

SanNews



Adventist HealthCare
yours for life

Innovation and unity



Bright lights* providing care

VOLUME 2 | 2020



SYDNEY
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HOSPITAL



DAY SURGERY
HORNSBY

A teaching hospital of



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CARING FOR OUR COMMUNITY

Welcome to this edition of San News.

It highlights new technology, services, events, and community support, and shows how despite the recent unparalleled COVID-19 situation, we have been able to continue to meet the healthcare needs of our community.

Underpinning every story and every image, and what humbles our Adventist HealthCare Executive, are the remarkable health professionals and support staff who make those stories happen.

Their resilience, fortitude, positivity, expertise, compassion and care shines through.

These are the character traits we see and hear daily as we manage the financial, operational, and administrative matters supporting the teams who provide the care.

In the last 10 months rising to the challenges of preparing for the invisible and unique foe that COVID-19 is, these traits united and inspired us.

Comments on page 12 of this newsletter by Professor Simon Finfer AO, a member of our COVID-19 response team, remind us.

"What's characteristic about people who work in healthcare, is that they tend to run towards the fire, rather than away from it."

It is reaffirmed by Emergency Care Nurse Jen Poon who shares her thoughts on page 9.

"Having to work through a Pandemic magnified the importance of having a strong



Adventist HealthCare Executive: Clare Lumley, Brett Goods, Dr Jeanette Conley, Phil West.

team. We were able to lean into it, rather than resisting, because there was trust in team members, strong relationships built on respect for each other's roles."

The insights of these individuals reflect why all our Hospital and Day Surgery senior managers had confidence and a quiet faith that, despite the uncertainty of COVID-19, we would emerge from the crisis, healthy and strong. We believe we have.

The stories of connection and competency shared in this newsletter are testament to it.

We hope you agree.

On behalf of the AHCL executive, we thank you for your continued support.

We wish you all the blessed joys of this very special season.

Merry Christmas

Brett Goods
Chief Executive Officer
Adventist HealthCare

San Cancer Outpatient Services rated first again

San Cancer Outpatient Services have received the highest ratings of care in NSW for the third consecutive year.

The 2019 Outpatient Cancer Clinics Survey by the Bureau of Health Information and Cancer Institute NSW evaluated the experience of 13,000 patients cared for at over 46 public and 3 private cancer clinics across NSW.

These included 375 patients who attended the San Integrated Cancer Centre.

These 2019 survey results follow the Hospital's best patient experience ranking in the 2017 survey, and its 2018 survey results that ranked it equal first with Campbelltown Cancer Clinic.

The Hospital received some of the highest results in the State in reported patient experiences, significantly 'more favourable', than the NSW average, across 10 performance areas - the highest number of any NSW facility.

In the extensive questionnaire, patients were asked to evaluate their experience of access to services, care planning and coordination, complications, follow-up and support.

Highlights of the patient survey indicated 96% rated the care they received as 'very good', 88% thought the Centre's health professionals 'worked very well together', and 94% believed the care they received was 'very well organised'.

Adventist HealthCare Chief Executive Officer, Brett Goods, said the San is proud that our more than 12,500



San Integrated Cancer Service providers (Gastrointestinal Multidisciplinary Team).

cancer treatment admissions each year complement a generally excellent standard of public sector cancer care across NSW.

"Our cancer carers are humble and focused on the caring they provide. Earning this ranking three years in a row is a significant achievement they should celebrate.

It's also an endorsement of the vision of including the Integrated Cancer Centre as part of our 2012-2016 Milestone Redevelopment.

Cancer patients having access to all the services they need under the one roof clearly makes for a better patient experience."

Icon Cancer Centre Radiation Oncologist Dr Andrew Fong, says the results are a reflection of a strong commitment to providing the best possible cancer services.

"To once again achieve these outstanding results is testament to our shared dedication to world-class cancer care" said Dr Fong.

The San's Clinical Director of Cancer Services Associate Prof Gavin Marx, says the results are a credit to the people providing the care.

"The Hospital facilities are excellent, however it is the expertise of all the individuals underpinned by their

genuine empathy and commitment to quality which I believe has resulted in these impressive results for the third year running.

Every interaction a patient has with hospital team members can influence how patients and their carers cope, how they respond, and the ultimate outcomes.

Reception, administrative, hospitality, imaging, nursing, medical, pharmacy, support, allied health and the San's Volunteer Team members have an incredible impact at a time in a patient's life when they may often feel overwhelmed.

The care and compassion patients receive can be life-changing for them."

The Centre links access to radiation treatment at the ICON Cancer group, services of Northern Haematology and Oncology and the San Day Infusion Centre, allied health services like dietetics, exercise physiology and lymphoedema, and other cancer support services.

The San Day Infusion Centre is also contracted to provide chemotherapy treatments to public sector patients.

See Outpatient Cancer Clinics Survey 2019 results at bhi.nsw.gov.au or www.sah.org.au/cancer-why-choose-sah.

The San Integrated Cancer Centre was officially opened in 2016 assisted by donations to the San Foundation. Want to help us help others? Donate at www.sanfoundation.org.au

Australian first at the San:

In an Australian first, San Urological Surgeon Professor Henry Woo has pioneered the introduction of a new procedure to deal with the common problem of enlarged prostate causing urinary flow issues and discomfort.

The condition is Benign Prostatic Hyperplasia (BPH), or enlarged prostate.

Affecting 50% of men aged 50 and 70% of men aged 70, it can disrupt sleep, lifestyle and activities.

“As men are increasingly living longer, the majority will eventually end up with the condition caused by the compression of the bladder outflow by an obstructed prostate” says Professor Woo.

“The compression triggers a range of symptoms which include weak urinary flow, urine frequency and urgency requiring multiple bathroom trips during the night. Men commonly find themselves adjusting their life around the availability and location of toilets.”

Baulkham Hills father of three, 55 year-old project manager Mark Tunks agrees.

“I was in a regular routine of going to the gym and it was particularly annoying that the water I was drinking during work-out sessions meant I couldn’t travel onto work without a toilet stop.

It was frustrating and uncomfortable and making me feel older than I am.”

Traditionally the treatments to provide relief for patients have been medication, or the cutting, or removal of tissue.

Approved by the Australian Therapeutic Goods Administration



Professor Henry Woo with members of the surgical team, Holly Neal, Mercedes Colquhoun, Anthony Chan and Chloe Cullen.

following its successful use in America, the new stent like device is implanted during day surgery, and then expanded until removal 5-7 days later.

The triangular-shaped 3 ridges of the iTIND device reshape and widen and remodel the internal tissue helping urine flow while reducing the often uncomfortable symptoms.

Dr Bronte Douglass, a 78 year-old father of 2, grandfather of 5 and former medical entrepreneur who founded the now globally known Douglass Hanly Moir Pathology, says it was the minimally invasive and temporary implantation of the new technology that attracted him.

“The thought of carving off tissue required by other remedial procedures to deal with the condition, struck me as fairly primitive” he says.

“I also like the fact that this is an early intervention procedure, so if I need different treatment later, there are still options for me.”

Published reports indicate the benefits of the iTIND device include preservation of sexual function, rapid symptom relief, minimal recovery time, and no catheterisation.

At only 55 and after 30 years of marriage, Mark Tunks says after discussions about the options, he



another option with reduced side effects



and his wife decided they would prefer to try treatment less likely to have adverse side-effects.

"I considered myself lucky that I heard about this option before I proceeded with something else."

For former investment bank Head of Compliance 70 year-old Paul Williams, increasing symptoms requiring him to visit the bathroom up to 5 times a night, worried him.

"I like to walk and trail ride but riding became painful. I had to rely on my mobile phone app to make sure I could find a public toilet quickly if I needed it."

What really worried me however was the potential impact of this restriction in my activity could have on my physical and mental health, which in retrospect I think affected my late father's activity levels.

I've realised I need to keep moving to avoid the domino effect of ageing and immobility."

Professor Woo, who has introduced several cutting-edge procedures to Australia to treat



The iTIND device.

BPH, says that while long-term data about the durability of the device beyond 3 years is not yet available, the good overseas results reported to date are an acceptable trade-off.

"From my perspective it's good we have yet another tool in the armoury of the gold standard treatments that the 16 urologists here at the San use to treat what can be a very debilitating condition."

We want our patients to lead the best lives they can."

Article reprinted courtesy of The Sydney Morning Herald, (October 12th edition).



Professor Woo (blue scrubs) with iTIND patients Dr Bronte Douglass, Mark Tunks and Mr Paul Williams.

Fighting infection in hidden places

Almost a million-to-one guarantee that superbugs will be eradicated is the hope that inspired San Orthopaedic surgeon Dr Rod Brooks and Sterile Processing Manager Roel Castillo to be champions for the San's latest fast effective addition to its infection prevention systems.

Funded thanks to hospital donors who shared their enthusiasm, the San is now home to a UV-C ultraviolet radiation mobile cleaning system called THOR.

Looking like the 'R2D2' robot character from the Star Wars films, the unit complements existing precautionary infection prevention processes, using UV-C light to penetrate hard to reach hidden places.

Head of San Orthopaedic Surgery Dr Brooks advocated it particularly for his orthopaedic patients.

"It's hard to reach into all those nooks and crannies in an operating theatre, despite the stringent cleaning processes" he said.



THOR UV-C radiation system.



Roel Castillo and Dr Rod Brooks.

"Bone or joint infection can be hard to eradicate, even with antibiotics, particularly where an implanted prosthesis is present and orthopaedic surgeons must be particularly vigilant to avoid any of these pathogens getting into the bone during surgery.

We've always valued our excellent minimal infection rates however unfortunately there is always a possible risk of patients coming into the Hospital, inadvertently carrying harmful pathogens which could be potential sources of infection.

It's one of the reasons why we've always been so interested in maintaining a super-sterile theatre environment."

The THOR system scans and maps the space to be disinfected, assessing all the items and surfaces in the room, calculating the time the decontamination should take.

Ultraviolet is a form of light invisible to the human eye which exists on the electromagnetic spectrum between X-rays and visible light. UV-C wavelengths are between 180 to 280 nanometres, making them germicidal and able to destroy bacteria and viruses, preventing them from infecting and reproducing.

During the process the robot-looking device raises up and down, flashing with a vivid blue light that infiltrates surfaces in darker shadowed areas that manual cleaning may not reach.

Emitting a slight sulphur smell as it irradiates unseen skin particles and hair follicles, a report is then produced to verify the disinfection delivery has completed.



Dr Rod Brooks preparing for orthopaedic surgery.

While the unit was investigated prior to COVID-19, its arrival was timely and Christopher Stokes from THOR distributor Surgical Specialties says the dosage of the high intensity UV delivered over time is key to the potential impact of THOR on COVID-19.

"THOR uses light globes that have been found in a recent study by Boston University to eradicate COVID-19 in minutes".

Roel Castillo says the Hospital's readiness to address the risk of hospital bacterial or viral acquired infections has never been more important.

"The system has been proven to kill more than 99.99% of bacteria exposed to it.

That's almost a million-to-one guarantee that superbugs will be eradicated.

That's why we are so appreciative that we now have this additional system to complement what we already do".

Want to help the San Foundation help others? Contact Managing Director Karen Gair at 9480 9405 or foundation@sah.org.au

Life-saving testing

14 months on after it's opening, the San's Blackouts and Faints Clinic is helping identify the cause of faints and is reducing the risk of sudden cardiac death and falls. The Clinic utilises dedicated highly trained doctors who can access cutting edge diagnostic tools.

After consulting 196 patients, the Clinic has addressed fears about the causes with 8% of patients to date progressing to receive an implanted heart monitor or pacemaker, helping to minimise their risk of falls or serious heart rhythm disorders.

San cardiologist, electro-physiologist, and the Clinic's Clinical Director, Dr Graham Tanswell says helping identify the cause of Syncope can be life-saving.

"When the brain doesn't receive blood supply, the lack of oxygenation will cause it to cease functioning and you will collapse" he says.

"You need to identify why it's happening to sort the innocent causes from the potentially life-threatening ones. This can stop unnecessary worry, and facilitate treatment to reduce risk and improve quality of life.

It may simply be a common faint or due to a drop in blood pressure, and not indicate anything sinister. However it could be due to structural cardiac problems, such as valve disease, or cardiac arrhythmias.

It may identify patients for whom there are life-saving interventions available."

After further specialists cardiologist consultations, 6 Clinic patients ultimately had pacemakers implanted due to irregular heart rhythms caused by atrial fibrillation, bradycardia, tachycardia, trifascicular block, or sick sinus syndrome.

Abnormal changes in blood pressure, heart rate or heart rhythm have been diagnosed in 14 patients thanks to the use of the Clinic's new tilt table.

"The table allows us to strap a patient in safely for prolonged periods and tilt them to 60 degrees, similar to the motion of standing up quickly, which might have caused them to faint, while we continuously monitor their blood pressure and heart rate.

We try and trigger symptoms, monitor what's happening while they standing for the prolonged period and see if a faint looks imminent.

The question we try and answer is do you have an innocent cause of Syncope, or something more sinister?"

Also now in use at the Clinic is a HeartBug, an electrocardiograph monitoring system that patients can wear for up to 4 weeks to help detect heart rhythm abnormalities which may not be picked up by standard testing.

"Information helps us diagnose why they've blacked out, and how much a threat it is, so we can recommend lifestyle changes or medical intervention.

It's why we set up the clinic."



Dr Greg McDonald video advice on Syncope at www.sah.org.au/video-gallery

Advance upright tilt testing by clinic staff



The Blackouts and Faints Clinic is a joint partnership with medical devices company Medtronic. Initial consultations at the clinic are bulk billed. Ask your GP.
P: 94809633 or heartclinicenquiries@sah.org.au
see www.sah.org.au/blackouts-and-faints.

Managing pain

It was the sad estimate that 1 in 5 Australians suffer with acute or chronic pain from injury, cancer, arthritis or other conditions (that nationwide costs \$73.2 billion plus), that underpinned the establishment of the San's Acute Pain Service says Service Head Dr Shravani Gupta.

"Pain, particularly chronic pain, can have a huge domino effect on life" says Dr Gupta, a pain specialist.

"While acute pain is normally linked to a surgery or trauma and lasts only a few months, the cause of long lasting chronic pain is not always clear.

What we do know is that pain thresholds are different from person to person and that pain receptors in various parts of the body when activated transmit pain signals to the brain along the spinal cord via various chemical changes.

This can then create emotion, mood,



San Acute Pain Service team members Dr Shravani Gupta and Clinical Nurse Consultant Georgie May.

and behaviour impacts, and in the case of chronic pain, can lead to depression.

Equally worrying is the risk of patients becoming dependant on opioids if they take them for an extended time.

Correct diagnosis and identification of the cause of pain is quite important.

Our service aims to assess all inpatients to meet their pain needs, restore them to functionality, and get them back to their normal lives, as safely and as quickly as possible."

Our hearts of the San are coming home soon

Keeping our volunteers safe was a priority for us this year during the challenges presented by COVID-19 and resulted in suspension of many of their special services they help us provide. We have missed their smiling faces, their warmth, and how they passionately support us.

Thankfully they are slowly returning to assist us in areas where their health and safety is protected.

Here's a few reflections to show why we love them so much.

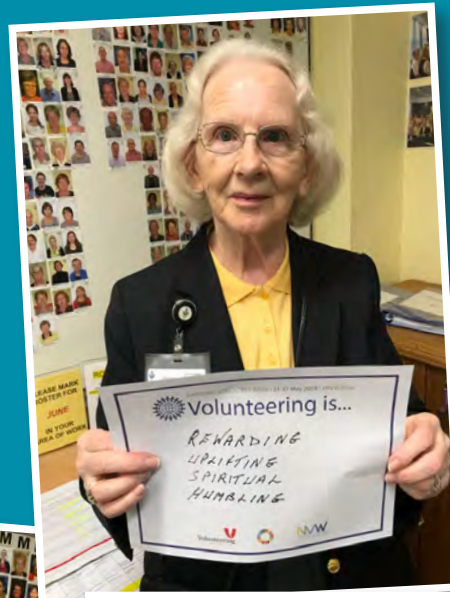
"When you wear the yellow shirt you just feel as though you sparkle.

We talk about gardening, cooking, travelling. Whatever.

It's amazing how close you get to some of the patients.

I have a purpose and feel part of the family there, and that's the lovely part about it."

Wendy
San Volunteer



"You just get that warmth. It's very, very, satisfying because you feel you are doing something.

And I am sure I am taller when I walk in.

I'm walking in and everyone you meet acknowledges you, always with a smile.

I've made some great friends through the San and I am very grateful.

I miss it!"

Joyce
San Volunteer



Our San Volunteer Team sharing Christmas cheer in 2019.

CARE ON THE FRONT LINE

Emergency Care nurse
Ernie Koh



Emergency Care's Physician
Dr Renato Barros



Wardsman
Dennis Woods



Nursing Team
Level 7

Intensive Care's
Chris Waite and
Sue Haworth



Breast surgeon
Dr Sandra Krishnan



Caring in a COVID world

“Being in an acute care setting with life-altering and life-affecting work makes you feel like you are contributing to the bigger picture. With COVID-19 at first we were feeling quite anxious – there was an eerie uncertainty about what it meant.

Having to plan and work through a Pandemic magnified the importance of having a strong team with a strong foundation. We were able to lean into it, rather than resisting because there was trust in team members, strong relationships built on respect for each other's roles, and we've all had a part to play.

We knew we had to be malleable and flexible and not to hold onto things, but to keep going and move and adjust with changes that were happening daily.

It also highlighted the importance of communication and connection because we had to keep each other informed to keep each other safe.

It was the team supporting one another and the processes that were put in place that made us feel a lot more grounded and capable of handling whatever we had to deal with. The team was vital to us feeling empowered.

COVID has given us more perspective on what it means to be well and healthy in all parts of our lives.”

Jen Poon
Emergency Care Nurse

Anti-stroke protection device now

An anti-stroke protection device is being used by San doctors during Transcatheter Aortic Valve Implantation (TAVI) to minimise the risk of stroke.

TAVI is a minimally invasive procedure that replaces the diseased aortic valve without the need for open heart surgery for patients with severe aortic stenosis.

Severe aortic stenosis occurs when the aortic valve leaflets become stiff, reducing their flexibility and ability to fully open and close resulting in a narrowing of the valve opening, restricting blood flow and requiring the heart to work harder.

During the TAVI procedure, pieces of the calcified heart valve, or other debris, can break loose and travel through the arteries toward the brain, blocking blood flow, interrupting essential nutrients and oxygen, causing a stroke.

The Sentinel Cerebral Protection System (by Boston Scientific) is designed to capture embolic debris dislodged during TAVI before they can reach the brain.

In an Australian first the protection system is being applied almost universally during this procedure at the San, under the banner 'Protected TAVI'.

San doctors Dr Jason Sharp, Dennis Wang, Dylan Wynne and Brian Plunkett are amongst those using it to minimise the risk of stroke.

San Cardiothoracic Surgeon Dr Brian Plunkett says there has been a progressive evolution over 10 years in a lot of the technology involved with TAVI and this new filter system addresses the concern that a lot of patients and clinicians have about the risk of stroke.

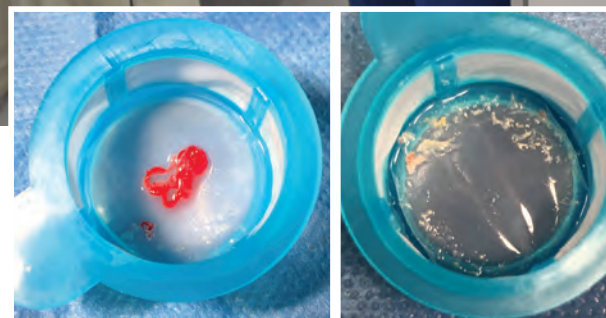
"Many patients are mobile and active and stroke would be a major risk to them" he says.

"These devices are like little parachutes with very fine mesh that allow blood flow but these nets catch any clots or calcium or tissue that is liberated during the new valve implantation.

We are all excited at the prospect of reducing stroke risk in any TAVI deployment."



Interventional cardiologists Doctors Dylan Wynne, Dennis Wang, and Jason Sharp, and cardiothoracic surgeon Dr Brian Plunkett (second from left).



Debris collected in the sentinel device

"Having to live with a stroke worried me even more."

For 85 year-old active architect Barry Little, the potential debilitating side-effects of a potential stroke was more worrying than his condition of aortic stenosis.

Barry and his family had investigated options to deal with the narrowing of his aortic valve since his condition was likely to deteriorate within 6 months.

"I love working on my heritage architecture projects, and I still enjoy daily swims" says Barry.

"Having open heart surgery at my age was not an option so I was pleased I could have a TAVI but even the minor risk of stroke was a worry.

My Mother-In-Law was badly paralysed by stroke, and for me, it would be the worst thing about getting older I could think of."

For his son Michael learning that San doctors were using the Sentinel filter designed to catch embolic debris that otherwise might cause a stroke was a great relief.

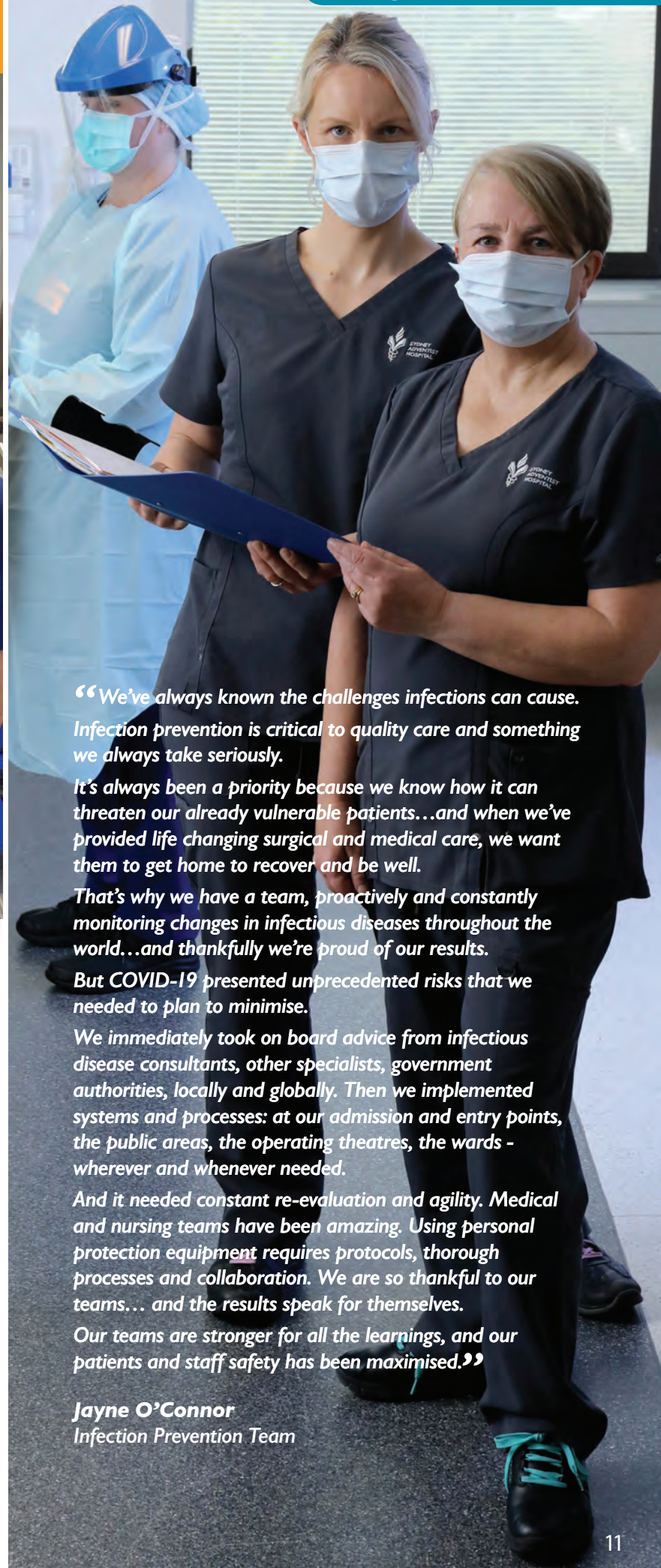
"It's great that there is an option to repair dad's valve and reduce the risk of stroke. Dad has done some great things in his life... we want him to still have the ability to do what he enjoys."

being used



Mr Barry Little (front) with son Michael and Dr Brian Plunkett.

Caring in a COVID world



“We’ve always known the challenges infections can cause. Infection prevention is critical to quality care and something we always take seriously.

It’s always been a priority because we know how it can threaten our already vulnerable patients...and when we’ve provided life changing surgical and medical care, we want them to get home to recover and be well.

That’s why we have a team, proactively and constantly monitoring changes in infectious diseases throughout the world...and thankfully we’re proud of our results.

But COVID-19 presented unprecedented risks that we needed to plan to minimise.

We immediately took on board advice from infectious disease consultants, other specialists, government authorities, locally and globally. Then we implemented systems and processes: at our admission and entry points, the public areas, the operating theatres, the wards - wherever and whenever needed.

And it needed constant re-evaluation and agility. Medical and nursing teams have been amazing. Using personal protection equipment requires protocols, thorough processes and collaboration. We are so thankful to our teams... and the results speak for themselves.

Our teams are stronger for all the learnings, and our patients and staff safety has been maximised.”

Jayne O’Connor
Infection Prevention Team

Pain relief by spinal cord stimulation

In an Australian first, a device for spinal cord stimulation and pain relief that delivers a wide range of electrical impulses from as low as 2, and up to 10,000 Hertz has been implanted during a procedure at the San.

Specialist interventional pain physician Dr Vahid Mohabbati conducted the procedure on a young mother debilitated by chronic pain and says published reports on the device's overseas usage suggests it can reduce pain by up to 80% in up to 80% of implanted patients with persistent low back and leg pain and reflects advances in knowledge and technology in recent years.

"Traditionally, treatment options for patients with serious low back and leg pain were medication, physical therapy, psychological treatment or surgery in some instances" he says.

"In some cases patients were simply told they had to live with the pain.

Using electricity to combat the body's own electrical pain-causing impulses has been used for over 60 years with some success but they have not been quite as effective as they could be, resulting in the replacement of pain by unpleasant sensations such as tingling unfortunately not tolerated well by all patients.

Advances in technologies in recent years have introduced different types of electrical impulses to help with chronic pain, but no device has had the ability to provide all available waveforms in a single device."

The new matchbox-sized implant is placed under the skin during a 45 minute day procedure.

The device comes with a remote control that enables the patients to change the intensity of pain relief, turn the machine on and off, and to use up to 5 different programs they can change to, which can also be monitored by their doctor.

"The fact that this new spinal cord stimulator has the versatility to deliver from 2 Hertz to 10,000 Hertz and offers a range of different programs of impulses means it can assist many more pain sufferers and can be used by more people" says Dr Mohabbati.

"It is great that this device can now be used to treat back or nerve problems, sciatica, diabetic neuropathy, abdominal pain, pelvic pain or cancer.

It is going to reduce pain and reduce dependence on medication."



Dr Vahid Mohabbati Interventional Pain Specialist

"What was striking about COVID-19 was the way healthcare teams came together quickly after we saw what was happening in Northern Europe and the USA. We knew we had to get ready.

We had to treat a new disease, provide best care, and protect ourselves to protect our patients...

What's characteristic about people who work in healthcare is that they tend to run towards the fire, rather than away from it.

At the San, where you already have a culture of team work and trust, that's exactly what we saw.

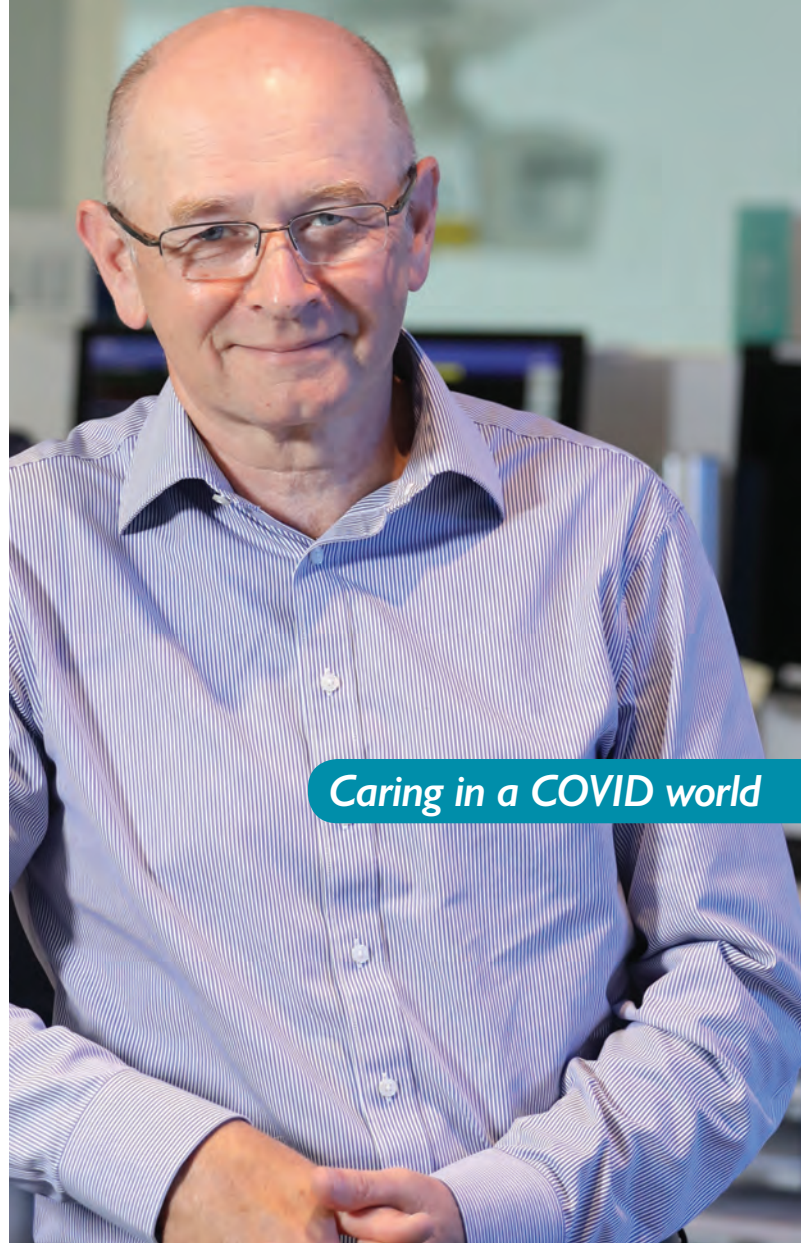
This culture meant everyone stepped up producing protocols and processes in preparation.

No one likes to think about the hundreds of thousands of people around the world that the Pandemic has killed... but the advance preparation has strengthened our existing teams creating even closer and new working relationships.

It's bought out the best in humanity.

It's going to benefit our future patients."

Professor Simon Finfer AO
Director San Intensive Care Unit,
Adventist HealthCare COVID-19
Emergency Planning Committee



Caring in a COVID world

Award winning peer nominated San Doctors



AHCL CEO Brett Goods presenting awards to Associate Professor Michael Hughes, Dr John Keogh, and Dr Graeme Rich

The expertise, commitment and caring of the San's over 1100 medical practitioners has been recognised with three awarded at the 2020 Adventist HealthCare Accredited Medical Officer Awards.

Presented by Chief Executive Officer Brett Goods, the awards presentation was broadcast via webinar in the interests of the Hospital's current social distancing and COVID-19 risk minimisation protocols.

The AMO awards call for peer and colleague nominations across a range of categories and reflect the wholistic values of the Hospital in caring for the whole person, 'mind, body and spirit'.

Associate Professor Michael Hughes won the Academic Award in recognition of his leadership in his field and his dedication to research and educating others which includes his work with the Clinical School of The University of Sydney, hospital surgical services, medical advisory committee and various multidisciplinary cancer teams.

Associate Professor Hughes was nominated as a "kind, compassionate and caring clinician instrumental in teaching medical students" with "impressive qualifications involved in teaching fellow surgeons".

San obstetrician and gynaecologist Dr John Keogh was winner of the Community Service Award recognising his altruism, compassion, integrity and leadership, and a personal commitment to volunteering or philanthropic activities.

After delivering 12,500 babies over 30 years, 13 years at the San, Dr Keogh was nominated for his community & charity work in Australia and developing countries helping women birth safely, described as "an exceptional obstetrician who goes above and beyond when caring for his patients".

Dr Graeme Rich was the recipient of the San Doctor Award nominated for his dedication, professionalism, compassion and willingness to teach, exemplifying the Mission and wholistic values of the San while demonstrating leadership and clinical excellence.

A gastroenterologist and hepatologist with particular interest in inflammatory bowel disease, bowel cancer screening, endoscopy, bariatric endoscopy, and weight loss management, his peers identified that he was professional and kind.

The diverse range of doctors nominated by their peers can be seen at:

www.sah.org.au/news-AMOAwards2020

Dedicated cancer navigators to help patients

Thanks to funding from the San Foundation, the San has recently established a dedicated Gastrointestinal Nurse Navigator role. Following similar roles for breast cancer and prostate cancer, the role is designed to guide and support patients and families through their cancer journey and treatment.

Want to help the San Foundation help others? Contact Managing Director Karen Gair at 9480 9405 or foundation@sah.org.au

Students support staff



Brigidine College students with ICU Nurse Allen Oldfield, Nursing Executive Clare Lumley, and Associate Professor Michael Hughes

Amongst the highlights of community support for Hospital staff in recent months, was a visit by Brigidine College students delivering 100 personally written and illustrated heartfelt messages of appreciation and thanks.

Representatives of support, allied health, hospitality, physiotherapy, medical and nursing staff met the students to express their thanks and appreciation.

The messages have been curated into short video loops.

www.sah.org.au/news-brigidine-message



Carols by Candlelight

Celebrating the spirit of Christmas differently to our traditional onsite front of Hospital San Community Carols, Sing Noel is a joint Christmas Carols livestream presentation with the San, Wahroonga Adventist Church and the Hope Channel. Featuring talented vocal, musical and inspirational presentations the Carols will broadcast both 12th and 13th December at 7pm. Information at singnoel.com.au.

San Gifts opens



San Gifts team with manager Patrina McLean

The power of gifts, donations, volunteering and teamwork were celebrated during the opening and blessing of the San's new gift store.

"I'm so pleased we can provide something beautiful for our patients, staff, and visitors" said San Volunteer Team Manager Patrina McLean whose 500 strong team will help staff the store.

"When you receive a gift it gives you such a boost of happiness, excitement and wonder. Gifts from here will bring patients a little bit of hope and gratefulness that someone cares about them."

San CEO Brett Goods acknowledged donations of material and fixtures by Precision Air Electrical and by Willobee Floor Service Sales and Flooring, which owner Peter Johannsen says was his way of satisfying a pledge to his late father that he'd continue the family's 65 year-long Hospital association.

Gift shop assistant Michelle understands the comfort the shop will provide.

"People coming in here could be facing whatever issue they may have with their health and wellbeing and might like to come to us for a little bit of diversion and have beautiful things to look at."

San Health Matters Radio 2GB



San medical and nursing experts continue to share their expertise every Tuesday at 9:45pm on Radio 2GB Nights with journalist John Stanley. Recent topics providing expert public health information include:

- Dr Sandra Krishnan 2GB on Breast Cancer Awareness Month - www.sah.org.au/news-DrKrishnan2GB
- Professor Henry Woo 2GB on the iTIND device - www.sah.org.au/news-iTIND2GB
- Sarah O'Malley 2GB on helpful midwives at the San - www.sah.org.au/news-Midwife-SarahOmalley2GB
- Dr Vanessa Perotti 2GB on brain tumors www.sah.org.au/news-DrPerotti2GB
- Piers Graham 2GB on Healthy Feet www.sah.org.au/news-podiatrist2GB
- Dr Brian Plunkett 2GB on the Sentinel device - www.sah.org.au/news-Sentinel2GB

Reaching out

Recognising that patients and their loved ones are often best positioned to flag changes in their physical and mental condition even before the changes are obvious to expert medical and nursing teams, the San has introduced a patient safety escalation program, R.E.A.C.H.

Highlighted by information and signs in ward rooms, the program confirms the easy process to reach out and raise attention to physical and mental changes that might then indicate a dangerous deterioration.

San Nursing and Operations Executive Clare Lumley who explains the program in a new short video, says the Clinical Excellence Commission developed the program because elsewhere around Australia and internationally, patients voices of concern haven't always been heard.

"This builds on the San's existing patient and consumer feedback mechanisms, such as including patients in bedside handover processes so that they are involved and understand their assessment, care and treatment plan.

REACH is really an extension of that so that if a patient or a loved one has a concern they have the mechanism to articulate and escalate it. It's a part of our ongoing commitment to provide the best care that we can."

See: www.sah.org.au/video-corporate

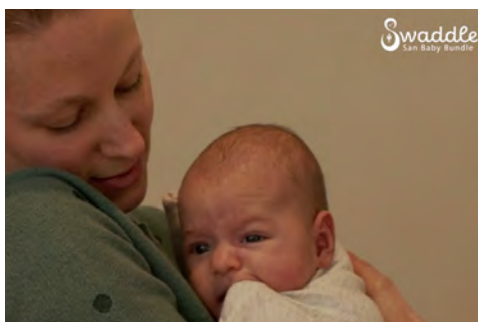


Nursing executive Clare Lumley (front centre).

The joys of Swaddle videos



Obstetrician Dr Andrew Booker



Loving 'Swaddle' mother Stefanie

Obstetricians part of the San's Australian first zero-out-of-pocket no gap pregnancy package - Swaddle - have shared their thoughts about the program in a new short video. Some of the first Swaddle parents who celebrated the arrival of baby Oscar in February have shared their love and hopes for him in a moving short video 'Unconditional Love.' See: www.sah.org.au/maternity-videos

The San's Mission Journey



Dr Branimir Schubert

In a moving video presentation the San's Director of Mission Integration Dr Branimir Schubert highlights the principles and Mission that underpin the delivery of healthcare at the San and the Day Surgery. Dr Schubert shares the historical and service advances since the San opened in 1903 as a small Sanitarium and how generations of people committed to sharing Christ's message of health and healing have led to the development of the Hospital into NSW's largest private and not-for-profit. See: www.sah.org.au/video-corporate

Experts promoting awareness



Associate Professor Michael Hughes (rear centre) with MDT attendees.

After their regular in person and ZOOM multi-disciplinary breast cancer meeting at which they shared their expertise to plan for patients treatments, the San's experts including Associate Professor Michael Hughes (rear centre) took time out to promote Breast Cancer Awareness Month.

Wholistic healthcare

Healthy lifestyle advocate ELIA Wellness has joined the San under the corporate umbrella of Adventist HealthCare.



Formed to champion the cause of lifestyle medicine in research, policy and practice ELIA Wellness will complement the AHCL's mission of helping promote health and healing of the body, mind, and spirit. "It is the Adventist principles of a healthy and active lifestyle that underpin the breadth of the wholistic care that we aim to offer all our patients each year" says Adventist HealthCare Chief Executive Officer, Brett Goods.

"We are proud that the wider community will benefit from ELIA's research and advice with the potential to help prevent and manage chronic disease as a result of this collaboration".

Executive Director of ELIA Wellness, Geraldine Przybylko said the Adventist community has long understood the benefits of a healthy lifestyle.

"Seventh-day Adventists in Loma Linda, USA, were identified by Dan Buettner in National Geographic as one of the 5 regions in the world – Blue Zones – where Adventist health principles and lifestyle were key contributors to longevity, with Adventists living up to ten quality years longer than the rest of the nation.

Adventists today welcome the growing body of scientific evidence confirming that lifestyle interventions can help prevent, manage or arrest disease, with lifestyle medicine being one of the most exciting and fastest-growing disciplines in healthcare today."

See: www.sah.org.au/news-eliawellness

Sanitarium 12 before 12:

The San's sister institution the Sanitarium Health Food Company has launched a healthy eating and cooking guide for kids. The Sanitarium 12 before 12 cookbook was developed in partnership with the acclaimed Sprout Cooking School and is available as a free digital download from 12before12.sanitarium.com.au.

Hospital happenings



San Dr's give advice to SBS TV's 'The Feed' on anti-aging



San Drs on Channel 7TWO's 'Mums At The Table' Sundays 8.30 am



San Stroke unit celebrates Stroke Week



Promoting Breast Cancer Awareness Month



Staff celebrate World Patient Safety Day



Celebrating new nursing graduates



Reaching 300 San TAVI's - Dr's Dennis Wang and Jason Sharp celebrate



JDE supports Staff during COVID-19



Staff raising spirits



Spiritual Care Week's FaceBook live streams

For the latest in news from the San

- @AdventistHC_AUS
- Sydney Adventist Hospital
- Adventist HealthCare Limited (AUS)
- @san.babies



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