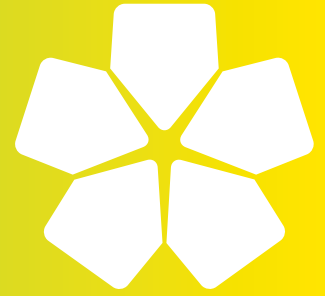


2011

Spring Update

The Chris O'Brien Lifehouse at RPA



Clinical Nurse Consultant Shannon Philp (R) with patient Susan Tower.

Nurse-led cancer care program success

LIFEHOUSE at RPA funds many programs including grants for research, medical equipment and other patient resources. One of the most recent successful initiatives supported by Lifehouse has been the Sydney Gynaecological Oncology Group at Sydney Cancer Centre's program "Fast Track Surgery and Nurse-led Follow Up".

This nurse-led cancer care program was the first of its kind in Australia and began in January 2010, with an \$82,000 grant provided by Lifehouse at RPA. More than 100 patients participated and their feedback and outcomes evaluated.

The program is essentially a patient-centred approach whereby an Advanced Practice Nurse works with cancer patients to provide one-on-one continuous support from pre-operation to follow-up care. Patients have procedures, side effects and likely outcomes explained to them at their first consultation and continue to have their clinical nurse's on-going support every step of the way. Through

building a relationship over this time with their nurse, patients were found to have significant improvements in their recovery.

The program leader, Clinical Nurse Consultant Shannon Philp, said that the patients in the program experienced faster recovery and were able to get back to their normal lives quicker.

Patient satisfaction with this new model of care has been high.

"Patients were able to leave hospital earlier and spend more of their post-operation recovery time with their families, many of whom report that being at home helped their recovery. Less pain was experienced, and more patients were eating and drinking again sooner which is a sign of recovery to patients," Shannon said.

"Nurses in such advanced practice roles delivering nurse-led care were more challenged in their roles, report feeling more rewarded for their work and more professionally fulfilled with higher job satisfaction. The nurse-led care allowed surgeons more time to see new cancer

patients, whilst still providing follow-up care as required. Hospital beds were better utilised as previously patients were kept in hospital longer, often meaning a delay in surgery for other patients."

Shannon presented the model at the Cancer Nurses Society of Australia (CNSA) Congress in Sydney in July where it was well received by peers. The program has now been adopted by the Sydney Cancer Centre's Gynaecological Oncology unit and many other facilities in other hospitals are looking at implementing the model. Several papers have been published in medical journals highlighting its success.

Escape into art

ART Est. in Leichhardt provides Sydney Cancer Centre patients and their carers free workshops each month, offering a chance to take your mind off illness and treatment for a day and simply be creative. Explore drawing, painting and mixed media – you may even take home a masterpiece.

Workshops are held Fridays from 10am to 3pm and include all materials, morning and afternoon tea, and expert tutoring. Just bring some lunch and your enthusiasm for art. The next workshop will be held 28 October and places are limited so phone Art Est. on **(02) 9564 1519** or email **enrol@artest.com.au** to reserve yours.



CEO's Message Timothy Dugan



IT gives me great pleasure to announce that construction of the 43,500 m² Lifehouse facility has now commenced and Chris O'Brien's vision to build an integrated cancer centre in the RPA/Sydney University precinct is drawing closer to reality each week.

Construction firm Brookfield Multiplex was awarded the \$142 million building contract last month and the nine story complex is on track for completion in 2013.

As you know, services will include clinical care, state-of-the-art treatment options, and education and research facilities, with a real focus on patient and support networks. Patients have told us one of the most important parts of their treatment is psychological support and we have incorporated this feedback into the organisational design and development of services that will be available to our patients.

The design of Lifehouse, by architecture firm Rice Daubney, has been short-listed in the 2011 World Architecture Festival awards in the Future Projects Health category, and I will keep you updated on this statement of recognition.

Best regards and thanks for your ongoing support,

Timothy Dugan
Chief Executive Officer, The Chris O'Brien Lifehouse at RPA

We look forward to keeping you updated on the progress of Lifehouse.

If you would like to receive our quarterly newsletters by email rather than mail (and help us save on administration costs) please sign up to our e-newsletter at www.lifehouserpa.org.au or phone us on 1300 852 500.

Thank you for your continued support.

New hibiscus varieties to raise funds



The Professor Chris O'Brien hibiscus, a spectacular vibrant orange bloom with golden yellow splotches during summer. The bloom is approximately 20cm once the bush is established.

THREE new signature varieties of hibiscus have been developed by the Hibiscus Society of Queensland to help raise funds for The Chris O'Brien Lifehouse at RPA in Sydney.

President of the Hibiscus Society of Queensland Inc., Gynith Whatmough, says the Society created the varieties to contribute to a cause their members felt passionate about – as many have been touched by cancer in one way or another.

She says, "We were all inspired by the work of Professor Chris O'Brien and his total dedication to do everything he could to make his dream a reality – all for the benefit of the many Australians who have been and will be affected by cancer.

This is a small tribute which in a practical way can do its part to assist the work of The Chris O'Brien Lifehouse at RPA."

The three varieties were hybridised by Fred Westerman, a devotee of hibiscus for almost 50 years, with the last ten years spent creating new varieties at his base in Queensland. A limited number of plants will be bred and made available to the public with all profits from the sale of the plants being donated to Lifehouse.

The new varieties are expected to be ready for planting in March 2012. A limited number of orders will be taken from October and will cost \$25, plus postage and handling. Orders can be made by contacting the Hibiscus Society of Queensland Inc. on (07) 5496 7930, email to paradise@big.net.au or by going to www.hibiscus.org.au



Shane Luckie – a patient’s journey

SHANE Luckie was working at a mining site 240km out of Broken Hill, where he’s been living for the past ten years, when he started feeling unwell in March this year. Being reasonably close to Mildura, he saw a gastroenterologist there and began having some tests.

“I thought it might have been my gall bladder at the time,” said Shane when he relayed his story recently, “but in hindsight I was getting reflux and I wasn’t sleeping too well. The specialist told me to see a surgeon called Dr David Storey in Sydney and it was soon after an operation to investigate some irregular tests that I got the bad news.”

Shane was diagnosed with oesophageal cancer which had spread into his lymph nodes in the lower part of his abdomen. He commenced radiotherapy at the Sydney Cancer Centre within days of his diagnosis and is currently about halfway through his chemotherapy treatment.

“I’d never really been sick before so it was a real shock at first and took some time to come to terms with.”

Shane works in the mining industry for Bemax Resources Ltd and is also a retained fire fighter – that is, on call with the NSW Fire Brigade. He says both employers have been exceptionally supportive.

“They are absolutely amazing. The Fire Brigade has a relief and welfare fund for members and gave me use of a unit at Marrickville, not far from the Sydney Cancer Centre where I was getting treatment. We were in Sydney for eight weeks, so that was brilliant to have accommodation available.”

Shane and his partner Sharon became engaged while staying in Sydney and afterward decided to bring their wedding day forward to give them a bit of a lift during Shane’s treatment period. Both have been married before and initially had a small ceremony, with a bigger celebration planned for March when Shane’s treatment is finished and he’s feeling more energetic.

“The medical team seems happy with my progress,” says Shane. “The cancers are shrinking, my wife is very supportive and I’m just looking forward to getting better now.”

Free transport for patients

A BIG thank you to The Honda Foundation for generously donating a Honda Odyssey to Lifehouse at RPA. The Odyssey will be manned by a team of volunteer drivers and transport Sydney Cancer Centre patients undergoing radiotherapy or chemotherapy treatments to and from their appointments.

The service operates weekdays and additional volunteer drivers are needed – can you spare six hours per week? If so, please contact Alex, volunteer coordinator at Sydney Cancer Centre on (02) 9515 6677. Training and orientation will be provided.

We appreciate the generous support of The Honda Foundation.



David Smith from Larke Hoskins Honda presents the Odyssey to Ariane Gallop of Lifehouse.



Lifehouse launches new website

THE Chris O'Brien Lifehouse at RPA has launched a new website offering patients of the Sydney Cancer Centre and the general public a pool of resources to help them navigate their cancer journey more informatively.

The site includes information about cancer types and treatment, details of support programs available, advice on caring for someone with cancer and a Sydney Cancer Centre/RPA medical staff directory.

You'll find helpful resources for professional counselling and therapy, an overview of financial issues some cancer patients face, tips for good nutritional support during and after treatment, research groups and clinical trials and a list of integrated medicine choices on offer.

Take a look at the new website, let us know your feedback and please sign up to our quarterly eNewsletter update if you haven't already. www.lifehouserpa.org.au

Upcoming Events

OCT
29

Australian Women of the Year Association – 36th Annual Luncheon

Saturday, 29 October 2011 12:00 PM

With guest speakers:

Gail O'Brien, Heidi Middleton and Maureen Carter

Location: Grand Ballroom Sheraton on the Park

161 Elizabeth Street Sydney

Cost: \$165 per person (Table of 10)

RSVP by 19th October, 2011

Email: enquiries@lifehouserpa.org.au to reserve your place or table now.

NOV
05

Sydney Head & Neck Cancer Institute Race Day

Saturday, November 5, 2011 at 12:00pm

Location: Randwick Royal Racecourse

Sydney Head and Neck Cancer Institute Professor Chris O'Brien
AO Race Day 2011

Email headandneck@sswhs.nsw.gov.au for more information.

FEB
12

Johnny Warren Jamberoo Classic

Sunday 12th February 2012

This annual charity ride has been hailed a resounding success and attracts 500 enthusiastic cyclists year on year. From the southern Sydney suburb of Loftus, participants cycle 100km to the town of Jamberoo, the former home of the late Soccer legend Johnny Warren. Last year \$25,000 was raised for The Chris O'Brien Lifehouse at RPA.

Location: Leaving from Loftus Oval,

Princess Highway Loftus. More details can be found at

www.johnnywarrenjamberooclassic.com

Medical Director's Message Professor Michael Boyer AM



CANCER is a disease that affects us all. Fortunately, over the past 30 years there have been huge advances in the treatment of cancer. These advances have come about as a result of the efforts of cancer researchers around the world. Here at the Sydney Cancer Centre, we have an active research program that spans the breadth of research from the laboratory, clinical trials, and the psychological aspects of cancer care. Funds to support this research come from several sources but one integral resource is the donations that you make to Lifehouse at RPA.

This edition of the newsletter includes an article highlighting the important research that is being carried out by the Cancer Nursing Research Unit at the Sydney Cancer Centre. It is through programs like these that we can evaluate, truly understand and then implement the best management practices and outcomes for cancer patients.

On behalf of all of our researchers and our patients, I thank you for your donations and encourage you to continue supporting us.

Best regards,

Professor Michael Boyer AM

Director, Sydney Cancer Centre and The Chris O'Brien Lifehouse at RPA

Special thank you to recent contributors

LIFEHOUSE wishes to thank the following generous supporters for their fundraising efforts and recent donations*:

- NetComm Limited
- Jane-Marie Hicks
- SG Foundation Pty Ltd
- Liangrove Foundation Pty Ltd
- The Johnson Family Foundation
- Peter Meyer
- Kilner Mason and The Mason Picture Company
- Audax Energy Foundation
- Ernest Rapee

We are grateful for numerous contributions made In Memory of Mrs Robyn White, Mr Matthew Barnett, Mr Joshua Eisenberg and Mr Bruce Fitzgerald

Thank you for donations received In Celebration of Mrs Vivanne Zakka's 50th birthday

Special thanks to Annabel Bond, who competed in The 2011 Tough Guy Challenge in the UK and raised approx. \$1,000 for Lifehouse in memory of her cousin Lucinda Campbell.

**as at date of going to print*



Students fundraise for beloved teacher

Students at Presbyterian Ladies' College have raised almost \$500 in donations in memory of their much loved art teacher Anita Ellis, who sadly lost her battle with cancer recently. The girls decided to raise funds for cancer care and research and donate it to Lifehouse at RPA, wearing ribbons in their hair at a school event in July to honour and remember Mrs Ellis. Our sincere thanks to all students and teachers involved for your support.

A call for user group participants



ONE of the many ways patients and caregivers will benefit from the new Lifehouse at RPA facility will be state-of-the-art Information Communications and Technology (ICT) services and support.

Current improvements to the patient experience under evaluation and development include a patient portal which will comprise online pre-admission forms, a bill payment facility, the ability to request an appointment and reschedule a visit, and access to pathology and medical imaging results. Patients will also be able to chat live to a Care Co-ordinator. Entry to Lifehouse will be made simple and stress free by a self-service check-in using a Lifehouse Smart card, which will provide access to the car park and can also contain appointment details, allergies and other information the patient would find valuable. Patients will also have the choice to receive appointment reminders direct to their mobile phone by SMS.

In addition, ICT plans include providing each bed / chair at Lifehouse with an integrated entertainment and communication system which will not only provide free-to-air TV, but also patient education material, an email facility, access to the internet and the ability to order meals and drinks for themselves and carers. The treating doctors and nurses will be able to use the same device to access patients' medical records and discuss results at the bedside.

Chief Information Officer at Lifehouse, Anne-Marie Hadley, said that one of the key components in developing patient centred ICT services will be gathering feedback from current patients and care givers.

"We are asking ex patients and carers to register if they would like to participate in important user groups either in person or online. Through shared information and valuable feedback we will be able to develop truly effective improvements in patient satisfaction and safety as well as empower patients to make informed decisions," Anne-Marie said.

"In recent years the Sydney Cancer Centre and Lifehouse have run several successful user groups, consulting specialists and end users, which have successfully enhanced the development of areas such as security and car parking facilities, biomedical and mechanical engineering, cleaning, housekeeping and catering.

"Our ICT focus includes the development of an electronic medical record, facilitation of evidence-based medicine, improving the patient journey (and the impact of IT consumerism), supporting research and education, and continuity of care and engagement with clinical partners such as GPs and referring specialists. Our aim is to create a healing and holistic healthcare delivery environment so that the patient experience is supported through a co-ordinated, well planned and innovative IT network."

Patients and care givers who would like to participate should contact Lifehouse on **(02) 9515 2000** to register their interest or email Anne-Marie at ahadley@lifehouserpa.org.au

Sign up for Register4 and assist research

You may have heard about Australia's first online community for volunteer breast cancer research participants, Register4. The National Breast Cancer Foundation is funding the initiative and they're currently putting out the call for anyone 18 years and over to join.

Register4 members are invited to participate in a range of peer-reviewed, science-based research projects. The commitment could be anything from answering a few questions to something more involved – from once or twice a year, to once every few years. As a voluntary initiative, the decision to take part is always the participants'.

The simple fact is that breast cancer is still the most common cancer affecting Australian women, and over the last few

decades its incidence has been on the rise. There could be something unique about any of us that holds answers to the big questions researchers are asking. By joining Register4, participants have the potential to make a tangible impact on the path of Australian research and the health of women around the world.

It can sometimes take years for researchers to find the right people to participate in their work. Register4 is a way to help fast-track this process. Sign up at www.register4.org.au by answering a few simple questions about yourself – it's free to join. If breast cancer has touched someone you know, or if you're a supporter of Australian medical research, visit www.register4.org.au to find out more about what you can do.

Thank you How you are helping



The Lunch for Life committee (L-R) Sophie Erskine, Hermione Joye, Ned O'Neil, Camilla Deague and Sophie Sproats.



Committee member James Hutchinson with Harriet Carroll

Lunch for life

Another fabulous day was enjoyed by all at the 3rd annual Lunch for Life event, held at Wildfire restaurant in Sydney's Circular Quay on 10 September, with \$100,000 being raised for Lifehouse at RPA.

This year's theme was The Great Gatsby and inspired some vibrant attire among the 300+ guests. Special thanks to Freya Smith, Justin Webb and Belinda Murray for sharing their stories about caring for a loved one during their cancer journey.

The Lunch for Life organising committee comprises a group of young people whose lives have been touched by cancer in a variety of ways, all coming together to raise funds for cancer treatment, care, education and research. Justin Webb, Luke Adams, James Hutchinson, Ned O'Neil, Camilla Deague, Sophie Erskine, Hermione Joye and Sophie Sproats worked tirelessly to ensure the event was a success and we are extremely appreciative of their efforts and incredible support.

We are very grateful to our sponsors, without whose generosity the event would not have been possible: Mission Estate Winery, Fosters Group, Sweet Pea, Glenmore Rooftop Hotel, Gentleman Jack, Liverpool Street Gallery, Pommery, Sports & Entertainment Ltd, The Australian Golf Club, Art Series Hotel Group, Rose Bay Marina, The Millswyn, Hugos Lounge, Mount Broughton Golf & Country Club, Kingsleys Steak & Crabhouse and Cate Blanchett.

Our sincere thanks as always to Tonci Farac, Julian Izzillo and Anthony Izzillo, owners of Wildfire who donated the superb luncheon at this incredible venue yet again, and of course to all our guests who attended the event on the day.

City2Surf in 2011

We are very grateful to our 100 plus participants in the 2011 Sun-Herald City2Surf last month. The rain did nothing to dampen spirits and their incredible support helped raise more than \$40,000 for Lifehouse at this year's event.

Special congratulations to fundraising group Team Tina, established by James, Chloe and Kara Conry in memory of their mother Tina, who raised more than \$15,000 in donations – an outstanding contribution from family, friends, students and colleagues of more than fifty Team Tina participants. A huge thank you goes to the Conry family for choosing to donate all funds raised in the C2S to Lifehouse at RPA this year.

Caroline Bernardi, who was treated at Sydney Cancer Centre several years ago, took part again this year with her husband Simon, daughter Ava and friends Tess and Em Adler – between them raising more than \$5,000. Similarly Keith Cox, nurse practitioner at Sydney Cancer Centre, was one of our top fundraisers again, exceeding his target with more than \$5,000 in donations.

Our appreciation to Lyn and Eric Payne, Cristina Libro, James and Marcus Trevena, Lucy Blair, Nina Davidson, Courtney Salter, Alex Suchowerska and others, including of course the magnificent Lifehouse at RPA team.

We sincerely thank all our supporters who took part in the run this year and in turn, their sponsors, who kindly made donations to Lifehouse on their behalf.



(L-R) Kara, Chloe & James Conry with their cousin Bailey Murphy



Eric and Lyn Payne



(L-R) Tess Adler, Ava Bernardi and Em Adler