

SAN

APRIL 2009 EDITION

NEWS



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HEALING TOUCH FOR OUR PATIENTS

Since the San opened as a place of health and healing over 100 years ago it has constantly developed its services to incorporate the latest expertise, technology and innovation to ensure patients get access to the best treatments.

In 2009 that long tradition continues with the planned appointment of a Bowen Therapist to assist patients who have cancer, back pain, chronic fatigue, Lupus, Parkinson's, MS, sports injuries and a range of other conditions.

Bowen Therapy is a non-invasive gentle technique in which specific rolling movements over muscles, ligaments and tendons are performed by a specialist therapist with post graduate training and experience. There are only a limited number of Bowen qualified therapists in Australia.

Bowen Therapy has been proven to provide pain relief, increase motion, improve energy and decrease nausea (including from chemotherapy). Cancer, Orthopaedic, Palliative Care, Cardiac and patients

with other conditions will enjoy the benefits.

"Bowen therapy works on the principle that the underlying cause of many musculoskeletal, neurological, neuromuscular and other health or pain problems can be reflected in a patient's soft tissue or fascia" says Eleanor Oyston, a Bowen Therapist for ten years and facilitator of training at the renowned Petrea King Quest for Life Centre.

Previously a research microbiologist, Eleanor says that advances in molecular biology and cell research in the last 15 years have revealed the importance of fascia as the largest sensory organ in the body.

Bowen Therapy movements stretch the skin across the muscle fibres over the fascia and stimulate receptors that influence the body's neuromuscular physiology.

"Recent German research into fascia and connective tissue confirms that fascial re-hydration more efficiently eliminates toxins. Bowen

Therapy's ability to do this is what results in pain relief and other positive results and why cancer patients report that after the Bowen movements they feel less nausea despite their body's reaction to chemotherapy."



Bowen Therapy at the San will complement the free San Cancer Support services that include counselling, resources, group therapy, forums, reflexology and meditation sessions currently used by at least 400 clients but available to all cancer sufferers and their carers.

"Our aim is to touch and improve the quality of life of people when they are vulnerable" says San Cancer

Support Manager Annette Polizois. "Bowen Therapy will be yet another way we can do this. We appreciate the support of the community in helping us to improve the physiological, psychosocial and emotional well being of the people who come to us".

Services are provided free of charge by the San Cancer Support Centre to all cancer patients and carers regardless of whether they are or have been a San patient.

If you or someone you know could benefit please contact 9487 9061.

If you would like to donate to this invaluable Bowen Therapy Appeal please contact the Foundation on 9487 9405.

Healing Touch for Our Patients (continued on page 6)

LIKE A FREE CUP OF TEA?
See page 6

ECUMENICAL MEMORIAL SERVICE
May 3rd 2009
See page 7

SAH FOUNDATION 2009

Helping the San to help others

Thank you to the generous friends of the San who helped in our Christmas Appeal. Your support to help us help others, in these difficult times is greatly appreciated.

One example is how with the generous support of the Poon family the San Day Infusion Centre has now opened. As a result our patients can now receive their treatments in more comfortable and spacious surroundings, while families and carers can join them confident that their loved ones are receiving the very best we can offer.

In speaking with many of our supporters some have asked how they can make a bequest to the San Hospital in their Will. The Foundation now has an excellent brochure that gives relevant information to help to do just that. If you would like a copy, please call me on 9487 9406.

Again thank you for your support to our community's favourite hospital and I wish you all the best of health.



Managing Director, SAH Foundation Inc.
judy.harris@sah.org.au



MORE PATIENTS TO BENEFIT

The Sydney Adventist Hospital expects to be able to provide nearly 3000 infusion therapies a year for patients with Cancer, Multiple Sclerosis, Crohns, Blood, neurological and other disorders and diseases in its new dedicated San Day Infusion Centre.

The new 11 chair Centre replaces and extends the previous 7 chair facility and includes a private room for patients that need it.

Funded by private donations, the new centre is part of the Hospital's ongoing upgrading of facilities to meet the local ageing community's health needs and responds to the Cancer Institute of NSW's forecast of a 30% increase in cancer cases in the next ten years.

Medical oncologist Dr Josie Rutovitz is one of the specialists whose patients are treated in the San Day Infusion Centre.

"As cancer rates have increased in recent years so have treatment options that require intravenous delivery by specialist oncology and haematology trained nurses and the new centre's additional chairs mean we can meet these growing community needs" said Dr Rutovitz.

"We treat people when they are most vulnerable and struggling to deal with their illness. From a medical perspective the extra space means that the risk of infection from one patient



Dr Josie Rutovitz

to another is minimised and we now have an area to consult patients in private. From the patient's perspective the new centre's additional space for carers and the picturesque view will make the experience as positive as possible. This is what makes it a great facility."

DOUBLE THE TROUBLE X 4!

With over 2200 babies born at the San each year, having lots of babies around is something the San Maternity staff take in their stride. Four sets



of twins in the special care nursery and maternity ward at the same time however, was very special....Congratulations to (back) Mick and Kaneeta Flarey with Eleanor & Tess, Jane & Nick Packman with Sophia and Grace, (front) Debbie Trebble and Peter Bingham with William and Benjamin, Michelle & Jim (absent) with Ava and Sienna.



San supporters Mr Richard Poon, his mother Mrs Helena Poon (widow of Mr Sik Yue Poon) and San Chief Executive Officer Dr Leon Clark at the opening of the San Day Infusion Centre.



Peter and Olga Stone

37 YEARS VOLUNTEERING

SAH Help Team Volunteers Olga and Peter Stone have clocked up 37 years of volunteering at the San and were among dozens of volunteers recognised for NSW Health Volunteers Appreciation Day.

A past President of the Volunteers Auxilliary, Olga Stone is honest about her motivations for getting involved with the almost 400 strong Help Team. "I was so thankful my husband was still alive (after a quadruple bypass) and the nursing staff were so lovely to both of us...I wanted to give something back."

Olga's husband Peter has dedicated the last 14 years volunteering on the SAH Foundation Board which has successfully raised funds towards new equipment, developments and other patient needs at the Hospital.



Renal Dialysis Patient Mr Dean Cornish with San Nephrologist Dr Meg Jardine

NEW DIALYSIS TRIAL

The San is involved in an Australian-first study hoping to improve the quality and longevity of the lives of people on dialysis.

Up to 15 San patients are participating in the Health and Medical Research Council funded study looking at the impact of increasing dialysis over and above the standard 12 to 15 hours per week. The study follows on from anecdotal reports that increasing dialysis improves patient's health and reduces episodes of hospitalisation.

San Nephrologist Dr Meg Jardine, also a researcher with the renal research division of The George Institute of International Health, says the study is comparing the outcomes of people who get the standard hours of dialysis with those who get extended hours of dialysis.

Over 200 patients from facilities and hospitals around Australia and New Zealand are being studied for 12 months.

The study is expected to report in 2012.

Dr Jardine says diabetes and high blood pressure increase the risk of the need for dialysis and advises the best way to avoid it is to treat high blood pressure, lose weight, reduce salt intake, exercise and see your general practitioner for a urine check.

14% of all Australians have evidence of kidney disease. One in 10 Australians die with kidney disease. By the time people feel the symptoms of kidney disease they may have only 10% of their kidney function left. Kidney disease can be identified by a simple urine test.

For the facts on kidney disease go to <http://www.worldkidneyday.org>.



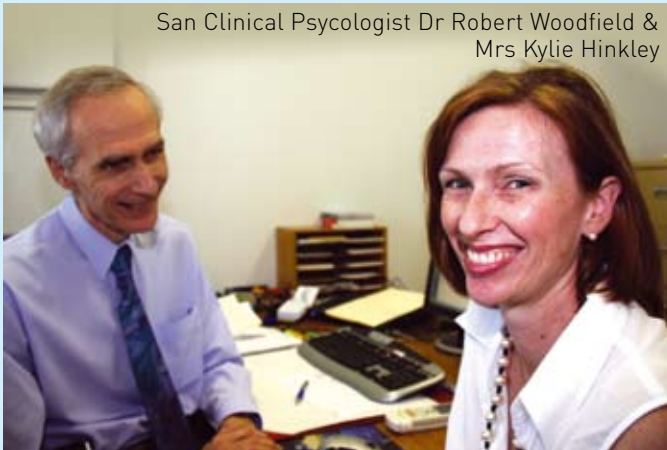
SAH Apprentice Kate Temblett

ROTARY AWARD RECEIVED

San staff member Kate Temblett has been awarded with the Apprentice of the Year Award by the Rotary Club of Wahrenonga. An apprentice in Commercial Cookery in San Food Services, Kate received the award from Rotary Club President Margaret Sachs.

"My wife fell in the street and was admitted to the Emergency Department of your Hospital for treatment.... the treatment she received from your staff...was exemplary....the entire team ...demonstrated the value of quality people working together as a first class team. We are sure this team in Emergency, although only a small sample, is an accurate representation of your entire staff".

PERINATAL DEPRESSION SUPPORT AT SAH



San Clinical Psychologist Dr Robert Woodfield & Mrs Kylie Hinkley

Under the program a doctor can refer appropriate patients to Dr Woodfield for up to 12 individual sessions per year if patients require it.

SAH Obstetrician and Gynaecologist Dr Andrew Booker says the service is good for his patients.

and supportive approach is essential to any intervention," says Dr Woodfield.

"It is also important to employ a collaborative approach to the delivery of care. Such an approach may typically include the Obstetrician, Midwife, General Practitioner, Social Worker, Early Childhood Health Nurse and mother baby units e.g. Tresillian and Karitane".

Patients clearly agree:

"People simply don't understand how overwhelming it can be" says Kylie Hinkley, High School English teacher and now the mother of 2 young children.

"I had struggled with my first child. I felt like I was going mad. I was just crying all the time...what made it worse was having no one say there was a problem. There was no one to say its okay... and I went into a massive slump... I felt so guilty when I was supposed to feel so happy. With the birth of my second child I was referred to my Clinical Psychologist; He validated what I was feeling and he helped me find the answers."

With the National Perinatal Depression Initiative approximating that perinatal depression affects one in ten women, Clinical Psychologist Dr Robert Woodfield provides an invaluable service for mothers of the 2200 babies born at the San every year.

With his private practice at the Fox Valley Medical and Dental Centre, Dr Woodfield specialises in perinatal care and women's health.

The 2006 Better Access program was introduced to provide services to patients with depression and anxiety, alcohol and drug use, sexual, post-traumatic stress, and eating disorders, and sleep problems.

"The availability of a clinical psychologist has filled a gap in the range of services we can offer. I believe that at least 5% of the 270 - 300 women I treat every year would benefit....almost 100% of those I refer report it's been a worthwhile positive experience. Robert Woodfield is incredibly insightful and helpful and builds a strong rapport with the women he consults."

Dr Woodfield came to the San after 10 years of service in the Division of Women and Children's Health at Nepean Hospital in Sydney where he established the role of Clinical Psychology in Obstetrics and Gynaecology.

"An empathic non-judgmental caring

people don't understand how overwhelming it can be



IMPROVING FACILITIES FOR PATIENTS

The Maternity Ward, San Physiotherapy, and Cardiac Rehabilitation are just some of the areas around the San that have been refurbished recently



to improve services to our patients. We hope our patients enjoy the benefits. Thanks to all who help support our upgrades.

"I was a recent patient in the 'Hospital in the Home' program and wish to commend you on a wonderful scheme. The attention from doctors and nurses was first rate and not open to any criticism from my wife or self. You are indeed fortunate to have such a pleasant and dedicated staff."

Patients Speak Out



Beattie Complex

GREEN STAR APPLICATION!

The San hopes to apply for Green Star rating from the Green Building Council of Australia. With its newly refurbished and newly named Beattie Complex now open, the Hospital is proud of their extensive efforts during the refurbishment project to meet the stringent environmental and ecological criteria of the GBC. If successful, the San will be the first Hospital in Australia to receive a Green Star rating. After a hospital staff survey and competition, the Beattie Complex has been named after Robert, Andy, Ted and George Beattie, long serving, much loved employees whose contributions exemplify the San's Mission Christianity in Action.

TRAINING PEOPLE TO CARE FOR OTHERS

The San College of Education (SANCE) is a registered training organisation accredited with the Vocational Education and Training Accreditation Board. Amongst the 30 courses offered to general members of the community are First Aid, CPR Training, ECG, Medical Terminology and Pathology Specimen Collection. They also run 6 week refresher programs for Registered Nurses, Midwives and Enrolled Nurses who are interested in or are returning to acute care nursing. Ten classroom days cover a variety of topics, and over 9 clinical days refresher students are buddied with nurses throughout all clinical areas. Nurses who are interested in returning to maternity, complete clinical days in the maternity unit and rejoin the general group for classroom days.

For enquiries please contact Kay Leatherland Nurse Educator 9487 9039 kaylene.leatherland@sah.org.au

Pictured here with Kay Leatherland, Suzy Thomas is one of the graduates of the Refresher Course returning to nursing after a 14 year gap.



"To the dedicated staff of the Special Care Nursery and midwives at the San: We would like to thank you all for your hard work and loving care of our beautiful daughter. While she was with us we were so comforted to leave her in the hands of such professional carers. We're sure that you must have loved her as we did, and so we share with you our sadness at her passing. We have many happy memories of her stay in the Special Care Nursery, which we will cherish. Our heartfelt thanks to you all."

Patients Speak Out



FOUNDATION NEW BOARD MEMBER

Sydney Adventist Hospital Foundation is honoured by the appointment to its Board of Phil McCarroll of Phil McCarroll Automotive. With a long history of philanthropy, Chairman of the Novus Foundation, and with exceptional commercial expertise, Phil's contribution to the Foundation to help the Hospital help others will be much appreciated.

NEW EMERGENCY REGISTRARS

The San's Emergency Care Department has been accredited to provide advanced training to specialist emergency medicine doctors by the Australasian College for Emergency Medicine, commencing January 2009.

The accreditation recognises that with ten specialist emergency physicians working various shifts in EC, approximately 20,000 emergency attendances a year, and the Hospital's wide range of clinical services including Radiology and Pathology, Intensive and Cardiac Care, Sydney Adventist Hospital provides the right environment for the additional training needed by doctors wanting to specialise in emergency medicine.

"We are honoured and happy to help provide training to the skilled and dedicated registrars who have chosen to work in this critical speciality" said Dr Greg McDonald, Director of the San's Emergency Care Department.

"We have a body of knowledge that should be passed on. Patients, doctors and the whole community will be better for it."



Harjeet Grewal and Mary Ibrahim

LIKE A FREE CUPPA?

Join us on Tuesday 23rd June at 11am for a free presentation by Dr Suhan Baskar, Director of the San's Hospital in the Home program, to hear about the innovative service offering patients the San's medical expertise and care in the comfort of their own home. The health fund supported service provides mobile medical and nursing management 24 hours a day.



Register for the morning tea on 9487 9405.

To be held in the Level 2 Conference Room Foyer

All welcome



HEALTHCARE OUTREACH

Sydney Adventist Hospital coordinated Operation Open Heart, Orthopaedic and Reconstructive Surgical trips have been to Myanmar and Nepal this year with further to trips to Rwanda, Papua New Guinea Vietnam, Cambodia and Fiji planned.

The Myanmar trip in February included a 40 strong team of medical, nursing, biomedical, pathology and other volunteers from hospitals around Australia operating over 5 days on 20 children and 6 adults.

Specialist adult and paediatric teams, two operating theatres, two intensive care units, and two interventional Cardiac Catheterisation Laboratory's operated out of Myanmar's capital city, Rangoon, both at the General Hospital and the Defence Services General Hospital. The visiting team members also spent time training the local staff to try and make them self sufficient.

Coordinated by San Intensive Care and Cardiac Care Unit Manager Chris Waite, San volunteers who donated their time and expertise included Dr Jason Sharpe, Pam Reid, Sharon Kay, Chris Darwell, Linley Shields, Arash Oskooi, Narelle Hazelwood and Dr Bevan Hokin.

Please contact the Foundation if you want to contribute on 9487 9405.



HELPING NOVUS HELP THE PCYC

The Police Community and Youth Club (PCYC) at Hornsby is the 2009 recipient of fundraising by the Novus Foundation, the local fundraising body that the San supports.

This year Novus' PCYC appeal will fund a new activities area, two youth counsellor positions and programs for kids identified by local police as 'at risk'.

The PCYC provides sports facilities and activities for the Upper North Shore's 86,000 young people with 6000 visits a month to its club.

Saturday May 30th is Novus' annual gala dinner. Expected guests include patrons and MP's Dr Brendan Nelson and Barry O'Farrell, PCYC patron Judy Hopwood and Novus Ambassadors, the former Wallaby Captain and motivational speaker Nick Farr Jones, and former Miss World Australia Caroline Pemberton. World class entertainment and food make it an enjoyable way to support the PCYC. **Tickets from \$125.00**

Ph 9489 7211 Enquiries@novusfoundation.org.au



Healing Touch for Our Patients (continued from front page)

Fascia fills up the space between the skin, muscles and organs distributing water and nutrients around the body and removing wastes. If the body is diseased or injured the fascia changes consistency ('gluing') blocking the distribution.

A 30 - 60 minute Bowen Therapy session can be performed through light clothing and moves skin over muscles in a precise way to temporarily change the consistency, releasing the 'gluing' and allowing the fluid routes to reopen. This re-hydration improves circulation and lymphatic drainage and helps nutrient absorption and toxin elimination allowing the body to benefit from the healing of other mainstream treatments.

Movements can target a specific problem area or the whole body. Frequent pauses give the body time to respond and start healing.

"I wish to commend you on a wonderfully managed Maternity Ward. In 2008 I had the pleasure of being looked after by expert staff (after) my fourth child. I have had four babies in your hospital and have been consistently impressed by the level of care given by the doctors and staff....Thank you for a professional institution and many good wishes..."

SAN CONTRIBUTES TO BUSHFIRE APPEAL

Over \$60,000 was donated to the Victorian Bush Fire Appeal following a SAH staff and community appeal that was matched by Hospital administration.

NEED TO HAVE BLOOD TAKEN?

A new collection centre run by San Pathology is open at Pennant Hills also offering ECG and blood pressure monitoring. Appointments are necessary for glucose tolerance and shillings tests. A bulk-billed home collection service is also available.

Shop 1, 2 Hillcrest Road Pennant Hills.

Hours: Mon - Fri 7:30 a.m. - 5:00 p.m.,

Sat 8:00 a.m. - 12:00 a.m.

Phone: 9980 6834 or 9487 9500.

PUT IT IN YOUR DIARY NOW!

The San's 2009 free Carols by Candlelight be will held Sunday 13th December. Our thanks to our sponsors who made the 2008 event possible:

- Sydney Blinds & Screens
- Sanitarium
- St Ives Shopping Village
- McCarroll's Automotive
- Courtyard By Marriott North Ryde
- Brumby's Thornleigh



HONOURING LIFE MEMBERS



A new plaque at the San honours Sydney Adventist Hospital Foundation Life Members active since the Foundations establishment in 1987. It acknowledges the

support, leadership and service of board members Peter Cottrell AO OBE, Lynray Wilson, Mathilde Kearny-Kibble, Peter Stone, Allen Broome and Peter Weekes (absent).

WANT TO COMMEMORATE YOUR DEPARTED LOVED ONES?

The 2009 Sydney Adventist Hospital Foundation Ecumenical Memorial Church Service will be held on Sunday 3rd May at 2.00pm. Now an annual well known event, the service is an excellent opportunity for family and friends to light a candle in memory of a loved one and give thanks through music and prayer. The service is non-denominational and is held in the Wahroonga Seventh-day Adventist Church adjacent to the San on Fox Valley Road. A free afternoon tea will follow the service. **Register 9487 9405. All welcome.**

CANCER SUPPORT RETIREMENT

Much loved Manager of the San's Cancer Support Centre Margaret Adams has retired after 8 years of dedicated service but continues to volunteer providing much needed patient transport services for the Centre.

Cancer support's new Manager Annette Polizois on 9487 9062

EASY BILL PAY SYSTEM

The San's on line bill paying system has been welcomed by patients.

With over 48,000 inpatients and over 155,000 outpatients visits to the Hospital each year, the streamlined bill paying system was designed to improve customer service.

"The system now means patients have all payment options available to them. This includes 24 hour 7 day a week automated phone pay, Bpay, or internet payments along with the traditional post or in person options" says Steve Salmon, Sydney Adventist Hospital Patient Services Manager. "While it's not normally a capability hospitals offer, we wanted San patients to have the same 24 hour a day phone and internet payment systems other commercial facilities have. It's been worth the effort.

www.sah.org.au



The SAH Foundation's online donation facility will be available soon at www.sah.org.au

SAN DIARY DATES

- 3rd May Ecumenical Memorial Church Service RSVP 9487 9405
- 11th May Official Opening SAH Emergency Medical Unit
- 26th May Free Womens Health Public Forum RSVP 9487 9871
- 23rd June Foundation Morning Tea Dr Suhan Baskar RSVP 9487 9405
- 19th August SAH Foundation AGM luncheon RSVP 9487 9405
- 22nd September Free Men's Public Health Forum Register 9487 9871
- 25th October Run for Life Fun (5 and 10 km run/5 km walk) Register 9487 9405
- 13th December SAH Free Carols by Candlelight

LIKE AN EMU?

The San's delightful new mascot toy 'Edwina' the EMU has arrived. 'Edwina' celebrates the opening of our new 9 bed dedicated Emergency Medical Unit (EMU) – an addition to our existing 24 bed Emergency Care Unit- and is the latest cute miniature plush toy that is perfect as a gift.



All proceeds from the \$5 purchase price go towards the new EMU unit.

'Sandy' (the bear) and friends, 'Edwina' (the emu) or 'Max' (the pet therapy dog) are available at various counters throughout the Hospital or from the Hospital Foundation on 9487 9405.

SAN NEWS

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SAH Chief Executive Officer & SAH Foundation Chairman
Dr Leon Clark

SAH Foundation Managing Director
Judy Harris

Vice Chairmen
Allen Broome & Mathilde Kearny - Kibble

Treasurer
Robert E Smith

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To change or update contact details or unsubscribe to further editions of SAN NEWS, contact the SAH Foundation by email foundation@sah.org.au or at 185 Fox Valley Road Wahroonga NSW 2076 (02) 9487 9405

SO HOW DO YOU HELP US TO HELP OTHERS?

If you've decided its time to take the step of making a contribution to help the San to help others, there are three easy options:

Fill in the SAH Foundation donation form below and post enclosed envelope or fax to 9487 9280.

OR

Call the Foundation on 9487 9405 with your credit card details or to request further information

OR

Email foundation@sah.org.au

Sydney Adventist Hospital values our patients, our staff and our supporters – we welcome all San supporters to the SAH Foundation family.

The San is a not-for-profit hospital. The SAH Foundation is a self-sufficient body which does not draw on donations to the Foundation to pay for administration costs. 100% of all donations to the SAH Foundation are dedicated to the designated project. All donations are tax deductible. If you would like to make a donation please phone 9487 9405.



SYDNEY ADVENTIST HOSPITAL FOUNDATION DONATION FORM

All donations are fully tax-deductible

Name:

Address:

Telephone:

Email:

I would like to help SAH Foundation to help others by making a donation of:

\$300 \$200 \$100 \$50 \$20 Other _____

Method of Payment - Cheque or Money Order (Payable to Sydney Adventist Hospital Foundation).

Mastercard Visa Amex Diners

Expiry date _____

Name on card _____

Signature _____

Please indicate where you would like your donation used:

Where most needed Intensive Care Unit Cancer Day Care Centre Heart Care Bowen Therapist

Other _____

Return address: SAH Foundation, 185 Fox Valley Road, Wahroonga, NSW 2076 Fax: 9487 9280

Email queries: foundation@sah.org.au

Please tick if you would like information on making a bequest to the San Foundation