Care, providing important social services throughout Australia.

She was the Acting Group Director of Mission at St Vincent’s Health Australia following two years as the Director of Mission at St Vincent’s Health in Melbourne.

Marcelle has a background in nursing and pastoral care and has additional formal qualifications in theology, a Masters of Business Administration from the University of Melbourne and is a graduate of the Williamson Community Leadership Program, Leadership Victoria. 🍷

**Pictured:** Group Director Mission Integration, Marcelle Mogg visited St John of God Murdoch Hospital as she was welcomed to the organisation.



# A compassionate response

In the face of a pending crisis, the human spirit shines through and such was the case when a small fire broke out at St John of God Mt Lawley Hospital in November.

The fire was contained to outside the kitchen but the smoke carried through the air conditioning system and resulted in the evacuation of 77 patients and caregivers on the evening of Tuesday 1 November, 2016.

The quick response meant everyone was safely and swiftly evacuated without any harm to patients or caregivers.

Patients and families praised the caregivers and the emergency personnel involved for their professional, calm and compassionate response.

The response extended beyond our Mt Lawley Hospital when 75 of the evacuated patients were transferred to our St John of God hospitals in Midland and Subiaco. Two maternity patients were transferred to King Edward Memorial Hospital.

Some Mt Lawley caregivers were also transferred to other St John of God hospitals and colleagues supported one another through a busy period.

As a result of smoke damage the main hospital building remained closed for five days while a thorough clean up

and comprehensive safety testing was carried out.

Within the first 48 hours of reopening, the busy maternity ward had welcomed nine babies into the world.

Debrief sessions were held with caregivers at Mt Lawley, Subiaco and Midland Hospitals, as well as with personnel from the external agencies involved to identify opportunities to improve our emergency preparedness and business continuity plans. A program to share the lessons learned with all hospitals in the group is being developed. 🧠

## WELCOME BACK

Peter Stanton was one of the first patients to be welcomed back to St John of God Mt Lawley Hospital when the main hospital building reopened on Monday 7 November.

Peter, who had hip replacement surgery at 11am on Tuesday 1 November, was evacuated that evening and said the hospital's staff managed the process very well.

"It's an unfortunate incident but I never felt I was in any danger. I had full confidence in the hospital staff," he said.

After the evacuation, Peter was transferred to St John of God Subiaco Hospital where he was cared for by St John of God Mt Lawley Hospital nurses, who were redeployed to provide continuity of care for the transferred patients.

"It was great to be cared for by familiar faces," Peter said.

Peter was then transferred back to St John of God Mt Lawley Hospital on Monday 7 November to progress his post-surgery rehabilitation.

He said the welcome he received was beyond anything he expected.

"The arrival back has been phenomenal, I feel like the staff have welcomed me back with open arms." 🧠



**Pictured:** Peter Stanton is warmly welcomed back by St John of God Mt Lawley Hospital's Director of Nursing and Midwifery, Vanessa Unwin and Director of Medical Services, Dr Stuart Prosser.

# A place to explore without judgement



**Pictured:** St John of God Burwood Hospital's Director of Mission, Andrew Nee (right) and Pastoral Care Coordinator, Johnathan Browning (left), reporting on the findings from the survey at the Catholic Health Australia 2016 Pastoral Care Forum.

## Many say pastoral care is what defines us as a Catholic hospital operator, yet we are often challenged by how to quantify this point of difference.

To shed some light on the topic, St John of God Burwood Hospital went out and asked their patients: "What difference does pastoral care make to your hospital experience?"

The results of the survey and several follow up focus groups found that most patients felt that meeting with a pastoral practitioner while in hospital had a significant and positive impact on their mental health and wellbeing.

St John of God Burwood Hospital Director of Mission, Andrew Nee said the survey results found that patients felt free to explore, one-on-one, what they wanted to discuss with the pastoral practitioner.

"They said that they (the patient) had defined the agenda in meeting with pastoral care as opposed to a clinical agenda."

"Pastoral care provided a place to be free, as one respondent defined it, where they were listened to without judgement and consequently where they were better able to process their own thoughts," Andrew said.

The cohort of patients' surveyed was typically seen by consulting psychiatrists, psychologists and nursing caregivers, as well as pastoral services, while they were in hospital. The respondents were able to explicitly identify the difference between the clinical care they'd received and that of pastoral care.

The research found that 87 per cent of patients used the time with pastoral care to discuss issues of their emotional health and wellbeing and 95 per cent were able to talk about what was on their mind.

"They felt it was an extra place to go for support.

"People found they benefited from pastoral care, even though some were surprised that they used the service," Andrew said.

"They found a place where they could talk about their spiritual needs and faith background and they overwhelmingly reported that they felt their faith and beliefs were valued."

The survey identified that pastoral care wasn't just for 'religious people', while 53 per cent of respondents identified themselves as being religious, and 85 per cent considered themselves as spiritual people.

The survey took the form of a questionnaire that was given to

## WHAT OUR PATIENTS SAY...

***"I realised listening to ourselves with compassion helps lesson our pain and suffering."***

***"The opportunity to open up without judgement or social stigma helped me see the value I place on my spiritual wellbeing."***

***"It was helpful to have someone who is not in a hurry to sit and patiently listen and validate how I feel with kindness and compassion."***

patients, over a three month period, before they were discharged from hospital. Overall, 99 patients took the time to provide input and a small group of them participated in a focus group to explore the data.

The study was designed by St John of God Burwood Hospital researcher, Josephine Farrell utilising an adapted version of a Patient Reported Outcome Measure developed by the NHS in Scotland. 🍷

# Ovarian cancer may be detected by Down Syndrome blood test

Early stage ovarian cancer may be detected by a blood test normally used to screen for Down Syndrome in early pregnancy, according to research out of St John of God Subiaco Hospital.

St John of God Subiaco Hospital Head of Gynaecological Cancer Research, Dr Paul Cohen, in collaboration with researchers from The Translational Obstetrics Group at the Mercy Hospital for Women in Melbourne and the Victorian Clinical Genetics Service, have discovered ovarian cancer DNA in the blood at early stages of the diseases, making early blood screening for the disease a possibility.

Dr Cohen said while more research was needed, the detection and monitoring of specific cancer mutations in the blood holds much promise for early screening of the disease.

The earlier ovarian cancer can be detected, the earlier treatment can begin and ability to stop the cancer spreading to surrounding tissues and organs.

“Ovarian cancer remains the leading cause of gynaecologic cancer-related deaths in developed countries and there is a pressing need for an effective screening test,” Dr Cohen said.

“Currently it is very difficult to detect ovarian cancer and symptoms can be vague and similar to other conditions.

“The blood test for CA125 – a protein found in the blood produced by ovarian cancer cells – can be used to help diagnose or exclude ovarian cancer. However, there are other causes for raised CA125 levels, such as menstruation, endometriosis or ovarian cysts.

“A pelvic ultrasound scan and the CA125 level are used to determine if an ovarian mass may be cancerous and if surgery is required, but are not always accurate.”

High grade serous ovarian cancer accounts for the most deaths from the disease and demonstrates marked chromosomal instability. This characteristic feature led the research team to propose that DNA from malignant ovarian tumours could be detectable in the blood of patients.

Dr Cohen said the non-invasive prenatal blood test (NIPT) can detect circulating DNA from the tumour in the blood stream.

“The test only detected 40 per cent of ovarian cancers in blood samples taken from a cohort of Western Australian women before undergoing surgery for the disease,” he said.



“However, NIPT detected an equivalent number of early stage cancers which is a novel finding. The testing platform requires further refinement if circulating DNA is to have potential in screening for ovarian cancer.

“However, the NIPT test was negative in 94 per cent of patients (benign controls) who did not have ovarian cancer and so, in conjunction with pelvic ultrasound and CA125 levels, it may help to distinguish malignant and benign ovarian tumours prior to surgery.”



Dr Cohen said it is possible that the blood tests for circulating DNA could be translated to detecting other forms of cancer in the future. Circulating tumour DNA is already being used to monitor patients' responses to chemotherapy.

"The results of the study showed that it is possible to detect early stage ovarian cancer in the absence of patient-specific tumour DNA using a blood test."

The St John of God Subiaco Hospital Gynaecological Cancer Research Group is currently conducting further studies on ovarian cancer screening with its Victorian collaborators, including Dr Lisa Hui, Dr Mark Pertile and Professor Stephen Tong.

Ovarian cancer is the eighth most common cancer and the sixth most common cause of cancer death affecting women in Australia.

The Norman Beischer Medical Research Foundation funded the study. 🍷

**Pictured:** St John of God Subiaco Hospital's Gynaecological Research Group; Dr Paul Cohen, Bonnie Zhang, Sauela Bilic and Stephanie Jeffares.



*“Being free not to be perfect,” summed up a participant in the Burwood singing group.*

*“An opportunity to relax with song,” concluded a ‘Singing with your baby’ participant.*



# Singing with your baby

**New research has confirmed that participating in a singing group for mums and bubs benefits both and provides an opportunity to make the important connection between mother and baby.**

The findings follow a three month pilot group program, 'Singing with your baby', that was run in St John of God Burwood Hospital's Mother and Baby Unit by St John of God Health Care's arts in health partner, Musica Viva.

Sydney-based musician and singer Dr Gemma Turner facilitated the one-hour sessions with Jamilie Taouk from the clinical team. The sessions included humming to warm up the voice, followed by shared singing of known and new songs.

Perinatal & Women's Mental Health Unit Senior Research Associate, Dr Nicole Reilly said it was the first time research had addressed the feasibility and benefits of singing in the context of a specialist inpatient mother and baby unit.

St John of God Burwood's Mother and Baby Unit specialises in caring for mothers who are experiencing perinatal depression, anxiety and other related conditions.

"The value of music and singing is intuitively appealing yet it was heartening to see the mums report improvements in their mood even after just one, one hour session," Nicole said.

"Some mums were worried about going into a group singing session, and some were a bit uncomfortable to begin with but even these mums ended up enjoying it.

"What other research and this evaluation has shown is that singing can be fun, relaxing and can bring cultural richness into your life and it is known to be good for health," Nicole said.

"Also babies love being sung to!"

Overall, the evaluation found that the mothers felt comfortable participating and that they enjoyed the experience.

They said they felt more relaxed, more cheerful and more clear-headed than they did before the session began. There were positive and significant improvements in the quick mood scale and visual faces scale, which are recognised measures of mental health improvement.

The mums involved also said they'd be more likely to continue to use music or song to play with and soothe their baby or to help them to relax.

The singing program at St John of God Burwood Hospital has continued as 'Singing for Mother and Baby Health'.



## TIPS FOR HOSTING A 'SINGING WITH YOUR BABY' GROUP

- Music and singing is good for everyone - it's important that mums understand that it's good for them and not only their baby.
- Start the session with time for mums without their babies as it allows them to focus on the present and to be in a mindful state.
- Keep the session to under an hour. Try 20 minutes with mums, 20 minutes with mums and bubs and 10 mins at the end to chat.
- Provide lyric sheets and information about community singing groups.
- Schedule the session on a day when mums, their bubs and the ward is not already packed with activity
- Try and keep to the same musician and clinical team members for the duration of the program.
- As a facilitator, take time to debrief, reflect and adjust if needed to best meet the needs of the group. 😊

**Source:** Adapted from the pilot program report for 'Singing with your baby': A partnership between Musica Viva and St John of God Burwood Hospital, October 2016.

**Pictured:** Participants in a singing program with Musica Viva at St John of God Burwood Hospital's Mother and Baby Unit confirm that music can have a positive impact on your mental health.

# Subiaco redevelopment

**Redevelopment plans are underway for St John of God Subiaco Hospital as part of its focus on providing high quality care for patients in first class facilities.**

St John of God Subiaco Hospital Acting Chief Executive Officer, Ms Chris Hanna said the hospital was currently developing a site master plan for the hospital, which includes extra parking, operating theatres, single rooms and consulting suites as well as a dedicated research facility.

“We are very excited to be undertaking the redevelopment, which aims to meet the future needs of the community and provide more options for our patients and doctors,” Chris said.

A three-stage process is being undertaken for the redevelopment project.

Stage one involves the development of the Site Master Plan and demolition of the ageing St John of God House, which will involve the creation of alternative accommodation for St John of God House tenants as well as other preparation works.

Located opposite the main hospital, St John of God House was constructed in 1962 as nurses’ quarters. In more recent years it has been used for consulting suites, administration offices and parent education workshops.

Chris said St John of God House had served us well to date, but the central location was needed as part of our redevelopment plans.

Stage two involves the expansion of the multistorey car park at the front of the main entrance to provide more parking options for patients and visitors.

Stage three involves the refurbishment of some areas of the hospital, the provision of additional operating theatres, single rooms and intensive care and coronary care beds.

## REFURBISHING IN FRANKSTON

*Pictured: An artist impression of the new look St John of God Frankston Rehabilitation Hospital.*



**Work has started on a \$9.7 million refurbishment of St John of God Frankston Rehabilitation Hospital, south east of Melbourne, which will deliver new and improved patient accommodation and amenities by the end of 2017.**

Chris said we are looking at providing additional consulting suites, with the option for consultants to purchase the rooms.

“In addition we are planning to build a dedicated research facility,” she said.

“Research remains at the core of the hospital’s focus to provide effective, evidenced-based care and a culture of continuous innovation and excellence.

“We undertake a large number of research projects and clinical trials and a dedicated facility will greatly assist with our plans to grow our research program and become a centre of excellence in this area.”

The redevelopment plans require relevant approvals before they can proceed. 🍷

**Pictured:** The ageing St John of God House will be demolished to make way for the redevelopment of St John of God Subiaco Hospital.



Chief Executive Officer, Sally Faulkner said the most critical component of the refurbishment was to increase the number of single rooms at the rehabilitation hospital to better support patients through their recovery.

“We will also be converting our three and four-bed rooms to two-bed rooms and refurbishing our bathrooms, all with a view to providing our patients with greater comfort and privacy,” Sally said.

“The design will also give us the flexibility to increase the bed capacity as required to meet the demands for our services.”

For a rehabilitation hospital, access is incredibly important and new front and rear entrances to the hospital will make it easier for patients as well as vehicles that are transporting patients after surgery or injury.

With a new front reception featuring a lounge area and kiosk, caregivers and volunteers at St John of God Frankston

Rehabilitation Hospital will be better able to share the hospitality for which they are so highly regarded in the local community.

“Whilst this is a comprehensive and detailed refurbishment, it will occur in stages so that we minimise the impact on our inpatient and outpatient services,” Sally said.

“We will continue with business as usual to provide our comprehensive rehabilitation services every day throughout the refurbishment.” 🍷

# Community responds to new Berwick Hospital

The new seven-storey St John of God Berwick Hospital that's due to open in late 2017 is changing the skyline of the outer south-eastern suburbs of Melbourne and it's changing the community's expectations of health and hospital care with new services soon to be available close to home.

St John of God Berwick Hospital Director of Mission, Rhonda O'Connor has spent much of the last year visiting schools, service clubs and church groups and has heard first-hand what the new hospital will mean to the communities of Casey and Cardinia.

"There is a great sense of excitement, relief and security in knowing that our ageing community can have access to great healthcare, close to their loved ones, in the community where they belong," Rhonda said.

"Until now families have had to make choices about whether to undertake or continue chemotherapy treatments, or they have delayed surgery because travelling to inner-city Melbourne puts so much strain on budgets or causes disruption to their families.

"Sometimes they can't visit family members in hospital because they just can't get there. Children have been left not being able to see a parent because it is too far away.

"Accessing specialists means taking a full day off work to make a round trip for a 20 minute appointment.

"The community is particularly welcoming of the cardiac care and intensive care options that mean some of the more complex procedures and surgeries can be done here," Rhonda said.

**Pictured:** Construction of St John of God Berwick Hospital paused on Foundation Day as builders and caregivers came together to celebrate founding stories and look forward to what they are achieving together.





**Pictured:** The new seven-storey St John of God Berwick Hospital (left) is now one of the most visible landmarks in the community south east of Melbourne. It is located next to the St John of God Berwick Specialist Centre (right), which opened in March 2015.

The hospital's development program has used the tagline 'Care closer to home' which Rhonda said translates in the eyes of community members as: "Relief, support, care, nurture, timely treatment and speedy recovery without the stress of the added impact on families.

"There is a sense that we are 'finally' getting the services we need that have been long overdue."

Construction of the new St John of God Berwick Hospital has now reached full height and was marked with a topping out ceremony in November.

St John of God Berwick Hospital executives gathered with representatives from project partner, Generation Healthcare and builder, Hansen Yuncken, on the roof of the building for a ceremonial placement of a pomegranate tree.

The pomegranate is the symbol of the Sisters of St John of God and the pomegranate seeds represent the Values of St John of God Health Care; Respect, Excellence, Compassion, Justice and Hospitality.

The practice of placing a tree on the rooftop of a building once it has

reached full height acknowledges the safe completion of the building and recognises the significant amount of construction work undertaken.

The opening of the new \$120 million facility will see the relocation and expansion of all services currently offered at the St John of God Berwick Hospital Gibb Street location, as well as new services.

The current Gibb Street location will be retained and transformed into a rehabilitation hospital that will open in mid-2018. 🍷



# Our people contribute beyond themselves

**Pictured:** Our caregivers are active participants on the board of the Fremantle Multicultural Centre, here the 2016 Annual General Meeting was preceded by a village market where community members could sell their creations and an opportunity for staff, volunteers, board and stakeholders to socialise.

One of the defining aspects of our service organisation is the character of our people, and we have many caregivers whose commitment to serve the community in which they work and live reaches well beyond their day-to-day jobs.

A large part of our engagement with the communities in which we operate is done through our people. We have caregivers who serve on boards and committees of community organisations, who volunteer their time and skills and passionately advocate for the vulnerable in our community.

St John of God Health Care Group Director Corporate Services, Kevin Taylor serves on the boards of Mosaic Community Care, a disability organisation, and Ngarluma – Tharndu Karrungu Maya, or NTKML as it is known, that administers trusts for the Ngarluma Aboriginal Corporation.

Kevin's experience working with our own disability service, Accord, and Social Outreach initiatives that reach out to aboriginal people, has benefited the community groups he works with.

Kevin said his involvement in the National Disability Insurance Scheme (NDIS) roll out at Accord in Victoria, a good 12 months ahead of Mosaic's uptake of the NDIS, has helped the WA based group.

"The NDIS is the single biggest change that's occurred in the disability sector, it's significantly disruptive.

"Disability organisations are now operating in a free-market environment. The block funding of disability services is fading out and clients have their own funding and the discernment to decide how to apply it."

His work with NTKML has given Kevin a greater appreciation of the perspective of Aboriginal people. He said if we look at programs intended to improve health, education and housing then we must do it with Aboriginal people if they are going to have an impact and create better outcomes for their people.

Kevin has been able to help bridge the gap in the understanding of legal and financial documentation which is so much a part of the distribution of native title payments to the Ngarluma people, who live in and around Karratha and towns like Roebourne.

Kevin said what he has been able to give back to the community in which he works and lives has given him back so much more in return.

"The personal reward has been even greater than any value I believe I can offer."

St John of God Murdoch Hospital Director Marketing and Community Relations, Roshan Weddikara was recently appointed Chair of the Fremantle Multicultural Centre, a directorship that combines his personal experience and involvement as well as his professional skills.

"My parents and many of our family friends migrated from Sri Lanka and I have great empathy for how complicated the situation can be for refugees and migrants as they arrive in this country," Roshan said.

"The realities of adapting to a new life for our clients, who come from non-English speaking countries like DR Congo, Burundi, South Sudan, and Afghanistan are truly challenging.

"We are seeing referrals for people who have little or no income as they are on bridging visas, and an increasing number of community members disclosing family and domestic violence – the stresses of day to day life coupled with adapting to a new country and culture take a great toll.

"Their situation is further complicated in a community that is caught up in the 'politics of division'," Roshan said.

"It is too easy for us to sit back and say that is terrible. We want to encourage all West Australians to support acceptance, diversity and values all people - it makes for a better Australia.

"I'm lucky that St John of God Murdoch Hospital also sees the value in community engagement for me personally but also for the organisation."

St John of God Health Care Group Manager Financial Planning and Analysis, Adrian Bautista also lends his experience and provides invaluable support to the Fremantle Multicultural Centre as the Centre's Treasurer. 🙏

# A lot of care in new website

**St John of God Health Care has made a significant move in the digital arena with the launch of its new website at a time when patients and their family members are increasingly seeking out information about health services online.**

Recent research found that 72 per cent of consumers sought health information online in the last 12 months.

Consumers are increasingly comfortable with looking for information on websites or dedicated apps from a mobile device they carry with them, like a tablet or phone.

St John of God Health Care is leading the way in ensuring its website works effectively on mobile phones, tablets and desktop computers. Research indicates that 60 per cent of health care organisation websites don't work on mobile devices.

Group Manager Media and Public Affairs, Sally-ann Parker said the

health care group's approach to building a new website was all about putting users first.

"First and foremost we had to go out there and ask users of our services what they need and want from our website," Sally-ann said.

"As an organisation, we are extremely well regarded for considering the physical, spiritual and emotional needs of our patients and their families when they come into our hospitals or services.

"Our aim is to see that same high level of care extend to all encounters we have with our patients, or our doctors, or anyone we engage with in the online environment."

"We consulted widely with over 1,000 health consumers as well as our doctors and caregivers, who provided great insight into what works for them.

"A strength of our digital experience consultant, Precedent, was a complete focus on the 'user experience' and they continued to test how the website functioned from that perspective throughout the build."

More than 250 experts from across the wide range of specialties on offer at St John of God hospitals and health services were called on to ensure that the information found on the website is both credible and trustworthy.

A key element of the website is a new find a doctor search function that helps patients make informed decisions about their care. It includes detailed profile information about the doctors that work at our hospitals, with the ability to search for doctors by hospital location and clinical specialty.

Sally-ann said the launch of the new website was a big step to being responsive to the needs of health consumers online.

"The digital environment provides great opportunity to build a relationship with our patients before and after they access our services, ensuring a continuum of care that delivers further improvements to their health and recovery."

**Pictured:** The St John of God Health Care new website has been purpose built to work on mobile, tablet and desktop.





## APP TO MONITOR EMOTIONAL WELLBEING

Monitoring emotional wellbeing in pregnancy and postnatally is important as women are more likely to experience low mood, stress or anxiety as they transition towards parenthood.

St John of God Burwood Hospital's Prof Marie-Paule Austin and her University of New South Wales perinatal research team have partnered with BUPA Health to develop the 'mummatters' mobile tool.

This free app helps expectant and new mothers to monitor their emotional wellbeing throughout the perinatal period and guides them to seek assistance when necessary.

"After the initial self-assessment, the app checks in with women at regular intervals through their journey and gives them feedback about how they are tracking emotionally.

"The app produces a report that can be taken to a trusted health care professional to start the conversation about emotional wellbeing.

"Mummatters empowers women to optimise their emotional health at this important time for her and baby," Prof Austin said.

The app is user-friendly, confidential and downloadable from the internet to mobile phone or other smart device. It has handy tips and resources, and a 'wellness plan' that women can develop and tailor to meet their individual needs. 🍷

# Maternity information a click away

**Midwives from St John of God Mt Lawley Hospital have launched a blog to provide new parents with access to expert maternity information.**

The initiative is driven by Family Birthing Unit Acting Nurse Manager, Emma Cook in an effort to address misinformation directed at new parents.

"There is a vast amount of information available online for expecting and new parents, much of which is medically unsubstantiated. It's a minefield for parents to navigate through. They end up confused and frustrated by conflicting advice," Emma said.

The maternity blog aims to provide a portal of evidence-based pregnancy, labour, birth and newborn care information, with each post being reviewed by a panel of hospital experts including obstetricians and clinical caregivers prior to publishing.

"It's about empowering parents with correct information so that they can make informed decisions about their care and the care of their baby," Emma said.

Topics are based on common questions and concerns that patients raise with midwives during their antenatal visits and postnatal stay. Blogs have been written on mastitis, gestational diabetes and active birth positions.

"Our patients are our inspiration and through regular contact with

them we are continually coming up with new ideas. Currently our midwives are working on information covering foetal movements, pregnancy supplements and food myths, newborn sleep and fear in childbirth," Emma said.

You can access the blog via St John of God Health Care's new website or follow St John of God Mt Lawley on Facebook. 🍷

**Pictured:** In response to misinformation on the internet for new parents, St John of God Mt Lawley Hospital midwife Emma Cook started a maternity blog.





# Wake up to safety in the warehouse

**It's Monday morning at the O'Connor warehouse and first up on the agenda is safety – such is the importance to the team that their colleagues are kept from harm at work.**

Group Supply Warehouse Manager, Gary Baxter started the early morning safety talk to help embed occupational health and safety awareness and skills.

Gary had responded to the group-wide campaign to see our occupational health and safety (OHS) performance go from 'good to great'.

The result earned Gary and his team recognition for safety excellence as part of Safety Month 2016.

Group OHS Officer, Michael Janscak said Gary has shown that if you implement a simple change and apply it consistently over time it will take a good performance to a great performance.

Gary chooses a Standard Operating Procedure (SOP) from Group Supply's OHS Skills Matrix to present for discussion at each Monday morning meeting, like how to safely use steps and ladders to reach goods in the warehouse.

The SOP is discussed openly with caregivers and a demonstration is provided on how to complete the task safely. Over the course of the week the warehouse manager and supervisor observe caregivers at work



and provide feedback about how compliance with the SOP is working in practice.

“The ongoing impact of this routine over 12 months has put safety at the forefront of the minds of all our caregivers at the warehouse,” Michael said.

“It’s created an environment where OHS is considered as much as any task at work and the result has been a decrease in injury rates and a reduction in severe injury rates to zero!”

Gary has also invested hours in reviewing, improving and implementing Group Supply’s OHS framework which in May 2016 was certified with the Australian and International OHS standards 4801/18001 by Compass Assurance Services.

Many of the initiatives implemented at the Western Australian warehouse are now being implemented in the Wendouree warehouse in Victoria as they prepare for certification in 2017.

***Pictured:** Gary Baxter leads the O’Connor warehouse team in a review of standard operating procedures every week as part of their ‘good to great’ OHS strategy.*

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***“The result has been a decrease in injury rates and a reduction in severe injury rates to zero!”***

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