

Wellvisions

Spring/Summer 2015

Leading- edge robotic technology

Big investment. Big benefits
for patients

24/7 neonatal care

A neonatal service
like no other

Seeking armchair advisors

Patient feedback crucial
to our service



ST JOHN OF GOD

Subiaco Hospital

To ensure you don't miss out on the latest updates and new initiatives at the hospital, sign up to receive Wellvisions electronically.

Go online www.sjog.org.au/subiaco and follow our e-newsletter link. Alternatively you can email us at: subiaco.marketing@sjog.org.au with your details.

If you no longer wish to receive Wellvisions or have an editorial enquiry please email: subiaco.marketing@sjog.org.au or telephone (08) 9382 6245.

Front cover: Dr. Paige Tucker, Gynaecology Oncology Research Registrar and Surgical Assistant at St John of God Subiaco Hospital.

Contact details

Editor: Melissa Bramley
Email: subiaco.marketing@sjog.org.au
Tel: (08) 9382 6245

St John of God Subiaco Hospital
12 Salvado Road, Subiaco WA 6008
PO Box 14, Subiaco WA 6904.

www.sjog.org.au/subiaco



St John of God Subiaco Hospital



ST JOHN OF GOD
Subiaco Hospital

Wellvisions

Spring/Summer 2015

Message from the CEO

Welcome to our new look
Wellvisions magazine.



This edition of *Wellvisions* has been designed to showcase St John of God Subiaco Hospital's commitment to delivering clinical excellence and a great patient experience.

With nearly 880 accredited doctors, Subiaco provides services across a range of medical specialty areas – and is leading the way in many.

We also regard medical research as central to our ability to deliver the most effective, evidence-based care to our patients.

Some of you may not be aware of the volume of clinical research being undertaken at Subiaco. This research is not just carried out in laboratories, but forms part of our daily routines and care, translating laboratory studies to the bedside.

Currently, Subiaco is undertaking 50 research projects as well as 35 clinical trials in oncology.

Last year the hospital contributed to an incredible 48 research articles published in peer reviewed journals. Our caregivers also presented papers at a number of highly regarded national and international conferences.

Since the last edition of *Wellvisions*, a number of new services and technologies have been introduced.

Located across the road on Cambridge Street, we recently opened the new St John of God Wembley Day Surgery, in recognition of growing patient demand for day surgery.

In April, Subiaco became the first hospital in Australia to purchase the new orthopaedic robotic technology for patients undergoing partial knee replacement surgery.

This new technology complements the existing robotic program already underway for urology and gynaecology patients at Subiaco.

Subiaco is also the first private hospital in WA to provide paediatric neonatologists 24-hours a day, seven days a week for our Neonatal and Neonatal Readmission Units. Anaesthetic cover is also available around the clock.

I trust you will enjoy reading the latest edition of *Wellvisions*.

A handwritten signature in cursive script that reads "Lach Henderson".

Dr Lachlan Henderson
St John of God Subiaco Hospital
Chief Executive Officer

Big investment. Big benefits.

Leading-edge robotic technology at St John of God Subiaco Hospital is providing patients with shorter stays, less post-operative pain, less scarring and a quicker return to normal activities.

St John of God Subiaco Hospital Chief Executive Officer Dr Lachlan Henderson said the hospital had invested in operating room robots for a range of specialty areas, including orthopaedics, gynaecology, surgical oncology and urology.

“The robot technology forms part of our focus on providing first-class facilities, clinical excellence and exceptional patient outcomes at the hospital. The technology provides surgeons with enhanced vision, dexterity and precision during surgery and improve recovery times for patients,” he said.

“In addition the hospital is undertaking clinical research on robotic surgery to measure patient outcomes, as part of our focus on providing evidence-based practices and care informed by research.”

“

The robot technology forms part of our focus on providing first-class facilities, clinical excellence and exceptional patient outcomes at the hospital.

”

ORTHOPAEDIC SURGERY

The hospital is the first facility in Australia to purchase Stryker orthopaedic robotic technology to assist patients undergoing partial knee replacement (PKR) surgery.

Since the technology was installed in the hospital in April 2015, orthopaedic surgeons Gavin Clark and Dermot Collopy have been using the robot for PKR surgery for patients where the arthritis is limited to part of the knee joint.

Mr Clark said PKR surgery usually results in a more rapid recovery and shorter hospital stay than total knee replacement surgery, as well as yielding a more natural feeling knee.

“Unfortunately, in the past PKRs have suffered from a higher failure rate, and, as a result, many surgeons choose to do total knee replacements in these patients, or defer surgery until the arthritis has advanced. The robotic assistance allows better planning and placement of the prosthesis for select patients,” Mr Clark said.

Mr Collopy said robotic-assisted surgical technique allows highly accurate pre-operative planning, merging the accuracy of computer navigation and the pre-operative planning and custom component positioning of patient-specific knee systems.

“Better still, the robot gives the surgeon the ability to adjust this plan intra-operatively, in real-time, to further optimise the operation. No other knee system allows this flexibility,” Mr Collopy said.

“We are finding the patient specific pre-surgical plan especially useful, as you can assess bone preparation areas and customise implant positioning using a CT scan of the patient’s knee.”

Mr Clark said as it is still early days with the new technology, we are undertaking long-term research on the robot, closely monitoring patient outcomes and looking at how we can potentially use the robotic-arm for other types of orthopaedic surgery.

Mr Clark and Mr Collopy are part of an international development group looking to expand the robot use to total knee replacement over the next few years.



ABOVE: Gavin Clark and Dermot Collopy were the first surgeons in Australia to use an interactive orthopaedic robot.

GYNAECOLOGY/ GYNAECOLOGICAL ONCOLOGY

The da Vinci robot at the hospital is being used for gynaecological oncology surgeries, such as hysterectomies and removal of ovaries, fibroids and tumours.

It also allows the surgical removal of part of a malignant tumour to be undertaken via a minimally invasive approach, rather than a traditional large incision to enhance the effectiveness of radiation or chemotherapy (known as cancer debulking).

Gynaecological Oncologist Jason Tan said the robotic surgery provides benefits for patients with cervical cancer and severe endometriosis, as it enables surgery to be undertaken using less incisions, resulting in less pain, less scars and less recovery time.

“While it is still early days with gathering data on the robotic surgery, I am noticing that the technology provides me with better vision than laparoscopic surgery and improved dexterity,” he said.

“It allows me to do more complex cases via a minimally invasive approach rather than having to perform traditional large incisions.

“There is also some evidence that suggests that when you compare laparoscopic surgery with robotic surgery, there can be less pain.

“The robotic technology enables the surgeon to operate in a more comfortable position, which is very beneficial during long complex surgery.”

UROLOGY

Robotic urological surgery has been performed at the hospital since December 2007 for both prostate and renal cancers.

Urologists Richard Pemberton and Justin Vivian have been using the robot since its introduction.

Mr Justin Vivian said the robotic technology is ideal for complex cases as it provides surgeons with three-dimensional vision with 10 times magnification and high definition optics.

“The technology provides greater dexterity and comfort for surgeons,” he said.

“For patients having their prostate removed early studies show an improved and earlier return of continence and erectile function.”

“

The robotic technology enables the surgeon to operate in a more comfortable position, which is very beneficial during long complex surgery.

”



TOP: Gynaecological Oncologist Jason Tan.
ABOVE: Urologist Justin Vivian undertaking robotic urological surgery.



St John of God Subiaco Hospital
Director of Neonatal Paediatrics Dr Jo Colvin.

24/7 care for babies

Any baby born in a Western Australian hospital can be admitted to St John of God Subiaco Hospital's Neonatal Readmission Unit.

St John of God Subiaco Hospital is the first private hospital in Western Australia to provide a 24-hour a day, seven days a week on-site consultant neonatologist service.

St John of God Subiaco Hospital Director of Neonatal Paediatrics Dr Jo Colvin said the neonatologists provide round the clock care for healthy newborn babies as well as premature and critically ill newborn babies in the Neonatal Unit and newly-established Neonatal Readmission Unit.

The Neonatal Readmission Unit, located within the Neonatal Unit, opened earlier in the year after a need was identified for babies to be readmitted to hospital if they had health issues, such as jaundice, feeding difficulties, failure to thrive or surgery requiring post-operative care.

The Neonatal Readmission Unit is available for babies up to three months of age (calculated from the due date, if a baby is born prematurely) and accepts babies born at any Western Australian hospital.

Dr Colvin said the Neonatal Readmission Unit fills a gap in neonatal care for babies

who have issues in the first few months of life, regardless where they were born.

"Rather than parents having to present their babies at a hospital's emergency department, general practitioners can refer any baby with whom they have concerns to the neonatologists at St John of God Subiaco Hospital for review and admission," she said.

St John of God Subiaco Hospital Director of Nursing and Midwifery Laura Colvin said the Neonatal Readmission Unit forms part of the hospital's focus on providing a continuum of care and support along the pregnancy and newborn journey.

"There has been overwhelmingly positive feedback from parents about the Neonatal Readmission Unit," she said.

"The unit combines modern equipment and technology in a warm, relaxing and nurturing environment suited to both new mothers and babies."

Two Mother Crafting Rooms are available opposite the Neonatal Readmission Unit, enabling mothers to be accommodated close to their babies.

PARENTING SUPPORT SERVICES

St John of God Subiaco Hospital offers multiple supporting services to mothers and their families.

Lactation consultants and breastfeeding groups are available to assist mothers with feeding issues.

"As part of our focus on the parent journey, we offer free classes for not only newly pregnant couples but also those planning to have a baby," Laura said.

"We also provide post-natal classes, grandparent classes, parenting alone sessions, breastfeeding clinics and groups as well as multiple birth groups.

"Our neonatal services are like no other in Western Australia – our focus is on the care of the newborn as well as providing support for the parents."

St John of God Subiaco Hospital is the first private hospital in Western Australia to provide a 24-hour a day, seven days a week on-site consultant neonatologist service.



“

The unit combines modern equipment and technology in a warm, relaxing and nurturing environment suited to both new mothers and babies.

”

Midwife Susie Cunneen checking on baby Oliver.



ARMCHAIR ADVISORS

Recent patients of St John of God Subiaco Hospital interested in providing input and feedback to the organisation are invited to join the Armchair Advisors network.

Armchair Advisors form part of the Consumer Engagement Program to ensure the hospital provides care and services that patients and visitors value and expect.

Armchair Advisors is ideal for those who don't have time to attend meetings, as all communication is done via email.

Items that require input by Armchair Advisors include reviewing processes and draft documents designed for patient use or providing suggestions to improve hospital procedures.

For more information please contact Subiaco.CAG@sjog.org.au

Volunteers like Cathryn Pearce assist with collating patient feedback.



The hospital undertakes regular surveys of consumer and caregivers to measure satisfaction, experience and engagement levels.



Patient feedback important to St John of God Subiaco Hospital

As part of St John of God Subiaco Hospital's focus on providing exceptional and compassionate health care, patient feedback is encouraged through a number of forums.

A Consumer Partnership Framework provides opportunities for the exchange of information and advice between staff and patients, including a Consumer Advisory Group, focus groups, consumer networks, workshops, committees, reference groups, interviews and a range of other activities.

St John of God Subiaco Hospital Director Quality and Risk Fay Winter said it is important our patients have the opportunity to provide feedback and engage with the organisation.

"The hospital seeks feedback from patients for new projects and current services through a number of ways, so we can track our level of care and make any changes, if needed," she said.

"To help us deliver care based on partnerships, we examine the needs and preferences of patients, carers and their

families by seeking out, listening to, understanding and responding to their experiences and expectations about health care.

"This engagement is essential for safety and quality improvement and provides a 'reality check' to ensure improvements are meaningful."

The Consumer Partnership Framework provides strategies and programs for caregivers to engage or partner with patients, carers and their families, ranging from sharing information to consultation and empowerment.

Fay said the strategies are underpinned by our commitment to our Service Ethos that outlines our responsibilities to 'Work together as a Community' and that 'Feedback is Crucial to our Service'.

"Our Service Ethos outlines how staff are expected to undertake ongoing education in person-centred care,

which means working in partnership with patients and carers in the delivery of distinctive health care," she said.

"It requires staff to be responsive to patients' needs as we believe that working together as a community is the best way to meet these needs. Person centred-care underpins all strategies in the Consumer Partnership Framework."

The Consumer Advisory Group provides support and advice to the hospital on a range of areas, including decision making processes about care, policy development, priority setting and addressing quality issues. They also review patient booklets to ensure they provide clear and concise information for pre and post-operative care.

The hospital undertakes regular surveys of consumers and caregivers to measure satisfaction, experience and engagement levels.

Staff recognised for excellence in nursing

Two St John of God Subiaco Hospital caregivers were recognised for their hard efforts at the recent Western Australian Nursing and Midwifery Excellence Awards.

Dr Janie Brown took home the Excellence in Research Award for embedding research into practice at St John of God Subiaco Hospital.

Nurse Practitioner Palliative Care Louise Angus was the first person to be awarded the Excellence in Leadership – Emerging Leader Award.

The awards recognise and celebrate the achievements of nurses and midwives who have made an outstanding contribution to the nursing and midwifery professions in Western Australia.

Janie is the Nursing, Midwifery and Allied Health Research Coordinator at St John of God Subiaco Hospital and holds a conjoint appointment with Curtin University.

She assists staff to translate their ideas into research by helping them identify potential areas for research and providing them with support along the way.

The hospital has already made changes to practices based on staff initiated research, which has lifted the profile of nursing research within the hospital and motivated other staff to conduct their own research.

Janie was nominated by her supervisor, Director of Nursing and Midwifery Laura Colvin, for her commitment to raising the profile of nursing research within the hospital and her supportive and consultative process for assisting others to initiate new research projects.

Louise commenced in her role as Nurse Practitioner Palliative Care last year after completing her Masters of Nursing at Curtin University.

The first nurse practitioner of palliative care within a private hospital in Western Australia, Louise believes her new role has influenced her ability to

think creatively and influence other nursing staff.

Louise is also heavily involved in nurse training and runs workshops, formal and informal training and study days to share her knowledge and experience with staff and students.

This continuous, on-the-job training and feedback has cemented Louise's role as a leader within the hospital and made her a source of inspiration and knowledge for others.

Louise was nominated for her leadership skills and willingness to coach and teach staff and students at the hospital.

Drug and Alcohol Withdrawal Network Clinical Nurse Specialist Jeffrey Butterfield was a Consumer Appreciation Award finalist.



Award winners Louise Angus and Dr Janie Brown with Jeffrey Butterfield.



The 23-bed
Wembley
Day Surgery.

Wembley Day Surgery opens

St John of God Wembley Day Surgery has opened across the road from St John of God Subiaco Hospital in response to the increased demand for day surgery by both patients and doctors.

St John of God Subiaco Hospital Chief Executive Officer Dr Lachlan Henderson said demand for day surgery had greatly increased in recent years, with the number of patients having day surgery at the hospital doubling from 2008 to 2015.

“We are seeing an increased demand for day surgery due to improved technology and surgical techniques as well as patient preference for same day care,” he said.

“St John of God Wembley Day Surgery provides a first-class facility for same day surgery and a great environment for patients.”

The facility is equipped with three theatres and caters for a range of specialties, including plastics, orthopaedics, gynaecology and dental surgery.

The 23-bed day surgery can take up to eight patients staying overnight, if required, avoiding the need for a full hospital admission for the patient.

To ensure a streamlined approach, patient admissions for the day surgery are coordinated from St John of God Subiaco Hospital and a courtesy bus runs between the main hospital car park to the surgery.

“Our caregivers have worked hard to ensure the same level of high-quality, compassionate care our patients expect from our main hospital is extended to patients at the new day surgery,” Lachlan said.

A blessing ceremony was held in May, attended by St John of God Health Care Group Chief Executive Officer Dr Michael Stanford, St John of God Subiaco Hospital executives, medical providers and staff working in the new facility.



Subi goes glam

Almost 500 people enjoyed the 'garden glamour' styled St John of God Subiaco Hospital Gala Ball at Crown Perth on Friday 21 August.

The annual event is held to thank staff, doctors, allied health professionals and key business partners for their efforts over the past year.

Entertainment for the evening began with silk aerial artist and general practitioner Tessa Kaminski (who is also a general practitioner) followed with music by Proof the Band and a DJ.

The evening also included a photo booth and a whisky bar with chill out area.

Thank you to all of our sponsors for helping to make the night such a great success, in particular our platinum partner Burgess Rawson.

Silver sponsors included HBF, Schweppes, SKG Radiology, SportsMed, ImageSource and HESTA.

The design and printing partners were Creative ADM and Worldwide Printing.





“

Every day is different and I really enjoy helping mothers.

”

Bernadette O'Regan

Lactation Consultant, Breastfeeding Clinic

LENGTH OF EMPLOYMENT

27 years

CAREER DESCRIPTION

Providing mothers with breastfeeding advice, especially those who have been discharged from hospital and experiencing issues with feeding their babies. We accept mothers who have had their babies at any hospital in Western Australia.

TYPICAL WORK DAY

I usually see several mothers a day at our Breastfeeding Clinic and assist them with increasing their knowledge and skills with breastfeeding. I also help them identify other reasons why their babies may not be feeding or settling easily. In between patient visits, I contact patients to see how they are progressing with their breastfeeding and return calls. Every day is different and I really enjoy helping mothers.

CAREER HIGHLIGHT

Definitely my career highlight was establishing the Breastfeeding Clinic at the hospital 15 years ago, after I identified a need to provide mothers with post-discharge support. Management was very supportive of the idea and helped me establish the clinic. Since then the clinic has grown from strength to strength and now operates five days a week. We always receive great feedback and I find my work incredibly rewarding.

HOBBIES

When I'm not running around after my 16-year-old twin daughters, on my days off I enjoy spending time with my family, cooking and playing golf.

The Breastfeeding Clinic is open Monday to Friday from 8.30am to 4.30pm. For more information contact: (08) 9382 6078.



Benefits of eating wholegrains



St John of God Subiaco Hospital's Clinical Dietician Karin Cook explains why whole grains are recommended around the world as part of a healthy diet.

Whole grains contain more fibre, vitamins, minerals and antioxidants than refined cereal foods because many of the nutrients are found in the outer layers of the grain, which are lost during processing.

Whole grains deliver vitamins, minerals and trace elements, such as iron, thiamine, folate, iodine, magnesium, zinc, riboflavin, niacin and Vitamin E. In addition they provide proteins and carbohydrates for energy, protective phytonutrients, dietary fibre (soluble and insoluble fibre), which are naturally low in saturated fats and salt. They also contain almost all of the essential amino acids required by your body.

Whole grains include wheat, rice (including brown, black and red), oats, corn, rye, barley and triticale. In recent times people have started eating more 'ancient' whole grains, such as millet, spelt, sorghum, teff (the smallest of the grains), freekah, as well as other varieties of wheat.

Quinoa, amaranth, and buckwheat technically belong to a different family of plants, but are considered pseudo-grains, as they contain a similar complement of nutrients as whole grains, they can be enjoyed in the same way.

Evidence has shown that people who consume grains are 20-30 per cent less likely to gain weight, have heart disease, develop type 2 diabetes and suffer from bowel cancer.

Quinoa is gluten free and packed full of essential amino acids. It has become a common ingredient in many dishes today.

In preparing quinoa it is best to rinse, rinse, and rinse again, as it is naturally coated in a bitter-tasting resin. To get rid of the resin, put the grain in a bowl of water, swish around with your hand, and then drain it in a fine-mesh sieve. It takes about 20 minutes to cook.

Why not include some whole grains in your menu for the warmer weather that lies ahead. Your body will thank you for it.



Volunteers on a mission

The hospital has a dedicated cohort of 140 volunteers who assist patients and caregivers on a daily basis.

One group of volunteers host monthly book and bric-a-brac stalls in the hospital foyer to raise funds for various social outreach programs.

So far in 2015 they have raised more than \$15,860, which has been donated to assist the Nepal Earthquake Appeal, Cyclone Pam Vanuatu emergency relief and Friends For All Children Foundation.

FOUNDATION RAISING FUNDS FOR CAPS FOR CANCER

St John of God Foundation raises funds for people and communities in areas which are not being met by traditional means or government funding.

The next big fundraising event for the Foundation, 'Caps for Cancer', is an art exhibition and sale at Royal Freshwater Bay Yacht Club on 17 November.

The event is being held to raise funds to purchase two 'cooling cap' systems, which assist in minimising hair loss during chemotherapy.

The technology is currently not available in Western Australia, requiring patients to travel to the Eastern States, adding unnecessary stress and cost.

Cooling cap systems help chemotherapy patients retain a positive frame of mind and self-confidence, which is vital in the healing process.

'CAPS FOR CANCER' EVENT DETAILS

Art Exhibition and Sale
Royal Freshwater Bay Yacht Club
6.00pm, Tuesday, 17 November

Tickets \$85

Please purchase tickets at
www.trybooking.com/IQZL

SUBIACO HAS MOST PATIENTS IN NATIONAL STUDY

St John of God Subiaco Hospital has the highest number of patients participating in an anaesthesia study in Australia.

Known as the BALANCED Anaesthesia Study, within 12-months the hospital has achieved the highest number of patients participating in the Australian trial.

To date, 38 hospitals from Australia, New Zealand, United States of America and Hong Kong are participating in the study. Several other hospitals in the United Kingdom, Europe and China awaiting governance approvals.

The randomised clinical trial is examining the influence of anaesthetic depth on patient outcomes after major surgery.

The trial is expected to be completed in 2018.

DAWN wins award

The hard work of the Drug and Alcohol Withdrawal Network (DAWN), which is based at St John of God Subiaco Hospital, was recognised at the recent Catholic Health Australia Awards.

DAWN won the Outstanding Contribution to Social Outreach award for its work in helping people safely withdraw from alcohol and drugs in their home environment.

The award also recognised DAWN's work on the Looking Forward Project, which aims to improve the effectiveness of alcohol and other drug services and public mental health services for Nyoongar families affected by serious mental health issues in the Perth metropolitan area.

Catholic Health Australia Chief Executive Officer Suzanne Greenwood said the DAWN program is a great example of the Catholic health and care sector responding to real need in the community that, previously, was not being met.

"The DAWN program - a first in Western Australia - has filled a serious gap where those addicted to alcohol and drugs, representative of some of the most



vulnerable people in our society, are able to seek individually tailored help, at home, where they and their loved ones feel the most secure," she said.

DAWN is a free and confidential service that helps adults, in their own environment, either reduce or stop their drug and alcohol use. The service is

staffed by clinical nurses who visit clients at home and support them through their withdrawal, working with each client's general practitioner in the community.

DAWN also provides youth services for people aged 12 to 25 in partnership with headspace centres in Fremantle and Osborne Park.



PASTORAL SERVICE HOURS EXPANDED

Professional qualified pastoral practitioners are now on duty at St John of God Subiaco Hospital from 8.30am to 8.30pm weekdays.

They are available on-call at all other times and can be contacted via the hospital switchboard.

The practitioners provide emotional support to patients and their loved ones from all religions and backgrounds.

Pastoral Services also offers spiritual support as well as daily services for a variety of religious beliefs.



RECORD TONSILLECTOMIES

Ward 40 and main theatres had a very busy start to the school holidays on 4 July with 17 children having their tonsils out in one day.

Almost doubling the usual numbers, nursing caregivers and volunteers were prepared with plenty of jelly and ice cream for the patients.



GEORGINA HOPE FOUNDATION

The hospital has commenced a special relationship with the Georgina Hope Foundation to provide a little extra comfort for cancer patients who are admitted to the hospital.

The Georgina Hope Foundation generously provides gift baskets on a weekly basis for many cancer and palliative care patients. Each pack contains luxury items such as pillows, towels, a mattress topper, hair brush and a selection of skin products.

For more information, see www.sjog.org.au/hospitals/subiaco_hospital/about_us/media_publications/latest_news/Georgina_Hope_Foundation.aspx

New regional model provides benefits to all

Patients, staff and the community will benefit from the newly created St John of God Perth Northern Hospitals region, which encompasses the Subiaco, Mt Lawley and Midland hospitals as well as Wembley Day Surgery.

The region was established in response to the significant growth for the organisation in the area in the past 18 months, with bed numbers set to double with the addition of Mount Lawley Hospital (former Mercy Hospital), Wembley Day Surgery and the new Midland Public and Private Hospitals.

St John of God Perth Northern Hospitals Director Workforce and Corporate Services Shellee Chapman said the growth of the bed numbers in the area, created an opportunity to review service delivery across the region, in particular the way in which our non-clinical services are supported and delivered.

"The new structure aims to achieve greater efficiency, reduce duplication and increase the quality of service provision across hospitals in the region," she said.

"A regional management structure has been established across several non-clinical

services and senior roles were created, providing new opportunities for staff.

"Newly-appointed regional managers are now working with their teams to continue to deliver excellence in service delivery across the region.

"As we continue to bring everyone together under the new region over the next 12 months, further benefits will be provided to patients, staff and the communities we serve."

“

The newly created region encompasses the Subiaco, Mt Lawley and Midland hospitals as well as Wembley Day Surgery.

”

FREE WIRELESS INTERNET ACCESS

Staying in touch with loved ones online isn't limited to visiting hours with free hospital Wi-Fi being offered for both patients and visitors.

TO ACCESS THE HOSPITAL WIFI:

1. Connect to the 'Guest' wireless network
2. Enter your details and accept the terms and conditions
3. Click the 'hotspot login' button



PLANNING A PREGNANCY OR IN THE EARLY STAGES OF PREGNANCY?

Come along to the hospital's free *Lifestyle and Early Pregnancy* classes. You will learn pregnancy essentials with information on healthy lifestyle, general wellbeing, exercising safely, nutritional advice, dad and partner essentials and a virtual tour of the maternity facilities.

The next session is Tuesday 17 November 2015 – to book please contact parent education on (08) 9382 6708.

Cuddle cot donation

The hospital has been privileged to receive a cold cuddle cot, which provides additional support for parents and families of stillborn babies.

The custom made cot was an initiative of St John of God Mt Lawley Hospital Midwife Kristy Wiegler and Shannon and James Cook, in memory of their stillborn son Lincoln.

Kristy, in conjunction with Shannon and James, created a fundraising page via social media, A Midwife's Gift, and raised \$4000 in 10 days for the cot to be purchased for use at St John of God Mt Lawley Hospital.

The hospital then paid it forward, donating \$4000 for another cot to be gifted to another maternity hospital in WA.

St John of God Subiaco Hospital is the sixth facility to receive the 'Cold Cuddle Cot', with Broome Regional Hospital donating \$4000 when they received their cot at the beginning of May 2015.

The Subiaco cot is in honor of baby Gracie, whose parents attended the cot presentation.

To donate to 'Cold Cuddle Cot' please visit www.facebook.com/amidwifegift



TRAVELLING GREEN

The hospital encourages staff to travel 'green' to work and offers a daily allowance to those who use green modes of travel, such as public transport, cycling, walking or carpooling.

Health and wellbeing is an important factor to the hospital.

Staff have said they have experienced both health and financial benefits from the program.

Each baby is one of a kind.



SO IS OUR NEONATAL SERVICE.

Our Maternity Unit is unique in WA, caring for both healthy newborn babies as well as those born premature and critically ill.

We are the first private hospital in WA to provide neonatologists in the Neonatal and Neonatal Readmission Units 24-hours a day, seven days a week. It's all part of our focus on providing the very best of care from pregnancy to birth and beyond.

- World class facilities
- Neonatal Unit
- Neonatal Readmission Unit
- 24/7 on-site care from neonatologists and anaesthetists



ST JOHN OF GOD
Subiaco Hospital