

HEALTH NEWS

SEPTEMBER -
DECEMBER 2021

healthcare™

A NOTE FROM TIM YEOH

2021 has been a rollercoaster of a year for the Healthe Care group, with the ongoing challenges of COVID-19, lockdowns and restrictions on our surgical business. We have also welcomed a new owner in Pacific Equity Partners (PEP), some exciting new developments have come online across our sites, and we've seen the introduction of new services and programs across the group. Throughout it all, our Healthe Care team have turned up day after day, supporting each other,

our doctors and their local communities - all the while providing exceptional care and remaining positive along the way.

I'm looking forward to the opportunities and challenges that 2022 will bring, as we continue to grow and develop as a group.

Until then, I want to wish all our staff, Doctors and patients a happy, safe and restful Christmas and New Year.

Tim Yeoh, Healthe Care CEO



NEW RADIATION ONCOLOGY CENTRE OPENS AT MAITLAND PRIVATE HOSPITAL

A new, state-of-the-art radiation oncology service has opened at Maitland Private Hospital, a first for the Hunter Valley region. The opening of the Icon Cancer Centre means patients no longer have to travel long distances for radiation therapy, and all aspects of patient cancer care and treatment is now offered in one place at Maitland Private Hospital.

The centre features cutting-edge radiation therapy technology, including an advanced Varian TrueBeam® linear accelerator, with the capacity to treat over 900 new courses of radiation therapy each year.

Studies of access to New South Wales radiation therapy services have found that 14% of cancer patients who would benefit from radiation therapy face accessibility barriers to existing services. Icon Group CEO, Mark Middleton, said the opening of Icon Cancer Centre Maitland reflects Icon Group's longstanding commitment to bringing care closer to home for cancer patients, especially those in regional and rural areas.



"With cancer incidence ranking higher in Maitland than the Australian average, this centre will play an important role for cancer patients and their families for many years to come. No longer will cancer patients need to travel away from home to access the care they need - now, with the opening of Icon Maitland, the latest in cancer care will be available in their hometown," Mr Middleton said.

"We are delighted to bring a wide-range of cutting-edge, affordable treatment options to the Maitland region alongside Maitland Private Hospital. Through the support of the Federal Government's Radiation Oncology Hospital Program Grant (ROHPG), which provides financial assistance to ensure the latest equipment is available in areas of need, we have the ability to offer the Maitland community the latest approach to radiation therapy. This is something the local community truly deserves."

Maitland Private CEO, Peter Cizzio, welcomes the addition of radiation therapy to the extensive cancer treatment services already offered at the Hospital. "As the only private hospital servicing the Hunter Valley Region, we are very proud to continue building on our history of delivering exceptional patient care through the opening of Icon as part of Maitland Integrated Cancer Services. Maitland Private offers a level of healthcare services previously unavailable in the region, saving patients from the stress of travelling during their time of need." Mr Cizzio said.

"With cancer incidence ranking higher in Maitland than the Australian average, this centre will play an important role for cancer patients and their families for many years to come."

Mark Middleton,
Icon Group CEO



1000TH DA VINCI ROBOTIC SURGERY AT MULGRAVE PRIVATE HOSPITAL

Surgeons have performed the 1000th robotic surgery using the da Vinci Xi surgical system at Mulgrave Private Hospital!

The 1000th procedure, a robotically assisted bowel resection, was completed recently by Mulgrave Private Hospital Colorectal Surgeon, Dr Thang Chien Nguyen, who specialises in offering minimally invasive, robotic assisted colorectal procedures.

Dr Nguyen also performed the very first case using the da Vinci Xi surgical system at Mulgrave Private Hospital in 2016. Since then it has been widely used for a range of procedures including colorectal, general, gynaecology and urology surgeries. The system allows surgeons to see a clear view of the surgical area that is magnified 10 times, and to perform minimally invasive surgery requiring only a few small incisions. This results in reduced healing time, pain and risk of infection for our patients.

Mulgrave Private hospital is committed to offering our patients the latest technology and innovation. Please join us in celebrating this milestone and the expertise and experience of our surgeons who use this technology to provide our patients with the best possible outcomes.



NEW SPECIALIST CENTRE WELCOMES PATIENTS TO BOULCOTT HOSPITAL



Boulcott Hospital is excited to have expanded its Specialist Centre into new purpose-built consulting suites located in the wine producing region of Greytown, Wairarapa – around 1 hour drive north of the hospital.

Other tenants in the new Five Rivers Medical facility include GP's, community nursing, phlebotomy, ultrasound, rehabilitation, a commercial gym, and it will also be the new home for the local ambulance service.

Boulcott can now offer patients services in their local community, including pre and post-operative consultations, pre-assessments, and minor procedures in the LAOP room. Patients can then make the trip south to Boulcott Hospital for their surgery and inpatient stay.

MENTAL HEALTH EXPANSION ON THE CARDS AT BRISBANE WATERS PRIVATE HOSPITAL

As the NSW Central Coast continues to grow, plans are underway for Brisbane Waters Private Hospital to also expand to meet continuing demand across the Woy Woy region.

A \$9m development application which has been lodged that could see the hospital add a new storey to its northern ward, and expand the ground level at the southern corner of the hospital.

With the focus on expanding the mental health services provision of the site's Central Coast Clinic, the proposal will result in a 1,731sqm increase in floor area, 15 extra car parking spaces, 27 extra patient beds, and an increase in staff numbers equivalent to 12 full time roles.

According to Brisbane Waters Private CEO and Director of Clinical Services, Debba Ritter, the proposal is part of a wider strategy to increase the service offering for the Central Coast and meet continued demand for premium mental health services across the region.

"The proposal comes at an exciting time in the hospital's history and represents an opportunity to enhance the existing health services on the site, utilising space atop the existing hospital building," Ms Ritter said.

"The development will contribute further economic investment in the Woy Woy Peninsula, while providing enhanced health services and employment opportunities for our growing community."

Learn more about the existing mental health services at <https://centralcoastclinic.com.au/>



LONGSTANDING GENERAL SURGEON RETIRES FROM MAITLAND PRIVATE HOSPITAL



Dr Ian Macdonald has been improving the health of our Maitland and Hunter Valley community for over 20 years, in fact he performed Maitland Private's first ever surgery in 2001!

We wish him all the best as he put down the scalpel for the last time in December, and puts up his feet in retirement. Dr Macdonald is a much loved and respected part of the team, amongst peers and patients alike, and also served as Chair of our Medical Advisory Committee for 20 years. He will be missed, but we wish him all the best for his next chapter. Thank you Dr Macdonald!

Dr Macdonald is pictured here with nurses Joanne Hayward and Tracey Van Lawick, who assisted him in both his first and last surgeries at Maitland Private.

\$32 MILLION DEVELOPMENT REACHES FINISH LINE AT GOSFORD PRIVATE HOSPITAL

The Gosford Private Hospital team achieved a milestone recently, officially commissioning the final stage of the \$32m re-development, which includes a dedicated cardiothoracic theatre and a new, fit-for-purpose robotic operating theatre featuring the \$3.5m da Vinci Xi surgical robot.

The 18-month project, which was completed by Red Eye Constructions has seen the installation of a brand new Day Surgery unit and step down lounge, a luxurious 12 bed maternity ward, an 18 bed recovery bay and a 23 bed dedicated surgical ward.

This milestone further cements Gosford Private Hospital's position as the premier private hospital on the Central Coast according to Matt Kelly, Head of Regional Operations – North, which includes Gosford Private Hospital.

"The culmination of this \$32m development heralds a new era in patient care on the Coast, reinforcing our hospital as a facility which is dedicated to pioneering innovation and delivering exceptional patient care," Mr Kelly said.

"It is incredibly important that even during challenging times, we continue to innovate, push barriers and embrace technological advancements where possible.

"Over the last 41 years Gosford Private Hospital has grown alongside the community in the scope of services and opportunities we provide to the region."

In addition to this milestone, the hospital also welcomed the first patient to experience the new \$3.5m da Vinci Xi robot by Intuitive. Conducted by Urologist Dr Edward Latif, the robotic surgical system assisted in the completion of a prostatectomy procedure, which involves the complete surgical removal of the prostate for cancer.

The da Vinci Xi surgical system assists surgeons to perform minimally invasive surgery with an advanced set of wristed instruments and a 3D high-definition view of the surgical field.

Learn more about the finalised development at <https://bit.ly/3FjFqmT> Learn more about the \$3.5m robot and procedures now available at Gosford Private Hospital at <https://bit.ly/3J3NHgZ>



1000TH KNEE REPLACEMENT SURGERY AT MULGRAVE PRIVATE HOSPITAL

What an Amazing Milestone! Dr Ikrum Nizam recently performed his 1000th Knee Replacement procedure at Mulgrave Private Hospital.

Dr Nizam is a leading Melbourne orthopaedic surgeon who has been performing knee replacement surgery at Mulgrave Private Hospital since 2013.

Dr Nizam utilises a minimally invasive surgical technique combined with the latest innovative knee replacement prosthesis designed to mimic a patient's native knee by utilising patient specific 3D printed technology. Together this provides for reduced post-operative pain and a faster recovery for his patients.

Ikrum has now helped 1000 patients at Mulgrave Private Hospital requiring knee replacement to return to an active life with reduced pain and improved function and flexibility. Congratulations Dr Ikrum Nizam on this remarkable achievement – Love Your Work!

SELF PAY SURGERY TAKES OVER NSW NOW ON THE CENTRAL COAST AND IN NEWCASTLE

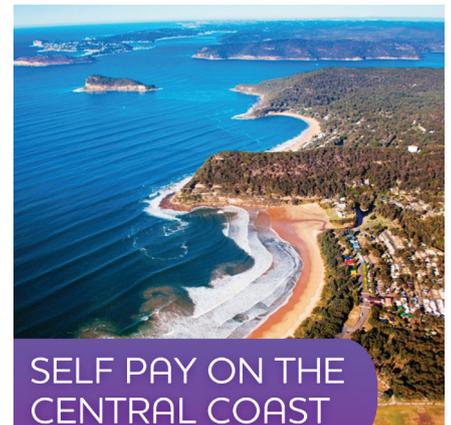
Health Care Central Coast hospitals, Gosford Private, Tuggerah Lakes Private and Brisbane Waters Private are the newest sites to offer Self Pay Surgery for patients in their local community.

Locals can expect the first phase of packages available from mid-December, with Gastric Sleeve, Orthopaedics and ENT packages available. The new service supports locals facing extended public hospital waiting periods, particularly with the pandemic blowing waiting times out even further.

The second phase expected to roll out in early 2022, will see a further profile of surgeries added to the program for the Central Coast, along with the introduction of packages to Newcastle sites Maitland Private and Lingard Private Hospital.

Since launching in August 2021, Self Pay Surgery has helped over 300 patients and during this time, the team have maintained a 5 star rating for excellence in patient support.

Self Pay Surgery National Manager, Tamra Kyriakou says "The new service provides patients the option to access the health care they need, when they want it. When additional Health Care hospitals join the program, it means we are able to help those living in the surrounding suburbs. The latest Central Coast sites bring the total number of hospitals offering Self Pay Surgery to eleven – joining Hurstville Private, Wollongong Day Surgery, Shellharbour Private, Mayo Private and Forster Private Hospitals in New South Wales, and Mulgrave Private Hospital in Victoria".



INNOVATIVE SPINAL SURGERY TAKES FLIGHT

AT GOSFORD PRIVATE HOSPITAL

Innovation during lockdown continued full steam ahead at Gosford Private Hospital with the completion of a new, ground breaking Neurosurgery that is transforming patient lives through Vertical Surgical Cloning.

Experienced Neurosurgeon Dr Marc Coughlan recently completed surgery for a Central Coast patient where a cancerous spinal tumour was removed by replacing the affected area with a 3D replica of the patient's own vertebrae through a vertebrectomy.

It's a bold, new frontier for the hospital and for Neurosurgery according to Dr Coughlan who said he's thrilled to be able to offer this type of procedure at Gosford Private Hospital.

"This kind of surgery is exciting because it is often for patients who are in a great deal of pain or are at risk due to cancer, so it provides the opportunity to dramatically transform their lives as they know it," Dr Coughlan said.

"Rather than using off the shelf, generic implants, new 3D Vertical Surgical Cloning technology means that the model fits the patient's anatomy seamlessly and allows for virtual surgical planning, providing better stability and load sharing and consequently reduce stress hot-spots.

"This type of technology also means that these surgeries are significantly more time efficient and can help a wide range of patients experiencing invasive tumours or issues that mean an off the shelf implant would not work for them."

Learn more about this surgery at <https://bit.ly/3JaxPcr>



10,000TH PATIENT WELCOMED

AT TUGGERAH LAKES PRIVATE HOSPITAL



It's not often that sites find themselves having something to celebrate during COVID-19 lockdown, which is why Tuggerah Lakes Private Hospital was pleased to celebrate their 10,000th patient when he came through the doors recently.

Pint sized patient, Harrison, came to Tuggerah Lakes Private Hospital for an Adenoidectomy under the care of Dr Indu Gunawardena. According to his mum Mikaela, both she and Harrison were overwhelmed with the gesture and couldn't fault their experience.

"We have come for a rural/regional setting for this surgery and it was worth every single kilometre travelled," she said.

"Thanks to the team for taking such wonderful care of Harrison and making it such a memorable stay."

According to Tuggerah Lakes Private Hospital Chief Executive Officer and Director of Clinical Services, Jennifer McNamara, Harrison's visit represents a significant milestone for the hospital.

"The last two years have been perhaps among the most complex we have faced across multiple industries, but especially the health industry, and it's important to take time and celebrate important milestones like this," Ms McNamara said.

"We have so much opportunity on our doorstep at Tuggerah Lakes, and I look forward to the day when we can say we've had our 100,000th patient!"

Learn more about patient experiences at Tuggerah Lakes Private Hospital at <https://tuggerahlakesprivate.com.au/>

HEALTH HEROES SHARE STORIES OF FRONTLINE

WITH MELISSA PORTER

When the call went out for health professionals to step up and support health care workers combatting COVID-19 on the frontline, many of our Health Care staff put their hand up to assist.

One of those staff members was Brisbane Waters Private Hospital's Perioperative Services Manager, Melissa Porter, who spent three weeks on the frontline in a COVID-19 ICU at Dubbo Public Hospital.

Ms Porter said that she initially put her hand up to support because she knew it was the right thing to do and it also offered a challenge and an opportunity to reignite and refine her existing Intensive Care skills.

"Of course it was incredibly confronting to be supporting vulnerable, COVID-19 positive patients in distress and witness them experiencing the full impact of the COVID-19 disease," she said.

"But it was also incredibly rewarding as well, for instance on the day I finished my last shift, a patient who had been in ICU for 50 days was transferred and cleared from COVID-19 and improved so much that they were conversing with staff and showing great signs of improvement. After all that time, one of the first things she tried to say to us was 'thank you' over and over again, so to know we contributed to her recovery is something I will always take with me."

According to Melissa her secondment was an experience she would never forget and was memorable for many reasons.

"Working alongside such welcoming, kind, patient and compassionate staff was just amazing and I've made some wonderful lasting friendships due to the teamwork you rely upon in these difficult settings," Melissa said.



AWARDS OF EXCELLENCE FINALIST "INNOVATION"

HEALTHE HEARTS AT LINGARD AND MAITLAND PRIVATE HOSPITALS

The rapid access cardiac testing and treatment service, Healthe Heart, has recently been recognised by the Australian Private Hospitals Association (APHA), for its innovation and responsiveness to community need.

In September 2019, Lingard Private Hospital launched the dedicated cardiac testing and consultation service, Healthe Heart. This was in response to a community need for a faster, streamlined service, aimed at improving access to cardiac services for patients and their GP's. Lingard's vision was to centralise the care of patients with known or suspected cardiac disease.

Feedback from both GP's and Cardiologists suggested a gap in services for cardiac testing within the Newcastle area. Newcastle's only public hospital was the primary place for patients to access cardiac testing and waiting times were long, increasing the risk of potential adverse events in the community. Lingard also found that the referral process was often time consuming, poorly coordinated and unclear for both patients and their GP's.

The Healthe Heart program is an innovative, bulk-billed service, encompassing a range of cardiac diagnostic procedures and treatments, with immediate access to highly skilled cardiac specialists. The program is located on-site at two of our Healthe Care facilities, Lingard Private Hospital and Maitland Private Hospital. This allows greater access for people from across greater Newcastle and the Hunter Valley. The service also offers GP education through its Basic Life Skills training.



"I attended Healthe Heart today for an echo scan and just wanted to mention what a great experience I had. David did my scan and he had a really lovely manner which put me at ease and explained everything so well and clearly. I felt very comfortable and safe. The lady at the front reception was very friendly and the hospital very pleasant. I had no wait for my scan, it was a very good experience. Thanks." – Patient, Vicky

FINALIST: NSW EMPLOYER OF CHOICE FOR HEALTHE CARE'S CENTRAL COAST HOSPITALS

2021 has been a year which has marked multiple lockdowns, changing restrictions and various challenges for regions right across Australia. It was therefore with delight that the Healthe Care Central Coast team learnt that their three hospitals – Brisbane Waters Private, Gosford Private and Tuggerah Lakes Private Hospital – were jointly acknowledged as a finalist in the Employer of Choice Category for the 2021 NSW Business Awards.

According to Matt Kelly, who oversees all three hospitals as Head of Regional Operations – North, the acknowledgement is testament to the dedication and hard work that staff have provided during this challenging year.

"We employ more than 800 passionate and talented staff who collaborate to provide the largest and most comprehensive perioperative services environment in the region. To be honoured as a finalist is really something that each staff member at our three hospitals should own and have pride in. While we didn't win the title, I think it shows that together our teamwork across sites has made a difference, and sets the standard for meeting the growing demand for high quality health services across the region," Mr Kelly said.

Learn more about the nomination and awards at <https://bit.ly/3sp94Dq>

A FINAL WISH GRANTED AT FORSTER PRIVATE HOSPITAL

The team at Forster Private Hospital were honoured to celebrate a beautiful and touching wedding in their hospital therapy garden recently.

A lovely family got to grant the final wish of a palliative woman, to marry her beloved before she made her final journey.

Emma McLeod, Amy Shepherd, Michael Allport and a handful of amazing staff transformed the therapy garden into the most gorgeous setting, bright colours, smiling and laughter filling the air.

The wedding is a first (that we know of) for Forster Private. Thank you to everyone involved in making this a very memorable and loving day for this family – Love Your Work!



SELF PAY SURGERY GOES LOCAL AT STOCKLAND WETHERILL PARK



The team at Self Pay Surgery held a pop up stall at Stockland Wetherill Park Shopping Centre in November to raise awareness of the program in the Western Sydney community.

The team were on-site to greet locals and provided an opportunity for those interested in learning more, to attend a one-on-one consult with one of the Self Pay patient coordinators.

The week included handing out brochures and freebies to passers-by and providing an opportunity for the brand to be seen from a local community perspective.

With many happy visitors and positive feedback, the pop up stall was a resounding success!

SPOTLIGHT ON ART THERAPY

AT BRISBANE WATERS PRIVATE HOSPITAL

With October marking Mental Health Month, the team at Brisbane Waters turned a lens on Art Therapy, which is one of the many treatments which is used to specifically support people experiencing mental ill-health at Brisbane Waters Private Hospital's Central Coast Clinic.

Art Therapy is a therapeutic practice which can help to heal, express and illustrate the diversity of experience that comes with having lived experience of mental ill-health.

According to the Central Coast Clinic's Nurse Unit Manager, Georgina Moore, the principles of Art Therapy are centred on evidence and research, and can generate positive outcomes.

"Art Therapy can assist in rediscovering and reconstructing a sense of self, bringing hope, healing, empowerment and connection," Ms Moore said.

"By using creative techniques such as drawing, painting, collage, colouring and so much patients can explore thoughts and feelings and importantly participation does not require any knowledge of art."

Each year, the Central Coast Clinic, which is the largest private mental health facility in the region, is also a major sponsor of the Mental Health Art Works! Awards, hosted by Coast & Country Primary Care.

These awards provide people with an opportunity to use art as a form of expression, while also raising awareness to help broader community understanding of mental health issues.

The Central Coast Clinic once again sponsored the 'Young Persons Award' and the 'Pride in Diversity Award', and while the exhibition was delayed due to COVID-19, the artists each got an opportunity to view their works at the Entrance Gallery on the NSW Central Coast in November.

Learn more about the Central Coast Clinic and the range of mental health therapies at <https://centralcoastclinic.com.au/program-specialties>

To learn more about the Mental Health Works! Awards, visit <https://bit.ly/33P93yu>



OPPORTUNITY KNOCKS FOR NEW HOSPITAL CEO

AT TUGGERAH LAKES PRIVATE HOSPITAL



When it comes to career progression, the key to success is going outside your comfort zone and challenging yourself according to Jennifer McNamara, the newly appointed Chief Executive Officer and Director of Clinical Services (DCS) at Tuggerah Lakes Private Hospital.

Originally starting at Healthe Care's Gosford Private Hospital as a new graduate, Jen's career has gone from strength to strength ever since and she shares insights about her journey and plans for Tuggerah Lakes Private.

Q: Tell us about your path to working in health care?

A: Starting at Gosford Private as a new grad I found my passion in surgical nursing and supporting junior nurses. I stepped up to a Nurse Unit Manager (NUM) role of the Surgical Ward, and in 2016

I spent a month at one of Healthe Care's sister sites, Lingard Private Hospital as the Acting Director of Clinical Services (DCS). This experience showed me that I could really have a positive impact on a team and when the position became available at Gosford I jumped at the opportunity.

Q: How did you get your start at Healthe Care?

A: Sometimes I feel like I should be the poster child for the amazing opportunities that nurses can get in private health. Healthe Care has supported my professional goals and development for the last 15 years and has helped me to establish an excellent foundational understanding of the modern private health system.

Q: What would you like the community, specialists and GPs to know about Tuggerah Lakes Private Hospital?

A: Our hospital offers the community a wide range of medical and surgical services, and access to skilled doctors and health care professionals who put patients first, each and every time.

Q: What are your primary goals for Tuggerah Lakes Private Hospital?

A: To be the hospital of choice in our community by providing exceptional patient centred care.

Q: What do you enjoy the most about your job?

A: I love the diversity of health care and the opportunity to support our staff, patients, doctors and community and being part of our wonderful hospital team.

Q: What does 2021/2 and beyond hold for you and Tuggerah Lakes Private?

A: I see nothing but opportunity for Tuggerah Lakes and I look forward to Tuggerah getting a clear run at success, especially for the community.

CONGRATULATIONS MOBROS & MOSISTAS

Healthe Care teams from across the country once again came together in November to support men's health awareness – particularly men's mental health, testicular cancer and prostate cancer.

Despite a challenging period of lockdowns, the teams successfully managed to raise awareness and over \$2,500 for the Movember Foundation – Love Your Work!

Learn more about the work of Movember at <https://au.movember.com/>

