

# shine

WINTER 2016



## Breast Clinic provides peace-of-mind

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

# Message from Wallis Westbrook, General Manager



Welcome to the first edition of The Sunshine Coast Private Hospital's community newsletter, *Shine*. We are delighted to be able to bring you regular news about the hospital, including service developments, events and engagement activities.

Thirty-five years ago the hospital was established by people from within this community for this community. We are extremely proud of this history and the role we have played in improving the health

and wellbeing of people on the Sunshine Coast. We also do so much more in the wider community and have actively looked for opportunities where we can contribute and make a difference. The recent installation of our war memorial is just one example of how we strive to work with and recognise those people and groups in our community that make the Sunshine Coast such a special place to live.

You may not know the hospital has over 20,000 patient admissions every year, has delivered more than 12,000 babies and employs more than 700 local people. We are the Sunshine Coast's only not-for-profit private hospital and we very much see the community as our shareholders and

partners – we are committed to re-investing any surplus funds back into providing local people with cutting-edge and high quality services in your own backyard.

This edition highlights some of our recent service innovations. We see the opening of the Breast Clinic in 2015 and the launch of our new Trauma Recovery Program for Veterans as another way of investing in this community and its future. Hearing stories about how we have helped people like Ruth really inspires us to keep innovating and providing the services local people need.

Patient care is central to everything we do. Saving Ruth sleepless nights waiting for test results, offering pastoral care, and giving war veterans suffering from post-traumatic stress disorder a place to come for expert support are just some of the ways we enhance the lives of people in our care.

We are very grateful for donations from groups such as the Auxiliary and Rockers for Knockers – we truly appreciate their fundraising efforts to help their friends and neighbours here on the Sunshine Coast. Through the generosity of our donors, both individuals and groups, we are able to develop new projects that support the exemplary services and activities of our hospital.

We hope you enjoy reading our inaugural edition of *Shine* - we welcome any feedback you may have and look forward to bringing you future editions.

## Wallis Westbrook

General Manager  
The Sunshine Coast Private Hospital

## Breast Clinic celebrates one year milestone

The Sunshine Coast Private Hospital's Breast Clinic recently celebrated its first anniversary. A Sunshine Coast first, the \$2 million Breast Clinic offers same-day screening and diagnosis of all breast symptoms.

Almost 2000 local women have utilised the Breast Clinic since it opened its doors last year. One of those patients is Ruth D'Hennin, a local mum and business owner, who was diagnosed with breast cancer in 2014, only four months before the Breast Clinic opened its doors. After undergoing surgery and chemotherapy, happily one year later Ruth was cancer-free. At her most recent check-up earlier this year, Ruth took the opportunity to visit the Breast Clinic for the first time.

"Unfortunately, at my check-up a lump was found in my other breast. Instead of waiting weeks and travelling to different places around the Coast for tests, I was able to have a biopsy that very day and receive preliminary results," Ruth said.

"I went home to my family feeling confident that I wasn't going to be diagnosed with breast cancer for the second time and those preliminary findings were confirmed the very next day. This information provided me with a huge amount of comfort and eased the anxiety I was feeling," Ruth went on to say.

Breast Clinic Director Dr Debbie Pfeiffer said the Breast Clinic's clients appreciate the fact they can now access a



Ruth D'Hennin



comprehensive breast service locally.

"I think our patients feel comfortable in the environment we have created for them here and for most, they walk away with complete peace-of-mind," Dr Pfeiffer said.

"For those that don't receive good news, they receive immediate advice and support, and prompt referral for treatment options – during what is a stressful time, they are not left in the dark regarding information and education about the crucial next steps. They are not left wondering 'What next?' for days or even weeks," she said.

*"I was able to have a biopsy that very day and receive preliminary results"*

The state-of-the-art facility features the latest technology and equipment, including 3D mammography and high-resolution ultrasound.

Women who have no increased risk of breast cancer can request a screening appointment by phoning the Breast Clinic directly on 07 5452 0500. Women who have a breast symptom, or who require a screening breast ultrasound, require a referral from their doctor.

# Launch of new trauma recovery program for veterans

The Sunshine Coast Private Hospital has launched a trauma recovery treatment program which aims to provide veterans with the knowledge and skills to manage their post-traumatic stress disorder symptoms and take control of their health in order to live fulfilling and meaningful lives.

Wallis Westbrook, General Manager of The Sunshine Coast Private Hospital, said this was a much-needed service for the local and surrounding regions.

“We understand there are around 9,000 veterans living right here on the Sunshine Coast and a significant number of these people are struggling, many without any help,” Wallis said.

“During combat, non-combat and peacekeeping missions around the world over many decades, a number of veterans experienced extremely trying circumstances which continue to affect them in the long term,” he said.

*“We understand there are around 9,000 veterans living right here on the Sunshine Coast and a significant number of these people are struggling, many without any help”*

“We are one of only a small number of organisations nationwide that the Department of Veterans’ Affairs (DVA) has contracted to deliver a trauma recovery program.”

The program is managed from the hospital’s Cooina Mental Health Service, which is the most comprehensive private mental health service on the Sunshine Coast. It is the only centre to provide this type of program north of Brisbane and south of Townsville.

The program will be delivered by a multidisciplinary team

of specialist mental health clinicians who are experienced in treating and supporting veterans and people with post-traumatic stress disorders.

Acting Director of Psychiatry, Dr Chris Martin, said the program will cover areas including trauma-related anxiety, depression, anger, addiction and sleep disorders.

“The aim of the intensive 12-week evidence-based program is to enhance the lives of many people in the veteran community by improving their mental health and wellbeing,” Dr Martin said.

“Group and individual therapy will be used to learn how to effectively manage trauma-related symptoms and to foster meaningful support networks,” he said.

The hospital is now accepting referrals for this program. Please visit [sunshinecoasthospital.com.au/traumarecovery](http://sunshinecoasthospital.com.au/traumarecovery) or call 1300 780 413 for more information.



Dr Chris Martin (Acting Director of Psychiatry) and Wallis Westbrook, General Manager

## Pastoral care at the hospital

Did you know the hospital has a pastoral care team? Led by Rev Dennis Harth (pictured right), the team is also comprised of chaplains from other churches in the community, plus volunteers and representatives of faith groups. The team provides emotional, religious and spiritual care to patients and their families, as well as hospital staff and volunteers.

They listen to people share stories of their life, accompany people through difficult times, nurture spirituality through reflection, scripture, worship, sacrament and ritual, and help people find meaning in their experiences.



The Sunshine Coast Private Hospital is celebrating its 35th year of caring for the Sunshine Coast community.

In 1980 it opened as a small community hospital with 48 patient beds. Thirty five years later, the hospital has now grown to include

190 patient beds, eight operating theatres, two cardiovascular theatres and a range of other specialised services such as cardiac, mental health, maternity, surgical, rehabilitation as well as the Coast’s first comprehensive Breast Clinic.

## Your hospital services



Surgical



Cardiac



Maternity



Mental Health



Breast Clinic



Rehabilitation



## New memorial garden

Visitors to the hospital will notice a new memorial garden and flagpoles at the main entrance.

The hospital flies official flags during daylight hours and will lower the flags to half mast on ceremonial days, in times of mourning or at government direction.

Wallis Westbrook, The Sunshine Coast Private Hospital General Manager, said the installation of the new garden and flagpoles was due to the foresight of the hospital's Veterans Consultative Group.

"The hospital is extremely proud to have had a long history of supporting our veterans, and through consultation and engagement with our Veterans Consultative Group we have been able to build this memorial garden and erect these flagpoles as permanent symbols of remembrance, thanksgiving and celebration," Wallis said.



Wallis Westbrook, General Manager, Cassy O'Donnell, Registered Nurse, and Brian Iselin, Veterans Consultative Group.

## Thirty years of generosity

The Sunshine Coast Private Hospital Auxiliary (pictured above) has provided much-needed support to the hospital and its patients for more than 30 years.

The Auxiliary has generously donated more than \$500,000 during this time to special projects at the hospital - from equipment, to cots to landscaping. The only criteria is that it needs to improve the quality of patients' lives.

The Auxiliary has been tireless in their fundraising efforts and has organised fundraising activities such as cinema nights and hosted card and games nights. On special occasions, such as Christmas and Mother's Day, they also distribute small gifts to patients.

The hospital thanks the Auxiliary for its wonderful support and recognises the important role it plays in making this hospital such a special place.

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

## Would you like to run for a reason?

Registrations are now open for the 7 Sunshine Coast Marathon 2016 and the Rockers for Knockers team is back and aiming to be the biggest team in the marathon's history!

So, are you in? Pencil in Sunday 21 August and come along for a fun day in support of a great cause. Ruth D'Hennin and her Rockers for Knockers team will complete the 10km course but you can enter any distance. Everyone is welcome to the join the team and run or walk the course.

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 Sunshine Coast 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. The program is currently being expanded to focus on health and wellbeing, which is backed by the expertise of hospital clinicians and allied



health providers in areas such as psychology, rehabilitation and nutrition.

Visit [www.sunshinecoastmarathon.com.au](http://www.sunshinecoastmarathon.com.au) to purchase your ticket (and don't forget to select the Rockers for Knockers team during the registration process).



2015 Rockers for Knockers Sunshine Coast Marathon team

**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 SCW

**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



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.

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. Thanks to the generous support of people like you, we can continue to improve the highest quality of clinical care for our patients.

Having a secure regular income gives us enormous confidence so we can continue to deliver the best care when people need it the most. As a regular giver you can decide the amount and the frequency of your donation and alter your gift at any time you like if your circumstances change. We'll issue you with an annual receipt outlining all of your generous gifts.

For more information on how to become a regular giver, please contact our donor care team on 5430 3305 or by email [fundraising@uhealth.com.au](mailto:fundraising@uhealth.com.au)

## Contact Information

*Shine* is a community publication of the UnitingCare Health Fundraising and Marketing office. To provide support or to find out more about any hospital project, please contact our team on 5430 3305 or visit [sunshinecoasthospital.com.au](http://sunshinecoasthospital.com.au)  
To unsubscribe from this newsletter, please call 5430 3305.

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