

Staff News

WINTER 2012

Message from the CEO

Brrrrr,

It certainly has been a cold start to winter with the added chill of having the entrance to the hospital open to the elements as the building works are completed. That said, the \$600,000 mini refurbishment is coming along nicely and should be finished soon.

We have opened the extended gym and are currently operating to capacity. The interior courtyard is 60% complete with the landscaping outstanding. We have already celebrated SIDS Day in the courtyard and I am sure the improved facility will be well utilised going forward.

On a not so positive note we recently learned that due to price hikes in parking charges at Sutherland Hospital we have crossed the Fringe Benefits Tax Threshold. This is charged on all free car parks that we provide for staff parking.

As a result I am currently evaluating several proposals which inevitably will lead to the end of free parking at Kareena Private. While none of these will be very palatable unfortunately we have to address this large financial impost. I will be announcing the changes as soon as possible with a view to minimal impact on our staff.

Kareena has had a very busy 2011 / 2012 Financial Year and the results are a credit to all our staff's hard work over this period. We have many exciting initiatives in the pipeline and I look forward to a busy and prosperous year ahead.

Regards,

Steven Schultze
Chief Executive Officer

Heart Week

Kareena's Healthy Hearts Week kicked off in early May this year with Kylie Featherstone, Rebecca Hughes, Jane Harrison and Vanessa Morrison visiting Sutherland Library, Caringbah Pool and Sutherland Leisure Centre.

On the Monday a blood glucose and blood pressure checking station was set up at Sutherland Library. Here they saw 57 people and found 5 people who had blood pressures between 155-159mmHg systolic and 2 people who had blood pressures between 170-180mmHg. These people were encouraged to make an appointment with their Doctors as soon as possible. One lady with an elevated BP who had that morning experienced pain down both arms associated with heaviness and the pain settling when she rested; suggestive of angina was insisted strongly to see her Doctor straight away and she was provided with 'knowing your warning signs' heart foundation pamphlets.

On Tuesday 8th May 91 people were seen at Caringbah Pool with most people very fit even though the average age group would have been > 65 years. Vanessa witnessed one patron calling her friend at home to come up as the service was being provided by the pool which is pleasing to note that the community thinks Kareena is providing a valuable community service.

On Wednesday 9th May a stall was set up in the foyer of Kareena Private with most of the 49 people checked being Kareena staff members. There were 2 people who had blood pressures between 160-180mmHg and one person who had a blood pressure of 200mmHg systolic associated with a headache.

Lastly on Friday 11th May Jane and Vanessa went to Sutherland Leisure Centre and managed to see 137 people! Six people had blood pressures between 140-160mmHg systolic and 3 people who had diastolic > 100mmHg and advised to visit their Doctor. Amusingly one patron was found to be carrying his Kareena Healthy Hearts card from 2011 in his wallet!

Kareena's Healthy Hearts 2012 was again very well received from the community. This year 334 people were seen in a 4 day period with a lot of people who use Kareena's service every year and think it is an invaluable service to the community.



Hourly Rounding Launches in Botany Bay

The Botany Bay Ward with the support of the ESU unit have launched an hourly rounding initiative based on the Sturder Group strategy. Botany Bay are leading the Kareena team already showing great results including picking up changes in patients conditions earlier, recording less patient falls and a significant reduction in call bells. Hourly Rounding involves working in teams to check on patients hourly using scripted conversations. Keep up the great work Botany Bay!



KAREENA
PRIVATE HOSPITAL

Gingerbread House Fundraiser

Sue Barnard would like to thank everyone for their support in buying tickets for the gingerbread house that was raffled to raise funds towards birthing kits last December.

A total of \$132.00 was raised. If you don't already know the gingerbread house was won by Jane Reyes of CCU.

The Birthing Kit Foundation (Australia)

The Birthing Kit Foundation (Australia) is an organisation dedicated to improving the conditions for women who give birth at home in developing countries. "Every 90 seconds, a woman dies of complications related to pregnancy and childbirth". With an estimated 385,000 women dying annually in childbirth, many from infections acquired during childbirth, there is a great need for our clean birthing kits. Most women we assist for reasons of isolation, cultural choice or poor transport have little or no assistance during childbirth. Many mothers and babies die from preventable infections. By providing a clean birthing kit and training in how to use it, these mothers will have the resources to reduce infection. The Foundation is a not-for-profit non-government organisation (NGO) that provides birthing kits and education in clean birthing practices. We have no religious or political affiliations.

About our birthing kits

The birthing kit addresses the 7 cleans needed for a safe delivery. The kits are basic with 6 items. A plastic sheet, soap, 2 gloves, sterile scalpel blade, 3 cords and 5 gauze squares. These items are assembled into a small bag at an Assembly Day.



Pharmacy wins National Award

Anousheh and our Pharmacy team were recently presented an award at the Ramsay Pharmacy conference in QLD. Anousheh, Pharmacist in Charge at Kareena is seen here accepting the award from Peter Giannopoulos, National Pharmacy Manager.

Kareena Chosen for TOP 5 Patient Initiative

Kareena was recently chosen as 1 in 5 private hospital across NSW to be apart of an initiative that focuses on improving the care of patients with dementia when admitted to an acute care setting. The Clinical Excellence Commission (CEC) chose Kareena Private to work with them towards implementing TOP 5.

The TOP 5 program is a concept that involves staff engaging carers through eliciting their 5 most important tips and management strategies to aid communication and support care for patients with dementia. These TOP 5 tips are then communicated to clinical staff.

According to the CEC Australia has a rapidly ageing population, dementia is set to become one of the most critical medical issues facing Australia with about 270,000 people already diagnosed with dementia, a number expected to reach almost one million by 2050.

The CEC will provide Kareena Private with support and guidance to implement the new initiative while Kareena Private expects to see immense results and a significant improvement in the care of hospitalised patients with dementia at Kareena.



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

As part of the Wellness Program Lee also offers complimentary mini massages!

Please call Lee on 0432593624 for prices & appointments.



Join the Kareena Private team in the Sutho 2 Surf on Sun 22nd July!

Register yourself as an individual and bring your receipt to the ESU to collect a \$20 voucher.

Bring your family along and enjoy post race lunch & celebrations at Wanda Beach under the Ramsay marquee!

What's been happening at Kareena?!



Rwanda HOPE: Global mission

Sue Barnard (Endeavour Ward) and Stefanie Sheaffe (surgical assistant in theatre) are venturing to Rwanda on a medical mission trip through Hope: Global, together with a team of medical educational and building teams from Caringbah Baptist Church. The medical team will be working with two local schools at the Revival Palace Community programme located in Gisozi, Kigali the Capital City of Rwanda. They will be performing medical checks on the children and delivering health talks to parents and teachers. Leon (Sue's husband) will be working with the building team

A Glimpse into the Recent Past

In 1994 the Nation of Rwanda experienced one of the worst mass murders in history with the Rwandan Genocide that claimed the lives of up to 1.5million people. It is believed that 20% of the country's population was murdered over a period of 100 days. The genocide was a tribal war between the minority group called the Tutsi's who had controlled power for centuries and the Hutu's who came into power in 1962 and overthrew the Tutsi Monarchy. www.rwandanstories.org is an excellent website if you would like to know more of the genocide.

In 2004 Darlene and Mark Zschech from Hillsong church went to visit their sponsor child from Rwanda and was driven by the grief of the genocide and after 100 days of torture gave the country 100 days of blessing. Out of this HOPE: Global was formed. They took over a massive team of volunteers and blessed the country with skilled workers, heart surgeons, Drs, Nurses, Builders, Electricians, Primary and Secondary Teachers in 2006. It was after this trip that the Rwandan Government shared their vision of starting up some nursery teacher training and so a Nursery module was written in 2007 and 30 teachers were trained. By the end of 2010 there were 3000 nursery teachers in Rwanda all trained under this module.

Rwanda is one of four countries HOPE: Global supports. For further information please go to: <http://www.hope-global.org> The primary objective of HOPE: Global is to implement poverty reduction initiatives that achieve sustainable development, and bring spiritual and social strength to every segment of society. Tax deductible and non-tax deductible donations are gratefully accepted and can be made through Sue or Stefanie or direct through the Hope: Global website.



Education News

Congratulations to the following staff that have been supported in their Continuing Professional Development:

April

D McKay – Research ethics knowledge 2012

May

M McDonnell – Hard wiring excellence

C Western – Hard wiring excellence & International conference on rapid response systems and medical emergency teams

B Lui – International conference on rapid response systems and medical emergency teams

M Chisari – International conference on rapid response systems and medical emergency teams & Certificate IV Training and Education

S Chen – comprehensive ventilation symposium

K Featherstone – comprehensive ventilation symposium

J Harrison – comprehensive ventilation symposium

P Shrestha – Anaesthetics and Recovery nursing

H Woubishet – Anaesthetics and Recovery nursing

A M Donnelly – Anaesthetics and Recovery nursing

S Khadka – Anaesthetics and Recovery nursing

K Koschnick – Certificate IV Training and Education

V Morton – Certificate IV Training and Education

L Day – Upgrade to Certificate IV Training and Education

J Loupos – Upgrade to Certificate IV Training and Education

June

T Justice – Critical care nursing continuing education

B Psychers – AROC training workshop

P Tome – AROC training workshop

C Lausch – AROC training workshop

J Bunting – International update on controversies in perinatal care

L Van Voorst – Environmental home modification Level 1

J Evans – Gerontology level 2

The following staff have successfully completed the Manager Development Program Certificate IV Business Frontline Management well done.

Janet Loupos – Clinical Nurse Educator Operating Theatre

Michelle McDonnell – Nurse Unit Manager Endeavour ward

Amanda Pope – Clinical Nurse Specialist Kingsway ward

Congratulations to the following staff for successful completion of the following:

Catherine Eve – Diploma in Nursing. Catherine has taken on a position in the Endeavour ward as an EN and joined the EN Grad Plus program.

Pina Dumbrell – Grad Plus EN Program

Ruthie Youn – Grad Plus program – Ruth has taken a position in Critical Care

Sabina Budhathoki – Grad Plus program – Sabina has taken a position in Critical Care

Ritchelle Enriquez – Grad Plus program – Ritchelle has taken a position in Endoscopy

Laura Clarke – Grad Plus program – Laura has taken a position on the Endeavour ward.

Kareena Looks forward to welcoming a new group of Grad Plus RN's.

Catherine Montague – Botany Bay ward

Shrijana Ghimirey – Operating Theatre

Rojina Adhikari – Endeavour ward

Also a big welcome to the new Student Enrolled Nurses who will be joining us for their clinical placements in September.

Megan Hughes

Linda Lewis

Nicky Molloy

Marilia Hickson

Congratulations to our Diamond Club Preceptor state nominees:

Vanessa Morton – Critical Care nominated by Ruthie Youn

Jo Collins – Recovery nominated by Melissa Johnston

Claire Rutherford – Botany Bay nominated by Mintu Shrestha

A letter of thanks to our midwifery team

It's been 12 months since our beautiful girl Millie was brought into this world and we never quite got to thank you properly. There have been grand plans to send flowers & to visit you to pass on our thanks but a very busy little girl has kept us occupied!

Millie came into the world on 05-05-11 and without you she would never have made it. What seemed like a first time dream labour (I was 4cm's when I arrived at 6.30 a.m. & coasted through the pain until about 11.30 when I had an epidural. It was then ready to push about 1.00 p.m.) ended up as an emergency Caesar. Millie wasn't progressing & her heart rate was dropping. Without your knowledge & swift action to contact Dr Krishnan to get things moving Millie wouldn't have made it. She has been a dream ever since!!!!

Millie was born at 2.59 p.m. with the cord around her neck and a true knot in her cord. The enormity of this seemed to pass over my husband Michael and until weeks later when I had my 8 week check up with Dr Krishnan. He said to me numerous times throughout the appointment that "as an OB you have 3-4 close calls a year and this was one of them". Knowing how many babies he delivers this really brought it home to us. So although Dr Krishnan (who we love) gets all the glory for the delivery without you Bev we wouldn't have our beautiful girl. Your duty of care goes well beyond the delivery. After visiting me in my room when I had taken a bit of a turn for the worst - I had extremely high blood pressure and was shaking and was very anxious. As it turns out it was my thyroid playing havoc – post-partum thyroiditis. To see your face during that very scary time was comforting!

We can't thank you enough. Each of our friends who have had babies since at Kareena are always asked if Bev was the one to deliver their little one. If we ever get the chance to have another miracle enter our lives we hope you're there to care for him/her. Thank you, from the bottom of our hearts, we thank you & even had a small toast to you at Millie's first birthday party!
So cheers!

Katie, Michael & Millie Wallace



Kareena supports village in Vanuatu

Kareena Paediatrician, Dr Shan Ong & Deb Harmer from our Nursery have recently set off on a mission to Vanuatu to support the local community of Santo.

Dr Ong, and Deb will travel to Vanuatu as part of a humanitarian mission organised under the foundation 'Mission For Life'.

The 'Mission For Life' Foundation was founded by Dr Ong and his wife in 2010 and has coordinated short term medical mission for the last 4 years to communities in Fiji, Vanuatu, Indonesia, Malaysia, India and Russia.

Kareena Private was only too happy to be able to help support this project by donating valuable medical equipment.

The medical missions aim to provide education and assistance at the local hospital on the island of Santo, and conduct clinic time for the surrounding villages. Dr Ong, & Deb will travel to Vanuatu together with a team of 8 healthcare professionals on this medical mission trip who are all donating their time and skills. They will deliver, install and train the existing nurses in the village to use the donated medical equipment and run general medical clinics.

For more info on the Mission for Life foundation please log onto www.missionforlife.org.au



What's Coming Up At Kareena?

Diabetes Week

Sutho 2 Surf

Genes 4 Jeans Day

City 2 Surf

Daffodil Day

Healthy Bones Week