

May 2021

RAAV Ravings



Sudden cardiac arrest costs Australia nearly \$2 billion annually

A study examining the economic impact of sudden cardiac arrest has found annual GDP losses in Australia are nearly \$2 billion and are comparable to productivity losses from all cancers combined.

The study, led by Baker Heart and Diabetes Institute researchers and published in the journal *Resuscitation*, emphasises the importance of reducing death from cardiac arrest at each point of the patient journey. 85% of deaths in cardiac arrest occur before reaching hospital. There are also high death rates in-hospital, and even in the years following cardiac arrest.

Lead researcher and cardiologist, Dr Liz Paratz attributes the significant economic impact to the fact that cardiac arrests occur with greater frequency than is often appreciated, that the survival rates are extremely poor and that the condition often affects people during their working lives.

"The death of so many people in our communities each year is both a personal and economic tragedy," she says. Dr Paratz says successful public resuscitation campaigns, clinical quality registries, standardised chain of survival protocols and advances in clinical care have all led to improvements in survival globally.

For example, the Victorian Ambulance Cardiac Arrest Registry, which examines pre-hospital clinical quality, provides a key benchmark of management outcomes. Advances in clinical care have resulted in measurable improvements in arrest survival over the past two decades. However, there is still much more work to be done, with survival remaining very poor with only 7% of arrest victims surviving to leave hospital.

Dr Paratz, Associate Professor Andre La Gerche and colleagues at the Baker Institute are also leading a world-first registry and genetic database, the End Unexplained Cardiac Death (ndUCD) registry, to better understand and prevent unexplained cardiac deaths in people under 50. Over 2000 Australians in

this age group die unexpectedly each year with little or no warning.

Dr Paratz says the study, partly funded by the Heart Foundation, highlights that prioritising research and state-of-the-art care for sudden cardiac arrest patients is both critical and a worthwhile investment.

The study results were based on Victorian data collected between 2017 and 2018 and extrapolated to the 20,000 sudden cardiac arrests occurring in Australia annually. In the 12-month period examined, 4637 people suffered cardiac arrests in Victoria, of whom 33 per cent were working at the time. Just 15 per cent of cardiac arrest patients survived to hospital, 7.0 per cent to discharge, and 6.5 per cent to 12 months.

Using linked age and gender data, the costs to the Victorian economy were \$500 million at just 5 years of follow up, implying that national Australian losses from cardiac arrest are \$2 billion annually. "We were conservative in examining the economic costs and are confident that the true impact is even greater," Dr Paratz says.

She says investment in cardiovascular research in Australia is increasing, with the establishment of the Federal Government's Cardiovascular Health Mission in 2019 that will allocate \$220 million over ten years. However, little money has been directed to the study of sudden cardiac death. Despite significant advances in cardiovascular research during the past several decades she says sudden cardiac arrest remains an area that offers few answers.

"As a cardiologist, not being able to provide answers as to how and why someone has lost their loved one is devastating," Dr Paratz says, "but unfortunately it is all too common when dealing with sudden cardiac arrest". "We can and must do better."

"People tend to think death from sudden cardiac arrest is the result of natural causes but our work challenges that premise and

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highlights that investment in this area has the potential to deliver significant economic returns, not to mention the enormous human impact."

Heart Foundation chief medical advisor, cardiologist Professor Garry Jennings, agreed that more research was needed. He said more public awareness was also needed about the symptoms of cardiac arrest and how to perform cardiopulmonary resuscitation (CPR).

"Sudden cardiac death occurs when there is a sudden malfunction to the heart's electrical system. "Few people will survive a cardiac arrest without immediate treatment. If someone is having a cardiac arrest, call an ambulance, start CPR immediately and use a defibrillator if one is available. Every minute counts."

A Message from AV CEO Assoc. Prof. Tony Walker ASM



Hello everyone,

This year is rolling on and the community is rediscovering its momentum, as we all emerge from the challenges of 2020. After a somewhat slow start, the COVID-19 vaccination program is now seeing rapidly increasing numbers of our frontline staff vaccinated and increasing availability for the rest of the community. Many of you will have had your vaccine by now. Those who need to follow up, please do so and remember the annual flu vax is also now available. The advice we have received is that there should be at least 14 days between a COVID-19 vaccine and your flu vax. Flu vax can be given in the time between your two doses of a COVID-19 vaccine. Please discuss this with your own GP.

Under the National Immunisation Program, free flu vaccines are provided to people aged over 65 years as they are at higher risk of complications from flu. In July 2020, Victoria had less than 1% of the influenza notifications compared with the previous 5-year average. Behaviours such as increased hand washing, social distancing and no international travel helped stop the spread of flu viruses last year, however with the easing of restrictions, the risk of flu once again increases. Vaccination is your best defence.

At AV we continue to manage high demand on our services, particularly in the metro region, a post-COVID phenomena with many contributing factors. We continue to develop several strategies to support demand management and improve transfer times at hospital. Our staff are working hard to support the community and their efforts are greatly appreciated.

Last month AV was honoured to have three of its projects recognised as finalists at the IPAA Victoria 2020 Leadership in the Public Sector Awards. Congratulations to the teams involved! A number of our staff attended the award ceremony dinner and received public acknowledgement of their hard work and commitment to providing best care, sustainability measures and a strong pandemic response plan for our staff and the Victorian community. <https://www.vic.ipaa.org.au/leadership-awards-ceremony-2020-gallery>

- TelePROMPT – A Telehealth Prehospital Response of Mental Health and Paramedic Team was the overall **Winner** of the **Human-Centred Service Delivery Award**. The pilot is innovating how we help people experiencing mental health emergencies, connecting paramedics on-scene with a mental health clinician through telehealth for rapid assessment and triage of patients. TelePROMPT was designed through AV's Patient Care Academy, which brings together consumer, clinician, and system perspectives, to provide a Best Care experience that is high quality, patient-centred and safe.
- AV Social and Environmental Sustainability Framework and Action Plan was a **Finalist** in the **Sustainable Communities and Environment Award**. AV is a leader in this space on both a

Presidents Report



Welcome to all our members and trust that you are all well now that we have some normality back in our lives.

Congratulations are in order to Ted VanDyken and Andrew Wilson for giving us an opportunity for our members to use the Facebook Page "signal 8" already there are 672 members. "Keep it going guys" Great photos and fabulous stories. All members have to do is log into Facebook and type in "signal 8" to view all messages and photos. There is a lot of vintage history to be seen.

As you are aware we have begun our luncheons and gatherings again

At our different districts and all appears well. Our conveners will notify you of any future meetings that are on the calendar and keep you up to date with proceedings.

2020 and 2021 will be embedded in our memories for a long time to come. It hasn't been a good year for catching up with our colleagues and enjoying our luncheons together. Let's hope the second half of the year will give us an opportunity to eventually achieve this.

Stay Safe and Well

Ian Donaldson
President

national and global level. We are raising the bar with science-based targets for emission reduction. AV now pledges to attain 'net zero carbon' emissions by 2045. Our Sustainability team is helping us reach these commitments through renewable energy use, retrofitting buildings with solar panels and batteries, and adopting hybrid vehicles and transitioning to zero emission vehicles.

- AV COVID-19 Pandemic Response was a **Finalist** for the **Emergency Management Award** that prioritised patient safety, improved clinical outcomes and integration with other services while keeping our team safe.

On a very sad note, we remembered Leading Senior Constable Lynette Taylor, Constable Glen Humphris, Senior Constable Kevin King and Constable Josh Prestney on April 22nd, the first anniversary of their passing. Candles were lit across the state at many of our branches in their memory, with many memorial posts shared across our social channels.

Please remember the RAFF Peer Support Program is available to support you. Contact RAFF on 0428 332 418 or via email RAFF.peersupport@ambulance.vic.gov.au.

Take care and stay well.

Tony,

Assoc. Prof. Tony Walker ASM
Chief Executive Officer
Ambulance Victoria

District Meeting Dates

Our next District Meetings for 2021 are:

Geelong & Surf Coast - Wednesday 12th June 12 noon at Geelong RSL Belmont

Central & Northern Victoria - Tuesday 18th May at Bendigo Club 22 Park Street Strathdale commencing at 12 noon.

Metro North & East - Thursday 20th May 12noon at Whealers Hill Hotel, 871 Ferntree Gully Road Wheelers Hill

North East Victoria - Saturday 22nd May 12noon at Benalla Bowls Club

Gippsland Region - Thursday 27th May 12noon at The Esplanade Hotel, 1 A'Beckett Street Inverloch

Metro - West District - Friday 4th June 12noon at Kealba Hotel

South West Victoria - Monday 7th June 12noon at Portland?

Ballarat & Central West - Wednesday 9th June 12noon at the Golf House Hotel

North West Victoria - Tuesday 15th June 12noon at Mildura RSL

Metro - South District - Tuesday 29th June 12noon at Steeple's Restaurant Mornington



Birthday Greetings

May:

Trevor Martin 1st
Laurie Spelling 1st
George Jackson 2nd
Raymond Harris 5th
Denis Rowe 6th
Peter Cain 7th
Garry Cassells 8th
Bruce Westerland 8th
John Lacey 9th
Trevor Greay 10th
John Head 10th
Allan Oakes 10th
Kenneth Laycock 11th
Geoffrey Williams 12th
Bob Boucher 14th
Greame Mant-Old 14th
Stephen Nangle 14th
Donald Pollard 15th
Col Bowden 16th
Darryl Wells 16th
Eric Edwards 18th
Sandra Johns 18th
Ronald Hartley 20th



Ross Smith 20th
Max Beeson 21st
Bryce Lindermann 21st
Brian Phipps 24th
David Boyd 24th
Gary Mason 24th
Dave Talbot 25th
John Waters 27th
Norman Burville 28th
Michael Wilson 28th
Daryl Anderson 29th
Peter Donovan 31st

June:

Douglas Martin 1st
Graham Carpenter 3rd
Richard Prigrove 3rd
Bill Atkinson 6th
Peter Butcher 9th

Stan Medew 9th
Brett Clark 12th
Tom Reakes 12th
Robert Adams 13th
Dale Gibbons 13th
Bill Mc Cleish 14th
Dianne Rock 15th
Georgie Hall 19th
Alan Cooksley 21st
Barb Matson 23rd
Clive Wawn 23rd
David Boyd 24th
Ian Mc Pherson 24th
William Van Den Akker 24th
Bob Gilmour 25th
Leslie John 25th
Terry Courtney 26th
Robert Mercer 26th
David Shugg 26th
Roy Ryder 27th
Ian Rowed 28th
Trevor Abbott 30th

July:

Frank Gaylard 1st
Mick Hill 1st

Wayne Simmons 3rd
Frank Fordham 4th
Thomas Chapman 7th
Samual Hadden 7th
Rob Phillips 7th
John Engledow 9th
Ian Gardner 10th
Michael Higgins 10th
Jock Purves 12th
Phillip Worboys 12th
Trevor Davies 13th
Anna Murphy 13th
Don Tippet 15th
David Skinner 16th
Ted VanDyken 16th
Michael Williams 20th
Raymond Churches 22nd
Peter Leek 22nd
Neil Carolan 25th
Darryl Tinker 25th
Jeffrey Allan 26th
Stephen Ford 28th
Peter O'Meara 28th
Ian Gedge 30th
Colin Arscott 31st
John Baldiston 31st

With sadness we record the passing of:

Wally Mc Curdy
Peter Watson

Payments to the Association

Please be aware that any payment made to the Association MUST have either your NAME, INVOICE NUMBER or MEMBER NUMBER for us to allocate the received amount. Failure to do so may render the sender to receive a reminder invoice which could be an embarrassment to both yourself and our accounts department.

Several payments have been made to our account with no idea who sent them To the Members who sent these payments please contact our Secretary to ensure the correct details are recorded and you are correctly credited with the payment.

District Reports

South West Victoria

Meeting on 1st March 2021.

The first meeting for the year was held at the Warrnambool Football Club rooms commencing at 1200hrs, with 9 Members attending and 13 apologies.

The Members that attended were entertained by the organiser of the local Men's Shed who gave everyone a very good insight into the operations of that organisation. It was a most informative topic and a big thanks goes to Bob Reilly for arranging the talk. Once again it was a successful day with all who attended enjoying the camaraderie of fellow Members.

The next meeting of the Association in the SW will be held in Hamilton at 1200hrs on Monday 7th June, at a venue yet to be arranged.

Ray Loughheed
Convenor

Gippsland District

Our March lunch was held at the Morwell Bowling Club which was a great success with 23 members and partners.

Luncheon was enjoyed by all.

Jim Ballard reported on the progress of the hearing loss enquiry still in progress.

Suzanne reminded those who were interested in the trip to Bright with the RAAV Caravan & Motor Home Club at the end of April.

Our next luncheon will again be held at the Morwell Bowling Club, we look forward to seeing you all again on Thursday 27th May commencing at 12 noon. Unless restrictions force us to change details.

Neil Hall
Convenor

Ballarat & Central West

With 13 attendees for our March lunch we were pleased to see several who have missed lunches due to the COVID restrictions.

South Metro District

Had our first luncheon for 2021 at Steeples Restaurant and pleased to see 31 attend.

Pleased to see our Treasurer Ben Ellis and Lorraine who along with all joined in to make our First out-

ing a great success.

Bryan Cass Metro – South, Convenor

West Metro District

Due to restrictions caused by Covid-19 we held our lunch on the 4/12/2020 at the Kealba Hotel and we had 13 Members and partners in attendance.

We welcomed 2 new members come and they were Dee Walker & Danny McGennissen.

It was lovely day and everyone found it easy to get to so we will be going there in the future.

Georgie Hall
Convenor

Central & Northern Victoria

Peter Briscoe
Convenor

North East Victoria

The Benalla Bowls Club was able to put us in a separate room and set us up so we could all talk to one another. It was so nice to see familiar faces, plus a few others and one of our newer members, all up there was 18 of us. Great to see Jim and Barb! I think everyone enjoyed their meal. We discussed the possibility of getting a bus to travel down to the Museum which was popular so by the time this newsletter goes out we should be close to finalising a date to see Chas and eat scones! All the best for the tree change, to Ian C who was missed.

For those who are on Facebook and not aware, there is a group called Signal 8 for retired ambulance personnel which was set up by Andrew Wilson and Ted Van Dyken, & there have already been many stories shared, plus class photos, etc. We signed Bob Spencer up on the Saturday, & he was the 500th member to join the group!

Leanne Russell-Jones
Convenor

Geelong and Surf Coast District

Our Lunch meeting was cancelled due to no Members being able to attend on the day.

Ben Wright
Coordinator G&SC Branch.

East & North Metro District

North West Victoria

Alan Cooksley
Convenor



So, I was just
wondering...

Does 3 glasses of
wine and
2 Bloody Marys
equal 5 servings
of fruits and
vegetables?



Quick Quiz:

Q1: What animal caused the death of Cleopatra?

Q2: Which country was formally known as Rhodesia?

Q3: Which "Wizard of Oz" character needed a heart?

Q4: Barack Obama was senator for which US State?

Q5: Which two countries border the Aegean Sea?

Q6: In what decade was David Attenborough born?

Q7: Who took over as PM when Harold Holt disappeared?

Q8: What is the freezing point of water in degrees Celsius?

Q9: Who was the frontman for Silverchair?

Q10: Sugar snap and snow are types of what?

Committee Matters

Welcome to this edition of our newsletter.

Well what a difference 3 months makes, especially for me with a move from suburban Melbourne (Bentleigh East) to the smaller regional Wimmera town of Rupanyup.

I must admit that I have been looking for some time to relocate and finally here I am with my 2 fabulous dogs enjoying the quiet life of the country.

There has been a few changes within the Association as well, with the lifting of more restrictions and our ability to connect more with our colleagues we now are able to conduct all of our meetings/lunches as and when we set the program late last year.

We are hoping to honour all of our outstanding Life Membership awards from last year, if not this current luncheon dates, but certainly the next.

I will still be engaged in the role of secretary and undertaking all the responsibilities involved with the position. I will also be attempting to attend at least 1 if not 2 lunch meetings throughout the state during the year and, as always, I am available if and/or when any Members feels they need to contact me.

I trust we can all be vaccinated as soon as possible for all our safety and that of each other.

Take care and see you all at a lunch soon

Ian Cameron
Secretary

New Members

We are pleased to welcome the following New Members to our Association.

Christopher Lewis - Heywood
Bill Mc Cleish - Rowville
Richard Prigrove - Sunbury
John Faulkner - Bacchus Marsh
Trevor Davies - Ringwood
Phillip Cavanagh - Craighburn
Peter Kerr - Bell Park

We look forward to welcoming all of you, our new Members, to a luncheon meeting soon.

RAAV Caravan & Motor Home Club



The group are currently in Bright enjoying the sensational weather that has with us since the weekend. We have the largest number of members to attend one of our 'get aways' with 25 people in 10 caravans and motor homes with a number of members staying in the very well-appointed cabins in the Bright Caravan Park.

We have 4 new members joining us at Bright this week which is great to see, A full report will be in the next RAAV newsletter in August.

Noel Mirtschin
Convenor



Members at the AGM for 2020 held in January 2021 at the Ambulance Museum due to COVID-19 restrictions. Delayed from October 2020



I attended the ANZAC Day Parade and Service at the Memorial Park in Rupanyup. The Parade commenced in the Main Street and proceeded to the Memorial Park due to restrictions at the local RSL Hall.

I was pleased to see a crowd of about 160 with representatives from all the local services - Police, Fire Brigade, Ambulance, the Primary School and the nearby Secondary School as well as many former and serving Military Personnel.

Ian Cameron

Retired and Former Employee Peer Support Program

Although your direction has changed, we still share the same journey.

The Retired and Former Employee (RAFE) Peer Support Program is a new program available to all former employees of Ambulance Victoria.

The program allows volunteers to provide confidential support to previous employees who have retired or resigned and assist in linking them into appropriate support if requiring counselling or experiencing mental health issues.

RAFE volunteers are *not* qualified counsellors and are unable to make psychological assessments, but they do have great listening and communication skills that allow them to assist those who are seeking help.

Ambulance Victoria encourages all former employees to engage with this service – which is free – if they feel they require help. To contact the AV Retired and Former Employee Peer Support Program

Email: RAFEpeersupport@ambulance.vic.gov.au

Available 9am – 5pm daily.

Access FAQ'S [here](#)

The RAFE Program is not a crisis service. If you are in crisis please contact Lifeline on 13 11 14 or if there is an immediate risk, dial Triple Zero (000).

Feedback forms have been developed to collect information to assess the effectiveness and level of client satisfaction with AV's RAFE peer support services or to services you may be referred. The information you provide will be used to ensure that procedures, protocols and training are meeting the needs of previous AV employees and will help us to continue improving our services. The surveys are designed to be anonymous and individuals will not be identifiable through the responses they provide. Please select the relevant link below and tell us your latest experience with the services provided by the RAFE team OR other service you may have been referred to via RAFE peer support.

[2018/19 RAFE Peer Support Satisfaction Survey](#)

[2018/19 VACU Session Feedback Form](#)

[2018/19 Chaplaincy Satisfaction Survey](#)

Editors Note: The links may not work in this document - Please go to AV website or contact RAFE Co-Ordinator for assistance

Quick Quiz Answers:

A1: Asp (A snake)

A2: Zimbabwe

A3: Tin Man

A4: Illinois

A5: Greece, Turkey

A6: 1920's

A7: John McEwen

A8: Zero

A9: Daniel Johns



Jim & Joy, Ballarat Lunch
March 2021



Ballarat Members at Lunch March 2021

Life Members Awards - 2020

Several more Members are eligible for their Life Membership awards but due to time and our "dear friend" COVID-19, we were not able to present them in a timely manner at the end of 2020.

We will be honoring these Members with their awards as soon as possible this year.

Members not in good health

Peter Whittle
Howard Smith
Ian Cameron
Phillip Cavanagh
John Head
Christopher Coucill

We wish all Members a speedy recovery

West Gate Bridge tragedy: "My first reaction was that this was an emergency drill."

For many, the West Gate Bridge is a vital connection between the city and the suburbs, one that's always been around, robust and carrying thousands of Victorians every day. But it is a bridge with a sad history, especially when it came crashing down 50 years ago in a twist of concrete and steel.

It was a shocking workplace catastrophe and 35 of the 80 men who went to work on the bridge that day died in what is now known as Australia's worst industrial disaster.

At the time, Station Officer Peter Dent was having his lunch at the local station and serving as what was then known as a Station Officer for The Victorian Civil Ambulance Service when the intercom call came through from the control room. The District Officer said there was a "bridge down with approximately 80 men on it" as the disaster bell began to ring throughout the station.

Peter recalls his shock hearing the call out. "My first reaction was that this was an emergency drill."

But it wasn't. "I was urgently briefed on the reality of the situation and we were required to attend. I loaded this medical gear into the back of my ambulance, we made a rapid departure for the disaster scene. We arrived at the bridge; a scene that, from this first sight and my participation in the hours to follow, would remain with me for the duration of my life."



Peter Dent, circa 1970

On reaching the scene, Peter didn't see the strong bridge many Victorians embraced as a sign of progress. It defied his personal experiences, one forged in medical emergencies and devastating bushfires. "I was 24 years old back then", he says. "I could only describe the scene before us as something I had seen in a war movie: twisted wreckage, smoke, and cries for help."



Also on site was Joseph Ozelis, who had left his job as an Ambulance Officer a few months before to become a first aid officer on the West Gate Bridge construction site. Sadly, he was one of the many victims that day.

Despite all the activity, Peter remembers some people clearly through the haze of an emergency. Speaking of one person on the scene who needed and got medical help, "to this day, I wonder if this person survived and whether I personally could have done more for him". Partnered up with a police officer to locate people and provide aid, Peter still wonders "so many years on whether this police officer is still alive and recalls our association".



Image courtesy of Dr Allan Mawdsley

He recalls the event with gratitude, saying "this massive operation illustrated man's compassion for man, and brought out the very finest in the many rescuers contributing". In the midst of locating people throughout the site – a muddy and grim task – Peter recounts "we had a tomato sandwich and mug of tea thrust into our hands. Looking around, our provider was a Salvation Army officer. God bless him! I had eaten little lunch and missed breakfast and so consumed the welcome sandwich and sipped tea...and the Salvos still live with me in great endearment and respect."



At the end of his shift, Peter "were returned to Ambulance Headquarters, where we cleaned up. From there, we went home to our eager awaiting families, all family members most grateful that we ourselves, unlike so many that day, were returning safely home."

From everyone at Ambulance Victoria, we thank all our officers who attended the incident, several of whom are current members of our Retired Ambulance Association (RAAV). We honour your commitment and care on what would have been a difficult day serving your community.

We would also like to acknowledge the dedication of Victoria Police, Fire Rescue Victoria, St John Ambulance, Civil Defence (now SES), The Salvation Army, doctors, padres and many volunteer organisations that worked tirelessly to support the rescue efforts.

Our condolences to the many families who lost loved ones that day and had their lives changed forever.

Royvin Barbuto – Boilermaker
 Ross Bigmore – Carpenter
 Amadeo Boscolo – Carpenter
 Bernard Butters – Boilermaker
 Cyril Carmichael – Ironworker
 Peter Crossley – Engineer
 Peter Dawson – Rigger
 Abraham Eden – Rigger
 Anthony Falzon – Carpenter
 Esequiel Fernandez -Ironworker
 Bernard Fitzsimmonds – Ironworker
 Victor Gerada – Ironworker
 John Grist – Boilermaker
 William Harburn – Boilermaker
 Jack Hindshaw – Engineer
 Trevor Hunsdale – Fitter
 John Little – Rigger
 Charles Lund – Rigger
 Peter McGuire – Rigger
 Ian Miller – Engineer
 Jeremiah Murphy – Rigger
 Dennis O'Brien – Rigger
 Joseph Ozelis – First Aid (Ex V.C.A.S.)
 Frank Piermarini – Rigger
 George Pram – Rigger
 Lesley Scarlett – Ironworker
 Christopher Stewart – Boilermaker
 Alfonso Suarez – Boilermaker
 William Tracy – Engineer
 George Tsihilidis – Boilermaker
 Edgar Upsdell – Ironworker
 Robert West – Boilermaker
 Robert Whelan – Boilermaker
 Patrick Woods – Rigger

The Back Page

Retired Ambulance Association of Victoria Inc.



Committee of Management

President: Ian Donaldson
Vice President: Mike Williams
Secretary: Ian Cameron
Assistant Secretary: Jim Ballard
Treasurer: Ben Ellis

Committee Members:

Les Wood
John Clancy
Steve Mulligan
Greg Wood
John Head



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