
MEDIA RELEASE

10th ANNUAL RESEARCH AND TEACHING SHOWCASE CELEBRATES 25 YEARS OF THE MEDICAL EMERGENCY TEAM (MET)

Liverpool Hospital's MET Rapid Response Method Takes Centre Stage at Annual Event

23 November, 2015: One of the most revolutionary hospital patient care protocols in medical history, the Medical Emergency Team (MET), will be placed in the spotlight at the Ingham Institute and South Western Sydney Local Health District (SWSLHD) 10th Annual Research & Teaching Showcase on Friday 27 November at Liverpool Hospital.

The MET system was born out of Liverpool Hospital 25 years ago and is now the global mandate for nurses and hospital staff to respond to patients experiencing specific warning signs that lead to their rapid deterioration such as, elevated heart rates and low blood pressures. A progressive concept that challenged historical patient care methods, MET calls are made via a phone call or emergency button which alerts hospital staff to a patient suffering from these vital warning signs.

The creator of MET Professor Ken Hillman OAM, Liverpool Hospital Intensivist and Director of the Simpson Centre for Health Services Research at the Ingham Institute, said that he developed the concept in the UK after seeing a number of patients deteriorate quickly with dire consequences. On reflection the patients had warning signs that could have been managed much earlier and lives saved.

“My MET system journey started at Liverpool Hospital in 1990. It was emerging as a major research and teaching hospital so it was a great place to introduce new concepts and change thinking from the bottom up,” said Professor Hillman.

The success of MET skyrocketed quickly when it was rolled out in hospitals throughout NSW in 1994. Today MET stands tall as the global treatment standard in hospitals across Australia, the UK, Northern Europe, Asia, Canada and the USA.

Professor Hillman, who will headline as a speaker at the Showcase, said that the 25 year anniversary of MET is a very proud moment and attributed success to a remarkable team effort co-ordinated by the Simpson Centre for Health Services Research, located at the Ingham Institute for Applied Medical Research.

“Research has shown that up to 70 per cent of deaths, cardiac arrests and admissions to the Intensive Care Unit can be avoided by MET. By getting an earlier report of the warning signs and having a cohesive hospital system that drives rapid response and treatment, the health outcomes and mortality of these patients starts to improve dramatically,” continued Professor Hillman.

Ingham Institute and SWSLHD Research Director Professor Michael Barton OAM congratulated Professor Hillman on the success of MET and reinforced its importance.

“To develop and implement a system like MET that has transformed hospital systems and patient care the world over is an enormous achievement for Professor Hillman, Liverpool Hospital and the Simpson Centre for Health Services Research team,” said Professor Barton.

SWSLHD Chief Executive Amanda Larkin said that the 25 year anniversary of MET marked a very proud moment for the history of Liverpool Hospital.

“The MET system, although simplistic in its design, was a revolutionary step forward in patient care. I’m proud to say that the MET system at Liverpool Hospital created and implemented is now standard practice in many hospitals within Australia and around the world,” Ms Larkin said.

Event proceedings for this year’s Showcase will include presentations from Dr Kerry Chant, the Deputy Director-General for Population Health and Chief Health Officer Nursing and James Butler, a consumer representative and advocate for cancer community forums. Cancer community forums are a valuable initiative to bring cancer patients and researchers closer together to shape and develop cancer research projects.

To encourage more active participation by young researchers and students, this year’s Showcase will give Higher Degree students their moment to shine with the ‘Three Minute Thesis Competition’ skills development activity. The hugely popular ‘Closing Debate’ will conclude the day’s proceedings which will see some of the Institute’s top researchers and SWSLHD clinicians battle it out on the highly topical and competitive subject ‘Placebo treatments should be funded’.

WHAT: Ingham Institute and SWSLHD 10th Annual Research and Teaching Showcase

WHEN: Friday, November 27 from 8:30am – 4pm

**WHERE: Thomas & Rachel Moore Education Centre, Liverpool Hospital:
Elizabeth St, Liverpool, NSW, 2170.**

For further information or to arrange a media interview please contact Sophie Cooley, Marketing & Communications Manager at the Ingham Institute on 02 8738-9000 / 0417 421 683 or sophie.cooley@inghaminstitute.org.au

About The Ingham Institute

The Ingham Institute is a not-for-profit research organisation in Sydney established to undertake medical research that specifically addresses, and can be applied to, the needs of the local population and wider Australia

Located at Liverpool Hospital, the **Ingham Institute** is changing the way medical research is done in Australia by transferring research into practice across its six research streams, enabling the swift transfer of findings into day-to-day medical practice.

The Institute's research team are focused on exploring new medical approaches for a range of critical disease including Cancer, Clinical Science (comprising Cardiovascular Disease, Infectious & Inflammatory Diseases and Diabetes), Community & Population Health, Early Years/ Childhood Health, Injury & Rehabilitation and Mental Health and are at the forefront of the most advanced medical breakthroughs and clinical outcomes.
