

The Wilga Way

Living your Best Life

People caring for people



Mt Wilga Rehabilitation Hospital
66 Rosamond Street
Hornsby NSW 2077

Winter 2016

02 9847 5000

MT WILGA
PRIVATE HOSPITAL



CEO Message

NDIS Ready!

We are excited to announce that Mt Wilga is a NDIS Registered Provider! The NDIS is about allowing people who have a significant and permanent

disability to make their own decisions about the way they wish to live their life and have more control and independence regarding the delivery of services to support this.

We are registered to provide

- Therapeutic Supports in Physiotherapy, Occupational Therapy, Speech Therapy and Psychology
- Physical Wellbeing Activities with our Exercise Physiologists and Dietitians
- Behaviour Support from our Psychologists
- Driving Assessments with our Occupational Therapists
- Prescription for home modifications, equipment for mobility, transfer and activities of daily living, orthotics and Home Enteral Nutrition
- Support Co-ordination.

If you would to know whether you are eligible to be funded for services under the NDIS, please go to the access checklist on the website www.ndis.gov.au.

For any questions about our NDIS support services please call 9847 5323 or ask your therapist.

Lorrie Mohsen,

CEO, Mt Wilga Private Hospital



Managing Your Medications



At Mt Wilga, Joey, from Ramsay Pharmacy Services conducts a formal process known as Medication Reconciliation. Joey works collaboratively with your GP, community Pharmacist, you and your family to ensure you and your health care team have a current and accurate medication record. The goal of this is to verify medicines you should be prescribed against medications actually prescribed. This helps prevent future medication errors especially once you discharge home.

A new tool has been introduced by Australia's National Prescribing Service (NPS). It is an app for download that has a number of helpful features. If you like technology and you wish to manage your medications better, you can go to

www.nps.org.au

MedicineList+ App

The smart way to manage medicines for yourself and the people you care for ►



For app support contact
02 8217 8700



Diabetes and the Low GI diet

The Glycemic Index (GI) is a ranking given to food to describe how quickly the carbohydrate in the food is broken down and absorbed into the bloodstream. The GI scale ranges from 0 to 100.

Foods with a high GI are quickly broken down and absorbed by the body and result in a rapid rise in blood sugar levels. Low GI foods are broken down and absorbed more slowly into the blood stream. They result in a steady rise in blood sugar and insulin levels.

Generally speaking, the lower the GI the better for weight maintenance, appetite regulation, blood sugar control and long lasting energy.



For more information head on over to www.gisymbol.com
Mt Wilga dietitians consult admitted patients and for outpatient appointments please call 9847 5015.

Try these simple swaps at home!



White bread (GI 75)



Multigrain/Seed bread (GI 45)



Boiled Potato (GI 60)



Boiled Sweet Potato/Kumera (GI 44)



Potato Crisps (GI 60)



Popcorn (GI 50)

Or, look out for the low GI symbol in the supermarket!



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

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On the road again

Driving is an important part of your lifestyle and independence but is a complex task involving vision, physical ability, cognition and behaviour. Ageing, illness or injury may affect your ability to drive and our program is designed for people of any age or driving experience. Our aim is to keep you driving for as long as you are safe to do so!

The off-road assessment is with our Driver Trained Occupational Therapist, Jenny and includes a review of your medical and driving history and a physical, visual and cognitive assessment. The on-road assessment is conducted by a Driving instructor in a car fitted with dual brakes. This is also a great time to discuss any vehicle modifications as well. Our report is sent to the Roads and Maritime Services (RMS) medical unit and your referring doctor.

Please call 9847 5015 if you have any questions about our driving program.



Incontinence it's not a laughing matter!

For many who suffer bowel or bladder control problems, it is generally not a topic discussed with friends or family. But you may be surprised to know they are not alone – with 1 in 4 or 4.8 million men and women living in Australia with continence problems.

What's not so surprising is that these problems whilst they won't get better on their own, it can be treated, better managed or even cured according to the Continence Foundation of Australia.

Many of us might think that continence problems are a natural part of childbirth and ageing but this is not true according to the Foundation. However, eating and drinking well, regular exercise with pelvic floor exercise and practising good toilet habits will help to improve these problems.

Rachel, our Continence Nurse is here to provide advice and support to our patients who have history of continence problems or as a result of recent surgery or illness.

The Continence Foundation of Australia also have a free telephone service 1800 330 066 for confidential advice or you can go to www.continence.org.au

Our continence nurse, Rachel



PAIN – the Invisible Challenge

Persistent and severe pain is one of the most costly health conditions on the planet. Why? Because it can be distressing, disabling and it stops people from being able to live their lives to the full.

There is however, some very good news. In recent years, there has been a revolution in the way that we understand and treat pain. We know now that by harnessing the amazing powers of bioplasticity in the brain, as well as understanding where pain comes from and why it happens, we can help people with persistent pain manage and even reduce their symptoms. Reassuringly, there is also a growing body of scientific evidence to support the effectiveness of this approach for people with persistent pain.

National Pain Week is being held across Australia between 25 to 31 July. It aims to raise awareness of the Invisible Challenges people face who suffer chronic pain. Mt Wilga has a dedicated team of therapists who are skilled in this area, and who are passionate about helping people with ongoing and persistent pain.



For more information on National Pain Week, please go to www.nationalpainweek.org.au or speak to your doctor or Mt Wilga therapist. For information on our pain programs at Mt Wilga go to www.mtwilgaprivate.com.au or call 9847 5086.

Benefits of Physiotherapy after a total knee replacement – By Graeme Walker

Having a total knee replacement is a major challenge that many of our patients at Mt Wilga have been through. It can be a disabling and painful procedure and can take a number of months to recover from. In fact, many of our patients say the hardest part is the recovery itself – not the actual surgery. The rehabilitation sessions can be hard work and cause some serious discomfort. The knee is often swollen, hot and inflamed. Even the simple act of walking up and down stairs can be terrifying particularly with a pair of crutches to manage at the same time.

I have been helping people to recover from this common orthopaedic procedure for over 10 years now and along the way I have learned a few things. You may find this reassuring if you have just undergone a total knee replacement:

- 1) The pain will decrease.
- 2) The swelling and heat will settle in time.
- 3) With time and perseverance, the knee will become more flexible.
- 4) With time and perseverance, you will be able to walk again without crutches.
- 5) Your sleeping will improve.
- 6) You will get your life back!

I recently came across a study from the American Journal of Orthopaedic and Sports Physical Therapy that provides the evidence to support what I have seen in clinical practice over the years. They assessed two groups of patients who had recently undergone a total knee replacement. "Group A" were given some gentle, low intensity rehabilitation

exercises to perform following surgery while "Group B" were given some higher intensity exercises to perform. They then reassessed these patients at regular intervals in the following year after the surgery to see how they were recovering. They assessed pain, knee range of movement, muscle strength and some practical assessments such as walking speed, endurance and the ability to walk up and down stairs. In conclusion they found that the high-intensity rehabilitation program led to superior strength and functional outcomes compared to a lower intensity rehabilitation program. The higher intensity programme did not significantly increase the patient's pain levels.

Question: What does all this mean if you have just had a total knee replacement?

Answer: Work hard in your physio sessions! It will help you to recover and will give you the best possible outcome following this procedure. Once the surgeon has operated, it is up to you and your therapist to get your knee going again.

Graeme Walker is the Physiotherapy Team leader for the Orthopaedic Day Programme. If you wish to discuss any aspects of your recovery following a total knee replacement or any other orthopaedic procedure you can contact him directly in the Day Therapy Centre at Mt Wilga or email him at walkerg@ramsayhealth.com.au

Reference:

Early High-Intensity Rehabilitation Following Total Knee Arthroplasty Improves Outcomes.

Journal of Orthopaedic & Sports Physical Therapy Bade MJ., Stevens-Lapsley JE., Volume 41, Number 12, December 2011.



Vote for Mt Wilga

for the 2016 Hornsby Local Business Awards in the Health Improvement Services Category. Voting opens on the 22 August.

VOTE FOR US



**Vote here or at
www.thebusinessawards.com.au**

Thank you

We would like to thank our patients and our volunteers who were happy to join in the fun and model for us during our professional photo shoot. The great images highlight the professional but friendly and caring relationships formed between our staff and our patients. It's what we affectionately call the "Wilga Way".



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