

150 years of Impact

A hospital built
on philanthropy

The Alfred Foundation





A hospital built by the community for the community

In 1871, 169 people donated £4533 to open a new hospital 'south of the Yarra'.

150 years later...

More than \$350 million has been raised from more than one million donations, funding some of the most significant expansions, equipment, research and training in the hospital's history.

Through this extraordinary community support, today The Alfred is an iconic institution, synonymous with excellence and internationally recognised for pioneering leadership in some of the most complex areas of healthcare.

Through bushfires and wars, from the Spanish flu to COVID-19, we have dug deep, working bravely and selflessly for all Victorians.

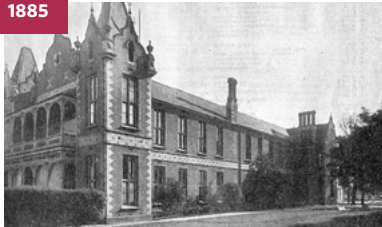
For 150 years, we've been with our patients, their families and the whole community during life's toughest battles. Side-by-side, we've brought out the best in each other and, in the process, built a true hospital of the people.

It's something to be proud of and worth fighting for. And when challenges arrive, as they always will, we'll face them together, emboldened and lifted by the indomitable spirit of The Alfred.

Front page image: The Alfred has been consistently caring for the community for 150 years. Pictured are Sister Sarah Waters in 1915 and a nurse wearing PPE in 2021.

150 years of philanthropy

1885



Linay Pavilion

A gift in the Will of the late John Linay enables the first major extension at The Alfred and its first ever operating theatre.



1902

The Michaelis Children's Ward

Thanks to the generosity of the Michaelis family, a children's ward opens at The Alfred. Artists like Arthur Boyd donate murals, and cots are funded each year by the community.

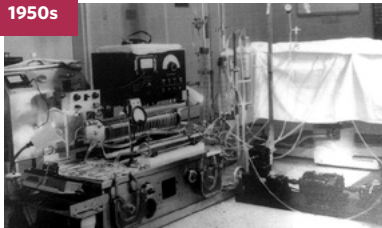


1943

Margaret Coles House

Made possible thanks to a major gift from Sir George James Coles in honour of his wife, Margaret, who was a significant fundraiser in her own right.

1950s



Pacemaker for open-heart surgery development

Alfred hospital porters take up a collection at local pubs to fund a pacemaker to help patients through temporary complications following heart surgery.



1987

William Buckland Radiotherapy Centre

After a successful appeal, including a donation of \$1 million from The William Buckland Foundation, a comprehensive cancer service at The Alfred was realised.



2008

Fox Family Trauma Wing

Thanks to a significant donation from Lindsay and Paula Fox and family, the ICU redevelopment and expansion officially opens.

2015



Eva and Les Erdi Emergency & Trauma Centre

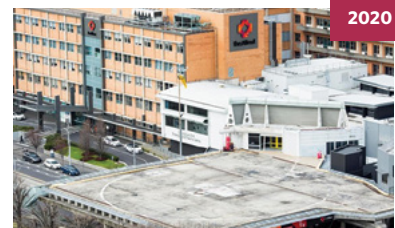
Thanks to the largest single gift in the hospital's history, this \$15 million redevelopment opens.



2020

The Betty & John Laidlaw Innovation and Research Hub

With the incredible support of John and Betty Laidlaw, this state-of-the-art hub provides Alfred staff and Research Alliance partners the space to rapidly innovate and test new ideas.



2020

Helipad upgrades

Urgently needed upgrades to the hospital's helipad are made possible thanks to donor support.

Our Chief Executive Professor Andrew Way AM

In 2021 COVID-19 shaped our lives, work and health. It has been one of the most intense periods in our 150-year history, when our community has needed us more than ever. In these extraordinary times, in the most challenging of circumstances, our staff have provided exceptional care. Standing steadfast beside them has been our community and you, our donors.

The Alfred was founded on philanthropic support 150 years ago and throughout our rich history we have shared in events that have shaped our city and our state. From bushfires to wars and pandemics, with bravery and grit we have emerged stronger, more capable and more connected.

In our early days we brought across ground-breaking research from Europe and the United States that has seen the country and our hospital establish itself internationally.

We continue to be one of Australia's most research-intensive health services with much of the research focussed on direct benefits for patients. The new Victorian Melanoma and Clinical Trials Centre will ensure Alfred Health remains at the forefront of

the early detection and prevention of skin cancers, as well as research.

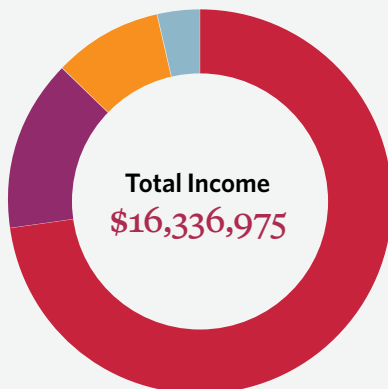
During the year, our health service took on a central role in keeping the community safe. Our ICU team cared for more patients who were critically ill with COVID-19 than any other health service in Australia. In part this was due to the unit's expertise in ECMO (Extra Corporeal Membrane Oxygenation), a treatment sometimes required in COVID care. There was also substantial support for people with COVID-19 in the community.

Much has changed since our doors opened in 1871, however the unwavering support from our donors has remained a constant. Thank you again for your generosity in what has been a difficult year. In the most unique of circumstances, your support and commitment towards our hospital is more valued than ever.



Professor Andrew Way AM
CHIEF EXECUTIVE ALFRED HEALTH

THE ALFRED FOUNDATION 2020/21 FINANCIAL YEAR SUMMARY



Total Expenses	Net Income
\$2,819,000	\$13,517,975
● Donations	\$11,907,640.36
● Gifts in Wills	\$2,365,185.09
● Trusts & Foundations	\$1,499,173.60
● Corporate & Events	\$564,976.36
Total Income	\$16,336,975.41

Our Chair and Director

Sir Rod Eddington AO and Patrick Baker

This year we recognised a significant milestone in The Alfred's history — our 150th year of service. From the moment we welcomed our very first patient in March 1871, The Alfred and the Victorian community have stood side-by-side through the best and worst of times.

Together we have confronted adversity and celebrated successes, with great humanity and a shared vision to shape the future of healthcare excellence for generations to come.

The Alfred has a long and proud history of philanthropic support. A true hospital built by the people for the people, the invaluable contributions of our community over 150 years have been integral to our extraordinary achievements.

Many of the hospital's major innovations throughout history have only been realised through the commitment and trust of our supporters. From our first operating theatre, to a maternity wing, a children's ward, cutting edge research and redeveloped Trauma and ICU centres — your generosity has continually enabled us to meet the needs of our community and provide innovative, world-leading healthcare.

In a time when the community has needed us more than ever, you helped strengthen our response while our frontline staff cared for a huge number of critically ill patients, as well as those with COVID-19. It is in

these moments of adversity that the generous spirit of people has truly shone through.

We are well on track to future-proofing cardiac services to meet growing demand, with phase one of our redeveloped Cardiac Centre commencing in 2022. The ground has been turned on The Alfred's Victorian Melanoma Centre, which will see the hospital improve melanoma outcomes for patients from across the state.

From The Alfred's first days in 1871, the community has been both the forefront of our attention and the backbone of our service. Knowing you are behind us is more critical than ever as we strive to deliver the best patient care and, with your continued support, we are confident in our ability to keep doing so.

We thank you so much for your generosity during this difficult time and look forward to continuing our partnership with the community for another 150 years.



Rod Eddington
Sir Rod Eddington AO

CHAIR - THE ALFRED FOUNDATION



Patrick Baker

Patrick Baker

DIRECTOR - THE ALFRED FOUNDATION

THE ALFRED FOUNDATION BOARD

Sir Rod Eddington
AO (Chair)

Patrick Baker
(Director, The Alfred
Foundation)

Ravi Bhatia

Greta Bradman

Anthony Charles

Allan Hood

Meg Landrigan

Chris Nolan (Alfred
Critical Care Appeal
Committee Chair)

Nicholas

O'Donohue (Life
Support Committee
Chair)

Tony Phillips

George Richards

Rob Sayer

Paul Sheahan AM

Carolyn Stubbs
OAM (Women@
The Alfred Chair)

Professor Andrew
Way AM (Chief
Executive, Alfred
Health)

Alan Williams

Sir Donald
Trescowthick AC
KBE (Patron)

VOLUNTEERS

Suan Chan

Dianne Dymond

Rhonda Moroney

Doreen Phillips

Uri Rosenberg

Sally Shuter

Jenny Temple

Victorian Melanoma Centre

Almost 60 years ago Paula Fox welcomed her first baby at The Alfred. Then every year for the next seven years she visited The Alfred again to welcome another one! From that very first visit, she and her husband Lindsay developed a great affection for the hospital and have been stalwart supporters ever since.

A few years ago, Paula was diagnosed with melanoma and underwent surgery at The Alfred, home of the Victorian Melanoma Service. Shocked to learn she was among about 15,000 Australians diagnosed with melanoma each year, she was determined to do all she could to help The Alfred outsmart melanoma for good. Thanks to Paula's energy, her amazing philanthropic spirit and the generosity of our donors, along with the Commonwealth and Victorian governments, The Alfred is well on its way to raising the funds required to build a specialist Melanoma and Skin Cancer Centre, scheduled to open its doors to patients in early 2024.

This specialist centre will not only be a world-class treatment facility, it will also be home to an innovative national clinical trial network. 'TrialHub' presents the opportunity for clinical trials in melanoma (and other cancers) to progress from first-in-human to first-in-disease at the one site. This world-leading medical research and education environment will make a positive impact on the lives of real people, locally, nationally and internationally. It will deliver patient care that is better, faster and more accessible than ever before and drive innovation and excellence to improve melanoma outcomes.

This purpose-built seven-storey building will provide the best possible patient experience and seamless delivery of all the services required by people with melanoma. Expert treatment provided by a skilled multi-disciplinary clinical team, coordinating single-day delivery of multiple elements of the treatment pathway — avoiding periods of anxious waiting, speeding up treatment delivery and reducing travel for rural and regional patients. Emphasis will be on early detection and melanoma surveillance with high-resolution 3D imaging of the entire skin surface, tapping the power of artificial intelligence in diagnosis. Recognising the important role wellness



Pictured: An artist's design of what the new centre will look like.

plays in patient treatment and recovery, the building design features extensive exposure to natural light. In addition, a dedicated wellness area will provide access to specially designed gardens, art and quiet, private spaces.

We know it is far better to prevent harm from cancer than to treat it once it has developed. The Melanoma and Skin Cancer Centre at The Alfred will form a new vanguard of progress towards reducing the burden of melanoma by preventing, detecting and effectively intervening early in progress of the disease. It will be the difference between excellence and true distinction in melanoma treatment in Australia.

This is but one of many outstanding examples of visionary philanthropists, like Paula Fox AO, providing incredible community benefit at The Alfred for more than 150 years.

Year at a glance

FEBRUARY

Vaccine rollout

Key workers from Alfred Health's pharmacy and nursing teams were among the first in the state to be vaccinated. These specially trained teams went on to vaccinate staff in Victoria's hotel quarantine program.

APRIL

Cancer trials expansion

Prostate, melanoma and rare cancer clinical trials were made available for patients in Gippsland thanks to a new partnership between Alfred Health and Latrobe Regional Hospital. Partnering with Alfred Health's TrialHub, a federally-funded initiative, the trials marked a milestone in treatment options for local cancer patients.

SEPTEMBER

Measuring concussion

A new device could soon give medical professionals the ability to test for the presence and severity of concussion within minutes using a simple finger-prick blood test. Thanks to research from The Alfred, it was developed by Australian-based biotech GLIA Diagnostics and the CSIRO.

OCTOBER

Keeping hearts alive outside the body

Cardiac specialists at The Alfred set an ischemic world record time — the time the heart does not have blood supply — during a trial to preserve a donor heart during transit. The first time that the ex-vivo (outside the body) perfusion technology was applied beyond Europe, the new method could double the amount of time that donor hearts remain viable for transplantation.

MARCH

Significant milestone

The Alfred celebrates 150 years.

JULY

New headspace partnership

After years of grass-roots campaigning from local young people and the broader community, a specialised youth mental health service in Monash was launched. headspace Syndal provides free or low-cost access to mental health professionals, GPs, drug and alcohol counsellors and vocational and study support for people aged 12-25.

SEPTEMBER

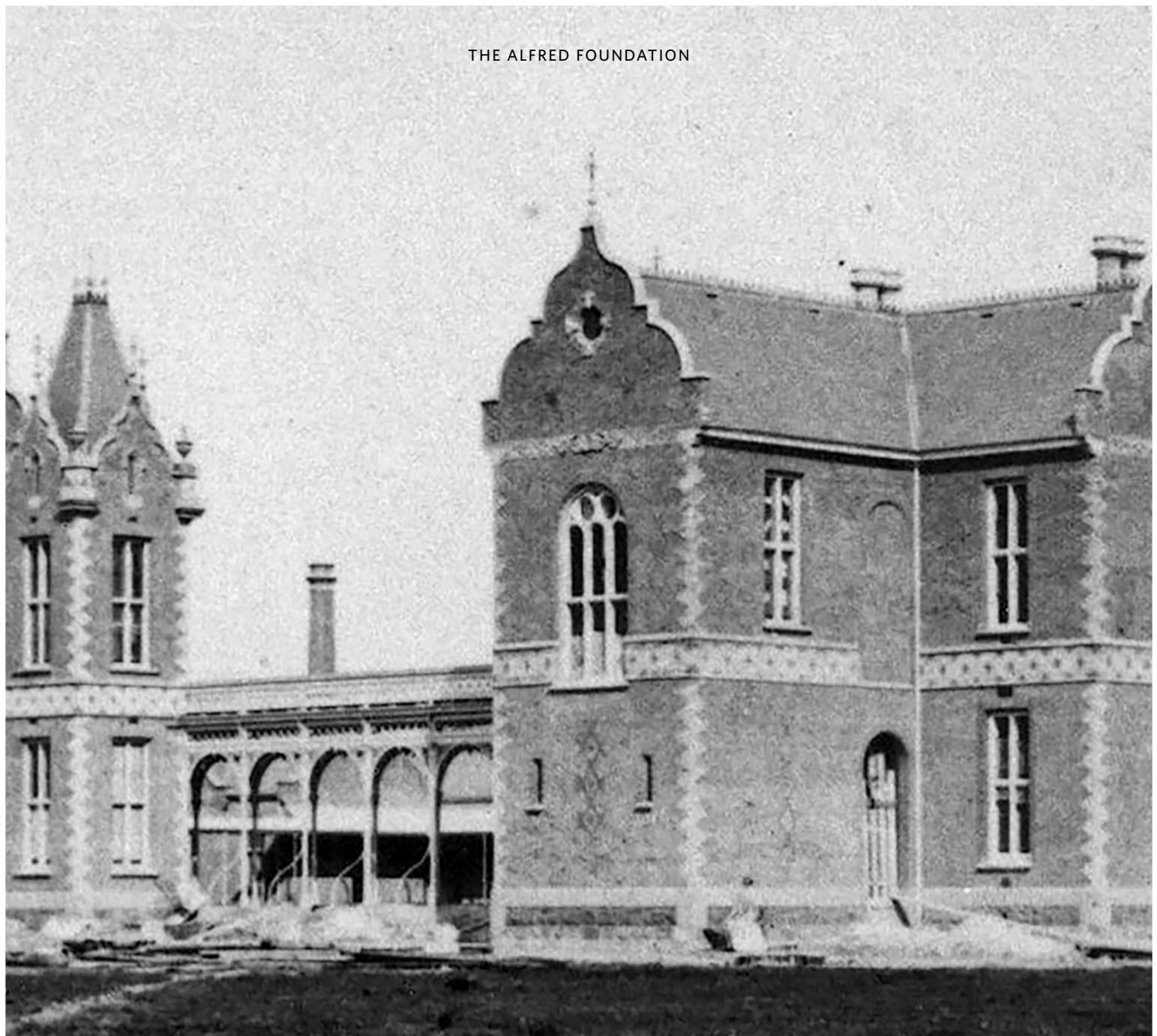
Improving melanoma outcomes

The Alfred became the first health service in Victoria to start using the Vectra imaging machine with melanoma patients. Using 3D whole body imaging to detect and manage cancer, it is hoped to save lives by detecting skin cancers earlier and starting vital treatment sooner. The machine also allows researchers to track moles and skin spots over time.

DECEMBER

World-first burns breakthrough

Skin grown from a patient's own stem cells will be used to treat life-threatening burns in a world-first trial at The Alfred. The breakthrough, more than 10 years in the making, is hoped to one day replace skin grafts and save burns patients who die from infections when their wounds cannot be closed using current treatments. A large trial will start in 2023.



Transforming care

Founded in 1871, The Alfred is the oldest Melbourne hospital still operating on its original site. It was built in honour of His Royal Highness, Prince Alfred, Duke of Edinburgh, who survived an assassination attempt in 1868 while visiting Australia. The people of Melbourne were so thankful for the safety of the Prince, they established a fund to build a hospital in his name.

Pictured: The Linay pavilion (above) is now considered historically significant. Still operating on its original site, it is still possible to appreciate the large well-lit wards at The Alfred.

YOUR IMPACT OVER 150 YEARS...

Even before it opened, The Alfred's very existence depended on the generosity of the community. In the 150 years since, it is this steadfast support that has provided the funding to allow The Alfred to become a pioneer and global leader. From fundraisers to extraordinary philanthropic gifts, The Alfred has been built on the generosity of the community.

In our founding year, the Hon. George Rolfe established a hospital bazaar which would go on to successfully raise funds for many years. Benefit societies, businesses, and the public generously donated funds, books and flowers to patients, while a Mr HW Steward was one of the first people to make the generous decision to leave a gift in his Will in 1872.

Twelve years later, accountant John Linay would make an incredible bequest of £11,500, paving the way for the hospital's first major extension and operating theatre.

The Linay pavilion is now considered historically significant as the last remaining 19th-century pavilion style building at The Alfred hospital and a rare example of a hospital building planned in accordance with the design principles of Florence Nightingale.

Despite modifications to the hospital over the years, it is still possible to appreciate the large well-lit wards and well-ventilated spaces which were used to minimise mortality rates and successfully prevent the spread of infections.

More than 100 years later and infection control was just one of the many reasons The Alfred sought to redevelop its Intensive Care Unit. Meeting emerging issues such as growing demand, technology, the increasing need for planned heart surgeries and the threat of a pandemic — something which was then widely accepted by infectious diseases physicians

to occur — would ensure the ICU was well equipped to deal with unprecedented levels of patient complexity and acuity.

Thanks to Victorian Government funding and philanthropic support from many individuals and organisations, including a significant donation from Lindsay and Paula Fox and family, the redevelopment and expansion officially opened in 2008. The dedicated Fox Family Trauma Wing in the unit was named in recognition of their support.

Fast forward to 2015 and the hospital faced the challenge to raise \$15 million to redevelop The Alfred's Emergency and Trauma Centre. Thanks to a huge outpouring of support, a stand-out donation from John and Betty Laidlaw and an at the time single largest gift received in our history from the Eva and Les Erdi Humanitarian Charitable Foundation, we were able to reach our target.

The Eva and Les Erdi Emergency & Trauma Centre now sees more than 60,000 people every year seeking urgent treatment and care. The service is nationally and internationally acknowledged as a leader in trauma and critical care.



PROJECTS FUNDED IN 2021

- Victorian Melanoma Centre
- Cardiac Centre redevelopment
- Music therapy program
- Palliative care items
- Psychiatric unit garden upgrades

Pictured: Professor David Kaye said the demand for complex cardiac services has grown considerably. (Right) Some of the cardiology team at The Alfred, including (from left) Dr Peter Bergin, Dr Angeline Leet, Prof. Kaye, Dr Tony Walton and Dr James Shaw.

YOUR IMPACT TODAY...

Victorians rely on us to provide care, often while they are at their most vulnerable. Our focus as a leading healthcare service is to advocate for our community by expanding our world-class research and treatments, providing new facilities and transforming care.

In order to meet growing demands and ensure The Alfred remains at the forefront of providing the most complex cardiac services, we are embarking on an exciting project to redevelop our cardiac centre.

Thanks to your incredible support in 2021, the Cardiac Centre is on track to open in 2023 as a cutting-edge centre, cementing The Alfred's first-class reputation for care. The upgraded centre will include leading equipment and technology, procedure theatres, diagnostic suites, an increased capacity for day procedures and a significantly improved patient experience.

The new centre will also support The Alfred's work as an international leader in complex cardiac care. The Alfred is the only health service in Victoria able to provide a full range of adult cardiac care. From heart failure to transplant to rehabilitation, we treat the most complex cardiac cases in Victoria.

Director of Cardiology at The Alfred, Professor David Kaye said the demand for complex cardiac services, from day procedures to heart transplants, had grown considerably during the past decade.

"The much-needed expansion of our clinical facilities will enable us to address this increased demand," Prof. Kaye said.

"We are proud to be a teaching hospital, and the education and training our medical professionals receive mean that the collective knowledge and wisdom of The Alfred team is passed on to the next generation, inspiring them to make the next breakthrough for our patients."

A number of critical projects are underway thanks to the support of our community. Work continues to progress quickly on our new Victorian Melanoma and Clinical Trials Centre. The tender process, followed by early works, will commence in 2022. Thanks to your support, this \$152 million facility will drive innovation to improve melanoma outcomes for our patients.

As we look to the future, we are excited to announce the proposed new St Kilda Wing and Inpatient Tower that will be the most significant hospital infrastructure development in Victoria's history. The St Kilda Wing will provide a world-class facility that is fit for purpose for critical and essential services — intensive care, emergency surgery and mental health. This redevelopment will enable The Alfred to continue to serve the people of Victoria as an exemplary, world-leading public hospital.

Not only will the St Kilda Wing provide a safe and integrated, therapeutic mental health service that will respond to clients and families in a time of crisis, it will establish new and expanded intensive care facilities to care for the most unwell patients with the most complex conditions in Victoria. This proposed redevelopment will support The Alfred's role as a major trauma, burns and transplant centre for Victoria, with an expanded state-of-the-art operating suite and pathology facilities, enabling Alfred Health to continue to drive innovative and cutting-edge practices to improve the lives of all Victorians.



Leading technology

The Alfred has always looked to the community to help us realise our ambitions to advance excellence in healthcare for all Victorians. Through cutting-edge technology, we have set new standards for tomorrow and our donors are the cornerstone providing the capacity for innovation.

Pictured: One of the first heart-lung machines at The Alfred in operation during surgery; and (right) a look at the heart-lung machine which was designed and constructed in the hospital workshop in 1963.

YOUR IMPACT OVER 150 YEARS...

The pioneering nature of The Alfred and its close relationship with the community has been a consistent theme throughout its history. An early example is the evolution of the heart bypass machine, or heart-lung machine.

This technique allows a machine to temporarily take over the function of the heart and lungs during surgery, maintaining the circulation of blood and the oxygen content of the patient’s body.

Thanks to support from the community and with the backing of the hospital, a research tour to the US in 1956 by heart surgery pioneer Sir James Officer Brown helped The Alfred clarify the best way to develop the heart-lung machine. Building their own pumps at The Alfred — after the specially imported US versions were deemed unsuitable — the machine was successfully used for the first open-heart operation in Australia, led by Dr Kenneth Morris in 1957, on a boy with a ventricular septal defect (hole in the heart).

The community again came to the fore when a pacemaker was needed to help patients through temporary complications following surgery. Costing £1500 — a significant investment — a casualty porter at The Alfred, Mick Birtles, took on the task with some friends to raise the funds by organising special weekend parties at various football clubs and hotels around the Prahran area. The department was stunned when he returned with the money in just three weeks.

The Alfred’s commitment to providing the best possible care continues today through a partnership with the Gandel Foundation. The Alfred has revolutionised care for sufferers of Crohn’s disease or ulcerative colitis, also known as inflammatory bowel disease (IBD), which are lifelong disorders that greatly impact a person’s quality of life.

With the disease affecting about one in 250 people, or more than 75,000 people in Australia, the Gandel Foundation Intestinal Ultrasound Centre has had a profound impact since officially opening in 2017.

The first service of its kind in Australia, the benefits of intestinal ultrasound are that it is a quick, inexpensive, non-invasive procedure that requires no bowel preparation or fasting. Completely risk-free for patients, the results are comparable or superior to all other diagnostic and assessment methods.

Led by Australia’s first gastroenterologist trained in intestinal ultrasound, Professor Antony Friedman, the centre is now established as a highly successful imaging centre and a great asset to The Alfred.

Gandel Foundation grant manager Nicole Brittain said it was “a no-brainer” when The Alfred approached the Foundation to support a project in this field.

“We are so pleased that the Gandel Foundation Intestinal Ultrasound Centre at The Alfred has had such a positive impact on more than 1600 patients annually for more than five years,” she said.

The Alfred is targeting 2500 scans a year over the next two years, with plans in place to secure a second machine.



EQUIPMENT FUNDED IN 2021

O-Arm imaging system for neurosurgery and orthopaedic surgery

ECG for Haematology/Oncology

Sonosite and butterfly ultrasound for Sleep Disorder Unit

Hand held doppler (ultrasound)

Four CADD ambulatory pumps to deliver medication at controlled doses

Portable MRI and three years maintenance for ICU

Two oximeters and one dynamometer for lung transplant gym

Piezo drill system for rhinoplasty

Airway Oscillatory System for lung transplant unit

MiraQ cardiac equipment

Venepuncture training arms and arterial puncture trainers for learning and innovation support

Four walkers for the neurosurgery ward

Bronchoscope and two ventilators for ICU

Pictured: Genevieve Gardner benefited from technology and equipment which was funded by donors at The Alfred.

YOUR IMPACT TODAY...

To this day, Genevieve Gardner can't believe the fortune which befell her upon suffering a ruptured aneurysm. Losing consciousness almost immediately, she came to The Alfred requiring urgent attention, where she was put on a ventilator and intubated.

After three weeks in the ICU, Genevieve eventually emerged almost unscathed, thankful for not only the care that she experienced but the best technology available to her. "My family and I can't believe the care I received. They made all the difference and that's why I'm here to tell the story," she said.

The day of January 29, 2016, appeared to be a normal one for Genevieve. Home alone, she got out of bed and went into the shower. What came next was a sensation unlike anything Genevieve had experienced before. "I was washing my hair when I felt something in my head — I described it as two cars backing into my head simultaneously, like in a sandwich press," she said.

She was transferred to The Alfred after scans confirmed a subarachnoid haemorrhage. Dr John McMahon, a consultant neurosurgeon at The Alfred, said while the initial aneurysm had a 20 per cent chance of fatality, the risk then was hydrocephalus — a build-up of spinal fluid in the brain.

Requiring bilateral clippings, Genevieve initially did well following surgery but developed vasospasm — which can result in strokes because not enough blood gets to the brain. For a week, she was unable to understand what she was saying or get her words out.

Dr McMahon said her consequent treatment in the ICU averted a massive stroke affecting Genevieve for the rest of her life. "The Alfred is the best place to treat aneurysms due to its multi-disciplinary approach," he said. "From the scrub nurse to the anaesthetist, the technicians, the back-up of the ICU, registrars and residents."

With Genevieve "on a knife's edge for a number of days", she responded to treatment and made a full recovery. "Whenever I drive past The Alfred, whenever I hear an ambulance, I think so fondly of that place," she said.

"They are the lifeblood of our community, they are such givers ... we are so blessed to have it in our community."

Positive outcomes like Genevieve's are made more likely thanks to the generosity of donors who fund vital new technology and services at The Alfred. A new O-Arm imaging system has helped reduce the number of returns to theatre for spine surgeries after it was bought and installed in 2021 for about \$1 million, funded by donations.

The system is used by neurosurgical and orthopaedic spine surgeons and helps ensure accurate screw placement during difficult spine fusion procedures, which minimises harm to patients and reduces costly unplanned returns to theatre.

Orthopaedic surgery director Dr Susan Liew said buying the O-Arm was "a real game changer". "Having to re-operate on the patient is bad — for the patient, for the cost, for everything," she said.

Described as a smaller, more mobile CT scanner, the instrument gives doctors a 3D picture of what is going on, as opposed to relying on a 2D X-ray. "It puts us up to what's considered gold standard around the world," Dr Liew said.

The O-Arm has been in use since April 2021. Dr Liew said the O-Arm's use at The Alfred was still limited to procedures on the spine or pelvis, but hoped that in the future it could be used for anywhere in the body.



Advancing discovery

The Alfred has a long and established history with lung transplantation. Since our first surgery in 1990, more than 1700 lung transplants have been performed and the team has continued to develop and improve its practices ever since. One of our earliest patients was Phil Lewis, who suffered from cystic fibrosis — an inherited disorder which damages the lungs and digestive system, leading to irreversible damage. There is no cure.

Pictured: The Alfred continues to lead the way in improving life-saving work, like that of Phil Lewis (above).

YOUR IMPACT OVER 150 YEARS...

Phil struggled to remember a time in his childhood when he could run like others his age. But he had his best mate and brother, Jeff, alongside him, and the two battled both life and the genetic cystic fibrosis disease together.

“We were always brothers-in-arms and not just as in a family,” Phil said. “We grew up trying to survive together, we had dreams together. We both played guitar and were in a band together, we wanted to start a business together.”

Sadly, Jeff passed away after suffering from a bad viral pneumonia about 12 months after undergoing a lung transplant. Despite this, Phil was always confident about a transplant procedure.

He remembers a conversation from before his own double-lung transplant in 1996, when he spoke optimistically about the prospect of getting another couple of years of life thanks to the surgery.

25 years later, and Phil has led an incredibly fulfilling life and still can't believe how much he has left to do.

“Jeff was really unwell and (still) got through it. I was encouraged by that and felt that what happened to him and the reasons he didn't end up making it, was just really bad luck,” Phil said.

“Growing up together with cystic fibrosis, you always kept a pretty short horizon looking into the future. You don't know where things are going to land, so you live more in the moment.”

Philanthropic support has had a tremendous impact on lung transplantation through the decades, supporting developments in research, laying the cornerstone of the vital lifesaving work that continues to this day.

The Alfred also has the only dedicated paediatric lung transplant service in Australia. This ongoing generosity has helped The Alfred to become world leaders in this space.

Miraculously, Phil would go on to spend 20 years working at The Alfred following his transplant — firstly in biomedical engineering and then in the neurosurgery department. While there he had trouble with his heart for about 12 months after the transplant.

It would spontaneously go into arrhythmia, hitting 200 beats a minute regularly. It was not uncommon for him to be working at The Alfred, feel something change and go downstairs to admit himself to the emergency department.

“(The transplant) has allowed me to live what I think has been a pretty productive life,” Phil said.

“To have a family, to be a dad and to make a positive contribution to the world, is something that I would never have thought possible.

“I don't feel like I'm finished yet, I feel like I've got more to come, which is crazy to think about — it's been 25 years, but I feel like I've got more to go.

“The gratitude I have for the people involved, and their dedication, is something I often reflect on. It is a big part of my feelings towards the whole process.

“It is such a tough job to do. I only managed to get through it with the help of the amazing people at The Alfred and, of course, my family.”

PROJECTS FUNDED IN 2021

The Alfred Cancer Biobank

Burns research into the management of intraoperative ambient temperature involving patients with under 20 per cent total body surface area burns

Research to improve HIV cancer screening

Lung transplant research projects

Crohn's disease research

Idiopathic pulmonary fibrosis research

Radiation Oncology clinical trials support

Pictured: Professor Greg Snell has a ferocious appetite to continue to lead research into lung transplantation. Other members in his team include (right) Glen Westall and Bronwyn Levvey.

YOUR IMPACT TODAY...

With survival rates of 96 per cent after one year and 74 per cent after five years, The Alfred’s patient outcomes following lung transplantation are the world’s best. It is this commitment to ongoing development and research that keeps The Alfred as the premier lung transplant service in Australia and the fifth-largest internationally.

With generous ongoing support from the community and a long partnership with the Lungitude Foundation, the team has remained at the forefront of new and innovative research while continuing productive collaborations with local and international research institutes.

Professor Greg Snell has seen it all at The Alfred. Now Head of the Lung Transplantation team which performed the first lung transplant at The Alfred in 1990, he has seen the program grow and thrive as advances throughout the years have helped those in need with more than 1700 patients coming through their doors.

The program’s clinical research is currently focusing on trying to better understand the way rejection happens after a patient receives a lung transplant. The second focus is on how to avoid rejection in the first place with better matching and what constitutes a match. All are centred on preventing, treating or recognising the early development of Chronic Lung Allograft Dysfunction.

This work is what continues to drive Prof. Snell and his team forwards, seeking the answers — or at least part of them — to uncover the unknowns that are part of lung transplantation pre-surgery, during and after.

“There’s got to be a solution. The rest of the team shares that vision,” Prof. Snell said. “It is what pushes me to do it. I’ve seen the success of some individual things that’ve changed different parts of it. The curve does get pushed up over the years, but there’s still some fundamental problems that defy logic.

“The guy we did the second ever transplant on in 1990 is still alive — how did we do that? He is still ticking

along and we don’t know why that worked and yet for someone transplanted two years ago, with all the advances in technology, it doesn’t always work. It tells you there’s parts of this still to be explored.

“But a big team approach with the right attitude is clearly paying dividends. There are quite a few angles where we are making advancements. But it is also clear that we can’t sit back and wait for others to solve it.”

Lungitude Foundation Chair Gordon Jenkins said the foundation was a major benefactor to The Alfred’s Lung Transplantation program.

“We are proud to support the world-class team who are at the forefront of new and innovative traditional ‘bench to bedside’ research,” he said. “We are delighted to announce our commitment to three years of funding for vital life-saving research projects that are already having an impact on patient outcomes.”





Developing extraordinary caregivers

Since its early beginnings in 1871, The Alfred has enjoyed a long and rich history of developing caregivers with a global reputation for exceptional care, particularly in the field of nursing. Throughout our 150-year history, our community of supporters has stood alongside them, fostering talent, and stepping up through periods of disease, fire, war and depression.

Pictured: Caregiving has remained a high priority at The Alfred since its foundation. Pictured are nurses at The Alfred from 1880.

YOUR IMPACT OVER 150 YEARS...

When The Alfred established its nursing school in 1880, it was done so with the belief that a hospital could do no more useful work than to train a class of nurses on whose judgment and skill the comfort, and often the life, of a patient depended.

Due to a lack of sufficient accommodation, the nursing school initially struggled with intake numbers. Thanks to the legacy left by John Linay's bequest, by 1886 the Linay Pavilion had ensured that nurses and nurse pupils were able to be accommodated in the upper floor of the administrative block. The Linay gift guaranteed the future success of the school, the first formal general nurse training school of its kind in Victoria.

Nurses who completed their diplomas would quickly grow in public estimation and the system of hiring out nurses privately would see an increased demand for their services.

In 1887 our nursing staff would be tested when a severe typhoid epidemic broke out in Melbourne. The Alfred needed to erect a 'fever camp' consisting of six tents. Private hiring of nurses would temporarily cease as the requirements of the hospital were exceptionally heavy at the time and no nurse could be spared.

The following year a Boxing Day fire destroyed the upper portion of the hospital's west pavilion. Due to a generous outpouring of support from the community and a bequest, the hospital was quickly able to erect six framed tents to house patients and staff. When the typhoid outbreak continued in 1890, these tents were able to be adapted to care for 59 affected patients.

In 1908, one of the pressing needs of the hospital was more accommodation for nursing staff, who were inconveniently crowded together in the administration block. Through the estates of John Russell MacPherson, Alfred Felton, Edward Wilson and a donation from Mr R G Wilson, the erection of a separate building where the night nurses could enjoy undisturbed sleep in the daytime became a reality.

By 1918, more than 450 nurses had passed through the school, many of whom won military distinctions during the war. It was at this time The Alfred Hospital Nurses League was established.

Annual donations from the Nurses League funded many projects and supported the development of nursing excellence through the Royal Victorian College of Nursing's Florence Nightingale Centenary Fund and the Martha Farquharson Prize. They also added to the bequest given by the family of the late Nell Chrisfield to form the Nell Chrisfield Fund for the purpose of further education for nurses.

Over the years, The Alfred has nurtured the careers of thousands of nursing staff thanks to philanthropic support like the Alfred Health Nursing Scholarship. The scholarship provides staff with the opportunity to advance their nursing practice through clinical observation, research, education and leadership experiences.

In 2021, the scholarship recipients were Nurse Manager at Alfred Health's Sandringham Hospital Emergency Department Emma Saddington and Wound Clinical Nurse Consultant Kathy Puyk.



PROJECTS FUNDED IN 2021

The Jenkins Fellowship
for Lymphoma

Zaparas Trauma Fellowship

Cellular Immunotherapy Program

Additional nurse to support
our Burns Registry

Two nursing scholarships

Pictured: Dr Guy Sheahan has thoroughly enjoyed his time through a Trauma Fellowship at The Alfred.

YOUR IMPACT TODAY...

The benefits of developing extraordinary caregivers through a Trauma Fellowship at The Alfred have been well and truly realised thanks to the generosity of the Zeparas Group. In the three years that the Zeparas Fellowship has been in place at The Alfred, the impact on clinical outcomes has been noticeable.

Deputy Director of Trauma Services, Associate Professor Joseph Mathew, said the Trauma Fellow was “an absolutely vital role”.

“The Fellow runs the department. They are the nerve centre,” he said. “It is difficult to quantify, but it makes a huge difference to clinical outcomes. Philanthropists invest a lot in research, but it takes quite a few years to see the results. But a role like the Fellow has an immediate impact.”

A/Prof. Mathew said The Alfred was the largest trauma centre in Australasia judged by the number of severely injured patients in the total admissions.

“When you calculate 9000 admissions a year, the Fellow has an impact on every aspect of clinical care,” he said. “Investing in clinical care has an immediate impact and, by extension, across Victoria.”

Dr Guy Sheahan, who has been in the role since February 2021, said it had been a tremendous experience, both personally and also for the ongoing development of the hospital and its trauma department.

“I had wanted to gain more experience in a larger centre, so the opportunity to work here was certainly one that appealed to me,” he said. “It meant I was able to broaden the breadth of skills in trauma care, but also in education and research, so being involved with some experienced and committed research clinicians is something I was looking forward to.”

Dr Sheahan has been looking at how to improve the journey of a patient with a traumatic injury: from their initial transfer from a regional hospital, or initial reception, stabilisation and definitive procedural intervention, through to their recovery and discharge.

“The average length of stay for our patients is six days, but some multi-injured patients may stay weeks to months,” he said. “So we are looking at how to improve the care of these patients through this extended period, so we don’t lose focus on the issues that are preventing them from moving to the next stage of recuperation.”

In terms of research, Dr Sheahan said they had been looking at a technique of trying to control severe bleeding by inflating a balloon inside the aorta. This technique was trialled about 10 years ago at The Alfred, but the literature and technology has improved since then, and become much safer.

Working alongside A/Prof. Mathew and Trauma Services Director Professor Mark Fitzgerald, Dr Sheahan said that looking at the trauma caseload, there was a strong need for this device, but it was important to ensure that it was introduced safely and effectively.

The fellowship was funded with \$550,000 over three years through philanthropic support from The Zeparas Group and The Alfred Foundation.

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Our community New goal for Gary

You could be forgiven for thinking that setting a \$500,000 fundraising goal would be an ambitious target.

But not for Gary Denson. Our star community fundraiser from 2020 set a target to raise \$90,000 in 90 days, but achieved it in just 26.

This only drove him further, finishing with \$102,400 in the timeframe, before adding a further \$279,524 with Gary's story being the focus of The Alfred Foundation's 2020 Christmas Appeal. Now raising half a million dollars is firmly in his sight.

Gary was diagnosed with a rare Stage 4 melanoma in December 2019. However, in September 2020, the team at The Alfred performed emergency surgery to remove cancerous growths. It wasn't a cure — he was told then he had just 90 days to live — but it gave Gary the precious gift of time with his wife Keri, sons, family and friends.

More than a year on, it has been a time of highs and lows for Gary, but he has shot up to a healthy weight for his height and build and is back swimming. "Each subsequent surgery was a bit of a lowlight — it means disease progression," he said. "There's also the physical impact, the mental impact.

"But I bounced back comparatively well from undergoing major surgery and now weigh about 90kg after dropping to 74kg in December 2020 ... this is positive because it means the body is stable enough that (the weight) can be put back on. I am not in remission, but I have got dormancy in growths."

Another step in Gary's progress has been reinvigorating the mind, through business. Approaching a Singapore-based cyber security company to set up an offshoot in Australia and New Zealand, the work has given him a goal and motivation to get up. "It puts a lot of things in perspective when you are responsible for people's salary and wellbeing," he said.



Pictured: Gary's son Jesse, posing with his dad in hospital; and, Gary pictured with his wife Keri in 2021.

Now with a new fundraising goal, Gary is back to encouraging people to get on board and spread the message. "I was humbled by the response in 2020 ... I still shake my head," he said. "But I am forever thankful to The Alfred and still want to do more to help while I can. I also like to have a target to beat, so I'm resetting my sights on reaching \$500,000."

All money raised will support clinical trials and treatments to help others facing cancer. Gary has also been proactive in urging the public to practise caution in the Australian sun and have their skin checked regularly.

Our 150-year history

1871

The Alfred officially opens its doors

1918

Pavilions are fitted out at The Alfred by the Department of Defence to treat large numbers of patients during the Spanish Influenza epidemic

1960

ICU commences at The Alfred

1989

The Alfred performs its first successful heart transplant in 1989, followed by the first combined heart-lung transplant in 1990

2002

The Alfred is instrumental in treating some of the most severely injured patients from the Bali bombings where 88 Australians sadly lost their lives

1880

The Alfred's School of Nursing becomes the first formal general nurse training school in Victoria

1944

Penicillin is first administered at The Alfred

1983

The Alfred sends a medical team to assist with the Ash Wednesday bushfires and the Burns Unit comes of age

1990

Australia's first dedicated trauma centre is opened at The Alfred, including Victoria's largest helipad built for responding to mass emergencies

2018

The Eva and Les Erdi Emergency & Trauma Centre opens

1885

A gift in the Will of the late John Linay enables the first major extension at The Alfred and its first ever operating theatre

1957

The first open-heart surgery in Australia is performed at The Alfred by Dr Ken Morris

1987

Victoria's first and only hyperbaric chamber in a public hospital opens at The Alfred

1996

The Victorian HIV Service is established at The Alfred

2020-21

The Alfred plays a significant role in responding to the COVID-19 pandemic, working collaboratively to help lead the way in diagnosis, treatment and research

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