

shine

The Sunshine Coast
Private Hospital
at Buderim

WINTER 2017

A photograph of four healthcare professionals standing in a brightly lit hospital hallway. From left to right: a woman in blue scrubs and a pink surgical cap, a woman in blue scrubs, glasses, and a pink surgical cap, a man in a white shirt and dark tie, and a woman in blue scrubs, glasses, and a pink surgical cap. They are all smiling at the camera.

**Lead a healthier life
through Care to Share**

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

Rebecca Foden, Vicki Foster,
Dr Tony G and Jenny Barnes

Message from Wallis Westbrook, General Manager



It gives me great pleasure to welcome you to the Winter 2017 edition of *Shine*, our community newsletter which is designed to keep you up-to-date with all the latest hospital news and events.

The first half of 2017 has been a busy and rewarding time for the hospital. We were extremely proud to launch our Care to Share video series which is designed to

give our community access to important health information, delivered by their local specialists. We hope that in accessing these videos, people in our region feel empowered to make informed healthcare decisions.

We understand that our own health and that of our family and friends is the most important thing in the world. Tara and Suzanne's stories in this edition bring to light how precious and significant our loved ones are in our life - their stories are very poignant and powerful and I thank them both for sharing this part of their lives with us all.

Time and time again we hear our patients' stories and feel inspired to keep innovating and are driven to continue to provide the compassionate and high-quality care that everyone deserves.

The launch of our new postnatal depression program, which aims to help mothers who are struggling in the months following the birth of their baby, is another way of us providing access to services that people in our community need.

Last year alone the hospital cared for more than 26,000 people - we take our role in providing this care very seriously and feel privileged to support our patients and their family members physically, emotionally, socially and spiritually.

Page 7 details how our Cindy Mackenzie Breast Cancer Program is again the beneficiary of the Rockers for Knockers team's efforts in the 7 Sunshine Coast Marathon - I encourage you to join the team and grab your joggers and walk or run any distance on Sunday 20 August.

For all the local artists out there, I also urge you to consider taking part in our annual Art Exhibition on Thursday 12 October. This will be our fifth exhibition and it keeps getting better every year!

On behalf of our staff and patients, I would like to thank our donors for their continued support of the hospital and urge you to consider a tax-deductible donation to The Sunshine Coast Private Hospital.

Wallis Westbrook

General Manager

The Sunshine Coast Private Hospital

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Introducing Care to Share



The Sunshine Coast Private Hospital recently launched a new video series for the Sunshine Coast community, featuring relevant medical education from the hospital's highly experienced doctors and clinicians.

The video series, called 'Care to Share', is designed to provide local people with medical education and information they can use to lead a healthier life.

Wallis Westbrook, General Manager, said the hospital was inspired to create the video series after identifying an unmet community need among patients and their families for access to general medical education in an accessible and innovative format.

"The series features doctors from the hospital sharing their expertise with the community to better inform personal healthcare decisions across the Sunshine Coast."

"Our decades of experience serving the Sunshine Coast community has shown us that personal health and the health of loved ones is highly valued by everyone, but we

realise that accessing general healthcare information still isn't as easy as it could be - so we've decided to create the video series," Wallis said.

"The series features doctors from the hospital sharing their expertise with the community to better inform personal healthcare decisions across the Sunshine Coast."

"We believe this campaign is an important extension of the patient-centred care we provide 365 days a year and look forward to expanding this innovative series over the months ahead," he said.

Urologist Dr Tony Gianduzzo has been practicing at The Sunshine Coast Private Hospital for the past 25 years and said he was thrilled to be part of the video series.

"It's great to have the opportunity to be involved in public education and help demystify topics that have a tendency to really confuse people," Dr Gianduzzo said.



Dr Tony Gianduzzo appears on one of the video series

"It's always good to get the message out there on a much broader scale when compared to one-on-one interactions where you have to get in the fine detail of things. I'm hopeful the series will make a real difference to people's lives," he said.

For more information or to submit a question for our team of experts to answer, find us on social media or visit sunshinecoasthospital.com.au/caretoshare

New program aims to help mums with postnatal depression

A new treatment program which aims to help mothers suffering from postnatal depression recently launched at the hospital.

The six week program will be delivered from the hospital's Cooinda Mental Health Service and aims to help participants gain a better understanding of postnatal depression and learn strategies that can assist to alleviate its symptoms and prevent relapse.

Berquin Human, Senior Psychologist at The Sunshine Coast Private Hospital, said the program will help participants gain a deeper understanding of the factors that contribute to and prolong postnatal depression.

"Having a baby should be a happy experience. At least, that is what society expects and what many mothers demand of themselves," Mr Human said.

"However, the reality can be quite different. Having a new baby, whether it's the first or third, is a major, life changing event and takes a lot of re-adjustment for everyone involved, but especially for mothers."

"Having a baby should be a happy experience. At least, that is what society expects and what many mothers demand of themselves."

In the first couple of weeks after delivery, up to 80% of women will experience 'baby blues', which includes fluctuating emotions of sadness and anxiety. These feelings are due to the sudden change in hormones after giving birth and typically subside after a couple of weeks. However, recent research reveals that for about 15% of mothers, these feelings worsen and develop into postnatal depression.

The onset can occur anytime between six weeks and the first year after the birth of the child. Postnatal depression is a serious and debilitating condition that can lead to suicidal thoughts and result in an inability to care for the newborn baby.



"I encourage any mum who is struggling to talk to their GP because if they seek help, postnatal depression is very treatable and it's possible to lift their depression and break the cycle of negative thinking, feeling and behaviour," said Mr Human.

Wallis Westbrook, General Manager, said the hospital's Cooinda Mental Health Service provides a comprehensive range of private mental health services, including outpatient day programs which are tailored to meet the needs of specific groups of people requiring expert help.

"I'm very 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.

"To support the launch of this special program, we have ensured we have the facilities and equipment in place to allow mothers to participate fully in these group sessions, including special child minding services so babies can be cared for onsite."

Referrals are now being accepted for this program. For more information, visit sunshinecoasthospital.com.au/postnataldepression.

Peita's memory lives on



Peita Harvey

Suzanne Harvey's amazing daughter, Peita, lived life to the fullest. Suzanne fondly remembers that from childhood onwards, including her four years travelling the world, everybody who knew Peita felt good about themselves in her presence.

"Love never ceased to flow out from Peita, even after she was diagnosed with breast cancer just before her 31st birthday," Suzanne said.

"During Peita's ups and downs with breast cancer, things changed constantly yet she never saw it as a battle. Instead she recognised it as an opportunity to grow and learn more about herself through the hardships she encountered and her grace inspired us all."

As Peita's health deteriorated, Suzanne said she felt blessed to have her family and friends around her, though as time went on she knew Peita needed more care and support.

"Peita, being such a giving person, hesitated at first to

"Peita, being such a giving person, hesitated at first to accept help from outside her close knit circle, but when she did, we received amazing support from wonderful organisations like the Cindy Mackenzie Breast Cancer Program"

accept help from outside her close knit circle, but when she did, we received amazing support from wonderful organisations like the Cindy Mackenzie Breast Cancer Program which were always given with love, warmth and understanding," Suzanne said.

Suzanne said that her daughter loved being out in nature and always took photos of her surroundings, seeing beauty in everything and everybody, and even came to realise her own.

Peita wrote, "Without one extreme, we simply cannot know the other. I've had to look at myself long and hard. Even when it's not pretty, I've found the beauty in my reflection and it empowers me to keep looking. I hope to guide others in their search for self love and appreciation."

After Peita's passing in December 2012, Suzanne spent time going through Peita's photos and has created a range of cards using a selection of the images.

"This is my way of sharing my beautiful daughter's creative spirit, and it has been very healing for me. I have chosen to give proceeds of the sale of cards to the Cindy Mackenzie Breast Cancer Program and Cittimani Hospice Service in order to give back to those who gave so much to us," Suzanne said.

The 'Space of Clarity Cards' are available for purchase from the hospital's coffee shop or by contacting the program on cindymackenzieprogram@uhealth.com.au or **1300 557 710**.



Suzanne and Peita Harvey

Call for artists to participate in Mental Health Week Art Exhibition

The Sunshine Coast Private Hospital is calling on local artists to share their experiences of mental health by contributing artwork to its fifth annual Mental Health Week Art Exhibition on Thursday 12 October.

The 'Path to Wellness' exhibition will be held at the hospital's Cooina Mental Health Service and will feature works of art in the categories of painting, calligraphy, indigenous, recycled, photography, craft and sculpture.

Mental Health Week aims to increase community awareness about mental health issues between October 8 and 14, including World Mental Health Day on October 10.

The Sunshine Coast Private Hospital General Manager, Wallis Westbrook, said the event aims to bring people together to raise the profile of mental health in the community.

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

"There's no need for people to feel embarrassed because one in five Australians suffer from mental illness each year and practically everyone knows someone who is impacted by conditions such as depression or anxiety," he said.

Each artist can contribute a maximum of two artworks in any medium and can submit their artworks by visiting sunshinecoasthospital.com.au/artexhibition



You are invited to attend our annual Art Exhibition – come along and enjoy light refreshments while being inspired by the work of artists and entertained by local musicians.

Entry is free. For catering purposes, please RSVP to the event at sunshinecoasthospital.com.au/artexhibition or calling Melinda Steyn on 5430 3305.

Doing good and feeling great



Fraser Turner and Paul Bryan

Paul Bryan and Fraser Turner are two of our 80-strong volunteer team who provide much-needed help around the hospital to patients and staff.

Paul has been volunteering in the hospital's Cardiac Rehabilitation program for the past three and a half years.

"I had a heart procedure 10 years ago and told myself that after I retire, I would volunteer to try to help others that are in the same situation I was," Mr Bryan said.

"I volunteer every Tuesday and Friday and support the clinical team with whatever help they need. The patients often don't understand what they've gone through and are trying to make sense of their second chance at life. I think they appreciate the support from someone that's been there - I can say, 'look at me'," he said.

"When they complete their program and walk out smiling it is incredibly rewarding."

Wallis Westbrook, General Manager of The Sunshine Coast Private Hospital, said the hospital owed a huge debt of gratitude to its volunteers.

"Our hospital, our community and our country are the grateful beneficiaries of their generosity, passion and enthusiasm," he said.

For more information about volunteering at the hospital, visit sunshinecoasthospital.com.au/volunteers

Join our Rockers for Knockers team

Registrations are now open for the 7 Sunshine Coast Marathon for 2017 and the Rockers for Knockers team is back and are aiming to be bigger and better than ever!

Mark Sunday 20 August in your diary and come along for a fun day in support of a great cause. Everyone is welcome to join the team and run or walk the course. Most members of the Rockers for Knockers team will complete the 10km course but you can enter any distance.

Ruth D'Hennin, breast cancer survivor and founder of the Rockers for Team, has entered in the full marathon category for the first time and has recruited some high-profile support in the form of Councillor Jason O'Pray.

Councillor O'Pray will run the full marathon distance of 42km for Rockers for Knockers in recognition of his mum who is currently undergoing treatment for breast cancer.

All proceeds from the Rockers for Knockers team will be donated to The Sunshine Coast Private Hospital Cindy Mackenzie Breast Cancer Program, which provides a range of free services to local families affected by breast cancer.

The program is available to all Sunshine Coast residents diagnosed with breast cancer – applicants do not need to be patients of the hospital.

Visit sunshinecoastmarathon.com.au to enter and don't forget to select the Rockers for Knockers team during the registration process.



Ruth D'Hennin, Councillor Jason O'Pray and Lisa Daldy

Help us PINKUp for PINKTOBER®



Rae Priaulx, Adriana Leonardi and Wallis Westbrook

We are planning on painting the town pink again this year with our PINKUp campaign in support of PINKTOBER®.

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

There are many ways you can show your support of the program and recognise people you know that have been affected by breast cancer. Whether it's wearing pink accessories, decorating your front door at home with a pink ribbon, or turning your workplace into a pink palace, every little bit helps.

For more information or to register for a PINKTOBER® fundraising pack, visit sunshinecoasthospital.com.au/pinktober

PINKUp
for
PINKTOBER®

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

Please direct my donation to: (please tick)

- Area of greatest need Cardiac Mental Health
 Cindy Mackenzie Breast Cancer Program
 Breast Clinic Maternity Other

Please choose a gift amount:

- \$50 \$150 \$200 \$500

Own choice \$

I would like to make a regular contribution of \$ per month

Please send me information to leave a bequest

I have already left a bequest in my Will

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 SCPHWI

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

Detach your completed form and send to:

Donor Care Team, UnitingCare Health

GPO Box 2240

Brisbane QLD 4001

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. Donate online at sunshinecoasthospital.com.au/donate

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 1800 001 953 or by email fundraising@uhealth.com.au

To learn more about any hospital project or service, please contact our team on 07 5430 3305 or visit: sunshinecoasthospital.com.au

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