

# shine

The Sunshine Coast  
Private Hospital  
*at Buderim*

SUMMER 2016



## The joy of giving

Shine is a community publication of The Sunshine Coast Private Hospital, a leading Queensland not-for-profit private hospital

New father, Paul Drage, with baby Charlie and Rhondda Taffs from the hospital Auxiliary

# Message from Wallis Westbrook, General Manager



Sometimes we are all guilty of feeling consumed by the little things around us as we cope with the day-to-day juggle of balancing work, family and other commitments. I am of course no different as I busily lead this amazing organisation and our passionate and dedicated workforce who provide care to our patients.

Sometimes taking a step back and looking at the big picture can assist in giving us a sense of perspective

and renewed gratitude for the good things happening around us. Reflecting on some of the achievements, innovations and stories outlined in this edition of *Shine* reminds me once again of how much we have accomplished for the betterment of our community and how proud I am to be associated with the hospital.

Our Auxiliary's simple but infinitely caring act of delivering gifts to patients who are in hospital on a special occasion is a wonderful example of how even a bad day can be transformed when touched by kindness. Amazingly, this big-hearted volunteer workforce has been delivering these gifts for 35 years, expecting nothing in return except for the joy of giving itself.

This edition of *Shine* also highlights some of the new services we are offering, including an older persons program and a cutting-edge hip replacement procedure. It also provides some interesting tips about mental health and breast care that I urge you to read in order to help yourself and educate others.

Our participation in the Australian Private Hospital's Association's 'elephant in the room' campaign to break down the stigma associated with mental illness has been a great way to stimulate conversations around mental health. A six foot tall inflatable elephant visiting iconic Sunshine Coast locations has certainly enabled us to start lots of conversations about this common health condition which will affect 1.2 million Australians this year.

Our PINKTOBER® campaign for our Cindy Mackenzie Breast Cancer Program is one of our most important fundraising initiatives throughout the year and once again, the Sunshine Coast community has come out in force to support their own. To every individual, business and group that has 'pinked up' this month, we sincerely thank you - without your support we would not be able to help local families affected by breast cancer.

If you have the capacity to support us and the work we do to continue to make a positive and lasting difference to people's lives, we would truly appreciate your help. I also take this opportunity to wish you and your families a wonderful and safe Christmas holiday season.

## **Wallis Westbrook**

General Manager

The Sunshine Coast Private Hospital

# Auxiliary embraces the joy of giving

**For many, a stay in hospital can be a difficult time, especially on special occasions such as Christmas, Mother's Day and Father's Day.**

Combining a pinch of compassion, a dash of happiness and a helping of generosity, members of The Sunshine Coast Private Hospital's Ladies Auxiliary have busily prepared a gift for our patients on these special days for the past 35 years.

Rhondda Taffs has been the project's co-ordinator for the past five years and a member of the Auxiliary since 1997.

"We have been giving these gifts to patients since the Auxiliary first started in 1981 and I know it will continue for many years to come," Rhondda said.

"I love volunteering my time to the hospital Auxiliary and especially making sure these gifts are wrapped and ready for our patients, especially when they may be feeling in need of a bit of a lift," she said.

*"While a gift of a handkerchief is only something small, as they say, no act of kindness, however small, is ever wasted"*

"While a gift of a handkerchief is only something small, as they say, no act of kindness, however small, is ever wasted."

"It's always a surprise how the patients



Anne Harriden, Rhondda Taffs and Judy Tasker

react - they are thrilled, and that gives us a thrill, too."

New dad, local Paul Drage, said he gratefully received the gift the day after his son Charlie was born.

"I was so appreciative of the gift. It was the best couple of days of my life and to receive something like this from Rhondda and the team made my hospital stay even more special," he said.

New Auxiliary members are always welcome. To join, please contact the president, Vicky McCallum on 5476 6496.

## Track a loved one's in-theatre progress

### Electronic Tracking Board

The Sunshine Coast Private Hospital has a new visual tracking system enabling enhanced communications.

Monitors are located throughout the hospital and patients are given a unique code which family members can use to track their progress from admissions to discharge.



# Sunshine Coast-first program aims to improve the mental health of older people

The Sunshine Coast Private Hospital recently launched an **Older Persons Program** which is designed to meet the needs of those over 65 who are experiencing a mental health issue.

A first for the Sunshine Coast region, the program is delivered from the hospital's Cooinda Mental Health Service and aims to help people in late adulthood better cope with stressful life events such as retirement, re-location, financial constraints, physical illnesses, and changing relationships. These challenges can become overwhelming and can lead to common mental health problems such as depression or anxiety.

Dr Jennifer Moss, a psychiatrist at The Sunshine Coast Private Hospital who specialises in older persons psychiatry, said the program will help participants gain a deeper understanding of the challenges associated with late adulthood, learn specific strategies to help manage these challenges, and help build a support network.

"Mental health problems as you age are quite common and often under-estimated so hopefully in talking about this program, it will raise awareness of this issue and result in more people seeking assistance," Dr Moss said.

"Generally speaking, mental health problems are under-identified by healthcare professionals and older people themselves," she said.

*"Mental health problems as you age are quite common and often under-estimated so hopefully in talking about this program, it will raise awareness of this issue and result in more people seeking assistance"*

"I encourage any older person who is struggling to talk to their GP and don't just put what they are feeling down to being old because depression and anxiety doesn't just happen because you are ageing. The good news is that the outcomes are actually great for older people who seek help, if they have depression it is very treatable."

Dr Moss' top tips to stay mentally healthy as you age are:

1. Stay socially connected
2. Stay physically active
3. Pay attention to lifestyle choices during middle age and establish good patterns of healthy living
4. Get regular check ups to maintain and monitor both physical and mental health

Australia is in the midst of an unprecedented increase in the population aged 65 years and older. The fastest rate of growth is in people over 80. Data indicates the steepest period of growth in the number and proportion of people aged over 65 will take place during the next 10 years.

The Sunshine Coast Private Hospital's General Manager, Wallis Westbrook, said the hospital's Cooinda Mental Health Service provides the most comprehensive range of private mental health services on the Sunshine Coast.

"I'm so proud of our mental health service and all the local people it has been able to help over the years - from new mums to veterans, the young and the old," he said.

For more information, visit [sunshinecoasthospital.com.au/olderpersons](http://sunshinecoasthospital.com.au/olderpersons)



# Thank you, Ngaire!

Ngaire Roberts (pictured below) has spent more than half her lifetime with connections to The Sunshine Coast Private Hospital. As an original investor 38 years ago, she was present at the turning of the sod and laying the cornerstone of what was then the 'Buderim Private Hospital'. She was present at the hospital's official opening, at the Mooloolaba Yacht Club 36 years ago.

*"It has been an exciting journey watching the continual growth and development of this very successful medical facility,"*

Since its inception, Ngaire has been a strong supporter of the hospital and its work, both as a member of the hospital Auxiliary fundraising committee, and as a donor herself together with her husband, John. Over the years, Ngaire has supported projects such as the purchase of equipment and the fitting out of patient rooms. Most recently, Ngaire enabled a staff member to receive the training required to be able to provide expert lymphoedema treatment for women after breast cancer surgery.

"It has been an exciting journey watching the continual growth and development of this very successful medical facility," Ngaire said.

"It has been a great pleasure to be associated with this special place and assist it to ease the burden of pain and suffering and make a positive difference to so many lives right here on the Sunshine Coast," she said.



# Welcome to the new director of our Breast Clinic

We extend a warm welcome to Dr Colleen O'Sullivan (image right), the new director of our Breast Clinic. Dr O'Sullivan is an experienced breast physician who has worked exclusively in breast medicine for more than 20 years. She is enjoying leading our dedicated team of radiographers, sonographers, nurses and administration staff in the delivery of expert care right here on the beautiful Sunshine Coast.



## Dr O'Sullivan's breast care tips:

- The most important thing is to be aware of the normal look and feel of your breasts.
- Be aware of any changes that are out of the ordinary – such as a lump, nipple discharge or change in the shape or skin appearance of the breasts.
- Breast pain is infrequently associated with breast cancer, but is one of the most frequent reasons for referral. If pain is persistent and unrelenting however, it deserves investigation.
- If you feel a lump and it persists after your next period (for women who are menstruating), see your GP and do not wait until your next mammogram is due.
- Regular screening saves lives – imaging can detect breast cancers before they can be felt.

Read more about Dr O'Sullivan and our Breast Clinic by visiting [sunshinecoasthospital.com.au/breastclinic](http://sunshinecoasthospital.com.au/breastclinic)

## New hip replacement procedure now available

An innovative surgical procedure is now being offered at The Sunshine Coast Private Hospital by orthopaedic surgeons Dr Bernard Tamba-Lebbie and Dr TK Ho.

The procedure offers a new approach to hip replacements – the surgeons can now make an ‘anterior approach’ to the surgery rather than having to cut through muscles at the back of the leg. The new procedure allows the surgeons to make an incision in the torso in order to replace the joint.

Dr Tamba-Lebbie said this surgery technique is a great step forward for patients needing hip replacement surgery.

“This surgery is very effective in the early stages after hip replacement and results in the patient regaining full use of the hip in the shortest possible time,” Dr Tamba-Lebbie said.

“The recovery for the patient is also much better which results in better quality of life and less post-operative recovery time,” he said.

“I am thrilled to be able to offer this procedure to patients right here on the Sunshine Coast and help them to get back on their feet faster and enjoy this fabulous place we live in.”

For information, visit [sunshinecoasthospital.com.au/surgery](http://sunshinecoasthospital.com.au/surgery)



Dr TK Ho and Dr Bernard Tamba-Lebbie

## Talking about the ‘elephant in the room’



A giant inflatable elephant is helping The Sunshine Coast Private Hospital break down the stigma of mental illness.

With one in five Australians suffering from mental illness each year, mental health truly is Australia’s ‘elephant in the room’. The hospital is committed to engaging the people of the Sunshine Coast in matters of mental health to help create a healthier community.

*“The elephant gives us the chance to focus on spreading the word about mental health issues”*

Wallis Westbrook, General Manager, said the hospital was excited to have participated in the Australian Private Hospital Association’s ‘elephant in the room’ campaign for the past three years.

“The elephant gives us the chance to focus on spreading the word about mental health issues,” Wallis said.

“Mental health is too often misunderstood and hidden away behind closed doors and as a result people are made to feel embarrassed or ashamed,” he said.

“We have been travelling around the Sunshine Coast with the elephant to start conversations about how positive mental health is for everyone.”

# Sunshine Coast turns pink for PINKTOBER®



**Aussie World (pictured) lit the way for the Sunshine Coast turning pink in support of The Sunshine Coast Private Hospital Cindy Mackenzie Breast Cancer Program's 2016 PINKUp for PINKTOBER® campaign.**

The PINKTOBER® campaign is held in October each year to coincide with Global Breast Cancer Awareness Month to raise awareness and funds to help support Sunshine Coast families affected by breast cancer.



Other major supporters of the program include media partner HOT 91.1 and Kawana Shopping World. HOT 91.1's support included a dedicated pink bus (pictured above) that travelled across the Sunshine Coast during October. The morning crew, Sam and Nerissa, hosted a special PINKTOBER® breakfast show from the bus to raise valuable funds and awareness for the program.

The Sunshine Coast Private Hospital also lit up pink each evening during the month of October in support of the program. The Cindy Mackenzie Breast Cancer Program was

established in 2007 in honour of Sunshine Coast mum Cindy Mackenzie who sadly lost her battle with breast cancer in 2006, aged 39. The program is available to all Sunshine Coast residents diagnosed with breast cancer – applicants do not need to be patients of the hospital.

*"By supporting PINKTOBER® they were giving a helping hand to those local families impacted by this terrible disease that unfortunately affects so many people"*

According to the National Institute of Health and Welfare, breast cancer is the most common cancer among Australian women with one in eight diagnosed by the time they turn 85.

General Manager, Wallis Westbrook, said local people, businesses and community groups were encouraged to support PINKTOBER®.

"By supporting PINKTOBER® they were giving a helping hand to those local families impacted by this terrible disease that unfortunately affects so many people," Wallis said.

"We are so very grateful to our amazing supporters – this help goes a long way to help our friends, family and neighbours right here on the Sunshine Coast."

For more information about the program, PINKTOBER® or to donate, visit [sunshinecoasthospital.com.au/cindy](http://sunshinecoasthospital.com.au/cindy) or phone 1300 557 710.



Rae Priaux, Adriana Leonardi and Wallis Westbrook

**Yes, I'd like to help The Sunshine Coast Private Hospital**

**Please direct my donation to:** (please tick)

- Area of greatest need for the hospital     Cardiac  
 Mental Health     Breast Clinic     Maternity  
 Cindy Mackenzie Breast Cancer Program

**Please choose a gift amount:**

- \$200     \$150     \$50     \$500  
 Own choice \$ .....

**Cardholder details:**

Name: .....

Address: .....

Suburb: ..... State: ..... Postcode: .....

Phone: .....

Mastercard     Visa    Expiry date ..... / .....

Card number .....

Name on card .....

Signature .....

My cheque/money order payable to The Sunshine Coast Private Hospital is enclosed

Direct deposit: you can deposit directly into our bank account using the information below:

**BSB:** 014-002    **Account:** 8356 72569

**Reference:** Please use your last name and SCSU

**Every donation over \$2 is tax deductible and a receipt will be sent to you.**

Detach your completed form and send to:

The Sunshine Coast Private Hospital  
PO Box 5050  
Maroochydore BC QLD 4558

*Thank You*



## How you can make a difference

### Donate

Your gifts are one of the best ways for The Sunshine Coast Private Hospital to enhance our services, keep up-to-date with technology, expand our clinical capacity and update our facilities. Thanks to the generosity of people like you, we can continue to improve the highest quality of clinical care for our patients.

### Regular giving

You decide the amount and the frequency of your donation which can be altered or paused at any time.

### Include us in your will

The inclusion of The Sunshine Coast Private Hospital in your will is the ultimate gesture of gratitude and perhaps the greatest compliment that you can pay the hospital.

Our mission is to improve the health and wellbeing of individuals and their families. We differentiate ourselves by living out our values to optimise patient care and experience, every day. Donations over \$2 are tax-deductible and a receipt will be sent to you.

**For more information on how you can support our life-saving endeavours, please contact our donor care team on 5430 3305 or by email [fundraising@uhealth.com.au](mailto:fundraising@uhealth.com.au)**

To learn more about any hospital project or service, please contact our team on 5430 3305 or visit: [sunshinecoasthospital.com.au](http://sunshinecoasthospital.com.au)

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