

St Vincent's Cares

FOUNDATION NEWSLETTER

SUMMER 2020



Love Your St Vincent's Nurses

As the year draws to a close, I'm left with an overwhelming sense of gratitude for the kindness and the generosity that each of you, our supporters, have demonstrated over the past 12 months. Your words of encouragement to the staff at our hospital, your gifts and your prayers have all meant the world to everyone here at St Vincent's.

In this edition of the newsletter, we celebrate our heroes, our nursing staff. During this, the Year of the Nurse and Midwife, a spotlight has shone on the vital role nurses play in our community. We depend on them for so much and our admiration for them has never been greater.

I would like to end by introducing the Dame Quentin Bryce Palliative Care

Nursing Postgraduate Scholarship and close with a wonderful quote from her. "I hope you will join me in congratulating the nursing staff at St Vincent's for their exceptional contribution this year and for their demonstration of true courage and commitment in the Hospital's proud tradition of compassionate care."

Wishing you and yours a safe and happy Christmas.

Kindest regards,



Lyn Amy
CEO | St Vincent's Foundation



Love Your St Vincent's

"How very little can be done under the spirit of fear."

Florence Nightingale



The importance of nursing research

The Deputy Director of the Nursing Research Institute, Professor Elizabeth McInnes shares why nursing research is so important to patient care.

As a world-leading teaching hospital, St Vincent's has a long history of supporting nurses wishing to conduct research. Nursing research is particularly important to patient care.

Head of nursing research, Professor McInnes explains that as in all clinical areas, it is important to explore the 'why' in patient care. "Why do we do what we do and are there better ways of caring for our patients that result in improved outcomes?"

Professor McInnes's research focuses on, understanding

the challenges involved in getting research evidence into practice and on evaluating the effectiveness of interventions to improve evidence-based nursing-led care.

"I am proud of the nurses who I have previously and am currently mentoring in research. They will be the next generation of clinician-researchers and they achieve the incredible feat of working in intense clinical settings as well as conducting research informed by pressing clinical problems," Professor McInnes said.

**If you have already donated to our appeal, thank you. We are very grateful for your support.
There is still time to donate.**

Please give today at www.loveyourstvincents.org.au

Making a difference to people's lives

Regional CEO for St Vincent's Private Hospitals, Janine Loader, has enjoyed a long and successful career in nursing and health management. She joined St Vincent's in 2002. After spending time working at St Vincent's The Mater in Sydney, Janine returned to take up the role of Regional CEO in January 2019.



"The real beauty of St Vincent's is that while there are various hospitals, the ethos at each remains the same. That's incredibly rare," Janine said.

2020 has brought with it many challenges, but despite these, Janine said there will never be enough words to express how in awe she is of her team. "Nothing could have prepared us for the last nine months. We were continually forced to navigate uncharted waters at work and even more so in our personal lives. The level of resilience shown has been remarkable. I believe that what

attempted to break us, only brought out the best in us."

After 16 years, Janine's love for St Vincent's continues to grow because of one simple reason, the people. "It is a privilege to be a part of an exceptional team of people who are passionate about providing the very best care for our patients and their families. I am continually inspired by our people and the dedication they show to their patients and community. You just know that everyone who works here wants to be here. They want to make a difference in people's lives," Janine said.



"I have worked in the operating suite for nearly 30 years. We see patients at their most vulnerable and every day I witness my colleagues go above and beyond as they reassure their patients with a touch of the hand or with words of comfort. Masks and goggles may cover our faces but we can still smile with our eyes."

**Theresa Comyns, St Vincent's Clinical Nurse Specialist,
St Vincent's Hospital, Melbourne**

Making a difference for our nurses

Kath Riddell joined St Vincent's as Chief Nursing Officer in July 2019. She is extremely passionate about her role in advocating for nurses.

Kath believes the power of nursing is being able to influence and drive healthcare reform, innovation to make positive changes in every corner of the health service. "It's about making a difference for our nurses and making sure they get the opportunities that they need and deserve," Kath said.

St Vincent's has a fantastic reputation for its culture and the staff have a great sense of pride and belonging to this organisation. Kath said in this year, the International Year of the Nurse and Midwife, "I could not be more proud of our St Vincent's nurses."

"Throughout the most challenging of circumstances with the COVID-19 pandemic, our nurses have continued to care for our patients with compassion, skill and dedication. They do not look for praise, but simply get on with doing what needs to be done to care for those who need us. They exemplify our values and mission in action every day."



Love Your St Vincent's

"They may forget your name but they will never forget how you made them feel."

Maya Angelou (American Poet)

Giving back in appreciation of outstanding care

Brunswick Street hair salon owner, Neel Morley, has spent a lot of time at St Vincent's Hospital, in fact, it almost become like a second home.

In October 2015, Neel suffered kidney failure. He spent the next two-and-a-half years on dialysis. He was so unwell that he required several extended hospital stays.

Through it all, Neel's optimistic, easy-going nature meant he remained upbeat and always tried to make the most of his situation. A naturally creative person, Neel would decorate his room to 'make it his own', much to the delight of the staff. Neel also recalls many nurses visiting him so he could give them advice about how to care for their curly hair, which he was thrilled to provide.

Neel has nothing but praise for the staff who cared for him. "The team is mind-blowing! I was overwhelmed by the care I received at St Vincent's. From the cleaners, to the food servers, the nurses and doctors - they all made my stay and recovery a memorable experience."

After receiving a kidney transplant in August 2017, Neel still looks forward to his check-ups at the Hospital because he gets to catch up with everyone. "I'm forever blessed and it's all thanks to St Vincent's. They're always there when we need them. Right now, more than ever, they need our support."



Grateful patient,
Neel Morley

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"I was treated at St Vincent's in 2008 for a triple bypass. Without their help and kindness, I don't think I would be here today. I can't thank them enough."

Les, former patient of St Vincent's Hospital, Melbourne.



"I feel incredibly lucky to be able to come to work every day with such an amazing team of midwives, nurses and doctors who are passionate about providing exceptional care to the women and their families that come to birth with us at St Vincent's Private."

Stacey Gilbert, Maternity Services Manager, St Vincent's Private, Fitzroy

Keeping nurses connected

We caught up with President of St Vincent's Nurses Alumni (SVNA), Clare Dyer, to learn about her experience as a St Vincent's nurse and President of the Alumni.

What inspired you to become a nurse?

I have always been interested in people from all walks of life. I like finding out what makes them different to me. I was fortunate to have school friends with older sisters who were registered nurses. When I asked them what a registered nurse did, they said they felt a feeling of worth and satisfaction when a patient's health improved and they could return home or to help them die with dignity. I thought ... this is for me!

What is the purpose of the Alumni?

We invite all registered nurses who have initially done hospital-based learning postgraduate studies and have been an employee at St Vincent's Hospital Melbourne, to join the Alumni. Members receive regular newsletters and communication. We also provide social opportunities where friendships are encouraged and maintained.

And we recognise and remember our deceased nurses with prayer.

The Alumni is proud to support specific hospital projects and needs and respond to member's feedback to provide financial support, with a focus on scholarships.

To join, visit
<https://bit.ly/nursealumni>

Why do you love St Vincent's?

I became part of the St Vincent's family in 1969. My peers taught me respect, kindness, leadership and loyalty. St Vincent's maintains these values today. I hear it, in the voices of our nurses who are professional, kind and compassionate. I see it, as heartfelt care is delivered to our often socially vulnerable and isolated patients. I know it, from the responses of respect, love and appreciation that our patients give back to our nurse professionals. Yes ... this is the St Vincent's that I know and love.



Love Your St Vincent's

"It is not how much you do, but how much love you put in the doing."

Mother Teresa



A Blessing for Health Carers

*May you walk among the people you serve
May you be one with them
May others see your care
May they catch your gift*

*May your soul be nourished by the work you do
The service you perform
May your heart be lifted in the struggles you endure*

*May you know the mission
In your very bones
May it challenge you and sustain you*

*May you risk all that is secure for you
That you may reach all that is central to you
And find goodness there*

*May courage befriend you
Integrity sustain you
Hope call you forward
May you walk on the water of faith
Toward the one who calls us all*

Amen

Include a Gift

By including St Vincent's Hospital in your Will, you play an important part in contributing to the Hospital's future. For more information, please contact **Sue Worland** on (03) 9231 3363 or sue.worland@svha.org.au