



Healthscope

the Pulse

Private Health Magazine Edition #2 2015



In this
Issue

HEALTHSCOPE ACHIEVES OUTSTANDING QUALITY RESULTS

JOHN FAWKNER PRIVATE HOSPITAL SHOWCASING
EXCELLENCE WITH NATIONAL RECOGNITION

LADY DAVIDSON CELEBRATES LONG ANZAC HISTORY

PENINSULA PRIVATE LEADING THE WAY IN REHABILITATION THERAPY

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Healthscope celebrates International Nurses Day



Rehab scores top results



Parkwynd Private Hospital celebrates centenary

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Healthscope achieves outstanding quality results

Healthscope was recently presented with the ACHS Certificate of Accreditation for the hospital division.

Cathy Jones, National Manager Quality and Compliance explains that Healthscope achieved the spectacular result of 78 of the 200 criteria that were assessed as Met with Merit; which equates to a 39% achievement – the Australian industry average is 2%.

The key areas that were commended with the Met with Merit ratings were:

- Quality management and public reporting
- Risk, incident and sentinel event management
- Complaints management
- Consumer participation
- Human resources management and workforce planning

- Falls prevention
- Infection control
- Workplace health and safety.

“It is a wonderful achievement that all core and developmental criteria have been met and there are no recommendations. It is testament to our quality focus, processes and procedures and, of course, our hardworking team,” said Cathy.

Healthscope is the first and only private hospital group to achieve national corporate accreditation under the new national standards and EQUiP Corporate Standards.

“I’d like to thank and congratulate the Quality & Risk team together with key members of the broader Healthscope group, including our consumer consultants who have worked tirelessly within our hospitals to achieve this result,” said Cathy.



The Quality & Risk team being presented with their accreditation certificate

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Message from MD

Recently Healthscope was awarded with a Certificate of Accreditation from the Australian Council of Healthcare Standards (ACHS), for the hospital division, having met 78 out of a possible 200 criteria, which equates to an extraordinary 39% achievement – the Australian industry average is 2%.

The Healthscope Quality and Risk team together with the hospital executives are to be congratulated for their continued dedication and hard work ensuring that our quality focus remains at the forefront across all 45 Healthscope hospitals.

In this edition, we celebrate another quality accolade with John Fawcner Private Hospital being awarded the Excellence in Implementing NSQHS Standard 7 – Blood and Blood Products award by The National Blood Authority.

In May, celebrations were held across all Healthscope divisions in honour of International Nurses Day. Our 8,800 nurses are the backbone of the healthcare services that we provide and their dedication to their work and contribution is much appreciated and recognised.

In preparation for building commencement of the Northern Beaches Hospital, a smoking ceremony was undertaken by Lois Birk and Susan Moylan-Coombs of the Northern Beaches First Australian community, cleansing the 6.5 hectare site in June.

Peninsula Private Hospital celebrated the opening of their rehabilitation unit earlier this year with great feedback from local GPs, specialists and patients. The hospital is the only provider of private inpatient rehabilitation on the Redcliffe peninsula.



Robert Cooke

Lady Davidson Private Hospital celebrated its long standing history providing healthcare to Australian veterans and held an Anzac service in remembrance of 100 year anniversary of the landing of the troops at Gallipoli.

Recognise Australia's standout primary health care professionals

If you know an outstanding primary health care professional in your local community, now's the time to acknowledge their efforts by nominating them for the HESTA Primary Health Care Awards.

The awards recognise the dedication and professionalism of physiotherapists, dentists, pharmacists, therapists, GPs, rehabilitation professionals, natural therapy practitioners, health educators and medical practice managers.

Nominations are open until 31 August 2015.

Primary health care services are often the first port of call for Australians when sick or injured.

HESTA CEO, Debby Blakey, encouraged people to nominate an individual or team that

has made an outstanding contribution to improve health care in the community.

“These Awards recognise the exceptional contribution made by primary health care professionals in the areas of health promotion, early intervention, treatment and better management of chronic illness,” Ms Blakey said.

The HESTA Primary Health Care Awards provide an opportunity to honour these dedicated professionals and highlight the importance of an effective primary health care system.

There are three Award categories: Young Leader, Individual Distinction and Team Excellence. Awards sponsor, ME, has generously provided a prize pool of \$30,000 that will be shared among the winners in each of the three categories.

Finalists will be announced in October with interstate finalists flown to Melbourne for the Awards dinner on Tuesday 10 November 2015, where the winners will be revealed.

Make a nomination — before 31 August — or learn more about the awards at hestaawards.com.au

HESTA is the super fund for health and community services with more than 800,000 members and \$32 billion in assets. More people in health and community services choose HESTA for their super.



John Fawkner Private Hospital showcasing excellence with national recognition



Anne Graham with Deb Dwyer, Director of Nursing

John Fawkner Private Hospital was awarded by The National Blood Authority with the “Excellence in Implementing NSQHS Standard 7 – Blood and Blood Products” Award at the inaugural National Blood Symposium, in Brisbane on 11-12 June.

Kieron Martin, General Manager of John Fawkner Private Hospital said that the award is testament to the hard work and dedication of Anne Graham, Nurse Unit Manager of Day Chemotherapy and Transfusion Nurse.

“Anne has worked tirelessly to develop the key protocols and procedures around Standard 7 that would have John Fawkner Private not only meet the required criteria but exceed them,” said Kieron.

The National Blood Authority in recognising the award said that

“Ms Graham’s work to champion Standard 7 in the John Fawkner Private Hospital is indeed commendable and an example of the significant improvements that can be achieved in a hospital setting with the appointment of a dedicated transfusion nurse.”

Of winning the award, Anne recognised the dedication of her team and colleagues as well as the support from the John Fawkner Private Executive team.

“I am honoured to have received this award from the National Blood Authority on behalf of the team at John Fawkner Private,” said Anne.

“In my role as Transfusion Nurse, I have been given the opportunity to put my passion for blood and blood products into practice. At John Fawkner Private Hospital we have introduced many new processes and procedures to ensure that we comply with best practice guidelines. Our patients are being provided with a safe evidence-based practice with reduced potential for error and are now better informed,” said Anne.

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Geelong Private Hospital introduces Intensive Care Unit

Geelong Private Hospital is soon to undertake the development of a six-bed, level two accredited Intensive Care Unit (ICU).

The \$3 million project, due to complete in July 2015, will renovate the current High Dependency Unit in a two stage process that will ensure minimum disruption to the working hospital.

Janine Haigh, General Manager of Geelong Private Hospital, explained that the inclusion of the Intensive Care Unit will complement the existing clinical services of the hospital.

“The ICU will ultimately provide a service that better meets the needs of our patients, doctors, staff and the community, allowing us to expand and support our ability to care for patients requiring critical care,” explains Janine.

“Our focus has always been on providing our patients with the quality healthcare services they require and with a steady demand for surgeries that require an ICU, the time was right to undertake the development,” said Janine.

Included in the development are three large ICU rooms with isolation capabilities, three ICU bays as well as three ensuites and one bathroom.

With the addition of the ICU, Dr Paul McGinn has been appointed as the Director of Intensive Care at Geelong Private Hospital.

“Dr McGinn is a highly respected Intensivist and we look forward to him joining our team and leading our Intensive Care services at Geelong Private Hospital,” said Janine.

“This is an exciting development for Geelong Private Hospital. The presence of an Intensive Care Unit will ensure that more complex procedures can be undertaken with safety and enhance continuity of patient care. We will focus on achieving the best patient-centered outcomes,” said Dr McGinn.



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Pictured: Warren, living well with pacemaker therapy since 2013

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Rehab scores top results



Dr Johnson in action

Rehabilitation patients at Allamanda Private Hospital are averaging shorter stays and better outcomes than those in other Australian facilities.

In 2013, Allamanda patients stayed an average of 1.1 days less than patients in other facilities, with 81 per cent of patients returning home on discharge and less than 10 per cent discharged to residential care facilities.

Patients also scored better than average on standardised testing over the course of their rehabilitation program, scoring an average improvement of 17 points on the Functional Independence Measure (FIM) assessment, up to two points above the Australian average.

Day rehabilitation participants are also among the most improved in the country, with a review of 20 recent participants revealing an average improvement of 25 per cent for balance, endurance, flexibility and mobility scores.

Allamanda Private Hospital operates day rehabilitation programs for a variety of conditions including falls prevention, cardiac, pulmonary, neurological, amputee and reconditioning programs as well as programs following surgery or illness.

Allamanda rehabilitation physician Michael Johnson said every patient underwent a thorough assessment by the therapy and medical team to develop an individualised program designed to meet their specific goals.

“Like the inpatient programs, the day therapy programs at Allamanda are tailored to the needs of the participant and progress is measured by the therapy staff to ensure each participant’s goals are met,” he said.

“Although participants are not admitted to hospital, they have access to rehabilitation physicians, physiotherapists, occupational therapists, a speech pathologist, a social worker, a dietician and nursing staff.

“Sessions are conducted in our specialised gymnasium and in addition to the traditional land-based therapy programs we are also fortunate to be able to offer hydrotherapy.”

Dr Johnson said the programs focussed on preventative and restorative care and that early intervention yielded the best results.

“Day therapy is designed to improve participants’ level of function so that they can continue to live in the community and maximise their independence,” he said.

“We work to improve movement, muscle strength, coordination and general health, as well as assist with chronic illness and injury, and help decrease the risk of falls.

“What we are trying to achieve is optimal level of function, greater independence and safety, and a reduced risk of further complications.

“We encourage those who are in the early stages of their decline to seek assistance so that we have the best chance of making a significant difference in their lives.”

Apart from those who are transitioning from hospital admission, Dr Johnson said day therapy had a significant potential value for many people in the community.

“Day therapy can have enormous benefit for those with a history of recent falls, chronic neurological illness with a recent deterioration in their level of function, those who have become de-conditioned as a result of a recent event such as an illness, and those who are planning to have joint replacement surgery,” he said.

“Day therapy is available to anyone who needs the level of service and support that is available from this type of program.”

Day therapy runs Monday to Friday and participants typically attend for a three hour session, twice a week for six weeks - although the program length can vary depending on individual circumstances. A GP or specialist referral is required for day therapy programs.

Healthscope celebrates International Nurses Day

*“For the sick
it is important
to have the best.”
– Florence
Nightingale,
20 Feb 1855.*

Often described as the founder of modern nursing Florence Nightingale embodies the strength, compassion and diligence attributed to the nursing profession.

In celebration of the largest profession in the world, which is often described by many including Florence Nightingale as a calling, International Nurses Day celebrates the important contribution that nurses make to the provision of healthcare around the world.

Each year the day has a theme; this year, the focus was on A Force for Change: Care Effective, Cost Effective.

All 44 Healthscope and ACHA Hospitals marked the important day with a varied range of celebrations including morning and afternoon teas, special lunches and award ceremonies.

A message from Healthscope’s Chief Executive Officer, Robert Cooke was sent to all 8,800 Healthscope and ACHA nursing staff thanking them for making a difference and that their dedication and contribution was much appreciated.

Newcastle Private Hospital celebrated by holding a pancake breakfast for their team as well as the cutting of a celebratory cake by Nurse Educator Leanne Redfern, who was dressed in

her Royal Newcastle Hospital Registered Midwife/Nurses uniform from the 1960’s.

Sydney Southwest Private Hospital organized a mini expo in their reception area to highlight the day to patients and visitors. The team also highlighted their competitive spirit with a bandage competition to see who was the quickest and most proficient as well as a ‘Pick the Nurse Unit Manager as a baby’ photo competition. Much fun was had and a BBQ lunch was enjoyed by all staff.

From many reports post the celebrations, there were a number of past and current patients taking time to thank the nurses for the wonderful job they do, especially their caring and dedication for their patients in what is often a difficult and daunting period.

Nursing in the 21st century has certainly changed from the days of Florence Nightingale, and with the emergence of social media, nurses often receive messages of thanks and praise through various social media platforms.

Both Northpark and John Fawkner Private Hospitals, in paying homage to their teams, posted an International Nurses Day Facebook post which gathered virtually instantaneous messages from past and current patients thanking their nursing teams for the special care they have received at their respective hospitals.



Peninsula Private Hospital leading the way in rehabilitation therapy

In February this year, Peninsula Private Hospital celebrated the opening of their \$2 million Rehabilitation Unit. General Manager of Peninsula Private Hospital, Ann Stevens

opened the celebration thanking guests for supporting the hospital and helping to celebrate the milestone in the health industry for the Redcliffe peninsula.

“Peninsula Private Hospital is the only provider of private inpatient rehabilitation on the peninsula and key to our success is the strong relationships with our local community, specialists and GP’s. Without their support we would not have been able to undertake the expansion,” explains Ann.

The Rehabilitation Unit includes both inpatient and day programs along with a variety of therapies including hydrotherapy, physiotherapy, speech therapy and dietetics.

Director of Rehabilitation at Peninsula Private Hospital, Dr David Eckerman, said that while Peninsula Private Hospital achieved outstanding outcomes for the patients, with results well above national averages, the facilities themselves were just adequate.



Ribbon cutting of the new Rehabilitation Unit



Rehabilitation Unit

Mr Luke Howarth MP, Federal Member for Petrie, officiated the opening and in his address commented on how he was proud to be a part of the opening and that the growth and the expansion of Peninsula Private Hospital means more local employment and that the peninsula continues to become a great place to live and visit.

“To be able to continue to improve and strive for even better outcomes for our patients, we needed to look at the equipment and physical environment in which we provide the therapy.”

“The team of medical, allied health and nursing staff had always provided expert care that was second to none, but now with a state of the art facility to match that, we will only continue to get even better outcomes for our patients,” said Dr Eckerman.

The event was well attended with guests representing community General Practitioners, Allied Health Professionals, Medical Specialists and Hospital Managers and Nurses.

“Since 1982 Peninsula Private Hospital has provided expert clinical care to our local community and with our state of the art rehabilitation facility we look forward to providing many more years of healthcare,” said Ann.

VIPs visit Northern Beaches Hospital site

In June, Project Director Deborah Latta welcomed NSW Premier Mike Baird to the Northern Beaches Hospital site in Frenchs Forest to take part in the project's first smoking ceremony.

Lois Birk and Susan Moylan-Coombs of the Northern Beaches First Australian community led the ceremony, also attended by NSW Minister for Health, Jillian Skinner and Wakehurst MP Brad Hazzard.

Deborah said "It was wonderful to have Lois and Susan on site to honour the traditional custodians of the land and to cleanse the 6.5 hectare site in preparation for it to become a place of healing.

"What made the smoking ceremony even more special was having our partners – Northern Sydney Local Health District and Health Infrastructure – right there with us, as well as important community members such as the Principal of our neighbouring High School, Rosemary McDowall.

The new, nine-storey hospital will have 488 beds, 1,400 car spaces, a helipad, a 50-space emergency department, 14 operating theatres and advanced intensive care and critical care units and a modern inpatient mental health facility.

"I'm so pleased to return to the site of the Northern Beaches Hospital. It will be a world-class facility delivering outstanding care to both public and private patients, while attracting the best clinicians to work with its state-of-the-art facilities," Mrs Skinner said.

"It's great to see the buzz of activity in and around this site as it is prepared for the construction phase," Mr Baird said.

"The people of the Northern Beaches have been waiting for this hospital for decades and it is now becoming a reality."

Mr Hazzard said "There's a growing sense of excitement in the community that we are delivering on our promise to build a modern, centrally-located hospital to serve the growing, ageing population of the Northern Beaches."

Construction will begin this year following the final stage of planning approval, with the hospital opening in 2018.



Northern Beaches Hospital smoking ceremony

Healthscope Quality & Risk Conference



Conference delegates

On the 6 – 7 May close to 100 delegates representing all Healthscope hospitals gathered for the annual Quality & Risk Conference.

In previous years, the Corporate Quality Team had taken the conference to Melbourne, Sydney, Adelaide and Brisbane in a 'roadshow' format.

Thanks to generous sponsorship by RiskMan International, Allied World, Marketform and Minter Ellison, this year saw Quality Managers, DONs and GMs from across Australia congregating in Melbourne.

The two-day program commenced with a welcome address by Dr Michael Coglin and Cathy Jones, followed by keynote speaker Richard Dore of Proteus Leadership who presented on 'Creating a Positive Culture'.

Other external speakers included, Dr Andrew Stewardson from Hand Hygiene Australia, Robin Meade and Rosemary Snodgrass from ACHS, and speakers from the sponsoring companies.

Robert Cooke attended to address the audience on day one, and other Senior Managers from Corporate Office showed their support by visiting.

Internal speakers shared their expertise throughout the event, which also included presentations on, and by, Consumer Representatives.

Delegates had the opportunity to network during the breaks, and workshops on the second day provided a forum for some robust discussion.

A highlight of the conference was the presentation of the ACHS Certificate of Accreditation to Dr Coglin and the Quality Team. On the social side, the conference dinner at The Royce was well attended.

Delegates enjoyed the performance of 'Perceptionist' Tom Berger whose mind-reading ability had the audience mesmerised.

Feedback on the conference has been unanimously very positive:

“A really great conference, relevant and interactive - much appreciated.”

“I would like to thank you. The conference was exceptional, engaging and well organised.”

“What a wonderful organisation to work for, where quality and patient safety are of the greatest importance.”

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Lady Davidson celebrates long Anzac history

This year marks the 100th anniversary of the landing of the Australian and New Zealand troops on the shores of Gallipoli and with a history in treating servicemen injured in war Lady Davidson Private Hospital took time to reflect, give thanks and honour the Anzac spirit.



The Anzac memorial

Built in 1920, the Military Sanatorium, also known as Turrumurra Consumptives Home, was constructed by the Department of Defence to treat ex-servicemen who had contracted tuberculosis.

For the hospital, now known as Lady Davison Private Hospital, 2015 marks the 95th anniversary of the hospital treating Australian veterans.



Lady Davidson Private Hospital reception

Cheryl Jaeschke, General Manager of Lady Davidson Private Hospital explained that the hospital is proud of their long history in providing care to veterans.

“Originally the hospital consisted of six patient beds and they were paid four shillings per day to care for each tubercular patient. Although treatment post-World War I consisted of only fresh air, good food and exercise as the drug Streptomycin was not around, having been developed in 1948,” said Cheryl.

Times have certainly changed in both, the medical treatment and the growth of the hospital.

“Today, Lady Davidson is the largest private teaching rehabilitation facility in Australia with 115 patient-beds for both veterans and private patients,” explains Cheryl.

In honour of the Anzac spirit and legacy, Lady Davidson held a special Anzac Day service with over 70 patients and their families in attendance.

A past patient, Mr Ron Meyers (95), who served in three military campaigns, gave the military address.

Mr Meyers spoke of the tragic long term effects that the war had on his father, who was wounded in The Somme in January 1917 and returned home a broken man, who to his sons knowledge, never attended a Anzac service.

Speaking to the importance of keeping the Anzac memory alive in the hope that future generations learn from mistakes of the previous generations, Mr Meyers said that:

“See that you hold fast the heritage we leave you, teach your children that never in coming centuries may their hearts fail or their hands grow weak.”

General Manager of Lady Davidson Private Hospital Cheryl Jaeschke said that:

“The Anzac service was incredibly touching and a great time to remember the sacrifice of the servicemen and medical professionals who treated them.”

Lest We Forget.

Family care focus at Northpark Private Hospital

In a rare occurrence at Northpark Private Hospital, two family members were operated on, on the same day.

Vincenzo Damiano was scheduled to undergo elective surgery on the 25 July when he was alerted to the fact that his mother, Mrs Caterina Damiano, had been brought in to Northpark Private Hospital for hip surgery, after being transferred from The Northern Hospital.

Nurse Unit Manager Roseta Coomber, said that it was an unlikely coincidence to have two members of a family in surgery on the one day.

“When we saw the surname we knew that it could not be that much of coincidence and it wasn’t. Mother and son in theatre a matter of hours apart, we certainly had to place them in the same ward post-surgery,” said Roseta.

Mrs Damiano, a mother of five who celebrated her 103rd birthday earlier this year, said that it was lucky that she was in the same hospital as her son Vincenzo as it made trips to visit much easier on her other children.

“My stay at Northpark has been wonderful, the nursing staff have been fantastic and making my recovery from surgery a lot easier. It has been lovely to be able to see my son and share our meals together,” said Mrs Damiano.

Both mother and son are recovering well after their respective surgeries.

Mr Damiano said that whilst it was an unexpected coincidence under worrying circumstances, it was nice to have his mum with him so he could keep an eye on her.

“Mum is going really well at 103, her hip surgery won’t dampen her spirits for long,” he said.

Vincenzo has recently returned home and Caterina is to be discharged soon.

“It has been a pleasure to have both Caterina and Vincenzo at Northpark Private Hospital. We wish them both a speedy recovery. I am sure it will be a while before we have another mother and son as patients,” said Roseta.



Vincenzo, Caterina and Roseta

Patient transport the way forward

Earlier this year Lady Davidson Private Hospital implemented a patient transport vehicle that provides transit services from referring acute hospitals to the rehabilitation facility.

Lady Davidson Private Hospital General Manager, Cheryl Jaeschke, said “The vehicle offers timely, reliable, measurable and efficient non-emergency patient transport; reducing bed-blockages and enabling our referring hospitals to continue to improve patient access and flow.”

The patient vehicle is a significant investment for the rehabilitation hospital, however, within a very short time, it has improved access for referring acute hospitals and significantly reduced the reliance on the ambulance service for the transportation of patients.

“Sydney Whidjaya, a Registered Nurse, has been appointed the position of Patient Transport Officer and has a wealth of experience transporting patients by ambulance and community transport,” explains Cheryl.

The feedback has been extremely positive. A Patient Flow Coordinator stated that “Our discharge turnaround times

have improved dramatically with the implementation of this service. It is a win-win for the hospitals and the patients.”

Lady Davidson Private Hospital is the largest private teaching rehabilitation facility in Australia and it ‘Leads the way’ in Orthopaedic, NeuroSpine and Oncologic rehabilitation.



Sydney Whidjaya with the patient transport vehicle

Parkwynd Private Hospital celebrates Centenary (1915 – 2015)



The Parkwynd Private Hospital team

Parkwynd Private Hospital first opened their doors on 26 May 1915 marking the centenary anniversary for the hospital this year.

The hospital has a long and dedicated history of providing dedicated healthcare to Adelaide residents.

Founded in 1915 by Miss Emily Constance Fry and Miss Jessie Margaret Sinclair, who were immortalised by the naming of the Fry and Sinclair wards, the hospital's opening was a grand affair for Adelaide with the media reporting:

“Misses Sinclair and Fry of Adelaide Children’s Hospital have acquired a lease of Parkwynd, the spacious house, formerly occupied by Mrs. Samuel Toms, and have opened a private hospital for the reception of medical, surgical, midwifery and massage cases!”

“On Wednesday afternoon, 26 May 1915, a large number of people accepted the invitation to view the beautifully appointed rooms”.

“The house lends itself for the purpose and the greatest forethought is evident in every department. The airy wards, their harmonious colour schemes, spotless beds, comfy lounges and easy chairs, suggested that it might be a pleasure to be ill amid such surroundings.

The operating theatre is admirably appointed, and at the first shudder of the mysterious looking appliances, one realises that here everything is right up to date.”

“Flowers were everywhere, in the wards and offices and in the spacious side veranda and after viewing the various rooms we had a dainty afternoon tea at little tables scattered around the lawn and veranda”.

The progression of the hospital in the early days was in thanks to the strong, dedicated Matrons that managed the hospital through two World Wars and some of the darkest times for Australia.

The first Matron of Parkwynd was Miss Jessie Margaret Sinclair (founder) undertook the role from 1915– 1932.

From 1932 Sister Laura Jenkins, who had previously been a Nurse in the Australian Army and saw active service in Heliopolis, Cairo, Egypt and France before returning to Australia, took the position as Matron at Parkwynd.

Miss Margaret Grace McNair became Matron of Parkwynd from 1945-1950. Matron McNair was instrumental in the establishment of the Nurses Memorial Centre of SA which opened in 1974. Matron McNair was awarded a Member of the Order of Australia (AM) in 1985.



Old Parkwynd Hospital

Dr. Michael Coglin, Healthscope's Chief Medical Officer, assisted the current Parkwynd Executive team by pointing them in the right direction with research to uncover many interesting stories surrounding the history of the hospital.

One story in particular caught their attention and prompted action. General Manager of Parkwynd, Jo Powell explains:

"In December 1942, Nurse J Scollan was severely burnt in a fire when a kerosene lamp she was refilling caught alight and set her clothes on fire. She died the next day."

With further investigations the team found that Nurse Scollan was buried in an unmarked 'paupers grave' at West Terrace, sharing the grave with an unrelated five year old child.

"This is a dreadful story of a simple, routine nursing task back in the 1940's, resulting in a fatal accident. Our team want to honour Nurse Scollan and plans have been made to place a plaque in her memory at the cemetery later this year," explains Jo.

Throughout the years the hospital has gone from strength to strength with Parkwynd first achieving accreditation with ACHS in 1992. Healthscope purchased Parkwynd in 1994.

Today the hospital has 23 patient-beds, a 13-chair day surgery unit and three theatres.

The main specialities include Orthopaedics, Oral Maxillo, ENT, Plastic Surgery, General Surgery and medical admissions.

Jo explains that the Parkwynd team plan to celebrate the centenary anniversary in style.

"We will mark the day on the 30 October 2015 with an event at the nearby Naval, Military & Air Force Club of SA (Inc), a fitting tribute given the hospital opened amidst World War I," said Jo.

The event will be attended by past and present staff and doctors.



Parkwynd Hospital today

Looking back over 100 years Jo surmises that

"Although the appearance of the hospital has changed somewhat over the years with additions and renovations, we believe that Parkwynd Private Hospital continues to maintain a 'harmonious facility with beautifully appointed rooms and modern equipment'."

References: <http://trove.nla.gov.au>, Nursing – 150 Years of Caring – Nursing in South Australia - First Hundred Years 1837-1937, SAGHS Research Coordinator (Beryl Schahinger).

Breakthrough drug helps Frankston Private and Melbourne Private Hospital patients

Patients with relapsing forms of Multiple Sclerosis (MS) were able to access a breakthrough treatment called Lemtrada Alectuzumab in early April.

The revolutionary drug has been shown to reduce the risk of MS relapse by two-thirds as well as reducing the progression of the disease.

In Australia 0.1% of the population – 24,000 people suffer from MS. It is a disease that affects the central nervous system and can impact a person's ability to work and participate in everyday activities.

In the first week of treatment 10 patients in Australia were given Lemtrada via infusional therapy. Five of these patients were Victoria based and treated at both Frankston Private and Melbourne Private Hospital along with Monash Health.

Associate Professor Ernie Butler, who treated four of the five Victorian patients who received Lemtrada said, "It will keep people moving, keep them working, allow them to have families; all the things we take for granted.

Patients at Frankston Private will continue to receive this life changing treatment.

30 Years at Parkwynd Private Hospital

Parkwynd Private Hospital General Manager and Director of Nursing, Jo Powell, celebrated 30 years of service on 24 June.

Recognising the significance of the date, Jo didn't want to make a fuss but her team had other ideas.

"My wonderful team organised a surprise morning tea to acknowledge the 30 year milestone, it was wonderful, a moment I certainly won't forget," explains Jo.

Alan Lane, South Australia Hospital State Manager, presented Jo with her employee recognition award and gift and the congratulations flowed from other Healthscope and ACHA executives as well as the Parkwynd staff.

Jo commenced her career at Parkwynd as a Registered Nurse on the night duty shift in 1985, after seven years in this role,

Jo moved to day shift, progressing to various positions including Quality Coordinator and WHS Coordinator at Parkwynd.

"There was only one time that I moved hospitals and that was for a secondment to Darwin Private Hospital, in the early 90's, where I spent six weeks as their Quality Coordinator," explains Jo.

In 1998, Jo took the role as Clinical Nurse Manager of the Ward and Day Surgery. This was her stepping stone to executive management, and in 2011 Jo accepted the role as General Manager and Director of Nursing.

"It has certainly been an adventure over the past 30 years, I have seen the hospital and staff grow and flourish, to be the hospital we are today.

"I have a wonderful team and would like to thank them all for their continued support and encouragement and I look forward to another 30 years," said Jo.



Weight loss surgery can cure diabetes

A bariatric procedure that is gaining popularity in Australia has the ability to cure diabetes, according to Allamanda Private Hospital bariatric surgeon Dr Harald Puhalla.

Dr Puhalla is one of only a handful of Gold Coast surgeons offering the mini gastric bypass (MGB), which resolves type 2 diabetes in up to 92 per cent of patients and cures most other pathologies which are associated with morbid obesity and metabolic syndrome, such as hypertension and high blood cholesterol.

With an estimated 280 Australians developing diabetes every day, it is the fastest growing chronic condition in Australia.

The financial cost of type 2 diabetes in Australia is estimated at \$10.3 billion, including carer costs, loss of productivity and costs to the health system.

Dr Puhalla said with a rising diabetes problem that had already reached epidemic proportions, it was a relief to know that for some, there was a cure.

He said a reduction in the prevalence of type 2 diabetes would not only save taxpayer dollars, but increase productivity in the workforce and improve the quality of life for millions of Australians.

"For every person diagnosed with diabetes there is at least one other person playing a support role, taking the estimated number of Australians affected by diabetes to more than 2 million," he said.

"Excess body fat is associated with 30 per cent of type 2 diabetes in those of Chinese and Japanese descent, 60-80 per cent of cases in those of European and African descent, and 100 per cent of cases in Pima Indians and Pacific Islanders.

"It is in these cases, MGB can cure up to 92 per cent of patients, which would drastically reduce the number of sufferers in Australia."

Dr Puhalla said the MGB had outcomes superior to all other standard bariatric operations and had been the procedure of choice for doctors in the USA and Europe for several years.

"The MGB is the most effective treatment for the remission of diabetes and treatment of metabolic syndrome," he said.

"Over the last 10 years, the rest of the world has moved away from the once popular gastric banding, predominately due to insufficient weight loss and reoperation rates.

“Another popular procedure has been the sleeve gastrectomy, and while it is a good bariatric procedure, it lacks the significant weight loss and metabolic advantage of a MGB in the long term.

“There are thousands of published MGB cases from the USA, Europe and India demonstrating that a MGB is a very safe and effective weight loss operation.

“Australia is now moving towards MGB and I am pleased to be one of the first surgeons on the Gold Coast to adopt the new technique which has produced incredible results for my patients.”

Compared to a sleeve gastrectomy, which achieves weight loss by a small gastric volume only, the MGB has a small gastric pouch which reduces the oral intake, but by additionally bypassing the upper two metres of the small bowel, it has a moderate malabsorptive component.

The reduced oral intake and the additional malabsorption achieves a quick reduction in the excessive weight and up-regulates the intestinal hormones, which increases the insulin response in the body.

Studies show that five years post surgery in the vast majority of patients, type 2 diabetes was in remission - leaving zero patients on insulin and just 16.2 per cent on oral medication.

According to Dr Puhalla, this is a huge difference from sleeve gastrectomy where 8.2 per cent of patients remain on

insulin and 62.5 per cent on oral diabetes medication.

In the long term, MGB also resolves hypertension in 87.2 per cent and sleep apnoea in 97 per cent of patients, while heartburn is successfully treated in 72 per cent of patients.

Dr Puhalla recently performed an MGB on a 53 year old man who was morbidly obese with a BMI of 43.3kg/m².

“Peter Galea’s diabetes, which was caused by his obesity, had become difficult to manage,” Dr Puhalla said.

“He further suffered from high blood lipids and osteoarthritis.

“The joint pain made physical activity difficult which had an impact on his quality of life.

“To manage his diabetes, he required several insulin injections a day plus oral medication and his blood sugar levels needed to be closely monitored.”

To cure his diabetes, Mr Galea considered bariatric surgery because his health, and particularly his diabetes, was a significant concern.

Dr Puhalla said they opted for the MGB which has many metabolic advantages compared to other available procedures.

“Peter was considered a high risk surgical patient because he had a heart valve replacement in 2007 and was on Warfarin,” he said.

“With the help of Allamanda cardiologist, Dr Klassen, we were able to perform the surgery successfully and the patient no longer has to take insulin injections, with his diabetes now manageable on his own with the help of his GP.”

Peter lost 28 kilograms in 12 weeks, which has increased his life expectancy by at least seven years and his chance to be off any medication for his diabetes is more than 83 per cent, even after five years.



Dr Puhalla and Mr Galea

Overcoming adversity one kilometre at a time

Impossible is not a word in Angela Nuss' vocabulary.

After being severely injured in a serious car accident in March, Angela has made a tremendous recovery from her injuries in a relatively short period of time.

Suffering from a fractured C1-C4, Posterior Cerebral Artery strokes, a fractured fifth rib and a L1 compression, Angela was airlifted from a regional Victorian hospital to The Alfred Intensive Care Unit where she underwent spinal fusion surgery.

After 13 days at The Alfred, Angela opted to undertake her recovery and rehabilitation at Geelong Private Hospital, where she had previously worked as a Registered Nurse.

"I knew that Geelong Private would be the best option for me – I know the hospital, the staff and it is close to my parents. I wanted to ensure I had the best team around me to assist in my recovery," explained Angela.

Since April, Angela's recovery has been incredible, not only astounding her family, friends and Geelong Private staff but also Angela herself.

"When I arrived at Geelong Private I was in a Halo traction, unable to walk and being fed via a nasogastric tube, but I knew that I could take this on and recover quickly so together with my rehabilitation team we developed a targeted rehabilitation plan," said Angela.

Initially, Angela started walking around the corridors of the hospital.

"Slowly but surely, each day I would set myself a new goal and I would walk those steps," said Angela.



Angela Nuss post operation

Within a short period of time Angela was walking the corridors of Geelong Private with her "stick and Fitbit", and progressed quickly to using the onsite rehabilitation gymnasium.

Geelong Private Hospital Director of Nursing Eloise Cann said that Angela's determination and positive attitude certainly aided in her speedy recovery.

"Angela has certainly made a large impact on our nursing team, they have even given her a nickname of "Walk Ange Walk", which is certainly befitting of the ex-marathon runner," said Eloise.

Key to Angela's recovery was a positive mindset, she would write positive messages on her meal tray everyday such as good health = good food.

"Throughout my recovery I read as much as I could on not only therapies for my injuries but also positive thinking books that gave me the inspiration and clarity I needed to undertake such a dedicated recovery," said Angela.

After a three month stay at Geelong Private Hospital, Angela has just been discharged to continue her rehabilitation at home.

"The Geelong Private Hospital team has brought me back to life. I am grateful to all the staff – the nurses, cleaners, allied health staff, doctors for believing in me and supporting my recovery. I am now walking 24kms a day and feeling great," said Angela.



Angela Nuss during her recovery

Allamanda Private Hospital delivers all-female obstetric practice

The Gold Coast's first all-female obstetric practice, Grace Private, is opening rooms at Allamanda's Pacific Private consulting suites.

Doctors Tina Fleming, Tania Widmer, Adriana Olog and Catherine Mills will provide women with comprehensive obstetric and gynaecologic care, including specialised services such as ultrasound and fertility assistance.

Together, the doctors have gained extensive skills and experience in obstetrics and gynaecology at leading facilities across Australia including the Mater Mother's Hospital in Brisbane and the Royal Prince Alfred Hospital in Sydney.

Grace Private welcomed referrals for pregnant women from July in preparation for the opening of the maternity suites at the new Gold Coast Private Hospital in March 2016.

The exclusively female group is a unique model for the Gold Coast and will offer a "one stop shop" for all women's health needs including access to care that can alleviate patient angst from miscarriage, PMB or abnormal Pap smears.

"Our multi-disciplinary team will offer contemporary, evidence-based care for woman throughout all stages of life," said Dr Fleming.

"Our rooms, which will move to the Gold Coast Private once it opens, will house the latest scanning equipment alongside allied care including physiotherapy, social work and midwifery."

Dr Fleming said Grace Private aimed to take some of the stress out of visiting the doctor by providing a boutique environment with skilled, friendly care.

"What is special about Grace Private, is that we are women caring for women," she said.

"We are all mothers ourselves, and understand how important it is to have complete faith in the people who are caring for you."

"Our extensive range of services provided under one roof ensures continuity of care and creates familiarity, which is of great comfort to patients."

Dr Widmer said the group's affiliation with the Gold Coast University Hospital (GCUH) meant Grace Private could facilitate private care in the public hospital for patients with complicated pregnancies, such as mother's with complex medical conditions or extreme preterm births.

"Our relationship with the Gold Coast University Hospital and its co-location with the new Gold Coast Private Hospital, means that unexpected complications during pregnancy or birth would not alter the primary caregiver as the doctor can continue care at either hospital," she said.

"In addition to this, Grace Private patients will enjoy the central location and state-of-the-art facilities of the new Gold Coast Private, with modern amenities and comforts that will feel more like a hotel than a hospital."



The Grace Private team

An inside look at the career of:

David Hoy, Commercial and Operations Manager, Healthscope Medical Centres

“A career shaped by the hands of fate, hardwork and luck.”

With thoughts to pursuing a career in panel beating post-secondary school, it seems that fate had another career in mind for David Hoy.

As it is often the case, making the first step on the career ladder is usually the hardest, especially when you're required to make a lifelong decision in your teenage years.

With a contact at John Fawkner Private Hospital, David interviewed and was subsequently hired for the role of Hospital Orderly, making his first step in what was to be his future career.

“I look back at the days of being a hospital orderly and they really were some of the best days, I was learning the hospital and healthcare ropes from the ground up and had a lot of fun doing it,” explains David.

Showing an interest in learning the various roles at John Fawkner Private Hospital, David relieved on the switchboard during night shifts. His keen nature was noted by management and a promotion to patient discharges was offered and accepted.

It was during this time that David had the opportunity to help set up the reception desk for the Emergency Department – one of the largest and busiest emergency departments in the northern suburbs of Melbourne.

“I was fortunate that work was so interesting and diverse and I had continuous opportunities to learn and develop. Watching the frantic pace of an Emergency Department certainly has placed me in good stead throughout my career. I often remind myself that no situation, that I would deal with now, could be as hectic as the ED on a Friday night,” said David.

It was a move into patient billings where David identified an interest in numbers, specifically accounting.

“I applied for an accounts role at Waverley Private and worked whilst undertaking and completing my accounting degree,” said David.

Gaining experience across leading private hospitals in Melbourne, David then looked outside the health sector to take a role within Mayne Nickless' logistics division, working as a Business Analyst in the Group Marketing Department.

“I was tasked to develop business strategies for the logistic arm of Mayne. It was interesting, but I quickly realised that I missed health – it had certainly gotten under my skin. It wasn't a surprise that when an accounting role came along at a hospital that I took it.”

So why healthcare?

A question that David has been asked a fair few times over the years.



David Hoy

“The answer is simple; healthcare is about positive patient’s outcomes and doing good things for people and, on the whole, it is a positive environment to work in.”

A move into a senior manager role as the State Manager for Vision Group saw David manage a large team spread across a number of sites.

Promoted into the role of National Operations Manager, David helped build Vision Group into a leading private health organisation.

Looking for a new opportunity that required less time away from his young children, David was hired as the Manager of Projects and Strategy at Medibank, focussing on developing private health funding models.

“My time at Medibank was certainly an eye opener. I got to see the private health from ‘the other side’ and it certainly taught me valuable lessons.”

Not one to shy away from a challenge, David was offered the opportunity to undertake the role of Chief Executive Officer of Healthbridge Hawthorn, which required commissioning a new hospital to house Monash IVF and the specialist maternity service “The Cradle”.

“I’ve always believed that in every role I’ve undertaken that there are huge learning opportunities, even when I’ve taken on similar roles. The CEO role was a huge step in my career and throughout my time at Healthbridge I pulled on all my experience – from my time as an orderly to my private health fund experience. It has all played its part,” said David.

Presented with the opportunity to take on the role as State Manager VIC/SA for Healthscope Medical Centres, it was a role too good to refuse and after a period of time David was promoted to the Commercial and Operations Managers, overseeing all Healthscope’s Medical Centres.

David’s team run a total of 52 Medical Centres, across Australia, including the specialist Sydney Breast Clinic.

“I am lucky that I have such a great team. Our work is diverse, interesting and every day provides us with a new challenge. Our focus is on delivering great service to our doctors and patients,” said David.

In surmising his career David said, “It’s certainly been a ride, in a relative short time. I’ve been very fortunate with my career so far, a bit of a different path than a panel beater.”

The technological learning advantage at Prince of Wales Private Hospital

From 19-21 March, leading neurosurgeons from across Australia and around the world gathered at the Macquarie University’s Australian School of Advanced Medicine (ASAM) for a three day course that was conducted by pioneering surgeons.

The theme for the course was ‘Keyhole Approaches to Brain Tumours: A hands-on cadaveric course’ and the objective was to address the theoretical basis of neuroendoscopy, endoscopic anatomy and clinical applications of neuroendoscopy.

The highlight of the event was the live surgery conducted by Associate Professor Dr. Charlie Teo that was televised via a two-way video conference between the Prince of Wales Private Hospital and the delegates at Macquarie University.

The video conference was conducted via the hospital’s state of the art, high resolution Black Diamond Video (BDV) processing facility – the first of its kind in Australia.

In order to conduct the broadcast, a full integration of the BDV control touch panel was utilised including the neuro endoscope camera, Zeiss microscope, in-light camera, Brainlab navigation, medical scan images, broadcast camera on tripod and wireless microphones.

During the conference, a total of two surgeries were broadcasted live to the ASAM delegates.

Post the event, there was a lot of positive feedback from the delegates and the ASAM. The event moderator regarded the video conference experience from Prince of Wales Private Hospital was by far “the best VC he had been involved in”,

as the image quality, transition between video streams and audio was clear and seamless.

The delegates were quick to comment on how easily they were guided through all the fine clinical details and, at times, it was like they were there in the theatre.

Nerida Russell-Green, Deputy General Manager of Prince of Wales Private, said that the learning capabilities offered by a simple to use video conference service are great and far reaching and that Prince of Wales Private Hospital will continue to utilise the technology in the future.



Dr Teo in surgery

Como Private Hospital doctor's firsthand account of Nepal earthquake disaster



Team in action

Dr Geoff Abbott, Director of Como Private Hospital's growing Rehabilitation services, was part of the first rehabilitation team co-ordinated by the Royal Melbourne Hospital Rehabilitation Department to visit Nepal after the disastrous earthquakes that occurred on 25 April that killed 9,000 people and affected over six million.

The team consisted of two rehabilitation physicians, two rehabilitation nurses, a Chief Prosthetist and Orthotist along with the Professor of Physiotherapy from the University of Melbourne.



The team also included a Nepalese trained doctor who had been working at Royal Melbourne Hospital and was the key driver in putting the team together.

With a quick response to the disaster, the team arrived in Nepal 10 days after the earthquake.

Whilst the team were in Nepal, a second earthquake occurred (7.3 on Richter scale) killing a further 200 and injuring 2,500 people.

This was a terrifying experience for the team members, but even more so for the spinal cord injured patients who were not able to leave their beds and get outside of the ward.

Dr Abbott explains that the team helped evacuate 76 patients with severe injuries from inside the hospital to a secure outside location.



“We carried severe spinal cord injured patients out and had to go back repeatedly into the cracking building to rescue patients. We assisted in erecting tarpaulins for cover as the hospital building was felt to be unsafe and the patients justifiably refused to remain indoors despite the imminent arrival of the monsoon season,” explained Dr Abbott.

With no evacuation packs, medications or supplies to hand during the second quake, the acute spinal injured patients were nursed on the ground on thin mattress under the tarpaulin. Some patients were only two days post severe spinal cord injury repair.

Dr Abbott reported that there were limited surgical notes or imaging available to assist with spinal mobilisation plans and minimal resources for therapy.

Prior to the second earthquake, Dr Abbott gave two lectures to the treating staff to teach the basics about bladder care, bedside ultrasound usage and pain management. Unfortunately the rest of the lecture program had to be put on hold as the second earthquake occurred requiring a change in all immediate priorities.

“We had very few supplies with only minimal pain killers, antibiotics, glucometers or urine dip sticks or pathology services available for clinical management,” said Dr Abbott.

In such adverse conditions, the team responded remarkably.

“The nursing staff were tremendous and changed endless dressing as best as they could as there was no sterilisation equipment.”

“Often the nursing team would debride grade 4 pressure ulcers without anaesthetic,” said Dr Abbott.

“Our physiotherapist taught as many therapists as able the value of early mobilisation, bed positioning, pressure care etc. which was highly beneficial,” said Dr Abbott.

Dr Abbott explains that a triage tool was developed to help assist the local teams in fast tracking clinical care and needs assessment for severe spinal injured patients, the tool helped to sort out the different levels of spinal injury and allowed specific teams to commence work.

“The World Health Organisation developed a special rehab sub cluster, given the enormous demand placed on the rehabilitation facility, this helped immensely,” said Dr Abbott.

After ten days in Nepal, the team, including Dr Abbott flew back to Australia.

On a personal note, Dr Abbott would like to thank everyone for their messages of support and donations. They helped a large number of severely injured spinal patients who were left destitute and homeless after the first quake.



In the news

Bendigo House reopens after extensive refurbishment

Healthscope Independence Services has reopened Bendigo House, a residence for people with acquired brain injuries, other disabilities or complex needs.

The seven-bed house has recently undergone extensive refurbishments, to ensure optimum comfort for residents.

Debbie Beeton, General Manager of Healthscope Independence Services explains that Bendigo House provides long term and respite accommodation for individuals in an age appropriate setting.

“Younger adults with a severe brain injury or complex needs may still be physically fit, but are psychologically and socially affected with unique and individual care needs, Independence Services recognise it is important for them and their families that

they live in a house, much like their family homes, surrounded by home comforts,” explains Debbie.

Situated in suburban Kennington, the house provides residents with their own bedroom, a communal lounge and dining room as well as a kitchen and large garden. There is also a fully self-contained unit on site that caters for clients who are more independent.

“As part of the client’s ongoing therapy, they participate in all household activities as well as engaging in their own interests. Bendigo House has ample space for entertainment of family and friends and is always encouraged,” explains Debbie.

A support plan is developed for each client and considers any culturally specific requirements as well as involvement in educational courses, community activities, volunteer roles or employment.

“Our experienced support personnel are on hand 24/7 to provide residents with personal support and assistance to meet their individual support needs and goals, ultimately to help make steps towards independence,” explains Debbie.

Healthscope Directors out and about

On 14 May the Healthscope Directors visited The Melbourne Clinic and Knox Private Hospital.

Members of the Board had the opportunity to see firsthand the works that are being undertaken at Knox as well as meeting the executive team.

The visits are part of the director's induction program with further visits scheduled in 2016 for New South Wales and Queensland hospitals.



L to R: Tony Cipa (HSO Director), Andrew Currie (State Manager Vic/Tas hospitals), Paula Dwyer (HSO Chairman), Jenny Kent (Eastern Cluster Manager), Karyn Vines (HSO Senior Project Manager), Megan Mills (Director of Nursing) and Craig Estcourt (Knox Private Hospital Finance Manager)

Dr Story rides to conquer cancer

Melbourne and Cotham Private Hospitals Oral and Maxillofacial surgeon, Associate Professor Rowan Story, recently completed his second Ride to Conquer Cancer.

In total 1,100 riders took part and raised over \$4 million for cancer research at Peter Mac. Rowan is also a Royal Australian Air Force Reservist and was part of Team RAAF.

Over the past two years Rowan has raised over \$9,500 through his efforts in the two-day 200km ride.



Rowan second from left

Tweed Day Surgery helping the community, donating equipment to a local vet surgeon

Playing an active part in their community, Tweed Day Surgery recently donated a surgical operations table to Mermaid Water Veterinary Surgery after hearing that their existing table had a hydraulic leak and was making operating on animals quite difficult.

General Manager of Tweed Day Surgery, Robyn Sheather, said that it was good that the table could go to a new home and play an essential part in providing healthcare to animals.

Tweed Day Surgery recently donated a surgical operation table to Mermaid Waters Veterinary Surgery that replaces their very old operating table that had a hydraulic leak.

John Fawcner Private Hospital Nurse crowned Miss Latina Australia

Congratulations to Eva Giollo EN, who was crowned Miss Latina Australia on 13 June. Eva heads to Mexico in September to represent Australia in the Miss Latina America world final.



Eva Giollo EN, Miss Latina Australia

Know someone in primary health care who deserves an award?



Recognise a physiotherapist, dentist, GP, pharmacist, therapist or other primary health care professional for their outstanding contribution, by nominating them in one of three categories:

- ★ Young Leader
- ★ Team Excellence
- ★ Individual Distinction

\$30,000 in prizes to be won!*

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