IN THIS ISSUE

Bigger and better than ever: Inside the Women’s Health expansion

A moment with a midwife

iPad technology helping older people

Rosebud Health Hub
welcome

The Spring edition of Peninsula Pulse features Women’s Health. As caregivers, mothers, daughters and sisters, women have an integral role in their families and the wider community. This issue discusses some new initiatives, such as the Women’s Health Ambulatory Care Clinic, the introduction of the Rosebud Health Hub, and other health news.

Our focus ties in with the recent completion of the Women’s Health Unit at Frankston Hospital. The $8.7 million expansion includes additional birthing facilities, an expanded Special Care Nursery, and brings our Midwife booking service to one central location. Importantly, postnatal care programs in the community continue to run from sites in Frankston, Hastings and Rosebud. Our popular Mother Baby Unit offering a ‘sleep school’ program at Rosebud provides much-needed guidance to help the most sleep deprived families.

The ongoing efforts of our generous donors and volunteers are amongst the unsung heroes of the health service. Contributions from the The Harry Secomb Foundation, Southern Peninsula Community Fund, Frankston Hospital’s Pink Ladies and Sorrento/Portsea Auxiliary are featured.

Dr Sherene Devanesen
Chief Executive

Those first steps

When women start their pregnancy journey at Peninsula Health some may be a little worried or scared. They might not be sure what’s happening to their body or the next steps to take during their pregnancy.

The first stop on their journey is the Booking In Clinic available at both Frankston and Rosebud Hospitals. This clinic will determine the appropriate model of care for their pregnancy and inform them of the various antenatal and postnatal services available.

In addition to the clinics available through the models of care, Peninsula Health offers education and specialist clinics for parents-to-be.

“We offer a huge range of midwife and educational clinics for parents to be,” says Anne Holst, Women’s Services Associate Nurse Manager.

“Everything from child birth education clinics to breast feeding and postnatal support.

“We offer many speciality clinics as well for young and first time parents as well as a specialist Mother Baby Unit at Rosebud Hospital,” said Ms Holst.

Frankston Antenatal Clinics & Services
- Booking In Clinic
- Midwife/Team Midwife Care
- Hospital Obstetrics Care
- Shared Care – GP or Obstetrician
- Private Obstetrician
- Child Birth Education
- Young Women’s Clinic – for mums up to the age of 24
- Speciality & Perinatal Clinics
- Ambulatory Care Clinic
- Colposcopy Clinic
- Nutritional Antenatal Clinic
- Breast Feeding Support Service
- Midwife Home Services

Rosebud Antenatal Clinics & Services
- Booking In Clinic
- Midwife/Team Midwife Care
- Hospital Obstetrics Care
- Shared Care – GP or Obstetrician
- Private Obstetrician
- Child Birth Education
- Young Women’s Clinic – for mums up to the age of 24
- Sleep Clinics – inpatient service for infants up to 12 months of age
- Mother Baby Service – in patient program for mothers who are having difficulty adjusting or parenting issues
- Obstetrics Clinic
- Midwife Home Services
- Early Parenting Day Clinic
- Breast Feeding Support Service

When women begin their journey with Peninsula Health they know they will be in safe hands with a dedicated team of midwives and medical staff to guide them every step of the way.
Expectant mums no longer have to visit the emergency room when something “isn't right”. The Women's Health Ambulatory Clinic provides consultant-led services for expectant mums who do not require urgent medical treatment.

The clinic is located in a private and specialised area of the newly upgraded Women's Health Unit at Frankston Hospital and is accessible 24 hours a day, seven days a week.

Sometimes things just don’t go right. The clinic provides a supportive and caring environment for women who are experiencing pregnancy difficulties and may be at risk of losing their child.

“We have first rate ultrasound and support facilities for women who may be experiencing problems with their pregnancy,” says Donna Coakley, Clinic Coordinator.

"Services are available for women in every stage of their pregnancy from first trimester right through to the postnatal period and following gynaecological surgery.

Since its launch in June the clinic has seen over 1,000 women and offers a combination of early pregnancy care, obstetric ambulatory care, postnatal ambulatory care and gynaecology ambulatory care.

“The service is a stepping stone between the GP and Emergency Department. There is a short wait time, with the majority of appointments being between 45-90 minutes,” said Ms Coakley.

The clinic offers referral, appointment based and walk-in systems and welcomes patients at any time of day or night. The clinic is also able to arrange follow up care, provide information, support and links to counselling services.

In addition, the Women’s Health Service offers clinics across the Frankston, Rosebud and Hastings sites to support pre and postnatal patients throughout their pregnancy and as they become new parents.

“We offer everything from Young Women’s and Specialty Midwife Clinics to the more general Midwife and Team Midwife clinics,” says Women’s Services Manager Della Attwood.

For any further information on any of the Women’s Services Clinics contact 9784 7455 or to make an appointment with the Ambulatory Care Midwife please call the clinic on 0417 340 535.
Following a $8.7 million expansion, the Women’s Health Unit and the Special Care Nursery now boast even more beds and birthing suites than before.

The space now has a total of 37 beds including nine large birth suites and 28 beds for antenatal and postnatal care. A new four bed integrated Ambulatory Care Clinic and Colposcopy Clinic extend the holistic services offered by the Women’s Health Unit. There is also one bed that is dedicated for Special Care Nursery mums.

In addition, the Special Care Nursery now has the capacity for 18 cots, five more cots than before.

“We have over 2,000 babies born here each year. We strive for excellence in service provision and family centred care across our range of women’s and children’s services,” said Sharon White, Operations Director of Women’s, Children’s and Adolescent Health.

“The new wards are spacious and well equipped with plenty of natural sunlight providing a comfortable and relaxing environment for our new parents,” said Ms White.

Caring for very special patients, the Special Care Nursery now has its own private feeding and family rooms, bathroom facilities as well as a refurbished resuscitation area. The area is able to be configured into any combination of 18 cots and/or incubators.

“The parents facilities are the biggest improvement,” says Dianne Macfarlane, Special Care Nursery Nurse Unit Manager.

“It enables the families with babies in the Special Care Nursery to have their own private space to spend with their little ones,” said Ms Macfarlane.

Throughout the time spent by parents in the refreshed Women’s Health Unit they are looked after by some of the most caring and capable midwives. The wonderful staff at the unit pride themselves on the care they give to all their patients and their families.
Big things are happening for Rosebud Hospital’s Women’s Health Services. As a part of the newly announced Rosebud Health Hub initiative, antenatal and postnatal services and clinics are being expanded on the site.

The Women’s Services at Rosebud will now offer a new Obstetrics Clinic. The clinic will enhance and help support the collaborative and holistic Women’s Services offered on the Southern end of the Mornington Peninsula.

For the first time, Rosebud Hospital Obstetrics Clinic will run weekly clinics from 2 November to cater for women who have a high risk or complicated pregnancy.

The expansion of services will also see the Women’s and Domiciliary services move into centralised and renovated facilities within the Community Health building, and the hospital’s very popular Mother Baby Unit and Sleep School Programs move into their own purpose built facility.

The Mother Baby Unit is a specially designed inpatient unit to assist mothers who are experiencing depression or having significant issues adjusting to parenting. The unit provides the mothers with 24 hour support from midwives and medical professionals whilst in a comforting setting with a homely feel.

“The area will be more homelike and less institutional. This will assist midwives in reducing the stress many mothers and babies experience during consultations and treatment,” said Jan Child, Executive Director for Rosebud Hospital.

“The centralisation of the Rosebud Women’s Services will allow us to provide the highest standard of care by the most caring and capable staff,” said Sharon White, Operations Director of Women’s, Children’s and Adolescent Health.

The move of the postnatal inpatient care facilities to Frankston Hospital has allowed for this now centralised, comprehensive and easily accessible service to be facilitated at Rosebud. Women’s Health has never looked so good for Rosebud Hospital.
Since starting as a team midwife at Frankston Hospital in November 2009, Sarah has since been heavily involved with all aspects of the Women's Health Unit's continuity of care model as well as working in other areas.

“I worked within the community in the United Kingdom as a team midwife as well as undertaking clinics and home visits. Naturally I was excited to hear that Frankston Hospital’s Maternity Services offered the team model of care when my family and I were looking to move,” said Sarah.

“I love women’s health,” says Sarah. “I have had fantastic opportunities here at Frankston Hospital.

“In 2010 I started as Lead Midwife for the Colposcopy Clinic which is run fortnightly from the Women’s Health Unit and have undertaken a Pap Test Course this year. I hope to run a follow up Pap Smear Clinic for Colposcopy Clinic patients soon.”

The Colposcopy Clinic runs fortnightly from the Women’s Health Unit and is a specialised addition to the Gynaecology services available. The clinic acts as an alternative to visiting a private gynaecologist if a patient has had an abnormal pap smear or requires a biopsy.

“It is a very satisfying and rewarding role to provide this service to women. I see the women for up to a year or more and get to know them well,” says Sarah.

Services such as the Colposcopy Clinic and Sarah’s anticipated Pap Smear Clinic are just some of the many elements that enable the Women’s Health Unit at Frankston Hospital to offer comprehensive Women’s Health services. Patients can be assured they will be in safe hands with midwives like Sarah to take care of them.
Support for mums

Every Wednesday new mums from across the Mornington Peninsula and beyond meet at the Karingal Place Community Centre for the Breastfeeding Drop-In Centre.

The free centre is run by Janette Timmermans, Frankston Hospital’s Lactation Consultant, who welcomes all mothers to the centre.

“We encourage mothers to attend if they are finding breastfeeding challenging. The mothers really support each other and learn from each others’ experiences,” says Ms Timmermans.

New mum Tina Swan describes the centre as “very rewarding”.

“Without the centre I would not be breastfeeding Liam now – we are into our twentieth week of breastfeeding and going strong,” says Ms Swan.

“The other benefits of this centre have been the connection to other new mums; realising you are not alone and that other new mums are going through exactly what you are going through. Now, I am able to support other new mums who have only just started to breastfeed,” said Ms Swan.

The centre sees babies as young as five days up to the age of two years.

Education at the centre is offered in the form of guest speakers and DVDs, books and brochures as well as group discussions and one to one time with the lactation consultant.

The centre is located at the Karingal Place Community Centre and is open to all mums every Wednesday from 10am to 2pm.

Cathy Halmarick, Well Women’s Nurse

“Most women diagnosed with cervical cancer have not had regular Pap tests – and the early stages of cervical cancer often have no symptoms. The only way to know if there are abnormal cells in the cervix, which may develop into cervical cancer, is to have a Pap test. All women aged between 18 and 70 who have ever been sexually active should have a Pap test every two years, even if they have had the cervical cancer vaccine,” Cathy said.

Peninsula Health offers free Pap smears at various sites, including at the new Well Women’s and Sexual & Reproductive Health Service offered at Hastings Community Health.

In addition to pap tests, the Women’s Health Service offers advice on contraception and safe sex, pregnancy testing and referral, and unplanned pregnancy counselling. The service is free and does not require a doctor’s referral.

To make an appointment for a Pap test or Community Health services contact Hastings Community Health on (03) 5971 9100.
Peninsula Health’s Consumer Advisory Group (CAG), representing the Gay, Lesbian, Bisexual, Transgender and Intersex (GLBTI) communities, celebrated its first birthday in September and has made key areas of healthcare its focus.

The community’s views for better healthcare for some of our marginalised community groups are now making a difference, thanks to the effort of some dedicated volunteers.

Peninsula Health’s Consumer Advisory Group (CAG), representing the Gay, Lesbian, Bisexual, Transgender and Intersex (GLBTI) communities, celebrated its first birthday in September and has made key areas of healthcare its focus.

GLBTI CAG members Christopher Sloane and Carmel Fraser Stewart presented some of the CAG’s achievements at a recent international conference Consumers Reforming Health conference in Melbourne.

GLBTI CAG has also worked with hospital staff on sensitive practices for patients with gender identity issues.

Karen Edis, Director of Community Participation, said ‘with 14 CAGS, a wide range of geographical regions, service streams and marginalised areas of the community are represented. Some groups are calling for new members, such as those from Western Port and the Culturally and Linguistically Diverse (CALD) community.’

“Being part of a CAG means you can raise issues and find ways to improve health services for your community. Members are all volunteers and it requires a small commitment of time each month to meet,” Ms Edis said.

For more information or if you are interested in joining a CAG, contact the Community Participation Office on 9788 1536.

A new volunteer program is making life easier for patients in the Frankston Hospital Radiology Department.

“The volunteers are a wonderful breath of fresh air,” says Andrew Bickell, Operational Manager for Medical Imaging Services.

Volunteers Dianne, Marg and Helen can be found assisting in the department on Tuesdays and Fridays, looking after the waiting patients and streamlining the whole process from check in to check out.

“It’s so great having them here. They create a welcoming atmosphere in the reception area and the patients feel more connected and looked after,” says Mr Bickell.

The volunteers’ duties include giving the patients a friendly first point of contact, greeting the patients and then determining their waiting room support needs.

“The radiology staff couldn’t be happier and have taken on board the volunteers’ ideas and suggestions that help ensure smooth processes,” says Mr Bickell.

Still in its early days, the program is looking for additional dedicated and caring volunteers to assist in bringing smiles to the faces of the Radiology Department’s patients and staff.

If you are interested in volunteering, or know someone who may be interested, contact the Community Participation Team on 9788 1536.
**Ageing Well Expo**

The sixth annual Ageing Well Expo saw more than 1,000 people attend to find out more about key services and programs as well as the lighter side of ageing.

Kick starting the event was disgruntled superstar ‘Edith Wise’ (played by Sue Ingleton) who pointed out amusing and less flattering aspects of getting older.

This year’s theme of ‘getting around’ was explored with information from Myki tickets, public transport and the Mornington Peninsula’s Dial a Bus.

Peninsula Health’s strength and balance program Agestrong also took to the stage to show some simple exercises to do at home. Of the 63 displays, the health check for those aged 75 plus was one of the most popular.

For more information on Ageing Well activities, or to be part of next year’s event, contact Karyn Seymour on 9784 8320.

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**Rosebud Health Hub**

Plans are underway to develop the next generation of health services for the Southern Mornington Peninsula.

The Rosebud ‘Health Hub’ will see a $1.5 million transformation to Rosebud Hospital and the introduction of new services and facilities to the site.

“We have asked staff at Rosebud to help us create a ‘one-stop’ Health Hub on the Rosebud Hospital site,” Peninsula Health Chief Executive Dr Sherene Devanesen said.

“We want a dedicated area where there are more, and more conveniently located, publicly-funded health services for people who live and work on the Southern end of the Mornington Peninsula.”

“The Rosebud Community Health Service and Community Dental Services already share a site with Rosebud Hospital,” Jan Child Executive Director for Rosebud Hospital said.

“The Health Hub involves transferring Rosebud Rehabilitation Centre into one of the Hospital’s refurbished 30 bed wards and building a Community Rehabilitation Gymnasium at the rear of the Hospital.

“This will mean inpatients will not need to move off-site for their rehabilitation needs,” Ms Child said.

The expansion will mean a minor location change for some of the services offered at Rosebud Hospital.

“The Mental Health and Drug Treatment Services will relocate to Bayview House and the popular Mother-Baby Unit and Sleep School programs will be relocated to a redesigned area in Elanora House at the front of Rosebud Hospital,” Ms Child said.

“With the opening of the expanded $8.7 million Women’s Health Unit at Frankston Hospital, the four bed inpatient postnatal care service at Rosebud will transfer to this new Unit. The midwives will join an enlarged team and continue to provide postnatal care, such as breastfeeding support and ambulatory care, to assist families across the Mornington Peninsula from the Frankston, Hastings and Rosebud sites,” Ms Child said.

In addition, other services such as the Allied Health Services and the Day Surgery Unit will have new locations within the hospital, and it will be possible to improve parking for patients, clients, visitors and staff.

“This latest upgrade to integrated health services follows more than $6.8 million invested into the Rosebud health facilities in the past five years. It is part of a long-term plan to ensure the community has quick and easy access to a wide range of health services,” Ms Child said.

**Community information programs have commenced and further information will available on [www.peninsulahealth.org.au](http://www.peninsulahealth.org.au).**
Seniors in Frankston and the Mornington Peninsula have the opportunity to try out new technology as part of Peninsula Health’s Older Wiser Lifestyles (OWL) program.

The OWL program is trialing the use of iPads to help older adults identify whether their medications or health conditions could be affected by the amount of alcohol that they drink.

Bruce Robinson was the first OWL client to start the program using the new iPad feature. It was the first time he ever used an iPad, as he is usually averse to new technology. "It was surprisingly easy to use, and a great way to get started on the program."

The iPad uses the Australian Alcohol-Related Problems Survey (A-ARPS) to identify whether a person’s medication or health condition could be affected by the amount of alcohol that they drink. It contains a questionnaire and prepares a report for the client.

“This program was developed within the medical school at UCLA, and was made available in Australia through a research fellowship by the Mental Health, Drugs and Regions Division of the Victorian Department of Health,” explained Peninsula Health psychologist Stephen Bright.

“Offering this program on our iPads and via the internet means patient data is easily collated and the right support can be given more quickly.”

Bruce took the initiative to look at his alcohol consumption as part of a review on his health.

“I found out I was unaware of what a ‘standard’ drink actually means. My alcohol intake had the potential to affect my medication, and that was enough reason to make a change.”

Six months on, Bruce is feeling better than ever. He is a regular member of Peninsula Health’s Agestrong program, a strength and balance program, and is very mindful of his alcohol consumption.

He attributes his knowledge and improved health to the individual guidance he receives from his OWL nurse/counsellor, Dellie McKenzie: “I can’t slip into old ways,” he says.
Mother goose fun for babies and toddlers

Playtime is a priority for the babies and toddlers in a popular Community Health program.

“The clinic brings together a multidisciplinary team of clinicians who specialise in the area of spasticity management,” says Dr Mary Lou Leach, Clinical Director of Rehabilitation Services.

“The therapy offered by the clinic will involve physical therapy such as a stretching program, or splinting and in some cases pharmacological intervention may be required,” says Dr Leach. This seeding funding has enabled us to fund some Botulinum toxin treatment, which was previously unavailable through Peninsula Health services. Combined with physiotherapy and occupational therapy, the Botulinum toxin treatment can assist patients who have spasticity which impacts on function, or causes pain or hygiene difficulties.

“Carers are encouraged to practise the activities at home. They are designed to enhance child development in areas such as language and coordination.”

Each session has songs, rhymes and story time. No props or toys are used to maximise imagination and interaction between the child and their carer. The session ends with snack and chat time where parents can socialise and potentially make lasting friendships.

Health practitioners are also on hand to help with general or specific issues. Feedback from families is very positive with more than one local mother commenting that she and her baby “love this special time”.

For Mother Goose and other Children’s Services, please contact Community Health on 1300 665 781.
New state of the art equipment for Rosebud Hospital Operating Theatre

It’s all smiles at Rosebud Hospital thanks to the Southern Peninsula Community Fund.

The fund has raised $67,314 which was used to purchase a laparoscopic camera and supporting equipment for the Operating Theatre.

The Southern Peninsula Community Fund is a volunteer group which operates a busy Opportunity Shop in Rye.

“The laparoscopic camera and supporting equipment is used to permit some minimally invasive ‘key hole’ procedures in the operating suite,” said Alison Watts, Operations Director of Rosebud Hospital.

“Donations such as this help ensure that Peninsula Health can continue to provide the most modern equipment, enhanced services and the highest quality of care and comfort to our community.

“We are extremely grateful for the ongoing support of the Southern Peninsula Community Fund. By working in partnership, we are helping to build a healthy community together,” said Ms Watts.

President of the Southern Peninsula Health Fund Graham Fitzgerald said they were thrilled to be of help to the community.

“We have a long history of supporting Rosebud Hospital and the Committee is delighted to be able to assist again.”

If you would like to make a donation to Rosebud Hospital, call the fundraising office on 9788 1284.

Thank you

We are always grateful to those in the community who choose to support Peninsula Health.
Recent donations include:

The Frankston Hospital Pink Ladies Auxiliary has again donated an enormous $400,000 to the Hospital. This year’s donation takes the grand total raised by the Pink Ladies to over $6 million since 1968.

Mr George Kokkinos, a long time supporter of Peninsula Health, has raised $26,000 on his way to reaching $100,000 for 2011/12.

The Sorrento /Portsea Auxiliary donated $24,345 to Rosebud Hospital. These funds will purchase various pieces of equipment for the Hospital’s Emergency Department, Chemotherapy, Dialysis Unit, and Day Treatment Centre.

I WOULD LIKE TO HELP BUILD A HEALTHY COMMUNITY

Names/s ____________________________________________ Contact number __________________________

Address __________________________________________ Email ________________________________

Postcode __________________________ Email ________________________________

I enclose a gift of □ $50 □ $100 □ $200 □ $ ___________ (gift of your choice)

Debited from my □ Visa □ Mastercard OR □ I have enclosed a cheque/money order (Payable to Peninsula Health).

Card No. __________________________ Expiry date □ □/□ □

I would like my gift to be directed to a specific facility (please specify) __________________________

Peninsula Health respects your privacy and observes the provisions of the Privacy Act 2001. Your details remain confidential.
All donations over $2 are tax deductible. ABN 52 892 860 159

Thank you for your support.

Contact us

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