

WELCOME

THE ALFRED FOUNDATION



theAlfred
FOUNDATION

Director's Welcome



Thank you so much for your decision to support The Alfred. I hope you enjoy reading Welcome and discovering the transformational impact your support makes each day on the lives of our patients and their families.

Your kindness will help the hospital to truly make a difference and ensure we continue delivering extraordinary healthcare – now and into the future.

This year our hospital celebrates 150 years of caring for Victorians. Founded in 1871, the hospital was only able to be built through significant donations from the community. Philanthropy is a fundamental part of our history. As a donor and valued member of The Alfred family, your impact will help us continue to improve and evolve – pioneering new research, treatments and care.

On behalf of all the staff and patients at The Alfred thank you – we are truly grateful for your support and commitment to improving the lives of so many.

Warmest Regards,

A handwritten signature in black ink, appearing to read 'Patrick Baker'.

Patrick Baker

DIRECTOR – THE ALFRED FOUNDATION

ABOUT THE ALFRED

Alfred Health is one of Australia's leading healthcare services. We provide treatment, care, and compassion to more than 700,000 locals who live in Melbourne, and provide health services for Victorians experiencing the most acute and complex conditions through our 14 statewide services, including the Heart and Lung Transplant Service, Victorian Melanoma Service and Major Trauma Service.

Across our diverse organisation, we value and respect life from beginning to end. Our research and education programs advance the science of medicine and health and contribute to innovations in treatment and care. Through partnerships, we build our knowledge and share it with the world.

Meet our Specialists

The Alfred delivers care, innovation, research and education with a wealth of expertise and knowledge putting us at the forefront of healthcare. Here we introduce three of the hospital's exceptional specialists.



Professor Allen Cheng is one of Australia's leading infectious diseases physicians and Director of Infection Prevention and Healthcare Epidemiology at The Alfred.

His work has been recognized as recipient of a NHMRC Excellence Award (2014) and the Frank Fenner Award for Advanced Research in Infectious Diseases (ASID, 2012). Allen has also been a technical advisor to the World Health Organisation, resulting in drafting of international guidelines for management of sepsis and for severe H1N1/09 infection and is the current President of the Australasian Society for Infectious Diseases (ASID).

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A lot of early career researchers are funded by very short-term grants and it's important to nurture scientists and academic clinicians so they can become independent and acquire their own funding down the track.



Heather Cleland is a Plastic Surgeon and currently Head of the Victorian Adult Burns Unit (VABU) at The Alfred. She is a member of the Australian Society of Plastic Surgeons, and the Australian and New Zealand Burn Association, of which she is a Past President and current board member.

Heather is a member of the Court of Examiners of the Royal Australasian College of Surgeons (Plastic Surgery), the Australasian Foundation for Plastic Surgery's Education Committee, and the Donor Tissue Bank Committee of the Victorian Institute of Forensic Medicine. Heather is a supervisor for higher degree students, and has published over 100 articles in peer reviewed journals.

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Thank you so much for your support. For a number of years VABU has welcomed support from The Alfred Foundation to build facilities and help fund vital research projects. Contributions from supporters like you help to ensure we can continue to provide care for burns patients from across Victoria.



Professor Mark Shackleton is the Director of Oncology at The Alfred. After training in medical oncology at the Ludwig Institute in Melbourne, Prof Shackleton undertook PhD studies at the Walter and Eliza Hall Institute of Medical Research and post-doctoral work at the University of Michigan, USA.

Prof Shackleton has received several major prizes for his research, including the 2006 Victorian Premier's Award for Medical Research, a 2010 NHMRC Achievement Award, a 2011 Pfizer Australia Fellowship, and a 2016 Victorian Cancer Agency Clinical Research Fellowship. In 2012, he was awarded the Australian Science Minister's Prize for Life Scientist of the Year.

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The community support we receive via donations makes a huge contribution to our research program in Oncology, to providing our patients with access to leading-edge technologies and treatments, and to advancing the understanding and treatment of cancer globally.

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My legs were crushed under the steering wheel. I had my mobile phone but no service. I just waited and hoped that someone would notice the pole I hit and come looking. It took 23 hours but eventually someone found me.

Trauma Patient Harry Edwards
Photo by Anna Carlile

Transforming Care

The Alfred operates the largest and most active trauma service in Australasia and with trauma admissions continuing to rise, The Alfred had to address the issue of capacity. Increasingly trauma patients were being cared for across non-trauma specific wards, which had the potential to lead to fragmented care and delayed rehabilitation.

Through the generosity of donors who contributed \$6 million, a new purpose-built 40-bed trauma ward recently opened at The Alfred. The expansion has provided additional capacity, improved infrastructure and equipment, better patient flows and efficiencies. This has created better continuity of care for patients and an environment that is more conducive to recovery.

A new combined therapy and procedure zone has facilitated therapy at the bedside allowing earlier rehabilitation and recovery, with some patients able to get home sooner.

Emergency and Trauma Physician, Dr Helen Stergiou said the new trauma ward has facilitated the delivery of excellent nursing care and a fabulous new environment for staff, patients and their families during what can be incredibly difficult experiences.

Harry is one of these patients. At the end of 2019, Harry was involved in a severe car accident which saw him airlifted to The Alfred and admitted to the new Trauma Ward, where he remained until February 2020.

On Christmas Eve, driving along a local road, near his home town of Skipton (a Victorian country town near Ballarat), Harry's windscreen was hit by rocks. His airbags deployed and as he swerved he drove off a 200 metre high embankment, hitting a pole by the side of the road.

Harry is the quintessential Aussie farmer; glass half full and determined. It's these traits that undoubtedly helped him survive the horrific accident, in which he lay crushed by his car, waiting to be found for 23 hours.

On some country roads, passers-by can be infrequent and with Harry 200 metres below the road, no-one was likely to see him anyway.

Harry's legs were crushed, his kidneys were damaged and he had broken ribs. Able to reach his mobile phone he tried frantically to call for help, but he was in a

mobile service black-spot. As Harry recounts this story he is calm, not letting on the panic he must have felt during those 23 hours, where he remained conscious, hoping someone would find him.

Harry's hope came from his knowledge that when locals notice a pole has been knocked down in country areas, they will often investigate. Thankfully he was right, a local farmer and his son found Harry after noticing the pole Harry had hit when he veered off the road.

Harry was airlifted to The Alfred where it was determined his right leg was too severely damaged to be saved and so once the Emergency and Trauma team had resuscitated Harry he was taken to the operating theatre where his leg was amputated below the knee. Following the operation Harry spent time in the Intensive Care Unit before he was transferred to the new Trauma Ward.

"Harry was one of those patients who made the work so enjoyable - every time we walked in to see him, he was smiling. Harry's room faced Fawkner Park and there always seemed to be sunshine streaming into the room," said Dr Stergiou. Harry is now recovering in Ballarat and looking forward to getting back to his farm.



Dr Helen Stergiou

Your Support Making an Impact

Throughout 2020 your support enabled us to fund critical projects and items within our four key funding pillars; transforming care, leading technology, advancing discovery and developing extraordinary caregivers.

TRANSFORMING CARE

Projects funded

Pandemic intervention and Monitoring system (PiMS)

Pilot program Consumer Focus Group for Australian Centre of Blood Diseases - a first at Alfred Health

Music therapy program for patients with cancer

Helipad upgrade

Patient accommodation facilities for rural and regional cancer patients



Music Therapist, Dr Lucy Forrest



LEADING TECHNOLOGY

Equipment funded

Mobile CT Scanner

New Generation Ventilators

GridION - a device capable of running multiple DNA/RNA sequencing experiments

Paediatric ultrasound inducer

Globex Pulsatile Pump (for simulation training)

Cardiultrasound for ICU

Mini C-Arm for plastic surgery

Bladder scanner

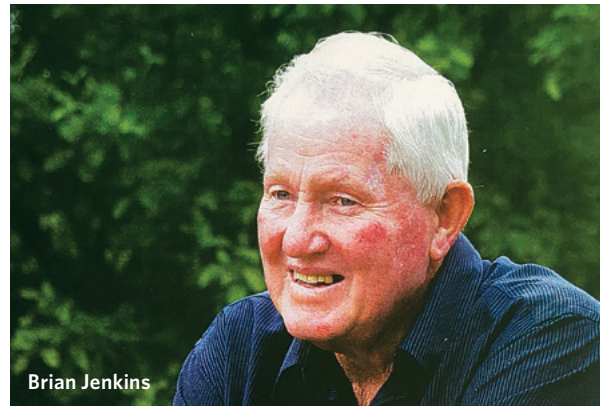
ADVANCING DISCOVERY

Projects funded

- Development of COVID-19 Biobank
- 'Better, targeted therapies for heart failure patients' study/research
- 'Geriatric & Autoimmune Diseases' study/research
- 'The low emulsifier diet in Crohn's disease' study/research
- The Alfred Cancer Biobank
- Research into Human Skin Equivalent to treating skin loss in burns
- Development of leukaemia treatment research projects
- Lung transplant research projects



Iris and James Foster who funded The Alfred Cancer Biobank



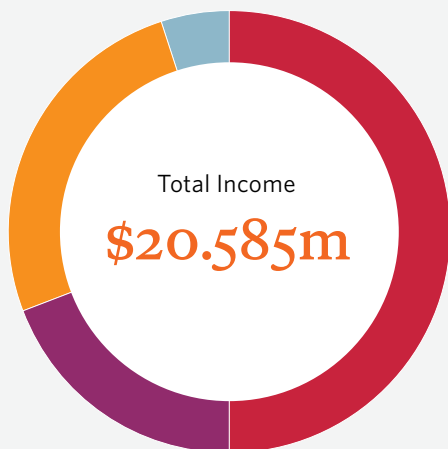
Brian Jenkins

DEVELOPING EXTRAORDINARY CAREGIVERS

Projects funded

- Novel multidisciplinary team-based operating room simulation project
- Cardiac Medical Interventional Research Fellow (new opportunities in heart failure management)
- Two nursing scholarships for the career development of nurses (this funding was received for nursing students completing a PhD)
- The Jenkins Fellowship for Lymphoma
- Development of Cellular Cancer Immunotherapy Capacity and Clinical Trials

The Alfred Foundation 2019/2020 Financial Year Summary



Total Expenses	Net Income
\$2,714,000	\$17,871,595
● Donations	\$10,355,170
● Gifts in Wills	\$3,916,937
● Trusts & Foundations	\$5,312,022
● Corporate & Events	\$1,021,466
Total Income	\$20,585,595

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The Alfred has given me a future, from a near impossible position of health I am fortunate to have achieved a full recovery.

PATRICK DEVINE

ICU patient Patrick and wife Ros
Photo by Anna Carlile

Leading Technology

The Alfred Intensive Care Unit (ICU) treats the most complex and unwell patients in Victoria, admitting around 3,000 patients every year. Recently donors supported the expansion of the ICU to level three increasing our capacity to care for critically ill patients, with one highly-skilled and dedicated team now working across two levels.

The redevelopment drew on a number of innovative design principles, incorporating best practice from around the world. Thanks to the incredible support of donors to the Lifesaving Equipment Fund and generous community members, new features include:

- An increase in ICU beds to 50 and an increase of family rooms from two to four.
- Increased capacity of specialised equipment such as ECMO – ECMO provides cardiac and respiratory support to patients whose heart and lungs are unable to work effectively on their own.

Every bed in The Alfred ICU holds a unique and personal story of courage, fear and suffering. When 72-year-old Patrick collapsed at his Melbourne home two days after celebrating his fiftieth wedding anniversary, his wife Ros called an ambulance believing Patrick's compromised immune system had triggered an infection. Patrick had recently undergone radiation for two rare blood cancers and had suffered an infection as a result. This time the infection was so severe that by the time the ambulance was nearing The Alfred, Patrick's major organs were shutting down. While Patrick clung to life, Ros was told to say her goodbyes.

ICU Director, Associate Professor Steve McGloughlin said Patrick's condition on arrival to ICU was critical. "It took nearly four weeks for Patrick to recover in ICU with his recovery being a major physical and mental challenge. While in the ICU he was cared for by dozens of highly trained staff using highly specialised and expensive equipment, often kindly funded by donors," he said.

Patrick only learned of his ordeal while in rehabilitation where he needed to relearn so many basic skills such as how to speak, sit, stand, use his hands and feet and eventually how to walk. He says it was Ros who dealt with all of the pressure as she watched her husband attached to multiple tubes, monitoring screens and equipment.

"I always held a personal view that I was responsible for my own health but circumstances resulted in my life depending on the care and skill of others," he said.

"Ros was there every day and many of the nights. There was constant nursing and the attention of professors, specialists and doctors who gave me the best treatment and chance of life."


Equipment plays a critical role in supporting our medical and nursing staff to provide innovative, exceptional care, however it remains one of the largest costs associated with lifesaving services in ICU.

"One of the most critical factors in determining the outcome for patients who require ICU is the ability to initiate advanced forms of life support in a timely manner," A/Prof McGloughlin said.

"By opening the ICU on the third floor, The Alfred has been able to ensure that patients have access to ICU as soon as it is required, which no doubt improves their outcomes."



Patrick with Physiotherapist Tahnee



True love shines against all odds

When 25-year-old Toni married childhood sweetheart Jesse, it was no ordinary wedding. Wheeled in her hospital bed to The Alfred Hospital Chapel, attached to life support machines and hours away from having major heart surgery, Toni and Jesse showed the world what true love looks like.

Shortly after the birth of their second child Madisyn in 2018, Toni found she was constantly out of breath, tired and losing weight. It wasn't until Jesse came home to find Toni barely breathing that the seriousness of her condition was realised.

Tests revealed Toni was suffering from rapidly progressive and potentially fatal heart failure as well as Stage Four Hodgkin's Lymphoma, which had already spread through her neck, chest and abdomen.

Toni was transferred to The Alfred for treatment where complications meant she eventually had to be placed on life support. But behind the scenes medical staff were working frantically to try everything to save Toni's life.

Toni was put on the most extreme type of life support, ECMO (ExtraCorporeal Membrane Oxygenation machine) which acts as a person's heart and lungs when their own don't work. Toni's situation was a first for The Alfred, with the combination of heart failure and cancer, her treatment had to be unique. She was placed on ECMO whilst in a coma and given chemotherapy at the same time.

One of Toni's doctors, Intensivist Dashiell Gantner said it was done with some serious considerations and extensive consultation between specialities. "None of us would have dreamt this was possible and I'm not aware this has been done anywhere else in the world.

It was really a choice between certain death and a slim chance of survival" Dr Gantner said.

Gradually Toni started to improve and after three and a half weeks in a coma, she was woken up and it wasn't long before Jesse took the chance to pop the big question, asking Toni to marry him. Toni said 'yes' and it was then that Alfred staff really flew into action.

The couple wanted to marry before Toni underwent urgent surgery the following week, which doctors had indicated Toni may not survive. Toni's heart pump had to be removed and her only hope for survival was if her own heart was able to work on its own.

Within three days, staff organised everything in preparation for the big day. Nurse and ECMO specialists oversaw the logistics of moving Toni to The Alfred's chapel safely. Fortunately this was not to be Toni's last day with her family. She not only survived the surgery, but is now home with her family and doing incredibly well.

The Alfred is the largest ECMO centre nationally, providing ECMO support to more than 100 patients per year. We are incredibly grateful to our donors who provide the support to purchase equipment, like ECMO, allowing us to remain at the forefront of best practice healthcare.

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None of us would have dreamt this was possible and I'm not aware this has been done anywhere else in the world.

DR DASHIELL GANTNER

Making the impossible possible

The Alfred Foundation Manifesto

Every life matters. Every life is precious. We are all somebody's someone and we all deserve access to the very best healthcare.

We are here for the mother struck by a car, the child who needs a lung transplant, the son who is a road trauma victim, the grandmother who falls and breaks her hip, the brother who is diagnosed with HIV, the wife who is caught in the house fire...

Here, trauma is not just a word, it is a daily reality and those who are unlucky enough to find themselves in its grasp deserve the best chance of survival through the most extraordinary care.

The most seriously ill and injured come here. We are unrelenting in our quest to innovate and find new ways of doing things so we can save lives and improve people's quality of life.

Patients are the reason we are here – they are the focus of what we do.

We are proudly Victorian – we are your burns service, your heart and lung transplant service and most likely your trauma service.

But our reach is global. We save lives around the globe by sharing our knowledge and expertise with the world.

Excellence is the measure we work to every day. Through research and education, we set new standards for tomorrow and our donors are the cornerstone providing the capacity for our excellence.

We work together. We all play vital roles in a team that achieves extraordinary results. How we do things is as important as what we do.

Philanthropy is a fundamental part of The Alfred's history and its future. With the support of the community we will continue to push boundaries, overcome obstacles and constantly improve and evolve.

We will continue to pioneer research, treatments and education programs which advance the science of medicine and contribute to innovations in treatment and care and we will share this knowledge with the world.

We are proudly a public health service, available to all. We are grateful to the Government which creates the path to make every day possible, and in awe of our donors who pave the way to make the impossible possible.

As a donor your impact is profound and we will always honour your desires to contribute to what makes The Alfred extraordinary. You are part of The Alfred family and we respect your voice and acknowledge that your voice is often one of first-hand experience; the patient saved, the thankful family, the grateful community.

We are a trusted leader and we are crusaders for everyone's rights to the very best healthcare.

We are The Alfred – where the impossible becomes possible.

Yes, I would like to donate to The Alfred

\$35 \$60 \$100 \$250 \$1,000

Other \$

OR

I want to give a regular monthly gift of \$ to The Alfred to be deducted from my credit card on the 30th of each month. *(I can cancel at any time by giving 14 days notice)*

Please find enclosed my:

Cheque Money order *(payable to The Alfred Foundation)*

OR, please debit my:

Visa MasterCard Amex

Name on card:

Card number:

Expiry date: /

Signature:

From:

Name:

Address:

Phone:

Email:

Please send me information on how I can remember The Alfred in my Will

I have already included The Alfred in my Will

To make your gift, complete and return this coupon in the enclosed reply paid envelope, or send to:

The Alfred Foundation

PO Box 2021
Prahran VIC 3181

T: 1800 888 878

alwaysalfred.org.au

Donations of \$2 and over are tax deductible

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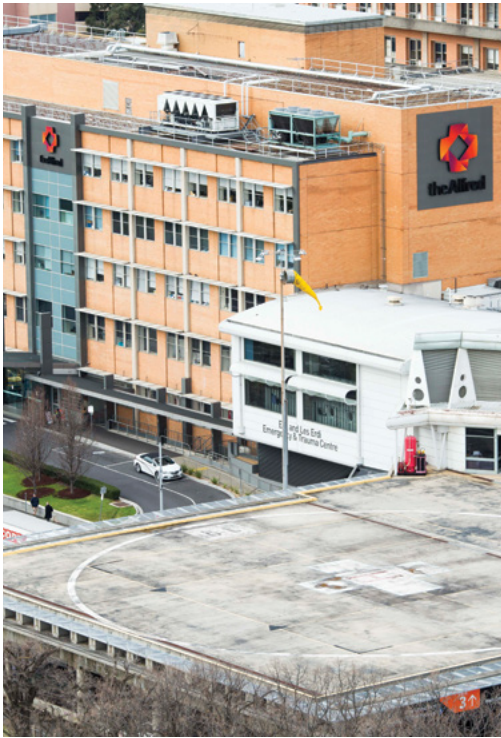


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You can
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Donate to
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