

The Ramsay Way

Ramsay Health Care Corporate Newsletter



Ramsay employees answer COVID-19 'call to arms'

Ramsay Health Care is now playing an even greater role in combatting the Delta variant outbreak in Australia, several months after first starting to support NSW Health's COVID-19 pandemic response.

Hundreds of Ramsay employees from across the state have answered calls for help from both the New South Wales and Queensland governments to assist in a variety of ways. This includes:

- Working on secondment in mass vaccination centres and hotels known as 'Special Health Accommodation' (SHA), which were set up to accommodate COVID-positive patients who were asymptomatic and otherwise well.
- Deploying to public hospitals to look after patients.
- Caring for public patients who have been transferred to Ramsay hospitals.

In a wonderful display of camaraderie, health care workers in NSW have received messages and photos of support from their Ramsay colleagues outside the state. ■■

(story continued on p3)

Ramsay launches NSW's first private mental health facility for teenagers

With demand for youth mental health services stronger than ever before, Ramsay Mental Health has launched the first private, dedicated inpatient service for school-aged children in New South Wales.

The Adolescent and Young Adult Service at Northside Group St Leonards Clinic provides 13 new private rooms for 14-18 year olds, and expands the number of private rooms for 18-25 year olds to 19.

Northside Group St Leonards Clinic Unit Medical Director Dr John Kasinathan said it was important for Ramsay to open an inpatient service for adolescents, because there is a great need for mental health interventions in this age group.

"I find adolescents and young people 'get it'. They get that mental health is the biggest issue for adolescents and young adults in Australia. Suicide remains the leading cause of death in this age group and they 'get' that treatment can help a lot," Dr Kasinathan said.

"The new and expanded inpatient units, for adolescents and young people, are conveniently situated on the same floor of the bespoke and modern Northside Group Clinic at St Leonards. We've tailored mental health care and treatment for these age groups and they really love their own new space here," he said.

According to the Mental Health Commission of NSW, 1 in 4

Australians aged between 16 - 24 are living with a mental disorder and 1 in 3 experience moderate to high levels of psychological distress.

The Northside Group Adolescent and Young Adults Service at St Leonards will focus on areas including:

- General mental health,
- Depression and anxiety disorders,
- Self harm,
- School refusal,
- Obsessive Compulsive Disorder,
- Social and behavioural problems,
- Personality disorders, and
- Adjustment disorders.

Director Ramsay Mental Health Australia Anne Mortimer said she was very pleased to be opening the State's first private, specialised mental health unit for 14-18 year olds.

"Current demand for mental health services for this age group is high and we're committed to reducing the burden on our young people by providing high quality and quickly-accessible services," Ms Mortimer said.

"We have also expanded our Young Adult unit to ensure our ability to help this age group who are struggling with mental health issues, through our inpatient and day programs."

During their stay in the Adolescent and Young Adult Service, patients can access group psychological therapy, individual reviews with a psychiatrist, art therapy, physical and social health programs, specialised nursing care and treatment plans that are individual and targeted to their developmental stage.

The adolescent unit also features input from an experienced teacher to help adolescents set goals and plan for their education.

For more information or patient admission enquires please contact the Easy Access Admissions Service at Northside Group St Leonards Clinic on 02 9433 3555. ■■



MESSAGE FROM THE CEO

First and foremost, I want to acknowledge and thank all our people who have been working to support the pandemic response in Australia. It has been very rewarding for our teams involved to know they are part of such an important cause and I am extremely proud of everyone who has assisted to date.

We have hundreds of employees who have stepped up to help in vaccination centres either administering doses or assisting with vaccine preparation, storage and documentation processes. Our staff have also been working in special health accommodation hotels caring for COVID-positive patients, redeploying to public hospitals, and helping to cover shifts in our own hospitals and pharmacies. All our Ramsay hospitals in New South Wales have offered to accept and treat public patients to help free up space in state-run hospitals. We have also been in talks with other state governments about how we can support their vaccination efforts and, as a result, we are now providing a vaccination workforce to assist Queensland Health.

Our philosophy of “people caring for people” continues to shine through, as our teams demonstrate positivity and resilience despite challenges such as elective surgery suspensions, border restrictions and vaccine access issues. We know that COVID-19 vaccination is vital to protect our patients, health care workers and the broader community and to allow a return to a sense of normalcy in Australia. We acknowledge that we must learn to live with COVID-19 in our communities in the same way that we live with the flu. We have high COVID-19 vaccination rates at Ramsay, particularly among our critical care staff, which is great to see.

We also recognise that an increase in pandemic-induced mental health issues means there will be a greater demand for mental health service delivery in our society. Ramsay has a 57-year history of providing reliable, high-quality mental health care to Australians and we currently treat 70,000 mental health patients per year. A key focus for us moving forward will be on leveraging our expertise, resources and commitment to expand our offering of excellent, accessible mental health care. The pandemic has highlighted the importance of having robust public and private health care systems that work together to deliver great patient outcomes. By working together, the private and public systems could provide a cohesive approach to mental health treatment into the future.

Despite the disruptions caused by COVID-19, our teams are powering through to ensure our development projects remain on track across the country. For instance, construction is now complete on North Shore Private Hospital's new day surgery unit and the major expansion of Westmead Private will finish in the near future. Our new Ramsay Health Plus allied health clinic has opened in Rockhampton, making 27 sites across the country.

We also have maintained a strong focus on the research arm of our business, with more than 1000 clinical trials and research projects currently underway in Ramsay's Australian network. The Ramsay Hospital Research Foundation has just launched an exciting new research grants program thanks to \$25 million in funding from the Paul Ramsay Foundation. It is through research that we can provide hope to patients, help to shape care pathways and potentially alter the natural history of disease in a number of conditions.

I hope you enjoy reading this edition of *The Ramsay Way* and thank you for your ongoing support throughout the pandemic.

Warm regards,

Carmel Monaghan
Chief Executive Officer, Ramsay Health Care Australia

CORPORATE NEWS



Shelter from the storm: Paul Ramsay Foundation supports fight against family and domestic violence during COVID-19

The Paul Ramsay Foundation has released a report on the impacts of emergency ‘surge funding’ it provided to 33 women’s shelters across Australia in response to the COVID-19 pandemic.

The surge funds provided by the Paul Ramsay Foundation primarily supported the shelters’ crisis response and recovery programs which were constrained and often required modification in response to the increase in demand during the pandemic (for example the capacity of shared accommodation and use of outside accommodation to meet needs).

The funding was deliberately targeted to smaller not-for-profit organisations, in particular women-run, community-embedded and trauma-informed shelters that focused on women and children.

For women and children facing domestic and family violence, the pandemic has presented another barrier to seeking help, another layer of control to be used by perpetrators and further strain on service providers – particularly women’s shelters.

Women’s shelters provide essential emergency services to vulnerable women and children who would otherwise be trapped in abusive households or homeless. Shelters provide immediate accommodation in a crisis, however they also provide additional supports including medium term accommodation, counselling and psychological services, financial support and specialist children’s services.

This project provided an opportunity for the Paul Ramsay Foundation to engage with the sector at a time of great strain to learn from the people at the coal face about the challenges they face in undertaking the important work they do for our community.

Of the 33 shelters, more than 65 per cent used at least part of the funding for accommodation upgrades or purchasing accommodation-related goods, reinforcing that elements of existing accommodation are often unsuitable for the specific needs of children and women leaving domestic and family violence.

In some cases, the surge funds were used to fill gaps where there had been a withdrawal by a previous funder, or for capital works to meet new COVID-19 requirements.

Participating shelters shared insights of their experience in a survey so the Paul Ramsay Foundation could better understand the learning and implications from the rise in domestic and family violence during COVID-19. Representatives from the shelters highlighted four key points



1

Not only is there an **ongoing housing need** per se, but the **current housing stock is also inadequate** right now. Many shelters have access to older properties in desperate need of upgrade and/or motels which are also unsuitable.



2

Increasing homelessness is now a major issue facing shelters. We heard many women and children were sleeping in cars or in overcrowded conditions, due to lack of access to beds. Participants spoke in detail to the severe shortage of affordable/community housing which had worsened during the pandemic.



3

There is concern regarding the **complicated ‘entry’ and ‘exit’ points for women and children accessing these services**. Women are recorded at ‘entry’ if they receive any kind of support – even something as small as food vouchers – but the whole experience does not meet their underlying need and there aren’t enough realistic ‘exit’ options.



4

Many participants remarked on the **absence of a national peak body** and the concomitant lack of a united political voice for the sector. They discussed the need to move from state-based voices to a more unified, independent and respected professional voice which could advocate on their behalf at a national level.

The Paul Ramsay Foundation has sincerely thanked its partners in this project for their work under extremely difficult circumstances during the pandemic, and for investing their time in the survey which informed the report called “*Shelter from the storm: Learning from the rise in family and domestic violence during COVID-19*”. ■■

Ramsay's COVID-19 heroes

Ramsay Health Care has been providing support to NSW Health for its COVID-19 response for several months. More than 400 Ramsay staff have been working in vaccination centres, special health accommodation and in public hospitals to help their local communities.

In Queensland, staff are now signing up to work in Queensland Health vaccination centres to help drive up the state's vaccination rate.

COVID-19 vaccination centres

Ramsay's Chief Nurse, Dr Bernadette Eather, was among the employees who nominated to work in a mass vaccination hub in Sydney.

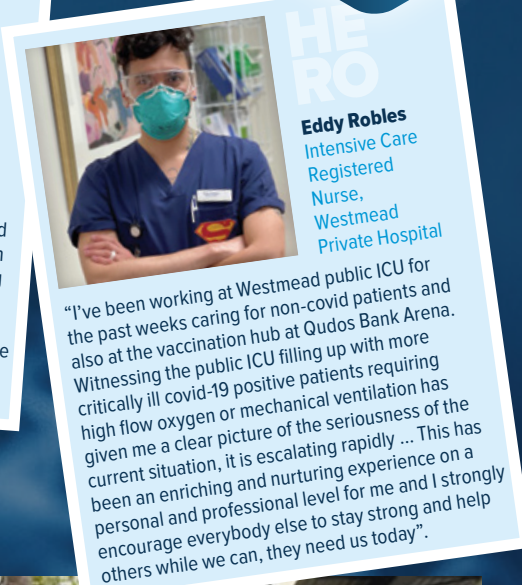
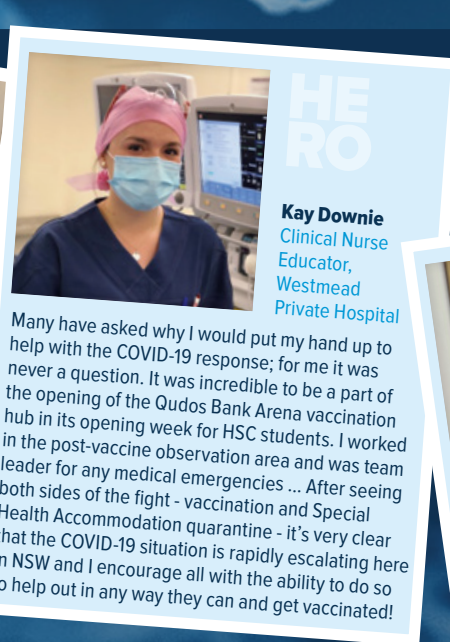
Some of Ramsay's nurses who also volunteered to administer vaccine doses say the experience has been 'amazing' and they're proud of their 'Florence Nightingale moment' helping to protect the community.

Nicole Lovegrove from North Shore Private Hospital said the experience of working at the vaccination hub was "a fantastic opportunity to be part of something that's vital for our country."

Michelle Pinci, from Baringa Private Hospital, has been a Registered Nurse for more than 40 years. She said she 'jumped at the chance' to work at the vaccination hub.

"Since COVID-19 entered our lives I was feeling prepared in any way, small or large, to assist in either prevention, protection or caring for those impacted on our home soil," Ms Pinci said.

Ann-Maree Lines, who's based at Mt Wilga Private Hospital, said: "The best vision is watching people positively run up the Sydney Olympic Park vaccination hub ramp for their jab. Smiling from ear to ear under their masks with a sparkle in their eyes as they say 'I am here for my vaccination'."



Helping public hospital colleagues

Ramsay hospitals have local arrangements in place with their local public counterparts across NSW to assist during the Delta outbreak.

All Ramsay hospitals have offered to accept public patients to help free up space in public hospitals. As a result, some of our Ramsay hospitals are treating public patients in specialties including cardiology and cardiothoracic surgery, geriatrics and gastroenterology.

Some public hospitals have also been transferring their urgent category one surgical patients to Ramsay hospitals for treatment. Many of these cases are complex and will require being admitted to our ICUs for post-operative management.

Ramsay Health Care staff are also being deployed to work in public health facilities.

For instance, a small group of Ramsay staff have travelled more than 1,000km to work at the Broken Hill Health Service located near the South Australian border which has been experiencing a large outbreak.

These employees usually work at Castlecrag Private Hospital, Tamara Private Hospital, The Border Cancer Hospital and North Shore Private Hospital.

Ramsay ICU staff have also supported the Western Sydney Local Health District by caring for non-COVID patients at Westmead Public Hospital's ICU.

Special Health Accommodation hotels

Among the Ramsay staff who nominated to work in the SHAs was one of the NSW Hospital CEOs. Steven Rajcany is a Registered Nurse and the CEO at Wollongong Private Hospital.

Mr Rajcany said he wanted to be there to support the Ramsay staff who chose to help, plus to play a more active role in managing the pandemic.

"It made me reflect on why I chose nursing as a career and I felt this was a real opportunity for me to uphold my core values of caring for others in need," he said.

"Whilst the majority of patients have mild symptoms, many are separated from family, including teenage children and it is comforting to provide them with emotional support and kindness during their isolation period," Mr Rajcany said.

Ramsay Pharmacy starts administering COVID-19 vaccines

Ramsay Pharmacy is proud to support the COVID-19 vaccination program in Australia, with pharmacists starting to administer doses from 26 July.

Ramsay Pharmacy is an approved COVID-19 vaccination provider and, by the end of August, there were 51 pharmacies involved in administering doses to the community.

The first three sites to be involved in the rollout were Ramsay Pharmacy Gympie, Malouf Pharmacies Gympie, and Malouf Pharmacies Southside Gympie.

Ramsay Pharmacy has more than 200 vaccinator

pharmacists who are now able to provide this invaluable service.

They are already proficient at administering flu vaccinations and other important vaccinations needed by the community.

Ramsay Pharmacy's Chief Operating Officer, Michelle Lynch, has thanked the team members for embracing the new program and completing all the necessary training.



COVID-19 VACCINES



Surgeons perform incontinence surgery 'firsts' at North Shore and Warringal Private Hospitals

A North Shore Private Hospital urologist says Australians have the option to access new technology that can help treat overactive bladder and faecal incontinence.

Dr Amanda Chung is the first surgeon in the Southern Hemisphere to implant the new Interstim MRI SureScan device - which electrically stimulates nerves in a sacral spinal root, and sends signals to the brain, that may restore normal bladder and bowel function.

The prevalence of incontinence is undeniable, with 4.2 million Australians (one in five) suffering from an overactive bladder and 1.3 million (one in 15) living with faecal incontinence.

Dr Chung said despite those figures, incontinence and bladder conditions are still a stigma in society and many people suffer in silence instead of seeking help.

"I really want people to be empowered to know that there is hope and they can potentially get appropriate help. The solutions can be simple and minimally invasive and there are new technologies, like the Interstim MRI SureScan that can help," Dr Chung said.

"It's basically a pacemaker for the bladder. There's a wire or a lead that goes into the lower back and then the battery is implanted into the upper buttocks and send messages to the nerves that control the bladder. It's underneath the skin so you can essentially lead a normal life and nobody can see it."

Dr Chung said her first patient to receive the device was a

33-year-old man who had suffered from urinary symptoms, such as very high frequency and leakage, for several years.

"It had been getting him quite down and depressed, and I've had other patients who couldn't get through a one-hour meeting without needing to go to the bathroom, so it really can impact their quality of life," Dr Chung said.

"I think a lot of people are embarrassed and don't realise there are treatments available so if any-one is suffering, I would urge them to take that first step and speak to their GP."

Chief Executive Officer Richard Ryan said Dr Chung's Australia-first surgery was another mile-stone for North Shore Private Hospital.

"North Shore Private is proud to be at the forefront of the latest medical technology and innovations so we're very



pleased to be the first hospital in Australia to have the Interstim MRI SureScan option for patients," Mr Ryan said.

Just a week later, Warringal Private Hospital's Dr Adele Burgess became the first colorectal surgeon in Australia to insert the Interstim Micro device for faecal incontinence.

Unlike its predecessor, the Interstim Micro is MRI compatible, can be recharged once a week for 20 minutes and has a 15 year battery life.

More than 325,000 patients have received Interstim therapy worldwide over the past 25 years. ■■

3D-printed shoulder surgery performed at Westmead Private Hospital

A woman who was experiencing pain and stiffness from a shoulder replacement performed more than 25 years ago has received a customised 3D-printed shoulder implant at Westmead Private Hospital.

The cutting edge surgery was performed on the 67-year-old woman by Westmead Private orthopaedic surgeon Dr Manish Gupta.

Dr Gupta said he first met the patient when she had a fall and suffered a fracture around the old shoulder prosthesis. She had been experiencing pain, stiffness and weakness in her shoulder prior to the fall, but had assumed nothing could be done about it.

"She is such a lovely lady, I told her the shoulder was bugged and she said 'I know, but I've just got to live with it'. But when I said to her, 'no you don't,' she was absolutely gobsmacked," Dr Gupta said.

"First we fixed her fractured humerus

and once that healed, we fixed the prosthesis. So we did a lot of 3D implant planning and got the custom prosthesis made for her. The surgery went beautifully and she was out of Westmead Private within a couple of days," he said.

Dr Gupta believes 3D-printed implants will become routine within a few years. They have the added benefit of being impregnated with silver, making them naturally resistant to bacterial infections.

"We're entering an era where we're going to see a lot more revision surgery of these prostheses that were implanted more than a quarter of a century ago. They're going to come with a lot of problems but when we marry it with the latest technology and can use patient-specific 3D printed implants, we have the potential to improve the quality of life for a lot of people," Dr Gupta said. ■■

The Avenue Hospital performs borderless surgery for live audience

The Avenue Hospital has featured on the global stage, with orthopaedic surgeon Dr Jit Balakumar firmly in the spotlight, as a complex hip surgery was live-streamed to medical professionals across the world. Organised by ISHA - The Hip Preservation Society, and using technology provided by Proximie, the peri-acetabular osteotomy was broadcast to more than 300 surgeons in 69 countries, with moderators in France and Chile.



The Avenue theatre was equipped with five cameras to capture every element of Dr Balakumar's live surgery so that those watching on the other side of the world could learn the technique.

Dr Balakumar said he was honoured and humbled to take part.

"We're delivering really high standards of care here in Australia and this technology allows us to teach some of these skills to the rest of the world," Dr Balakumar said.

"It shows that it's not just borderless surgery, it's borderless teaching. This shows that Ramsay is not just providing high quality health care but facilitating teaching opportunities and indeed facilitating it.

"It was definitely a hard thing to do, because technically it's a difficult operation and we have to try to be talking and answering questions from across the world at the same time. It went really well because of the excellent team at The Avenue," he said.

Peri-acetabular osteotomy is a modern treatment for hip dysplasia which Dr Balakumar has been performing for approximately 10 years. He said four surgeons are now using a similar technique at The Avenue Private Hospital, which is very high-volume hospital for Hip Preservation Surgery.

Dr Balakumar said Proximie's technology is playing a wonderful role in transforming the way health professionals are educated.

"You just think back to the day at Harvard at the ether dome. They would be doing the surgery in a big auditorium with everyone looking down at the patient from the stalls. This is the modern version of that hall," he said.

"During the live stream, the moderators could not only see me, but they could put an augmented reality hand into the patient and draw on areas to highlight to the audience what we were doing. It was high fidelity teaching, and I can see how it's really going to evolve," Dr Balakumar said. ■■



Ramsay Health Care launches new services in Rockhampton

Ramsay Health Care is bringing more health services to the people of Rockhampton with the launch of its allied health clinic, Ramsay Health Plus.

The new clinic, located at 71 North Street The Range, is an extension of services from Hillcrest Rockhampton Private Hospital, allowing patients to receive ongoing physiotherapy and occupational therapy away from a hospital setting. Ramsay Health Plus supports patients with chronic and acute health conditions to optimise their health and fitness, and enhance a safe return to work, sport or recreation.

Chief Executive Officer Fiona Hebbard said the new Ramsay Health Plus clinic would help a broad range of people in the community. “People may choose to come here as part of a readmission program, after surgery or for treatment independent of any hospital services, because patients don’t need a doctor’s referral to attend the services at Ramsay Health Plus,” Ms Hebbard said “As part of Ramsay Health Care, we’re committed to our Ramsay Cares strategy which focuses on investing in our local region and supporting the health and prosperity of our communities. So it’s great to see this expansion of services in Rockhampton,” she said.

The Ramsay Health Plus clinic includes an exercise gym and private consulting suites.

Patients can receive individually-designed treatment programs for a range of health care concerns including:

- pre and post-surgery rehabilitation,
- injuries and pain management,
- balance and falls prevention, and
- general health and wellbeing.

The Ramsay Health Plus clinic celebrated its official launch on Wednesday 28 July.

Construction complete on North Shore’s \$11 million new day surgery unit

The paint is dry, the mood lighting is installed and a luxurious hotel style ambiance is all set to welcome patients to North Shore Private Hospital’s new \$11 million Day Surgery Unit.

The stunning new facility features three large operating theatres, private pre-operative bays, a recovery lounge, and an inviting reception and waiting area. It is conveniently located on the podium level of the North Shore Health Hub with a link bridge to North Shore Private Hospital. The hospital’s Chief Executive Officer, Richard Ryan, said the team had worked hard to stock the Day Surgery Unit with medical equipment and supplies before welcoming patients to the new facility. “These new facilities enhance the patient experience and compliment the outstanding care provided by our North Shore Private Hospital team,” Mr Ryan said. Ramsay Health Care’s Development Manager of NSW and Victoria, Michael Pain, said he was thrilled with the completed project and praised the collaboration between North Shore Private Hospital, Ramsay Health Care Development, and the builders, Akalan Projects.

“The Ramsay Health Care Development team is very proud of this new offering. It’s a distinctive and functional Day Surgery Unit that will appeal to the patients and doctors of Northern Sydney alike,” Mr Pain said. Director of Akalan Projects, David Duffy, said elements of the project had been challenging, as his team was constructing the Day Surgery Unit at the same time as other building works were being completed. “It really does look good. It’s a purpose built facility that really embraces a new Ramsay look and we’re very pleased with the outcome,” Mr Duffy said.



Joondalup expansion update

WA’s Minister for Health announced on 22 July that the Joondalup Health Campus (JHC) Development Stage 2 has moved into the final construction phase for the remaining \$256.7 million expansion of the health campus.

The State Government has accepted the Early Contractor Involvement (ECI) proposal presented by Ramsay Health Care and Multiplex Constructions Pty Ltd. As part of an early works package, work on the new 12-bay Influenza-Like-Illness Unit within the ED and construction to expand the capacity of the staff multi-storey car park by an additional 215 parking bays are both well underway. Now the ECI Proposal has been finalised the immediate focus is to continue to progress construction already underway, while finalising detailed design on the remaining stages ready for commencement onsite.



New Ramsay research examines depression and anxiety in cancer patients

A new research project funded by the Ramsay Hospital Research Foundation could transform the way cancer patients with anxiety and depression are treated in the private sector.

The *Ramsay Adapt* project will investigate anxiety and depression in cancer patients and evaluate the implementation of a clinical pathway into routine care at Ramsay hospitals.

Lead researcher Associate Professor Joanne Shaw, who is also the Executive Director of the Psycho-oncology Cooperative Research Group (PoCoG), said *Ramsay Adapt* will investigate the feasibility of implementing a clinical pathway for the identification and management of anxiety and depression in adults with cancer.

“We have successfully implemented this type of pathway in 12 public cancer services and we’re very excited to have the opportunity to trial this program in the private health care setting,” Assoc. Prof. Shaw said.

The *Ramsay Adapt* study will be run in two phases. Phase 1 will examine the

effectiveness of training community-based psychologists at Ramsay Psychology Charlestown to deliver psychological treatment for anxiety and depression in cancer patients in a shared care partnership with the cancer team.

Phase 2 will occur at Lake Macquarie Private Hospital, where they will adopt the recommended clinical pathway for screening, referral and management of anxiety and depression in patients.

Associate Prof. Shaw said if successful, the research had exciting ramifications for cancer patients with anxiety and depression in the private sector.

“The outcomes will pave the way for the establishment of a sustainable model of treatment across Ramsay Health Care hospitals as well as community-based care,” Assoc. Prof. Shaw said.

The pilot project is commencing in September 2021. ■■



Hollywood Private Hospital funds research into improving medical emergency teams

Research into medical emergency teams at Hollywood Private Hospital is gaining international attention.



The study of the non-technical skills of medical emergency teams was led by Dr Rosemary Saunders and conducted by researchers from Hollywood and Edith Cowan University – School of Nursing and Midwifery.

Hollywood Clinical Nurse Manager Adam Coleman shared the research at the recent International Congress on Innovations in Nursing in Perth and won the Best Oral Presentation Award.

The study has been published in the June edition of Australasian Emergency Care. “Medical emergency teams are essential in responding to acute deterioration of patients in hospitals,” Mr Coleman said.

“These teams are made up of staff such as doctors, nurses and patient services assistants who require clinical and non-technical skills.

“Our study identified individual, team and other contributing factors which impact on communications skills, leadership, teamwork and task management.

Mr Coleman said the non-technical skills of hospital medical emergency teams were all different and did affect the resuscitation outcomes for patients.

“Our findings emphasise the importance of non-technical skills in resuscitation training and well-developed processes for medical emergency teams,” he said.

Mr Coleman is currently using the research to improve the processes of medical emergency teams at Hollywood.

“I hope our research will help improve medical emergency teams in WA and around the world,” he said.

The project was funded by the Hollywood Private Hospital Research Foundation. ■■



Family fuels passion for Peninsula clinical trials coordinator

Nicole Fairweather has no doubt, clinical trials saved her son’s life. He suffers from Paroxysmal nocturnal hemoglobinuria (PNH), a very rare, life-threatening disease of the blood, which could only be treated through a bone marrow transplant or immunotherapy. And even then, his quality of life wasn’t guaranteed.

But many years ago, a researcher - somewhere - decided to trial a drug that would make all the difference. A decision Nicole and her family are eternally grateful for.

“We are very, very lucky that someone developed this drug that could treat my son’s condition. Especially because it’s such a rare disease - I’m just so grateful that a researcher took the time and effort to make it happen. It enables my son to live a normal life, but without it, who knows what his outcome would have been,” Nicole said.

PNH affects about 100 people in Australia. The drug was approved by the lifesaving drugs committee and is now provided to anyone who meets the criteria.

It’s that personal, family experience with clinical trials that continues to drive Nicole’s passion for medical research. She’s worked in clinical trials for more than 15 years and now leads the clinical trials team at Peninsula Private Hospital.

“I love the fast-paced environment of working in trials and I enjoy being able to provide patients with options for treatments and to make informed choices about these options,” she said.

“It is fantastic that Ramsay, as a private health care provider, is supportive of clinical trials and is enabling clinicians to offer them to Ramsay patients. At Peninsula Private Hospital, we currently have 11 haematology trials open to recruitment across all trial phases and three studies with patients in follow up.”

“These clinical trials give patients who may have limited options, or who have exhausted all treatments, the ability to continue active treatment for their disease. It may also give them the ability to better understand diseases and the impacts of their disease to guide future treatment options.”

Nicole believes the COVID-19 pandemic has really highlighted the importance of clinical trials.

“The global pandemic of COVID-19 has proven how necessary trials are to have options to treat and vaccinate the healthy wider community, with the intent to save lives,” she said.

“That’s why we do what we do. It’s about developing what’s best for the patient. A lot of the people I meet, the trial is their last option, but they also see that they’re helping those who come after them. They know the risk and they’re willing to put themselves out there for that. I think they’re incredible.” ■■



New
national
program to
help Australian
veterans
transition to
civilian life

A ground-breaking online program is now freely available to all ex-serving Australian defence personnel, thanks to a venture between RSL Queensland and the Gallipoli Medical Research Foundation (GMRF) based at Greenslopes Private Hospital.

Go Beyond is an evidence-informed national program to assist veterans with adjusting to civilian life after service.

Go Beyond was developed from the findings of a six-year Service to Civilian Life study undertaken by GMRF, and forms part of RSL Queensland’s ongoing \$14 million commitment to veterans’ mental health initiatives and research.

This study was the first qualitative investigation of its kind undertaken in Australia and one of the largest studies examining military transition in the world.

GMRF Associate Director of Mental Health Research, Dr Madeline Romaniuk, said Go Beyond demonstrated research in action, translating this scientific knowledge into real world support.

“Previously, no weight was given to the psychology of adjustment and the profound adjustment veterans go through when they separate from Defence.

“This highlighted the very real need to examine the learned and lived experience of veterans to provide them and their families with the support needed to navigate the unique challenges of transition,” Dr Romaniuk said.

Through this research GMRF identified five key domains of transition:

- Purpose and connection
- Help-seeking
- Beliefs about civilians
- Regimentation
- Resentment and regrets

All Australian veterans can access the free Go Beyond program after completing the M-CARM (Military-Civilian Adjustment and Reintegration Measure) survey, an evidence based, online self-administered questionnaire that

quickly and accurately gauges how users are adjusting to civilian life.

Users are then issued with a personalised needs assessment profile that forms the basis of their tailored Go Beyond online training program.

Previously published research from the Department of Veterans’ Affairs study, Transition to Wellbeing¹, found almost half of all veterans who transitioned to civilian life had a diagnosable mental health condition within the first five years of leaving service.

GMRF’s CEO, Miriam Dwyer, said: “We are very proud of this research and its contribution to the improved transitions of military personnel and we are grateful for the support we have received from the veteran community and our partner RSL Queensland, as well as Mates4Mates and Open Arms that assisted with the pilot program. We look forward to the positive impact this program will have.” ■■

Ramsay Hospital Research Foundation launches new grants program

The Ramsay Hospital Research Foundation (RHRF) has launched an exciting new research grants program for projects that are designed to achieve lasting change, thanks to \$25 million in funding from the Paul Ramsay Foundation.

The RHRF aims to fund high quality, innovative research projects that enable the improvement of patient outcomes and address key determinants of health that lead to potential intergenerational change.

The new RHRF grants program will award \$4 million of funding every year for the next five years and will focus on four clinical areas: cancer, mental health, cardiovascular disease, and orthopaedic surgery and musculoskeletal injury.

Paul Ramsay Foundation’s CEO Professor, Glyn Davis AC, said each project must address a specific determinant of health, such as health literacy, social and lifestyle risk factors, knowledge transfer between

generations or the effects of climate change on health.

“Addressing key determinants of health not only lowers the burden of disease for individuals and our health infrastructure, but helps people living with disadvantage to build lives they value,” Professor Davis said.

“By placing patients, carers and families at its heart, this project will build critical knowledge to disrupt intergenerational drivers of health inequity.”

RHRF projects aim to lead to improvements not only in the Ramsay Health Care setting, but across the broader health care community.

The new grants will be open to universities and medical research institutes to undertake research within and

outside of Ramsay Health Care.

Chair of the RHRF, Professor Sir Edward Byrne AC, said he was delighted to be taking up the role at such an exciting time.

“Research and health care are vitally important and the new grant program will enable Ramsay to build on its research initiatives to benefit a range of patients,” Professor Byrne said.

The first round of applications will open on Monday 13 September 2021.

For more information head to www.ramsayhealth.com.au/Research/Ramsay-Hospital-Research-Foundation. ■■

St George Private Hospital's concussion clinic helps local sporting teams

A new concussion clinic at St George Private Hospital is helping local athletes and sporting teams to gain a better understanding of concussion and how best to treat it.

The concussion clinic run by St George Sports Med, at St George Private Hospital, raises the bar in concussion management by performing 'baseline testing' to give doctors a better understanding of an athlete's health before they suffer a concussion.

With 50 per cent of concussions never being detected, specialist sport and exercise physician Dr David Samra said baseline testing gave doctors a solid benchmark to know when an athlete's brain function had been affected.

"When we know a player's normal brain function, by testing things like reaction speed, balance, memory and visual tracking, then if they go on to suffer a concussion, we can use those baseline results to know whether they've recovered from a concussion or not," Dr Samra said.

"Concussion symptoms can often disappear days to weeks before the brain has recovered, so having this valuable baseline information can help us to accurately determine when it's safe for the athlete to return to their sport."

Several sporting organisations have taken up the option of having their entire team screened ahead of game season. The screening is performed at St George Sports Med, and players can be tested in approximately half an hour.

Dr Samra, who has been the medical officer for the Sydney Swans, Penrith Panthers, Rowing Australia and Cricket NSW, said parents should consider baseline testing for their children - particularly adolescents playing contact sport.

"Think of it like we're testing the software of someone's brain. Concussion is a software problem, not a hardware problem. If you do an MRI after a concussion it is most likely to be completely normal but concussion symptoms are very real and can evolve and resolve. The more we understand about someone's brain software to begin with, the more we can personalise treatment and help with their recovery," Dr Samra said.

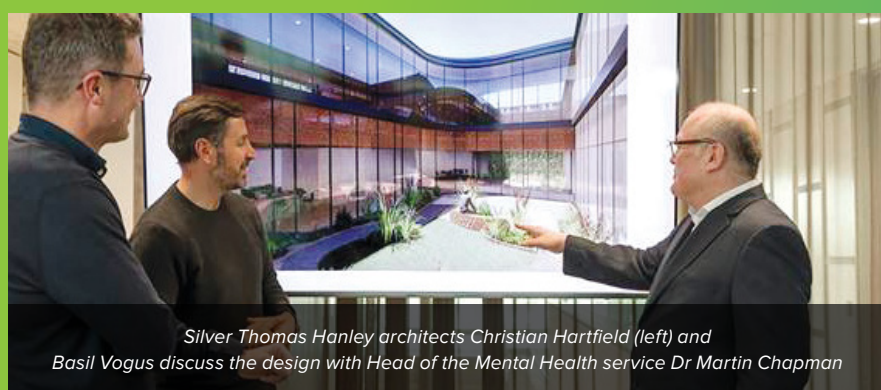
"Our concussion management platform is a game-changer because it allows us to remotely monitor patient symptoms

and recovery, using the Concussion Tracker App. This means we can more effectively keep all parties up to date, such as parents, teachers, coaches and patients, and guide a stepwise recovery of return to school, work and play," he said.

In contact sports, about one in 10 players will suffer a concussion per season, but less than 10 per cent of concussions actually result in a loss of consciousness. Dr Samra says it is vital for coaches, managers and parents to know the signs of concussion.

"The obvious one is a knock out or loss of responsiveness, but other symptoms include headache, blurred vision, unsteadiness and also dazed eyes because the brain and the eyes are so intimately connected," Dr Samra said.

"Our concussion clinic is really grassroots and we're trying to help all athletes from masters right down to adolescents and kids," he said. ■■



Silver Thomas Hanley architects Christian Hartfield (left) and Basil Vogus discuss the design with Head of the Mental Health service Dr Martin Chapman

Next steps for Joondalup Mental Health Unit

Plans for a state-of-the-art mental health building as part of the major expansion of JHC are progressing well.

Preparatory works are set to commence in November this year and construction starts in March 2022.

Engagement with onsite staff and tenants got underway this month and the City of Joondalup has called for public comment on the plans.

Copies of the development and landscape plans along with perspective drawings can be viewed on the City of Joondalup website at joondalup.wa.gov.au. ■■

Ramsay completes a \$1.5bn refinancing with a sustainability-linked loan

Ramsay Health Care has successfully completed the refinancing of its wholly owned funding group debt facility maturing in October 2022, with a new \$1.5 billion sustainability linked loan.

Consistent with Ramsay's aim to extend and stagger the tenor of its debt, the new facility comprises three \$500m tranches maturing in three, four and five years respectively.

The new facility has embedded targets that are aligned with the three pillars of the 'Ramsay Cares' sustainability strategy: Caring for People, Caring for Planet and Caring for Community.

The targets have been designed to drive a more intense focus through the business on sustainability, including on the mental health and wellbeing of staff, setting the foundations to reduce our energy intensity and emissions and an emphasis on responsible sourcing within our medical supply chains.

Ramsay Health Care's Group Chief Financial Officer, Martyn Roberts, said: "We are pleased to have completed the first step in the process of extending and staggering the tenor and diversifying the sources of our debt."

"The sustainability link demonstrates our commitment and accountability to the 'Ramsay Cares' strategy with meaningful targets that will require us to increase our investment and emphasis on key programs across the organisation."

"The new facility was significantly oversubscribed and received support from existing and new lenders reflecting the growing level of interest in supporting sustainability linked loans."

"We would like to thank our sole capital structuring and sustainable finance advisor HSBC, along with the other arranging banks, NAB, MUFG and CBA for their support in the transaction." ■■

First robotic liver surgery performed at Peninsula Private Hospital

Peninsula Private Hospital is celebrating another medical milestone, with specialist surgeon Associate Professor Charles Pilgrim performing the region’s first liver resection using a surgical robot.



The surgical-first was performed earlier this month on a 49-year-old woman whose bowel cancer had spread to her liver.

A/Prof Pilgrim, who was the first surgeon in Victoria to use the da Vinci Xi robot for liver resections, said the cutting edge technology was great news for Peninsula Private Hospital.

“Using the da Vinci Xi robot means we can perform surgery with the minimally invasive approach more often, expanding what is possible using the keyhole approach,” A/Prof Pilgrim said.

“There are areas of the liver that you can get to with the robot that you just can’t get to with traditional laparoscopic surgery. The instruments give you more flexibility to give more precise directions in hard-to-reach areas,” he said.

Peninsula Private Hospital Chief Executive Officer, Michelle Henderson, said it was wonderful the patient was able to receive

all of her cancer treatment close to home, without having to travel into Melbourne for care.

“We have a fantastic team of specialists here and this year we became the first in the region to offer patients access to the da Vinci Xi robot technology,” Ms Henderson said.

“I think it’s significant that this patient could see Mr Stewart Skinner for her bowel surgery, oncologist Dr Simone Steel for her chemotherapy and A/Prof Charles Pilgrim for her liver surgery, all right here at Peninsula Private Hospital.

“To have that continuity of care is something we’re really proud to bring to this region because we’re focused on providing locals with access to top medical care close to home”.

The da Vinci Xi is designed to enhance a surgeon’s capabilities by providing improved control, precision and movements. ■■



State-of-the-art robotic technology arrives at St Andrew’s Ipswich Private Hospital

Ipswich residents can now access the latest robotic technology close to home thanks to the introduction of two new medical robots at St Andrew’s Ipswich Private Hospital.

The da Vinci Xi and Rosa robots will be used for urology and orthopaedic procedures and can be ex-panded to cover other surgical specialties in the future.

St Andrew’s Ipswich Private Hospital Chief Executive Officer, Claire Thurwood, said it was wonderful to broaden the suite of surgical options for local patients.

“We are determined to ensure our patients and surgeons have access to state-of-the-art technology and we’re passionate about investing in the latest equipment with the aim of improving patient outcomes,” Ms Thurwood said.

“Previously patients needed to travel outside this district to access these robots, for example to Too-woomba or Brisbane, but now they can stay right here in Ipswich and recover from their procedures close to home.”

Urologist Dr Johathan Chambers said he was thrilled to have the da Vinci robot locally.

“Having the da Vinci robot at St Andrew’s here in Ipswich is just a great achievement for the community. It allows us to perform minimally invasive procedures and offer patients faster recovery times and out-comes,” Dr Chambers said.

The da Vinci xi robot has been described as ‘an extension of the surgeon’s hand’, and fellow urologist Dr Hee Soo Teng said it allowed access to parts of a patient’s body he otherwise couldn’t reach.

Orthopaedic surgeon Dr David Morgan was excited to be using the new Rosa robot for total knee re-placements at St Andrew’s Ipswich Private Hospital. Later this year it will also be used for partial knee replacements and hip replacements.

“The big difference with the Rosa robot is that we can evaluate the patient’s soft tissue envelope before we put the knee replacement components in. Previously we’ve had to put the implants in and then adjust the soft tissues to fit, now we can evaluate the soft tissues, evaluate the alignment, tell the robot what we want to achieve and we can achieve it,” Dr Morgan said. ■■



‘Beyonce’ joins the Waverley Private theatre team

It may not be the superstar you’re thinking of, but Waverley Private Hospital is celebrating the arrival of its very own ‘Beyonce’ - otherwise known as the new da Vinci X robot.

In an exciting milestone for the hospital, the first robotic surgery list was performed in Juneby general and colorectal surgeon, Mr Kareem Marwan.

The hospital’s Chief Executive Officer Maree Mendola said it was a fantastic achievement for the whole team, who had affectionately dubbed the robot ‘Beyonce - because she’s a star!’

“We’re looking forward to growing our robotics program so that we can continue to provide advanced technology to our patients now and into the future,” Ms Mendola said.

The first procedures using the daVinci X robot were for a hernia repair, a cholecystectomy and a right hemicolectomy.

“I also want to acknowledge our wonderful perioperative team for their commitment to training and learning about the da Vinci X robot to ensure the procedures are performed safely,” Ms Mendola said. ■■

Lake Macquarie Private invests in latest robotic technology



Residents of Newcastle, the Hunter Valley and Port Stephens now have greater access to the latest robotic technology with Lake Macquarie Private Hospital investing in the da Vinci Xi robot.

The innovative technology is designed to expand a surgeon’s human capabilities and allows minimally invasive surgery to be performed for complex urological and gynaecological procedures.

The first cases utilising the da Vinci Xi at Lake Macquarie Private were performed by urologists Dr Peter Chong and Dr Marcus Handmer.

Dr Handmer said the new technology was good news for the region.

“It means Lake Macquarie Private can provide the full gamut of urology care for patients, including minimally invasive oncologic and reconstructive procedures with robotic assistance, such as robot assisted prostatectomy, pyeloplasty, and partial nephrectomy,” Dr Handmer said.

The hospital’s Chief Executive Officer, Sharon Rewitt, said the new robot was an exciting milestone for the hospital.

“As a part of Ramsay Health Care we are committed to our community and we’re proud to invest in this latest technology to give patients access to a broad range of medical treatment options,” Ms Rewitt said.

“This innovative technology will be available to patients at no extra cost, meaning our surgeons have the freedom to choose the appropriate surgical approach for each patient,” she said. ■■



Noosa Hospital brings community care to breast cancer patients

In a heartwarming display of community spirit, Noosa Hospital has joined forces with local businesses to create a ‘care pack’ for women needing surgery for breast cancer.

The ‘community care packs’ were designed to provide women with important brochures and information they need following their cancer diagnosis. However Noosa Hospital breast cancer nurses Jean Kelly and Mel Diggie wanted to make them special for the ladies, and decided to reach out to local business to help personalise the packs. “We call these our ‘community care packs’ and they really are just that because the local businesses who’ve come on board have donated some lovely products. For the ladies who receive them, it’s just knowing that there are people out there they don’t even know, who are thinking of them and caring about them at this difficult time,” Ms Kelly said.

The generous items donated to the program include:

- **Jute bags, a thermos and pen** from Dr Felicity Adams,
- **Organic deodorant and lip balm** from Noosa Basics,
- **Travel size body lotion** from Saya,
- **Handmade cards** from Banana Leaf Cards,
- **Sunscreen, pens and brochures** from Genesis Care Buderim,
- **Hand knitted beanies** from a ladies’ group in Gympie,
- **Sensitive hand sanitiser and jelly beans** from Ramsay Pharmacy.



“It’s just so nice when we go and visit the ladies after their procedure and they’ve already popped the lip balm into their handbags or they’re munching on some jellybeans. They’re just lovely items that we can pop into the bag and it gives us the opportunity to give them information in there that they can read down the track when they’re ready,” Ms Kelly said. The Community Care Packs can be further personalised for patients depending on their diagnosis – for example Zonta has also donated satin pillows for ladies to pop under their arms and little bags have also been gifted for women who need to go home with drainage. Noosa Hospital Chief Executive Officer Justin Greenwell said he was thrilled to hear the wonderful feedback from women who’ve received the Community Care Packs. “Our philosophy of people caring for people is behind everything that we do and it’s so heartwarming to know that these packs have already helped more than 20 women diagnosed with breast cancer in our local community,” Mr Greenwell said. “Thank you to all the local business who helped Jean and Mel make this happen.”

Albury Wodonga residents urged to ‘be aware’ for Bowel Cancer Awareness Month



Albury Wodonga Private Hospital has urged locals to ‘be aware’ of the early symptoms of bowel cancer and get tested, as part of Bowel Cancer Awareness Month.

Every June, Bowel Cancer Awareness Month aims to raise awareness of Australia’s second deadliest cancer, and generate funds for research, prevention and quality care and treatment for those diagnosed with the disease. Bowel cancer claims the lives of 101 Australians every week, but it’s one of the most treatable types of cancer if found early. Albury Wodonga Private Hospital colorectal surgeon, Dr Daniel Chubb, said while the thought of bowel cancer testing may be daunting for some, it is important to remember that early detection greatly improves a patient’s chance of survival. “It’s so important that people do the national bowel cancer screen and then have a colonoscopy if they get a positive result. If they’re showing any red flag symptoms, such as changes in bowel habits or bleeding, they should consult their local doctor. Those with a family history that they are worried about should also discuss screening options with their GP,” Dr Chubb said. “If you are diagnosed with bowel cancer, don’t be afraid of the big operations of the past, they’re nowhere near as scary as they used to be. Now we have minimally invasive techniques where the scar may be 3-4 centimetres, not 20-30 centimetres, and there is a much quicker hospital stay and road to recovery,” he said. During keyhole surgery, the camera is inserted into the patient’s abdomen and the images are projected onto a large TV screen to guide the surgeon. “There are lots of good things with this technology, particularly for the patient’s recovery. There are fewer hernia and less pain after the operation, and the patient gets home more quickly,” Dr Chubb said. In a first for the Albury Wodonga region, Dr Chubb recently performed bowel cancer surgery on a woman using the new 1688 AIM 4K Stryker camera platform, which can utilise an infra-red camera coupled with a visible light camera to produce a hybrid display, allowing the surgeon to be able to assess blood flow in critical tissue in real time during an operation. An anaesthetist injects a fluorescent dye at the critical time during the procedure, which is aimed at highlighting areas and allowing the surgeon to select healthy tissue to reconnect the bowel once a cancer is removed. Australian health guidelines state people aged 50 - 74 should be screened for bowel cancer every two years.

‘Mitral clip’ surgery now available at Greenslopes Private Hospital



Brisbane residents suffering from heart failure who may not be suitable for open heart surgery now have access to a treatment option available at Greenslopes Private Hospital.

Mitral clip surgery is a procedure that can be done through a patient’s leg to repair a leaking mitral valve (one of the heart’s four valves). Previously the only option to treat the condition was open heart surgery, which can be too risky for some patients. Cardiolgologist Dr Roland Hilling-Smith performed the first mitral clip procedure at Greenslopes in June, and said it was an exciting development for the hospital. “This is the way of the future and it’s important that Greenslopes Private is part of that frontier to be offering the full range of cardiac care. It’s a wonderful advancement because it’s opened up the possibility of treatment for people who didn’t previously have that option,” Dr Hilling-Smith said. “The patients recover incredibly well from the procedure. They’re usually only in hospital for two days and then back home, their heart is beating better, they’re on fewer tablets and they’re not going to keep coming back to hospital with heart failure. “It improves their independence and quality of life and they may be able to stay out of nursing homes for longer. For the patient and their families, that’s incredibly important,” he said. The hospital’s Chief Executive Officer, Chris Went, said Greenslopes was proud to be investing in new technology to expand the cardiac services available to patients. “Greenslopes Private Hospital has 18 years’ experience in cardiac surgery and it’s important for us to continue to stay at the forefront of technology and offer our community the full range of cardiac care, close to home,” Ms Went said. “Our cardiovascular suites undertake more elective and urgent cases than any other private hospital on Brisbane’s southside and we’re very proud of the incredible work that our specialists, nurses and theatre staff provide to give patients exceptional care”. Greenslopes Private Hospital’s Coronary Care Unit has 29 private rooms for patients to recover in a comfortable, modern and peaceful environment.



New retinal surgery expands Waverley Private’s ophthalmology offerings

Waverley Private Hospital is continuing to invest in its suite of ophthalmology services with vitreoretinal surgery now available to patients in Melbourne’s south east.

Vitreoretinal surgeons Dr Jonathan Yeoh and Dr Daniel Chiu have joined Waverley Private, expanding the hospital’s team of multilingual ophthalmic surgeons.

Some of the most common reasons for needing vitreoretinal surgery include retinal detachment, epiretinal membrane, macular hole and complications of diabetic eye disease.

While some health funds will totally, or partially, fund eye surgery, patients can also choose to be self-funded as an alternative option to access care at Waverley Private.

The hospital is proud to grow its ophthalmology services and welcomes Dr Yeoh and Dr Chiu.



Vitreoretinal surgery now available at Waverley Private Hospital

State-of-the art microscope helps Noosa residents see more clearly

The latest microscope designed for delicate eye procedures has arrived at Noosa Hospital, giving locals access to safer surgery and more accurate results.

The \$200,000 ZEISS Lumera microscope arrived on site last week and will be used for most ophthalmology procedures, particularly cataracts and pterygiums.

Noosa Hospital Ophthalmologist, Associate Professor Kris Rallah-Baker said the ZEISS microscope represented a huge step forward.

“When we put in a lens a lot of the time it needs to be at a certain angle. Previously that was a manual process. But with this microscope, I pre-operatively measure the eye in my room and that information is plugged into the machine on the day of surgery via USB to give me the exact reading of where that lens angle needs to be,” Dr Rallah-Baker said.

“In ophthalmology, 95% of operations are done under the microscope so this will make a big difference. We’ve got a large elderly population in Noosa too and I see a lot of patients with cataracts so safer, quicker surgery can lead to better outcomes for them.”

Chief Executive Officer Justin Greenwell said the new microscope was a great ‘next step’ for ophthalmology at Noosa Hospital.

“I’m so pleased that after launching ophthalmology services at Noosa Hospital just over 18 months ago, we are already progressing with new technology for our local patients. We’re always looking at ways to invest in the latest technology with the aim of giving the best patient outcomes,” Mr Greenwell said.

Assoc. Prof. Rallah-Baker said the new microscope also features a surgical assistant attachment arm used by a medical assistant or nurse during eye surgery, as well as a large screen showing the operation itself. These additional features enable up close teaching of staff and medical students.

“It brings Noosa Hospital up to a gold standard in terms of ophthalmology surgery and we’re now able to deliver cataract surgery equal to much larger facilities, for example those in Brisbane - and the people of Noosa deserve that,” Dr Rallah-Baker said.

The ZEISS Lumera microscope was used for the first time at Noosa Hospital on Friday 4th June.



The Beleura Theatre Peonies hit huge fundraising goal

The ‘Beleura Theatre Peonies’ have taken on a fun challenge to dye their hair pink during June - in the hope of raising much needed funds for the National Breast Cancer Foundation.

We’re very pleased to report the ladies pulled off an incredible feat — smashing their initial \$2,000 goal by raising an astonishing \$10,000 through their ‘Go Pink’ initiative.

The theatre nurses at Beleura Private Hospital, dubbed the ‘Beleura Theatre Peonies’ chopped off their luscious locks or died their hair pink to raise much-needed money for breast cancer and boost morale at the same time.

There was a special shout out for staff members Hayley and Beck who delivered on their pledge to cut off two centimetres of hair for every \$100 raised.

They donated their locks to sustainable salons so that it can be transformed into wigs for those suffering from medically-included hair loss conditions from cancer and alopecia.

Congratulations to the team for their inspiring efforts, and we hope they’re enjoying their fabulous new hair cuts!



Beleura’s new retinal surgical set up a first for the Peninsula

Residents on the Mornington Peninsula can now access retinal surgery closer to home thanks to a major new investment at Beleura Private Hospital.

The newly purchased Constellation Vision System LXT, with embedded purepoint laser, is designed to allow ophthalmologists to treat conditions such as epiretinal membranes, macular holes, retinal detachments and diabetic eye disease.

Ophthalmologist Dr Elvis Ojaimi said it was an exciting advancement for Beleura Private Hospital.

“The new retinal surgical set up at Beleura Private Hospital is the first of its kind on the Peninsula,” Dr Ojaimi said.

“It means patients, particularly those who are elderly or unwell, can access retinal surgery closer to home without having to travel into town.”

Dr Ojaimi consults at the Peninsula Eye Centre which is located next door to Beleura Private Hospital, meaning patients can be seen nearby for their post-operative follow up appointments.

Ramsay's WA hospitals involved in global launch of TED talk

A ground-breaking TED talk piloted at Ramsay Health Care maternity hospitals in WA is set to change the way parents and caregivers around the world view early childhood brain development.

The Thrive by Five TED Talk was launched in Australia at Joondalup Health Campus and was attended by Minderoo Foundation Co-chair Nicola Forrest AO and Health Minister Roger Cook.

Directed by acclaimed filmmaker Michael Gracey (Director of The Greatest Showman), the Thrive by Five TED Talk demonstrated the simple yet life-changing things we can all do to help children thrive.

Molly Wright, a Grade 2 student from Queensland, was chosen to deliver the important message and is one of the youngest TED speakers in history.

The production is the brainchild of Minderoo Foundation and delivered through Minderoo's Thrive by Five initiative.

In the lead up to the global launch, the Thrive by Five TED Talk was shown to new parents in maternity wards at Joondalup Health Campus, Joondalup Private Hospital and Glengarry Private Hospital. The video was also shown in Afghanistan (via Bayat Foundation) as part of a pilot.

Mrs Forrest said it was her mission to ensure every child, no matter where they grow up or who their parents are, has an equal chance to reach their full potential.

"We believe every child can, and should, thrive by the age of five," Mrs Forrest said.

"Science tells us that the volume of child's brain has

reached 90 per cent by the age of five so we want to help set parents up for success and increase awareness of the importance of having positive interactions with children – early and often.

"Molly beautifully delivers this universal truth – that the early years are the most critical period for shaping a child's life now, and in their future."

Joondalup Health Campus Head of Paediatrics Professor Desiree Silva said Ramsay Health Care was honoured to be part of the Thrive by Five TED Talk initiative.

"The message to connect and play, early and often with children from birth to age five is vital in their development and overall wellbeing," Prof Silva said.

"New parents at our hospitals found the video educational, entertaining and inspiring.

"The Thrive by Five TED Talk has the potential to improve the health outcomes for children on a global scale."

Mother of four Tagan Morrison watched the video after giving birth at Joondalup Private Hospital.

"The video was very useful and I will share it with other Mums," Mrs Morrison said.

There are now plans to roll-out the Thrive by Five TED Talk in hospitals around the world and UNICEF is supporting the global distribution. ■■

Glengarry celebrates Early Parenting Centre milestone

The Early Parenting Centre in Duncraig has helped almost 1000 parents get to "know" their babies better in the past three years.

Staff celebrated the centre's third birthday at Glengarry Private Hospital on 2 May.

The Early Parenting Centre supports families with infants six-weeks-old to 12-months-old in areas such as sleeping, feeding, reflux, colic and adjusting to parenting.

Nurse Unit Manager Jen Motteram said helping families and carers in the community during the past three years had been inspiring.

"It's been amazing getting to know families and carers, supporting them through parenthood and also with subsequent children, watching them grow and develop," Ms Motteram said.

While the centre has been popular since it opened, there had been a surge in demand in the past year.

"A concerning trend we've noticed is a higher level of anxiety in caregivers," Ms Motteram said.

"This is possibly due to the effects of having lockdowns and less support available to families.

"The most important thing we've been able to help with is increasing parents' confidence.

"We teach parents to recognise their baby's signals and "know" their child better, so usually their sleep rhythms will come together.

"We also help parents to develop strategies to achieve the best possible outcome"

The multi-disciplinary team at the Early Parenting Centre includes nurses trained in midwifery, lactation consultants, paediatricians and child health nurses.

For more information visit: www.glengarryprivate.com.au ■■



Frances Perry House launches early-pregnancy loss study

Frances Perry House is aiming to improve the emotional care given to women who experience pregnancy loss, by launching a dedicated research project called Mental Health and the Early Loss of Pregnancy (M-HELP).

In Australia, one in four pregnancies end in miscarriage, 80 per cent of which are in the first trimester. Yet research into how to best support women and their partners, during what can be a very traumatic and painful time, is minimal.

The M-HELP research team, led by Dr Marjolein Kammers from the University of Melbourne, is examining ways to improve the emotional support given to women and their partners after loss, as well as empower and educate their health care providers.

"There seems to be a stigma or an unwritten rule that we shouldn't share our pregnancy before 13 weeks because if a woman loses her baby in that time, it almost seems common. However, past research has shown that women frequently experience significant psychological distress, trauma and grief as a result of miscarriage, which can last weeks, months or even years. One of the problems there is that these women don't have the support network to help them, because no-one knew they were pregnant in the first place," Dr Kammers said.

The M-HELP project is particularly close to Dr Kammers' heart, having herself experienced several rounds of IVF and multiple pregnancy losses. She hopes this research will help other women who lose a baby during early pregnancy.

"It would be wonderful if that stigma was lifted so that women can share their early pregnancy as well as their early loss, if they want to. By sharing more about our miscarriages, the possible emotional impact can be acknowledged which can have an incredibly positive impact," she said.

Frances Perry House Chief Executive Officer, Shaune Gillespie, said the M-HELP study was important and encouraged women and their partners to take part, if they felt comfortable.

"This research is the first of its kind and at Frances Perry House we are committed to starting the conversation with women and changing how early pregnancy loss is seen," Mr Gillespie said.

"There's no doubt it's a sensitive topic but we need to discuss it to help drive change and improve the support that we as health care providers can give to our patients," he said.

Women and/or their partners who've experienced pregnancy loss, at least six weeks but not more than six months ago, can volunteer to take part in the M-HELP project, knowing that their involvement could help other people suffering loss in the future.

Their participation would include one 60-minute conversation with the researchers around preferred language used by their health care providers to talk about the loss, and their view on what type of extra support resources would be helpful. This interview can be conducted in person, or via online video call.

If you would like to take part please visit <http://go.unimelb.edu.au/65mi> or contact 03 8344 0993 for a confidential conversation. ■■

Ethics ID Number: 2021-20977-15052-3

New perinatal mental health service opens at Westmead Private Hospital for expectant and new parents

Western Sydneysiders experiencing perinatal depression and anxiety (PNDA) can now access GP-referred, free psychological counselling sessions at Gidget House at Westmead Private Hospital.

A brand-new Gidget House has launched at Westmead Private Hospital, offering free individual perinatal psychological counselling services.

The service at Westmead Private was opened officially by the Minister for Mental Health, Women and Regional Youth, the Hon Bronnie Taylor MLC.

Hon. Bronnie Taylor MLC, said that a baby is a blessing to families, but it can be incredibly challenging for new parents to navigate this new chapter in their lives.

“Caring for a newborn can be a stressful, lonely and overwhelming time. The staff at Gidget Foundation Australia are passionate about supporting families in their time of need and the work they do is vital in supporting our communities. I’m incredibly proud to be part of a government that supports Gidget Foundation Australia,” she said.

Mike Flatley, CEO of Westmead Private Hospital said of the opening, “We are thrilled to be partnering with Gidget Foundation Australia and being able to support expectant and new parents with their journey. It will be wonderful to provide an even stronger support network for families that need a helping hand. This free service will help local families who would otherwise struggle to pay for specialist perinatal counselling.



“The beginning of the parenting journey can be a vulnerable and isolating experience. The services provided through this partnership will help parents to build a support network which is even more important if they are not surrounded by family,” Mr Flatley said.

Gidget Foundation Australia CEO, Arabella Gibson, said, Mental health can be a complex and delicate issue among new parents, and this can make it hard to speak out. It’s wonderful to collaborate with Mike and the team at Westmead Private Hospital and we hope this new offering can provide a safe space and encourage expectant and new parents to seek help if they need it.

“Of course, it is unfortunate that there is such a significant need for these services at all, but we are seeing enormous need for perinatal mental health programs in the wider community and we must be there to support new parents as much as we can,” Ms Gibson said.

Gidget Foundation Australia and Westmead Private Hospital appreciate that pregnancy and childbirth bring much joy along with a few challenges and believe it is important that expectant and new parents have access to services and support that will assist them with their emotional wellbeing.

Luxury post-birth ‘staycation’ for parents

Newly delivered mums and their families can now be treated to a two-night, five-star apartment stay at the Quest Joondalup with breakfast and parking included as part of the hospital’s ‘Little Luxuries’ package*.

On arrival, maternity guests are given a complimentary welcome hamper and the offer includes three room-service meals a day for two plus morning and afternoon tea.

There are also as optional upgrades like interconnecting rooms if siblings or grandparents want to stay, plus baby massages and spa services.

The hospital’s Director of Obstetrics & Gynaecology Dr Cliff Neppe said he was delighted to offer new mums a gentler transition from hospital to home, expanding the hospital’s growing range of choices for private parents.

“We are so excited to offer this fantastic experience to the mums who will be giving birth at Joondalup Private Hospital,” Dr Neppe said.

“Becoming a parent is a very exciting time and this little luxury has been designed to help new mums relax, enjoy some pampering and connect with their partners after giving birth.”

“This option has long been available on the East coast,

Ramsay Health Care’s Joondalup Private Hospital (JHP) in Western Australia (WA) has introduced a luxurious post-birth apartment ‘staycation’ for new parents in a WA first.

but it is new here in WA and we expect it will be extremely popular,” he said. “We are the only private maternity provider in State currently offering this experience.”

“It allows parents the opportunity to bond with their newborn in stylish, peaceful surrounds whilst having hospital help close at hand.”

“The advantage of the Quest Apartment Hotels is their rooms are so much larger than a typical hotel and the complex is modern with beautiful views, so it really is a home-away-from-home experience that both comforting and relaxing.”

He said it was also ideal for allowing any siblings a unique opportunity to spend special getting to know the latest addition to the family.

“Having baby is exciting but can also be a time where mums need support, which is why this option provides the added comfort of knowing hospital staff are nearby,” Dr Neppe said.

“A midwife will visit twice a day to provide follow up care and support, and the hospital is located only 600 metres away from door-to-door.”

Privately insured mums can access the package if they have

an uncomplicated vaginal birth or an uncomplicated elective caesarean section and are eligible for discharge within 24-48 hours post birth.

There are also a range of optional upgrades including additional nights’ stay, interconnecting extra rooms, baby massage and more.

Alkimos mother of one and stepmother of two Samantha Bauckham (pictured) says her stay at Quest Joondalup was the ideal way for her young family to begin bonding with newborn baby Braxton.

“My partner and our kids stayed in a two-bedroom, two-bathroom suite. There was a television in our bedroom as well as in the lounge, bassinet, ensuite and blackout curtains,” she said.

“The advantage of the Quest Apartment Hotels is their rooms are so much larger than a typical hotel and the complex is modern with beautiful views, so it really is a home-away-from-home experience that is both comforting and relaxing.”

For more information about the Little Luxuries package visit <https://www.joondalupprivate.com.au/Maternity/Little-Luxuries>

Luxury experience resumes for Pindara Private Hospital mums

Pindara Private Hospital is proud to announce its partnership with Palazzo Versace Hotel has resumed, meaning Gold Coast mums can once again be treated to luxury after welcoming their baby into the world.



The Pindara Palazzo Platinum Package allows women, their partners and new baby to leave hospital and enjoy their postnatal care in a hospital-assimilated environment.

Pindara Private Hospital Chief Executive Officer Mark Page said he was thrilled to once again offer Gold Coast mums the option of staying in five-star luxury after giving birth. The nine-year partnership had to be temporarily paused during the COVID-19 pandemic.

“We are so pleased to recommence our partnership with Palazzo Versace and I have personally had so many Pindy mums ask me when we would be restarting this program, so it’s wonderful to finally be able to say the Platinum Package is back,” Mr Page said.

“This service is an extension of Pindara Private Hospital and is fully supported by our own highly qualified and experienced staff, so our new mums can rest assured that they will have access to a Pindara midwife or maternity nurse at Palazzo Versace throughout the day and evening,” he said.

Gold Coast mum Montana Stenner and her partner, Titans player Ash Taylor, are among the first couples to indulge in the Platinum Package in 2021, having just

welcomed their second child, baby Hazel into the world on Monday 7th June.

“Hazel is going really well, she’s very relaxed. Our son Oscar is 18 months old and he’s pretty wild so hopefully she’s the chilled one,” Montana said with a laugh.

“This time around we chose to do the Palazzo Versace stay because I think it’s more relaxed than hospital. I was already pretty chilled from the beautiful vibe at Pindara but this is next level,” she said.

Marketing and Communications Manager Frances Scarle said she was thrilled to reignite the partnership with Pindara Private Hospital for the Palazzo Platinum Package.

“We look forward to welcoming mothers and their babies to Palazzo Versace for an opulent and tranquil stay as part of the transition between leaving Pindara Private Hospital and returning home,” Ms Scarle said.

“From the moment new parents enter the grand lobby, the Palazzo Versace team will be at their service to ensure this precious moment is combined with relaxation, luxurious amenities and the opportunity to enjoy the Versace lifestyle.”

Movements and Appointments

DANNY SIMS

has entered a well-deserved retirement after 18 years with Ramsay Health Care, including almost six as CEO of Ramsay Australia. Danny started with the Ramsay family in 1993, working with an affiliate company in the United States known as Ramsay Health Care, Inc. During his five years working for Ramsay Health Care, Inc, Danny served as Group Financial Controller for four of those years and acting Chief Financial Officer for one year. Two years after leaving Ramsay Health Care, Inc, Danny set his sights on working for our company in Australia. In 2003, a position became available in Head Office Finance, and Danny joined our company as Group Financial Controller-Operations. After three years, Danny moved into operational management as the NSW State Operations Manager. In 2008, Danny was appointed as the Chief Operating Officer of Ramsay’s Australian and Asian operations. The milestone achievement in Danny’s Ramsay career occurred in January 2015, when Danny was appointed as the Chief Executive Officer of Ramsay Health Care Australia. Danny also served as Chair of the Ramsay Hospital Research Foundation. Danny said he considered himself blessed to have contributed 18 years to the company’s 57-year history and leaves with the greatest of memories which will last a lifetime. Danny has not only made a significant contribution to Ramsay Australia, but to the private health care sector as well. Since leaving the Australian CEO role in October last year, Danny was acting in a Chief Operating Officer capacity, before officially retiring on 2 July 2021.

ANDREW SMITH

has been appointed to the Australian Executive Team at Ramsay Health Care in the role of Chief Operating Officer – Out of Hospitals. Andrew is an experienced ASX 150 company Chief Executive Officer and Chief Financial Officer with a track record of growing consumer-focused companies in Australia and the Asia Pacific region, namely in the financial services, retail and health financial services sectors. He has most recently been the CEO and Executive Director of CBHS Health Fund, a members-based insurance fund with strong ties to the Commonwealth Bank of Australia. Andrew commenced his career in audit and finance, initially at KPMG, Winterthur Swiss Insurance and Rothmans. In 1998, he joined retailer Orotongroup as Head of Finance and was promoted to CFO a short time later. By 2003, Andrew was ready for a new challenge and accepted an offer to join ASX listed multi-branded retailer Brazin as CFO. He left three years later to commence with Invocare as CFO and Company Secretary, before being promoted to COO and then CEO. As COO – Out of Hospitals, Andrew

will grow our out of hospital businesses including pharmacy, hospital in the home, community based mental health and allied health services. He will be directly responsible for Ramsay Pharmacy, Ramsay Connect, Ramsay Health Plus and Ramsay Psychology. He will work with insurers on funding services beyond the hospital as well as low cost models of care such as day surgery ventures.

KEVIN CASS-RYALL

has decided to leave Ramsay Health Care after 27 years to spend time with his family. Kevin joined Ramsay in 1994 as Director of Finance and Corporate Services at Hollywood Private Hospital. He then moved into the CEO role at that hospital for 15 years, followed by his most recent position as State Manager for the Western Region (WA and SA). Kevin has also held board positions for Ramsay Sime Darby (Ramsay’s Asian operation) and Ramsay Connect. Kevin was very close to Paul Ramsay and he has been a true advocate of the Ramsay Way for all his time with the company. He has maintained excellent relationships with doctors, government and the industry and he will leave behind a lasting legacy. Chief Operating Officer – Hospitals, Greg Hall, will assume Kevin’s responsibilities in WA and SA going forward.

ADJ PROFESSOR JIM HOUSTON

has commenced at Greenslopes Private Hospital as the Director of Medical Services. Jim has returned to this role on a part-time basis, having previously held this position from 2001 to 2016. After graduating as a doctor from the University of Queensland and working in hospitals throughout regional Queensland, including Ingham and Townsville, Adj Prof Houston decided to make the move into hospital administration. He has worked for many years in both the public and private sectors and is committed to the training of young doctors in a hospital setting. In his role he will be responsible for ensuring high quality medical services throughout the hospital.

MICHELLE LYNCH

has been promoted to the new role of Chief Operating Officer for Ramsay Pharmacy. In this position, Michelle has accountability for the overall day-to-day operations of our pharmacy businesses within our private hospitals and supporting our franchise network of community pharmacies. Michelle has previously held the roles of General Manager of Operations for Ramsay Pharmacy and National Hospital Pharmacy Manager. One of her achievements for the business during the last 18 months has been to drive and enhance a strong,

positive people culture throughout the uncertainty of the pandemic. In addition to her promotion within Ramsay Pharmacy, Michelle has also been awarded the 2021 CEW Executive Managers Scholarship to become this year’s Chief Executive Women’s Scholar for the Wharton School of Business’ Executive Development Program.

ANDREW MCFADZEN

has been appointed as the Clinical Trial Network Manager for Ramsay Health Care Australia, commencing on 13 September 2021. Andrew is a highly respected and accomplished member of the clinical trials industry with more than 10 years of experience. Andrew has a broad understanding of the Australian health care sector, having worked clinically as a nurse before transitioning into a research role. He has previously helped to establish a thriving clinical trials unit at Pindara Private Hospital, and most recently joins us from his role as a Clinical Research Associate within a major contract research organisation. Andrew is committed to the improvement of health care and patient outcomes through research.

ANNE MORTIMER

has been appointed to the newly created national role of Director of Ramsay Mental Health. In this position, Anne is responsible for driving the growth and delivery of our mental health services in our hospitals. In addition to this new role, Anne will also continue to be the CEO of the Northside Group. Anne has worked at Ramsay Health Care for more than 20 years and, under her forward-thinking leadership, Ramsay’s psychiatric clinics in Sydney have grown to become the city’s premier mental health services. She is currently also Ramsay’s NSW representative on the Australian Private Hospital Association Mental Health Working Party, a member of the Mental Health Advisory Group for the Australian Commission on Safety and Quality in Health Care, and a member of Sydney North PHN’s Clinical Council.

SHARON REWITT

has been appointed to the role of CEO of Lake Macquarie Private Hospital and Warners Bay Private Hospital. Sharon has been with Ramsay Health Care since 2017, starting as Regional Commercial Manager for the Northside Group. She moved onto the CEO role at Warners Bay Private Hospital and then Deputy CEO of the Newcastle region. Most recently, Sharon has done a tremendous job as Acting CEO for Lake Macquarie Private Hospital and Warners Bay Private Hospital. Prior to joining Ramsay, Sharon worked as Commercial

Manager NSW for Healthe Care, Associate Director Commercial Services for Hunter Medical Research Institute and Chief Financial Officer for various insurance companies.

NICK RUSSELL

has been appointed to the role of Director of Finance and Hospital Support Services for Victoria’s north metro network of hospitals. This includes Donvale Rehabilitation Hospital, Victorian Day Procedure Centre and Warringal Private Hospital. Nick began his finance career in Scotland, completing the equivalent of a Certified Practising Accountant qualification and working there until moving to Australia. He most recently has worked at Dental Health Services Victoria, where he operated in several senior finance roles over the past four years, including as the Director of Business Intelligence. Nick has also previously worked as the Director of Finance at Western Health and Finance Manager at St John of God Health Care.

CHRIS SULLIVAN

has been appointed to the new position of Global Chief Supply Officer, responsible for overseeing global procurement initiatives, as well as Australian supply and procurement opportunities. This role has been created following an internal strategic review of Ramsay’s approach to global procurement. Chris brings 26 years of global experience in customer-led businesses, with a strong track record of driving results in transformation, procurement and supply chain, harnessing disruption to deliver growth, as well as developing talent. Most recently Chris has been advising management teams of large and complex organisations, including Ramsay Health Care where he has helped shape our global procurement strategy. Before that, Chris spent 11 years at Coca-Cola Amatil where he transformed the company’s approach to managing its third party spend and its key supply partners, and created a centre-led property team.

PATRICIA THORNBERRY

has been appointed to the position of CEO / Director of Clinical Services at Tamara Private Hospital. Trish has been part of the management team at Tamara since 2008 and has recently completed a one year secondment with the National Clinical Governance Unit, working on policy development. Prior to joining Ramsay Health Care, Trish was a senior lecturer and manager of the School of Health at University of New England for nine years. Trish holds a PhD from the University of New England, a Master of Health Science (Nursing Education) and a Bachelor of Nursing.

Ramsay celebrates Queen’s Birthday Honours List

Ramsay Health Care has congratulated the health care workers in its network – including staff and doctors – who were included in this year’s Queen’s Birthday Honours List.

The Ramsay recipients include:

- **Jackie Wright, Hospital Coordinator from Donvale Rehabilitation Hospital in Victoria**, who has received a Medal of the Order of Australia (OAM) for her service to international health.
- **A/Prof Barry Rawicki from Masada Private Hospital in Victoria**, who has received a Medal of the Order of Australia (OAM) for service to medicine as a rehabilitation specialist.
- **Prof Carol Anne Pollock from North Shore Private Hospital**, who has been named an Officer of the Order of Australia (AO) for distinguished service to medical research, education and science, to nephrology, and to clinical practice and governance.
- **A/Prof Gary Sholler from North Shore Private Hospital**, who has been named a Member of the Order of Australia (AM) for significant service to paediatric medicine, and to tertiary medical education.
- **A/Prof Stephen Della Fiorentina from Southern Highlands Private Hospital**, who has received an Order of Australia Medal (OAM) for his service to oncology.
- **Dr Alex Levendel from Tamara Private Hospital**, who has received a Medal of the Order of Australia (OAM) for his service to cardiology and nuclear medicine.

Ramsay recognises the selflessness, commitment and dedication these staff and doctors have made to their respective fields. ■■

Stunning Indigenous artwork on display at Wollongong Private

A beautiful indigenous artwork, paying homage to Wollongong as the land between the mountains and the sea, has been officially unveiled at Wollongong Private Hospital.



Commissioned specifically for the hospital, and titled “Woolungah”, the stunning canvas will adorn the main foyer, brightening the area with vibrant blue, white, green and brown.

It took artists Lorraine Brown and Narelle Thomas, from the Coomaditchie United Aboriginal Corporation, several weeks to complete.

“We like to put a lot of thought into the planning and design because it’s representing the area. Wollongong is a very specific place between the mountains and the sea and we wanted to make sure that came across on the canvas,” Ms Brown said.

“They wanted us to do an acknowledgement to country so we made it in our local colours to show that we’re the east coast but we’re the mountains too, and you know there’s a lot of dreaming stories that fit in with that as well.

Wollongong Private Hospital Chief Executive Officer Steven Rajcany said it was wonderful to display the work of such talented, local artists.

“At Ramsay Health Care, we recognise the important role we play in our local communities and society at large. It’s why we’re committed to investing not only in large-scale causes, but also in local projects,” Mr Rajcany said.

“Commissioning this beautiful artwork allows us to invest in local organisations like the Coomaditchie United Aboriginal Corporation, which does such important work in raising the self-esteem, pride and dignity of Aboriginal people. ■■

Healthy hearts a priority at Strathfield Private

Dozens of visitors and staff have been treated to free heart health checks as Strathfield Private Hospital celebrated Heart Week.

The recently renovated foyer was transformed into a mini-clinic decorated with heart-shaped balloons, stickers and information pamphlets to help the community understand heart disease and learn ways to reduce their risk.

Nurses carried out cholesterol, blood pressure and blood sugar level checks, and most importantly raised awareness about heart health.

Strathfield Private Hospital cardiologist Professor Ian Wilcox said it was a great way to celebrate the roles that healthcare professionals play in the team sport of health.

“Heart Week is a great opportunity to recognise the major effect of heart disease on the health of Australian men and women. It may come as a surprise to know heart disease has always been the number one killer of women,” Professor Wilcox said.

“What distinguishes Strathfield Private Hospital from many others is the culture of putting patients and their families at the centre of everything we do and the Ramsay motto of people caring for people lives on as we celebrate Heart Week”.

Strathfield Private Hospital has been performing advanced cardiac surgery for Sydney’s inner-west community for more than 30 years. It is supported by a 29-bed cardiovascular unit, 10-bed intensive care unit and 24/7 medical supervision.

Cardiac coordinator and registered nurse Cassandra Board said the free health checks were a great initiative to mark Heart Week.

“We really provide multidisciplinary care here at Strathfield Private, from the cardiologists, surgeons and nurses, to the dieticians, physiotherapists and pharmacy, we are working as a team to provide the best outcome for the patient,” Ms Board said.

To conclude Heart Week, 15 nurses were invited to an education seminar at Crowne Plaza Burwood, where cardiothoracic surgeons Dr Benjamin Robinson and Dr Hugh Paterson presented an informative session on mitral valve replacement and repair surgery.

Heart Week is an initiative of the Heart Foundation and was celebrated from 3-9th May.



Ramsay Pharmacy enjoys education session with local Darumbal group

Ramsay Pharmacy team members in Central Queensland has been treated to ‘tukka on tunuba’, or ‘breakfast by the riverbank’, with the Darumbal people on the banks of the Tunuba which is also known as the Fitzroy River.

The community event, hosted by the Darumbal Community Youth Service, was welcomed by Da-rumbal Elder Auntie Ethel Speedy followed by a Traditional smoking ceremony by Darumbal Elder Unlce Wade Mann and a welcome dance by Darumbal descendants known as the Canoona boys. Ramsay Pharmacy Rockhampton was also lucky enough to join in and provide a health session to the community.

Retail Manager Toni Cown said it was a wonderful morning and the team relished the opportunity to come together with the local indigenous community.

“We are so grateful for the kind invitation to attend *tukka on tunuba* last week to celebrate NAIDOC Week and focus on this year’s theme to ‘Heal Country,’” Ms Cowan said.

“It was a great opportunity for us to let people know about some recent changes to medication administration aids which mean Aboriginal and Torres Strait Islander Australians no longer need to pay a fee to get Webster packs to help manage their doses”.

Darumbal Senior Case Manager Nicole Muller said over 100 people attended the NAIDOC Week event and it was good to have the Ramsay Pharmacy team on hand to share important information with the community.

“We would normally reserve the celebrations for our First Nations people but we allowed Ramsay Pharmacy Rockhampton to come to the *tukka on tunuba* because what they were promoting was really important to our people because of the alarming rate of health issues increasing,” Ms Muller said.

“Our mob need to know about the changes to the Webster packs and having the Ramsay Pharmacy people there allowed our elders and other mob to ask questions and get to know about the changes, so this was getting the message straight to them.

“We’ve built up a really great relationship with Toni and the Ramsay Pharmacy in Rocky and last weekend they did the makeup for our two Darumbal entrants in the Miss NAIDOC competition at the NAIDOC ball, so we really appreciate their support,” Nicole said.

Pindara Private physiotherapist makes Olympic debut in Tokyo

When Alex Beck took to the athletics track at the Tokyo Olympics, he may well have heard the cheers of support all the way from Pindara Private Hospital on the Gold Coast.



Not only was Alex born at Pindara 29-years-ago, he is also a member of the hospital’s allied health team, having worked as a physiotherapist there for almost five years.

Alex represented Australia in the 400 metre track event at the 2021 Olympics in Japan.

“The Olympic experience is something the whole community gets behind and it’s just really nice to know there’s a lot of people in my corner wanting to see me succeed,” he said.

“I’ve been running for more than 10 years and I was close to selection in 2012 and 2016 but this was my Olympic debut which I’ve been wanting to achieve my whole career. Looking back, I think missing out previously really lit that fire in me and to now be running

the best I’ve ever been, it’s just awesome,” he said.

Alex said he loved being able to combine his physiotherapy career at Pindara Private Hospital with his passion for sport and elite performance. He admits many of his patients may not realise they’re being treated by an Olympian.

“When I’m at Pindara I don’t get too much into what I do, because it’s all about the patients, not me,” he said.

Pindara Private Hospital Chief Executive Officer, Mark Page, said Alex had the support of the entire Pindara team.

“We’re so proud of Alex and we couldn’t wait to celebrate his achievement upon his return!” Mr Page said.

Ramsay announces additional 2021 scholarship winners

Ramsay Australia is helping more employees to further their careers with an additional 29 staff members being awarded a 2021 national scholarship in the second round of offerings.

The successful applicants came from varied career backgrounds and hospitals, and are looking to study in a broad range of fields from allied health and nursing to human resource management and administration.

Chief Executive Officer Carmel Monaghan congratulated the winners, and thanked all applicants for showing dedication to their careers.

“Well done to those who were successful in gaining a scholarship - we wish you the very best in your development studies and look forward to hearing how you progress,” Ms Monaghan said.

“For this second round of offerings, we had more than 100 applicants from across Australia. They are all worthy of recognition for their eagerness to ultimately benefit our patients and the departments they’re working in - thank you for your ongoing commitment”.

Ramsay will contribute more than \$55,000 to this scholarship group – with individual reimbursements ranging from \$800 to \$5,000.

The scholarships awarded during this round are;

Ramsay Facility	Scholarship Received
Lake Macquarie Private	Clinical Trial Coordinator’s Core Skill Set Training
Greenslopes Private	Vestibular Dysfunction and Management Course
Corporate - Ramsay Pharmacy	Business Analytics with SQL and Python
Corporate - Group Procurement	Developing AI Strategy (Artificial Intelligence)
Albury Wodonga Private	GLA:D Training Course
Joondalup Health Campus	Certificate in Paediatric Nutrition & Dietetics
Hollywood Private	Clinical Coding Auditing Course
Glengarry Private	Food Microbiology 101
Pharmacy St George Private	Foundation Seminar in Haematology
Hollywood Private	Comprehensive Schema Therapy Training
Tamara Private	Ex Med Cancer PD
Frances Perry House	Breast Feeding Champion Course
Greenslopes Private	Culture and Workplace Behaviours Training
Lake Macquarie Private	Professional Certification in Health and Wellbeing Coaching
Donvale Rehab	Master of Science in Medicine (Sexual and Reproductive Health)
Waverley Private	Simulation and Scenario Design for Simulation Based Education
Cairns Private	Certificate IV in Clinical Classification
Tamara Private	Bachelor of Nursing
Pindara Private	Graduate Certificate in Diabetes Education
Beleura Private	PD Warrior – Level 1 & 2
Shepparton Private	LSVT BIG Online Course
Port Macquarie Private	LSVT BIG Online Course
Beleura Private	PD Warrior – Level 1 & 2
Peel Health Campus/ Hollywood Private	LSVT LOUD Course
Port Macquarie Private	PD Warrior – Level 1 & 2
Joondalup Health Campus	LSVT BIG Course
Hunters Hill Private	LSVT BIG Course
Warners Bay Private	LSVT BIG Course
Hollywood Private	LSVT LOUD Course

Going green is 'the new black' for Nowra Private Hospital

A dedicated 'green team' is helping Nowra Private Hospital to slash its emissions and dramatically improve its sustainability measures in a bid to reduce its environmental footprint.

Acknowledging World Environment Day (5 June 2021), and as part of its commitment to creating a cleaner, greener planet, Nowra Private Hospital's 'green team' has come up with a range of sustainability measures. From a new 100 kilowatt solar panel project, to PVC and aluminium recycling, and the elimination of single-use plastic water bottles.

Chief Executive Officer Prue Buist said the new solar panels would now generate 11% of the hospital's electricity output.

"We are really excited to have this new solar system online because over its lifespan, it will save 1,988 tonnes of carbon emissions. That's the equivalent of taking 33 cars off the road!" Ms Buist said.

"As a Ramsay hospital, we acknowledge that climate change is a critical issue so we are focused on minimising our greenhouse gas emissions, cutting energy and water use, slashing our use of unnecessary plastics and increasing our recycling and sustainability initiatives.

"From anaesthetists, surgeons and nurses who are helping to recycle medical waste in our theatres, to our cafes using recyclable cups and coffee bags, the whole team is really pitching in and I'm very proud of the targets we're achieving," she said.

Nowra Private started removing plastic water bottles in March 2021, which has already resulted in at least 11,500 bottles being removed from landfill, in just eight weeks.

Ink and toner cartridges are now also being recycled, along with batteries that are used in theatres.

"Our green team has set up these amazing initiatives which will all significantly reduce our green-house gas emissions. They're also looking at ways our recycling could help other community organisations and we hope to be able to donate any out-of-date bandages, fluids or medical equipment to local animal shelters," Ms Buist said. ■■



Warringal's woolly switch strengthens Ramsay's sustainability strategy

Warringal Private Hospital's day oncology team has helped uncover an innovative new solution for medication packaging, helping to reduce the use of plastic and polystyrene across the Ramsay Health Care network.

In a bid to cut down on the high volume of bubble wrap, ice packs and plastics which are used to keep chemotherapy drugs safe and at the right temperature, the oncology team approached medical supplier Baxter Health Care to come up with a more sustainable solution.

Together with Ramsay Pharmacy, the collaboration came up with the idea of ditching the excessive plastic and implementing the award-winning Woolcool system - which is recyclable, sustainable and environmentally responsible.

Ramsay Pharmacy's Chief Operating Officer, Michelle Lynch, said the woolly switch was fantastic news for the entire Ramsay network.

"Changing medication packing systems is not an easy or straightforward task because we need to make sure the chemotherapy and immunotherapy drugs stay safe during transport, particularly on very hot days," Ms Lynch said.

"The Woolcool solution is brilliant and we are already seeing a massive reduction in the plastic used across Ramsay. Woolcool thermally outperforms polystyrene and is far more environmentally responsible.

"I want to thank Sue and Jayne from the Warringal Day Oncology team for first raising the issue of excessive packaging and helping to inspire such an important and positive change," Ms Lynch said.

Woolcool insulation keeps contents cool and safe, packaged at 2 - 8 degrees Celsius for up to 72 hours. It is made from 100% sheep's wool and is manufactured in Australia and New Zealand by Planet Protector Packaging.

Baxter Healthcare General Manager for Australia and New Zealand, Steven Flynn, said creating a more sustainable healthcare system relied on collaboration and strong partnerships between hospitals and suppliers.

"As a local Australian manufacturer, Baxter Healthcare is committed to product stewardship and sustainable healthcare," Mr Flynn said.

"With the largest national network on Compounding facilities in Australia, it's important we work with Ramsay Health Care to reduce, re-use and recycle hospital waste.

"This new innovative solution to reduce packaging waste builds on our existing partnerships with Ramsay to recycle hospital PVC waste and aluminium bottles of gas anaesthesia."

As well as being recyclable, the woolcool felt can be reused through the home and garden, as kitty litter trays, pet beds, weed mats, mulch in the garden, lining for hanging plant baskets and even protecting worm farms or bee hives against the summer heat. ■■

Hollywood students help inspire new emergency department mural



Hollywood Primary School students turned to nature for inspiration as they workshopped ideas with artist Esti Nagy for a mural at the new Hollywood Private Hospital emergency department.

Ms Nagy has been commissioned to create a mural on a wall at the ED, which is due to open later this year.

She enlisted the help of 22 Year 3 students, and together they studied local flora and fauna to inform the mural design.

"I held two workshops with the students, where we visited Hollywood nature reserve, collected inspiration, discussed ideas, learnt about the design process and explored some design tricks and tools." Ms Nagy said.

"Students drew their own cockatoo and together created a collaged flock flying over native bushland.

"The artwork will be displayed at the school and a printed version will be showcased at the hospital.

"I can't wait to create the mural in the new ED and show the students how I've interpreted their ideas as a celebration of local bushland and birds."

Teacher Ryan Shaw said students enjoyed

the workshops and learning about nature.

"Students learnt about the bird highway, where black cockatoos fly from Hollywood nature reserve, past the school and the hospital to Kings Park," Mr Shaw said.

"It was also great for students to see the important role artists have in the community."

Hollywood Chief Executive Officer Peter Mott said the mural for the new ED was a wonderful collaboration.

"Community engagement is an important part of our hospital culture," Mr Mott said.

"Through this artwork, local children will be able to see their ideas brought to life for many years to come.

"The mural will take pride of place in the ED entrance - for everyone to enjoy."

Mr Mott said the new ED would benefit local residents by giving them the option to access timely private emergency care close to home. ■■

Ramsay Australia helps PNG's fight against COVID



Tens of thousands of donated face shields have arrived in Papua New Guinea to help the nation's frontline workers battle the COVID-19 pandemic.

The generous donation of 35,000 face shields was made by Ramsay Health Care Australia's sourcing department, Linear Healthcare Group, which also arranged the logistics and shipping of the product to a hospital in PNG's East New Britain Province.

General Manager of Linear Healthcare Group, Cheryl Adams, said it was rewarding to know the face shields were helping healthcare workers in need.

"We are always looking for ways to support our local community and broader regional network of health care providers. The pandemic provided a rare opportunity where we had an excess of some PPE lines, such as face shields, which matched the needs of this developing nation," Ms Adams said.

"We were so pleased that Ramsay Australia approved this donation and covered not only the cost of the face shields, but also the shipping and logistics expenses too because this is a really remote place, there are no planes or roads and we could only get the product there by boat," she said.

With only 5,000 hospital beds and 500 doctors to service a population of nine million people, Papua New Guinea was unprepared for a global pandemic.

By June 2021, PNG had experienced more than 17,000 cases and 173 deaths related to COVID-19. Emergency medical teams from Australia, the UK and USA are providing support on the ground and there is an ongoing need for vital medical equipment.

Orthopaedic surgeon Dr Robert Sharp, who is based at Tamara Private Hospital in New South Wales, has often led the Rotary International and Orthopaedic Outreach Program to PNG. He knew of the struggles with PPE at St Mary's Hospital and raised the issue of Ramsay Australia donating the face shields.

"We're very fortunate that we have a Ramsay surgeon like Dr Sharp, who has the local knowledge in PNG and provided us with an opportunity to donate these face shields to a community that really needs them," Ms Adams said. ■■