



Autumn 2019 Newsletter



From The Director's Desk

The Eastern Suburbs Hospital has been working hard and we are pleased to advise that we meet the new version of the National Safety and Quality

in Healthcare Standards that commenced this year. The new standards focus on communication with our patients to assist them to improve their level of health literacy during their stay at the hospital. Information sheets from the Australian Commission on Safety and Quality in Healthcare are provided to each admitted patients to encourage them to speak up with nursing staff and doctors if they do not understand what is being communicated to them by the healthcare providers. The assessment team were very impressed with our 'ward rounds' procedures and case conferences as all of our healthcare professionals participate in this engagement with our patients and each other.

Our consumer representatives have continued to engage with our patients to provide us with a great deal of feedback about the patient's stay or any concerns about their care. The assessment team were very impressed with the commitment and efforts of our consumer representatives.

These initiatives assist us to provide the very best care to the patients who visit our hospital.

Lynn Davis
Acting Hospital Director

Heart Wellness Program

Eastern Suburbs private hospital acquired a STENDO machine at the end of 2018. This machine has multiple benefits for our patients such as its ability to help with circulatory and lymphoedema problems. Having acquired the STENDO technology we have commenced a new program called the Heart Wellness Program. This program will provide our patients with a holistic model of care targeting the key areas of exercise, diet, sleep and medications.

One of our patients has been pleased to provide us with some feedback. " There was a mass on my right leg which my specialist was particularly concerned with. I had tried many other therapies but it was the STENDO, alongside my exercise routine, that had greatest effect. The lymphoedema in both legs has significantly reduced during my 30 min sessions and over time remained reduced for longer outside of the sessions. The solid, discoloured and raised mass around my ankle has softened and returned to a normal colour and my thickened ankles have now returned to normal."



Lynn Davis
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Our Journey of Recovery

ESPH established an art therapy group run by our Consumer Representative, Lydia Chan. The group was established to facilitate understanding and acknowledge a patient's thoughts and feelings through the rehabilitation journey.

Lydia has advised that art therapy is not about being an artist, the importance is on the process rather than the end result. The artwork can be seen on display at the front reception. Lydia's personal artwork can be seen on display in the patient lounge.

"Adding a splash of colour to life" is my slogan. "Focus on the paint and not on my pain" has helped me through all of my own health challenges!!

Various hues of colours reflect our experiences, moods, emotions and passage of developments. I see my life as a spectrum of colours. Colours reflect my perspective on things, and my own personal health journey of recovery.

The 4 frames of artwork displayed in the main reception area were the result of a combined effort of patients during 2017/2018. It is a narrative of a real patient. Just like the pen in the poets hand or the baton in the conductors hand, so the paint brush in the patients hand is an expression of their thoughts.

The colours used, and the design and arrangements of the circles, all express emotions (frustration, anger, bitterness, pain, loss of independence or self-esteem) from admission through to when they are well enough to be discharged. Their self-worth is restored.

It is a success story and much is attributed to the Doctors, Registered Nurses, Physiotherapists and general staff of Eastern Suburbs Private Hospital.



**Do you suffer from chronic pain?
At risk of falls?
Had recent surgery?**

Eastern Suburbs Private Hospital can help you!

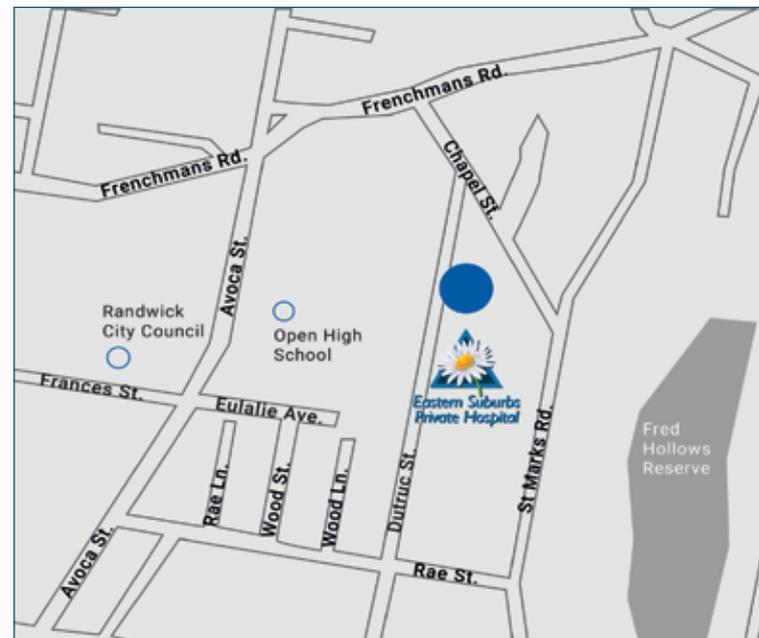
We have a variety of Reconditioning and Rehabilitation programs to assist your recovery.

From falls prevention and balance training to reconditioning.

We have programs to assist you!

Our highly skilled and helpful staff focus on your goals in your treatment, ensuring a happy and speedy recovery.

If you or a family member need assistance, or if you have private health insurance, please contact us on (02) 8383 7400 to discuss how our many programs can benefit you.



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