

Spring
2020

Raising funds for life-saving medical research at the
Royal Adelaide Hospital

Nursing Scholarships.
Help our nurses improve patient
experiences and care. See page 4



Amanda Fleming, Accredited Nurse in General Medicine (left) and Bernadette (Bernie) Fernandez, Nurse Unit Manager for General Medicine (right) providing patient care at the Royal Adelaide Hospital.



Welcome and a warm ‘thank you’ to our wonderful donors and supporters. Despite the many challenges we have all faced this year, your commitment has not wavered. We all feel so very fortunate to have your continued support for the Royal Adelaide Hospital (RAH) Research Fund.

In this issue of RAH Researcher, the team has carefully collated a range of entertaining and informative stories that I’m sure you will enjoy!

Celebrating International Year of the Nurse and Midwife 2020 has provided us with an ideal opportunity to shine a spotlight on the incredible dedication of our frontline workers. To support this great work, we will be offering Nursing Scholarships to enable our nurses to have a greater impact and improve patient experiences at our hospitals in South Australia.

Nurses devote their lives to care for others and are always there for you and your family when you need them most. We hope you will now be able to show your support in return.

This is a time in history when we have relied heavily on the combined efforts of our frontline workers and ‘behind the scenes’ teams to keep our community safe. So as a special tribute to the many people who impact our lives every day, in this issue we go behind the scenes and talk to the ‘quiet achievers’.

You’ll hear about the RAH Facilities Team on page 15; our volunteers on page 7 and read a fascinating first-hand account of how the COVID-19 Screening Clinic was set up at the RAH in just 18 hours on page 6.

On page 3 you’ll meet talented Researcher, Dr Stuart Callary and on page 10, we share a research update from Associate Professor Shilpa Jesudason, whose complex research study, INJECT was generously supported by our donor community after a report in our last issue of *RAH Researcher*.

Many of you, as former nurses yourselves, will particularly enjoy our journey ‘back in time’ on pages 8 and 9 as we explore how nursing uniforms have changed over the years. It’s hard to imagine our 2020 nursing team sporting starched white caps with streamers!

I encourage you to take a moment to recognise the many ways the RAH Research Fund is able to make a difference, thanks to your generosity and kindness.

So as I love to say, make yourself a cuppa, pop your feet up and enjoy the read.



Julie A. Raynes

Julie Raynes
Fundraising Manager
CALHN

Researcher Profile Dr Stuart Callary

Dr Stuart Callary is Senior Medical Scientist for the Department of Orthopaedics and Trauma, Royal Adelaide Hospital and a Senior Lecturer at the Centre for Orthopaedic and Trauma Research, University of Adelaide. His research focusses on improving outcomes for patients undergoing total hip replacement (THR) and surgery to treat lower limb fractures.

He has just received the Royal Adelaide Hospital (RAH) Research Fund’s three-year Mary Overton Fellowship.

“Personally, I would like to say a sincere thank you to all donors to the RAH Research Fund.”

Dr Stuart Callary



What is unique about your research?

My research uses a special x-ray technique called radiostereometric analysis (RSA), which measures implant movement 20 times more accurately than normal x-rays.

If a patient has received an inferior performing implant it is important to determine this sooner rather than later – to avoid pain and compromised mobility. Using RSA, we can determine if a hip implant will become loose within two years. We are currently monitoring over 400 total hip replacement (THR) patients with RSA measurements.

How will your research make a real difference?

In Australia, 35,000 patients have THR surgery every year.¹ New implants continue to be introduced and early clinical assessment is vital.

I am very excited to expand measurements of implants and fracture fragments under weight-bearing loads using our novel RSA technique. We are international leaders using these very sensitive measurements. Results from our clinical studies have enormous potential to explain why some implants become loose and some fractures do not heal.

My research could reduce the likelihood of hip replacement patients having to undergo revision surgery, usually caused by implant loosening, fracture, dislocation or infection; improve the assessment of new implants and surgical techniques and; improve mobility and function for patients after surgery to treat pelvic and leg fractures.

How important is the RAH Research Fund?

Personally, I would like to say a sincere thank you to all donors to the RAH Research Fund. The RAH is an internationally renowned centre for orthopaedic research and this research and opportunities such as the Mary Overton Fellowship would not be possible without such financial support.

¹Source: Australian Orthopaedic Association National Joint Replacement Registry 20th Annual Report, 2019



Nurses Bernadette (Bernie) Fernandez (left) and Amanda Fleming (right) providing patient care at the Royal Adelaide Hospital.

Nursing Scholarships

Help our nurses improve patient experiences

Our nurses have patient care and experience at the heart of everything they do, and many nurses have fantastic ideas to improve patient care even further.

To help make some of these ideas a reality, and celebrate International Year of the Nurse and Midwife 2020, South Australian nurses now have the opportunity to be awarded **Nursing Scholarships** to develop new innovations and advances in patient care. The best ideas, chosen by a highly qualified panel, will be funded for development,

enabling our nurses to make an even greater impact on the health of our state, for you and your loved ones.

Dedicated nurses like **Bernadette (Bernie) Fernandez, Nurse Unit Manager for General Medicine at the Royal Adelaide Hospital (RAH)** and **Amanda Fleming, Accredited Nurse in General Medicine** are enthusiastically waiting for the opportunity to suggest their own ideas.

For Bernie, a career in nursing was ‘meant to be’. Both of her parents are health professionals, and her two sisters are nurses,

so Bernie knew this was what she wanted to do with her life, too.

“I have always had a passion for helping other people and making a difference in their lives. I enjoy bringing happiness to those in need,” said Bernie.

“I love working with my team to bring joy and comfort to my patients and make them feel better.”

Bernie says that over her many years of nursing, working across different wards in

different countries, she has frequently had ideas she believes would make her patients feel even better.

“As part of our planning for patient discharge, we discuss the care and support that is needed upon returning home, with both the patient and their family. I’d like to have a special ‘after care’ package to add to this process, such as more resources to help patients understand how to take good care of themselves, along with extra telehealth follow up calls if needed.

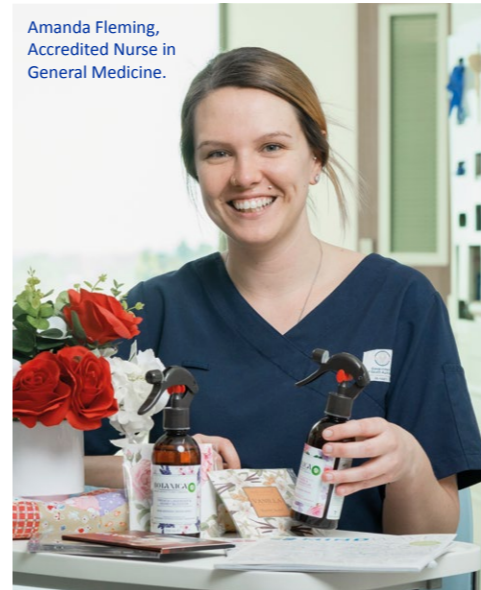
“I would also like to have a wardrobe of comfortable clothes available for those patients who do not have family who can provide a fresh set of clothes and appropriate footwear during their stay in hospital and at discharge. It would be a real comfort to patients to know they can leave the hospital in new, clean clothes.”

Amanda Fleming is another passionate nurse who cares deeply about making her patients feel comfortable and happy. Amanda has worked her way up to the qualification of Accredited Nurse at the RAH after beginning her nursing journey with a VET Course in Year 11 and 12.

“Every day is different in the General Medicine ward – you never know what the day will hold,” she said.

Her next goal is to achieve her Registered Nursing qualification, which will take a further two years of study. “I have always been fascinated with the complexities of the heart and brain, so maybe one day I might be working in the Neurology ward or Intensive Care Unit,” she said.

Amanda says that each nurse in General Medicine has a ‘portfolio’ responsibility and spends time considering ideas to improve patient care and experience.



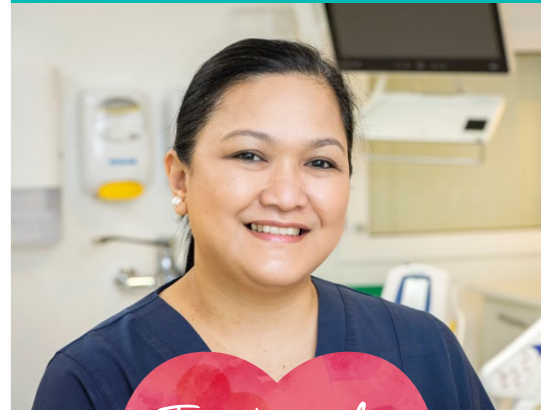
Amanda Fleming, Accredited Nurse in General Medicine.

One of Amanda’s most recent initiatives was a palliative care box developed to provide extra comfort for palliative care patients on her ward, containing relaxing music on CDs, a special blanket and essential oils. When Amanda recently added these little touches to the room of a patient in her care, she said the patient and family were extremely grateful.

“I would love to see the palliative care box as a special feature across all wards, for those times when patients and families need additional comfort and a few touches that feel like ‘home,’” said Amanda.

“We would sincerely appreciate any gifts from donors towards Nursing Scholarships, so we can further improve patient experience.”

Bernadette (Bernie) Fernandez, Nurse Unit Manager for General Medicine at the Royal Adelaide Hospital (RAH).



Thank you for your generous support.

When you support the RAH Research Fund and our new Nursing Scholarships, your generosity will change lives, helping support South Australians in our hospitals and community.

[Click here to donate today!](#)



Craig Robinson, Outpatient and Ambulatory Care Nurse Manager, Central Adelaide Local Health Network (CALHN).

The RAH COVID-19 Clinic Calm at a time of crisis

When Craig Robinson, Outpatient and Ambulatory Care Nurse Manager, Central Adelaide Local Health Network (CALHN), got the call to establish a COVID-19 Screening Clinic at the Royal Adelaide Hospital (RAH), he had just over 18 hours to make it happen.

“We had to find a space, work out procedures, develop protocols, get all of our technology systems built, help relocate those people in the space we acquired, obtain all stock and consumables and find staff to work in the clinic – all in 18 hours,” said Craig.

“In my 31-year career I have never seen a response set up so rapidly,” he said.

This monumental task involved an exemplary support team across the hospital, including the CALHN Executive team, Outpatient Management team and Outpatient Department (OPD) nursing staff, RAH partners Celsus and Spotless, the

“Since the day we opened on 5 March, we have swabbed over 15,400 patients.” Craig Robinson



Infection Prevention Control Unit, Clinical Worker Health Service and the RAH Stores and Facilities Management teams.

For the first two or three weeks, Craig said everyone was working 12-14 hour days, seven days a week and constantly fine tuning and adjusting procedures. All nursing staff have volunteered to work in the clinic and continue to wear full PPE and undergo regular health checks.

“Since the day we opened on 5 March, we have swabbed over 15,400 patients and sent only 100 patients to the Emergency Department (ED) for follow up investigations. Our role has been critical in reducing the load on ED and General Practitioners and easing public concerns with education and information provided when they attend the clinic.

“I am really proud of the way everyone got involved. This was a complete unknown,

and we had to adapt and improve as we progressed. To this day we are still making improvements,” said Craig. “We have worked closely with Infection Control, and Infectious Diseases, SA Health Communicable Disease Control Branch and CALHN Incident Management Team to discuss and escalate issues as required.”

Craig has shared learnings with other clinics via a SA Health COVID-19 network. The group meet weekly to discuss improvements and reflections.

“I’d like to express my thanks to the CALHN Executive and Incident Management team, Outpatients Management team, Spotless and Celsus and of course, the CALHN nursing staff from OPD and other Programs who got on board and volunteered in unknown circumstances. I can’t even put into words their value and how incredibly professional they have been.”

Gaynor and Lorraine Volunteers with hearts of gold



Gaynor Edgecombe (left) and Lorraine Woods (right).

Lorraine Woods and Gaynor Edgecombe are two of our beloved volunteers at the Royal Adelaide Hospital (RAH). Here’s your chance to get to know these wonderful women.

“After 50 years of nursing, in both Australia and overseas, I couldn’t possibly have left the profession completely. I trained at the old RAH, so I wanted to give back to the hospital and the community after my early years of training,” said Lorraine.

“I have a curious mind and a factual brain – something that has been invaluable as a volunteer guide at the RAH! I also lead induction day tours for new volunteer trainees at our wonderful hospital. I really love it.”

“You don’t have to be paid to make a difference in the world. It is a privilege to be a volunteer,” said Lorraine.

“I became a volunteer to help me with a long transition into retirement,” Gaynor said. “A family member was admitted to hospital after a very serious emergency and so many people were involved in the process of care and support. I remember thinking - I want to show my thanks in a very concrete and meaningful way.

“Volunteering within the health sector is very important to me. It gives me insight into how the system is used by people every day, and it is important to reach out to others in any positive way we can.

“Being a volunteer allows you to grow into a better version of yourself. As soon as you extend help to others, you help yourself.”

Gaynor Edgecombe

“We all need to care for one another so we can build and maintain a healthy, strong society – volunteering is a wonderful way to achieve this,” Lorraine said.

Lorraine and Gaynor enjoy greeting guests at our Behind the Microscope events. When these events resume, make sure you say hello to these very special volunteers!

Back in time Nurse uniforms through the years

The comfortable, practical and casual uniforms our Royal Adelaide Hospital (RAH) nurses wear today would be quite startling to nurses of the past, who wore crisply starched aprons and collars, a modest 'walking out' uniform when leaving hospital grounds and caps with streamers! Information provided courtesy of the RAH Heritage Office.

1870

The first trained nurses, possibly emigrants from England, started at the 'Adelaide Hospital'. The nurses' uniform was white cap and long white bibbed apron over a long skirt.

1890s-1916

Below: Trainee Nurse Alice Jackson wearing her walking out uniform over her trainee nurse uniform, with nieces Lorna and Connie Gill, 1910.



1920s

The Student Nurse basic uniform was a pink and white cotton check dress, buttoned to the waist with short sleeves. The dress was mid-calf length and in later years gradually shortened, though not above knee level, worn with black stockings and black shoes. The separate white collar and cuffs were lightly starched in early years but later stiffly starched. The uniform included a white cone starched cap, a rectangular piece of calico, held in place with four white hair-clips.

1937

The Staff Nurse uniform was a blue and white cotton check dress, button through white shift dress with belt and white shank buttons from neck to hem and separate starched collar and cuffs, attached with safety pins. The uniform included a white starched cap with a deep turned-back brim, made up with two white shank buttons and attached with two hair clips, along with fawn stockings and brown shoes or white stockings and white shoes.

1960s



Male Student and Registered Nurses wore a white polyester/cotton, short sleeved "Ben Casey" top with three buttons across the right shoulder, four buttons on the right side, white polyester/cotton trousers, black socks and shoes. A dark blue blazer could be worn when not at the bedside.

1970s

The white starched apron was discarded and the new uniform for the Student Nurse was a pink check uniform with white stitched-on cotton collar and cuffs, later replaced by a fine pink striped cotton/polyester dress. For night duty or the classroom, a long-sleeved, round-necked pink windcheater. In the late 1970s, the white cap was discarded. After 1977, black stockings were optional, the outcome of a dispute over the cost of purchasing stockings.

1970s-1990s



The Registered Nurse uniform was a white dress with a zip or button fastening down the front, 3/4 sleeves, white belt with white buttons. The sleeves could be fastened using white buttons, RAH cuff links or cuff links of choice. Nurses wore a red hip-length cape with Royal Adelaide Hospital embroidered emblem and by the late 1980s, a dark navy windcheater, along with white stockings and white shoes.

In 2020

All of our Nursing staff wear practical dark blue short sleeved top and pants, made of breathable cotton, known as 'scrubs'. Our modern day nurses appreciate the ease of movement and comfort of these garments that allow them to focus on their most important task – the care of our patients.



Victorian era social etiquette required a suitable uniform for nurses leaving the grounds. The 'walking out' uniform, also introduced by Matron Thackthwaite, was a black cap with streamers and wide white bands tied under the chin, and a cape style long dress.



Above: Recently qualified Registered Nurses appointed to the new role of Staff Nurse.

Above: Matron Thackthwaite, London Hospital graduate introduced strict uniform standards for Adelaide Hospital, based on the British nursing uniform.

UPDATE

“I am so grateful for the support of the RAH Research Fund and my dedicated team, who are all so committed to making dialysis more comfortable and successful for our patients.”

Associate Professor Shilpa Jesudason

Associate Professor Shilpa Jesudason checking on patient, Elias Iliopolous.



Thanks to you, managing needle fear will soon be easier

In our last issue of *RAH Researcher* we introduced you to Associate Professor Shilpa Jesudason and INJECT, a complex research study dedicated to improving management of needle fear, an everyday reality for the thousands of Australians receiving haemodialysis for End-stage kidney disease (ESKD) every week.

“Needle distress is a common and troubling problem among patients who get treatment for their kidney disease, who require frequent and prolonged exposure to needles as part of therapy. There are 25,000 Australians living with ESKD¹ who are treated with dialysis or a transplant and it is heartbreaking to have such fear associated with critical treatment,” said Associate Professor Jesudason.

Now thanks to the generosity of our donor community, the INJECT pilot study

has commenced. Funds raised from your donations have employed a Research Project Officer and Clinical Psychologist, who will develop new strategies from research findings.

“Our team has already conducted interviews with 17 dialysis nurses and 15 dialysis patients about their experiences. These insights will inform psychological strategies and nurse education. Now we can work hard to address this debilitating and unrecognised problem,” said Associate Professor Jesudason.

The study team will be joined by Luke Macauley, who is not only a patient partner, having successfully received a kidney transplant, but is also undertaking a Masters in Health Psychology, which will focus on this study into needle fear.



“New patients are understandably, quite terrified. There are high levels of miscanulation in the first few weeks of dialysis and patients become rigid with fear that those needles aren’t going to be put in successfully.” – Nurse

“It’s pretty frightening. I get nervous before I’m going on (to dialysis) and even the night before, the day before, I’m thinking about it.” – ESKD Patient

¹Source: ANZDATA Registry, 40th Report, Chapter 4: Haemodialysis. Australia and New Zealand Dialysis and Transplant Registry, Adelaide, Australia. 2018



Ross Fowler and Cynthia Henderson at the RAH Research Fund Newsagency.



Cynthia and Ross working in the newsagency at the old RAH in the early 1990s.

Thirty years of smiles and support

On 12 November 1990, the doors of our Royal Adelaide Hospital (RAH) Research Fund Newsagency swung open for the first time... so in 2020, we’re celebrating our 30th birthday!

When the Newsagency opened at the old RAH, it was decided this was an excellent opportunity for a fundraising venture under the Hospital portfolio. Since then, Newsagency sales have raised more than \$2 million to benefit research, with thanks to people like you.

The first Newsagency manager was Ross Fowler, assisted by our very own Cynthia Henderson. When Ross retired in 2011, Cynthia was the perfect person to take over the role. Cynthia is now our longest serving RAH Research Fund Newsagency employee,

and has wonderful memories of 30 years of service to the RAH community.

“Times have certainly changed since we first opened in the 90s, especially the newspapers we offer,” said Cynthia. “In the early days we had three SA newspapers delivered per day – The Advertiser as a broadsheet and two issues of The News. Ward sellers would do two rounds of the wards every day, cheerfully calling out “Newspapers, magazines!”.

“We are very proud to have served the Hospital community, patients and visitors for 30 years and contribute to world-class medical research and patient care.”

Cynthia is looking forward to an ‘in-store party’ on 12 November for staff

and customers and hopes to have some original team members back in to celebrate. Look out for some birthday celebration photos in our next issue.

To show their appreciation to our front line workers, especially our nurses, the RAH Research Fund Newsagency team has dedicated their 2019/20 profits to support Nursing Scholarships. You can read more about Nursing Scholarships on page 4.

Royal Adelaide Hospital Newsagency
Level 3, adjacent to public dining area
Mon to Fri 7.30am to 5.30pm,
Sat 9am to 4pm
Closed Sunday and Public Holidays

Recognising our wonderful frontline workers



1000 rose hand creams were donated by Jurlique.



Ready meals were donated by Slendier.

We are so grateful to the many corporate supporters who have shown their support and appreciation for our frontline workers during the challenging circumstances of COVID-19, as well as helping celebrate International Year of the Nurse and Midwife 2020.

Thank you all so much for making our frontline workers feel very special!

Iconic South Australian skincare company, **Jurlique thoughtfully donated 1000 rose hand creams** to our nurses. With some of the hardest working hands in the world on deck here, this was such a wonderful treat! “Knowing the impact of continual washing and sanitising on the hands, we hope this will help to nourish and bring a moment of calm,” said Jurlique Marketing Director, Siobhan Fildes.

Several team members were also spoilt with **gorgeous make up gift packs, thanks to the generosity of Mecca International.**

The demands placed upon our frontline workers certainly works up a hunger and we were fortunate to have had some delicious food items delivered, too.

- 1. Yummy pizzas from Basilico Café Prospect** and a \$1000 donation from their staff
- 2. A lip-smacking, nutritious range of ready meals from Slendier**, perfect to ‘heat and eat’ after a long day at work
- 3. An incredible 95,000 chocolate eggs from Lindt**, which were received with delight by frontline workers across the Royal Adelaide Hospital, The Queen Elizabeth Hospital, Hampstead Rehabilitation Hospital, St Margaret’s Hospital and Glenside Health Service.

Our thanks also to **One Stop Warehouse** for a donation of \$1000 and **Bobby Chang and Vivienne Court Trading** for a donation of \$10,000. These big-hearted donations have been directed towards COVID-19 research projects at the RAH.



Grant Evans (left), Matthew Wright (centre) and Kate Evans (right).

Trek of a lifetime

Raising funds for cancer research



“Our aim is to help fund a cure for cancer as our family has been impacted greatly with this illness. We don’t want any other family to go through what we have gone through.” Matthew Wright

Matthew Wright and his family have a very special relationship with the Royal Adelaide Hospital (RAH) Research Fund, inspired by personal loss. We are inspired and humbled by everything this wonderfully generous family has done to support cancer research, having sadly lost several family members to cancer.

‘Wright’s Christmas Lights’ has become an Adelaide institution and a highly successful fundraiser, raising \$1,769 for rare cancer research since 2018. This labour of love features 110 sets of lights, two snow machines and a full-size sleigh!

“Thousands of people visit our display every year and we have amazing support from

local MP The Hon Blair Boyer, Redwood Park IGA and Drakes Supermarket, who split the electricity bill in recognition of the joy the display brings.”

The Wrights ‘United We Trek’ fundraiser, in 2016, had a particularly poignant dedication – initially to Matthew’s mother-in-law, but then also to their beloved grandfather, who lost his battle with cancer just one month before the Trek began.

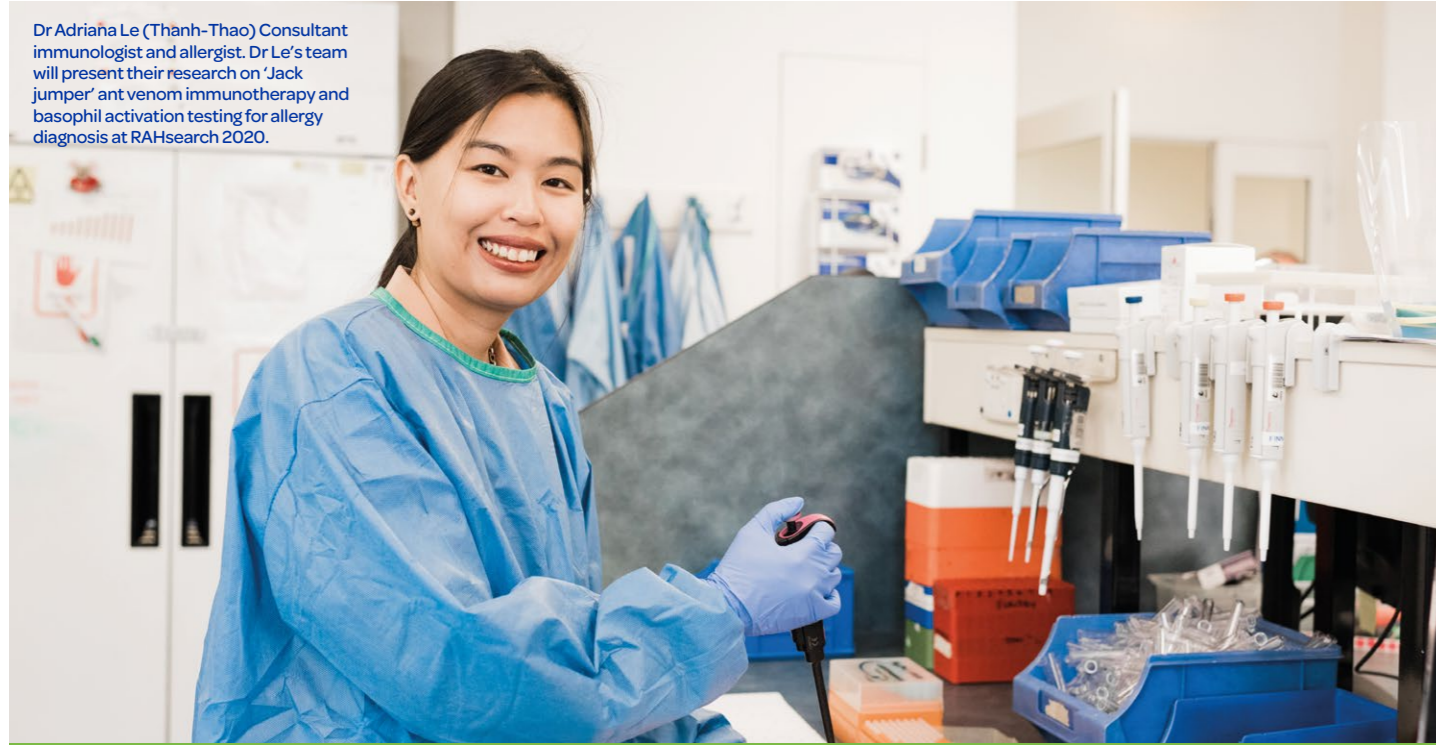
This grueling 440km walk took place over 14 days, from Dalhousie Springs to Birdville across the Simpson Desert. Trekkers Matthew Wright, Grant Evans and Kate Evans crossed 1200 sand dunes

(including ‘Big Red’), raising over \$36,000 for the RAH Research Fund.

Matthew also encourages his co-workers at Makesafe Traffic Management (MTM) (SA) to recycle their bottles and cans to support the RAH Research Fund. The company has made regular donations from their recycling efforts towards rare cancer research since 2018 with the kind support of MTM (SA) staff.

“As a family, we feel very privileged to have raised these funds. Our aim is to help fund a cure for cancer as our family has been impacted greatly with this illness. We don’t want any other family to go through what we have gone through,” said Matthew.

Dr Adriana Le (Thanh-Thao) Consultant immunologist and allergist. Dr Le's team will present their research on 'Jack jumper' ant venom immunotherapy and basophil activation testing for allergy diagnosis at RAHsearch 2020.



RAHsearch is going virtual!

RAHsearch, which is part of the annual Showcase Week for Central Adelaide Local Health Network (CALHN), is going virtual in 2020.

RAHsearch will showcase the world-class research and passion, talent and achievements of researchers from the Royal Adelaide Hospital (RAH) to the local community and this year - the world!

This free event will be held from 12 - 14 October 2020. Attendees will have the opportunity to connect with world-class RAH researchers and learn more about the outstanding work they are doing to help deliver better patient outcomes.

The much-anticipated event will feature a range of informative sessions covering the latest research on COVID-19, treating trauma and emergencies, cancer therapies and inflammatory disorders.

The RAH Research Fund is delighted to be an official sponsor of this year's event.

Register now at: rah.sa.gov.au/rahsearch

The Facilities Team Our quiet achievers behind the scenes

A special thank you to our dedicated Facilities Team for all the work they do behind the scenes to keep us safe and ensure hospital operations run smoothly.

EVERYONE PLEASE CLEAN YOUR HANDS



Elke Kropf, Director of Operational Services CALHN

Tackling COVID-19 head-on has been an incredible undertaking at Central Adelaide Local Health Network (CALHN) hospital sites include the Royal Adelaide Hospital (RAH), The Queen Elizabeth Hospital, Hampstead Rehabilitation Centre, St Margaret's Hospital and Glenside Health Services.

On the frontline, our health professionals have had to step up like never before to care for our community. But working quietly away in the background, in corridors, store rooms and offices you never see, is another dedicated group of people – the Facilities Team, helping ensure our hospitals run like clockwork.

We spoke to Elke Kropf, Director of Operational Services CALHN, about how the Facilities Team has worked behind the scenes to ensure the safety of patients, staff and visitors and the smooth operation of hospital activities during this challenging time.

Q. When news broke about COVID-19, what were your first steps?

A. The Facilities Team developed Access Management plans for each CALHN site that aligned with CALHN's response to the pandemic. They developed traffic flow plans so that COVID-19 patients, and those at risk, had separate entry and exit points and did not unnecessarily cross paths with staff, visitors or patients; they quickly installed new signage and awareness materials for each site and led access control to certain entrances, ensuring all arrivals flowed past designated screening checkpoints.

The team also responded to the decant strategy plan, which required rapid relocation of patients within the RAH as well as from the RAH to other CALHN sites, enabling the RAH to be a COVID-19 specific response location. Since March, the team has continued to refine the plans and respond in an agile and adaptive manner.

Q. What were some of the main logistical challenges?

A. In a short period of time, the Facilities Team responded in multiple ways;

- ensured adequate hand sanitiser was available and fully stocked at all entrances and lift wells, to encourage increased hand hygiene
- supported accessibility to Personal Protective Equipment (PPE) supplies with ample stock on hand
- ensured all external tenants across all CALHN sites were kept informed and complied with COVIDSafe guidelines, and
- worked closely with our contracted provider and in-house support services staff to ensure that cleaning standards were adhered to and maintained throughout this period.

Q. How did the team contribute to maintaining a calm, supportive environment?

A. The Facilities Team responded to staff and public requests in a timely and efficient manner whilst always having patient safety front of mind. This provided a sense of trust in what was an uncertain time for many throughout the network.

Thank you for going the distance



Did you know that every SA nurse travels an average of 13,000 steps or 9.5 kms in a shift? It's a challenging daily journey to ensure you and your family are safe and comfortable.

This year, the Royal Adelaide Hospital (RAH) Research Fund created a unique way to say 'thanks' to our nurses and mark International Year of the Nurse and Midwife 2020.

The Go the Distance Challenge, held from 24 August to 6 September, was a great way to keep fit, pay tribute to our nurses and raise much-needed funds for Nursing Scholarships that will help develop exciting new innovations in patient care.

Many dedicated RAH Research Fund supporters signed up for the challenge to show their appreciation and support. Watching participants take to Adelaide's streets and bike paths, enthusiastically matching their steps with our nurses (and trying to keep pace with everyone's favourite bear, Scrubs) was a truly inspiring fortnight for us all!

We loved hearing tribute stories from patients, family members and community fundraisers, all playing their part to raise funds. Scrubs was spotted all over the city on his walks. Members of our nursing community took part, creating step challenges between different departments. One creative participant even tap danced her way to a great step tally!

While we are still collating our final total, we know that more than \$5,000 has been raised already - a fantastic start to our fundraising efforts for Nursing Scholarships.

Scholarship recipients will go on to pitch their 'Big Idea', a new way to bring greater comfort and care to patients in South Australian hospitals including the RAH, The Queen Elizabeth Hospital, Hampstead Rehabilitation Hospital, St Margaret's Hospital and Glenside Health Service.

Thank you all for your love and support for SA nurses and for going the distance!

Here's your chance to say a heartfelt 'thank you' to celebrate the incredible efforts of our nurses and frontline workers.



Every day, our nurses and frontline workers in SA hospitals are stepping forward and delivering an exceptional standard of care.

Maybe you or a loved one has been in hospital recently, or you'd like to express your gratitude for treatment and follow up care you've experienced in the past.

If you would like to send a personal contribution towards **Nursing Scholarships** along with your heartfelt message, we would be so grateful.

To get involved

Simply write your message of thanks on the enclosed heart and return to RAH Research Fund (along with your kind donation, if you choose) in the reply paid envelope.