

# Staff News

MARCH 2012

## Message from the CEO

Welcome to the March edition of the Kareena Staff News. I am approaching 6 months at the helm at Kareena whilst Sharon and Suzanne are about to have completed 12 months in their respecting roles.

I may have not met all of our fantastic staff as yet but I'm endeavouring to do so as quickly as possible. Kareena continues to go from strength to strength while reaching important milestones such as the 1<sup>st</sup> Anniversary of our new gym and hydro pool. We also had a record amount of babies born during the quarter with 10 in one day and an 11<sup>th</sup> born at 9 minutes past midnight. All these milestones take hard work and diligence from our very committed team of Nurses and Doctors and you should all feel very proud of your achievements.

Please don't miss the opportunity to have your say in the Press Ganey staff survey. Management can only improve things if we get buy in from our staff.

In developments regarding the future of Kareena we are currently compiling a business plan to add an additional two wings with a total of 74 new beds, also two new theatres to add to our theatre. Kareena has been selected as one of only 5 Ramsay hospitals to participate in the single room strategy and this will result in us reducing the number of double rooms across the hospital, starting with Matson Ward where expecting mothers desire to have their new babies in a single room setting.

I'm sure you will agree this is an exciting time for Kareena and will mean many opportunities for our staff.

Finally you will shortly have the ability to vote on our new Nursing EBA which will mean an improvement to your current pay and conditions. Again a high participation rate is encouraged.

Thankyou for your efforts and I look forward to catching up with you during my rounds of the wards.

**Steven Schultze**  
Chief Executive Officer



## Kareena Private to Host Maternity Open Day!

Kareena Private is excited to host a Maternity Unit Open Day on **Saturday 31st March 2012, between 10am and 2:30pm.**

Kareena Private has an exceptional Maternity Unit that we are proud to promote, so help spread the word to all your friends and family that may be interested in attending the Open Day, and staying with Kareena Private for their birthing experience.

The Open Day will showcase our experienced Midwifery team, as well as a variety of our Obstetricians and Paediatricians.

There will be tours of the Birthing Suites, Postnatal Ward, and Special Care Nursery.

Local baby services and retailers will display their products at stalls set up at the entrance of the hospital, there will also be a jumping castle, face painter, free sausage sizzle, show bags, lucky door prizes and giveaways!

Kareena Private looks forward to meeting many expecting mothers and their partners at the Open Day.

## Come visit our Maternity Unit Open Day

**Kareena Private Hospital**  
**10am – 2.30pm, Saturday 31 March 2012**

- Tours of hospital
- Meet & talk with our experienced Obstetricians, Paediatricians & Midwives
- Market stalls by baby product retailers & services – with free giveaways & samples
- Free Sausage Sizzle

For more information visit our website or call:

**02 9717 0140**

[www.kareenaprivate.com.au](http://www.kareenaprivate.com.au)

86 Kareena Rd  
CARINGBAH

*Your health is our life* KAREENA  
PRIVATE HOSPITAL

**KAREENA**  
PRIVATE HOSPITAL

# Rehab Pool and Gym Turns One!

Kareena recently celebrated the first anniversary of the opening of the gym & Hydro pool with a commemorative luncheon.

As part of the redevelopment at Kareena Private Hospital a hydrotherapy pool and fully equipped gymnasium with the inclusion of Day Patient Rehabilitation services was officially opened in March 2011.

The improved facilities have proven to significantly boost the health services in the Sutherland Shire and has attracted many new patients seeking high quality rehabilitation services in the year following its launch.

The state of the art rehabilitation services including a 10 metre hydrotherapy pool with an area for deep water therapy and a new dedicated gymnasium have successfully provided rehabilitation services for patients following Orthopaedic and other surgeries as well as patients who are requiring reconditioning from other disabling conditions.

The new facilities also allowed Kareena Private to provide a Day Patient Rehabilitation program. This enabled a seamless transition from inpatient to outpatient therapy with resulting improvement in efficiency and effectiveness. The Day Patient Rehabilitation Program has been received well by patients at Kareena Private.

The Rehabilitation Unit at Kareena Private Hospital has proved to be an enhanced and comprehensive service to the surrounding community and continues to strive to be the best Rehabilitation service in Sydney.



## Kareena Private Relaunches Wellness Program

Kareena Private recently relaunched their Wellness Program for staff, which included a range of activities and initiatives to support staff health, personal development and community contributions.

Kicking off with a 'Week of Wellness' activities in February Kareena Private celebrated the launch of their Wellness Program by providing mini massages, fitness classes, healthy BBQ lunches and free health checks to all the staff.

The official relaunch week centred around a Wellness Expo with exhibitors from Hesta Super Fund, Bupa, 50+, Breast Screen NSW, Credit Union Australia, ME Bank, Seniors National Australia, Australian Diabetes Council, Mental Health Association, HCF, Fitness First and PPCW.

Triple Olympic medallist Matt Welsh made a special guest appearance at the Wellness Expo giving all staff an insight into key factors for optimal wellness.

Congratulations to Sabina from Kingsway who won the major lucky door prize, a Wii console and Wii fit!

The Wellness Program at Kareena Private has planned initiatives for February, June and October annually with themes such as Safe Work Week, and Financial Wellness Week.



**Lee's Beauty is now available for Kareena staff every Tues between 10am and 2pm in the After Hours GP rooms.**

**Please call Lee on 0432593624 for prices & appointments**





# Get involved in the Valuing Private Hospitals campaign

## Australia's Private Hospitals – we do so much more

We know private hospitals are a vital part of Australia's hospital system, yet many of the myths about us still remain.



This year, this hospital is joining the Australian Private Hospitals Association's (APHA) Valuing Private Hospitals campaign to promote the vital work we do at this hospital and at hospitals around the country. This campaign is to help educate the community about private hospital services and about our role in the health care system.

The **Valuing Private Hospitals** campaign, and its tagline, 'We do so much more' is aimed to explain what we do to those who have the wrong impression of private hospitals. It gives us a way to explain that our case-mix of patients is more complex, that we offer so many of the same services as public hospitals and that we undertake the majority of elective surgery, in-hospital rehabilitation and in-hospital chemotherapy for example.

We will be marking **Private Hospitals Week** from 26-30 March with information such as posters, pamphlets and bookmarks here at Kareena Private. *We will also be hosting an event on Tuesday 27th March to mark the week.*

## Your voice can really make a difference

We play a vital role in promoting the value of private hospitals simply by providing the best hospital care to our patients. Now our voices can also make a difference.

Please help spread the word by sharing your story with family and friends about the great things Kareena Private *does* and *what a difference it makes*. Visit the campaign website [www.privatehospitals.org.au](http://www.privatehospitals.org.au) and share your stories.

**AUSTRALIA'S PRIVATE HOSPITALS**

**We do so much more**

## What have our patient's been saying?

Mr Gray passed away this evening and the Family asked to pass on to all the staff on Botany their sincere thanks for the wonderful care that Warren received over the last couple of days they were truly grateful. Their exact words were that they have been to many hospitals over the years with Warren but Kareena was far and away the most superior and the level of nursing care here was exceptional.

Mr Max Massingham called in today to personally relay his experience that he encountered in both your departments after undergoing a knee replacement under Dr Tan three weeks ago. Mr Massingham said the Nursing staff in both ICU and Kingsway was very caring and professional and he could not fault his experience. He also said he would recommend highly recommend Kareena. Mr Massingham wanted me to thank you and your teams on his behalf. Well done !

## NEW GRADUATE NEWS

Kareena Private has welcomed 3 new Graduate Registered Nurses and 2 new Graduate Enrolled Nurses into the 2012 Gradplus program.

### Welcome to:

Mintu Shrestha  
Penny Brown  
Melissa Johnston  
Gavin Economou  
Natasha Everett

### Congratulations to Gradplus 2011 RN Graduates:

Srijana Bhandari  
Arahana Sapkota  
Arianne Demetrios

### Congratulations to EN Scrub Graduates:

Kay Brown  
Jenny Thompson.

Congratulations to all the staff members and Kareena Private are proud to retain 100% of all Gradplus Program participants.



## PRECEPTOR PLUS

Congratulations to Amanda Pope on winning NSW Ramsay Preceptor of the Month- she was nominated by Penny Brown.

Congratulations also to Benjamin Paul for receiving a nomination for Preceptor of the Month nominated by Pina Dumbrell.



## Kareena Private & the Orthocentre Ride for Charity!

Three employees of Kareena Private Hospital, and the Practice Manager of the Orthopaedic Centre recently cycled six hours in the 2012 Short Circuit Cancer Charity mountain bike relay.

Over 6 hours, Jo Griffiths, Kobi Gilmore, Michelle McDonnell and Catherine Chapman endured the harsh mountain bike tracks through the Royal National Park.

Sponsored by Kareena Private and the Orthocentre, the team were the top fundraising team and are proud to have raised over \$3800 for cancer research. Despite some team members minimal experience in bike riding the team pulled together and finished the 6 hour mountain bike relay in good condition.

The team couldn't have cycled the 126 kilometres without Dr Allen Turnbull from the Orthocentre, who made a guest appearance just in time to complete the last leg of the relay.

A special thankyou to everyone who donated, especially Steven Schultze who donated the uniforms and the Doctors from the Orthopaedic Centre who made a substantial donation to the team and encouraged our efforts to support cancer charity.

The six hour mountain bike relay was organised by Cancer Council NSW, a community funded community focused cancer charity dedicated to the defeat of cancer.



## Have Your Say

Don't forget to fill in the **Press Ganey** survey before **March 30<sup>th</sup>**.

Complete your survey online and go in the chance to win 1 of 3 **\$100 gift cards!**

RAMSAY HEALTH CARE AUSTRALIA LIMITED  
AND  
THE NSW NURSES ASSOCIATION

PROPOSED  
ANF ENTERPRISE AGREEMENT  
2012-2014

## HOW TO VOTE

### 3 SIMPLE STEPS

1. Get onto the internet and go to:  
[www.myvote.com.au/ramsay](http://www.myvote.com.au/ramsay)
2. Type your Surname, your date of birth (dd/mm/yyyy)
3. Select your hospital/work location in the drop down box.

Follow the instructions provided to submit your vote.

Voting will be open at 0700 on Monday 19<sup>th</sup> March 2012 and remain open until midnight on Thursday 22<sup>nd</sup> March 2012.

## Wedding Fever Hits Kareena!

Congratulation to Alex & Sandra from Accounts who both won the Wedding Photo Competition by guessing 10 correct of the 18 wedding photos.

Also, a big thank you to everyone that brought their photos in!



## What's Coming Up At Kareena?

- Kareena Private Maternity Open Day!
- Private Hospitals Week
- Seniors Week
- The Pedometer Challenge
- Anzac Day Ceremony