



HIGHLIGHTS

The newsletter of the Curran Foundation

Issue 3 April 2009



Welcome to our April edition of Highlights. We have prepared an interesting selection of articles, which I hope you enjoy, to keep you informed of developments on the St Vincent's Campus and at the Curran Foundation.

The world's most advanced CT (the Toshiba Aquilion ONE) will be installed in the Medical Imaging Unit of the Hospital this month. This is an important development for the Hospital and has been purchased from funds raised as a Special Project appeal by the Curran Foundation. It will revolutionise non-invasive diagnostics, especially for cardiac, stroke and liver investigations, and will be available to both public and private patients at St Vincent's. \$3.4 million of the \$3.7 million required has been raised to date through several very generous donations for which we are most grateful. You can read more about this project in the article below.

The new portable GE Definium X-ray machine is now operational in the Curran Foundation Intensive Care Unit at St Vincent's. This acquisition was enabled by a Curran Foundation grant last year. The X-ray was identified as a high priority item and is providing instant bed-side imaging of critically ill patients in the Unit.

Enclosed you will find your invitation to a special piano recital on Saturday 6 June by the internationally acclaimed pianist Roger Woodward. Roger's programme for the evening is simply beautiful: Piano Sonatas by Beethoven and Preludes by Debussy. A reception will follow the recital so that our guests will have the opportunity to meet Roger. This promises to be a memorable evening which we recommend to you, your family and friends.

2009 is a year of celebration for St Vincent's Private Hospital. We look forward to joining the staff and friends of the Private in celebrating their Centenary. The Sisters of Charity established the Private Hospital in 1909 to allow the best specialists to treat private patients whilst also having responsibility for public patients on an honorary basis. The public and private hospitals have had a wonderful partnership for over a century now.

With best wishes and renewed thanks for your marvelous support of the Foundation, its projects and events,

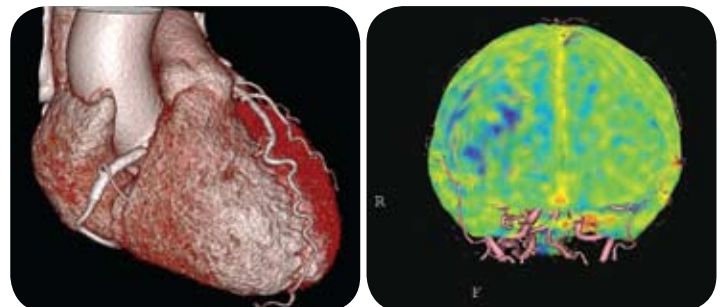
Trish Burns AM
Executive Director

News from the Foundation – World class diagnostic service for the St Vincent's Campus

Cardiovascular disease, which includes heart, stroke and blood vessel disease, is the leading cause of death in Australia. It kills one Australian every 10 minutes. Cardiovascular disease affects more than 3.5 million, or one in five, Australians.

Despite improvements over the last few decades, cardiovascular disease remains one of Australia's largest health problems.

Last year, the Cardiologists and Radiologists at St Vincent's approached the Curran Foundation with a proposal for a quantum leap forward in their diagnostic services for cardiovascular disease. The new technology platform proposed included an advanced computerised tomography scanner (the Aquilion ONE CT) to provide faster, safer and more accurate assessment of cardiovascular disease, reduce the need for invasive diagnostic procedures and enable more timely and effective treatment.



The instant scanning capability of the Aquilion ONE will enable more timely and accurate detection of heart disease and stroke.

With the generous support of businesses and individuals, most notably Mr Ken Cowley AO, the Curran Foundation has almost reached its fundraising target. The Toshiba Aquilion ONE, considered the world's most advanced CT scanner, will be installed at St Vincent's in the coming weeks.

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The Toshiba Aquilion ONE CT scanner

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The Aquilion ONE will transform the way heart disease and other conditions such as stroke, blood clots and liver disease are detected. With a coverage area of 320 high resolution detector rows, it can scan an entire organ such as the heart in a single pass. By comparison other CTs have 64, 128 or 256 rows and only capture a portion of an organ in a single pass, requiring physicians to reconstruct data from several points in time to get a complete image.

This single pass scan will dramatically shorten the diagnosis of patients to a fraction of the usual time and significantly enhance accuracy and diagnostic confidence. In the case of a cardiac scan, medical professionals using the Aquilion ONE will see dramatically clearer images with perfect time registration.

The Toshiba Aquilion ONE will also capture dynamic processes such as blood flow and organ function with real-time three-dimensional clarity. With this technology, a medical examination can be completed in mere minutes.

"This new generation CT will revolutionise the way we manage people with suspected cardiac problems at St Vincents Hospital. We are enormously grateful to the supporters of the Curran Foundation whose generosity has made this possible."

Professor Michael Feneley, Director, St Vincent's Heart Lung Programme.

The scanner will be used by the Radiologists in the Medical Imaging Unit in conjunction with the Cardiologists in both the public and private hospitals. St Vincent's Neurologists, Gastroenterologists and Vascular Surgeons will also benefit from the Aquilion ONE's instant and unparalleled diagnostic imaging capability.

The CT also has important applications for longitudinal clinical research studies, for example, in monitoring the cardiac health of patients following transplantation.

News from the Foundation – Curran Foundation supports a pioneering new procedure

In August last year interventional cardiologist, Associate Professor David Muller, conducted Australia's first non-invasive valve replacement procedure at St Vincent's, heralding an exciting new era for people with failing aortic heart valves.

The new technology eliminates the need for open-heart surgery and will mean that many patients, particularly elderly patients who are not considered suitable candidates for invasive surgery, can be considered eligible for treatment.

The non-invasive valve replacement procedure uses a prosthetic aortic tissue valve on a self-expanding frame that is delivered to the heart by a catheter and a disposable loading system.

"The new technology allowing non invasive heart valve replacement is a major breakthrough ... it will offer more patients a better prognosis, sparing them surgery and the associated lengthy recovery period and follow up care. It will be a cost effective solution for our ageing population."

Associate Professor David Muller, St Vincent's Hospital

Since the first Australian trial last year, Professor Muller has undertaken a further 12 procedures. Curran Foundation Life Governors, Mr Les Schirato AM, Mr David Macintosh OAM and Mrs Colleen Macintosh OAM, have generously donated to the trials enabling the purchase of five self-expanding valve prosthesis required for the procedures.

St Vincent's is one of only a few centres in the world to be undertaking trials of this pioneering technique and support from the Curran Foundation will assist Associate Professor Muller's work until government support is granted.

If you would like to find out more or become a contributor to this special project, please contact Trish Burns or Victoria Harrison at the Curran Foundation.



News from the Foundation – AW Edwards helps to build a home for “some of the brightest and best minds in the country”

The Curran Foundation is enormously grateful to the generosity of construction firm AW Edwards who have donated \$200,000 to the Foundation to be used towards developments on the St Vincent’s Research Precinct.

AW Edwards was the building contractor in the construction of the new Lowy Packer Building in Darlinghurst. The firm employed hundreds of people over the two-year build period to complete the excavation, construction and fit-out of the facility and was awarded the Master Builders of NSW Excellence in Construction Award for Health Buildings in the \$25 - \$100 million category for the project.

In explaining his generous gesture, Mr Bruce Edwards told the Curran Foundation:

“We have enjoyed the working relationship with all the parties involved in the project and no doubt this has contributed to the quality outcome achieved. Having a better understanding of the important work these organisations undertake, I am confident that these funds will be put to very good use”.

The state-of-the-art Lowy Packer building represents Phase 1 in the development of the St Vincent’s Research Precinct which when complete will house some 800 researchers.

The new building was completed late last year and is now home to researchers from the Victor Chang Cardiac Research Institute (VCCRI) and the St Vincent’s Centre for Applied Medical Research. The move into the new building has enabled the VCCRI to develop six new research teams with over sixty new research staff, as well as comparable expansion of the other St Vincent’s Research Precinct partners: St Vincent’s Centre for Applied Medical Research and the Garvan Institute of Medical Research.

The building will also facilitate the development of vital facilities, such as X-ray crystallography, and will provide increased opportunities for research training of students undertaking Honours, Masters and PhD degrees as well as training of postdoctoral students.

The Lowy Packer building was officially opened last year by Crown Princess Mary of Denmark who described the facility as home to some of the “brightest and best minds in the country”.



Crown Princess Mary of Denmark at the opening of the Lowy Packer Building on the St Vincent’s Campus.

AW Edwards’ donation to the Curran Foundation has been shared equally between the St Vincent’s Research Precinct partners: the VCCRI, Garvan and St Vincent’s Hospital.



Mr Steven Rubic, Chief Executive, St Vincents & Mater Health Sydney, Sr Elizabeth Dodds RSC, Congregational Leader, Sisters of Charity with Crown Princess Mary of Denmark and Professor David Cooper AO, Director of Research, St Vincent’s Centre of Applied Medical Research at the opening of the Lowy Packer Building. A statue of the late heart surgeon Victor Chang features at the entrance to the new building.



News from the Campus – Healing Arts at St Vincent's

Be it a 20th century master or student's photography, the display of visual arts is well recognised as having therapeutic benefits.

Religious art adorned many of the hospitals in Renaissance Italy, while in 1859 Florence Nightingale observed that "the variety of form and brilliance of colour in the objects presented to patients have a powerful effect and are an actual means of recovery".

More recently, research conducted by the Chelsea and Westminster Hospital in London in 2002 provided evidence that the integration of visual arts into the healthcare environment has a range of psychological, physiological and biological outcomes that can have clinical significance.

The Healing Arts Programme at St Vincent's Hospital was established in 2002 to coincide with the opening of the Xavier ward building. It aims to enhance the care, wellbeing and

healing of patients and indeed anecdotal evidence from patients, their families and staff would attest to the benefits of the many and varied artworks throughout the public hospital's corridors, wards and waiting areas.

The programme, run by an honorary committee of Hospital staff and art enthusiasts, has been successful in acquiring a number of important art works including a multi-paneled work by Guy Maestri, the 2009 Archibald Prize winner, in the lounge area on Level 4.

A Michael Johnson diptych is also displayed in the Hospital - on loan from the artist and the Sherman Galleries. Earlier this year Michael Johnson donated another work which now hangs in the Heart Lung Unit patient waiting area.

The art committee co-ordinate a series of temporary exhibitions which run back-to-back throughout the year and include a variety of media such as painting, drawing, sculpture, photography and textiles. The committee also work closely with the nearby National Art School to promote its students by displaying and selling their work.



Michael Johnson, Untitled, 1978 flash vinyl arches and cotton duck – painted in the artists Taylor Square studio and donated to St Vincent's Hospital, in 2009.

News from the Campus – St Vincent's Private turns 100

2009 marks the Centenary of St Vincent's Private Hospital, celebrating one hundred years of excellence in compassionate health care.

St Vincent's Private Hospital was established in a time when the general hospital received no government funding and relied on public donations, patient fees and subscriptions. The development of private facilities in 1909 provided crucial financial support as well as accommodation for the private patients of those doctors working in an honorary capacity at St Vincent's Public Hospital.

Under the guidance of the Sisters of Charity, St Vincent's Private has become a Sydney institution synonymous with outstanding healthcare while continuing to provide outreach and support to the marginalised within the community.

The Private Hospital has had the service of many fine medical practitioners including Sir Alexander McCormack, Herbert Moran and Sir John McKelvy and has been privileged to care for many prominent members of the community including many Prime Ministers.



Sr Anthea Groves RSC, Mrs Ros Packer AO, Ms Gretel Packer and Mr Robert Cusack, Executive Director of St Vincent's Private at the opening ceremony of the century year of the Private Hospital.

There will be a number of events throughout the year to celebrate the Private Hospital's Centenary including a book launch and art show in August. Should you be interested in finding out more about these celebrations, please contact Trish Burns or Victoria Harrison at the Curran Foundation.



News from the Campus – St Vincent’s Private to be a Magnet for top nurses

Earlier this year, Mr David Macintosh OAM and Mrs Colleen Macintosh OAM made a special donation to the Curran Foundation which allowed two senior nurses at St Vincent’s Private to travel to the United States to learn about the Magnet Recognition Programme.

The Magnet Programme is the ‘gold standard’ in recognising and rewarding excellence in nursing care. The Programme provides a nursing-led framework for hospitals to maintain best practice in nursing and is supported by recent research indicating a more satisfied workforce and superior patient care.

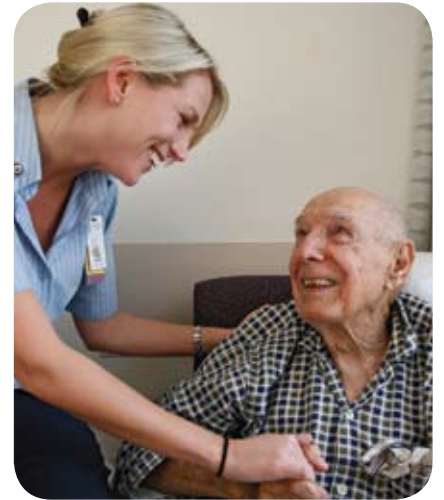
In late 2008, Professor Kim Walker and Ms Xanthe Jones attended the annual Magnet conference in Salt Lake City to learn more about the Programme and the benefits it could bring to St Vincent’s Private.

“To receive Magnet status will be a testament to our commitment to a culture of excellence at St Vincent’s Private. We are constantly striving to provide an environment which encourages best practice, strong leadership and high levels of accountability from all our nursing staff. The Magnet Programme provides a robust framework for us to do this as well as enabling constant review and improvement of our practices.”

Professor Kim Walker, Professor of Nursing Applied Research

The benefits of the Magnet Programme for St Vincent’s will include: developing more nurses to specialty Certificate, Diploma and Masters level; improving job satisfaction and retention of nursing staff; and the ability to attract the best nursing graduates. “This will undoubtedly lead to better care for our patients”, continued Professor Walker.

Ms Jones, the Magnet Programme Coordinator, and Professor Walker are



now putting steps in place to ensure that St Vincent’s Private will be ready to meet Magnet status by 2010. In doing so it will make St Vincent’s Private the first private hospital in Australia, if not the southern hemisphere, to receive Magnet accreditation. They also plan for St Vincent’s Private to be a demonstration site for the Magnet Programme in the Asia-Pacific region.

News from the Campus – Interventional Stroke Management Trials commence

Stroke is the single greatest cause of acquired disability in Australia and the most common reason for admission to nursing homes. However, the damaging effects and disability caused by stroke can be prevented with timely medical intervention.

A stroke occurs when the blood supply to the brain is suddenly disrupted because of a blocked or broken artery. This disruption to the brain’s blood supply means the brain is starved of the oxygen it needs and brain cells can be permanently damaged and die. The effects of stroke can be severe and include speech impairment, paralysis and death.

Dr Richard Parkinson, a neurosurgeon at St Vincent’s, has been using a pioneering interventional technique for the past four

years to open blocked arteries in the brain and minimise or prevent the damaging effects of stroke. The treatment, which works in a similar way to a coronary angiogram, involves a minute stent fixed to a small catheter and guided via X-ray to the blockage in the brain. The stent is released by balloon to open the blocked artery and restore blood flow in the area.

Dr Parkinson and fellow St Vincent’s neurologist, Dr Romesh Markus, were recently invited to participate in the international Interventional Management of Stroke Trial (IMS3), a prestigious trial funded by the US Government which will compare various stroke treatments. The trials commenced earlier this year at St Vincent’s Hospital and will run for two years. St Vincent’s is one of only three

centres in Australia invited to submit to the IMS3.

Updates on Dr Parkinson’s progress with the IMS3 trials will be featured in future newsletters.

SIGNS OF STROKE

Signs of stroke may include dizziness, difficulty with speech, or a numbness or weakness in limbs on one side of the body. Dr Richard Parkinson advises that people experiencing any of these symptoms present to the nearest hospital Emergency Department immediately. The interventional technique for treating stroke will achieve best results when applied within four hours of experiencing symptoms.



Upcoming Event – Roger Woodward in concert

Roger Woodward is one of Australia’s foremost classical pianists and the Curran Foundation is thrilled and privileged that he has offered his remarkable talent to perform at an intimate concert for our benefit

The concert, to be held on Saturday 6 June in the beautiful Horbury Hunt designed Chapel of Kincoppal Rose Bay, will feature works by Beethoven and Debussy. Proceeds will be shared with the Puget Organ restoration project of the Chapel Society.

Roger Woodward is a soloist with many of the world’s leading orchestras including the Leipzig Gewandhaus, London Philharmonia and New York Philharmonic. As a chamber musician he is the frequent partner of the Alexander String Quartet with whom he performs



Internationally acclaimed pianist, Roger Woodward.

and records. As a guest artist he regularly appears at the Festival d’Automn à Paris, the New York Piano Festival and the Nurnburg Festival of Sacred Music. Last year he was awarded the prestigious German Critics Prize for his recording of Bach Partitas.

Roger is an esteemed pedagogue in Europe and North America, a frequent member of international competitions, is resident at the San Francisco State University School of Music, recipient of the Polish Order of Merit, the French Ordre des Arts et des Lettres, and a Companion of the Order of Australia.

Tickets to this special event cost \$150. The evening includes drinks and canapés following the recital and the opportunity to meet with Roger. Your invitation is enclosed with this newsletter. Please extend to friends, family and classical music enthusiasts alike.

The Programme

Beethoven Piano Sonata
No 3 in C, Opus 2 No 3

Beethoven Piano Sonata
No 7 in D, Opus 10 No 3

Debussy 12 Preludes
from Books I and II

Debussy L’Isle Joyeuse

Diary Dates – Dates to remember

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| Monday 4 May 2009 | CPR class at St Vincent’s Hospital |
| Thursday 14 May 2009 | Ecumenical Thanksgiving Service |
| Saturday 6 June 2009 | Roger Woodward Chapel Concert at Kincoppal Rose Bay |
| Monday 6 July 2009 | CPR class at St Vincent’s Hospital |
| Thursday 30 July 2009 | “Stress versus Success”: How to achieve balance in everyday living An event for the next generation of Curran supporters at the Tim Olsen Gallery |
| Thursday 24 September 2009 | Annual Spring Cocktail Reception at Trivett |
| Monday 12 October 2009 | CPR class at St Vincent’s Hospital |

Should you have any questions or wish to attend any of these events, please contact Trish Burns or Victoria Harrison at the Curran Foundation on 02 8382 2134.

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