

# Medical matters

The Kareena Private Hospital Newsletter



Kareena Private Hospital  
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KAREENA  
PRIVATE HOSPITAL

Kareena Private Hospital Vision: "Committed to being the recognised leader providing exceptional health care by outstanding people"

## Kareena wins Australian HR award for best Well Being and Balance Strategy

Kareena Private Hospital has taken out the Peak Health Management Award for the "BEST HEALTH AND WELLBEING STRATEGY" at the 2008 Australian HR Award ceremony held in Sydney on the 30th October, 2008.

The Award recognises organisations that have adopted a proactive approach to promoting their employees' health and wellbeing and assisting them to attain a better balance between career and personal life.

Kareena Private Hospital was up against some tough competition from major corporate finalists including ING Australia, TNT express and Mallesons Stephen Jacques.

The HR Award follows a recent health and culture survey conducted by private health insurer ahm (Australian Health Management) which revealed that Kareena Private Hospital staff is the healthiest workforce surveyed across a range of industries, to date.

This is the result of the Hospital's Wellbeing and Balance Program introduced this year, which includes a range of activities and initiatives supporting staff health, personal development and contributions to the community.



## KAREENA RECOGNISED BY WHO AS A HEALTH PROMOTING HOSPITAL

Kareena is among a very few hospitals that have been granted recognition by the World Health Organisation as a "Health Promoting Hospital". This is an internationally recognised framework which promotes healthy workplace and planned approach to collaboration with other health services looking at better ways to do things.



## Outgoing Medical Advisory Committee members

Thank you to Dr. Alastair Tait and Dr. Graham Hancock

Dr Alistair Tait (Gastroenterologist) has been practicing medicine at Kareena Private Hospital over the last 22 years. During this period he has been the Gastroenterology Representative on the MAC for 6 years and Chairman of the Medical Advisory Committee for the past 2 years. He has always supported Kareena and this has been evident in the many improvements at Kareena during his tenure as Head of the MAC. Thank you very much Dr Tait for your ongoing support for Kareena Private and hoping that in spite of your retirement from the MAC you will continue to have our interest at heart.

Dr Russell Hancock (Anaesthetist) Russell has been a dedicated Anaesthetist at Kareena Private for 21 years and served as a member of the Medical Advisory Committee for the past 6 years. He has provided not only his Anaesthetic services to many of our senior VMO's but also as a tireless volunteer to our Anaesthetic on call services. He has borne witness to many changes in the facility including the commencement of the Maternity Unit and Delivery Suite. [An area where he has spent a great deal of time and many labouring women owe their pain free delivery to his excellent actions].

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## SOUTHERN SYDNEY ANGIOGRAPHY – NEW SERVICE

The newly formed Southern Sydney Angiography headed by Dr. William Clark and the interventional radiology team of five specialist nurses and secretary (Virginia) have **relocated** from the St. George Private Hospital to **Kareena Private Hospital**.

Procedures are performed Tuesday to Friday in the Cardiac Cath Lab at Kareena Private. The reception area for the practice is located on the ground floor adjacent to the Emergency Department at Kareena.

Southern Sydney Angiography can cater for both insured and non-insured patients.

Over the last 10 years this Interventional Radiology team has established itself as a national leader in several areas including percutaneous vertebroplasty, subintimal angioplasty of leg arteries, tibial artery angioplasty, testicular vein embolisation and ovarian vein embolisation.

This was the first unit in the country to establish a percutaneous vertebroplasty service for osteoporotic spinal fractures. It now has a series of nearly 2,000 patients which is clearly the largest clinical experience in Australia.

The unit is blessed with a close working relationship with the local vascular surgeons and in co-operation with them, perform a complete



The Southern Sydney Angiography Team

angiography service as well as partaking in some interesting vascular interventions such as angioplasty, arterial and venous stent insertion and venous embolisation.

With strong support from specialist urologists the unit has extensive experience with testicular vein embolisation for scrotal varicocele and has performed more than one thousand such cases. There is also a growing experience with ovarian vein embolisation for women with recurrent varicose veins and proven incompetence of the ovarian vein. An incompetent ovarian vein can be diagnosed by ultrasound when it is greater than 8mm in diameter. It can also cause the "pelvic congestion syndrome".

Uterine artery embolisation is also now performed at Kareena Private. It is a very popular technique with women who have symptomatic uterine fibroids. The technique can be performed as an outpatient procedure or alternatively with overnight stay. It is less invasive than surgery and is clinically effective in 80% of patients. Information sheets are available from the practice.

Southern Sydney Angiography has been made very welcome at Kareena Private Hospital and is enjoying its new location in the Sutherland Shire.

Contact No. Ph: **9717 0381**  
Hours of Operation: **Tuesday – Friday 8am – 5pm**

# National Stroke Week 15 – 21 September 2008



### Kareena took the F.A.S.T message to the community during stroke week.

The Employee Support team visited Sutherland Library on Monday 15th & Tuesday 16th, Kareena Hospital Foyer on Thursday 18th and Caringbah Leisure Centre on Friday 19th of October. Free blood pressure testing was conducted along with education and counselling on signs and symptoms of stroke. Wallet cards and fridge magnets were given to participants for reference.

A total of 186 BP's were taken with 17% of people with a reading above the World Health Organisation Guidelines.

Kareena continues to be committed to community health awareness.



## KAREENA EMERGENCY DEPT.

Kareena Private Hospital Emergency department has been providing the Shire with fast expert emergency services for the past 10 years and is proud to be ranked in the top Private Emergency departments in Ramsay\*. The department is open 24 hours a day, 365 days a year. Our services are provided by a fully staffed team of expert doctors, highly trained nursing staff and clerical staff who work together to provide expedient, compassionate and expert treatment.

The emergency team routinely attend to patients in far less time than the triage guidelines\* and have onsite access to Symbion Imaging and Pathology, 24 hours a day.

The Emergency Department is supported by Specialist Consultants, Physicians, Rehabilitation Specialists and interventional facilities including Intensive Care Unit (level 1), and Coronary Care Unit, Cardiac Catheter Laboratories (Angiogram, Stents and Pacemakers), Endoscopy unit, Five Operating Theatres for Surgical Specialties including General and Abdominal Surgery, ENT, Plastics, Urology, Maxillofacial, Orthopaedics and Obstetrics & Gynaecology, including a fully refurbished Labour Suite, Nursery and Women's health ward.

There is no acute stroke unit or psychiatric unit, and major trauma or acute neurological conditions are ideally treated elsewhere. Children may be seen at Kareena Emergency department however; medically unwell children are best seen at specialised public hospitals as there are no paediatric ward at Kareena.

The Emergency Department is always very happy to take phone calls from General Practitioners regarding their patients. Our doctors are appreciative of time taken for the GPs to make a phone call where the concerns of the patients GP can be discussed with the Emergency Doctor. The relevant history of the patient may also be relayed in addition to standard referral letters.

Kareena Private Hospital is actively involved in education activities and has successfully run the PULSE programme – an educational service for the Ambulance service and GPs with seminars from our leading specialists; "CPR in the General Practice" seminar was hands on day for the local GPs which was widely appreciated and follow up courses are planned.

Kareena Private Hospital will continue to improve our connection with the GP and aims to provide the highest level of emergency care to our community.

GPs can contact the Emergency Department  
**Hotline on: 9717 0251**

*Independent survey data - Press-Ganey reports 2007, 2008*

## Meet Our New Specialist

**Dr. Sean Flanagan,  
ENT Surgeon**

We would like to introduce a new ENT surgeon in the Shire. Dr. Flanagan has recently returned from overseas post-fellowship training to take up a tertiary referral VMO position at St Vincent's Hospital and as an accredited VMO at Kareena Private Hospital. In the Sutherland Shire, he have taken over the practice of Ian Cole, who has semi-retired and will continue to work in his sub-speciality area of voice and swallowing disorders.

Sean conducted his training here in Sydney. His sub-speciality experience in otology was gained by year long fellowships with Prof. Paul Fagan at St Vincent's Hospital here in Sydney followed by a year spent at the Gruppo Otologico, Italy. This unit is the busiest in Europe

so he is well trained in all aspects of **otology including cochlear implantation, neuro-otology, facial nerve rehabilitation and skull base surgery.**

He feels that the practice possesses overlapping and complementary expertise in the field of otorhinolaryngology and head & neck surgery. and welcomes any queries or discussion regarding patient management and offers himself as both a resource and for referral.

Sean would appreciate the opportunity to personally meet as many members of the local medical community as he can. Let him know if you are available by calling his office on **Ph: 9540 2999.**



## GP Education @ Kareena for 2009

### 2009 GP Education Calendar

Kareena runs a range of Category 1 and Category 2 RACGP activities.

### PULSE Education Program

February – November run the last Monday of every month

Topics will be faxed out on a monthly basis

### February (2 hour sessions)

- Talking to your patients about Advance Care Directives
- Organ and Tissue Donation

### March – Category 1 activity

Over 3 Monday nights

- Nuts and Bolts Orthopaedic Program
  - Session 1 – Joint Replacements and Rehabilitation
  - Session 2 – Management of #’s
  - Session 3 – Workers Compensation and return to work strategies

### June – Mandatory activity (2 hour session)

- Triple 0 CPR Training

### September – Mandatory activity (2 hour session)

- Triple 0 CPR Training

### November – Men's Health

- Dates venues and times TBA in the 2009.

For further information please contact:

**Mariela Chisari**  
ESU Manager Tel: 97170225  
chisarim@ramsayhealth.com.au

## Kareena joins with local GP's at Sutherland to surf

Kareena Private's wellbeing and balance program extended a warm welcome to the Sutherland Shire GP Division for a post race BBQ lunch along with 25 Hospital staff.

The chilly yet beautiful winter's morning proved a great backdrop for the scenic run or walk to Wanda beach. The Kareena Marquee was a welcome sight for weary muscles to enjoy post race refreshments and lunch.



## Meet the Kareena Team:



Sandra Fryz has been working at Kareena Private Hospital for 15 years. She is currently the NUM on the Medical Ward – Botany Bay. Sandra has lived in the Sutherland Shire for the last 25 years.

Working on a busy Medical ward means that every day is a little different from the last. The ward is busy, with activity around 100% for most of the time.

Our customers include patients, relatives, friends, other Kareena Department staff, Allied Health and VMO's, Pharmacists, Medical Imaging, Social Workers, health care providers, nursing homes, hostels and community based services and referrals.

Sandra has been busy recruiting staff from overseas and locally and the staff population has a diverse background. The ward is supported by an Award Winning Employee Support Unit, great cleaning staff, fantastic food services and wonderful clerical staff. Education is paramount, with 2 educators always available 7 days a week.

One of the major challenges on the Medical Ward is managing length of stay and safely discharging patients out to the community. We are supported by a proactive Pre-admission service, a full-time Discharge Planner and the Bed Manager to help with this process.

The ageing population in Australia will ensure the need for great service and care for Medical patients from exceptional health care professionals into the future.

## Caringbah Rotary Vocational visit

Kareena Private hosted 35 members of the Caringbah branch through one of its members Bruce Overton Physiotherapist. The members visited 4 areas of the Hospital Rehab Gym, Critical Care area, Endoscopy suite, and Catheter laboratory.

The members participated in cardiac monitoring system, Emergency department visit, and Emergency trolley overview by Catherine Western. They visited the rehabilitation gym with Carol Lausch, in Day Surgery an ECG was performed by Brenda Seaberg and in the catheter lab the journey of a coronary angiogram and stenting procedure was explained by Mariela Chisari.



Kareena Private is committed to fostering the relationships formed between the Hospital and its community.

## Community Events @ Kareena for 2009

Kareena will continue to focus on community health awareness throughout 2009.

Planned activities include:

- Advance Care Directives - February
- Heart Week – May
- SIDS and KIDS - June
- Diabetes week – July
- Stroke Week - October

## BOTANY BAY REFURBISHMENT

Plans are in place to refurbish our Botany Bay ward. Work has already commenced with new carpets being installed and pictures by local artists hung on the walls. The ward will be closed in the early January 09 period for repainting of the areas. New Bed spreads curtains and bedside lockers and cupboards have been ordered. The nurses' station will receive a complete overhaul. The management of Kareena and Ramsay Health Care is committed to improving the aesthetics of this hospital to improve patient comfort and well being.

## PRESS GANEY – HIGHLIGHTS

There was an overall improvement across the hospital. Our day surgery, short stay surgical and Women's health wards have seen a significant improvement in their areas. Our Emergency Department was voted the Best in Ramsay. There is ongoing work to improve the quality of care given to our patients at Kareena Private Hospital.

## FINALIST ACHS AWARDS

Kareena Private Hospital was amongst the three finalists in the ACHS awards for our "Well Being and Balance Program" which extends to staff and doctors. This was a fantastic achievement which we are very proud of.