

Oh what a night! Burnside Hospital's 60th birthday celebrations



Burnside War Memorial Hospital' 60th birthday celebration was, by all accounts, "a night to remember", with 270 guests gathering at the National Wine Centre on Wednesday 26 October to celebrate this important milestone for the hospital.

Held on the anniversary itself, the evening was filled with reflection and humour of the 60 years past. Chairman of the hospital's Board of Directors, Mr Frank Kite, touched on Burnside's humble beginnings and paid tribute to the hospital's benefactor, Mr Otto von Rieben.

"The hospital's history began with the generous gift by Otto von Rieben of his house, Attunga, and its 4.5 acres of grounds to the City of Burnside in March 1944, enabling the Burnside Council to realise its vision of creating a lasting memorial to the men and women of the area who had served our country in wartime," Mr Kite said.

He explained that it would take 12 years of planning and fundraising in the difficult post-war era before the community's new, purpose-built hospital was completed. Sadly, Otto von Rieben died in May 1949 and did not live to see his vision for a living memorial to service men and women come to fruition. On Friday 26 October 1956, the Burnside War Memorial Hospital was officially opened.

"It is amazing to look back on the hospital's history and see just how far we have travelled in providing acute healthcare to the South Australian community, and also to envisage what the next 60 years might hold," Mr Kite said.

Chief Executive Officer Heather Messenger acknowledged those past

and present, who have contributed to the great success that is Burnside Hospital.

"A hallmark of our hospital's reputation is our people, our connection and relationships with patients and their families, visiting medical specialists and allied health professionals, corporate partners and importantly the 350 staff who are central to the delivery of safe, high quality care that we provide day in and day out to people from all walks of life," she said.

The very premise of Burnside's establishment was as a living memorial to service men and women who had served in wartime. Key note speaker and visiting orthopaedic surgeon Dr Robert Baird delivered

a thought provoking address about his military service in Afghanistan and the changes that have occurred overtime in the provision of medical care and treatment – many of which were a result of technological military advances.

The Burnside Foundation Hospital Inc played a significant role in the coordination of the event.

Mr John Gerard, Chairman of the Foundation, acknowledged the hundreds of donors who have supported the Foundation and directly contributed to the purchase of medical and surgical equipment and improvements for patient care facilities at Burnside Hospital since 1998.

Chief Executive Officer's message



Welcome to the Summer edition of the Burnside Bulletin. The festive season is well and truly upon us as we fast approach the end of 2016. It has been a year filled with many achievements, which are the collective efforts of many people.

Burnside Hospital prides itself on one of our points of difference, being our consumer focus. This has never been more important in healthcare as it is today. With the number of Australians in private health insurance declining, coupled with a rise in the number of insurance policies with exclusions, it is imperative that this hospital continues to maximise opportunities to showcase the value proposition that is private healthcare.

Burnside Hospital works hard to ensure that quality, safe, patient centred care is provided. But we also understand that service quality is often just as important to many patients as clinical quality. There are rising expectations amongst consumers regarding amenities, access, control, service levels – in short everything people need in relation to their healthcare, being provided on demand and in an individualised manner.

The hospital has received its report from the Australian Council on Healthcare Standards (ACHS) regarding the outcomes of the Periodic Review undertaken in August 2016 and we are very pleased with the results.

The major redevelopment of our Short Stay Procedure Unit, a multi-million dollar investment funded by savings and borrowings continues. I am pleased to report that the project is progressing well without disruption to patient services, and that Stage 3 works are scheduled to commence on 13 December.

On 26 October 2016, the hospital marked its 60th birthday – a tremendous milestone! The very fact that after all those years we have been able to remain an independent, not for profit private hospital attests to the excellent service and strong community support for Burnside, and the tenacity of its Directors and management over that time.

We celebrated this significant anniversary with a number of events, including a dinner on the actual birthday – a real occasion for the Burnside Hospital community.

Other recent events have included an education seminar for visiting specialists on the important topic of managing perioperative anticoagulation for patients undergoing elective surgery, as well as consumer information sessions in October and November on robotic assisted orthopaedic surgery.

We look forward to this technology extending to total knee replacements in mid-2017.

This year sees the retirement of longstanding hospital board member, Justice David Berman, who commenced on 24 October 1995. David has spent more hours than perhaps he would care to count, not only as a board member but also as Chair of the Governance Committee. His unwavering commitment to the hospital together with his intellectual rigour, wit and generosity of spirit will be greatly missed. During his time on the Board of Directors he has seen considerable changes in healthcare and been instrumental in assisting with guiding the hospital's strategic direction over this period.

As the first half of the financial year draws to a close, the hospital's operating results are tracking close to budget with the main pressure on costs increasingly being medical and surgical consumables. These costs are the focus of a review involving the analysis of consumables by speciality with the intent of discussing this further with VMOs. The hospital's recently implemented patient costing system is an example of data analytics further assisting our business.

Recent capital investments include the purchase of a new autoclave within the sterilising department, diagnostic equipment for gastroenterology procedures and significant enhancements to the hospital's network and firewall infrastructure.

The Burnside Hospital Foundation Inc has continued to provide fabulous support during 2016, raising funds for worthwhile projects. At the AGM in November, the hospital welcomed the reappointment of Mr John Gerard as Chairman, Ms Melanie Cooper as Deputy Chair and Mr Greg Lloyd as Secretary/Treasurer. I wish to acknowledge the contribution of outgoing Deputy Chair Mr Nick McLeay of JB Were who has been instrumental in the development of an Investment Fund Policy.

I hope you enjoy reading about some of our activities over the past months, and I thank you for your continued support of our hospital. On behalf of us all, I wish you and your family a Merry Christmas and a healthy and prosperous New Year.

A handwritten signature in black ink, appearing to read 'Heather Messenger'.

HEATHER MESSENGER
Chief Executive Officer

Burnside Hospital's 60th birthday celebrations



Mr Roger Andre, Mrs Sandra Andre, Mr John Andre AM



Mr John Gerard, Ms Heather Messenger, Dr Robert Baird, Mr Frank Kite, Mayor David Parkin



Dr Sorayya Martin, Dr Geoff Martin



Ms Holly Spencer, Ms Heather Miller, Ms Marg Davoli, Ms Judy Lennon

He launched a new strategy for fundraising in the way of an investment fund, aimed at providing an alternative means of giving for members of the community interested in supporting our not-for-profit community hospital.

There were special touches on the night, with Ms Messenger acknowledging a table of Mr von Rieben's family members, who were delighted to participate in the celebrations, as well as recognising the hospital's former CEO of 30 years, Nick Warden, and long serving nursing staff member and

current Clinical Manager of the Perioperative Service, Ms Yvonne 'Thom' Rebner, who has been with the hospital for an incredible 42 years.

A very special guest in attendance was Ms Heather Miller, the first baby born at the Hospital on 26 November 1956, who brought with her silver keepsakes given to her by the hospital at the time.

Guests were also treated to the very first screening of 'The Gift', a commemorative short film that captures the hospital's history and

illustrates the organisation today, and can be viewed on our website burnsidehospital.asn.au. A historical display curated by local historian Geoff Spiers was also showcased at the event and is currently available to view in the front reception of the hospital.

A sincere thank you must go to Michael Keelan, who was tremendous as MC, as well as to the Prince Alfred College Chamber Strings for a lovely performance during canapes, and of course to the Events Committee, of the Burnside Hospital Foundation Inc

and volunteers who helped on the night ensuring the event's amazing success.

Thank you to sponsors of the 60th birthday dinner:

- | | |
|-----------|----------------------|
| Skycity | Brighter |
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ACHS Periodic Review

The Australian Council on Healthcare Standards (ACHS) is dedicated to improving the quality of healthcare through continuous review of performance, assessment and accreditation. As part of the accreditation cycle, Burnside Hospital undertook a Periodic Review in August 2016.

The survey team were favourably impressed with the many systems at Burnside and with a culture which supports continuous improvement in both clinical and non-clinical areas. Burnside is pleased to share the surveyors' statement:

The survey team commends Burnside War Memorial Hospital on its very evident commitment to safe, high quality care, application of evidence, continuous improvement and management of risks. In general, the principles embodied in the National Standards and EQUiP National are effectively and conscientiously applied in practice.

The leadership team at Burnside is very aware that, as a small, not-for-profit, stand-alone private hospital, it must work deliberately to ensure that it is applying contemporary best practice in all that it does.

It does this very effectively by benchmarking its processes and learning from any authoritative sources which will contribute to continuous improvement.

Thanks must go to everyone who contributed to this excellent result, particularly Jeannette Nicolson, Quality, Risk & WHS Coordinator, the Executive team, members of the respective Clinical Advisory Committees especially the Clinical Practice Committee, the Medical Executive Committee and the Quality Committee. Burnside Hospital looks forward to building further on its proven strong safety and quality performance, addressing the recommendations arising from the Periodic Review and in line with its Strategic Plan.

The indications and management of perioperative anticoagulation education seminar



On Thursday 3 November, Burnside Hospital was pleased to present an education evening at Magill Estate Kitchen for visiting specialists and staff on 'The Indications and Management of Peri-operative Anticoagulation'.

The hospital has a strong clinical governance framework, which plays a critical role in ensuring care is best-practice and evidenced based wherever possible. The Clinical Review Committee considered the benefits of facilitating an education session on this critical topic at its meeting in August 2016.

There was a diverse group of 40 attendees including general surgeons, orthopaedic surgeons, obstetricians and gynaecologists, oncologists, anaesthetists, GPs, pharmacists, clinical managers and members of the executive team.

The seminar was facilitated by eminent local specialists, Dr Dennis Lau, Cardiologist with the Centre for Heart Rhythm Disorders, South Australian Health and Medical

Research Institute (SAHMRI), University of Adelaide and the Royal Adelaide Hospital; and Dr Simon McRae, Haematologist with the Department of Haematology and SA Pathology, Royal Adelaide Hospital.

The seminar provided the opportunity for attendees to further improve their knowledge of the indications for the use of New Oral Anticoagulants (NOACS), as well as improving their understanding of optimal management and use of NOACS in the preoperative period.

Thanking the speakers, Chair of the Clinical Review Committee Dr Geoff Martin noted that an increasing proportion of the population was on anticoagulants due to venous thromboembolism, mechanical

cardiac valves, coronary stenting and in particular atrial fibrillation. This is having, and will continue to have, a growing impact on clinicians when patients with these conditions require surgery.

"The advent of the new anticoagulants requires a quite different approach to that for Warfarin and it is clear that individualising anticoagulant management in consultation with the patient's physician has become the "gold standard" for peri-operative anticoagulation," Dr Martin said.

Short Stay Procedure Unit Redevelopment update

Burnside Hospital's redevelopment of its Short Stay Procedure Unit (SSPU) is one step closer to completion, with a new, more comfortable and contemporary reception area open.

"Hundreds of people walk through our main entrance every week, so as part of this redevelopment, we wanted to create a modern space that better serves the needs of patients, visitors, staff and volunteers," said Heather Messenger, CEO.

"Careful planning helped to ensure a smooth transition over the 10 day period in which the front entrance and reception was temporarily closed and relocated.

"We are grateful for the understanding shown by everyone during this period and are thrilled with the end result - which is a new entrance that better utilises space, offering improved patient and visitor facilities and extra seating," she said.

When work commenced on the front reception, it signified the completion of Stage I of the redevelopment, with a number of areas such as the new pantries for von Rieben North and South wards, a new blood fridge room and new office for the Perioperative Clinical Manager completed and handed back to the hospital. Purpose-built oncology assessment rooms were also completed, which are now serving as temporary staff change rooms while Stage 2 is underway.



Burnside's new front reception area

What to expect in Stage 2

In addition to the refurbishment of the front reception (now complete), the launch of Stage 2 works in October involved handing over areas within the Perioperative Suite itself including the former equipment storeroom, the Clinical Manager's former office, the internal corridor as well as the atrium, to Mossop Construction + Interiors.

The transformation of the atrium to a purpose-built equipment storage room is an important component of Stage 2. The area will be expanded, allowing large items of theatre equipment to be stored appropriately. Temporary hoarding is in place to ensure not only safe passage but to maintain the highest levels of infection control,

with these aspects being closely monitored by the relevant hospital staff.

Stage 2 also involves significant work in the 400sqm 'void' on Level One of the hospital - the space which will transform into the new preoperative waiting area for day surgery patients. Other upcoming works include the installation of a new lift at the front of the hospital. Stage 3 is expected to commence in mid December and this will involve a new post-operative area to further improve the patient experience.

For more information about the redevelopment, please visit burnsidehospital.asn.au/redevelopment



Dr Antonas with Liuda Stalba-Smith, Clinical Manager Maternity Service and Suzanne Murray, Director Clinical Operations.

Farewell to Dr Basil Antonas

After an illustrious career, specialist obstetrician and gynaecologist Dr Basil Antonas announced his retirement from private practice in September 2016.

Dr Antonas' association with Burnside Hospital spanned more than 30 years, over which time it is estimated he delivered well over 2000 babies at the hospital.

Suzanne Murray, Director of Clinical Operations, said the hospital was going to miss such an excellent, dedicated and loyal specialist and it was a time when one paused to reflect on the changes that had occurred in obstetric practice over that time.

"Dr Antonas' reputation at Burnside is one of always having been approachable, respectful to nurses and midwives and keen to impart his knowledge and skills to them," said Ms Heather Messenger, CEO.

"Our obstetric community and patients have held Dr Antonas in high esteem and on behalf of everyone at Burnside Hospital we wish him all the very best for a happy, healthy and well deserved retirement from private practice," she said.

Welcome to Burnside Hospital

Burnside Hospital is pleased to welcome three new specialists.



DR SIMONE BARRY

Dr Simone Barry is a Respiratory and Sleep Disorders Physician.

She undertook her medical training at University of Newcastle with specialist training undertaken at St Vincent's Hospital and Royal North Shore Hospital in Sydney. She completed a clinical fellowship specialising in tuberculosis at Royal Adelaide Hospital before returning to Sydney to complete

a PhD in the molecular aspects of tuberculosis.

Dr Barry holds a staff specialist position at Royal Adelaide Hospital. Her clinical practice in Respiratory and Sleep medicine encompasses all aspects of both disciplines with a special interest in tuberculosis, COPD, lung cancer and interstitial lung disease.

Dr Barry may be contacted at:
Chest Clinic
275 North Terrace
Adelaide SA 5000
T: 8222 5487
F: 8222 5957



DR HANAN MAGHAZAJI

An obstetrician and gynaecologist specialist with over 20 years' experience, Dr Hanan Maghazaji is dedicated to delivering advice and treatment in a professional yet friendly manner.

Since 2000, she has worked in numerous hospitals, initially in Queensland then in South Australia, and was involved in teaching and training both undergraduate and postgraduate doctors. Then she decided to establish her private

practice, Women's Health Plus, to enable her to deliver comprehensive, compassionate professional care to women of all ages. She listens to patients' concerns and discusses all available options for care, and will respect patient choice and help women to reach an informed decision.

Dr Maghazaji's interests include pregnancy, fertility treatment, menopause, incontinence, prolapse, pelvic pain, period problems, endometriosis, sexual dysfunction or any other related conditions.

In addition, she offers a range of services such as urodynamics, neotonus chair (for treatment of incontinence and prolapse), colposcopy and ultrasound scan.

Dr Maghazaji may be contacted at:
Women's Health Plus
303 Glynburn Road
Kensington Park 5068
T: 7225 4335
W: womenshealthplus.com.au



DR KYLIE WEBBER

Dr Kylie Webber is a specialist obstetrician and gynaecologist with a passion for caring for families welcoming new life, and helping women improve their wellbeing through excellence in gynaecology care.

She is a proud generalist, with special interests in:

- Obstetrics
- sub-fertility and miscarriage
- endometriosis and pelvic pain
- laparoscopic surgery, including minimally invasive hysterectomy
- prolapse and incontinence
- fibroids and menstrual disorders
- ovarian cysts

Dr Webber also works as a Staff Specialist at the Women's and Children's Hospital (WCH) and is an honorary clinical lecturer at the University of Adelaide. She has a passion for teaching, is a training supervisor for Obstetrics and Gynaecology (RANZCOG) trainees, and is a member of the WCH simulation education committee.

She has achieved distinction throughout her career, from academic honours for her medical degree, through to the RANZCOG Award for Outstanding Achievement for gaining the highest mark in Australia and New Zealand in her specialist examinations.

Dr Webber has a long-standing interest in educating and empowering health consumers. Her vision at O&G is to achieve the best possible outcomes for each and every patient, by focusing on their individual needs and health preferences.

Dr Webber may be contacted at:
O&G
PO Box 447
North Adelaide 5006
T: 1300 604 377

The accuracy of each profile published above is the sole responsibility of the visiting specialist. For a full list of all visiting specialists and allied health professionals consulting on site and/or regularly operating at or practising at Burnside, go to www.burnsidehospital.asn.au/patients/doctors

Light Bladder Leakage / Urinary Incontinence

By visiting physiotherapist, Alice Adamson

Urinary Incontinence (UI) is the involuntary leaking of urine, ranging from ‘just a small leak’ when you cough, laugh or exercise to a full loss of bladder control. UI affects around and 37% of Australian women (13% of Australian men) and anyone can develop UI, though the most common risk factors are:

- Pregnancy (pre and postnatal women)
- Menopause
- Being overweight
- Constipation
- Respiratory Conditions

There are many different types of UI but the two main types are Stress Urinary Incontinence (SUI) and Urge Urinary Incontinence (UUI) in women.

SUI is the loss of small volumes of urine during activities where the intra-abdominal pressure (pressure inside the abdomen) increases and pushes down on the bladder. If the muscles, ligaments or fascia of the

pelvis have been weakened, they are sometimes unable to cope with this increase in intra-abdominal pressure and the leakage of urine may occur. Activities which increase this intra-abdominal pressure include running/sport, laughing, coughing and lifting. SUI predominantly occurs in women, but is NOT a ‘normal’ part of being a woman or a ‘normal’ side-effect of having a baby.

The majority of people presenting with these issues are young, professional women who have often had a baby; not ‘little old ladies’ as you might imagine. It’s important that primary health care providers ask women if they are experiencing symptoms and also that women themselves seek help when they first experience symptoms. It’s nothing to be ashamed of or embarrassed about and can often be quite easily treated with conservative (not surgical) measures.

Urge Urinary Incontinence (UUI) is the sudden and strong urge to urinate and may also be referred to

as an over-active bladder (OAB) or detrusor overactivity. In a normal functioning bladder, the bladder muscle (detrusor muscle) gently stretches as it gradually fills up. We usually get the urge to pass urine when the bladder is about half full and can then usually suppress this urge until it’s a convenient time to empty the bladder. When someone has OAB or UUI, they may perceive their bladder to be fuller than it actually is and this can cause the bladder to contract too early or occasionally spasm – making people want to go to the toilet suddenly and perhaps leaking urine before getting there. Often people with UUI will go to the toilet more frequently and often also during the night. These are the people who know where every public toilet is! The cause of UUI is not completely known although it can be associated with aging or times of stress. Caffeine and artificial sweetener can also irritate the bladder wall and cause the detrusor to contract.

Despite the prevalence of Urinary Incontinence, a lot can be done to both treat and prevent it – there is a lot of scope to reduce the prevalence in Australia. A Continence and Women’s Health Physiotherapist is trained in assessing many pelvic conditions, including Urinary Incontinence. After a thorough assessment, we are able to treat UI with a variety of tools including education and lifestyle advice, bladder retraining, biofeedback, pelvic floor muscle training and occasionally the use of pessaries. Sometimes, conservative measures are not effective in isolation and surgery may be required.

So if you, or someone you know, is experiencing UI – see a Continence and Women’s Health Physiotherapist – we assess and treat UI all the time, and we can make a difference.

Alice Adamson
Godfree House
2 Moore Street,
Toorak Gardens
adamsonphysio.com.au

Welcome, new Clinical Pharmacists

Burnside Hospital’s on site pharmacy – Epic Pharmacy – has welcomed two new Clinical Pharmacists, Ms Marina Isaac and Ms Quoc Nguyen, who will fill the roles of current Pharmacists Ms Helen Ma and Ms Chinh Nguyen, both of whom are taking maternity leave in the very near future.

Both Ms Isaac and Ms Nguyen said they were pleased to join the team and continue the provision of professional pharmacy services to patients, visiting medical specialists and clinical staff.

“As Pharmacists, our aim is to help patients at Burnside Hospital to achieve positive outcomes from the use of medication that improves quality of life with minimum risk following their surgery or treatment,” said Ms Quoc Nguyen.

“We also educate consumers and patients on the use of prescription medications, and work with physicians, nursing and midwifery staff and other health professionals to develop medication plans in the interests of each patient’s health and wellness,” said Ms Isaac.

“In our role, it’s critical to make sure patients understand what medicines they’re taking and how to take them, and that staff have the most up-to-date information on medicines and their interactions, so patients receive the safest possible care,” added Ms Isaac.

Since 2005, Epic Pharmacy has provided comprehensive pharmacy services to Burnside Hospital. Being co-located within the hospital, the pharmacy delivers services linked to the medical specialities of the hospital.



Ms Nguyen and Ms Isaac

Burnside Patients Say...

We are proud of the patient care we deliver and we work hard to make each patient's experience with the hospital as comfortable and pleasant as possible. Patient feedback provides us with an important indicator of how well the hospital achieves this. We continue to receive positive feedback from patients and are pleased to share these recent examples:



"I was very satisfied! All aspects of service – accommodation, staff, food were of a very high quality. Thank you for a respectful stay – supported by your staff."

BURNSIDE SLEEP CENTRE PATIENT, SEPTEMBER 2016

"I have attended your hospital for chemotherapy and follow up treatment since 2011. I have found it to be a very well run, comfortable environment with wonderful, caring staff and pleasant surroundings. Particular mention to the staff in the oncology unit, who always make me feel welcome and relaxed."

BRIAN FRICKER ONCOLOGY CENTRE PATIENT, NOVEMBER 2016

"The staff were excellent, the room was comfortable and quiet. Everyone was very friendly and made me feel welcome."

FACEBOOK REVIEW, OCTOBER 2016

"Amazing care while at Burnside having my little girl. My obstetrician was amazing and the midwives were so supportive."

MATERNITY PATIENT, SEPTEMBER 2016

"I had a robotic assisted partial knee replacement in November. Everyone that entered my room from tea staff, cleaners to nurses, anaesthetists and surgeon were kind and caring, reassuring that I was in good hands. The food was absolutely delicious and five stars for the menu choice. Thanks to the beautiful Burnside Hospital team and congratulations – you must be so proud of your amazing team!"

ROBOTIC-ASSISTED ORTHOPAEDIC SURGERY PATIENT, NOVEMBER 2016



About this publication

We welcome your feedback

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If so, please direct these to:

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Burnside Bulletin

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Chief Executive Officer

Ms Heather Messenger

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