

The Wilga Way

PATIENT EDITION

Living your Best Life

Mt Wilga Rehabilitation Hospital
66 Rosamond Street, Hornsby NSW 2077
02 9847 5000

Summer 2016

 **Mt Wilga
Private Hospital**
Part of Ramsay Health Care



CEO Message

It is hard to believe that it is this time of the year again. On behalf of the Executive and staff I would like to take this opportunity to wish you a festive holiday season.

Over the holiday season our large pool will be undergoing renovation and will be closed from the 19th December for approximately 6 weeks. Our small pool will be used for hydrotherapy and we thank you for your patience and understanding during this time.

Thank you for choosing Mt Wilga for your rehabilitation and we look forward to working with you to get you back on your feet again.

Lorrie Mohsen

Parkinson's Program Launched



Our Parkinson's Program has been developed to support people living with Parkinson's to better understand and manage their condition. Under Dr Simon Chan, Rehabilitation Consultant, the high intensity program, incorporating both LSVT LOUD® and LSVT BIG®, is aimed at improving a person's speech and body movements to enhance their function and participation in daily activities.

LSVT LOUD® is an effective speech treatment for individuals with Parkinson's (PD) and other neurological conditions. LSVT LOUD® improves vocal loudness by stimulating the muscles of the voice box (larynx) and speech mechanism. The treatment improves respiratory, laryngeal and articulatory function to maximise speech intelligibility.

The principles of LSVT LOUD® were also applied to limb movement in people with Parkinson's (LSVT BIG®) and it is an intensive and complex treatment with repetitions of core movements used in daily living. It has shown improvements in amplitude (trunk rotation/gait), improved speed (upper/ lower limbs), balance and quality of life.

Research has shown that early referral around the time of diagnosis can have a significant impact on slowing the progression of Parkinson's symptoms. Though medications are also highly effective, exercise and lifestyle changes can have a positive outcome on quality of life. As such, people within the early to mid-stages of Parkinson's are most appropriate for the program.

Please talk to your therapist for more information.

PAIN THE INVISIBLE CHALLENGE

Our Pain Management Program is an interdisciplinary program designed to address the complex needs of people with chronic pain. It is delivered by our experienced team of Physiotherapists, Exercise Physiologists, Psychologists and Occupational Therapists. Our program focusses on self-management techniques and exercises that can assist in managing the impact of pain on daily life and increasing participation in meaningful activity including home, work and leisure.

The program will address the following:

- Challenge fears about activity and fear avoidance
- Manage stress and improving sleep habits

- Pacing, goal setting and engaging in activity
- Combine the benefits of exercise and practical education sessions
- Learn about your own body and how to best manage your movements
- Experience the benefits of hydrotherapy and Mindfulness



Dr Glen Sheh

The program is overseen by Dr Glen Sheh, Pain Rehabilitation Physician, who holds qualifications in both Pain Medicine and Rehabilitation.



LIVING WITH OSTEOARTHRITIS?



Does osteoarthritis stop you from doing the things you love? Does it keep you up at night? Do you wish to delay surgery for hip or knee osteoarthritis?

Under the guidance of Professor David Hunter, Rheumatologist, Mt Wilga will offer a new conservative approach to Osteoarthritis management in our Day Program commencing February 2017. Configured by the Agency for Clinical Innovation (ACI), the program has seen great outcomes and is already established at Royal North Shore Hospital and Hunters Hill Private, another Ramsay facility.



Our individually tailored program includes:

- Rheumatologist Musculoskeletal assessment
- Hydrotherapy and Physiotherapy
- Gym based Exercise Physiology
- Dietetic advice for healthy eating and weight management
- Occupational Therapy to educate, equip and empower patients to management everyday activities including sleep positions, daily living activities and car transfers

For more information on the program, please talk to your therapist.

WINNERS ARE GRINNERS

Mt Wilga staff and volunteers are smiling after winning the Health Improvement Service Category at the 2016 Hornsby Business Awards held at the Hornsby RSL Club.

Tracey, our Executive Commercial Manager proudly accepted the Award on behalf of staff and volunteers. "This Award is testament to the dedication and commitment of everyone at Mt Wilga. Everyone has an integral role to play helping our patients get back on their feet after surgery, illness or accident".

Mt Wilga were also a finalist for Outstanding Café and congratulate the Winner, Pastadelli in Wahroonga for taking out this honour. Tracey also highlighted that our café and facilities are such an important meeting place for patients and their friends and families and we strived to deliver excellent customer service in all aspects of our business".



Sarah, Tracey and Justine

PARTNERS IN POLIO



Mary-ann Liethof (far left) National Program Manager of Polio Australia presenting thank you plaque to Mt Wilga's CEO Lorrie Mohsen (far right)

In 2015 Mt Wilga joined with Polio NSW and developed an Assessment Clinic for individuals with Late Effects of Polio (LEoP), under the medical guidance of Dr Helen Mackie.

Over 70 people since 2015 have attended the clinic and based on the physiotherapy and occupational therapy assessment, exercise prescription is provided, and recommendations for assistive technology aids and equipment and referral for community supports is made.

Recently, Mt Wilga was asked to be the filming location for a series of videos which will be used to promote not only Polio Awareness Month, the Australian Polio Register but promotion of LEoP Clinic workshops to highlight the benefits to people with LEoP to improve their function.

We also attended the Post Polio Conference this year in Sydney and proud to have Dr Helen Mackie and neurological physiotherapist, Catriona Morehouse present to over 250 international and national delegates.

Mindfulness – what is it?



Mindfulness teaches individuals to direct their attention to their present experience with curiosity and acceptance, rather than worrying about what has happened or might happen. Whilst Mindfulness has its roots in 2500 years of Buddhist teachings, it is NOT a religion. It is an evidence-based, adaptable and widely-used psychological approach to a range of concerns. Mindfulness has been adapted to a range of clinical applications and has been combined with other methodologies (i.e. Cognitive Behavioural Therapy).

Brain imaging studies have demonstrated the impact of mindfulness on brain structure and function. It is an empirically supported approach to a range of psychological and health-related concerns, including pain, stress, depression, sleep problems, sexual dysfunction, digestive difficulties, grief and more.

Mindfulness is offered in our multidisciplinary day program. It is a life skill learnt in a highly practical way, through experience rather than talking. Individuals learn to focus their attention on what is happening in the present moment.

This may involve exercise that focusses attention on breathing, bodily sensations, activity in your mind or everyday activities such as walking and eating. Mindfulness helps people to learn to focus their attention and cultivate an attitude of acceptance.

If you would like to learn more, talk to one of your day program therapists.

Mt Wilga's Lymphoedema Clinic Turns 25 years young

25 years ago, Dr Helen Mackie was approached by a local oncology specialist to treat his patients who had developed Lymphoedema after chemotherapy for breast cancer. This started the training of therapists in the Foldi/Casley Smith Method of complex physical therapy and our Lymphoedema service was born.

Today our activity and knowledge has improved both diagnostically and therapeutically. Our services now include the use of low level laser therapy, Physio Touch negative pressure technology which helps reduce swelling and fibrosis and we use compression pumps for assisting with lymphatic drainage.

Today we work closely with the Macquarie University Hospital on their Liposuction Surgery Program. Prior to the surgery, we work with the patient to remove as much fluid as possible and after surgery we help them with garment prescription and fitting.

Happy Birthday to our Lymphoedema team past and present and we look forward to helping the Lymphoedema community for another 25 years and beyond.



Dr Mackie, Zoe Team Leader and Lorrie Mohsen CEO

The Wound Expert moves to Mt Wilga

Mr Gary Bain, one of Australia's leading Clinical Nurse Educators and Wound Care Consultants has joined our clinical team to provide expert wound care training to our staff and clinical care and support to our patients.

Driving you to our Day Program

Making the decision to attend our day program is sometimes dependent upon whether you can get here! This is especially true if you have been told by your specialist or surgeon that you are unable to drive for a certain time after surgery or injury.

Mt Wilga solves that problem by offering safe, reliable and convenient shared transport service for a daily fee.



The list of suburbs we service are:

Arcadia	Asquith	Baulkham Hills	Beecroft	Belrose
Berowra	Brooklyn	Carlingford	Castle Hill	Chatswood
Cherrybrook	Cowan	Dural	Epping	Eastwood
Galston	Glenhaven	Glenorie	Gordon	Hornsby
Hornsby Heights	Killara	Lindfield	Macquarie Park	Mooney Mooney
Mt Colah	Normanhurst	North Rocks	North Ryde	Pennant Hills
Pymble	Roseville	St Ives	Thornleigh	Turramurra
	Wahroonga	Waitara	Westleigh	

If your suburb is not listed above or you would like further information on our daily transport fees please call our Day Program office on 9847 5086

Volunteer with Mt Wilga Private Hospital “Living Your Best Life”

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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NDIS – HISTORY IN THE MAKING

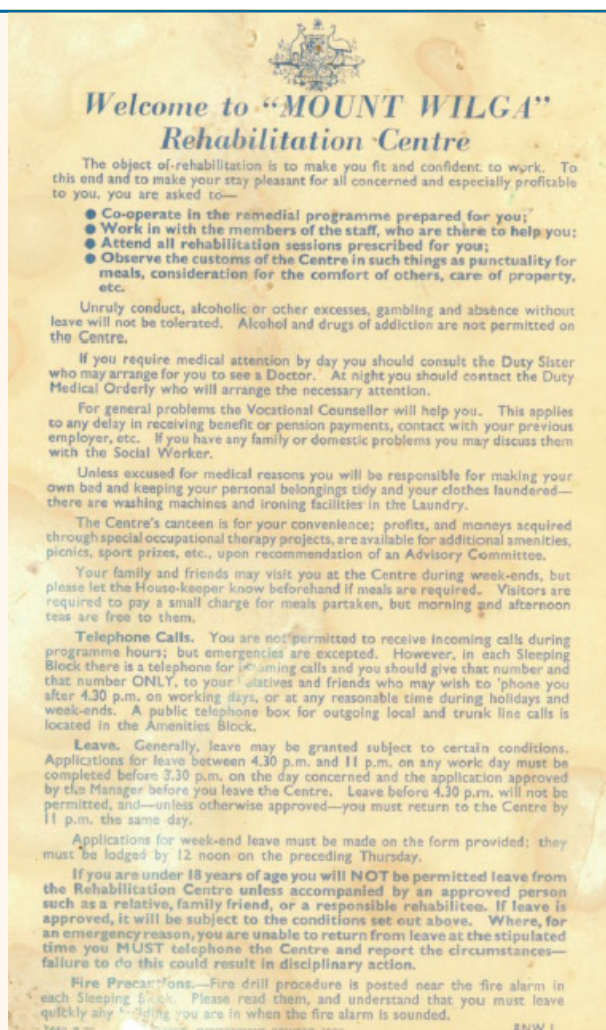
As a Registered Provider of the NDIS (*National Disability Insurance Scheme*), we have received over 10 referrals and assessed 5 participants for therapy support services including prescription and provision of equipment and aids and home modification assessment. Mt Wilga has been supporting people with severe illness, injury and permanent disability to achieve their goals for independence for over 60 years.

Mt Wilga has a history of supporting those with disability and played an integral role in the founding of the Australian Paralympic Games movement. Dr John Grant, AO OBE was a Neurosurgeon at Royal North Shore Hospital and a member of our Medical Advisory Committee for nearly 25 years. Together with Eileen Perrottet, Physiotherapist and Remedial Gymnast, Mr Kevin Betts AO, they founded the NSW Paraplegic Games held at the Mt Wilga Centre in 1959!

In 1960, Australia sent a team to the inaugural Paralympic Games in Rome. At the first Paralympic Games, athletes were required to compete in multiple sports and the primary purpose of the Games was rehabilitation not competition! The rules also stated that competitors could not be blind or amputees and it wasn't until 1976 that people with these disabilities would be able to compete. Of the twelve competitors eight had been patients at Mt Wilga and trained by Mr Kevin Betts and Ms Eileen Perrottet.

Our patients, Daphne Ceeney won not only two gold medals in swimming (50 m freestyle and breaststroke), but 3 silver (archery, Javelin and club throw) and 1 bronze in shotput! Ross Sutton won gold in Archery and Gary Hooper brought home silver in the Javelin. Australia finished an impressive 7th in the 1960 Paralympic Games behind Italy, Great Britain, Germany, Austria, USA and Norway!

Another amazing piece of Mt Wilga history is the 1970 “rules” of rehabilitation, patients had to make their own beds!



From Patient to Physio Assistant

Katie had a Total Hip Replacement in 2013 under Dr Ali Gursel at the SAH Hospital. Katie and her family live very close by and on recommendation came to us an inpatient under Dr Acar. After 10 days as an inpatient, Katie went home and then attended our day program to work on her hip strength and mobility.

One year later, Katie saw an advertisement in seek.com.au for an Exercise Physiology Assistant at

Mt Wilga. The rest is history, 3 years on Katie loves her role and can't imagine doing anything else. Well perhaps some part time modelling in her spare time!



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