

LOFT



LEAGUE OF FORMER TRAINEES & ASSOCIATES INC.

The Royal Children's Hospital Melbourne. Founded 1921

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Submissions to the Editor: PO Box 7163, Hawthorn North, VIC 3122

Preliminary Training School 50th reunion

Before their reunion lunch a group of Preliminary Training School (PTS) of September 1965 undertook a tour of the RCH.

GRADUATION DAY, 5TH MAY 1969



REUNION AT THE RCH



Back row from left: Gillian Broome (Payne); Maxine Pennington (Trannore); Teua Craig (Van Tricht); Margaret Williams (Smith); Anne Norman (Orford); Helen Powers, Vicki Kleingeld (Dubbeld) – can't be seen!

Front row: Lynette Chapman (Way); Diane Lesley (Philistin); Sue Neilson (Lamond); Kay Ball (Aston); Janet West (Radcliffe)

Thank you to Gillian Broome (Payne) for the photos.

Carlton, old RCH or new RCH?

Many of us define our times and memories to the hospital campus we worked or trained at. Marg Hazleton (née Aitken) is perhaps the only trainee who can claim to have worked at all three!

Marg commenced 3½ years training in October 1962 at Carlton, including six months adult training at the Royal Melbourne Hospital and three months at the Frankston Orthopaedic Hospital. Her training was completed without any sick leave at the new Flemington Road Parkville site.

After completing midwifery training at Queen Victoria Hospital Melbourne in 1967, Marg worked in country hospitals, Sale, Orbost, Foster and Box Hill Hospital until undertaking her Maternal and Child Health Certificate in 1973 in Tasmania.

She returned to The Royal Children's Hospital (RCH) 6th floor Oncology in 1974 and became an Assistant Director of Nursing under Miss Elaine Orr (Director of Nursing 1969–82) and working alongside Miss Rae Anstee (Assistant Director of Nursing 1970–77).

Casual work continued between 1978–80 when her two children were born. From 1980 Marg was one of the after hours coordinators/hospital managers until her retirement in 2015.

From 1983–93 she managed to also work as a part time clinical teacher with Victorian University of Technology and since retirement from the RCH has also continued to work as a Maternal and Child Health nurse for Melton City Council.

See the back page for some great photos of Marg's career.

Neonatal nursing in the 60s

After a tour of the new RCH, Kay Ball (née Aston) from the September 1965 group provided LOFT with some of her memories.

Kay said, "Living in the nurses' home in Gatehouse Street with our training group meant we developed a very special bond with each other, and when we meet up – even after 50 years – that close connection is still there and we just 'click' again, no matter how long since we last met.

When I think back to the basic care we gave the tiny prems! All we had was an incubator with oxygen running freely in the canopy (no monitoring of oxygen). We would loop a length of gauze through the name band on the ankle and bring it out through the hole in the roof of the incubator and secure that around a ruler to stop it falling back into the cot. If you happened to notice the little poppet was not breathing or cyanosed, you would tug on the gauze which would lift the leg and cause some abdominal pressure, which in turn often triggered a breath and stir the baby back into action. If that was not effective, a more vigorous poke

or prod was needed to stir things along. If that didn't work we had a respiratory stimulant called Vandid – a liquid that was dropped under the tongue. An apnoea alarm was the first piece of equipment that we used – thought they were very clever – a small air-filled ripple mattress that the baby was placed on, and if breathing ceased the cessation of the air movement in the mattress triggered an alarm and so your attention was alerted to stimulate the baby to start breathing again!"

Over the years the monitoring and supportive equipment has developed to the point the baby sometimes disappears under a maze of electrical equipment, tubes, lines, electrodes and attachments of many sorts. The inclusion of the family in the care of their baby and rooming in time has been a marvellous advance but back in the 60s mother and baby were often separated for weeks at a time, especially country families. Then, when the baby was the 'magical' 6 pounds in weight, (2.7kg) they were considered ready for home and mother was contacted to come and pick the

baby up! There was little time for them to bond or the mother to get used to caring for her little baby. Breastfeeding the premature baby was not common as it was not really supported as it is today; although we did have expressed breast milk and a 'milk bank'.

Kay gained additional post-graduate qualifications in Midwifery at St. Vincent's Private Hospital, Middle Management, Mayfield Centre, Family Planning Certificate for Nurses, Richmond Family Planning Clinic, Neonatal Intensive Care, The Royal Women's Hospital, all in Melbourne as well as a Graduate Diploma in Advanced Nursing (Maternal and Child Health) La Trobe University.

"When training (at RCH), I was not really conscious of the privileged position available to us, of learning in such an amazing and often cutting edge environment. But during my career, mostly in paediatric or newborn settings, I had a distinct advantage due to the knowledge and experience from the RCH that I could call on, particularly in dramatic situations as I had often seen the problem before and knew how to manage. In particular I had learnt to care for the family as well as the child."

Jeffreys Wood Gold Medal 1968



Above: The Jeffreys Wood medal
Right: Bernadette Twomey and Sue Scott with Elizabeth Hudnott

Bernadette Twomey, Executive Director of Nursing and Sue Scott, LOFT committee member, met with Elizabeth Hudnott (née Humphrey) the 1968 winner of the Jeffreys Wood Gold Medal.

Currently living in Tasmania, Elizabeth was in Melbourne for a reunion lunch with her September 1965 colleagues and brought the medal with her.

Dr A. Jeffreys Wood from the RCH donated £100 in 1923 to establish the annual award for the nurse who obtained the highest marks in the hospital examinations, to the best practical nurse, the kindest to patients and to the most sympathetic with patients. The award continued until 1987 when hospital nursing education transferred to university.

Elizabeth said she was delighted to win this award and has always held dear the three principles on which it was granted.

"I have had some references over the years which have said I was intelligent, professional and kind, so perhaps in some small measure I have lived up to the challenge."

Now retired from nursing, Elizabeth has a cake decorating business, 'Cakes by Grannie' and made biscuits for her friends topped with the gold medal made from a mould of the original. www.cakesbygrannie.com.au



President's message 2016

Last May, we enjoyed another happy, noisy and successful catch up at the 2015 Annual General Meeting at the City RACV club.

We were well looked after yet again, with excellent service and food in a pleasant venue. Our speakers, Dr Sally Lima and Dr Sharon Kinney, kept us enthralled with updates on nursing-led research. They reflected on the RCH Centenary Nurse's Day conference, held in 1970, during which student nurses presented a variety of papers on nursing conditions such as tracheo-oesophageal fistula, meningomyelocele and associated hydrocephalus, cleft lip and palate, small bowel obstruction and 'nursing the sick child'. They drew our attention to the fact that, although the papers were rather medically focussed at that time, the content demonstrated that nurses were constantly questioning the reasons for doing things and how to achieve better outcomes for the child and family.

It was interesting to learn that two of the nurse speakers presenting papers back in 1970 were attending on the day and very surprised to hear and see this 'blast from the past'. How far we have come; to have a nursing research team in the hospital to lead and support emerging nurse researchers in order to demonstrate evidence-based practice.

I am looking forward to the 95th meeting to be held on Saturday 21st May 2016 at the same venue. It is always fun to renew friendships, participate in the various activities that help us to keep the Elizabeth Fearon Scholarship viable and to hear from our speakers. Our main speaker is yet to be confirmed but we will hear from Amy Johansen, our 2014–2015 scholarship recipient, who will report on the completion of her EFS research project. We will also receive a preliminary report from our 2015-16 recipient, Brenda Savill.

The Royal Children's Hospital celebrates its 150th year birthday in 2020. As a group, we are only five years away from a centenary celebration. It would be wonderful to have LOFT continue and be able to plan a special celebration for such a milestone. Due to the transfer of nursing to the university sector, an organisation such as ours will never exist again and may have already run its course. Wouldn't it be wonderful to put together a marvellous extravaganza, a centenary AGM? Something to remember and celebrate the legacy of being a 'Kids Nurse'.

We, the current committee, are looking for willing, energetic, creative people who could actively plan and participate in making our Centenary celebration both possible and an unforgettable event. Perhaps history is your passion or photography, writing, graphics, IT, fun activities, or costumes. Remember those uniforms? If you are into scrapbooking, cooking, coordinating etc. WE NEED YOU.



Thank you to the committee members for the work that they have done this year. With so many country members, getting together has sometimes been a challenge and I thank everyone for their efforts to attend and to complete the tasks associated with keeping LOFT afloat.

Looking forward to seeing many of you on Saturday 21st May 2016.

Regards,
Di Paul, President

LOFT Committee 2015/16

Committee Members 2015/16

President Dianne Paul

Vice President Sally Mizrahi

Minute Secretary Sue Tamblyn
(to December 2015)

Minute Secretary Bernice Court
(from January 2016)

Treasurer Marg McPherson

Newsletter Editor Sue Scott

Jill Hewitt

Jenny Freestone

Annie Hardman

Sue Lamb

Genevieve Hamilton

Notices

1 95th RCH LOFT Annual General Meeting and Luncheon

Saturday, 21st May 2016

Royal Automobile Club

of Victoria

Level 2, 501 Bourke Street,

Melbourne

Program

- Arrival morning tea
- 10:15–11:00am Registration
- 11:00am Meeting
- 12:30pm Luncheon
- 1:30pm Guest speaker
- 3:00pm Finish

Bookings close 10th May 2016.

2 *Caring for Our Children: the History of Paediatric Nursing at The Royal Children's Hospital*

is available for \$20.00 plus

\$12.00 postage and handling.

Email Sally Mizrahi

(sally0307@hotmail.com)

for further information.

Elizabeth Fearon Scholarship

The Elizabeth Fearon Scholarship is the annual endowment provided by the League of Former Trainees and Associates to support the integration of research processes into nursing practice at the RCH, to support improved outcomes for paediatric patients.

LOFT received a very generous bequest of \$10,000 from the estate of the late Ann Robinson. As a dear friend of the late Elizabeth Fearon and supporter of LOFT, Ann requested that these funds support the scholarship named in Elizabeth's honour.

The scholarship is awarded in memory of Elizabeth Fearon who commenced her training at the RCH in 1948 and was instrumental in the opening of the first Day Surgery Unit in 1977. The scholarship relies on donations from members and the committee would appreciate any contributions.

The 2015 applicants were judged by a selection committee: Bernadette Twomey, Executive Director Nursing Services, Professor Fiona Newall, Director Nursing Research (RCH) Marg McPherson and Genevieve Hamilton, LOFT committee members.



BRENDA SAVILL

The scholarship was awarded to Brenda Savill, Nurse Unit Manager of Wallaby Ward – Hospital the Home (HITH).

As RCH internal records show that 1.7% of HITH patients undergo unplanned transfers back to the RCH, Brenda's research project seeks to understand the reason for the

escalation of care in this group. Quantitative data collected from interviews, including non English-speaking caregivers will be used. She aims to present outcome and data to other similar providers throughout Victoria.

2014 winner Sacha Petersen, Clinical Nurse Consultant, Development Medicine who undertook a project on the 'Assessment of overnight care and comfort needs of children with Cerebral Palsy compared with typically developing children' has published the findings study in the Journal for Specialists in Paediatric Nursing (2015) 'Children with cerebral palsy: why are they awake at night? A pilot study.'

Huntly Burn

The RCH archivist Bronwyn Hewitt has recently acquired this photo (see below) of 'Huntly Burn' which was situated at 707 Macedon Road, Mt Macedon from an album belonging to nurse Shirley J. Stainsby who graduated in 1946.

It was here that some patients from the Children's Hospital Orthopaedic Section at Frankston were transferred during WWI, in 1942, when the American Army took over the Frankston site.

It is the first time there is evidence that patients were sent there. Bronwyn would like to know if any of the LOFT members knew of it or worked there. Almost nothing about its role at that time and which type of patients were sent there is documented. More is known of evacuation from Carlton and Frankston to Sherbrooke.

The mansion, then owned by Dr Clifford Pannam QC, was destroyed by fire in 1983.

Contact Bronwyn via email: bronwyn.hewitt@rch.org.au



HUNTLY BURN



Collecting 5c and 10c coins for the Elizabeth Fearon Nursing Scholarship Fund

League of Former Trainees & Associates Inc.
The Royal Children's Hospital

Bellarine Peninsula bus trip 2015

On October 9th, the 'Ladies of LOFT' and friends set off on our second fundraising day out. The tour this time was to the Bellarine Peninsula. First morning tea in the beautiful gardens of Sue (née Barry Jan/70) and Geoff Tamblin's home in Barwon Heads. We then added a little retail therapy in the boutique shopping precinct on Hitchcock Avenue, Barwon Heads, with some stores donating a percentage of their sales. The owners of Frith enjoyed showcasing many of their beautiful things and supporting our fundraising. Visit their website at www.frith.com.au

Jack Rabbit Winery, our lunch venue, was the next stop. Spectacular views over the bay, delicious food and wine with much laughter as our bus driver became the barrel girl for the raffle draws.

Our final destination was The Heights in Geelong, a National Trust property built in 1855. The day was a great success and we would like to thank everyone for coming and supporting the Elizabeth Fearon Scholarship fund. We would also like to thank Sue and Geoff Tamblin, Victoria Cole at Frith, and Rigby's in Barwon Heads, the Heights volunteers and the many others who contributed goods for the raffle.

Marg McPherson



LADIES OF LOFT

RCH news

To catch up on the news and events that happen at the RCH you can log on the RCH internet at www.rch.org.au

You can also view the 2014–15 annual Quality of Care Report via www.rch.org.au/rchpa/publications which highlights improvements in patient care.

Improving patient outcomes in resource-poor countries

Many nurses who have worked at the RCH, who have undertaken basic and post-graduate training, past and present have utilised their paediatric skills to support nursing practice and improving patient outcomes in resource-poor countries. Below is a snapshot of two current RCH nurses' activities. If you know of any others please let the editor know and we will add their stories to our website.

Janine Evans, Clinical Nurse Specialist has worked in Rosella (Intensive Care Unit) PICU for over 20 years. During this time she has worked for Royal Children's Hospital International (RCHI); International Children's Heart Foundation (ICHF); Open Heart International (OHI). She has undertaken intensive care nursing education in India and cardiac nursing in Vietnam, Benghazi, Libya and Cambodia.

Janine's comments: I love working with local nurses and families and getting to know about life in their country. Many countries simply don't have the ability to perform cardiac surgery and children die from conditions we can easily fix in Australia. I really love seeing the local team progress towards an independent cardiac program so they can look after their own children with congenital heart disease. It is really hard work with long hours, but lots of laughter as well.

Reflections on her RCH practice: It has made me very flexible and creative. There is more than one way to do things and you have to choose the best way for the current setting. Know your principles of care and then work out how you can make it happen with who and what is available locally. With limited equipment you have to get creative e.g. make your own bubble CPAP, look up recipes for making TPN or peritoneal dialysis fluid from the limited local fluids etc. I have learned to trust my clinical assessment skills and make decisions based on that as often tests or monitoring we have at the RCH are just not available, or will take hours to obtain. We manage to do a lot of advanced care with very limited resources overseas. You need to think carefully before opening a vial of medicine or a syringe. I think we are so lucky with all our resources here, but people maybe don't realise and appreciate that as much as they should. I have learned a lot about many different cultures and feel I can support them better for this.

Alison Fleming, Senior Nurse Clinician, PIPER (Paediatric Infant Perinatal Retrieval) has worked for Novick Cardiac Alliance, participating in programs in a particular country over several years to teach the host hospitals how to perform paediatric cardiac surgery and care for the patients afterwards. Alison joins the cardiac team for one mission each year for two weeks to work. She has worked in the cardiac PICU in countries throughout the world, including Egypt and Macedonia visiting both twice, and Kyrgyzstan. This year she is off to Russia.

Nursing Award winners 2015

Congratulations to Helen Codman, Anne Shipp and Donna Eade

MARY PATTEN AWARD — for outstanding leadership and commitment to patient care by a member of The Royal Children’s Hospital nursing staff.

Awarded to Helen Codman, Clinical Support Nurse, Sugar Glider (general medical ward)



HELEN CODMAN

Nurse Consultant Sally Lima said of Helen, ‘As a clinical support nurse, Helen makes a significant contribution to the professional development of all nurses on the ward. Helen’s commitment to nursing and the provision of quality care has been evident for many years in her contribution to

nursing programs external to Sugar Glider and the RCH such as the Paediatric Foundation Program, Recognition and Response to the Deteriorating Child, and the Graduate Nurse and Undergraduate Nursing Programs where she regularly goes over and above her clinical support role.’

Over the last two years, Helen has taken a lead nursing role in the development, pilot and revision of the Victorian Children’s Tool for Observation and Response (ViCTOR) project at the RCH and has more recently contributed to the script writing and production of a series of videos to support the education of rural nurses working with paediatric patients.

CONSUMER CHOICE AWARD

Awarded to Anne Shipp Cardiac Transplant Coordinator



ANNE SHIPP

Anne commenced her training at the RCH in 1971 and after working in coronary care and cardiology intensive care was appointed Cardiac Transplant Coordinator in 1988. She cared for the hospital’s first heart transplant patient, and has played an integral

role in the unit ever since, becoming a beloved advocate for transplant families.

Anne’s passion for her work is evident — providing constant support for patients and families, and facilitating the 24-hour service that the Unit offers.

Voted for by the RCH patients and families, there were many Facebook comments posted:

‘I have had seven lots of open heart surgery. I was told I wouldn’t make it, but I’m still here age 22 — all thanks to the amazing hospital and a special thank you to the Transplant Coordinator Anne Shipp for always being there for me and my family.’

‘I’m honoured to have her in our lives, she’s an amazing woman and she’s always there for her patients and their parents as well. Very grateful to her for everything she’s has done and continue to do.’

‘Congratulations Anne. You are amazing for the families but you are also a wealth of information and a person we rely on as nurses! Thank you for all your hard work.’

DAME ELISABETH MURDOCH NURSING DEVELOPMENT SCHOLARSHIP



DONNA EADE

Awarded to Donna Eade, Clinical Nurse Consultant, Gender Service, The Centre for Adolescent Health

As the inaugural Clinical Nurse Consultant (CNC) for the RCH Gender Service, Donna, who is passionate about working with marginalised young people, will use this scholarship

to study international best practice in nursing care for transgender children and adolescents.

Donna trained at the Manawatu Polytechnic in New Zealand and worked in Auckland and Princess Margaret Hospital for Children in Perth before commencing at with the RCH where she has worked for about 25 years including a few breaks in service.

In 2006, she began working with homeless and marginalised youth at the Young People’s Health Service (YPHS), eventually becoming a CNC.

Donna has completed a Graduate Certificate in Sexual Health, Graduate Diploma in Adolescent Health and Welfare and recently a Masters in Public Health through the University of Melbourne.

Nursing Research and Clinical Innovations Symposium

The second annual Nursing Research and Clinical Innovations Symposium was held on Tuesday September 15th 2015.

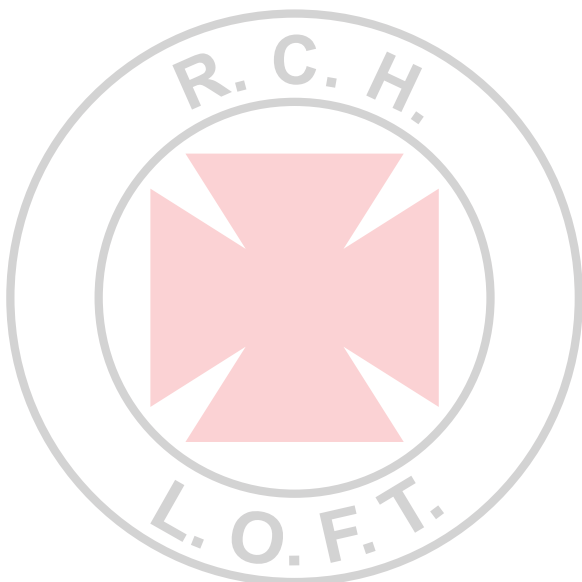
Hosted by the Campus Nursing Research Group, the symposium enabled nurses from The Royal Children's Hospital, Murdoch Childrens Research Institute, and the University of Melbourne to showcase the contributions being made by nurses to the care of infants, children and young people. LOFT donated a \$100 book voucher for the best oral presentation which was awarded to Naomi Brockenshire for her presentation 'Clowning around: for what purpose?'

Ebola Virus Disease

In August 2014 the RCH was designated as the Victorian receiving hospital for suspect cases of Ebola Virus Disease (EVD) in children of up to 16 years.

This led to the formation of a multi-disciplinary working group to develop EVD procedures and identified isolation requirements. This included strategies to manage an accompanying carer should they too become unwell. More than 120 nursing and medical staff from the Emergency department, Intensive Care and Paediatric Infant Perinatal Emergency Retrieval service (PIPER) were initially trained to manage and coordinate a potential EVD case. Between September 2014 and July 2015, four children were admitted for investigation. One parent who became unwell was also investigated. Happily, no individuals were diagnosed with EVD.

The response plan implemented for EVD will become the basis for the management of other emerging quarantinable diseases at the RCH.



Where are they now?

We are interested in knowing what you have been doing. Email your contribution for the next LOFT newsletter.

Hilda Margaret Radcliffe (née Condely)

Commenced training at RCH Carlton in October 1941, completing the 3 ½ years training in 1945. Hilda worked in her home town hospital of Kerang until her marriage in 1947 and for the next 23 years was busy on the family farm, raising three children and participating in community activities.

In 1970 she undertook a refresher course at Bendigo Hospital to enable her to return to nursing at Kerang and District Hospital. In 1979 she set up and coordinated the Day Carer Centre for 15 people who were aged, experiencing mental health issues or physical disabilities, continuing as director until her retirement in 1988. Now 93 years old, she is a consumer of the Day Care Centre and still enjoys an active and social life in Kerang with her trademark sense of humour, big infectious laugh and optimistic nature.

Hilda has fond memories of working at the Frankston Orthopaedic Hospital, caring for children with hip problems and also at The Cottage in Sherbrooke.

Vale

Isobel Joan Thompson (known as Joan)

b 23.5.1924, d 5.2.2016

Joan completed her training at the RCH in 1947 and worked mostly in bush nursing positions in Northern Victoria, retiring from the Rainbow Bush Nursing Centre. Another RCH trainee, Beth Brelair become her lifelong companion in nursing as they travelled to many bush nursing positions. Sadly Beth predeceased Joan.

Joan retired to her home town of Kerang where she participated in community life. With her pragmatic approach to life organised her own admission to Glenarm Nursing Home when she became too frail to live alone. After 12 months enjoying the peace, security, care and visits from family and friends she died suddenly of cancer. A valued nurse, aunt, cousin and friend who will be sadly missed.

CONTINUED FROM PAGE 1:

Carlton, old RCH or new RCH?

Photos of the career of Marg Hazleton (née Aitken)

