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As you read this, blood is circulating through your veins and arteries. For those of us who may be older, or overweight, or with diabetes, our blood flow may be restricted in reaching certain parts of our body, such as our legs and feet. This condition is due to narrowed or blocked arteries and is known as peripheral vascular disease. It can lead to gangrene - where the tissue dies and needs to be amputated.

1 in 5 Australians will be affected by vascular disease.

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A person with peripheral vascular disease is up to six times more likely to have a heart attack or stroke.

An abdominal aortic aneurysm is another potential outcome of poor vascular health. It occurs when the large blood vessel that supplies blood to the abdomen, pelvis, and legs becomes abnormally large or balloons outward. Urgent medical intervention is required, less than 40 per cent of patients survive a ruptured abdominal aneurysm.

Through our Beat Goes On campaign Peninsula Health is appealing for community support to fund a new Digital Subtraction Angiography machine at Frankston Hospital.

Vascular surgeon Wai-Leng Chue explains: “The DSA machine uses the latest technology to help surgeons, radiologists and other clinicians identify and treat life or limb threatening conditions such as abdominal aneurysm and diabetic gangrene, using minimally invasive techniques.”

“Did you know?

• Peripheral vascular disease occurs mainly among older people, and is likely to increase significantly as the population ages.

• Preventable risk factors for peripheral vascular disease are diabetes, tobacco smoking, high blood pressure, high blood cholesterol and overweight and obesity.

Top tips to improve your vascular health:

Quit smoking
Manage blood pressure
Monitor and treat high cholesterol
Good diabetic control
A healthy diet
Regular physical activity
Peninsula Health has welcomed a new Angiography machine to its dedicated Cardiac Angiography facility as part of the $45 million Stage 2A expansion at Frankston Hospital.

The $1.2 million state-of-the-art machine was donated by the Frankston Hospital Pink Ladies Auxiliary after three years of fundraising.

Pink Ladies President Pauline Ellerby was excited to see their hard work pay off.

“The Angiography machine is a result of three years making sandwiches and selling coffee,” said Pauline.

“On average we make 187 sandwiches per day, and it’s nice to know this helps make a big difference to hospital facilities.”

Installation of the Angiography machine completes the fit out of the area which will provide faster, more improved services for patients.

Cardiologist Dr Gregory Szto recognises the benefits of the new machine for staff and patients.

“The machine uses new technology allowing us to take better pictures of the coronary arteries, enabling a more accurate and speedy interpretation of the images,” said Dr Szto.

“We also have the ability to place pacemakers at an improved rate as well as stents, and have built in anaesthetic pendants and a dedicated cardiac surgical area.”

“Ultimately this means improved services for the patient,” said Dr Szto.

Associate Nurse Unit Manager Marcus Arrowsmith looks forward to moving to the new area.

“Clinical staff will have access to superior equipment and facilities allowing us to gradually begin offering more services,” said Marcus.

“We will be looking towards offering bi-ventricular pacemakers and Automatic Implantable Cardiac Defibrillators, amongst other things down the track.”

“In other words, this is the start of building cardiac services at Frankston Hospital.”

“And, as we increase operating hours we will also begin seeing more patients,” said Marcus.

As part of the Stage 2A expansion project, the redevelopment will boost the hospital’s capacity to meet the demands of the growing population on the Peninsula by enhancing existing facilities and developing more services to cater for future health needs.
Inside ICU

Frankston Hospital’s $45 million expansion opened for business just before Christmas.

The three year project resulted in a stunning transformation of more than 6,000 square metres of new and refurbished areas, improved equipment and capacity to treat more people more often.

Hospital services continued throughout the construction with temporary relocations of staff and equipment. New areas were opened in stages, such as the centralised surgical precinct and the new Intensive Care Unit (ICU).

The ICU is dedicated to continuous and closely monitored health care for critically ill patients. The unit is funded for nine ventilated beds and can accommodate a combination of 13 intensive care and high-dependency patients.

Features of the new ICU cubicles include:

- Ceiling mounted patient lifting tracking device - which enables the movement of ICU patients out of bed into chairs with reduced manual handling, improved patient comfort and safety.
- Interchangeable glass between the bays - to ensure privacy but provide easy viewing of patients between the cubicles.
- Two elevated nursing stations – to more easily monitor patients at all times.

Nurse Unit Manager of ICU Sue Reaper said: “Patients and staff have settled extremely well into the new unit, which was purpose built to provide the best care.”

“Families of patients were also a priority in the redesign. They now have a spacious waiting room with beverage facilities and a separate family meeting room with improved confidentiality during family meeting and patient care updates.”

The ICU team welcomed $190,000 in funding from the Department of Health towards new equipment which will ensure that the ICU has the most up to date state of the art equipment to manage the critically ill patients who present to Frankston Hospital.

The expansion will be officially opened by the Minster for Health, The Hon David Davis MLC on 1 April 2011.

Each day the unit is staffed by an intensivist, a senior registrar and a resident. Associate Professor John Botha is the Director of the Intensive Care Unit and leads a team of ICU consultants. There are approximately 80 nurses dedicated to the ICU. The unit is classified as a Level 2 unit by the College of Critical Care Medicine for advanced training in intensive care.
Palliative care is provided to patients living with a progressive life limiting illness where cure of the disease is unlikely. The focus of care is on addressing the physical, emotional, psychological and social issues which may be associated with the illness.

Director of Palliative Care Medicine, Dr Brian McDonald explains, “Palliative care requires a holistic approach to patient and family care, respecting patient autonomy and giving control back to the hands of the patient. It recognises the importance of working as a cohesive multi-professional team focussed on the patient and family as the unit of care.”

Palliative care is often provided in conjunction with other Peninsula Health professionals and specialists where the aim is to control progression of the disease with the ultimate goal of providing the best quality of life for the patient and their family and carers. Active treatment of the illness can continue where it is of benefit to the patient. As the patient’s condition progresses the focus may shift to ensuring absolute comfort in the terminal stages of the illness.

The Palliative Care Consultancy service is based at Frankston Hospital with Raelene Rees heading up the Clinical Nurse Consultant team and Gwen Austin leading the pastoral care team.

Raelene has resumed studies as Nurse Practitioner Candidate, and this additional qualification will enable her to perform a higher level of medical care to her patients, such as prescribing medications. Raelene is trailblazing the way for other nurses keen to extend their career pathway and service to palliative care patients. Members of the consultancy regularly visit Rosebud Hospital and are available to attend at all other Peninsula Health sites as required.

The 15 bed Palliative Care Unit, located at Golf Links Road, Frankston, celebrates its 10th anniversary this year. Nurse Unit Manager Sue Blashki leads a team of nurses who have developed a high level of expertise. Many of the nursing team have advanced qualifications or are undertaking further studies.

In addition the team also includes a physiotherapist and occupational therapist, pastoral carers and counsellor/social worker, as well as volunteers from Peninsula Hospice Service. Expertise in other areas such as dietetics and speech therapy are provided frequently by the rehabilitation team also based at Golf Links Road. Patients are admitted to the Unit for both terminal care and for symptom management with a view to returning home where possible.

Peninsula Hospice Service, which is co-located at the Palliative Care Centre, provides home-based care in conjunction with the Royal District Nursing Service. Services are provided by professionals from nursing, counselling, social work, and pastoral care, with medical support from the Director of Palliative Care Medicine. There is also music therapy and art therapy in addition to the large group of client care volunteers.
Cloe’s Story

Eight year old Chloe Scott will be busy this year. Chloe will go into grade three, turn nine and maintain her busy, active and social lifestyle. And, in her role as a big sister she is also looking forward to helping her brother Ben start primary school.

Chloe will do all this in between her three weekly visits to Frankston Hospital for a life saving blood transfusion which helps to treat her rare condition; Agammaglobulinemia.

Frankston Hospital Paediatrician Dr Simon Blair said the condition is especially rare in females and normally found in males.

“It is a type of immune deficiency which means that Chloe is at greater risk of infection because her body does not protect her from illness on its own.

“Chloe has poor functioning b-cells which are the key to fighting off infections, so every three weeks she comes into the hospital for an infusion of antibodies, which she will need for the rest of her life.

“It’s important for people to know that Chloe’s life-saving treatment is derived from blood donations and she would not survive without them.”

Late last year, Chloe clocked up her 100th visit to Frankston Hospital for treatment since she was diagnosed at nine months old.

This year promises to be a busy one for junior doctors at Peninsula Health with a record 42 first-year interns starting this month.

Peninsula Health Manager Medical Workforce Unit Mr Peter Naughton said the figure topped last year’s record intake. “We had 37 interns at Peninsula Health in 2010, but the 2011 numbers have surpassed that, which is fantastic news for the hospital.”

“These doctors officially commenced their duties as intern medical officers in late January with the first of five rotations that include Peninsula Health sites and a country rotation in either Warragul, Wonthaggi or Foster,” said Peter.

Hushton Leareng and Katherine Dutton, two of the 2011 intern group, said they were excited to begin their careers with Peninsula Health.

“I’ve had rounds in Bendigo, Mildura and at Eastern and Southern Health but I wanted to work at Peninsula Health when I started, so I’m glad to be here,” said Katherine.

“Frankston Hospital in particular is ideal because it’s close enough to Melbourne, small enough to get to know people, but big and busy enough to get a lot of experience,” she said.

Hushton is returning to Peninsula Health after a successful round of rotations with Peninsula Health in his final year of study.

“I enjoyed being here as a student and look forward to building my skills and experience here as a doctor,” he said.

Hushton’s first rotation will see him placed at the Mornington Centre, while Katherine will begin her time first with Peninsula Health in Medicine at Frankston Hospital.

During the week Peninsula Health also welcomed back 25 of last year’s 37 interns, including its ‘Intern of the Year’ for 2010, Sorrento resident Dr Shaun Francis.

“It is fantastic to see so many of our interns continuing their employment at Peninsula Health, as it is usually a challenge for hospitals to retain interns in their second year,” said Peter Naughton.

“We’re especially pleased to have young skilled physicians such as Shaun, who also lives locally, remain with us.”

Record intake of new intern doctors

42 first year doctors outside the Peninsula Clinical School at Frankston Hospital.
Dyb, Dyb, Dob, Dob!

Australia’s oldest Boy Scout, Albert Cullen, recently celebrated his 101st birthday.

Albert is one of 30 residents living at the Jean Turner Community Nursing Home, where residents receive high-level aged care.

Albert Cullen was born in New Zealand in 1909 and emigrated to New South Wales, where he became a member of Dulwich Hill’s 1st Scout Group. He has been a part of the Scouting community ever since.

Last year the Scout and war veteran received two war medals, which had never been presented, from Governor-General Quentin Bryce. With the help of some Scouts, Albert also moved from NSW to live closer to family on the Mornington Peninsula.

Peninsula Health’s Rosebud Residential Aged Services Site Manager Monique Cook acknowledged it was a big move for their oldest resident. “With help from Scout members assisting Albert and chauffeuring him to airport, he was able to celebrate his birthday with family and friends in Rosebud,” she said.

Ms Cook added: “Albert can recall so many things that many of us will never know or understand. He remembers the Depression where he says almost no one worked for ten years, but that didn’t stop him chasing jobs and ultimately joining the Navy at the age of 19, just days after Don Bradman scored his first century.”

After 22 years of service in the Navy, Albert worked another 22 years, mostly at the former Cheltenham Benevolent Centre. He retired to Rosebud in 1974 for 10 years, moved interstate for 26 years and returned to Rosebud last year.

He has two children, seven grandchildren and 13 great grandchildren, as well as a facebook profile to help the scouting community keep in touch.

Key fact: The scouting chant Dyb, Dyb, Dyb, Dob, Dob, Dob means Do Your Best and the response is We’ll Do Our Best!

Raffle Raiser Mum Update

Mother of three, Lorraine Aitken, has raised more than $8,000 for Frankston Hospital’s paediatric ward.

Her Christmas raffle at local markets and door knocking of local businesses have made her a popular figure and seen her only $2,000 shy of her goal.

The Hospital’s children’s waiting area has already benefited from her efforts with a TV and DVD unit complete with educational DVDs generously donated by Peter Skewes of Jacobs & Lowe-Bennetts Real Estate in Mornington.

Lorraine’s youngest child, 17 month old Finley, was the inspiration behind her campaign. “Finley has been in and out of hospital since he was born. He struggles to gain normal body weight and currently has a feeding tube to deliver extra calories.”

“It has been a long road, and doctors are continuing to investigate how best to address his health needs. Other than his feeding issue, Finley is a very busy and active young boy.”

“We spend a lot of time at the hospital, and we wanted to give something back.”

To donate to Lorraine’s Campaign contact Peninsula Health’s Fundraising Team on 9788 1284.
Sports of all types were tried and tested over the summer holidays as part of Peninsula Health’s award winning Koori community engagement program.

Team Leader of Koori Programs Deon Davis said, “Our program aims to increase opportunities for young people of Indigenous and non-Indigenous backgrounds to participate in local sporting activities, and appreciate cultural connections between people. Interactive workshops and camps are part of the mix to enable young people to learn from experts in their field.”

Thirty teens took part in a surf lifesaving camp at Phillip Island. Four keen surfers are looking forward to trying their skills at the 2011 Woorrangalook Victorian Koori Surf Titles being held at Urquhart’s Bluff, Anglesea.

The tennis clinic at Frankston Tennis Club saw around 50 potential tennis players learn to hit some winning serves with Chris Chandler, a leading tennis coach in the Southern Metropolitan region, and assistant coach Jay Debernardi (pictured below).

Sailing sessions at Blairgowrie’s Yacht Squadron enabled 80 participants to try out the safe Access 303 yachts, and take rides in the Wilderness Wear support boat and the fast Patrol Nine inflatable.

One of the highlights for Rugby League lovers was an excursion to meet players from the Melbourne Storm at a preseason training session followed by a tour of the facilities at AAMI park.

This year’s Koori holiday program is an extension of last year’s successful program which was a regional winner in the 2010 Regional Indigenous Community Justice awards.
On Friday 25 February, Peninsula Health’s Rosebud Community Health welcomed more than 150 residents from Rosebud and the Southern Peninsula to a Community Open Day showcasing the services and programs on offer at their new facility in Braidwood Avenue, Rosebud West.

The new $3.1 million facility provides integrated health services for all ages, from care coordination, cardiac rehabilitation programs, counselling and dental services – to diabetes education, occupational therapy, physiotherapy, podiatry, Quit Smoking programs and planned activity/respite groups.

Rosebud Community Health is open from 8.30 am to 5 pm, Monday to Friday. To find out more, phone 5986 9250 or visit www.peninsulahealth.org.au/services/peninsula-health-community-health

A popular program being offered at Rosebud and other community health sites helps people manage their chronic health conditions.

Living with a chronic condition such as asthma, chronic obstructive pulmonary disease, heart disease, diabetes or arthritis can be stressful.

Understanding your condition and looking after your own wellbeing may help put you back in control.

Community Health runs the Better Health Self Management Course.

This friendly course runs once a week for six weeks, and sessions run for two hours. On completion, participants can join a monthly support group to continue to track their progress.

Care Coordinator Lin Rabbidge explains: “This course has been developed by Stanford University and has been implemented world wide.”

Rosebud resident Julie Anstee found the course so helpful in her own life, she now volunteers to help Lin run the sessions. “I encourage anyone who wants to better manage their condition and live a healthy life to try this course.”

Topics include

• Goal setting and action planning
• Problem solving
• Dealing with anger, fear, frustration and depression
• Exercise and chronic conditions
• Breathing techniques
• Managing fatigue
• Nutritional requirements for health
• Relaxation
• Communication techniques for family and professionals
• Medication
• Making informed decisions

Cost: $6.40 per session. Friends and family members are welcome to come at no extra cost.

To find out more or book the next course, contact your nearest Community Health Centre:

Hastings: 5971 9100
Frankston: 9784 8100
Mornington: 5970 2000
Rosebud: 5986 9250
Personalised service reduces confusion in older patients

Older patients admitted to acute care wards at Peninsula Health’s Frankston Hospital are benefiting from an integrated, nurse-led approach to cognitive recovery.

A specialist Cognition Care Support Team (CCST) comprising Division 2 nurses, personal care attendants and diversional therapists is dedicated to providing increased supervision and supportive care for older patients with cognitive impairment or confusion who require additional support within the unfamiliar acute care environment.

Patients identified as requiring increased support are referred from acute care wards where the population of confused older patients is greatest.

Kelly Burns, CCST manager and Clinical Nurse Consultant explains that CCST team works with six to 10 patients each shift, depending on their varying needs.

“To minimise confusion for patients and to prevent potential for further decline, the team has initiated personalised support for each patient. In addition to the usual support provided, there are two new diversional programs — a pet therapy program and musical afternoon teas. These initiatives help patients feel more at ease and less isolated, which further assists their recovery,” she said.

In the first seven months the new service has received and accepted over 500 referrals.

Volunteers Dave Edlond, a Dog Behaviourist and Trainer; and Lisbeth Hay volunteer their time to bring the popular duo for visits.

Volunteer dogs Ben and Zeta are bringing smiles and receiving lots of hugs when visiting patients and clients at 5GN Ward in Frankston Hospital, Dialysis at Frankston Integrated Health and Jean Turner and Lotus Lodge Residential Aged Care Units in Rosebud.

Ben, a King Charles Spaniel and Zeta, a German Shepherd are both star graduates of puppy school and are lapping up the star treatment and attention that they receive from patients and staff. They both wear a blue ‘pet therapy’ coat and proudly display their Peninsula Health volunteer photo ID tags.
Auxiliaries continue to help

Peninsula Health is fortunate to have a number of Auxiliaries established by volunteers who dedicate their time and efforts towards boosting a certain area of the health service.

One of our oldest auxiliaries is Rosebud Auxiliary. In operation for 54 years this small group is constantly busy with activities such as sausage sizzles and gift wrapping at the local shopping centre.

Rosebud Auxiliary President Jan Anderson said the focus of their group is to contribute new equipment for Rosebud Hospital. “It’s about giving something back to the community, and it’s extremely rewarding.”

Recently the group donated $10,500 for the purchase of an Evo Hospital Bed Mover at Rosebud Hospital. The Evomover is a portable hospital bed moving device to assist staff in moving patients easily and safely. The device is battery-powered, and specifically designed to manoeuvre patients around hallways and up and down ramps. It reduces chance of injury or risk to the nursing staff.

At Frankston, an Auxiliary is focusing on the health of our youngest patients. Eight years ago, a small number of former nurses and friends of Frankston Hospital’s Paediatric Ward decided to volunteer their time and efforts.

The Kids Auxiliary comprises 10 members who raise money towards equipment and education opportunities for staff of the Child and Adolescent Unit and Special Care Nursery.

They recently purchased a mechanical child-sized arm for the Simulation Centre to assist staff training in intravenous access, as well as a resuscitation baby manikin, for neonatal resuscitation training.

Kids Auxiliary President Judith Steen said: “We are committed towards assisting the teams that care for the hospital’s youngest patients. We have all had an involvement in the children’s ward.

“Our fashion parade at Blue Illusion, together with our baked goods and Christmas stalls, is all part of our annual fundraising activities. On 22 July 2011 we are holding a Christmas in July at Brooklands, Mornington and would love people who are interested in supporting our work to come along and enjoy the night.”

Places are limited and tickets are available through Judith Steen.

To assist Peninsula Health’s various Auxiliaries or to find out more about joining or volunteering contact Community Participation Liaison Officer Helen Wilson on 9788 1536.