

The Wilga Way

Living your Best Life

People caring for people



Mt Wilga Rehabilitation Hospital
66 Rosamond Street
Hornsby NSW 2077

Autumn 2016

02 9847 5000

MT WILGA
PRIVATE HOSPITAL



CEO Message

Welcome to Mt Wilga Private Hospital and thank you for choosing our hospital for your rehabilitation care. Many of our patients have stayed with us before, over 42%, and we believe this is testimony to the quality of care from our nurses and doctors to

our catering and cleaning staff and to our allied health teams!

For those whose first time here as a patient, over 41% of you chose our hospital based on the recommendations of your

friends and family. We thank you for entrusting your care in our hands and we look forward to working together to getting you back on your feet again and return safely home.

Your experience at Mt Wilga is very important and we encourage you and your guests to complete our feedback cards. Please let us know if there are ways we can improve the quality and safety of our people, services or facilities and we also love a compliment where deserved, so if you would like to mention a staff member who has helped you during your stay, we would love to know!

We are also happy to announce Mt Wilga recently passed audit for our Accreditation process. The audit was set against Standards 1 to 3 of the National Standards and these include

Lorrie Mohsen,
CEO, Mt Wilga Private Hospital



Standard 1 – **Governance for Safety and Quality in Health Service Organisations**



Standard 2 – **Partnering with Consumers**



Standard 3 – **Preventing and Controlling Healthcare Associated Infections**

What do our Dietitians do?

At Mt Wilga we have a team of Accredited Practising Dietitians (APD) who have the skills to provide nutrition and dietary advice for people with diabetes, heart disease, gastrointestinal conditions, chronic wounds, cancer, neurological conditions including stroke, cancer and many other medical conditions.

Our dietitians are specialised health professionals and are trained to assess a person's nutritional needs and provide the most-up-to-date evidence based nutrition advice to assist people in reaching their health goals. Here at Mt Wilga, they provide services to inpatients,

to our day program patients and also offer outpatient appointments. They run nutrition education groups, covering topics from general healthy eating advice, eating well to look after your heart, nutrition for diabetes and eating well for the

elderly. A person's ability to eat well can be influenced by numerous factors and can have a large impact on their ability to perform everyday duties, wound healing and length of stay in hospital.

If you have any concerns about your diet, or know someone who has, talk to an accredited practicing dietitian today!



Mt Wilga Dietitian Team – Nicole, Sam and Lisa

Volunteer with Mt Wilga Private Hospital

“Living Your Best Life”

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Mt Wilga Volunteer Services continues to grow and offers a rewarding and enriching experience. We are looking for caring and compassionate people who would like to be patient companions or have other skills that they would like to share.

Mt Wilga is a friendly and diverse team dedicated to rehabilitation of our patients, if you would like to join the Volunteer team please call Justine on **9847 5256**

or email hickj@ramsayhealth.com.au

Full training and orientation is provided.



www.mtwilgaprivate.com.au

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Falls Prevention[®] is everyone's business

In April, the Mt Wilga Team is focussing on Falls Prevention and we all know that prevention is better than cure! Mrs Lorrie Mohsen, our CEO says “Falls prevention is something we take very seriously at Mt Wilga. Our rehabilitation team cares for many patients who may have had a fall inside their home, outside in the garden or out in the community, whether it be on public transport or at the local shopping centre.

Many of our patients will have surgery and will have a long stay in hospital to recover from their injuries. It is important to us that our patients are educated about falls prevention whilst they are in hospital to reduce their risk of falling again and being readmitted into hospital”.

Fast Facts About Falls

In people over 65 years of age, falls are the most common cause of injury and hospital admissions.

1 in 4 older people fall at least once a year, and the frequency of falls increases with age.

Research shows that most people fall around 11am in the morning and 5pm in the afternoon. This is due to the fact that it is around these times we are our most active undertaking a wide range of activities that have the potential to cause us to fall.

Over 30% of falls occurs in the living room as this is where we spend most of our time.



What's wrong with this picture?

- Overhanging bed linen – feet can get stuck in the bed clothes
- Shoes next to the bed are a trip hazard in the middle of the night
- Table cloth on dressing table – remove the table cloth or consider a bed pole if using a fixed object to assist with getting in and out of bed.
- Make sure there is plenty of light available – perhaps a bright lamp should be within reach from the bed

International Nurses Day

International Nurses Day is celebrated around the world every May 12, the anniversary of Florence Nightingale's birth, the founder of modern nursing. The white heart is the universal symbol for nurses worldwide and characterises the caring, knowledge and humanity that infuse their work.

Mt Wilga has around 150 dedicated and compassionate nurses and it is well worth celebrating their commitment and achievements every year.



Did you know that Mt Wilga has a dedicated outpatient therapy service?

Just like you would go to a private therapist in the community, Mt Wilga also offers services including –

- Physiotherapy
- Occupational Therapy
- Speech Therapy
- Hydrotherapy
- Dietetics
- Psychology and Neuro Psychology
- Social Work

To make an appointment, please call 9847 5015.

Please check your private health fund for your extras cover.



What is the National Disability Insurance Scheme (NDIS)?

Andrew Gibson, Community Educator from the NDIS presented to Mt Wilga staff last month on the NDIS.

The NDIS is a new way of supporting people with a permanent and significant disability who are under the age of 65. The NDIS will be coming to Hornsby and surrounds in July 2016. According to Andrew "the NDIS allows people to make their own choices about the way they wish to live their life and allows them to have more control and independence regarding their health and their delivery of services to assist them"

If you want more information on the NDIS go to:

www.everyaustraliancounts.com.au.

Late Effects of Polio (LeoP) and Polio NSW



Dr Helen Mackie

In April 2015, Mt Wilga and Polio NSW were excited to announce the formation of a one day Assessment clinic held every month for people who have the Late Effects of Polio. One year on, our clinic has seen 46 patients from all over NSW and will see another 24 people up until August.

Poliomyelitis on Infantile Paralysis is a viral infection that was common around the world until the early 1960s, with the last major outbreak in Australia in 1956. The polio vaccine was introduced in Australia in 1956 and was followed by mass immunisation programs.

Before mass immunisation in Australia, it is estimated that a minimum of 40,000 people contracted paralytic polio in Australia between the 1930s and 1960s, whilst up to 4 million people contracted the virus with only minor symptoms.

Unfortunately, today in Australia thousands of Australians now experience what is known as the Late Effects of Polio (LEoP). If you would like more information on our clinic, please contact Dr Helen Mackie's office on 9847 5085.

Parkinson's and Rehabilitation

Parkinson's is a progressive neurological condition that affects people from all walks of life. In Australia today, there are approximately 70,000 people living with the condition.

The average age of diagnosis is 65, however, younger people can also be diagnosed with Parkinson's and this is known as Young Onset Parkinson's. Parkinson's affects a person's movement but other symptoms may include pain, mood, memory and sleep.

Currently there is no known cause of understanding why people develop Parkinson's but through research, the understanding of possible causes is increasing.

Here at Mt Wilga, we are currently developing a Parkinson's Assessment Clinic and Therapy Program and invite our patients who have Parkinson's to participate in a survey to help us better understand the rehabilitation needs of people living with the condition.

If you would like to participate, ask for a survey from your physio or OT or call extension 5350.



Do you have Facebook? Please like the Mt Wilga Private Hospital page for access to stories on our people and updates on our facilities and services.



HAVE YOU ENJOYED YOUR STAY WITH US?

If you would like to recommend Mt Wilga to your family and friends, please let them know about our new website @ www.mtwilgaprivate.com.au