The excitement is building as we move ever closer to the opening of our new Intensive Care Unit later this year.

We have come a long way since the launch of the Intensive Care Unit (ICU) Redevelopment Appeal last September, with many of our wonderful supporters coming together to contribute to one of The Royal Melbourne Hospital’s most significant developments to date. Not only will the new ICU allow us to care for almost twice as many critically-ill patients as we can now, this state-of-the-art facility will set a new benchmark for ICU’s across the country.

In addition to the advanced technology and innovative medical equipment that will be used, the new ICU remains focussed on the patient and their care needs.

The space will be lighter and brighter, making it more comfortable for patients and their loved-ones who are waiting for them. Each bed bay is divided by switchable glass; glass that switches from clear to opaque at the touch of a button. It allows ICU staff to keep a watchful eye on patients from anywhere in the area, and it provides individual patients with privacy for bedside procedures or private consultations with doctors and families.

Associate Professor Nerina Harley, Director, The Royal Melbourne Hospital Intensive Care Unit, is excited about the new ICU and what it will mean for patients:

“The new ICU will continue to give the excellent care that we always have, however it will be a lot more spacious, lighter and brighter and fitted out with the best medical technology available.”

Thanks to the generosity of our supporters, the Royal Melbourne Hospital Foundation has raised enough funds for two Ceiling Mounted Medical Pendants valued at $120,000. This is a great effort and we are grateful for all those who supported our recent appeal. But there is still more that can be done as we enter the second stage of fundraising. Now at the phase of fit-out, we can see the vision of the ICU materialising before our eyes – because of you. Thank you.

ICU Redevelopment Appeal
Call (03) 9342 7111
Visit rmhfoundation.org.au/icu
A MESSAGE FROM THE DIRECTOR

Welcome to our autumn issue of The Royal News. As the new director of the Royal Melbourne Hospital Foundation, I am proud to present a newsletter jam-packed with information, personal stories and news of the achievements that you have helped make possible.

In this issue of The Royal News we give you an insight into the many activities that happen within the walls of The Royal Melbourne. We were very pleased and excited to recently open a new Pop-Up-Garden at the hospital, where patients and staff can enjoy some fresh air (see page 6); and we also provide a look into the day in the life of one of our esteemed cardiothoracic surgeons, Mr Marco Larobina (see page 7).

We are especially thrilled to share the news that Royal Melbourne medical researchers published a landmark study that heralds a new era in stroke treatment across the globe (see page 4). Described as a ‘game changer’ in the treatment of stroke, this research was partially funded in 2013 by you, our generous supporters, with proceeds from the Home Lottery. Thank you.

Finally, we are excited about the upcoming Royal Walk & Fun Run, to be held at Princes Park, Carlton, on Sunday 29 March. Building on the success of last year’s event, we are preparing for another day of fun for the whole family. We hope to see you there.

I hope you enjoy the newsletter and I look forward to sharing with you many more insights and stories about ‘Melbourne’s Hospital’ in the future.

John De Rango
Director
Royal Melbourne Hospital Foundation

PORTraits of CARE

Portraits of Care, A Pictorial Journey of The Royal Melbourne Hospital: Yesterday, Today and Tomorrow is a beautiful coffee table book showcasing over 150 images of the hospital’s history. The photographs highlight the hospital’s growth, its discoveries and its people and are evidence of past practices, equipment and facilities, plus the more routine everyday activities in the care of our patients and their families. The images show the interesting and the memorable, our significant milestones and remarkable achievements and pays tribute to all those people who have shared this journey over the years, helping to make The Royal Melbourne Hospital one of the world’s best.

Portraits of Care, A Pictorial Journey of The Royal Melbourne Hospital: Yesterday, Today and Tomorrow is now available for sale for only $35 (plus postage and handling). You can order yours by calling (03) 9342 7111.

A SPECIAL WAY TO GIVE

You can make a difference to the lives of thousands by leaving a gift to The Royal Melbourne Hospital or North Western Mental Health. Leaving a gift in your Will is a generous acknowledgment of the dedicated medical, nursing and support staff – it is also a practical and greatly appreciated gift that will help care for others.

For a confidential discussion about how to support The Royal Melbourne Hospital in this very special way, or if you are considering leaving us a gift in your Will, contact Gareth Scott, Community Relationships Manager on (03) 9342 7111 or email gareth.scott@mh.org.au.
ROSEMARY FINDS HER RHYTHM AGAIN

Until recently, Rosemary Law always lacked energy and sometimes even found it difficult just to make it through the day. Rosemary and her husband owned a milk bar and post office business in the town of Wangaratta, and it seemed logical that her fatigue was due to running a business full-time. “It was like pushing a wheelbarrow all day. I was tired all the time and couldn’t do what I wanted,” she says.

Eventually, the couple sold the business and went on a well-deserved holiday. But for Rosemary, the lethargy just didn’t go away and she couldn’t participate in activities she wanted to. She put it down to a bit of exhaustion and lack of exercise, but she soon found out that it was something far more dangerous.

In 2011, Rosemary was finally diagnosed with atrial fibrillation (AF), a common but very serious disturbance in the rhythm of the heart. She came to The Royal Melbourne Hospital for treatment and was asked to take part in a special study that involved ablation therapy.

An ablation is used for many types of arrhythmias and is performed in a special lab called the electrophysiology (EP) laboratory. During this procedure a catheter is inserted into a specific area of the heart. A special machine directs energy through the catheter to small areas of the heart muscle that causes the abnormal heart rhythm. This energy ‘disconnects’ the source of the abnormal rhythm from the rest of the heart.

Last year Rosemary had her second ablation procedure and since then, life has changed quite dramatically. Rosemary tells us:

“I now have the energy to keep up with the grandchildren. Especially the newest addition who is now 2 years old. I can jump on the trampoline with him and nearly even run after him now!”

Fanstastic news Rosemary. We are glad that The Royal Melbourne Hospital could help restore much of that much needed energy a loving grandmother needs.

What is atrial fibrillation?

Atrial fibrillation (AF) is a type of irregular heartbeat, otherwise known as an arrhythmia. It is caused by a disturbance of your heart’s electrical system which regulates the heart’s rhythm.

Electrical messages are sent from the sinus node located in the heart’s top two chambers or ‘right atrium’, causing both atria to contract. These messages then pass to another area of the heart, the atrioventricular node (the heart’s conducting bundle), which cause the bottom two chambers or ventricles to contract.

In atrial fibrillation, the electrical messages sent to the atrioventricular node are altered and cause the atria to shake rather than contract, affecting the heart’s ability to pump blood around the body as well as it should.

Atrial fibrillation is one of the most common types of arrhythmia affecting two in 100 people.

To support cardiology at The Royal Melbourne Hospital donate at rmhfoundation.org.au and select Heart Disease Care.

FROM THE ARCHIVES

A laboratory at The Royal Melbourne circa 1919.

Laboratories in 1919 are very different to today’s laboratories where we conduct our medical tests and undertake ground-breaking medical research. One thing does remain the same however; the dedication of our clinicians and the curiosity and brilliance of the scientists who are behind some of the most important medical discoveries.

We wonder what laboratories will look like in another 100 years.
In early February 2015, medical researchers from The Royal Melbourne Hospital published a landmark study that heralds a new era in stroke treatment around the world.

Led by Professor Peter Mitchell and Dr Bruce Campbell, the EXTEND-IA study was met with a standing ovation at the recent International Stroke Congress in Nashville.

EXTEND-IA (Extending the Time for Thrombolysis in Emergency Neurological Deficits–Intra–Arterial), was an Australian and New Zealand randomised clinical research study, looking at the effectiveness of a new treatment for stroke.

The study involved adding a minimally invasive clot removal procedure called stent thrombectomy to standard clot-dissolving therapy, known as tissue plasminogen activator (tPA). Results showed a dramatic improvement in restoring blood flow back to the brain, which is critical in the recovery of stroke.

"The results of the EXTEND-IA indicated that stent thrombectomy will help thousands of Australians who suffer from an acute ischemic stroke."

Dr Campbell explains:
"In 89 percent of patients, blood flow to the brain was restored when the clot removal therapy was used compared with 34 percent of patients who had standard clot-dissolving therapy alone. This is an extremely impressive outcome given these patients had the most severe forms of stroke."

The most common form of stroke is an ischemic stroke, caused by a clot blocking a blood vessel that supplies the brain. Stroke is the leading cause of disability in adults and the number two cause of death worldwide.

Professor Peter Mitchell described the study as a "game-changer" in the treatment of stroke:
"The results of the EXTEND-IA indicated that stent thrombectomy will help thousands of Australians who suffer from an acute ischemic stroke and the challenge now is to implement stent thrombectomy as a standard treatment for stroke."

In its early stages, the EXTEND-IA study received funding from our wonderful supporters. Proceeds from the 2013 Home Lottery helped get the project started which proved its viability and encouraged further investment into this very important research.

Sam Kalogiannopoulos was a participant in the trial. He told us that he lives life a little bit differently since his stroke: "Now I have a second chance at life, because of the doctors at The Royal Melbourne Hospital."

To learn more about this exciting breakthrough visit the News section at rmhfoundation.org.au.
RECOGNISING THE SIGNS OF STROKE

A stroke happens when the supply of blood to the brain is suddenly interrupted. Some strokes are fatal while others cause permanent or temporary disability. Emergency medical treatment soon after symptoms begin improves the chance of survival and successful rehabilitation.

Recognising the signs of stroke early is crucial. The faster your act, the more of the person you save.

The National Stroke Foundation recommends the F.A.S.T. test as an easy way to remember the most common signs of stroke.

- **FACE**
  - Check their face. Has their mouth drooped?

- **ARMS**
  - Can they lift both arms?

- **SPEECH**
  - Is their speech slurred? Do they understand you?

- **TIME**
  - If you see any of these signs call 000 straight-away.

“Now I have a second chance at life, because of the doctors at The Royal Melbourne Hospital.”

Professor Peter Mitchell (far left) and Dr Bruce Campbell (far right) with Sam and Sally Kalogianopoulos.
NEW GARDEN A BREATH OF FRESH AIR

Through the generous support of Peter Brenchley and his business, Plan B Services, the Foundation recently opened a Pop-Up-Garden Retreat on the ground floor of The Royal Melbourne Hospital’s City Campus.

Located next to Function Centre, the garden is a welcome new addition and has already been a big hit with patients, staff, volunteers and visitors.

The new space provides a relaxing outdoor environment for those looking for some fresh air and a change of scenery.

Beautifully furnished with plants, outdoor furniture, shading, and synthetic grass, the Pop-Up-Garden is a place for relaxation and reflection away from the sometimes hectic clinical environment of the hospital.

Thank you to Plan B Services for their support and for helping to provide a special place for everyone at the hospital to enjoy all year round.

We are contuing to improve this space and will be painting the surrounding walls and installing sun-shades in the near future.

"The new space provides a relaxing outdoor environment for those looking for some fresh air and a change of scenery."

HOME LOTTERY 2015

You’ve got to be in it to WIN it! The Royal Melbourne Hospital Home Lottery is here again, with amazing prizes on offer. Buy your ticket for a chance to win and to support the important work of The Royal Melbourne Hospital.
**MEET CARDIOTHORACIC SURGEON MR MARCO LAROBINA**

*Mr Marco Larobina in surgery.*

**Royal News: Tell us about yourself?**

**Marco Larobina:** I am a Cardiothoracic Surgeon at The Royal Melbourne Hospital. I love my job, the beach and my family.

**Royal News: How long have you been at The Royal Melbourne Hospital?**

**Marco Larobina:** I spent a year at The Royal Melbourne Hospital as a registrar, having previously trained at The Alfred. I came back as a Consultant in 2010.

**Royal News: What’s your best memory of working at The Royal Melbourne Hospital?**

**Marco Larobina:** One of the most stressful parts of being a cardiac surgeon is attempting to bring someone back from the brink of death, particularly if they are young.

A couple of years ago a teenage trauma patient suffered a massive pulmonary embolus (lung clot) which caused their heart to stop, requiring resuscitation during an orthopaedic procedure. We rushed them into the cardiac theatre, retrieved the clot and got their heart going again.

Their mother sent me a beautiful card. I keep it on my desk as a reminder of the impact we all can have on the individuals and their families we look after.

**Royal News: How many cardiac surgeries do you perform every day?**

**Marco Larobina:** I usually do two heart operations per day, although at a place like The Royal Melbourne, a single phone call can change the pattern of your day very quickly.

**Royal News: Do you have coffee or tea in the morning?**

**Marco Larobina:** Coffee. I usually stop at 7 Eleven on the way to work. It is the only shop open at 6:20 in the morning.

“The mother of a teenage patient sent me a beautiful card to say thank you for saving her son’s life. I keep it on my desk as a reminder of the impact we all can have on the individuals and their families we look after.”

**NEW TELEVISIONS A GOOD DISTRACTION**

The 5 West Day Centre staff are very excited about the replacement of two televisions, one for each chair, in the Apheresis rooms. Not because they will be able to catch the midday movie but because they will be a welcome distraction from therapy for their patients.

Claire Dowsing, Apheresis and Bone Marrow Donor Nurse Practitioner Candidate said:

“The TVs have benefitted the patients by providing much needed entertainment during the lengthy process of an apheresis procedure.”

“Apheresis procedures are used to collect blood cells for bone marrow transplant or may be used to treat an underlying condition such as sickle cell anemia. Patients and donors may spend up to five hours attached to an apheresis machine during a stem cell harvest and during this time they are unable to leave the room or move around.”

The project was made possible through the Royal Melbourne Hospital Foundation’s community fundraising program. A big thank you to Erica and Brian Hutchinson and Melissa Chen, whose support helped purchase the televisions especially for these patients.
THE ROYAL MELBOURNE HOSPITAL’S ROYAL WALK & FUN RUN IS BACK.
(Sunday 29 March at 10am)

This year it will be BIGGER and better than ever!

Bring your dog, bring your children, bring all your family and friends and participate in a 4.5km or 9km walk or run for ‘Melbourne’s hospital’.

Brig and Lehmo from GOLD 104.3 will be hosting the event...

... and four-time Olympian Craig Mottram will be joining in on the 9km run too.

Register today. We would love to see you there.
theroyalwalk.org.au

Proudly supported by

theroyalwalk.org.au
Are you planning to:

[ ] Run
[ ] Walk

Payment by Credit Card:

[ ] VISA
[ ] MasterCard

Card number:

Expiry: / /

Cardholder’s name:

Signature:

By signing this registration, you agree to all Royal Walk & Fun Run terms and conditions (available to view at theroyalwalk.org.au)
The Royal Walk & Fun Run

When: Sunday 29 March 2015, 10am
Where: Princess Park, Carlton
Cost: Adults from $45, Children (12-17 years) from $30, Children under 12 FREE!

Building on the success of last year’s event, The Royal Walk & Fun Run is back for 2015. The Walk is a fun, non-competitive, community event that raises much needed funds for the most critical areas of need within the hospital. A special day for all ages, join us on 29 March at Princes Park by running or walking either 4.5km or 9km. Registration includes a free BBQ, t-shirt, a DJ and lots of fun. Everyone is welcome, even the dog. We hope to see you there.

To register, or for more information, please visit theroyalwalk.org.au or complete and return the attached registration form.

Public Lecture Series 2015

Next Lecture: Tuesday 21 April 2015, 5pm

Special Guest Speaker: Professor Steve Holt, World First Twelve-Way Kidney Transplant
Where: The Royal Melbourne Hospital, Function Centre
Cost: FREE event

Our Public Lectures are free and raise awareness of medical advances and research at The Royal Melbourne Hospital. They are an opportunity for community education on prevention, treatment and cure of specific diseases and are delivered by leading medical professionals and researchers. All Public Lectures are held in Seminar Rooms 1 & 2, The Royal Melbourne Hospital Function Centre Grattan Street, Parkville.

To book please call (03) 9342 7111.

Celebrating Research Gala Dinner

When: Sunday 30 May 2015, 6.30pm
Where: MYER Mural Hall, Melbourne
Cost: $250 (inc GST) per person

At this prestigious event, The Royal Melbourne Hospital will be inducting two legends into the RMH Research Hall of Fame. In addition, we will be announcing the winner of the 2015 RMH Research Medal, who’ll receive a $50,000 research grant to accompany the medal.

Launched at the inaugural Celebrating Research Gala in 2014, the Research Hall of Fame and the Research Medal acknowledge the incredible world-leading research conducted across Melbourne Health. The Research Hall of Fame honours our past clinicians and scientists whose research made a real and lasting impact on healthcare; with 19 “Legends of Research” inducted last year.

Join us as we honour research legends of The Royal Melbourne Hospital, whose courage and brilliance changed the face of modern medicine. For bookings visit rmhfoundation.org.au and go to Celebrating Research.

Corpus Medicorum Orchestra

When: Sunday 5 July 2015, 5pm
Where: Melbourne Recital Centre, Southbank
Cost: $60 ($50 Concession) per person

Corpus Medicorum is a wonderful opportunity to hear another side of our medical staff as they perform in our accomplished doctor’s orchestra. This performance will feature the beautiful music of Mahler’s Symphony no 1 ‘Titan’ and the enchanting ‘Tales from the Vienna Woods’ by J Strauss Snr. All proceeds support lung cancer research at The Royal Melbourne Hospital.

Treat yourself to a wonderful evening of music and support a great cause. To book visit corpusmedicorum.org.au.

SAVE THE DATE!
THERE ARE MANY WAYS TO SUPPORT THE ROYAL MELBOURNE HOSPITAL.
HERE ARE JUST SOME OF THE WAYS TO GET INVOLVED.