

# The Wilga Way

Living your Best Life

People caring for people



People caring for people



Mt Wilga Rehabilitation Hospital  
66 Rosamond Street  
Hornsby NSW 2077

Spring 2015

02 9847 5000

MT WILGA  
PRIVATE HOSPITAL



## Message from the CEO

Thank you for choosing our wonderful hospital for your rehabilitation care. Whilst being in hospital is not where you want to be, we hope you are feeling stronger as a result of your therapy and on the way to a great recovery.

Mt Wilga is well known for quality rehabilitation care in

Sydney and we are proud of the medical, nursing and allied health care we provide people who have had a stroke. National Stroke Week is from the 14th to 20th September and is about raising awareness to prevent strokes.

**On Thursday 17th September at 3.00pm, if you are still staying with us, we invite you to attend our Stroke Champions Afternoon Tea.** It will be held in our neurological gym and there will be guest speakers from the Stroke Foundation and past and present stroke patients and their carers. There will also be games and activities to help raise funds for the Stroke Foundation. We hope to see you there.

**Penny Wright**, CEO Mt Wilga Private Hospital

## Familiarise yourself with these stroke symptoms... you may save a life

How do you know if someone's having a stroke? Think...

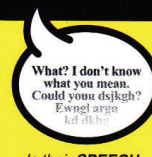
# F.A.S.T.



Check their **FACE**.  
Has their mouth drooped?



Can they lift both **ARMS**?



What? I don't know what you mean. Could you dsjkhg? Ewngl argn ket ds.h

Is their **SPEECH** slurred? Do they understand you?



**TIME** is critical. If you see any of these signs, call 000 now!

**Think F.A.S.T. Act FAST! CALL 000**

For more info call 1800 787 653 or visit [strokefoundation.com.au](http://strokefoundation.com.au)



## WHAT IS A SPEECH PATHOLOGIST OR A "SPEECHIE"?

We have a highly committed and experienced team of speech pathologists or "speechies" as they are affectionately known in health care. They treat people who have had a stroke or other neurological condition whose ability to speak clearly, express ideas, understand others and read and write may be affected. As specialised health professionals, they will treat communication, speech, voice, fluency and swallowing issues.

Their treatment is based upon each person's individual needs and depends on the cause,

type and severity of the symptoms.

Together with the patient, they may focus on helping a person's overall communication skills as well as educating family and friends around them about the best way to assist with communication.

A person's ability to swallow may also be affected following a stroke or other neurological condition. They work together on exercises to improve swallowing, modified procedures and diets that make it easier to chew and swallow.



"Speechy" Erin and Dietitian Sam work closely with patients who have had a stroke or other neurological condition.

# Mt Wilga rehab patient aims to compete in a triathlon following a rare neurological condition.

## What is GBS?

Guillain-Barre Syndrome or GBS is an autoimmune disease where the immune system attacks the peripheral nervous system and may affect both motor and sensory control. The cause of GBS is not known but usually follows a viral or bacterial infection and men are more likely to be affected.

Tim, a current inpatient was a fit 40 year old fire-fighter with the RAAF and an ironman triathlete when he succumbed to this life threatening condition. On the 4th February this year, Tim started to suffer joint pain with fever, pins and needles, muscle weakness and as his condition quickly deteriorated, he was diagnosed with GBS.

For 103 days Tim was in ICU with respiratory failure, worsening neuromuscular weakness, neuropathic pain and restriction in upper and lower limb movement. Whilst in ICU, Tim was intubated and also treated with plasmapheresis, a common therapy used in treating auto-immune disorders.

In May, Tim came to us under the care of Dr Murat Acar to begin the rehabilitation phase of his journey. Dr Acar says, "Tim has been working with his therapy team to regain his strength and mobility that he lost so significantly. Tim's long term goal is to run an Ironman Triathlon in Germany in July 2016 and also do the Kokoda Track". Dr Acar adds that "Tim's positive mental attitude has been exemplary and helps when recovering from a disabling condition"

When Tim came to Mt Wilga he couldn't sit, stand or walk without support of at least two therapists. After 8 weeks at Mt Wilga he can now sit by himself and stand and walk with minimal supervision.

Tim also had significant upper limb weakness and is working hard with his occupational therapy team to rely less on others when it comes to showering and dressing and all aspects of everyday living.

Tim says " It's a long recovery but I have a great team and my physio Ian has already said he will do the first Sydney based triathlon with me, so that's a pretty good incentive to get well again".



Representing Australia in 2012 at the World Triathlon Championships and today with his Mt Wilga Physio, Ian.

# Welcome Dr Glen Sheh

We are excited to introduce and welcome Dr Glen Sheh who is a new rehabilitation physician and pain management consultant. Dr Sheh is experienced in the management of musculoskeletal and neuropathic pain and her other areas of special interest include pelvic and geriatric pain.



Dr Sheh attained her medical degree at the University of Auckland and completed her post-graduate training in Rehabilitation Medicine in Sydney. Dr Sheh is also Staff Specialist in Pain Medicine, under the Department of Anaesthesia and Pain Management at Concord Hospital. She has been the Supervisor of Training for the hospital's Chronic Pain Service since 2010.

*Outside of work, Dr Sheh says "she loves cooking. My mother was a wonderful cook and my family loves eating! I must have inherited my mother's cooking genes. My cooking is a good mix of "east meets west", very much attributable to my lovely husband of Anglo descent. My favourite is French cuisine and I love cooking it".*

# Introducing our new volunteer...



Russell was a patient with us after his surgery and we are now lucky to have him as part of our volunteer team. Russell is a retired Principal Baritone and enjoyed a wonderful career with the ABC in the presentation of their operas with the SSO. A highlight of Russell's musical experience was as the King in Australia's 1st performance of the "The KING and I" with the Sydney Light Opera Co. Please make Russell welcome and listen out for him singing in the patient dining area.

## 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](mailto:hickj@ramsayhealth.com.au)

Full training and orientation is provided.

[www.mtwilgaprivate.com.au](http://www.mtwilgaprivate.com.au)

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# 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](http://www.mtwilgaprivate.com.au)

## The neuro team return home!

Our neurological physio gym was officially reopened in August by two of our inpatients, Tim and Joanne who were happy to be the official ribbon cutters! Our team were very happy to get their gym back with new roof, floors, paint, blinds and fans.

Our OT team are also excited to have their kitchen return, fully renovated and ready to help patients with returning to maximum independence with activities like cooking and cleaning.

Our Official Ribbon cutters with Physios Brooke and Ian



Our Executive and members of our neurological physio team with official ribbon cutters Joanne and Tim.



Do you have Facebook? Please like the Ramsay Health Care page for access to stories on hospital developments, new surgical procedures, medical breakthroughs and inspiring patient stories.



## Happy 99th Birthday Thelma

Thelma keeps fit and healthy by attending our outpatient hydrotherapy classes twice a week and has been coming for over 10 years. We wish Thelma a wonderful year and look forward to celebrating her next big birthday!

Thelma with members of our executive, Tracey and Penny