

Issue 12

St. Vincent's Foundation Newsletter for the *Friends of St. Vincent's*



St. Vincent's Foundation is the philanthropic fundraising arm of St. Vincent's Healthcare Group



St. Vincent's Foundation

Board of Directors: Mr. David Ryan (Chairman), Ms. Stephanie Fitzpatrick,
Mr. Dermot Furey, Prof. Michael Keane & Mr. John Hickey
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**Spring
2015**

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***St. Vincent's Foundation
is a voluntary
organisation and all
donations and grants are
shown on our website***

Welcome from John Hickey, C.E.O. of St. Vincent's Foundation



Welcome all to this the 12th edition of our donor's magazine *Friends of St. Vincent's*.

In this issue we feature as always the huge range of fundraising activities and donations. There are some great photographs of the fundraising activities. As we thank our donors and fundraisers, we must also acknowledge the ongoing contributions from the business community.

We also share some of the patient benefits that have come from the funds contributed. The projects and purchases that were enabled by donors range from equipment and research, to education and all make for great reading.

We enabled a masterclass for staff on the theme of compassion in healthcare. This was the second in a series that we were able to accommodate because of donor support. There is a very interesting article by Dr. Ian Callanan and Ms. Nora Ellard on the workshop.

We are delighted to have an article from Dr. Donald McCarthy on Stem Cell transplantation which follows the progress and success of this process from its pioneering days in 1992.

In this issue, we have included a summary of activity and results for 2014 which I hope you will find interesting. The full accounts for 2014 are available on our website www.stvincentsfoundation.ie and we encourage all our supporters to be informed about where our funding comes from and how we use the money.

During this year, we will be substantially improving our website to make it easier to navigate and more useful for *Friends of St. Vincent's*. We appreciate the pro-bono support of The Communications Clinic in this effort. We will look forward to launching the new site and getting your feedback in due course.

Finally, as always I want to thank each and every donor and fundraiser for what you have done for our patients.

**John Hickey,
C.E.O.**

***We should highlight that, as St Vincent's Foundation is a voluntary organisation,
all money goes to the intended cause.***

St Vincent's Healthcare Group comprises:

St. Vincent's University Hospital, Elm Park, Dublin 4 (affiliated with University College Dublin); St. Vincent's Private Hospital, Elm Park, Dublin 4 and St. Michael's Hospital, Dun Laoghaire, Co. Dublin.

www.stvincents.ie

Summary of Activity & Results 2014

St. Vincent's Foundation was launched in late 2008. 2014 therefore marks six full years of fundraising for causes in St. Vincent's.

We must record our thanks to those many donors and fundraisers who supported us during the year.

2014 started slowly suffering from the continued publicity about charities which was at a peak in late 2013. As the year progressed we saw a significant pickup in activity and the final outcome was very similar to the previous year when exceptional items are excluded. This is expanded below.

Total Income during 2014 was €588,000. This is down by approx. €190,000 from the previous year but in 2013 we had an exceptionally large bequest of €261,000. On a comparable basis our income was slightly increased.

91% of the money we received was restricted to specific causes. The charts, on this page show where the money came from and how much was restricted to specific causes.

The range of fundraising activities was huge and most are reflected elsewhere here and on our the website. Almost all of the donations are recorded as anonymous in line with the wishes of the donors.

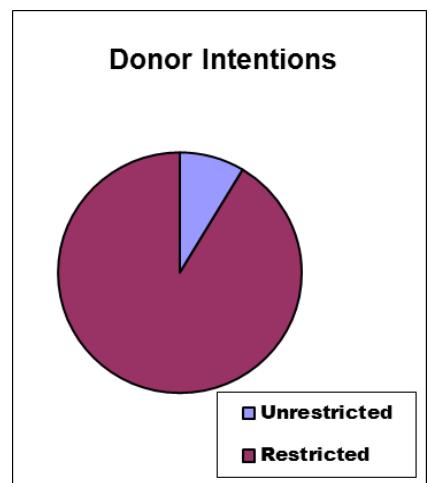
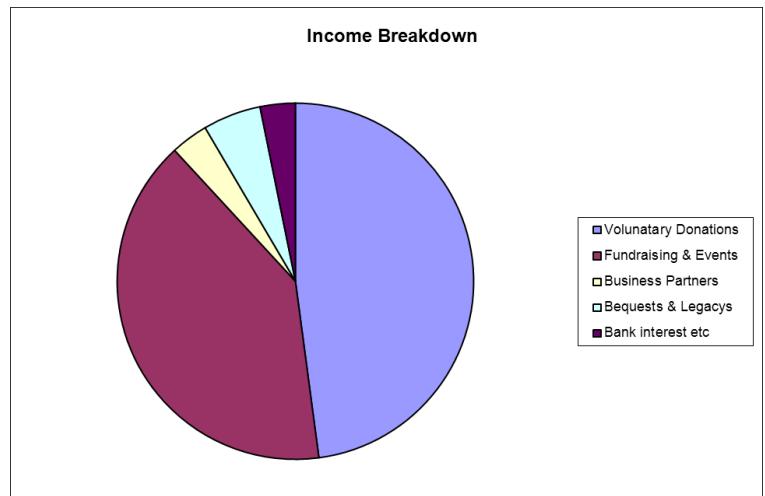
St. Vincent's Foundation is run on a voluntary basis so our costs are relatively small and are covered by Business Partner contributions and bank interest. It means that we can assure donors that all money given or fundraised goes directly to the intended cause.

The operating costs of the Foundation were €26,000, mainly consisting of printing, website maintenance, travel, donor telephone centre costs and purchase of marketing materials such as tee-shirts, collection boxes and promotional material. Also in these costs are the purchase of Christmas cards for sale. This figure includes approx €9,000 depreciation cost for the on-line donation system purchased when St. Vincent's Foundation was established.

During the year, through the generosity of supporters we were able to support projects to a total of €433,000. This was €176,000 more than 2013. €280,000 of this went to research projects, €133,000 on medical equipment and patient facilities. The research included a number of cancer projects, including a major ongoing Breast Cancer study and Obesity research. In addition, €20,000 was spent on medical education.

We continue to give details of donations, fundraisers and grants on our website as they occur, under the section "About Us".

You can also view the full detailed accounts for 2014 on our website www.stvincentsfoundation.ie



Fundraising Highlights

In each of the editions of this magazine we have featured wonderful stories of fundraising. They have demonstrated the imagination and energy of our supporters. Regular readers will recognise individuals and groups who have repeatedly gone to great lengths to help St Vincent's. Each magazine also features first time fundraisers. We are really grateful to them all.

H.S.S.C.U. Bursary payment:

Our thanks to the Education Planning & Development Committee of the Health Services Staffs Credit Union for approving a Bursary payment of €150 to St. Vincent's Foundation in December last.

TESCO Community Fund:

We are grateful to TESCO for choosing St. Vincent's as one of their chosen charities to benefit from their Community Fund. TESCO Merrion Shopping Centre chose the Liver Transplant Unit in St. Vincent's as one of their chosen charities in November last and €281.46 was received from this initiative. TESCO Baggot Street contributed €228.69 towards patient care. More recently, Breast Cancer Care in St. Vincent's has been selected by TESCO Merrion. We look forward to working with TESCO in the future, and will keep you informed.



Phone Recycling monies:

Please keep donating your old mobile phones for recycling. We have a phone recycling box located at the main reception desk in the hospital. Because these phones can either be repaired or used for spare parts, we raise several hundreds of euros each year from them. Recycling them is also, of course, good for the environment.

Patrick Noonan and his aunt Ann Hanly from Cork again took part in Dublin Marathon in October last. Their MyCharity fundraising page raised a fantastic €897 for the Liver Unit. In 2012 Patrick's mother had a successful liver transplant here in St. Vincent's and since then the family have fundraised over €4,000 for the Liver Unit. Our thanks for their continued support and fundraising.

Bequest for Nursing:

In January, we were delighted to receive a Legacy gift of €2,540 in gratitude for the high standard of nursing care in St. Vincent's. The gift stipulated that the money should be used for nurse education which will of course, benefit patients.

Collection Boxes & Dublin Bus refund tickets:

We received over €8,000 in 2014 from the money boxes throughout the hospital, for which we are very thankful. In addition the contribution from Dublin Bus ticket refunds amounts to about €100 every year. All of this is very helpful.

Court Poor-Box Donations:

As we mentioned in previous issues, Cystic Fibrosis care here in St. Vincent's has been the beneficiary of several Court Poorbox donations. We would like to acknowledge further payments of over €1,500 received in November & December last, for which we are most grateful. As we finalised this edition we received a further €150 for Breast Cancer on the direction of Naas District Court.

Fundraising Highlights continued.....

Christmas Cards & Raffle for Cancer:

Supporting Cancer research and care in St. Vincent's, we held a raffle and sale of Christmas Cards during the month of December. Together they raised over €6,100. We want to thank everybody who supported this initiative by buying cards or raffle lines. We are particularly thankful to the following who generously donated prizes for our Christmas Raffle:



- * **Belfield Bike Shop, U.C.D.**
- * **Bianconi's Restaurant, Merrion Road**
- * **Glow, Make Up & Beauty Salon, Merrion Shopping Centre**
- * **Goodbody Stockbrokers**
- * **Health Food Shoppe, Merrion Shopping Centre**
- * **Home Instead Senior Care**
- * **Island Living Gift Shop, Merrion Shopping Centre**
- * **Jim Mitchell, S.V.U.H.**
- * **Kylemore Service Group**
- * **Noonan Services Group**
- * **Remané Jewellers, Merrion Shopping Centre**
- * **Stillorgan Park Hotel, Dublin**
- * **Tara Towers Hotel, Dublin**
- * **TESCO Merrion Shopping Centre**
- * **The Merrion Inn**
- * **Tony Walsh Pharmacy, Merrion Shopping Centre**

Well done to those who were successful in the raffle - which included staff, patients and visitors. ([see pictures below](#)). We must highlight the invaluable help from the Portering Staff at the main reception in SVUH; staff in St. Vincent's Private Hospital; Kylemore Services Group shops and coffee shops, and Bridie & the Catering Staff in SVUH, for selling Christmas cards and raffle lines for the Foundation



Coast 2 Coast cycle for St. Vincent's Liver Unit:

- Colin Dalton and friends took part in a Coast 2 Coast cycle in September last, fundraising for the Liver Unit in St. Vincent's and also for the Alzheimer's Society. A colleague and friend of theirs has had two liver transplants in St. Vincent's and they wanted to support the work of the Liver Unit. We are most grateful to Colin for €2,314 raised online via his MyCharity page.
- As part of their Corporate Social Responsibility giving, **AirSpeed Telecom** in Citywest donated €1,000 for Cancer Research & Care here in St. Vincent's. Our thanks to Ray O'Connor, Ailbhe Duffy and all in AirSpeed Telecom for donating to St. Vincent's.

Fundraising Highlights continued.....



Edmondstown Golf Club Captain's Charity Day 2014:
Edmondstown Golf Club dedicated their Captain's Charity Day 2014 for Breast Cancer Research and Care in St. Vincent's. Our gratitude to Captain Con Kenny & Lady Captain Judy Byrne Murray for such a successful event which raised €4,695 and our thanks to all who took part.

Pictured on the left is Captain Con Kenny, Lady Captain Judy Byrne Murray & members of Edmondstown Golf Club

Eamonn & Mary Burke's Annual New Year's Day Swim for the Liver Unit:

- A New Year's Day sponsored swim in Arklow has become an annual fundraising event for the Liver Unit in St. Vincent's and continues to go from strength to strength.
- Eamonn & Mary Burke and their family have organised this for many years in good weather and bad and have raised nearly €30,000 in total for support of Liver patients.
- This year the event contributed €3,942 for which we are most grateful. Eamonn & Mary always emphasise the importance of local support for this great event including participants, donors, sponsors and those who ensure the safety of all. We want to express our appreciation also to all concerned.



Regular readers will be familiar with our constant fundraiser **Jillian McNulty from Longford**. The scale and range of her fundraising is quite spectacular.

This time Jillian has raised in excess of €1,100 from a Church Gate collection, donating €553.25 each to St. Vincent's and C.F. Ireland.

Our thanks to **Leopardstown Tennis Club** who won a tennis competition which is run for charity twice a year. They donated their winnings of €350 to St. Vincent's to be divided between Breast Cancer & Liver patient care. Our thanks to the Team Captain Bairbre Hayes, Betsy Walsh and all in the Ladies Morning Tennis Charity League in Leopardstown Tennis Club for thinking of St. Vincent's.

Fundraising Highlights continued.....

Lorna Purcell's Run Fifty Two for St. Vincent's Liver Unit:

In one of the most innovative fundraising initiatives, Lorna Purcell (*pictured on the right with her parents Therese & Michael presenting her fundraising*) committed to running 52 races during 2014, to raise money for the Liver Unit in St. Vincent's.



Lorna committed that each event would be a minimum of 5km and it included events up to 10 miles in distance.



With huge effort Lorna, supported by many friends along the way, raised €3,000 for this great cause.

Pictured above is Laura with friends Orla and Stephen, both of whom participated with her, in many of these challenges.



Christine Kearney's Easter Raffle 2015:

For many years Christine Kearney has organised fundraising raffles for Breast Cancer in St. Vincent's with huge success.

One again Christine's Easter raffle on Thurs 26th March was a great triumph. It raised €2,679 which is a magnificent contribution to the work of St. Vincent's.

Christine and her friends Catherine and Katie purchased all the prizes and, as always, created a wonderful presentation of them. (*see photos from the day*)

We want to thank everyone who contributed to this result. We owe particular thanks to the Portering staff who generated over €1,200 in ticket sales during the previous week. We are grateful to everyone who bought tickets and our thanks to one and all. Prizewinners included members of staff, visitors and patients.

Finally, the greatest thanks goes to Christine Kearney. This great lady has raised over €18,000 in recent years for Breast Cancer care and research in St. Vincent's. She has also brought great colour and fun to the events in the hospital with her friends Catherine and Katie.



Fundraising Highlights continued.....



U.C.D. Med Day 2014:

On the 17th October last, U.C.D. Medical Society held their annual charity day to support many worthy charities. St. Vincent's is always included and we really appreciate this support.

On Med Day, hundreds of students took to the streets of Dublin to fundraise in bright attire and, with great energy and enthusiasm raised in excess of €21,000. We were delighted to receive €1,500 for patient care, research and education here in St. Vincent's. We are really grateful to the students, who each year,

make this contribution. Since 2009 St. Vincent's has received €13,000 from UCD Med Day.

Pictured above are Aoife & Stephen from Med. Soc. UCD presenting to John Hickey, St. Vincent's Foundation.

Congratulations to **Marie Ahearne & Friends** (pictured on the right) from County Waterford who took part in the gruelling **Hell & Back Challenge** on 1st Feb 2015, raising €1,100 for the Liver Unit in St. Vincent's.



The Hell & Back challenge has to be one of the most gruelling undertakings imaginable and we are most grateful to Marie, her fellow competitors and all who supported this wonderful fundraising initiative.

On behalf of our patients, we thank them.

Alan Jacob's Movember Fundraising for Cancer Research:

Our thanks to Alan Jacob and his work colleagues in Intel who raised the magnificent sum of €2,365 for Cancer Research here in St. Vincent's, by taking part in the "Movember challenge". This result involved a huge effort from so many people and we are very thankful to them all.

Teresa Mann's Ice Bucket challenge for neurology research:

Ice Bucket challenges were probably the great fundraising innovation of 2014 with many brave characters supporting favourite charities. We were delighted that St. Vincent's was a beneficiary of the trend with Teresa Mann from Gorey, Co. Wexford raising €150 for neurology services in St. Vincent's to assist in research into Huntingdon's disease. Teresa's nephew Raymond had previously raised monies for St. Vincents. Thank you Teresa.



Furey/Kenny Remembrance Run November 2014:

The family and friends of the late Moira Furey have been unstinting in fundraising in her memory. Their latest endeavour was the Remembrance Run in the Phoenix Park in November last, when they raised €4,762 for Pancreatic Cancer research in St. Vincent's.

Fundraising Highlights continued.....



2015 V.H.I. Women's Mini Marathon:

One of the most important fundraising events in Ireland each year is the Women's Mini Marathon. This year it takes place on Monday June 1st. There are very large numbers of women doing this for causes in St. Vincent's and we wish them well with our thanks. In the next edition we will update readers on the outcome. Hopefully it will be a great day.

Wedding Favours donation to the Liver Unit:

Thank you Sarah Mitten and Darragh O'Grady from County Wexford who donated to the Liver Unit in lieu of Wedding Favours for their wedding in April. Sarah and her family have fundraised over €4,500 for the Liver Unit since Sarah's transplant and we would like to thank her and her family for their continued support. We wish Sarah and Darragh every happiness for their future together.

Ian McDonald's fundraising for St. Anne's Cancer Care:

Following his mother's treatment here in St. Vincent's, Ian McDonald from Aughrim decided that 2015 would be a year of fundraising for cancer care in the hospital. Ian started with a head-shave on January 3rd in his local pub in Annacurra. The shave was done by an All-Ireland sheep shearer! At that event he was also supported by friends who had their legs waxed.

Ian then started to grow a beard which is to be shaved off in June. The pictures ([see below](#)) tell the story of the progress. Ian's success to date has been superb raising over €2,000 for care of cancer patients.

He plans other activities later in the year so we will feature him again when this brave undertaking is complete.



***We are so indebted to all our supporters mentioned
here and to many more not listed.***

***Some donors do not want to be identified and we
always respect that.***

How we handle your money

Make a Difference!
DONATE

In earlier communication we have highlighted how we publicly demonstrate all donations and fundraising results on our website. We also show every grant made from these funds.

We encourage readers to familiarise themselves with this detail.

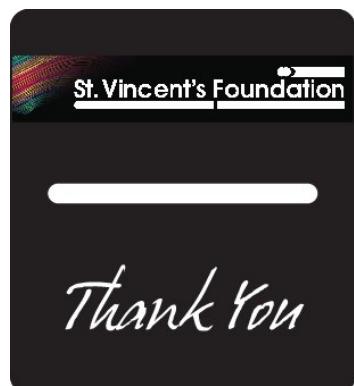
**For details of all donations, fundraising and spending, please see our website
www.stvincentsfoundation.ie**

On the website also, you can read our Income and Grants policies.

- Personal details of **Donors** will remain confidential unless SVF is specifically requested by the Donor to publicise them. Otherwise Donors will be able to recognise their own donation by reference on that page to the donation date and amount and by the cause, if they have specified one.
- Fundraisers** will be individually identified in the publicly accessible database, if they have requested to be identified, by name and amount raised. Otherwise they will be able to recognise their contribution by reference to the presentation date and amount and specific cause if nominated.

We are very happy to deal with any queries

Our contact points are listed at the back of this magazine



Donations have always been important in improving the hospital.

St. Vincent's Foundation raises money from donors to enable our hospitals realise their world class potential in medical care, research and education

**If you would like to support us please go to our website
www.stvincentsfoundation.ie or call our donation line on 1850 603 803
or write to St. Vincent's Foundation, Elm Park, Dublin 4.**

Donors making a difference

We are always delighted to feature stories of generosity in fundraising. It is a particular pleasure to be able to demonstrate how these efforts contribute to our mission of patient care.
Here are some examples:

Christine Kearney's Breast Cancer Care & Research fundraising:

Funds raised by Christine Kearney were used recently to provide specialist training for staff working with patients following breast reconstruction surgery. This is a direct patient benefit from this generous fundraising. In addition money was committed from this fund for development work on the website communication for patients.

Fundraising for Pancreatic Cancer Research in memory of Moira Furey:

Elsewhere in this magazine we have noted the fundraising of the Furey/Kenny family and friends. We were delighted that this money enabled a Pathology Pancreatic cancer research project under the leadership of Dr. Niall Swan. The output from this research will improve earlier diagnosis which is vital in this medical area.

St. Michael's College fundraising for Emergency Department equipment:

The staff and students of St. Michael's College recently raised €6,000 to provide a medical simulator for the Emergency Department in St. Vincent's. This equipment is a huge contribution to teaching staff in this vital area of the hospital. The fundraising activities were wide ranging and included the harvesting and selling of Christmas trees.



Some of the 1st year students accompanied by their teachers attended the hospital to see a lifelike demonstration of the simulator in action. ([see photos above](#)) The session was led by Prof. John Ryan and the senior medical team in Emergency Medicine Department. We are really grateful to all students and teachers on behalf of our patients.

Hatton Family fundraising in memory of Glen:

We previously highlighted that Glen Hatton's family raised money to finance many patient improvements in St. Vincent's. Recently, we were enabled to purchase ten infusion pumps for St. Anne's Ward which were a huge contribution to patient care. ([Michelle Connell & Martina O'Brien of St. Anne's pictured with one of the pumps](#)) We will feature many more purchases from this fund in the next edition of this magazine.



McHugh family fundraising for the Liver Unit:

The family of recovering patient Bernadette, wanted patients to benefit from their experience. Through their kindness we were enabled to purchase two chairs and an exercise bike for St. Brigid's Ward. The patient benefits there are very obvious.

Donors making a difference continued.....

Masterclass in Compassion in Care:

St. Vincent's Foundation funded a Masterclass on Compassion in Care on 20th April 2015 in St. Vincent's University Hospital. *Nora Ellard & Ian Callanan summarise the day below.*

Ian Callanan, Clinical Audit Facilitator for St. Vincent's Healthcare Group welcomed attendees to the meeting, encouraging everybody to reflect on the content and to contemplate the mission of healthcare. Prof. Mary Duff, Director of Nursing in St. Vincent's University Hospital opened the proceedings, reminding us that the hospital was founded 180 years ago in the month of April by Mary Aikenhead. She spoke about the values of the hospital and the expectation that each person working in the hospital would strive to live these values. In particular she referred to kindness as being gentle to others and not expecting anything in return.



Paul Gallagher President of the Irish Nursing and Midwifery Board chaired the remainder of the morning sessions. Mr Gallagher, in his opening address, also spoke about the components of care to patients that encompass the holistic approach to quality healthcare. Mr Gallagher then introduced Dr Paul D'Alton, Senior Clinical Psychologist and Head and Clinical Lead of the Psycho-Oncology department with St. Vincent's University Hospital.



Dr D'Alton gave an intriguing presentation. His opening lines spoke about "When Compassion Hurts". Dr D'Alton told us about John Bowlby's Attachment Theory, "*From the moment we are born our brains are biologically predetermined to respond to care and kindness of others*".

In keeping with the title of the Masterclass, Dr D'Alton spoke about Compassion which is currently getting a lot of attention in literature and popular culture. Compassion is not about cultivating nice feelings for other people.

In his final words Dr D'Alton told us **not all pain can be fixed**. In the flow of life we didn't choose to be born or anything else in fact. We need to develop our own capacity for attention. Only then we can develop compassion.

Mr Gallagher then welcomed Professor Brendan Drumm, Professor of Paediatrics at UCD and former CEO of HSE, who told the audience that most people who enter healthcare do so to make a difference. However, people get caught up in structures and processes. Prof Drumm spoke about the care of patients, interventions and medicine. In modern medicine he felt that over-intervention is an abuse of care. There are no quick fixes in healthcare. Achieving change will involve Government and society.

Mr Gallagher then introduced Ms Chrissie McGinn & Mr Richard Hewitt. They have worked as Wisborough Transformation for over 20 years providing courses, workshops and coaching programmes for leadership personal & spiritual development. Ms McGinn commenced by telling the audience that people who come in to healthcare willingly end up doing non-caring duties.

The final speaker of the morning was Professor Anabel Pelham, President of the National Association of Professional Gerontologists and professor and founding director of the Gerontology Program at San Francisco State University. Prof Pelham started by referring to Anam Cara and spiritual wisdom stemming from our Celtic world and Celtic imagination. She spoke about the possibility of bringing healing art to Healthcare. She referred to creating caring communities and age friendly cities. Under her leadership some cities in Silicon Valley have created CAFÉs (Centre for Age Friendly Excellence)



The day was an enormous success. The audience came away with a deeper understanding of the challenges of caring of self and caring for others, with a greater realisation of the challenges but with a stock of evidence and tools to better manage the gaps "when compassion hurts".

Research News

Dr Donald McCarthy has been a pioneer of Stem Cell Transplantation in Ireland. To mark his retirement from St. Vincent's University Hospital, Friends of St Vincent's asked him if he would write about that extraordinary journey.
It makes very interesting reading

Stem Cell Transplantation in St. Vincent's University Hospital



When I came to St. Vincent's Hospital in 1992, stem cell grafting was part of the standard treatment for some haematological and non-haematological malignancies. It was not available here. I decided with the blood transfusion and haematology staff to establish it. The first transplant was carried out in 1994 for a patient with acute leukaemia. No special equipment was necessary for collecting the stem cells as then they were collected from the bone marrow with syringes and needles. Later, it became clear there were benefits to the patient from collecting cells from blood rather than marrow and it was necessary to purchase a cell separator. This was jointly funded by

Haematology & Oncology Departments. We processed the cells initially in a room in the basement of the old hospital where we shared space with the microbiology department autoclave. We froze and stored the cells there. The liquid nitrogen for freezing was initially funded by SVUH Trust and Prof. John Crown. In 2005 the hospital agreed to fund it. As work expanded, we moved the laboratory part of the procedure to the 3rd Floor in the Clinical Services block. The most significant steps in the last 5 years have been the construction of the new Nutley wing building where we have single occupancy HEPA filtered rooms which are much more comfortable and safer for patients than an open ward, and the modernisation of the processing facility to allow accreditation in line with E.U. Directives. This accreditation was obtained from the IMB (now the HPRA) and we are now a fully licenced Tissue Establishment. To date we have transplanted 280 patients with numbers rising from 8 per year in 1994 to 23 per year currently. It is a credit to all concerned that the establishment of this was achieved with no extra funding from the HSE.

Stem Cells:

There are lots of different types of stem cells, such as embryonic stem cells, mesenchymal stem cells and the bone marrow stem cells that we discuss here. When these cells divide and replicate themselves one remains a stem cell and the other continues to divide, multiply and differentiate along different pathways and eventually forms the red cells, white cells and platelets that we have in our blood.

Cancer chemotherapy kills some of these stem cells. This is a problem because you have to give so much chemotherapy to treat some cancers that all the stem cells are killed. This makes all the blood cells in the person disappear which would be fatal if we did not have a way to replace them. The method of replacing them is transplantation of stem cells. These can be taken from another person (allografting) or taken from the patient before the chemotherapy is given and stored to be given back later after the chemotherapy has finished (autografting). Then, a few days after being reinfused they start to grow new blood cells and rescue the patient from the chemotherapy.

Patients transplanted here have had acute leukaemia, multiple myeloma, Hodgkin's & Non-Hodgkin's lymphoma, Amyloidosis and testicular teratoma. The procedure has a few phases. These are stem cell

Research News continued.....

mobilization, stem cell harvesting, stem cell processing and storage, stem cell reinfusion and we will describe each of these separately.

Stem Cell transplantation practical considerations:

Stem cell transplantation is conceptually simple.

- A Collect the patient's stem cells.
- B Give the patient a massive dose of chemotherapy for their cancer.
- C Rescue their bone marrow from the effect of the chemotherapy by giving the cells back.

Pictured is the Leucapheresis Machine kindly donated to St. Vincent's by The Jack O'Neill Memorial Fund & Gerard Finan's Family



In practice it is more complex and involves many people with close team work. The clinical team and the patient decide that the treatment is appropriate treatment for the individual patient. Then the ward staff gives the treatment to mobilize the stem cells out of the bone marrow into the blood. The leucapheresis nurse collects the stem cells using a stem cell separator. The haematology scientists count the cells and tell the nurse when enough have been collected. Blood transfusion staff manipulate the cells and cool them slowly to a very low temperature and store them for a period of time from a few weeks to many years depending on the patient's disease. Microbiology monitoring to ensure sterility is monitored by the Microbiology Department. The transfusion scientists then re-infuse the cells and the patient usually needs to stay in St. Anne's Ward for 2 - 3 weeks before going home.

Stem Cell Mobilisation:

We used to collect stem cells from the patient's bone marrow. This involved a general anaesthetic and sucking about a litre of marrow out of the hips. To do this, we had to put a cannula into the hip bone about 40 times on each side. Now instead of this, we can collect them from the bloodstream. Normally there are very few stem cells in the blood, far too few to be useful for collection. But during recovery from a dose of chemotherapy, the number of stem cells in blood increases 100 fold and can be further greatly increased by giving a drug called Granulocyte Colony Stimulating Factor. These interventions literally make the cells fall out of the marrow into the blood where we can collect them.

Stem Cell Collection:

The patient is connected to a machine called a cell separator. This is similar to a kidney dialysis machine. Blood is pumped from the patient into a centrifuge where the different cells in the blood separate into different layers. One layer is the stem cell layer which we collect and return all of the rest of the blood cells and the plasma to the patient. This is a tiring procedure for all concerned. It takes about four hours and often has to be done twice or three times. Sometimes, especially if a patient has had a lot of chemotherapy we cannot collect enough stem cells. This has become less of a problem recently because of a new drug called Plerixifor that is very effective at undoing the molecular zip that keeps cells in the bone marrow from moving into the bloodstream.

Counting the stem cells:

When we used bone marrow as a source of stem cells, we did not count their numbers as they were reliably present as a fixed proportion of the total cells and all we needed to do was a total cell count to

Research News continued.....

work out their numbers. Using blood as a source is different as there could be any number present, from none to too many.



To count them in blood we use a technique called flowcytometry. This is a meticulous technique where the cells that have been collected from the patient are mixed with a fluorescent antibody that reacts with a protein on the stem cell surface called CD34. The amount of fluorescence retained by the cells is a measure of their numbers and is measured by the flow cytometer. The number found determines how long the collection takes and whether repeat collections are needed.

Nurse Manager Martina O'Brien at the Stem Cell machine

Processing and Storage of stem cells:

Once the cells have been collected they are brought to the stem cell laboratory. Here two Medical Scientists process the cells. This involves doing a full blood count on the collected stem cells and adding a cryo protectant [Dimethylsulfoxide] to the cells to protect them during freezing. The stem cells are then placed in special storage bags which can be stored at minus 180 degrees. All the processing activities are carried out in a specialised Grade A Cleanroom facility. The vapour over liquid nitrogen is very cold at minus 180 degrees. Stem cells can stay alive for years at this temperature. They have to be cooled slowly down to this temperature as a sudden decrease in temperature would kill them. We reduce the temperature slowly at 1 – 2 degrees per minute in a machine that gradually mixes nitrogen vapour with the air around the bags that the stem cells are kept in. The cells are also protected by the dimethylsulfoxide (DMSO) which makes the cell membranes more flexible and less liable to break during cooling. When the temperature is down to minus 80 degrees, they can be placed in the minus 180 degree storage containers where they are kept until they are to be used.

Re-infusion of stem cells:

When we want to give the cells back to the patient they are brought in a liquid nitrogen shipper cold to the bedside and thawed there in a water bath. When they are warm, we re-infuse them intravenously. They circulate in the blood and stick to receptors in the bone marrow where they start to grow again and re-populate the patient with blood cells. It takes usually 11 days for them to make sufficient cells for the patient to become independent of red cell and platelet transfusions and to make their own white cells again. We are currently auditing our results to ensure they meet international norms.

Dr. Donald McCarthy
Consultant Haematologist,
S.V.U.H.



The Haematology multi-disciplinary team

Ways you can help St. Vincent's



Legacy Gifts to St. Vincent's

Through MyLegacy.ie St Vincent's has been active in promoting the merits of legacy giving to make a difference after we are gone. The focus has been through **Best Will in the World Week**. MyLegacy.ie exists to increase awareness of legacy giving and in turn, increase the number of people who leave legacies in their Will in Ireland.

Best Will in the World Week takes place every October to highlight the importance of making a Will. During Best Will in the World Week, solicitors across the country offer Will consultations for a fee of €50. People interested in making their Will, or updating an existing Will, are also asked to consider leaving a gift to their favourite charity, once loved ones have been taken care of.



For more information on Best Will in the World Week, check the website www.mylegacy.ie or email info@mylegacy.ie. Anyone interested could also contact John Hickey on 01-2215035 or visit our website www.stvincentsfoundation.ie

The lives and medical outcomes of many of our patients have been positively affected by the kindness of those who left a gift to St. Vincent's in their Will.

In Memory donations



- When bereaved families request donations to a charitable cause in lieu of funeral flowers, they demonstrate extreme generosity in seeking to have others benefit from their loss. In each edition of "**Friends of St Vincent's**" we want to acknowledge families who have requested that donations be made to St. Vincent's and these donations are very important to us.
- Often the bereaved relatives specify a medical area to be supported and we always adhere to this wish. If families intend to have a collection, in the church, at the funeral we can provide suitable laminated signs on request.
- We also often receive in memory donations coinciding with the Anniversary of a loved one's passing.

Personal Donations

- Patient support in St. Vincent's has always been enabled by the kindness of donors. We are grateful to them all. Contributions from *Friends of St. Vincent's* also help us in vital research that will improve the outcomes for patients now and in the future.

- As well as one-off donations, we are fortunate that a number of supporters have set up Standing Order payments, so that we receive a regular amount each month. This is a wonderful contribution.

Every amount contributed to St. Vincent's makes a difference to our patient care regardless of how large or small. All the ways to make donations are listed on the final page of this magazine

Ways you can Help St. Vincent's continued.....

Tax Reclaim for Charities

As a registered charity, donations to St Vincent's Foundation can be enhanced when we can reclaim tax on the amount donated. The process is quite simple and we describe it here.

From January 2013, for all donations of €250 or more in a given tax year the receiving charity receives a tax rebate for the charity provided the donor/taxpayer had paid tax of this amount or more in the relevant tax period.

Because donations are made from "after-tax" income the tax reclaim is calculated to refund the amount of tax that would have been deducted and the taxation rate used is 31%.

The benefit to charities is best demonstrated by an example as follows: where a donor gives €500 during 2013 to St Vincent's Foundation the €500 is considered to be what was left after the donor had paid tax.

At a rate of 31% this gross amount before deduction of tax is calculated at €724.65. If the donor has paid a minimum of €224.65 in tax in 2013 the Revenue will repay this amount (€224.65) to St. Vincent's Foundation thereby increasing the value of the donation by almost 45%.

Relevant donors complete and sign a Revenue CHY4 form, which we will provide and the tax reclaimed is very worthwhile as it substantially increases the income to charities at no further cost to donors.

Fundraising Events

These are one of the biggest sources of financial support and are covered extensively in this magazine.

Are you thinking of taking part in a fundraising event? If so, please consider choosing St. Vincent's Foundation as your chosen charity. You can select the cause within the Foundation you would like your money to go to. All monies received will go directly to your chosen cause and patient care

Contact us now for a sponsorship pack on 01-2215065

or

Email: stvincentsfoundation@svhg.ie



MyCharity Affiliation

- Don't forget our partner in fundraising **mycharity.ie**. This is a really useful way to organise fundraising for sponsored events. If anyone is considering participating in any type of sponsored event, it is worth visiting the website. Literally any kind of event can be put up.
- If you are using the MyCharity to raise money for St Vincent's through a sponsored event the best way is by setting up your own page through **www.mycharity.ie**. You can reach this by going to our website **www.stvincentsfoundation.ie** and following the link for sponsored events. You can then email the link to friends who might wish to sponsor you. There is a Direct Debit payment facility on the mycharity website and also, we are linked to their Facebook & Text Fundraising applications. You can also access a myriad of fundraising ideas via the "fundraising ideas page" on this site.
- **However you choose to help St Vincent's you are assured that all your donation goes to your selected cause without deduction of costs. We are a voluntary organisation dedicated to raising funds for patients care, research and education in St Vincent's.**

Comments from Our Patients and their Relatives



We constantly receive kind comments on the care given to our patients

We give a sample of these in each edition but we don't identify any patient or staff member

Readers might recognise their own comments

"My family cannot say enough about the amazing healthcare professionals who took care of her on this ward".

"From the cleaners to the catering staff, the practical nurses, nurses and doctors, my mother was not just another patient in a bed. They all addressed her by name, they got to know all the family who were on 24 hour visiting, and could not have done more for us".

"Thank you for taking care of our Mum with such delicate kindness and affection."

"The hospital has been my Dad's home for some months now and he was cared for with true caring and compassion"

"From the bottom of my heart, thank you and may God bless you always."

"Your care has seen our dad pass away in a very peaceful and compassionate manner. Thank you."

"Just a line to express our gratitude to all staff of St Vincent's"

"A short note to say a heartfelt huge thank you to all staff here at SVUH for the wonderful care"

"With grateful thanks for all your care and support."

The values of the founders of St. Vincent's in 1834 were Human Dignity, Compassion, Justice, Quality and Advocacy.

These are as relevant now as they were 180 years ago.



St. Vincent's Hospital 1834

Business Partners of St. Vincent's

Since St. Vincent's Foundation was established, the role of Business Partners has been vital to covering essential costs and enabling us to ensure that every cent donated, goes to the cause for which it is intended. Many of our Business Partners have been with us from the beginning.

In this edition, we are delighted that AstraZeneca have renewed and Novartis have renewed for a further two years.

In addition, The Communications Clinic supports St. Vincent's for the first time as a Business Partner.

We very much appreciate all our Business Partners.

Our Business Partners are highlighted below and on our website.

We look forward to continuing to work with our Business Partners into the future, for the benefit of our patients.

St. Vincent's Foundation is supported by the following Business Partners



Donations can be made by
24 hour donation phone line Tel: 1850 603 803
Via Our Website

www.stvincentsfoundation.ie

Or

Pick up one of our leaflets in the hospital

OUR CONTACT DETAILS

St. Vincent's Foundation

St. Vincent's University Hospital

Elm Park

Dublin 4

Tel: 01 221 5065

Fax: 01 221 4428

Email: **stvincentsfoundation@svhg.ie**

St. Vincent's Foundation

Company Registration No. 464228 Charity No. 1183

St. Vincent's Foundation complies with The Principles of Good Governance and with
The Statement of Guiding Principles for Fundraising