

FRIENDSHIP



Winter 2019

Matilda's
flight for life

Thanks to everyone who
supports Starship

A word from Aisha

Dear Friends,

Though winter is now well and truly upon us, I feel warm and energised about all the extraordinary things we have achieved already this year – thanks to you. In this edition, there are stories of how you have helped us to save and extend lives, provide family care and emotional support, lift spirits, and enable better outcomes, faster recovery and less invasive treatment. Your support is helping us to transform paediatric healthcare for the benefit of so many children and families across New Zealand.

It's a privilege to share with you the stories of our Starship stars – children, clinicians, our wonderful donors – and the enormous impact your generosity has enabled. A great example is Matilda's story on page three; she is now a busy, energetic and vibrant 11-year-old thanks to a life-saving flight on the Starship National Air Ambulance.

I'm excited about the many wonderful projects we have coming up and will be spending some time in the kitchen with my own boys for our very first Bake it Better for Starship campaign happening next month. See page 10 for more information – I hope you'll join us too on this yummy and fun adventure.

Thank you for giving our children access to world-class healthcare when they need it most. I am so proud of what we are doing together.



Aisha with Starship child Eru

Ngā mihi nui ki a koe – great acknowledgments to you all.

Aisha Daji Punga
Chief Executive, Starship Foundation

A huge thank you to our Five Star partners:



Matilda's flight for life

Those who have supported us for a while might recall the story of seven-year-old Matilda from Hastings who was collected by the Starship National Air Ambulance Service in the middle of the night. Matilda was diagnosed with leukaemia that same day and, due to the aggressive growth of her tumour, her condition very quickly turned critical.

Almost four years on from that life-saving flight, Matilda is now 11 and is doing well. She is in remission, enjoys many extra-curricular activities on top of her school work, and has ambitions to become a doctor. Her mum Fiona describes her as a really special person because of what she went through **"I'm so proud of her. She gives everything a go and gives it 100 percent."** Matilda and her family are so grateful to Starship and the calm, caring, expert team that flew to collect them that night. Fiona's message to supporters is this: **"Thank you – you are literally saving lives."**

Year round, day and night, the Starship Air Ambulance flies top medical experts to children like Matilda in life-threatening emergencies. It is a paediatric intensive care unit in the sky. There is always a doctor and nurse on each flight and crew members are hand-picked for their emergency medical skills, expertise and their ability to respond well in a crisis. Last year the service collected 183 children from all around New Zealand and brought them back to Starship for life-saving care.

The Starship Foundation supports the Starship National Air Ambulance Service to the tune of \$1.5 million

Visit us on Facebook and YouTube:

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SAVING AND EXTENDING LIVES

annually to ensure it's available to all New Zealand children when they need it.

We urgently need to raise \$1.5 million to continue supporting this important service.

You can watch a video of Matilda's life saving flight at:
<https://bit.ly/2Jj8nWE>



Kidney transplant research: finding the perfect match

Starship is about to embark on a very special study with huge potential benefits for children with end stage kidney disease. It aims to improve outcomes for these children.

Dr Chanel Prestidge, Starship Paediatric Nephrologist, is working with other paediatric transplant units across Australasia on a multi-collaborative research project to learn more about the best matching for children needing kidney transplants.

The study looks at using molecular (DNA) tissue typing to more precisely define the immunological profile of individuals (donor and recipient), with the goal to improve compatibility and long term health outcomes for these children.

Kidney transplants have good short to medium-term outcomes but late/longer term graft loss remains a significant problem. A study of kidney transplant patients found rejection contributed to almost 65 percent of transplant failure. This means most children will need more than one transplant in their lifetime. What's more, patients can develop antibodies from their first transplant, severely restricting future 'compatible' donation options. Selecting donors with the best matching for children is an important focus for paediatric clinicians.

The potential impact for children requiring a kidney transplant is improved outcomes and longevity of kidney post-transplant: better health and brighter futures for these children. The study will provide an Australian and New Zealand-wide resource and will be used to inform paediatric kidney transplant practises worldwide.



BETTER OUTCOMES, FASTER RECOVERY &
LESS INVASIVE TREATMENT

We're so grateful that because of your support we are able to plan for research studies like this that will have a huge impact on the quality of life for many children in New Zealand and around the world.



Two-year-old Naufahu Halafihi from Wellington three months after his kidney transplant, with dad Sana who donated the kidney to his son

A makeover for our Day Stay Unit



FAMILY CARE & EMOTIONAL SUPPORT



Dr John Beca,
Director – Surgical at
Starship Child Health
starts refurbishment of
the Day Stay Unit

The Starship Foundation has benefited from extraordinarily generous community support which has helped to refurbish many key facilities within Starship and increase the hospital's capacity.

After 27 years, and with no significant upgrade since it opened, Starship's Day Stay Unit was also in urgent need of a major refurbishment. This Unit is the work horse of Starship's operating theatres with 6,000 young patients from around New Zealand admitted every year.

Upgrades to the new Unit enable a better utilisation of space, improve operational efficiencies and enhance the child and family experience. Dr Stephen Evans, Starship's Service Clinical Director for the Day Stay Unit, says;

"The benefits for patients, their families and staff will be enormous."

In recent years the complexity of hospital procedures has increased, with a wider range of children now considered suitable for day surgery and treatments. Children from around New Zealand are admitted pre-operatively, or medically, to have assessments, procedures, tests or to be reviewed by their specialist. Children also present to the unit with acute conditions requiring urgent surgery.

Refurbishment work commenced in December 2018 and was completed in June. We extend a big thank you from the Starship Foundation, the children and their families to our wonderful donors Lynne Erceg, Dulcie Taylor, Sir John and Trish Lady Davies and Pub Charity Limited and everyone whose generosity made this possible.

Our people are our assets

A Māori proverb states: He aha te mea nui o te ao. He tāngata, he tāngata, he tāngata. (What's the most important thing in the world? It's the people, it's the people, it's the people.)

It's a sentiment we support wholeheartedly at Starship as the generosity of our donors helps attract, train and retain some of the world's best paediatric specialists. Each year many doctors and nurses benefit from career development backed by funding from the Starship Foundation.

This has enabled several research fellowships for doctors as well nursing scholarships aimed at mid to senior-level nurses to enrich their nursing knowledge and advance their practice expertise within child health. The nursing scholarships encourage research into child health nursing practice; advance the development of clinical nursing care for children; and assist nurses to develop postgraduate expertise in the nursing care of children and families.

Carol Furness, Clinical Charge Nurse for Starship's Paediatric Haematology and Oncology Wards, was a nursing scholarship recipient this year. This will enable her to embark on a Masters of Nursing with a focus on her specialty – paediatric haematology and oncology. It's an area of nursing she's worked in at Starship for 15 years. Carol's study will look closely at clinical practice, opportunities for process improvements, and "how we can further support our patients and families going through the service," she says. **"I'm honoured and privileged to have been awarded this opportunity."**



The Foundation must raise over \$650,000 per year to provide fellowships and scholarships for Starship staff. We extend our enormous thanks to Heather Forss, the Philipson family, the Taranaki Phone Alarm Charitable Trust – Kerry Sinclair Memorial Scholarship, the Kelliher Trust, the Helen Stevens Fund and other generous donors for supporting these opportunities.

Mercury customers fund a new app to help fight antibiotic resistance



BETTER OUTCOMES, FASTER RECOVERY & LESS INVASIVE TREATMENT

Funding from our Five Star Partner Mercury and their wonderful customers has enabled Starship to develop an app that makes prescribing antibiotics for children smarter and more efficient.

The Script for Paediatrics app was developed for clinical use by Dr Sarah Primhak, a Paediatric Fellow from Starship's Infectious Diseases Service. It is the only paediatric-specific tool of its kind in New Zealand, bringing together over 250 web-based guidelines that help map a path to identifying the correct antibiotic and treatment plan.

"The clinician will assess and diagnose the child fighting an infection in the normal way, then use the app to pinpoint the antibiotic, dosage and length of treatment that best fits that child.

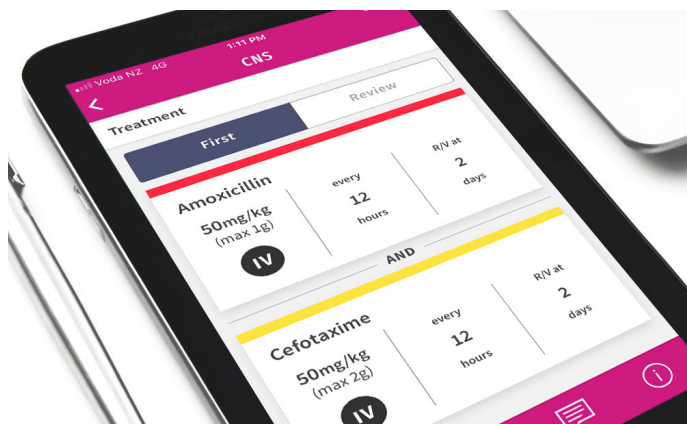
"Antibiotic resistance is a growing problem worldwide and we are already finding that antibiotics we've used for years aren't working anymore, so best prescribing practice is very important," says Dr Primhak.

It's anticipated the app will play a role in the long-term health of many children, which will extend out to communities and families across New Zealand.

Please help make projects like this possible by joining the Starship Supporters Club and adding a donation to your monthly bill at www.mercury.co.nz/starship



Dr Primhak with the app



Script for Paediatrics app

Run with us... be extraordinary for Starship kids

Lisa Mullins from Edgcumbe in the Bay of Plenty is an amazing mum and a member of Team Starship for the 2019 ASB Auckland Marathon. On Sunday 20 October Lisa is running for her children, including daughter Mikayla who is currently receiving care at Starship.

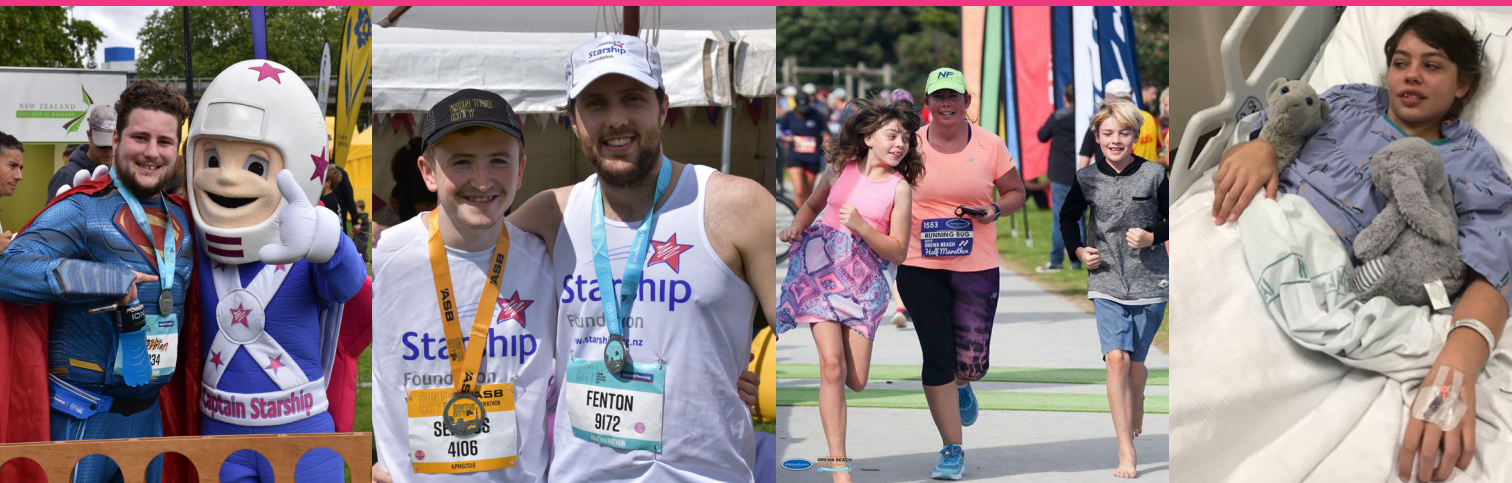
"Mikayla visits Starship every month due to having Neurofibromatosis, a genetic disorder that causes tumours to form on nerve tissue. I am running to give back for all the support Starship has given us as a family over the past 12 years," she says.

"Never do you want to be in hospital and you want this least of all for your children. Mikayla has been through so much more than any 12-year-old should have to endure. My other son Jack has been the best big brother and support crew. So I'm doing this for my wonderful kids who are my heroes."

Every day extraordinary things happen at Starship. Join Team Starship and be extraordinary too! You can choose your distance. You can run or walk. You can be a real inspiration and make a real difference for Starship kids! If you think you could raise a minimum of \$1500 for Starship, you could be offered a Charity Hero spot with free entry to the race of your choice, free transport and lots of other goodies to enjoy.

If you or someone you know would like to join us, please sign up through the Auckland Marathon website or contact Charlotte Barnett on: 09 307 8949 or charlotte.barnett@adhb.govt.nz.

We are aiming to attract 180 runners to Team Starship and together raise \$200,000 to help bring better health and brighter futures to our children. We'd love to have you on our team.





BETTER OUTCOMES, FASTER RECOVERY &
LESS INVASIVE TREATMENT

MRI upgrade brings many benefits for children

Starship's magnetic resonance imaging (MRI) machine was purchased in 2010 through the extraordinary generosity of Sir Graeme and Lady Ngaire Douglas. It remains the only dedicated paediatric MRI in New Zealand and provides medical imaging for more than 2,000 children each year. MRI scans detect and diagnose illnesses and serious medical conditions, guiding specialists to the best diagnostic and treatment decisions for our children.

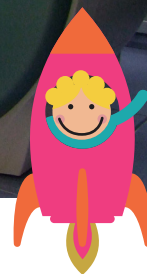
Starship's MRI patients range in age from in-utero (foetal MRI) to young adults, with some of the most complex and technically demanding imaging requirements from across New Zealand. Patients include children with cancer, heart defects, head and brain conditions, bone infections and dislocated hips; as well as fragile premature babies and children with epilepsy, cerebral palsy and developmental delays. This work requires the highest standard of medical imaging available and we are so lucky to have this vital piece of imaging equipment at Starship.

At nine years old Starship's MRI is in need of upgrade, so – with the help of our generous supporters – the Starship Foundation committed to securing the \$905,000 that was needed.

The upgrade will provide substantially enhanced image quality, resulting in improved diagnostic certainty for our medically complex patients. It will greatly reduce the number of anaesthetics required by young children and the need for repeat scans; mean faster imaging and less

time in the scanner; and greatly reduce acoustic noise in brain, spine and musculoskeletal imaging. All this means less stress and discomfort for these children.

We extend our enormous gratitude to the Lion Foundation, Stevenson Village Trust and other generous supporters who enabled this upgrade. We will always depend on the goodwill of our generous supporters like you to ensure Starship remains world-class for the children and families who rely on it. Thank you for helping to make this possible.





BAKE IT
BETTER
for
Starship

Do you like baking? Do you like eating baking? We do, which is why we've launched 'Bake it Better for Starship', a nationwide bake-sale for Starship. Throughout July we are encouraging anyone and everyone to don their aprons and join in – whether that means holding a bake sale at your workplace, school or neighbourhood or sharing it at home with your family and friends.

You can take inspiration from one of our youngest fundraisers, seven-year-old Parker from Auckland, who made cupcakes and sold them to his family and friends. Parker raised \$65 from his cupcakes and gave it all to Starship. Thank you Parker!





Through 'Bake it Better for Starship' we're aiming to raise \$500,000 to accelerate better health and brighter futures for our children, and we'd love your help.

There are five easy steps:



REGISTER NOW AT:

WWW.BAKEITBETTERFORSTARSHIP.ORG.NZ



FUNDRAISE,



START BAKING,



SELL YOUR BAKING,



DONATE MONEY TO STARSHIP.



EASY AS PIE.



Starship Foundation Five Star Partner, New World, is supporting the campaign through their 'Bake it Better for Starship' week. New World Brand Marketing Manager, Jen Mariu, said; "Baking just got that much more rewarding and fun with 'Bake it Better for Starship.' It doesn't matter if you're a savvy scone maker, a perfect pie producer or a beginning biscuit baker, all you need is a dash of positivity and a sprinkle of excitement to help us make a difference for Starship children from all over the country. Our in-store bakers are doing their bit to help fundraise and so can you!



Above: Parker baking his cupcakes
Right: Parker in Starship at two days old

WE LOVE TO BRING PEOPLE TOGETHER OVER FOOD, SO JOIN US IN HELPING TO GIVE NEW ZEALAND'S CHILDREN A HEALTHIER AND BRIGHTER FUTURE.

If there's someone who can't attend your bake sale, they can still join in the fun by sending a 'virtual cake' and making a donation to support you. Join us by visiting **www.bakeitbetterforstarship.org.nz** to register and set up your fundraising page. Whether you like to bake sweet, savoury or healthy treats, every little bit(e) counts.

Thank you for supporting the power of play



In April we reached out to some of you asking for help to boost our Play Specialist support to the Starship Children's Emergency and Radiology Departments. You responded wholeheartedly!

We are so grateful to you for helping us to ensure this vital service for the children who need it. Starship's Play Specialists adapt their skills to suit each child's personal, family and medical needs. They work in a number of ways that help children like Hollie (pictured) to develop coping strategies to reduce pain and anxiety, help prepare them for procedures, and better understand what is happening to them. Having a Play Specialist on the team makes a huge difference!

We are happy to let you know that in the last nine months almost 100 children who would have previously needed one, have avoided a general anaesthetic for their MRI,

through the support of a Play Specialist. That means less risk to their health, shorter hospital stay, no need to fast and they feel a wonderful sense of accomplishment. The team are in the process of recruiting the Play Specialist role for the Children's Emergency Department.

Hollie's mum Johanna says; "I can't emphasise enough the benefits that Starship's Play Specialists have brought to Hollie's treatment and wellbeing. This sort of support is so critical for parents like us, as well as children. Please know that it makes a huge difference!"



From the bottom of our hearts – thank you!