

# Geriatric Medical Services

INFORMATION BROCHURE

Brisbane Waters Private Hospital offers... Comprehensive Geriatric Medical services for frail elderly patients who have multiple complex medical, physical and functional problems.

We take a holistic care approach with a view to maintaining independence and well-being for as long as possible.

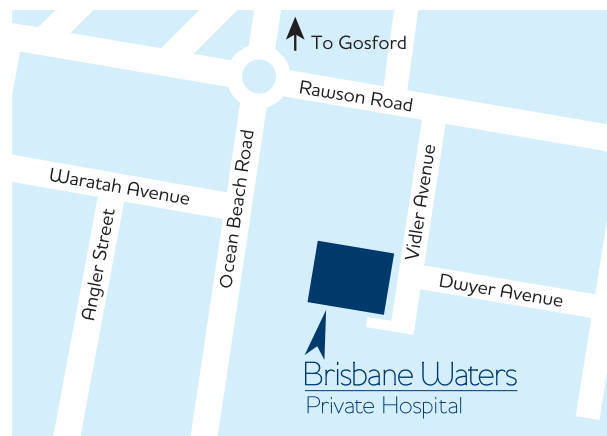
Our Geriatric Medical Services specialise in the following major geriatric syndromes;

- Delirium
- Dementia
- Falls, gait and balance disorders
- Rationalising multiple medications and adverse drug reactions
- Malnutrition
- Swallowing disorders in the elderly
- Incontinence
- Complex multi-organ disease in the elderly
- Osteoporosis and fractures.

Our multi-disciplinary Geriatric Medical team ensures patients receive the utmost of care in every aspect of their treatment at Brisbane Waters Private Hospital.



For more information concerning our Geriatric Medical Services call  
T: 02 4343 0333.



21 Vidler Ave. Woy Woy NSW 2256  
T: 4341 9522 / [brisbanewatersprivate.com.au](http://brisbanewatersprivate.com.au)



Utmost of care in every aspect...

Brisbane Waters  
Private Hospital



## The Geriatrician

- Specialist in medical care of the elderly
- The Geriatrician works within the multidisciplinary team
- Regular conference to discuss patient's progress and discharge arrangements
- The Geriatrician works closely with GPs and other referring Specialists
- Post-operative care for general surgical and orthopaedic patients
- Communication with GP on discharge
- Comprehensive written Discharge Summary faxed to GP and other key health care workers involved in patient's ongoing care.

## The Practice Nurse

- Assists in co-ordination of medical care of elderly inpatients with Geriatrician
- Assists in obtaining collateral history from relatives where relevant
- Assists in organising investigations
- Assists in comprehensive discharge arrangements.

## The Physiotherapist

- Specialist physiotherapy program for frail elderly focusing on maximising mobility and functional independence
- Programs aim to improve and maintain mobility, balance and strength of upper and lower limbs, with a goal of reducing the risk of falls and safety in the living environment
- Physiotherapy is part of the holistic approach to management of pain, including acute, chronic and back pain. Treatments consist of exercise, pain management strategies and education to enable supported self-management
- The Physiotherapist also provides education and provision and fitting of appropriate equipment including mobility aids, splints and footwear advice to facilitate a holistic approach focused on function, mobility and independence.

## The Occupational Therapist

- Comprehensive and specialised home assessment to reduce falls risk and improve independence in the Activities of Daily Living (ADL)
- Expert assessment for and provision of equipment for the frail and disabled elderly
- Provision of post surgical support to ensure a speedy recovery with managing personal care while in hospital
- Measuring elderly people for hip protector underwear to reduce the risk of hip fracture and falls.

## The Speech Pathologist

- Assesses and treats swallowing disorders in the elderly to reduce the risk of silent aspiration and its complications (chest infections, pneumonia)
- Recommends the most appropriate consistency of food and fluid
- Recommends safest method of intake of medication for patients with swallowing difficulty
- Conducts modified barium swallows to accurately diagnose and treat swallowing disorders
- Assesses and treats communication disorders in the elderly
- Provides appropriate follow-up management once the patient leaves hospital.

## The Dietitian

- Expert care of frail elderly with malnutrition
- Nutritional assessment of the elderly using validated assessment tools
- Appropriate dietary interventions including high protein, high energy diets and supplements
- Works closely with Speech Pathologist to ensure improvement of dietary intake of the frail elderly.

## The Discharge Planner

- Expert management of complex discharge arrangements for the elderly
- Provision of appropriate community support services where eligible
- Assisting families to organise respite care (in house, residential or emergency)
- Organising permanent low and high care placement in conjunction with the Aged Care Assessment Team.

