

SPECIALTY NEWS

NOVEMBER 2020
DECEMBER 2020



A NOTE FROM JULIA

IT'S ALMOST THE END OF THE YEAR, AND WHAT A YEAR IT'S BEEN. Starting off with the devastation of the bushfires, then living through a global pandemic, there has never been a more important time for Healthe Care Specialty's mental health, rehabilitation, medical and community services.

It's the perfect time now to acknowledge all the positive initiatives that have progressed across the group in the face of all these challenges and to give a huge shout out to all of our staff, doctors, carers and patients who have been part of our services throughout the year – without whom none of this would have been possible.

Here in Australia together we have

- taken our payroll online through the implementation and rollout of the iChris system;
- standardised group programs across mental health;
- launched Healthe Extras – our new rehabilitation outpatient service focused on specialised rehabilitation for patients using extra cover;
- commissioned new services at The Hills Clinic, South Coast Private Hospital and Townsville Private Clinic as well as introducing mental health at Eden, Mackay and Brunswick Private Hospitals;
- completed Healthe Care's first dedicated 12 month Leadership Development program; and
- continued to support students in our hospitals through student placements.

Internationally, China Mindfront

- has acquired two well-established clinics in Guangzhou and Xi'an;
- is opening its Shanghai flagship clinic in collaboration with the largest public mental health hospital – Shanghai Mental Health Centre (2141 beds);

- has commenced construction on a Xi'an hospital which includes a 42-bed inpatient hospital and outpatient unit for people with mood, sleep, anxiety, perinatal and child, and adolescent mental health disorders. The project is expected to open in April 2021; and
- in collaboration with Healthe Care Specialty Services commenced delivery of its first group therapy training program to the Chinese Society of Psychiatry in November 2020. The program has been greatly welcomed by Chinese psychiatrists from our key partnering public hospitals, with 48 psychiatrists enrolled in the training program from over 30 hospitals across China.

A number of our Healthe Care Specialty staff have been involved in some way over the last twelve months with the mental health service established in China. Thank you to all who have been involved, it is exciting times to see our mental health service extend globally.

If this is what we have achieved this year in the midst of one of the most challenging periods in our history, I cannot wait to see what 2021 brings.

Thank you everyone for your commitment throughout 2020.

I wish you and your families a safe and happy Christmas and holiday season.

Julia Strickland-Bellamy
CEO Specialty Services



NEW OUTPATIENT GROUPS DOUBLE IN PATIENT NUMBERS

AT HIRONDELLE PRIVATE AND WESTMEAD REHABILITATION

At the height of COVID-19, our Hironnelle Private and Westmead Rehabilitation teams identified a need for more economical options for patients to continue their rehabilitation journey – and new

outpatient rehabilitation groups have seen instant success.

Under the banner of our Specialty Group's new 'Healthe Extras' services, the aim is to provide an group outpatient service people can access through private health insurance extra cover or by self-funding.

Andrew Shi, Allied Health Manager at Westmead Rehabilitation believes the beauty of this service is that it can be adapted to suit any hospital and cater to different patient demographics.

"At Hironnelle in Sydney's North Shore the patient demographic would often seek ongoing therapy, once day program sessions had

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ceased and this was a great way to recapture them. The group setting has reduced the costs so more patients are choosing to continue their treatment."

The four rehabilitation groups currently offered include a general, open access circuit strength group; targeted Parkinson's Disease and Guillain Barre groups, and out-of-hours hydrotherapy groups for patients prior to undergoing surgery.

Kevin Chan, Exercise Physiologist at Hironnelle, has been instrumental in the development of the service alongside fellow Exercise Physiologist, Nathanael Lum and the wider allied health team.

"Positive feedback to date indicates patients enjoy being part of a group, whilst being challenged to work hard within a controlled and clinically safe program. The program was so well-received, bookings doubled within the first week of operation."

"The goal from the outset was to be patient-centred and find ways to overcome barriers to ongoing rehabilitation of patients. These groups have challenged our patients to maintain the progress they've already made through the day program."

"Looking into the future, the team is excited by the potential growth of the program, as well as the benefits it can achieve for patients," adds Nathan.



"THE GOAL FROM THE OUTSET WAS TO BE PATIENT CENTRED."



FIRST OF A KIND MENTAL HEALTH AND ADDICTIONS UNIT OPENS IN TOWNSVILLE

Above: Townsville Private Clinic's Director of Medical Services Dr Jane Hay (L) and CEO/Director of Nursing Amanda Delacy (R) welcome the new unit.

A new \$3.1m mental health and addictions unit – the first of its kind for north Queensland – has opened at Townsville Private Clinic, significantly reducing wait times as demand continues to grow.

The new 13-bed specialist ward for addictions and substance abuse can accept inpatient referrals within days, compared with an average three month wait for an outpatient or day therapy program.

Director of Medical Services, Dr Jane Hay says the new ward, which is the only private dual mental health and addictions clinic north of Brisbane, is a timely addition to the hospital, with demand for treatment spiking since the start of the year due to COVID-19.

"It means that if a bed is available, a patient can come in and start receiving help to treat both their addiction and mental health illness at the same time."

The majority of patients for the new ward are presenting with alcohol dependency and, to a lesser degree, opiate dependency as people turn to alcohol or prescription drugs to numb the emotional pain or anxiety faced. The new ward allows doctors to provide much more intensive and personalised care for inpatients, to help them manage the symptoms of withdrawal and address their addiction issues.

Townsville Private CEO and Director of Clinical Services, Amanda Delacy said most people struggling with mental health craved connection and was surprised when many declined the offer of telehealth consults during the height of Coronavirus, instead opting to come into the Clinic as they wanted to be seen and heard in person.

The new ward includes 11 single rooms and a share room, and facilities for group therapy to encourage people to connect with and learn from one another.

EQUINE ASSISTED THERAPY

AT THE HILLS CLINIC



Above (R-L): Sarah Steele and her daughter, Annie Jane with horse Remington fondly known as Remy.

Animals can offer an extraordinary amount of emotional support. Beyond the pet-owner relationship that many of us have lovingly experienced, animals are sometimes used in therapeutic settings to help clients navigate challenging emotional experiences.

Staff at The Hills Clinic have taken a holistic approach to responding to patient issues by incorporating the addition of equine-assisted therapy into the therapeutic process. Patients engage in activities such as grooming, feeding and leading a horse while being supervised by a mental health professional.

This alternate, hands-on therapy has been shown to promote positive physical, occupational and emotional growth in people suffering from a variety of mental health conditions.

It is also proven to help develop skills such as emotional regulation, self-confidence and responsibility.

BLUE TREE PROJECT

PAINTS SERIOUS PICTURE

"PAINTING THE TREE SPREADS THE MESSAGE IT'S OK TO NOT BE OK."

The Blue Tree Project is an opportunity to help get those difficult conversations started and to encourage people to speak up about mental health. In painting the tree we are spreading the message is that "it's OK to not be OK." The team at Abbotsford Private Hospital, led by the nursing team, embraced this project by encouraging patients to get involved in a weekend activity held in the hospital's beautiful outdoor courtyard.

Patients were invited to give a tree a 'blue' lease on life, signifying the importance of reducing the stigma around mental health and 'having a blue day.' The tree now holds pride of place in the courtyard and can be viewed from most areas of the inpatient ward. It is inspirational for patients, staff and doctors. Patients will continue to use the tree to write inspirational messages, either by writing on the bark or hanging a message from the branches.

Stay tuned for an update as the tree grows ...

Below: Abbotsford Private patients take up the brush.



MAKING A SPLASH IN MACKAY

THIS NOVEMBER, MACKAY PRIVATE HOSPITAL celebrated the recommencement of the hospital's community hydrotherapy classes. Integrating body awareness, breathing, mindfulness and movement; hydrotherapy has been proven to have many health benefits for patients. When combined with conventional medicine, studies have also shown it has been effective in helping people recover more quickly.

Stimulating both the mind and body, patients can now enjoy this alternate therapy every Monday, Wednesday and Friday.

Staff at Mackay Private welcome the reintroduction of the hydrotherapy program and look forward to this service being a valuable resource to patients and the wider community.

NEW \$9.5M DAY ONCOLOGY CENTRE FOR SOUTH EASTERN PRIVATE

DAY CHEMOTHERAPY TREATMENTS WILL INCREASE BY 30 PER CENT

South Eastern Private Hospital is nearing the finish line on a \$9.5m redevelopment, which will see the opening of a state-of-the-art day oncology centre that provides holistic care for cancer patients.

The new purpose-built facility will increase the capacity for day chemotherapy treatments by about 30 per cent while providing new, modern patient spaces and break-out areas, along with a range of supporting services.

The 12-month building program is expected to be completed in the coming weeks, paving the way for the new centre to welcome its first patients in mid-January 2021.

The redevelopment will further bolster the oncology, medical, rehabilitation and mental health services already offered at our expanded 159-bed private hospital.

Executive General Manager Victoria - Specialty Hospitals, Andrew Blyth, says the expansion made South Eastern Private the most comprehensive oncology hospital in the south eastern Melbourne metro region, supported by significant surrounding infrastructure.

"We've provided oncology services for over two decades, with a long and proud history in the community. This redevelopment further

advances our service, bringing our facility into a new and exciting era."

"Modern healthcare identifies three key components to cancer treatment and recovery – medical intervention including chemotherapy, mental health support, and ongoing physical activity and rehabilitation – and we are the only hospital in the region to offer all three under one-roof," says Andrew.

The expanded day oncology service will offer 18 chairs, an increase from the existing 12, allowing it to service about 700 chemotherapy visits per month, up from about 500 currently.

The new day centre will continue to treat a broad spectrum of cancers, including blood disorders, breast cancer and prostate cancer.

"We have specialist rehabilitation programs to support the work of our oncologists and haematologists, including a lymphoedema clinic and a specialised prostate rehabilitation program," adds Andrew.

In addition to the new day oncology centre, the new build will also see South Eastern Private open 14 new single medical/rehabilitation rooms, a new specialist consulting wing, new front entry and café.

Pictured above: Artist impression of South Eastern Private's new day oncology centre.



**PSYCHIATRY
CHRISTMAS
COVER**

**ADVANCE YOUR PRIVATE
PSYCHIATRY CAREER WITH
EXPERIENCE WORKING
ACROSS HOSPITALS WITHIN
THE NATION'S SECOND
LARGEST PRIVATE MENTAL
HEALTH PROVIDER**

Are you planning to take leave over the holiday period?

Looking for a sea change?

Opportunities are currently available for psychiatrists wanting to provide psychiatry cover across a number of Healthe Care sites.

If you are interested in this opportunity, please email your enquiry to Maria Klassen maria.klassen@healthcare.com.au

Your assistance is greatly appreciated.

MOVEMBER

MENTAL HEALTH CHALLENGE



Globally, one man takes his own life every minute, of every day. This Movember, our Specialty teams committed to making a Move – for them. A 60-minute challenge for the 60 men we lose to suicide each and every hour, across the world.

Poor mental health does not discriminate and touches the lives of many around the globe with almost half (48.1%) of all Australian men experiencing a mental health issue in their lifetime. Six exercises, 60 second rounds, over 60 minutes. Our Specialty sites took on the challenge to get active and raise much needed awareness for the Movember Foundation.

"POOR MENTAL HEALTH TOUCHES THE LIVES OF ALMOST HALF OF AUSTRALIAN MEN IN THEIR LIFETIME."

However you chose to show your support and MOVE this Movember, thank you for your support and getting involved. Let's commit to continuing the conversation around men's mental health each and every day of the year. Together we can all break down the stigma and prevent men dying too young.

PUMPING IRON

FOR MENTAL HEALTH AT THE MARIAN CENTRE

One of the highlights for patients during COVID-19 has been the gymnasium at the Marian Centre. Opened in 2016, the gym is on the ground floor with regular sessions conducted before and after scheduled group therapy times. The sessions are supervised by a qualified mental health nurses with a qualification in sports science.

With restricted leave and visitors due to the COVID-19 pandemic, the gym has been a welcome distraction for patients, with many taking the opportunity to explore this option of exercise for the first time.

Sessions are timetabled with a maximum number of people attending at any one time. The gym opens into an outdoor courtyard area which is used by patients to warm up and down before and after their session.

FRED'S PLACE

COMMUNITY PROJECT

Currumbin Clinic recently decided to give back to those experiencing hard times. Through the support of their wonderful staff, patients and community, generous donations of toiletries received over several weeks were able to be donated to Fred's Place to help the homeless.

Fred's place is a St Vincent de Paul homeless drop-in support service located in Tweed Heads in Northern New South Wales. The overwhelming need for this support was obvious when Yonca Lloyd, Clinical Services Manager and Catherine Fitzsimmons, Business Development and Relationships Manager presented the donations on behalf of Currumbin Clinic. Items collected were more than gratefully received, and the amazing staff and volunteers were kind enough to run through their services and provide a tour.

With Fred's Place currently seeing around 100 homeless people and families per day for meals, showers, laundry and company among other things, Currumbin Clinic will continue to support this fantastic cause and together, make a difference.

Below (L-R): Yonca Lloyd (Clinical Services Manager), Fred's Place representatives, Catherine Fitzsimmons (Business Development and Relationships Manager).



Pictured: Marian Centre gym patrons.

Feedback from patients and doctors continues to be of the highest standard. Truly a positive and welcome inclusion into the Marian Centre's environment.

SHANE'S STORY



"I've lived with bipolar disorder, PTSD and substance abuse for 25 years, with flashbacks from my military career triggering my condition. I hit rock-bottom earlier in the year and my psychiatrist suggested I try the inpatient program at Toronto Private Hospital's Woodlands Unit.

At first I felt overwhelmed and I wondered if the unit was going to

be a suitable place for me, but from the moment I arrived, the staff were fantastic, which made me feel so comfortable and made my first day much easier. I also met other patients who shared their stories with me and made me feel at home.

Woodlands' programs are exceptional and the doctors and therapists are so knowledgeable. But it's still not easy. I've learnt

that if you want to get a lot out of the program you must be prepared to put a lot in.

My time at Woodlands has given me a positive outlook, to keep me going. I now feel 100% and I'm ready to start a new life. I can't fault the unit or the program and I can't thank the staff enough. I'd encourage everyone needing support to consider the Woodland's programs."

Pictured: Woodlands Unit inpatient Shane commends the staff and treatment received at Toronto Private.

CUTTING-EDGE ROBOTIC TECHNOLOGY AT EDEN PRIVATE



Above: Eden Private Hospital's Director of Rehabilitation, Dr Phoebe Slape with rehabilitation patient, Josephine 'Josie' Wolfenden.

Eden Private Hospital has launched South East Queensland's most high-tech rehabilitation program, after a significant investment in state-of-the-art robotics, sensors, virtual reality and gamification equipment to achieve enhanced results for patients.

The new robotics technology, which has just arrived from Austria, will benefit a wide range of adult and adolescent rehabilitation patients, helping to improve functional deficits associated with stroke and other

neurological conditions such as multiple sclerosis, cerebral palsy and Parkinson's, as well as musculoskeletal and spinal conditions.

Eden Private is the only hospital in South-East Queensland to offer an extensive robotics rehabilitation program and hopes to become a destination for patients to undertake the intensive therapy.

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The technology was trialled earlier this year at Eden Private and Toronto Private Hospitals, before establishing the advanced rehabilitation program.

The focus now is on remaining at the forefront of new and innovative technologies that can improve outcomes for patients.

Eden's Director of Rehabilitation, Dr Phoebe Slape, says the results and feedback from patients who trialled the robotics technology was overwhelmingly positive.

"Evidence shows repetition aids recovery and patients find the robotics challenges and engages them to keep working towards their goals, with gaming and virtual reality helping to keep patients motivated."

Eden Private's Exercise Physiologist, John Turnbull believes the new technology enhances the effect of traditional rehabilitation by allowing patients to engage in a higher volume of therapy within a similar or reduced timeframe.

"It has particular application for those who have suffered a stroke, providing the opportunity for greater engagement with cognitive and motor retraining activities, which is vital to promoting recovery of lost function."

The technology also enables real-time feedback during therapy sessions and is offered as part of a comprehensive rehabilitation program that includes traditional interdisciplinary therapies. It provides reports on assessment, activity volume and progress and connects the patient information across the various devices so they can see how they are progressing in a graphic way, which can be highly motivating.

BELMONT + CURRUMBIN SERVIER CONFERENCE

During November, Belmont Private and Currumbin Clinic hosted the Leading Edge GP Mental Health Masterclass conference on the Gold Coast. Sponsored by Servier, the conference welcomed around 50 GPs for an informative CPD education event consisting of presentations focused on mental health and menopause and key priorities in treatment decision making in depression and rTMS.

This was followed by small speed psychiatry group sessions

in the afternoon covering psychological injury management in WorkCover and TAC patients, the management of addictive disorders, managing long-term mental health patients in general practice and the impact of COVID-19 on mental health.

Networking hour saw many GPs engaging with Health Care specialists conversing on the topics covered.

Congratulations to Belmont Private Hospital together with Currumbin Clinic and Servier

for hosting such a well-rounded, successful and enjoyable conference.



Far left: Currumbin Clinic's Dr Tim MacDonald presents
Above: Dr Narcissa Zemek leads Belmont Private group discussion.

TYROTHERAPY

SUCCESSFULLY TRIALLED IN THE HUNTER REGION



Above: Toronto Private patients reap the benefits of Tyrotherapy.

Following a successful trial in February, Toronto Private will receive an Omega and a Pablo early in 2021. The cutting-edge equipment

provides clinically relevant and superior rehabilitation technology to Hunter Region residents who require post-surgical, cardiac, and neuro rehabilitation and reconditioning.

Designed and built in Austria, the equipment is designed to provide fun, interactive and evidenced based 'Tyrotherapy,' with both therapy and assessment in the one system.

Toronto Private Senior Physiotherapist, Clinton Finlay, reports positive patient outcomes.

"Patients who trialled the Tyro equipment have all said the same thing, they can work harder for longer because the equipment provides a distraction from the therapy itself. They can see the results in a short space of time and so can their loved ones."

The therapy devices are individually adaptable and give enough room to physicians and therapists to creatively tailor rehabilitation to each patient's specific needs.

INTERNATIONAL YEAR OF THE NURSE AND MIDWIFE

IN CELEBRATION OF 2020 BEING NAMED

International Year of the Nurse and Midwife by the World Health Organisation, South Coast Private Hospital has celebrated the significant contribution their nurses make to the lives of their patients and the health of the global population by featuring a 'Nurse of the Month' throughout 2020.

November's Nurse of the Month was awarded to Sophie Woodford (AIN). Second year Bachelor of Nursing student, Sophie says since being offered an Assistant in Nursing (AIN) position at South Coast Private she has

learnt something new from her colleagues and patients every day, motivating her to gain more knowledge and experience.

"As a nurse, empowering others to take control over their health and quality of life is truly rewarding," says Sophie.

To all of our Health Care nurses; we appreciate you, we value you and we thank you for your continued efforts.

Right: South Coast Private's Nurse of the Month, Sophie Woodford.



NAIDOC WEEK ABORIGINAL WORKPLACE SKILLS TRAINING



Above: Muru Mittigar representative.

In support of NAIDOC Week 2020, staff at The Hills Clinic attended an education session facilitated by a representative from the Muru Mittigar organisation to gain a better understanding and respect for Aboriginal culture.

Muru Mittigar is a not-for-profit organisation that seeks to advance Aboriginal culture and promote indigenous cultural awareness within the wider community.

Facilitating workshops in schools, workplaces and businesses, the Muru Mittigar organisation provides staff with training to enable them to develop a better understanding for Aboriginal people and to establish more meaningful and respectful professional relationships, culminating in improved healthcare outcomes.

BELMONT PRIVATE SPREADS THE WORD DURING PANDA WEEK

"WOMEN ARE MORE AT RISK OF MENTAL ILLNESS IN THE FIRST 12 MONTHS OF HAVING A NEWS BABY THAN ANY OTHER TIME OF LIFE."

During Perinatal Anxiety and Depression Awareness (PANDA) Week held 8-14 November, pregnant women and those with young children were urged to seek 'psychological immunity', as the effects of social distancing isolating new mothers was leading to a surge in cases of postnatal depression.

Belmont Private had a team of psychiatrists and those with lived experience on hand to answer questions from mothers-to-be, new mothers and the broader community at Westfield Carindale, as well as a perinatal mental health panel discussion as part of PANDA Week.

Women are more at risk of developing a mental illness in the first 12 months of having a new baby than any other time of life. It is important to remind new mothers that while they may be physically distanced, they did not need to be socially distanced and creating a solid support network was extremely important in achieving 'psychological immunity'. Women who don't seek help in the early days, often require much more ongoing support.

Belmont Private's unique 10-bed specialised perinatal service, the Brisbane Centre for Postnatal Disorders, has been operating for almost three decades.



VETERANS' HEALTH WEEK AT TOWNSVILLE PRIVATE CLINIC

Above (L-R): Townsville Private Clinic's Sonia Aneer (Diversational Therapist) and Amanda Delacy (CEO).

On October 31, Townsville Private Clinic celebrated Veterans' Health Week 2020. With 'social connection' being the key focus, Townsville Private joined forces with a number of local veteran services to help support the health and wellbeing of the local veteran community.

Staff hosted an information stall and an interactive table of arts and crafts whilst educating the veteran community about the importance of staying mentally and physically well.

Those in attendance took the opportunity to learn more about the Clinic and free services available to them through their DVA-supplied White Card.

Thanks to Townsville Private Clinic CEO, Amanda Delacy; Acting Allied Health Manager, Hayley Gollidge and Diversional Therapist, Sonia Aneer for hosting such a successful and informative event in support of Veterans' Health Week!

THE HILLS CLINIC HELPS STUDENTS MANAGE HSC ANXIETY

The Hills Clinic has seen a spike in admissions for students struggling with the pressure of HSC exams, with COVID-19 adding to the difficulties of senior year. To address the increase in demand the Clinic has recently doubled capacity in its youth ward from 13 to 27 beds.

CEO and Director of Nursing, Jacki Maher, understands while end of year exams are a source of stress for many students, some teenagers can spiral in to a cycle of anxiety that can impair their ability to function if they aren't given proper techniques to manage their feelings.

"Young people with exam-related anxiety put pressure on themselves or believe there is significant pressure from their parents to achieve the right grades, and think if they don't, they have set themselves up for failure in life. The Hills Clinic focuses on helping these students understand there are many pathways they can take to reach their goals, and the HSC is not the be all and end all some people think it is," says Jacki.

The Hills Clinic encourages students starting to show signs of anxiety that is impacting their daily life, to seek help early. It all starts with a student being brave enough to speak up, and parents making themselves available for these conversations, and being tuned in to any changes in behaviour, such as becoming withdrawn or needing constant reassurance.

The program focuses on strengthening communication between students and their families, and working directly with parents to equip them with the knowledge and skills they need to help their child navigate stress and anxiety in a healthy way.

The Young Adult program at The Hills Clinic offers both inpatient and day patient programs to address mood, anxiety and addiction issues in a safe, respectful and secure environment. The Hills Clinic uses a combination of Cognitive Behavioural Therapy (CBT), group therapy and hands-on activities to help break the barriers of anxiety.

Their recently added Equine Therapy program has been extremely popular, with horses brought to the Clinic each week. Martial arts, tai chi and horticulture, with young people helping to look after a living green wall in the Clinic is also very popular. Combined with group therapy young people area able to connect with one another and realise they are not alone in whatever they may be dealing with.