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In this edition of Peninsula Pulse we open the doors to our new 30 bed expansion of The Mornington Centre for Rehabilitation and Aged Care. The opening of the expansion means more space and more services for the Mornington Peninsula community. A new 10 bed dedicated Stroke Unit will be opening at the Centre later this year and a number of clinics and services are being centralised to the new location.

Work is now underway for the first stage of our Cancer Centre at Frankston. The Oncology Day Unit, is being renovated and expanded to accommodate more patients and provide a pleasant and more spacious environment. Plans are currently under way to create the Peninsula Cancer Centre in the existing Frankston Integrated Health Centre over the next five years.

There are also stories on some of the many initiatives being undertaken to help make our patients’ stay more pleasant including the introduction of the Stroke Foundation’s My Stroke Journey packs into our Acute Stroke Unit at Frankston Hospital – an Australian first; the transformation of our children’s x-ray room into an underwater world; and the success of the Mental Health Hospital Admissions Reduction Program in keeping our patients out of Emergency.

David Anderson
Acting Chief Executive
A new tool is available to assist people on the Peninsula who have had a stroke and support them on their road to recovery.

The Frankston Hospital Acute Stroke Unit is the first in Australia to implement the National Stroke Foundation’s My Stroke Journey program. The program provides stroke patients with a pack containing everything they need following their stroke including education and information, a care plan and what to do once they are home from hospital.

Speech Pathologist Claire Jones assisted with the introduction of the program and said that packs are a great resource for stroke patients and their families to learn about their stroke in their own time as well as in hospital.

“Currently stroke patients are treated as part of the general rehabilitation program. We have identified the need for all stroke patients to be located in one area and supported by a team with additional training in stroke rehabilitation.”

The new unit will focus on supporting patients and their family/carers through the physical and emotional changes that occur as the result of a stroke and developing care plans that reflect individual needs.

“One of the most important things about stroke recovery is working with patients to set and achieve realistic and ongoing goals while they are in our care and once they have returned home,” said Peter.

“The new unit aims to reflect the excellent work already taking place in the specialist Stroke Unit located at the Golf Links Road Rehabilitation Unit.”

More stroke services for the Peninsula

Peninsula residents will be able to access more stroke services with a dedicated Stroke Unit opening at The Mornington Centre for Rehabilitation and Aged Care in the near future.

10 beds will be allocated for the Stroke Unit in the Centre’s Gunnamatta Ward and will be supported by a specialised interdisciplinary team.

Peter Hough, Senior Physiotherapist at The Mornington Centre, said that the establishment of the Stroke Unit will centralise the care of stroke patients who come to the Centre.

“Being in hospital can be overwhelming and hard for patients to absorb a lot of information. The packs are a great resource and provide a starting point to help people understand what has happened to them and what their journey might involve.

“The My Stroke Journey packs provide all sorts of information from why strokes occur to a care plan where patients can document their appointments and therapy goals. It is an all-round resource for supporting patients in their recovery and a good source of information for when they are home and do not have immediate access to a clinician,” said Claire.

Stroke patients have a number of different types of clinicians providing them with care throughout their recovery process including doctors, nurses, physiotherapists, social workers, speech pathologists, dietitians and occupational therapists. The implementation of the new tool not only helps patients but assures the many clinicians looking after them that they have basic education on their condition.

“Although all stroke patients received education before the implementation of the packs, clinicians are now guaranteed that all patients will consistently receive the same information,” said Claire.

It is hoped that all hospitals across Australia with specialised stroke units will implement the resource in the future.
The lives of Simon and Michelle Carter were devastated when their beautiful 16 year old daughter Zoe unexpectedly passed away. The lives of Zoe’s mother Cecilia and her adoring step father Tony were likewise shattered.

It was the last day of the term at her Queensland high school, and Zoe was so happy when she returned home. She was delighted that the following morning she was flying to be with her father Simon, stepmother Michelle and little brother Fox at their home in Mount Eliza.

But before she even got on the plane, Zoe who had never before had a day’s illness, had a sudden, totally unexpected brain aneurism that proved to be fatal.

Simon flew to be with her and Cecilia and to say his goodbye to his little girl.

“Zoe lived such a loving life. She cared for everyone and everyone loved her,” said Simon.

“She had planned to go to Melbourne University next year to study medicine and follow in her mother’s footsteps.

“Zoe had such a positive, loving attitude to life, and she had a powerful impact on all whose lives she touched. She was so physically beautiful, and also academically brilliant; fun loving, kind and gentle. Zoe expressed unconditional loving acceptance to everyone in her short life.

“The sudden passing of Zoe made so many realise the uncertainty and the utter fragility of life, and the importance of love, kindness to others, and generosity, while we enjoy the gift of life,” said Simon.

Both parents knew that Zoe would want to help others in any way possible, as this was the way she lived her life. They made Zoe’s final act of love by donating her organs to give hope, comfort and joy to other families.

“We chose to give a better life to those in need, and perhaps to give to some other child, the gift of life itself.”

Seven year old Emma Coles has finally begun eating solid food after a prolonged battle with severe food aversion.

Emma, born 27 weeks premature, began refusing all solids at 10 months of age before doctors soon diagnosed her with a severe food aversion. This is a condition which causes her to become distressed by the sight, smell, touch and taste of food.

Emma has been receiving therapy sessions at Peninsula Health with her speech pathologist Danielle Surwald since 2007.

“Emma’s food aversion appeared to have been caused by difficulties with processing sensory information such as smell, touch and taste,” said Danielle.

Consequently, as a young infant, Emma made strong associations between eating and negative experiences and developed a fear or phobia around food and eating.”

In coordination with dieticians from the Joint Feeding Clinic, Danielle has been able to work with Emma and her family to significantly improve Emma’s eating habits.

Emma is now eating two small meals a day with her lunchbox consisting of soup and yoghurt in addition to a specially fortified formula drink.

Emma is also learning how to bite and chew more solid foods and gaining confidence in these new skills.

In addition to treatments with Danielle and her team, Emma underwent a comprehensive food education program at a dedicated sensory therapy centre in the United States known as STAR (Sensory Therapies And Research) at the beginning of 2012.

The specialised non-profit centre in Colorado provides children and their families with education about sensory regulation, social engagement and coaching.

“During her time at the clinic, Emma underwent an intensive program through which she achieved numerous feeding, physical and sensory tolerance goals,” said Danielle.

Most significantly, Emma gained the ability to hold and play with food products as well as sitting at a table with food without high levels of stress or anxiety.
24/7 Emergency Cardiac Service

Emergency Cardiac Angiography services are now 24 hours a day, seven days a week at Frankston Hospital.

The Cardio Angiography Suite at Frankston Hospital is now fully equipped to run at any time, day or night.

The extension of the services has allowed for the treatment of patients with cardiac related issues outside of normal hours, rather than being sent to other health services as has been done in the past.

Brendon Gardner, Executive Director Frankston Hospital, said that the extension of the service will greatly benefit the community by providing more accessible services closer to home.

“In recent times there has been a larger number of patients requiring Cardiac Angiography Services outside of normal operating hours,” Mr Gardner said.

“Normally these patients would be transferred to larger hospitals which offer 24 hour Emergency Cardiac Services. It is because of this continued increase in patients a need was identified for a local extended Cardiac Angiography service for our community.

“All patients in our catchment area with suspected heart problems who come to Frankston Hospital Emergency Department will be able to access this service unless their condition requires a more specialised service from one of the major hospitals,” said Mr Gardner.

In addition to providing patients with a localised and accessible 24/7 service the introduction of the extended service also aims to reduce the work loads and waiting times for Ambulances. Ambulances will no longer need to transfer patients between health services which can often also result in longer wait times.

Frankston Cancer Centre expansion now underway

Renovations and an expansion of the Oncology Day Treatment Centre at Frankston Hospital are now taking shape.

The newly refurbished Day Treatment Centre is the first stage in a plan to develop an integrated cancer centre servicing the 300,000 people who live in Frankston and the Mornington Peninsula.

Oncology Day Unit Nurse Manager Joan Thomas said the refurbishment is expected to open in June.

“The unit will have an additional four treatment chairs, bringing the total number to 15, which will be spread across two areas rather than just the single area we have currently.

“The expansion will also add two procedure beds which will be given their own dedicated procedure rooms,” Joan said.

The redesign will also add much needed floor space to the current treatment area.

“As well as larger treatment areas, the expansion will add a reception area and patient resource room. The resource room is a particularly valuable addition as it will provide a private space for consultations and assessments as well as space for patients to relax,” said Joan.

Whilst the renovations take place, a temporary unit is located in the Transit Lounge inside the main hospital and runs at an increased capacity of 14 chairs. Current patients have been advised and signage is in place to direct people to the temporary location.

The expansion comes as a result of a $650,000 funding grant through the Federal Government’s Community Development Grants Program secured by the Member for Dunkley, The Honourable Bruce Billson MP, as well as the success of a community fundraising appeal.

The Haemodialysis Unit, which is located in the same area as the Oncology Unit, will run as usual with minimal disruption to its service.

“The resource room is a particularly valuable addition as it will provide a private space for consultations and assessments...”
**Glenda’s cardiac comeback**

Glenda Jackson was lucky not to have a major heart attack thanks to her own intuition and quick thinking.

The 53-year-old Carrum Downs resident was on a weekend away visiting friends when she first started noticing the events that led to her having major heart surgery and potentially saving her life.

“I had been feeling a bit funny so my friend took my blood pressure. The machine kept coming up with an error and that’s when I knew something definitely wasn’t right,” said Glenda.

Once home, Glenda paid a visit to her GP where she was sent for tests which diagnosed her with a blood clot in her arm and blockages in her heart.

“I ended up having a double bypass to remove the blockages as well as an angiogram to remove my clots,” said Glenda.

After having her surgery Glenda didn’t recover as quickly as expected and ended up in Intensive Care due to low blood pressure which was followed by infections in her chest and wound.

Once recovered and out of hospital Glenda was referred by her specialist to the Cardiac Rehabilitation Program run by Peninsula Health to help her regain her strength and develop preventative skills for managing her heart.

“The program was so helpful. It really helped me learn and understand about heart disease and how it can affect people in different ways,” said Glenda.

The program aims to physically and emotionally support those who have had a heart event such as heart attack, bypass surgery and heart failure or who are at risk of developing coronary artery disease. After an initial consultation, participants attend a seven-week program where they are able to learn the best way to manage their health through diet and exercise but also develop an understanding about how the heart works and become experts in their own disease.

“One of the best things I learned was about how heart disease works and how it can be hereditary,” said Glenda.

“It was also really interesting to learn what food can do to your body and how it affects your health. I would have never have known otherwise.”

“The Cardiac Rehabilitation Program provided me with a great place of support after having such major surgery. It provided me with a place to go with people who were in a similar position to me as well as supportive and caring staff,” said Glenda.

Cardiac Rehabilitation Nurse Maureen said that those who attended the program really benefited from it.

“We often have clients complete the program more than once because it helps them so much.

“It is a fantastic way of providing ongoing support to those who need help with their heart illness following surgery and to prevent it in those who are at risk of heart disease,” said Maureen.

The Cardiac Rehabilitation program is run at:

Rosebud on Wednesdays from 10.30am to 12.30pm
Frankston on Tuesdays and Thursdays 9.00am to 11.30am

For more information please contact:
Access Worker at Community Health for referral: 1300 665 781

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**John Bloggs’ journey through cancer rehab**

John Bloggs’ life was turned upside down when he was diagnosed with bladder cancer.

However, after the cancer had been removed and John was in remission he was left feeling lost and unsure of what to do or to expect next.

John was referred to the Cancer Rehabilitation Program by his dietician. He joined the seven-week program offered by Peninsula Health, alongside five other participants. The Peninsula Health program is supported by the Southern Melbourne Integrated Cancer Service.

The program aims to improve quality of life, in particular the physical function, fatigue, stress or anxiety and diet of cancer survivors. It includes exercise, education settings and self-management strategies.

John found the program immensely helpful. “After I had received my treatment I felt cut off. It was more of a mental feeling than a physical one,” said John.

John Bloggs is happier and healthier after the integrated Cancer Rehabilitation Program.

I knew I could exercise but I needed the strength of mind to help me push through it. The rehab program helped me to do this.

“It gave me the chance to become an expert in my own disease. I needed to take control of the illness. Through the program we learned about ourselves and became accepting. It was such a great relief having others to share with too.”

“I felt I recovered quickly after I embraced the program. I got my independence back, I felt more connected, I continued my yoga and meditation – something I connected, I continued my yoga and meditation – something I would never have known otherwise,” said John.

Frankston Cancer Rehabilitation Coordinator Anita Lloyd said “Most people completing the program felt motivated, paced themselves, managed fatigue, coped better with stress, gained confidence to exercise regularly and ate better than when they started the program.”

The Cancer Rehabilitation Program is run at:

Rosebud on Tuesday 10.00am to 12.20pm and on Fridays 10.00am to 12.20pm
Frankston on Wednesdays 10.00am to 3.20pm and on Fridays 10.00am to 12.20pm

For more information please contact:
Access Worker at Community Health for referral: 1300 665 781

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Glenda in her home
Mental Health program helps reduce patient risk

Tracy*, a mother of two, has broken a long term cycle of substance abuse and reduced her hospital admissions thanks to a new program.

She is one of 15 who have become part of the newly established Mental Health Hospital Admission Reduction Program (HARP) since its inception in July last year.

Tracy has a borderline personality disorder and a history of long term substance abuse. Her battle with drugs and alcohol has led her to being admitted to Frankston Hospital dozens of times.

In 2012/13 over 90,000 face to face appointments, home visits and phone contacts took place. In 2013/14, over 98,000 face to face appointments, home visits and phone contacts took place.

The new program has received close to $2.5 million in funding from the Department of Health over four years as part of the Supporting National Mental Health Reform project and is run in partnership with the Mental Illness Fellowship.

Mental Health HARP Team Leader Allira Ritchie says that the program is important for helping those with mental health issues break their cycles of repeated hospital presentations and to manage their needs in more beneficial and supportive ways outside of hospital admission.

"Many of the people we assist will have complex health needs outside of their mental health issues stemming from problems with their physical health, substance use and lack of social supports.

"Our service takes a recovery-orientated approach where we work intensively alongside clients for up to six months. In this time frame we work with them to build their capability to self-manage their complex issues, help them gain access to long term support to stabilise their mental health and improve their condition and their circumstances," said Allira.

Tracy said that her long term mental health and substance issues have had a big impact on her life and well-being.

"Over the last 10 years I have actually died over 20 times as the result of overdoses and mixing medication with alcohol. I never did it on purpose, I just didn’t realise I’d taken too much.

"Since I’ve been battling with prescription medication and alcohol and have been in hospital more times than I can count.

"My substance abuse and constant admissions to hospital have really affected my life and my family in a big way. In the end I ended up losing custody of my kids which was a big wake up call," said Tracy.

When the team from Mental Health HARP got in contact with Tracy she said it changed her life.

"I knew that I needed extra help and an alternative to what I had tried before but had always been a bit disillusioned with the health system.

"When I heard about Mental Health HARP I thought it was a great idea. My caseworker Cathy has been fantastic. She is so warm and caring and has given me hope," said Tracy.

One of the programs Cathy helped connect Tania with to help her manage her health issues is the Dialectical Behavioural Therapy (DBT) program.

"DBT is a group and individual based therapy which aims to help reduce self-harming behaviour and improve independent management of stress and crisis," said Cathy Mandle, Tracy’s Mental Health HARP Counsellor from the Mental Illness Fellowship.

"The DBT program has really helped me and given me a lot of support in managing my problems," said Tracy.

"I’m still in early days yet but I want to stay out of hospital at all costs for my children’s sake. This is something I probably wouldn’t have been able to do without Cathy and the Mental Health HARP team," said Tracy.

Underwater magic for sick children

For any child a trip to hospital can be scary and daunting. They are in a strange place with bright lights, strangers poking and prodding and, on top of all of that, they may be in pain.

To make the experience of our littlest patients more enjoyable and less scary the paediatric x-ray room at Frankston Hospital has recently been made over into a magical underwater world.

Medical Imaging Services Deputy Manager Scott Cripps said that the aim of the makeover was to help children relax and feel comfortable whilst they were having their x-rays.

"We have transformed our x-ray room from what could be perceived as an intimidating and unfriendly environment to one that is friendly, happy and inviting.

"The room has been decorated to reflect the ‘by the bay’ lifestyle and attitude of the Mornington Peninsula with ocean blue walls and brightly coloured under water themed images on the walls.

"So far we have had a really positive reaction from children and their parents. They love all the pictures and it makes the whole x-ray process more relaxed for everyone involved," said Scott.

In addition to creating a friendly environment for our littlest patients, the Medical Imaging Team have created a safe environment by undertaking extensive research into providing the highest quality imaging with the lowest possible radiation exposure.

"Our team visited other well regarded hospitals such as The Royal Children’s Hospital to study their paediatric medical imaging practices," said Scott.

"We were able to adapt these to our own medical imaging processes to create an environment that is safe as well as friendly," said Scott.

The Peninsula Health Medical Imaging Service offers services to our patients at Frankston Hospital as well as outpatient services to those who are in need of medical imaging services such as x-ray, ultrasound, CT scans and MRI but are not hospital patients. Most procedures are bulk billed through Medicare with no out-of-pocket expense. Contact 9784 7501 to make an appointment or for more information.

* name changed to protect client’s identity.
Recognising our staff and volunteers

In late 2013 Associate Nurse Manager Sreyus Sreedhar was awarded the winner of Peninsula Health’s highly esteemed Jeff Wassertheil Medal for Excellence in Emergency Medicine at the Peninsula Health AGM. The award recognises Sreyus’ hard and innovative work in the Frankston Hospital Emergency Department.

In full 32 of our dedicated and hardworking volunteers were also recognised as Life Governors for 10 years service to some of the many volunteer groups and auxiliaries across the Mornington Peninsula. Peninsula Health holds its volunteers in the highest regard. The time and effort they give to us is second to none.

Without their support Peninsula Health would not be what it is today.

The Southern Peninsula Community Fund (Rye Opportunity Shop) matched dollar for dollar all donations received from January to March 2014 for the Rosebud Hospital Appeal up to a total of $150,000. This pledge is in addition to the initial pledge of $350,000 that has already been committed by the Southern Peninsula Community Fund.

The $1.65 million appeal was launched to enable Rosebud Hospital to acquire and install an ultrasound machine and CT Scanner and redevelop the Medical Imaging area.

“The ultrasound machine has been purchased and is already in use. The $500,000 pledge from the Southern Peninsula Community Fund means the appeal has reached a total of $1.2 million and it is confidently anticipated that the CT Scanner can be acquired and installed during this year,” Jan Child, Executive Director Rosebud Hospital, said.

Graham Fitzgerald, President of the Southern Peninsula Community Fund said: “Our organisation is totally committed to this project and believes the expanded Radiology service will be an excellent service for the Rosebud Community. In addition to our initial pledge of $350,000 we will match all donations up to $150,000 made to the Appeal between now and the end of March.”

Jan Child thanked the Southern Peninsula Community Fund for its extraordinary generosity. “The Southern Peninsula Community Fund has been a long time supporter of Rosebud Hospital and its generous pledges make a huge difference to the Appeal and the services we can offer at Rosebud Hospital.”

“The new medical imaging area we want to build at Rosebud Hospital will be a major addition to the excellent emergency services we provide and, importantly, it will allow more people to be treated more quickly and closer to home,” Ms Child said.

Over 1,000 patients a year require either a CT scan or an ultrasound at Rosebud Hospital. Currently all of these patients have to be transferred to another site in Rosebud or to Frankston. In many cases, patients then return to Rosebud Hospital for ongoing care.

People who would like to donate to the Rosebud Hospital Appeal can do so by calling (03) 9788 1502, online at www.peninsulahospital.org.au or in person at Rosebud Hospital.
The computed tomography (CT) scanner is a large machine that a patient is guided through which uses x-rays and digital computer technology to create cross-section images of the body. In each of these pictures a section of the body is seen as an X-ray ‘slice’. The CT scanner can produce multiple slices in one examination and when these levels are ‘added’ together, a three-dimensional picture of organs and body structures can be seen.

The CT scans are used to diagnose and monitor a variety of different health conditions, including brain tumours and strokes, diseases of the blood vessels, and to identify injuries caused by trauma such as road traffic accidents. The CT scanner can also be used to guide procedures such as taking samples of tissue deep inside the body or administering pain relief for chronic back pain.

The Rosebud Hospital Appeal is close to reaching its $1.65 million target following a pledge of $550,000 from a privately held trust fund towards a CT scanner and medical imaging area for the hospital.

The donor, who wished to remain anonymous, has already donated $250,000, with the remaining $300,000 pledged for later in 2014.

“This amazing commitment means we are one step closer to seeing the new medical imaging area at Rosebud Hospital become a reality,” says Jan Child, Executive Director Rosebud Hospital.

The $550,000 donation for a Rosebud Hospital CT Scanner

We are always grateful to those in the community who choose to support Peninsula Health.

We have received the following donations $20,000 and over:

$30,000 from the Collier Charitable Fund to Frankston Hospital Emergency Department for a Cosy Cot resuscitaire with pulse oximeter

$30,000 from the Collier Charitable Fund to Rosebud Hospital towards the purchase of an ultrasound machine

$45,955.44 from the Estate of the late Dorothy Mary Kermond for Rosebud Hospital

$45,691.43 from the Sorrento Portsea Auxiliary to the Rosebud Hospital Appeal

Mrs Ada Wilson to the Rosebud Hospital Appeal

We have received the following donations $5,000 and over:

The Sorrento Golf Club raised $6,020 from their recent Charity Card Day. All proceeds were directed to the Rosebud Hospital Appeal

The Sorrento Sailing Couta Boat Club raised $3,404.33 from their recent Ladies Long Lunch. All proceeds were directed to the Rosebud Hospital Appeal

Estate of the late Howard Whitten to the Frankston Hospital Dialysis Unit

We have received the following donations $2,000 and over:

$3,614.99 from the Rotary Club of Mt Martha directed to Rosebud Hospital Dialysis Unit for a Spot Vital Machine

$3,500 from The Honda Foundation for a Low-Low bed in the Palliative Care Unit

$3,455.60 raised from collection tins distributed by the Southern Peninsula Community Fund for the Rosebud Hospital Appeal

Mrs Kathleen Johnson donated $3,303 to purchase a ‘nurse on a stick’ for sub-acute services

We have received the following donations over $1,000:

$1,500 from Proudly Frankston Campaign Inc. directed towards the refurbishment of the Mental Health Services foyer. This donation was our share of proceeds from the inaugural Long Lazy Lunch event held in November last year

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