

FRIENDSHIP



Spring 2019



**Baby Lennox's
Story**

Thanks to everyone who
supports Starship

A word from Aisha

Dear Friends,

As I read through the stories featured in this edition of Friendship I am inspired by the impact your support is having for the health and futures of New Zealand children.

Children like baby Kora who, born at just 23 weeks gestation, is doing well thanks to the expert care and facilities in Starship's Neonatal Intensive Care Unit (NICU). And baby Lennox whose story on page three really highlights the importance of the Douglas Starship Simulation Training Programme in helping families to get home.

You can also read Paddy's story on page five. Thanks to your generosity, a new activity limb means Paddy can keep up with her peers at netball and train for para-athletics competitions this summer.

So much good has happened these past few months; I want to thank everyone who got behind our inaugural Bake it Better as well as those who supported our recent Starship National Air Ambulance campaign and our research appeal. I also had the privilege of attending our tenth annual Auckland Diamonds & Stars Tea Party where more than \$125,000 was raised to help equip Starship's Paediatric Intensive Care Unit (PICU) with the latest technology and equipment. All incredible examples of generosity.

I am looking forward to the many impactful projects we have coming up, including cheering on the Team Starship



Dr Mike Shepherd, Aisha Daji Punga - Chief Executive Starship Foundation and Dr John Beca. *Credit-Olivia Hemus*

runners in the Auckland Marathon (it's not too late to get involved – see more on page six).

Thank you again for giving our children access to world-class healthcare and brighter futures. Your generosity is inspiring.

Nga mihi nui ki a koe – great acknowledgements to you all.

Aisha Daji Punga
Chief Executive, Starship Foundation.

A huge thank you to our Five Star Partners:



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How your support helps us save & extend lives – meet Lennox



SAVING AND EXTENDING LIVES

To help provide better health and brighter futures for our children, the Starship Foundation invests in impact programmes designed to provide sustainable world class healthcare for children all over New Zealand.

The Douglas Starship Simulation Training Programme delivers paediatric simulation training to doctors, nurses and clinicians both at Starship and around the country. The programme brings frontline teams together to practice scenarios before an emergency, helping teams get better at saving lives.

Ten month old baby Lennox has already benefitted from the programme. Requiring a ventilator machine to support his breathing has kept Lennox in Starship's Neonatal Intensive Care Unit (NICU), then Paediatric Intensive Care Unit (PICU) since he was born and while the surgeons at Starship are able to help him, he needs to grow bigger before they can operate.

In the meantime, his family is preparing to take Lennox home on ventilation, something that might not have been possible without the Douglas Starship Simulation Programme.

They are among the first Starship families involved in a discharge simulation programme where simulation staff work together with the PICU team and partner with the family to provide individualised training using a manikin similar in size to the child and using the same medical equipment. The family is able to build confidence by practising potential scenarios in a non-hospital environment.

“It’s about helping prepare families of children who have high health needs, or dependence on technology, for



Lennox at Starship and with his mum Larissa.

discharge. We aim to empower these families to take care of their children in the community, where there’s no clinical staff immediately available to help,” says Trish Wood, Operations Manager, Douglas Starship Simulation Training Programme.

“The training we had with the simulation team was amazing for me because it gave me more confidence for when we go home. We know what we are doing, and we will be okay.”
Lennox’s mum, Larissa.

NICU refresh underway for babies like Kora



EMOTIONAL & FAMILY SUPPORT

Baby Kora was born at just 23 weeks gestation and has been a patient in Starship's Newborn Intensive Care Unit (NICU) since she was born. Each year around 900 families, like Kora's, have a new born baby who needs care and treatment in our NICU, and for some their stay lasts up to three or four months.

Thankfully the team at Starship will have an environment which supports and enhances the expert care they provide for babies like Kora and their whanau, with an upgrade underway to refurbish and expand NICU's spaces. Starship Five Star Partner Barfoot & Thompson are a major funder, donating more than \$340,000 to ensure the success of the project.

Kora's mum Tangiwai is appreciative of both the NICU team who "became family and were a God-send" and the facilities. "The Mum's Room was so helpful. It was a place to connect with other parents who knew what we were going through and understood all the medical terms. It was a place of amazing support."

Barfoot & Thompson Managing Director Peter Thompson explains the company believes that children are the future of New Zealand and so partnership with Starship is a natural fit.

"People and family are key to our business values and everyday practice. We know that world class medical care provided in a family-friendly environment gives these premature and unwell newborns the best chance of a healthy, normal life," he says. "We look forward to seeing what other innovation we can help provide now and in the coming years."

The other great news is that baby Kora is doing well and has been transferred closer to home to the North Shore Special Care Baby Unit (SCBU).



Activity limbs bring new opportunities for young amputees – meet Paddy

For children and young people living with lower limb amputation, having an additional prosthetic limb which is designed specifically for sport and activity, allows them to take part in activities like running, swimming, skiing and rock climbing. The benefits are two-fold with improved both physical and emotional wellbeing going hand in hand with participation in sport and activity.

15 year-old Paddy from Mt Eden in Auckland was born without her right fibula bone and had foot amputation surgery when she was four. The spirited teen hasn't let the challenges of living with a prosthetic limb hold her back and she actively participates in sport.

Recently her training and fitness for netball and volleyball has vastly improved thanks to a new activity limb, made possible for her through funding from the Starship Foundation.

Mum Lizzie describes the wonderful difference it has made for her daughter: "It gives her options that we take for granted. She loves it. It's amazing," she says. "While she could run before, it has really upped the ante. For getting fit it's made all the difference – she can now keep up with her peers when doing running drills at netball training, and now she goes out for training runs."

With summer approaching Paddy will be turning her focus to athletics where she's looking forward to competing in para-athletics using her new activity limb.

Paddy is one of a handful of lower limb amputees who now have an activity limb thanks to your generous support.



EMOTIONAL & FAMILY SUPPORT



EQUITY — ENSURING NO CHILD IS LEFT BEHIND

"While many amputees are eligible for an activity limb through ACC, those who have lost a limb as a result of a non-accident related medical condition aren't, so we came to the Starship Foundation for help," says Stewart Walsh from Starship's Paediatric Orthopaedics team. "Our objective is to increase participation in sport and activity for these young amputees because that really helps set them up for a brighter future."



Four year old Paddy before her amputation surgery



15 year old Paddy wearing her new activity limb

TV host Matt runs for Starship

How he's finding the time to train we're not sure, but we are absolutely delighted to have Matt Chisholm – well known TV journalist and host of Celebrity Treasure Island – running for Team Starship in the 2019 ASB Auckland Marathon.

Together with his wife Ellen, Matt has joined a 138-strong team of Starship supporters who will run, jog, walk and shuffle their way across Auckland on 20 October to help us push for our goal of raising \$200,000 for Starship.

Matt and Ellen's inspiration are their two boys Bede and Finn, aged three and 17 months. "We are new to the parent game and we often thank our lucky stars that our boys are fit and healthy. The thought of our children, or any child, suffering breaks our hearts, so we want to do as much as we can and raise some funds for Starship."

"We're going to run the 11km traverse of the Auckland Marathon- it's going to hurt, but nothing compared to what many children and their families go through at Starship."



Matt and Ellen Chisholm

It's not too late to join Team Starship on 20 October.

Visit <https://www.starship.org.nz/foundation/asb-auckland-marathon-2019/>

Or call (09) 307 4949 or email starshipfoundation@adhb.govt.nz



Making appointment scheduling easier for everyone



EQUITY — ENSURING NO CHILD
IS LEFT BEHIND



Starship Patient Scheduling Team

Children and their whānau are at the heart of a new patient focused booking system being piloted at Starship, and the initial feedback is both positive and promising.

The pilot is testing a new process for the scheduling of outpatient clinic appointments by engaging with the parent or caregiver to give them more choice about the appointment date and time, one that works for them. The goal is to improve the experience for whānau, and to reduce the rates of non-attendance at appointments.

The pilot launched in June this year started with three Starship services - Endocrinology, Diabetes and Respiratory - where non-attendance and re-scheduling rates were highest.

Operations Manager, Medical at Starship, Carla Jacobson is delighted with what she's observed so far. "The first call came within an hour of sending our first appointment invitations, the schedulers are getting great job

satisfaction from being able to make an appointment for the parent or carer at a time that works for them. Within the first month re-scheduling rates dropped by 50%," she says.

On the strength of the initial roll-out, the pilot is set to expand to three more Starship services in the immediate future to support families under the care of Starship's Gastroenterology, Immunology and Neurology services who are coming to outpatient clinic appointments.

With increased resource and infrastructure required to get this new way of working tested and trialled, the Starship Foundation has fast-tracked the rollout of the Patient Focussed Booking pilot programme with funding support.

Carla Jacobson is optimistic: "We anticipate that we'll see more children and whānau making it to their outpatient appointments at Starship, ensuring they receive the care and monitoring needed to stay well and enjoy life."

THANK YOU FOR HELPING US BAKE IT BETTER FOR STARSHIP



In our last newsletter we invited you to help us give New Zealand's children a healthier and brighter future by either donating or signing up to 'Bake it Better for Starship': our nationwide bake-sale.

We can now share the exciting news that you, together with all our other bakers and supporters, helped raise over \$137,000! We couldn't have done this without your support and we'd like to thank you for all your baking efforts to help raise this fantastic amount. Your support means so much to the team at our national children's hospital.

Starship Foundation Five Star Partner New World got behind the campaign, holding a dedicated 'Bake it Better

for Starship' week with an in-store promotion to raise funds.

New World Brand Marketing Manager, Jen Mariu, said, "Bake it Better showed up in every New World store across the country with many local owners and in-store bakers going above and beyond to inspire customers to bake for Starship. Even our Foodstuffs teams did their bit and held morning tea bake sales. We're delighted with the outcome and the funds raised for Starship kids."

**A BIG THANK YOU TO NEW WORLD,
MERCURY, DLA PIPER AND EVERYONE
WHO SUPPORTED THE CAMPAIGN.**



When seven year old Caitlin McFadden heard about Bake it Better for Starship, she jumped at the chance to get involved in support of her little sister, Eloise.

At just three weeks old, Eloise was unexpectedly admitted to Starship. A diagnosis soon followed. It turned out that Eloise had several congenital heart defects: tetralogy of Fallot with pulmonary atresia, and MAPCAs. Her condition also affects her liver.

At eight weeks old, Eloise had her first open heart surgery (OHS). She underwent further surgery when she was eight months old, with complications leading to an extended stay in Starship's paediatric cardiology ward 23B. Eloise had her third OHS in 2017 at 18 months old.

For Eloise, Starship has been a home away from home – a place where she feels comfortable. In total, she has spent more than six months in hospital. Throughout her ordeals, Eloise has been able to thrive in the Starship environment with her medical teams taking time to get to know her,



talk with her and help her personality develop into the positive and curious little person she is. Of course, she's also always had her family by her side and the loving support of her big sister.

As our national children's hospital, Starship touches the lives of children and their families throughout New Zealand, with extraordinary stories of courage, skill and compassion unfolding every hour of every day. And, thanks to your generous support, the Starship Foundation is able to help bring better health and brighter futures to children like Eloise.

THANK YOU FOR HELPING TO MAKE OUR FIRST BAKE IT BETTER FOR STARSHIP SUCH A SUCCESS. WE LOOK FORWARD TO BRINGING YOU DETAILS OF NEXT YEAR'S EVENT IN DUE COURSE.

Investing in prevention to keep our children safe and well – meet Carmen & Hiran



Dr Carmen Basu, Fellow, Te Puaruruhau, Starship Child Health

Being able to prevent illness and injury is critical in reducing pressure on hospitals. For this reason the Starship Foundation invests in research, innovation and other health initiatives that seek early detection, prevent hospitalisation and foster wellness.

Dr Michael Shepherd, Clinical Director Medical and Community, Starship Child Health explains that to keep our children healthier and safer in the community we

have to figure out what works in order to deliver more effective interventions.

“Prevention is critically important for improving outcomes for child health. We know that kids get sick; we know that kids get injured; we know that kids get unwell and we can help them in Starship, but we can do so much more than that by preventing them from getting sick or injured in the first place.”

New Zealand has been ranked the world’s third worst place for child deaths related to abusive injuries. Starship Foundation funding has enabled Dr Carmen Basu to be embedded within Starship’s child protection service Te Puaruruhau (the child protection service at Starship). As a fellow in Te Puaruruhau, Dr Basu’s drive is to turn this statistic around.

Independent reports following child deaths have highlighted that health professionals need to get better at sharing information. This is a key area of focus in Dr. Basu’s research.

“I have been given enough time and space to do a national research project. It is trying to place those children at the centre, and thinking about how health professionals can share information better to keep future children safe. We are analysing the best way possible to do that, and construct a really unique system that will work here in New Zealand.”





PREVENTION



Dr Hiran Thabrew, Child Psychiatrist and Paediatrician,
Consult Liaison Service, Starship Child Health

Around 16,000 young people experience anxiety each year, meaning it's one of the most prevalent mental health issues faced by children and young people in New Zealand.

Children who come into hospital with 'chronic' illnesses, are at greater risk of developing anxiety because they experience a number of stresses related to their illness and treatment.

Dr Hiran Thabrew, Child Psychiatrist and Paediatrician, Consult Liaison Service, Starship Child Health, is developing a new e-therapy to help deliver health interventions.

"Starship Rescue is a game designed to treat anxiety in children and young people with chronic illness. It's based on the principles of cognitive behaviour therapy and is a fun way to deliver therapy to young people who are in hospital. It helps them learn about what anxiety is and skills to beat it. It also encourages them to go out of the game into the real world and tackle one or more of the anxieties that they are facing themselves."



I was diagnosed with
cancer when I was seven.
I remember being flown in a
plane to Auckland in a stretcher.
My mum says the Air Ambulance
saved my life.

Thank you for your generosity to our Air Ambulance appeal. Your support is helping to keep our Air Ambulance flying to save children like Matilda.


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