

ACUTE NEWS

APRIL 2020

healthcare™



A NOTE FROM TIM YEOH

Welcome to the third edition of Acute News – our monthly newsletter highlighting the innovative projects, patient-centered initiatives and cutting edge procedures happening across our Health Care Acute sites.

In amongst the 'new normal' of COVID-19, our Acute teams have continued to innovate, delivering world class healthcare for patients while maintaining the highest possible standards of safety for our staff.

Tim Yeoh, CEO Acute Services



INNOVATION MEETS SAFETY AT TUGGERAH LAKES PRIVATE HOSPITAL

In the early days of the COVID-19 outbreak, Tuggerah Lakes Private Hospital worked collaboratively to build an intubation screen to assist anaesthetists to safely manage patient's airways. The project involved anaesthetist Dr John Young, surgical assistant Dr Michael Kale, anaesthetic nurses and a local perspex manufacture Formation Signs and Plastics.

The screen was based on plans sourced online from Taiwan, where an ED doctor had worked to provide a physical barrier against the spread of droplets during airway management. The initial prototype was developed by Formation Signs and some initial shortcomings, including the obvious size difference between the populations of Taiwan and Australia, were quickly recognised.

The redesigned prototype was then trialled on the Tuggerah Lakes Private resuscitation manikins and with some practice allowed staff to intubate and extubate safely.

When elective surgery ceased at Tuggerah Lakes Private, the screen was loaned to the local ED department for the benefit of their staff and the broader community.

For more information, contact Tuggerah Lakes Private Hospital CEO, Glen Auld on **0429 963 796** or glen.auld@healthcare.com.au



FRACTURE CLINIC OPEN TO PUBLIC/PRIVATE PATIENTS AT SHELLHARBOUR PRIVATE HOSPITAL

Shellharbour Private Hospital's Injury & Fracture Clinic is now offering extended hours to relieve pressure on local public hospitals, and is waiving the consultation fee for public patients.

The innovative clinic provides an all-inclusive facility for patients with a potential fracture, musculoskeletal injury or requiring fracture management. Patients are able to access x-ray, sonography, injury review from the hospital Medical Officer and direct consultation with an Orthopaedic Consultant. Casting and splinting is available by the hospital's Physiotherapist and if necessary, orthopaedic surgery and rehabilitation is available on-site.

Dr Anthony Cadden, the Orthopaedic Surgeon who is an integral part of the Injury Clinic Team said, "In these uncertain times, patients want to know that they can get treatment for their injuries without the concern of using the resources that the public sector needs to have for the COVID-19 crisis."

Shellharbour Private Hospital CEO, Chris Walsh said that the hospital's Injury & Fracture Clinic is committed to providing the best possible outcomes for patients with injuries and fractures while also supporting the public hospitals in the Illawarra Shoalhaven Local Health District. Learn more at <https://bit.ly/3aKMLMO>

**The Injury Clinic
is available
Monday to Friday,
8am-8pm with
access for the
whole community.**

ADAPTATION THE NAME OF THE GAME

AT GOSFORD PRIVATE HOSPITAL

With the outbreak of COVID-19 and subsequent social distancing measures being imposed by the Government, Gosford Private has reviewed its processes to ensure all staff, patients and visitors remain well.

Social distancing measures have included the adoption of WorkChat video calls for the hospital's Leadership Team's daily 'Tier 2' safety huddles and National Standards committee meetings. The use of technology has enabled the team to remain in contact, sharing ideas and updates even when working remotely or if self-isolated.

The prompt implementation of Health Care's mandatory screening processes has received positive feedback from patients, staff and VMOs. While restrictive, the 'new normal' has now become part of daily life and an important safeguard for vulnerable patients.



Innovative approaches to the restrictions imposed by COVID-19 have also included 'out-of-the-box' thinking, including reviewing and redefining the range of tasks that are being performed by various staff groups. The hospital's Allied Health team are now providing physiotherapy services for the entire hospital, not just rehabilitation patients. This has allowed them to utilise their skills on a broader range of patients including ICU and Maternity. Meanwhile, Orthopaedic Scrub Nurse, Leanne Flynn, has combined her passion for sewing and sustainability, designing masks from recycled sterilised sterile wrap and the metal nose strips from used masks. "The sterile wrap complies with the ISO 11607 requirements which makes them suitable for use as normal sterile masks" said Jennifer McNamara, Director of Clinical Services.

The hospital has also taken the opportunity to update its procedures and commence simulation training, ensuring that all Clinical staff (and others) are fully prepared for any COVID-19 outbreak.

SPECIALIST SUPPORT FOR FRACTURES

AT HURSTVILLE PRIVATE HOSPITAL

The Fracture Clinic at Hurstville Private Hospital is stepping up its services, to help reduce the load on the public health system during the Coronavirus/COVID-19 pandemic. Since opening in July 2019, the Hurstville Private Clinic has gone from strength to strength, and offers a flat rate service for both privately insured and public patients.

"We are assisting the local public hospitals with their fracture patients, to help ease the pressures currently being faced by their Emergency Departments. Our flat fee of \$90 allows all patients to be seen quickly and safely in a COVID-19 free environment," said Hurstville Private Hospital CEO, Lloyd Adams.

The all-inclusive facility for people with potential fractures is set to remove the long delays associated with public hospital emergency departments and drawn out public fracture clinic appointments. The Clinic's flat fee service includes an x-ray, initial assessment, and materials for securing the injury. Patients will then have the opportunity to be referred to a highly experienced Orthopaedic Surgeon for further treatment, if required.

According to Sport and Exercise Physician, and Fracture Clinic Director, Dr Michael Jamieson, the Clinic will expedite patient treatment and unload the burden of such injuries on the public hospital system. "For people with potential fractures, having an x-ray is the first step. Our fracture clinic allows GPs to send patients with a suspected break for an immediate assessment, appropriate triaging and specialist review," Dr Jamieson said.

Patients require a GP referral to attend the Clinic. Learn more at <https://hurstvilleprivate.com.au/news/2020/hurstville-private-fracture-clinic>



COUNTRY-WIDE LOCKDOWN IN PLACE

AT BOULCOTT HOSPITAL



New Zealand has been in a National Alert Level 4 lockdown for the last two weeks. The entire country is required to stay in their homes except for essential travel or for essential workers.

During this time all elective surgery has been cancelled, however Boulcott Hospital has been performing urgent surgery under contract for the public hospital located next door.

The staff are using their time to work through training and upskilling themselves in clinical areas as required, and are banding together to ensure they keep patients, the staff and the community safe.

"New Zealand wishes Australia and everyone in Health Care a happy Easter."

Boulcott Hospital CEO, Sarah Boyes

50 STAFF PARTICIPATE IN ICU TRAINING AT MAITLAND PRIVATE HOSPITAL

Maitland Private Hospital's Intensive Care Unit has been upskilling staff in preparation for an increase in patients due to the COVID-19 outbreak and the public/private partnership.

Katie Lynch, ICU Nursing Unit Manager is leading her team through this unprecedented time. "Our ICU team is working tirelessly, perfecting routines and developing strategies to assist with workflow and prepare for an increase in our daily load. Our ICU Doctors and Nurses are participating in daily simulation sessions and formalising skills they have acquired in the day-to-day ICU practice."

Peter Cizzio, CEO Maitland Private Hospital CEO has been impressed by the number of staff willing to upskill. "We have recruited 50 Maitland Private Hospital nurses from our wards and theatres and are providing them with training, education and support to grow their confidence in intensive care practice. This will enable us to create a surge capacity nursing workforce, to assist us in times of high patient flow. We have also been providing training for Allied Health staff, wards men, environmental services, and catering staff."

Katie is also conscious of the mental health of her staff, "Self-care is of high importance and I am encouraging my team to take time out when necessary and offering strategies for coping in difficult times. I am inspired by the number of interested and keen ward nurses willing to upskill and happy to help out in times of need. I am extremely proud of my ICU team for their dedication, the support shown to our unit and the willingness of all staff to grow and develop as a team."



COAL SERVICES SUPPLY RESPIRATORY EQUIPMENT AT LINGARD PRIVATE HOSPITAL

Staff at Lingard Private Hospital and the local public hospital, John Hunter Hospital, have been assisted by Coal Services in the fit testing and supply of respiratory protection equipment including Powered Air Purifying Respirators (PAPR).



Warwick Crosby, Lingard Private Hospital CEO, was led to Coal Services after discussions with his surgeons. "Following consultation with our ENT Surgeons we contacted an Australian company called Clean Space for the supply of PAPR. They advised that due to tight delivery timeframes, their industrial products would be suitable and could be used for evaluation and training of the technology. After reaching out to industry contacts at Daracon (who provided product) I was led to Mark Shepherd from Coal Services. Mark was extremely helpful and proactive in offering services to assist with the pandemic. Through VMO consultation Coal Services have already started to provide education and fit testing at the John Hunter Hospital."

"We are initially focused in aiding a solution for the public sector to keep the intensivists safe, we will then explore an application for Lingard, potentially for anaesthetic and intensive care staff," said Warwick.

Mark Shepherd, Order Compliance and Industry Support Manager for Coal Services, said "our assistance in protecting the NSW primary health care workers is not limited to fit testing of respiratory protection, but also includes the supply of powered air purifying respirators. There is also a potential solution that provides positive pressure respiratory protection to those health professionals conducting the identified higher risk activities such as intubation."

In addition to supplying respiratory protection equipment to staff, Lingard Private is also engaging in a number of strategies in preparation for increased numbers and changing patient needs, including anaesthetic sequencing, air circulation changes, reduced traffic, specific cleaning processes and creating specific super user 'COVID teams' in each area, to be called on if required.

DONNING AND DOFFING FOR STAFF AND CLINICIANS AT FORSTER PRIVATE HOSPITAL

Staff at Forster Private Hospital have extended their COVID-19 preparedness by taking on-site training into their own (well washed) hands, proactively scheduling PPE donning and doffing training for all clinical staff and visiting clinicians.

While the hospital is so far COVID-19 free, with no patients admitted, the team is taking full advantage of the opportunity to prepare and educate, while addressing concerns and questions to alleviate any misconceptions and unnecessary stress or anxiety, before the on-set of any COVID patients.

The training includes an overview of the virus, the importance of screening and precautions, followed by donning and doffing simulation exercises in selected clinical scenarios. The training is scheduled to take place three times per week throughout April, with the first sessions under the guidance of Rehabilitation Medicine Registrar, Dr Melissa McCarney, proving very effective.

"Thanks to the great work of Rehabilitation Medicine Registrar, Dr Anna Lydtin, and our Clinical Educator, Elliza Malone, we feel assured our team will be prepared should we have to 'go into battle' for our patients, staff and community," said Deanne Portelli, Forster Private Hospital CEO.



TACKLING ADVERSE DRUG REACTIONS IN THE ELDERLY

AT BRISBANE WATERS PRIVATE HOSPITAL

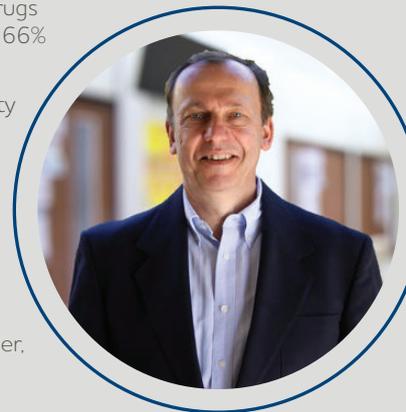
Brisbane Waters Private Hospital Geriatrician, Dr Peter Lipski, is leading the charge to address adverse drug reactions in elderly patients. "Adverse drug reactions (ADRs) pose a major public health challenge and are the most significant preventable health problem facing older patients. They are very common in the elderly but most are predictable and preventable!"

The elderly are the greatest consumers of medications. About 1 in 4 older people take at least 6 prescription drugs or more, and while people over 65 years of age comprise about 12% of the population, they account for about 66% of prescribed medications.

ADRs in the elderly tend to present differently with confusion, postural hypotension, impaired balance, immobility and incontinence. ADRs in the elderly are associated with more severe complications and increased mortality.

ADRs in the elderly are under-recognised and undertreated in the elderly, because of:

- inappropriate prescribing due to multiple presentations to multiple single organ Doctors (SODs) where everyone is adding "their little bit" of medication, but there is no-one coordinating the treatment and outcomes overall,
- poor Geriatric prescribing knowledge,
- glossy advertisements with little data specific for the elderly, with many drugs specifically studied in younger, fitter, paid volunteers, with minimal data extrapolated for marketing to the elderly,
- elderly have impaired reserve to tolerate larger doses of drugs,
- drug-drug interactions are commonly ignored or just missed,
- The most important risk factor for ADRs is the number of drugs taken.



90% of adverse drug reactions in the elderly are preventable. They result in a seven times risk of hospital ED presentation versus younger people, a particularly concerning statistic at this time of COVID-19 and limited healthcare resources.

Malnourished and dehydrated elderly have a much higher risk of adverse drug reactions because they have a decreased body mass and get increased peak serum concentrations of drugs even at therapeutic doses.

"In one of my published studies I found that over 50% of elderly patients presenting to ED get admitted as a direct result of ADRs. Only 19% of elderly patients were able to accurately name their medications and doses."

"ADRs in the elderly can be substantially reduced by better prescribing knowledge of altered drug metabolism. Prescribing drugs for the elderly is complex and not simply giving repeat scripts and copying out lists of drugs. I recommend that my colleagues always question whether the drug is needed, review efficacy regularly, is the risk greater than the benefit, use the lowest effective dose, calculate dose for body weight and renal function, check blood levels when appropriate, monitor closely for ADRs, and educate patient and family about these drugs and possible ADRs," says Dr Lipski.

BOLDLY GOING WHERE OTHERS HAVE GONE BEFORE

AT MAYO PRIVATE HOSPITAL

Mayo Private Hospital's Director of Clinical Services, Craig Johnson, has shared his reflections on the diverse challenges faced by the hospital's staff over the past 9 months:

Forgive the Star Trek analogy, but I couldn't make a Dr Who or Star Wars theme fit! (imagine the Star Trek theme as you read this article):

Welcome aboard the Mayo Private Hospital, a Healethe class Hospital vessel, that set off on its mission in July last year, to boldly go where every organisation has gone before – exploring the universe of change.

Not long into our voyage we met our first challenge to the crew, the Burning Planet, or at least it felt like the planet was burning. New to our roles and getting to know the crew, we had to push ourselves to the limit. The smoke and fire (from the NSW bushfires) affected all the crew, some directly but most just by being part of what seemed like a whole galaxy in crisis. We learnt that our crew was resourceful and dedicated, and that they cared deeply for their fellow teammates and their community.

Our voyage continued and we prepared for a delegation from Accreditation – a notoriously tough inspection team – to ensure our vessel was ship shape. Like all good Star Trek episodes the suspense was heightened as the COVID was encountered. This new invisible enemy once again plunged the whole vessel into uncertainty, along with the rest of the universe.

Change and crisis seem to be the catch phrase on our short journey so far. The thing we have discovered is that it's the crew of Mayo that keep the vessel going. The leadership can guide the team and help innovate change, but it's the crew that keep it moving forward, the Mayo team is able to manage change, they have grown with change and will continue to grow through change. They are an extraordinary team.

Preparations for the mission ahead have been started, we are training the staff to be better equipped and we are constantly providing information to the staff to keep them up to date. It's the rest of the mission we look forward too, once the Covid is behind us and the next change is looming.

Live long and prosper through change, its inevitable.



Captain Ben delivers essential supplies to the Mayo Private crew.