



Message from the CEO

Welcome to Mt Wilga Private Hospital. For those of you that have been here before, welcome back and for those of you that haven't we trust you will enjoy your "Mt Wilga" experience and that we are helping you get back on your feet again.

We understand that whilst our staff are our most important asset, we also realise that our facilities are important as well and the time has come to make some much needed improvements around our wonderful hospital. We thank you for your patience and apologise for the inconvenience, but we are working hard to ensure that our facility improvements do not have an impact on your rehabilitation program while you are here.

We are excited to be improving our neurological rehabilitation therapy centre with a new patient kitchen, flooring, air-conditioning, roof and new paint! We have been busy planting at the front of the hospital and with all the recent storms we were lucky enough to lose two large trees at the front of the hospital without any damage!

Penny Wright, CEO Mt Wilga Private Hospital

MT WILGA RECOGNISED AS FINALIST FOR 'BEST REHABILITATION OPERATOR'

At Mt Wilga, providing rehabilitation care for people living in our community is all we do and we pride ourselves on our patients living the best life possible after an illness, accident or surgery. We are very proud of being chosen as one of six finalists in the Asia Pacific Eldercare Innovations Awards 2015 for Best Rehabilitation Operator.

Penny Wright, Mt Wilga CEO says "In 2013/14 we had 517 older patients attend our Complex Care Needs Program and over 89% returned to their previous level of accommodation at the end of their hospital stay. We enjoy seeing a patient return home knowing that they will be safe and that they have renewed confidence to once again manage their lives as independently as possible".



Penny Wright, Mt Wilga CEO with Kelly Gerrard, Occupational Therapy Manager

Mt Wilga - A win for the Aussies and Dementia Research

Mt Wilga admits many patients each year who are suffering from the early signs of dementia or have been diagnosed with this terrible disease. "In Australia there are more than 342,800 Australians living with dementia and without medical breakthrough, the number is expected to be 900,000 by 2050". (fightdementia.org.au)

Penny Wright, Mt Wilga CEO says "our staff definitely go to creative lengths to raise money towards research projects that are important to them and to our patients". Mt Wilga staff, over lunch on

Friday 8th May, took on the challenge to finally lay to rest which nation produced the best sausages – the Aussies or the British and staff were served by icons of both countries, the Queen and Prince Charles were there, Scary Spice and Kylie Minogue to name just a few.

The Aussie Snag was victorious over the Great British Pork Banger but more importantly, \$697 was raised in one hour to provide vital funds for Dementia Research. All funds will go towards Alzheimers Australia.



The Aussie Contingent – Scott, Camilla, Keith and Stephen



Graeme and Dimity

Mt Wilga and Polio NSW join forces for people who have the **Late Effects of Polio (LEoP)**

Mt Wilga Private Hospital and Polio NSW are excited to announce the formation of a dedicated Assessment Clinic for people who have the Late Effects of Polio (LEoP).

The LEoP Assessment Clinic is a one day clinic, held monthly, and will include a Medical, Physiotherapy and Occupational Therapy assessment under the direction of Mt Wilga's Rehabilitation Physician, Dr Helen Mackie.

What is the LEoP?

Poliomyelitis or 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).

People who have LEoP may experience one or more of the below symptoms, but of course these symptoms may not be attributed to LEoP. They may have even developed some of these symptoms much later on in life after they contracted the initial infection, even if they had little or no symptoms at the time.

- **Unaccustomed fatigue (either muscle fatigue or feeling of total exhaustion)**
- **New muscle weakness (including muscles apparently unaffected at the time of the initial infection)**
- **Joint and/or muscle pain**
- **Sleeping, breathing or swallowing difficulties**
- **Increased sensitivity to cold temperatures and;**
- **A decline in the ability to perform basic daily activities**

A referral to the assessment clinic can be sent directly by a GP to Dr Helen Mackie on (02) 9847 5013.



International Nurses Day

Mt Wilga has an incredible workforce of around 150 dedicated and specialised Rehabilitation Nurses and it is well worth celebrating their commitment and achievements every year on International Nurses Day:

Have you ever wondered what these Nurse acronyms mean?

AIN = Assistant In Nursing

EN = Enrolled Nurses

RN = Registered Nurses

CNS = Clinical Nurse Specialist

CNE = Clinical Nurse Educator

NUM = Nurse Unit Manager

DCS = Director of Clinical Services

Penny Wright CEO (left) and Charlotte Malloy DCS (right) with some of our wonderful Nursing team.



Bob, Kevin Betts Ward Nurse Unit Manager

The statistics say it all!

At Mt Wilga, we want to ensure that your experience with us is positive and that in the event that you have a friend or family member who requires rehabilitation, you may wish to recommend Mt Wilga!

Therefore we are excited to see that 49% of our patients have come to Mt Wilga due to family and friend recommendations!

It is also wonderful to note that 42% of our patients have been with us more than once, this is a great testament to all the staff that ensure your time with us is a positive journey towards your rehabilitation!

We always appreciate your feedback, if you would like to complete a customer feedback card, please ask your nurse or allied health therapist.



Doctor Profile:

Dr Murat Acar, Mt Wilga Rehabilitation Physician



It's amazing what you learn about people when you ask questions!

I grew up in.....
humble and vibrant Western Sydney.

Opportunity comes from all

places and all walks of life, if one is looking.

I start my day by....
enjoying a cup of Blend 43 with my wife.

I would love to be a better....
cook.

When I am not working, I am.....
'avec ma famille'.

I wish I could.....
speaking multiple languages, especially Mandarin. It opens up another world to be able to speak another language, culturally,

professionally, and from the perspective of human unity.

Most people don't know I.....
enjoy my own company...enough said! Why do you want to know and what are you doing here?

When I was growing up I wanted to be.....
an astronomer and theologian. I was always romantically philosophical.

My favourite holiday spot is.....
Strahan, Tasmania. Peaceful, quiet, and it felt like being 'out of this world' without actually being out of this world.

My all-time favourite movie is.....
I am Legend, one of the contemporary and tasteful Zombie Stories, even though the ending makes more sense to the whole story when you read the novel.

I couldn't live without.....
Daniel Craig as James Bond. Can't

wait for his fourth installation 'Spectre' later this year.

My greatest achievement is.....
being married to Hulya without a doubt!

My most annoying habit is.....
many obsessive traits. But these are probably some of my strengths also, a double edged sword.

The one person I would most like to meet is.....
Bill Clinton. Yes he is better known for one particularly regrettable human error but he is a great communicator. He was shortlisted amongst astronomers, physicians, a loud celebrity chef, dead people and people yet to invent things like viable long distance space travel. He wasn't the only person I would like to meet, but his communication skills and style could be learnt from, he is alive and real and that made him more valuable.

What is an EP?

Many of our patients ask what is an EP? Mt Wilga has a team of 8 "Exercise Physiologists" who are university trained health professionals who specialise in the development of exercise programs for the prevention and management of injuries and chronic diseases.

Depending on your rehabilitation program you may see one of our EP team in the EP gym, studio or in the hydrotherapy pool, who will design an individual exercise program to help you

- manage persistent pain
- rehabilitate following a cardiac event or surgery
- prevent and/or control your diabetes
- improve your recovery following cancer treatment
- improve your general health and wellbeing
- better manage your weight
- return to work
- return to regular exercise
- return to hobbies and/or recreational activities



Volunteer with Mt Wilga Private Hospital "Living Your Best Life"

People caring for people



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

66 Rosamond Street
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MT WILGA
PRIVATE HOSPITAL

Looking for a specialist at Mt Wilga Private?

For a complete and up-to-date list of accredited specialists regularly attending Mt Wilga Private Hospital, visit the website:

www.mtwilgaprivate.com.au

Download the free Ramsay Health Care mySPECIALIST app to your iPhone or iPad to make searching for

specialists easy.

(Search for Ramsay Health Care or simply scan this QR Code).



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