

# Medical matters

The Kareena Private Hospital Newsletter



Kareena Private Hospital  
86 Kareena Road, Caringbah NSW 2229

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KAREENA  
PRIVATE HOSPITAL

## Upgrade Special Care Nursery 'Christened'.



Above: Nurse Katrina Findanis with twins Ashleigh and Mitchell.

The newly refurbished Special Care Nursery with state-of-the-art equipment, was officially opened at Kareena Private Hospital by Councillor Kent Johns and Dr Simon Clarke, Director of Adolescent Services, Westmead Hospital and husband of the late Dr Elizabeth Davis.

The Nursery was named The Elizabeth AC Davis Special Care Nursery in memory of Sutherland Shire Paediatrician Dr Elizabeth Davis who was involved in the foundation of neonatal services at Kareena in 1992. Dr Davis cared for many babies and their families

over the ensuing years until her untimely death in 2005.

For two little babies, the new special care nursery upgrade at Kareena Private Hospital was a very welcome and timely initiative

Twins Ashleigh and Mitchell born 7 weeks premature were the first babies cared for in the new nursery.

Mum Kylie Roberson said 'We knew that Ashleigh and Mitchell would need special care after they were born and we were very anxious. Happily though our babies have come along in leaps

and bounds in the new nursery and we now have them home with us.

"The nursery is fabulous and the staff and doctors were outstanding – we couldn't have asked for better care"

Kareena Obstetricians and Paediatricians are also delighted with the new upgraded nursery. The doctors and nurses will be able to continue the wonderful care that has existed at Kareena and improve the ability for the hospital to treat and care for extra sick newborn babies in the Sutherland Shire.

## Care Volunteer program

November 2006 saw the launch of Kareena Private's Care Volunteer Program. This upgrade of Kareena's existing volunteer program allows our volunteers to be more active in helping Kareena care for its patients. Volunteers help out in specific wards or areas where they assist patients with a range of support from freshening up flowers in their room to helping them eat their meals, accompanying them on walks around the hospital, or providing diversion activities and running general errands.

Kareena's small band of wonderful volunteers have become an integral part of the team, vigilantly arriving every day to contribute their services to the Hospital and our patients.

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# Tribute to Dr Elizabeth A C Davis

Dr Elizabeth Davis was a Consultant Paediatrician involved in the foundation of Neonatal Services at the Kareena Private Hospital in 1992. Dr. Davis cared for many babies and their families over the ensuing years until her untimely death in 2005. Dr. Davis was held in high esteem by her colleagues, Obstetricians, Midwives and the parents of the babies she attended.

Dr Davis was extremely committed to the welfare of her patients and their families. She would often consult late into the night to ensure all that was required was attended to. She was conscientious and meticulous both clinically and in her note keeping. She was always ready to listen and act for whoever had a concern.

Dr Davis also served as a Visiting Medical Officer to the Sydney Children's Hospital, Randwick and the Sutherland Hospital for many years. She was a distinguished role model and mentor for many medical students, Resident Medical Officers, Registrars and Paediatric colleagues.

Dr Davis was also known for her elegance, poise and string of large white pearls which she wore with pride (even when called in for an emergency in the early hours of the morning). Dr Davis was a distinguished doctor whose commitment to Kareena was selfless and thoroughly professional. The special care nursery was named after her as a fitting memorial to this special and inspiring Paediatrician.



Above: Dr Simon Clarke (left), husband of the late Dr Davis and Councillor Kent Johns opening the new nursery.

## Meet the Specialists

We are pleased to introduce the following recently credentialed specialists.

### Dr Stuart Myers

MBBS Hons, FRACS (Orth), F.A. (Orth) A.

#### Orthopaedic Surgeon

Dr. Stuart Myers graduated with honours from the University of New South Wales in 1983. He completed his Residency at the Prince of Wales Hospital and undertook orthopaedic training on the Sydney Training Program, gaining Fellowship of the Royal Australasian College of Surgeons in 1990. He was appointed to the Prince of Wales Hospital as a VMO Orthopaedic surgeon in 1991.

Dr. Myers specialises purely in surgery of the hand and wrist. This has been his primary speciality since 1994. He has an interest in endoscopic carpal tunnel release and he lectures widely on this topic. He also has a special interest in the treatment of complex Distal Radial (Colles) fractures - particularly those arising from skiing and snowboard injuries.

#### Patient referrals:

Ph: 9650 4983

Fax: 9650 4905



### Dr Stephanie Inder

MB ChB, FRACS

#### Breast & Endocrine Surgeon

Dr. Stephanie Inder studied at Otago University New Zealand and moved to Australia to undertake her general surgical training, in southwest Sydney. She subsequently completed post fellowship training in Breast & Endocrine Surgery both in Sydney and Perth.

Stephanie has hospital appointments at both St. George and Sutherland Hospital and Kareena and St. George Private Hospitals. Dr. Inder participates in multidisciplinary cancer clinics for both breast and endocrine patients. She is involved with the surgical teaching of registrars and post fellowship trainees, who are committed to training programs.

Stephanie has a particular interest in high risk breast cancer patients and minimally invasive surgical procedures for endocrine disease.

She would be happy to assess or discuss with you any patient with Breast or Endocrine Pathology.

#### Patient referrals:

##### Miranda

Ph: 9525 4100

Fax: 9540 4023

##### Menai

Ph: 9532 1166

Fax: 9532 1177

##### St George

Ph: 9553 9051

Fax: 9553 6063



# Welcome to Kareena Private Rehabilitation Unit

In August 06 Kareena Private introduced the specialty of rehabilitation to compliment our current case mix.

Our programs are directed by medical specialists in rehabilitation with the team including doctors, specialised nurses, physiotherapists, occupational therapists, clinical psychologists, speech therapists, a discharge planner and dietician.

## Programs Available:

### Orthopaedic

- Total hip replacements and revision of hip replacements
- Surgery for fractured neck of femur
- Total knee replacements and revisions of knee replacements
- Other orthopaedic surgery

### Cardiac

### Musculoskeletal

- Acute rheumatoid arthritis
- Severe soft tissue musculoligamentous injury or disease
- Complications of advanced degenerative joint disease

### Reconditioning

- Reconditioning after a debilitating illness, major surgery, or for suitable aged patients

Therapy sessions are held Monday to Saturday with a rest day on Sunday.

## Admission to the Rehabilitation Unit

Patients may be referred to the rehabilitation unit by their doctor, from within the hospital, from other hospitals or from the community. All rehabilitation referrals are reviewed by the rehabilitation team to ensure each patient meets the rehabilitation criteria and is suitable for rehabilitation. The Rehabilitation Physician will oversee the rehabilitation program and visits the hospital daily.

### To make a booking please contact:

Michelle McDonnell – Nursing Unit Manager  
02 9717 0342

The hospital provides 24/7 Medical Officer cover to deal with any medical issues should they arise.

## Rehabilitation meetings

The entire Rehabilitation Team meets weekly, and includes a detailed patient examination with the Rehabilitation Physicians. At the case conference, the team discusses each rehabilitation patient as to their progress in therapies, issues and level of independence.

Patient specific goals are set for the following week. The length of a patient's admission is individual and depends on their needs. Further meetings involving the patient's family may be considered appropriate – for example to discuss ongoing care and discharge planning.

## 'New' Community Events Program

### Senior's Week: 12-16 March

A great range of free events have been organised for Senior's week. Kareena will be celebrating by hosting the following:



#### Monday 12th March

**Healthy heart morning tea – blood pressure, heart and healthy eating education.**

Have your blood pressure checked, receive tips on healthy eating, and enjoy a cuppa and a healthy morning tea with us.

#### Tuesday 13th March

**Your personal trainer – learn to maintain your mobility and fitness.**

Have your fitness assessed by a qualified Personal Trainer, and learn the best and safest methods to maintain your mobility and fitness level to enjoy life to the fullest.

#### Wednesday 14th March

**See a movie at Cronulla Cinema – have a laugh – the best medicine!**

Join us for a morning session and enjoy a latest release movie, starring John Travolta.

#### Friday 16th March

**Taren Point Bowling Club – learn a new sport, meet new friends**

Learn the finer points of the game from the recent Commonwealth Games Gold Medallist, the benefits of a wider range of activities associated with the sport and enjoy morning tea!

**Enquiries and bookings: 9717 0319**

### Heart Week: 29 Apr – 5 May

People will be able to come and have their blood pressure, blood sugar and pulse checked as part of the Heart Week program at Kareena.

**Contact: Catherine Western on 9717 0309 for further information.**

## Hospital Beds to Fiji

Following a recent upgrade to new electric beds and thanks to the coordinating efforts of Dr Gunu Naker from the Sai Medical Unit NSW, 35 older hospital beds from Kareena Private Hospital were donated to the ABC Foundation in Fiji in late 2006.

The ABC Foundation, which stands for Action for Betterment of Community, is a charitable

organization working to help the poor and needy in Fiji. The foundation focuses on four major areas namely health, education, social welfare and law & order.

It was great to be able to put the old beds to good use and the nurses and patients are overjoyed with the new electric beds here at Kareena.

## Ambulance Education Program **SUCCESS!**

Kareena in association with the NSW Ambulance Education Unit South East and Central Sydney in 2006 piloted an Australian first education program for the areas Ambulance officers.

The program runs monthly and provides the opportunity for Officers and Hospital staff to participate in practical education sessions presented by a variety of speakers, including Medical Officers, Nurse Consultants and NSW Police.

2006 sessions included presentations on burns, crime scene preservation, obstetric emergencies, paediatrics and street drugs. Pulse sessions were well received by the ambulance community with an average of 20 -25 participants per session.

The 2007 program began with a presentation on Heart and Lung sounds and will continue to provide a comprehensive range of topics in a practical and informative manner.

## Diabetes Clinical Trial

A world wide clinical trial for a new diabetes drug is being conducted at Kareena Private Hospital. The trial, supervised by the Australian Clinical Research Centre, involves patients being admitted with Pharmaco-Dynamic and Pharmaco-Kinetic blood levels taken at precise intervals. We hope that the outcomes of the trial bring positive results for diabetes patients.

## GP Education Events

### Thurs 1 March - 'Street Drugs'

Very topical - Understand the clinical features of ICE and other street drugs and current treatment options

Venue: Kareena Private Hospital Coffee Shop  
6:30pm for dinner and 7:00pm start

### 26 March - 'Resuscitation - New Guidelines'

The Australian Resuscitation Council changed the guidelines in Mar06. Hear and learn about the new guidelines.

Venue: Kareena Private Hospital Coffee Shop  
6.3pm for dinner and 7:00pm start

**Bookings and enquiries: Mariela Chisari Ph: 9717 0225**

## Team Care Achieves Great Result

When a 92 year old lady was admitted to Kareena at the end of November 06 with two very large and deep pressure ulcers, the prognosis was not good at all. The patient had a pressure ulcer on her right heel and another deep pressure ulcer on her along her left calf which led to the destruction of her Achilles tendon.

Once in Kareena the wounds were debrided twice to remove necrotic tissue from both legs and VAC dressings were applied. After removal of the VAC dressings, daily dressings of jelonet, saline gauze, velband and crepe were used. The dietician provided resource alginate supplements specifically developed to assist wound healing and nutrition supplements to improve the lack of appetite. The patient was also nursed on a pressure relieving mattress as a preventative measure and to avoid further deterioration.

Due to a fabulous and persistent effort by the physician, surgeon, nursing staff, physiotherapy and dietician, the leg wound has healed to 100% and the heel wound to 98%. Obviously the team are very pleased with the result and so too is our patient and her family. A very happy ending!



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## Ice Packs for Nippers & Stingers

With the stinger season in full swing, Kareena donated a box of ice packs to the Eloura Surf Club for those unfortunate enough to be stung by blue bottles and other nasties. Hopefully they will help take some of the sting out of summer.

## Order of Australia Medal

Kareena congratulates Dr Peter Malouf and Ms Janice Ackland on recently being honoured with the Order of Australia Medal for their efforts and work in medicine and community service.

## GP Hotline

Did you know Kareena has a dedicated line for GP's. If you want to contact the hospital the number to call is: **02 9717 0251**

