

SanNews



Adventist HealthCare
yours for life

Australia's first Zero out-of-pocket fees* pregnancy package



Fighting Fit for COVID-19



VOLUME 1 | 2020



HEALTHCARE INNOVATION SINCE 1903

'Challenging', 'humbling' and 'inspiring'

Our COVID-19 experience

As for all healthcare facilities worldwide, COVID-19 is one of the greatest challenges we have ever faced at the San Hospital and the San Day Surgery Hornsby.

Thankfully we are home to world class doctors and over 2500 nurses and other expert, calm, committed staff, who supported by our 500 strong force of loyal volunteers, are used to dealing with serious infection risks and life threatening situations. Since the crisis began there has been intense liaison with doctors, staff, our owners the Seventh-day Adventist Church and our Board of Directors, and various Federal and State government health bodies, to prepare to help meet community needs.

This has been done as we continued delivering quality care via medical services, emergency procedures, maternity, Integrated Cancer Centre, critical and emergency care.

All this has been achieved while professionally and privately we adjusted to the significant life changes COVID-19 has required.

This has meant significant operational, staffing, and care delivery changes, including the cessation of both our elective surgery and of our volunteer team activities.

We are happy to have been proactive and pre-emptive. We have drawn heavily on the diverse expertise of our people, making difficult decisions hour by hour, every day.

As a result we have ensured appropriate forward thinking admission and treatment plans, infectious disease prevention, a 'one-visitor-only' policy, a dedicated isolation ward, staff training, workforce needs and risk assessment, ongoing communication, and consistent access to supplies of personal protective equipment, and medical and other resources.

As CEO this crisis has been a challenging yet an inspiring opportunity.

The wisdom, expertise, mutual respect, shared learning, resilience, positive attitude and resultant well-managed outcomes that I have witnessed have reaffirmed why I have

always felt privileged to be part of the San Team.

Equally, we have all been humbled and buoyed by our community support.

Local businesses, past patients, previous staff, nearby residents, and adjacent churches have gone out of their way to communicate their understanding of the various pressures, lifting our staff spirit and morale.

Just one example is the initiative of Brigidine College St Ives that saw close to 100 personal heart-warming and authentic messages from their students, that demonstrated the depth of character of our next generation, and from which our staff have drawn immense strength, inspiring their own 'COVID-19 Fighting Words'.

The world is without a doubt changed like certainly never before in my lifetime.

However if it could be said that there is anything positive to come from this COVID experience, it surely is the extraordinary power of combined humanity for the greater good that I am privileged to see here at the San often, that has been shown during this Pandemic, locally, nationally, and internationally.

We have been truly blessed.

Thank you for your trust, and for your support.

Brett Goods
Chief Executive Officer
Adventist HealthCare

See the 2 short video loops of the Brigidine College messages at:
www.sah.org.au/brigidine-message



See the short video loop of the staff 'COVID-19 Fighting Words' at: www.sah.org.au/covid-fightingwords

San News Production Team

AHCL Corporate Communications Manager, Leisa O'Connor E: leisa.oconnor@sah.org.au Design: Michael Pellaers. Photographic and editorial contributions: Maddi Glover. San News is the bi-annual newsletter of Adventist HealthCare from the Corporate Communications and Marketing team.

Front Cover: San Obstetrician Dr Peter Wood and midwives from the San's 90 plus midwifery team from San Maternity, and 'San babies'.

* Terms and Conditions apply. See www.sah.org.au/san-swaddle | Many photos in this publication were taken pre COVID-19 social distancing measures.

The future of surgery



The new Charles Warman Foundation Operating Theatre with attendees at the official opening event.

After 14 years and over 4,000 heart and lung surgeries, including the pioneering 'Heart-in-a-Box' transplant procedure, cardiothoracic surgeon Dr Emily Granger reminisces about operating theatre environments she worked in before the recent opening of the San's new state-of-the-art cardiothoracic theatre.

"Previously I had to act like a radio commentator during heart surgery" she says.

"I had to talk out loud to the rest of the team and forewarn them what was coming up, because they couldn't see what I could see, where I was at with the procedure, the changing conditions, and how they needed to respond.

Unless the surgeon is constantly communicating with the team, they generally have very little idea what is happening inside the patient's chest! It's frequently hard for everyone to see what's happening in the deep dark hole that is someone's chest or even heart!"

Dr Granger was amongst those who celebrated the opening of the \$1 million refurbished theatre armed with advanced 4K overhead cameras sharing clear and amplified imagery and patient data via multiple screens.

"Now my anaesthetist, perfusionist and nurses can see exactly what is happening inside the heart or lung.

If the operation is difficult, the valve repair challenging, or even the lung tumour is stuck to major blood vessels, they can anticipate the next "move".

They can assist by immediately adapting the heart lung machine, changing medications, opening extra surgical instruments or ordering blood products without the surgeon having to ask.

The operation becomes highly efficient, responsive to the patient's specific needs and makes the surgery safer and better."

Refurbished thanks to support of the San Foundation by the Charles Warman Foundation, representative Chris King officially opened the theatre switching on the new triple surgical lights and applauding the theatre's completion despite COVID-19 interruptions.

Dr Granger says a major benefit is the ability to do both mainstream and advanced cardiac procedures.

"This theatre helps makes our day to day surgery safer and more efficient and also allows for more innovative and ground-breaking robotic assisted surgery because it has the space, the technology, the communication systems that we need.

The San has looked to learn from other hospitals and got everyone involved in the design process.

It has ticked all the boxes with this and put us ahead of the game.

They've really provided a theatre for the future and not the past."

18,000 cardiac surgeries have been performed at the San since 1979 when it became the first private hospital in Australia to offer a fully integrated cardiac program.

Want to help the San Foundation help others? Contact Managing Director Karen Gair at 9487 9405 or foundation@sah.org.au



Dr Emily Granger
Cardiothoracic surgeon

Swaddle – all encompassing



In an Australian-first, the San and health fund HCF have joined forces to guarantee Australia's first beginning-to-end no-gap obstetric care package for HCF members who have their baby at the San.

The Swaddle San Baby Bundle is estimated to save parents-to-be an average of \$4-6,000 over a pregnancy.

Swaddle encompasses a bundle of services for a standard pregnancy and delivery, and results from a unique collaboration between the health fund and the hospital, 19 San obstetricians, paediatricians, anaesthetists, pathology and ultrasound providers all aiming to give value to patients who choose a participating doctor, and have a 'San Baby'.

San Chief Executive Officer Brett Goods says while San obstetricians have always been transparent and upfront about fees for patients to make informed decisions, sometimes there was uncertainty about the potential for out-of-pocket fees.

"We recognised that private sector obstetrics was the medical speciality where a bundled approach could work because most of the care is provided to mothers-to-be as outpatients over the nine months before the delivery.

We knew if all the people involved in bringing healthy babies into the world agreed with the hospital in advance then a bundled fee for obstetric care could work and a patient who goes through a standard pregnancy would pay no additional fees aside from their health fund excess.

Under Swaddle, once patients have chosen their San Swaddle obstetrician to deliver their baby here, a single bill is issued to HCF and the San coordinates



Some of the participating Swaddle doctors at the Swaddle launch.

the payment of the specialists and other bills on the patient's behalf. The contractual arrangements between the hospital and the doctor and the health fund and the hospital are all separate."

Brett Goods says understanding this was an opportunity to enable other families to have a 'San Baby', justified the comprehensive negotiation process, which like a pregnancy, took 9 months.

"There was the sense of purpose in the decision to try, the delighted surprise at the conception, a few tense moments in the early days when viability was being established, and a few kicks and movement along the way.

What kept us going all the way through was that we could hear the heartbeat, and we were excited to



San Hospital and HCF staff including HCF's Julia

keep negotiating because we knew the ultimate delivery would make everyone smile.

And it means we can share the joy of new life with even more families.

We are like very proud grandparents."

ing care, and costs

'Can worry less'

For second time mum-to-be Anna Segal, the San Swaddle Baby Bundle meant she could plan to extend her maternity leave and have more time to bond with her new son before returning to work.

At a consultation during her pregnancy with obstetrician Associate Professor John Keogh 7 weeks before her due date, the Central Coast Kariong resident said finding out about her eligibility for the HCF and San program was a welcome shock.

"The cost of living is tough, especially for young families" said 34 year old Anna.

"When I had our daughter Matilda I really wanted to be able to take the whole year off, but I couldn't. I went back to work after nine months.

When I fell pregnant again, we were happy to pay the out-of-pocket expenses to have the same level of care as first time round, and we planned for and expected to have out-of-pocket expenses.

Finding out all our costs are covered this time is amazing - we just can't believe it.

I will be able to have a full year off, can worry less about the financial impact of that decision and spend more time bonding with my new baby."

An obstetrician of 30 years' experience who has delivered over 12,500 babies Dr John Keogh said the package provides both clarity about costs and assurance about care.

"All of us have so much tied up in the birth of our children.

It's a time of great excitement, but also a time when we have to place great trust in those who will help us to bring our babies into the world.

The Swaddle package gives people less concern about the costs and unknown gaps that may have prevented them from accessing the private system, the confidence to use their health insurance and to embrace private maternity care knowing they will have no out-of-pocket costs.

So that's a fantastic but radical departure from what's been previously there.

One of the reassuring things about private obstetric care is that you really know the person and the team who is there with you at the birth since you've seen them through your pregnancy and you've built and established that trust over time.

With something as important as the birth of your child, it is comforting to know that the people who are helping you have not only done it thousands of times before but still love what they are doing and that they are absolutely on your team and by your side."



Sesnan and San CEO Brett Goods (Centre).

Swaddle covers all out of pocket costs typical for private maternity care and terms and conditions apply.

For further information see www.sah.org.au/san-swaddle or www.hcf.com.au/no-gap-pregnancy-package



Associate Professor John Keogh and then mum-to-be, Anna Segal.

For further information see www.sah.org.au/san-swaddle or www.hcf.com.au/no-gap-pregnancy-package.

Life-saving heart surgery's fifth birthday

The San is celebrating its fifth year of Transcatheter Aortic Valve Implantation (TAVI) surgery.

Helping to save the lives of patients who might be too 'high-risk' to undergo open heart surgery, a TAVI operation is an alternative treatment for aortic stenosis which is a narrowing of the aortic valve that restricts blood flow from the heart, causing shortness of breath, dizzy spells and chest pains.

The minimally invasive TAVI technique enables cardiologists to deliver a new heart valve to the heart via a catheter inserted through the femoral artery in the groin, replacing the existing valve without having to open the chest and allowing for a much quicker recovery.

Introduced at the San in December 2015, more than 260 cases have now been performed via TAVI.

"TAVI leads the trend for less invasive keyhole surgery" says San Interventional Cardiologist Dr Dylan Wynne.

"In response to that we were one of the first private hospitals to start a TAVI



Cardiac Catheterisation Laboratory team members Jade Jones and Sarah Cherry with Dr Dylan Wynne.

program. We did close to 100 cases last year which compared to the previous year, is exponential growth.

In the interest of quality improvement we also collect all the data and send it to the national registry where our

results compare very favourably with accepted quality outcomes.

All patients are very cautiously selected during collaborative heart team meetings, ensuring the greatest benefit to a broader range of eligible individuals."

A double celebration

After 5 years of consecutively competing in Sydney's iconic 14 km City to Surf with her grandchildren and great grandchildren, being the San's oldest TAVI case was another milestone 98 year old Enid Webster took in her stride.

Enid needed medical help quite suddenly and unexpectedly after extreme fatigue, an unusual symptom for the active cook, gardener, walker and Ukulele player.

"I just had no energy whatsoever and I couldn't do anything" says Enid from the semi-rural area of Cooranbong.

"They discovered it was my valve that had just stopped working.

At my age, I simply wouldn't have open heart surgery even if it was an option.

I was worried about the risk.

It was really wonderful when I heard about my ability to have a TAVI.

My aim now is to keep walking my 10,000 steps a day."

Enid Webster



post on Coronavirus

Federal MP for Berowra Julian Leeser sought the advice of the San's Infection Prevention Control Officer Jayne O'Connor during a social media post on coronavirus. Jayne shared insights and tips on how hospital and community members can help prevent spread of infection.

See: [www.facebook.com/watch/Julian Leeser Facebook March 9th](https://www.facebook.com/watch/Julian-Leeser-Facebook-March-9th)





Intensive Care Unit team members celebrate International Year of the Nurse and the Midwife.

Celebrating our Nurses and Midwives

The San is celebrating the invaluable contribution of its 1,195 nursing staff during the International Year of the Nurse and the Midwife.

Over 1055 female and 140 male nurses work across the San Hospital and San Day Surgery Hornsby caring for close to 130,000 patients each year.

Nursing and Operations Executive and registered nurse Clare Lumley highlights the power of nursing on patients and the healing process.

“That kind word, or taking the time to speak to someone, the gentle holding of a hand, or making sure a patient has been to the shower that day and feels good about themselves, are important to people” says Clare.

San Maternity and Birthing Unit Manager, Annie Marshall, who has responsibility for 91 midwives, says her own career as a midwife has been incredibly rewarding.

“After having my first baby I thought it was such an amazing experience and amazing the way women actually grow babies” says Annie.

“It’s such a fabulous thing to happen and I thought I want to be a part of that for other women.

“It is a privilege to be a part of a woman’s birthing experience. I just love it.”

San Obstetrician and Gynaecologist Dr John Keogh, says the collaboration and teamwork between the San midwives fosters a sense of community.

“Our midwives are very dedicated, skilled and committed to their calling” say Dr Keogh.

“Everyone works collaboratively with a very strong spirit of cooperation and I have great trust and confidence in them.”

The San’s Chief Executive Officer Brett Goods reinforced the critical role nurses play.

“Our nurses and midwives are often the ones who are there when a baby takes their first breath, or equally importantly, when a patient takes their last breath....and everything in between, when people are often at their most vulnerable because of their illness.

Nurses and midwives across the world are paramount to delivering healthcare and compassion.”



“I will always be a nurse because what we do matters. Being a nurse is important and I’m proud to now have a part in nurturing and growing the nurses of tomorrow. I absolutely love what I do. I think nursing is important.”
ICU Clinical Nurse Educator, Linley Shields

“As a nurse I can be caring, compassionate and empathetic. I see the amazing difference the people I work with make as they reassure and comfort someone... then I realise, gee, I get that chance too. I love it.”
Charlene Miate, Registered Nurse Burnside Ward



“Both sides of my family have been diagnosed with cancer and it influenced me going into nursing. Having chemotherapy is obviously very straining on the individual not knowing what they are going to expect. I always try and offer as much support and guidance as I can.”
Jade Schur, Registered Nurse Poon Day Infusion Centre

Queen's Birthday Honours

San Intensive Care Director Professor Simon Finfer has been appointed an Officer (AO) of the Order of Australia in the Queen's Birthday Honours.

Professor Finfer was nominated for his service to intensive care medicine, medical research and education, and global health institutes.

As Director of Intensive Care at the San he has been on the team leading the Hospitals' preparedness to deal with the needs of the COVID-19 pandemic.

With a particular interest in the life threatening illness sepsis, which is caused by the body's reaction to infection and in severe cases can lead to septic shock, Professor Finfer is founder of the research and advocacy body the Australian Sepsis Network and has been working with the prestigious The George Institute for 20 years.



Professor Simon Finfer AO with his Intensive Care Unit Colleagues Ginsy Veliyil -Souriar and Dr Steve Markowski.

The Institute reports that during that time Professor Finfer has led transformational studies in critically ill patients to reduce mortality and shed light on the illness considered to be one of the world's most serious silent killers.

Professor Finfer was modest about the award, deferring to the importance of the work he has been involved in.

"In a critical care environment you need hundreds of people to work together towards a single goal, I'm proud of developing teams and collaboration" he said.

"Trials can potentially affect the health care of thousands around the world... thousands of people are living who would have otherwise died."

'Passing it on'

Having learned by watching surgically experienced mentors which enabled his own 20 year career, Associate Professor Craig Lynch is passionate about the role he and colleague Dr Steve Pillinger have played helping educate most of Australia's other colorectal robotic surgeons.

"You can't underestimate what you can learn by observing others during surgery" says Associate Professor Lynch who pioneered colorectal robotic surgery in Australia in 2009.

"I was lucky to be mentored during surgery by amongst the world's then best surgeons in Cleveland in 2002 and 2003, and that's why I could start robotic surgery in Australia, and why I could then train others.

Surgical skills definitely benefit from observing others.

It shows you what they do, what's normal, what's not, and how you deal with it."



Associate Professor Craig Lynch and Dr Steve Pillinger from Australian Robotic Colorectal Surgery.

Associate Professor Lynch and Dr Pillinger have performed the highest volume of robotic colorectal surgeries in Australia. During a recent robotic surgery they were able to share video from inside the operating theatre and from the cameras of the da Vinci Robot, and talk and respond to surgeons in a near-by conference room.

"We could talk to them about what we were doing as though they were in the theatre with us. The more we can share the skills that we have learned, the more patients will ultimately benefit.

It's great to be passing it on."

The San Foundation supported the purchase of the da Vinci Robots at the San. Want to help them to help others? Contact foundation@sah.org.au or 94879405.

Palliative Care Service wins national award

The San's Community Palliative Care Service has won the Australian Private Hospital's Clinical Excellence Award.

Funded thanks to generous hospital donors, the service provides expert care and support to palliative care patients who would prefer to be cared for at home.*

Palliative Care Team members Dawn Hooper and Julie Edward report that while their patients are extremely vulnerable, palliative care is not just about dying but rather is about managing a diagnosis to have the best possible quality of life.

"Patients linked to us early on generally do better" says Dawn.

"As we get to know and work with patients, they trust us and when things change for them and they develop symptoms, we'll often be the first people they call."

Seeing an average of over a 170 patients a year in their homes, Dawn and Julie work with San palliative care doctors but as specialist qualified palliative care nurse practitioners have the ability to assess symptoms, diagnose, prescribe medication, and quickly order extra tests and care services.

The service tries to redress the national statistics that despite 70% of palliative patients preferring to stay at home to be cared for, only 14% are able to.

Julie says the service helps both patients and families.

"Looking after someone can be really tiring so a lot of our work is around supporting the families and anticipating their needs. We can provide help in the hospital or at home – it's their choice."

The Service won the Clinical excellence - quality of care and patient outcomes - category of the Australian Private Hospital Associations Award with Chief Executive Officer Michael Roff suggesting the Service should be an inspiration Australia-wide.

"This is a wonderful example of a private hospital seeking feedback from patients about their wishes at end of life and implementing a program that has seen almost all of those patients in the 2018-2019 period die in their preferred place."

**This is a free service to San patients who live within 15 kilometres of the hospital funded thanks to a generous donor. Like to help with its continuation? Contact Karen Gair at the San Foundation on 94879405 or foundation@sah.org.au*

Display of hope

An exhibition of photography, paintings and sculpture is now on display across the Hospital with each artwork capturing stories connected with the San and conveying messages of biblical hope reaffirming the power of prayer, hope, and wellbeing.

The 'God of Hope' Exhibition was launched in December last year and is sponsored by the South Pacific Division of the Seventh-day Adventist Church.

The artworks are accompanied with an Adventist Media produced documentary style film, 'God of Hope', showcasing the creativity and spirituality of three of the photographers whose artwork's feature in the exhibition.

An award-winning finalist of the Doug Moran prize for his portrait of Lindy Chamberlain, artist Andy Collis was commissioned to paint portraits of long serving revered former Hospital leaders Dr Bert Clifford, Rose-Marie Radley and Dr Leon Clark.

To see documentary visit www.godofhope.org.au



Former San Hospital CEO Dr Leon Clark was a recent Exhibition patron and viewed his portrait.



Photos of beneficiaries of Open Heart International's humanitarian life-saving surgeries are amongst the featured photos, paintings and sculptures.

New radiation treatment

Artificial intelligence is now being used to help deliver radiation more precisely than ever before, thanks to new technology installed at the Icon Cancer Centre at the San.

Currently being used to treat prostate cancer patients, radiation oncologist Dr Amy Teh is cautiously hopeful about the wider implications of Varian's Ethos Therapy, explaining that as a result of its arrival, the artificial intelligence ensures therapy can be quickly and precisely targeted.

"Traditionally, the radiation treatment a patient receives is designed over several weeks leading up to their treatment to tailor the treatment to their individual anatomy, since of course, some prostates are big, and some small.

On occasions, despite this advance mapping, if on the day of treatment, the prostate was not in the correct target position, which can occur for a variety of reasons, we would not be able to proceed with the treatment.

It's not as if I was treating a finger where I could say move your hand to the left or the right. The position of the prostate is not something you can control.

In the past, prostate cancer patients may have had to try and drink more water to fill their bladders to try and reposition their prostates so the tumour could be targeted accurately and this could cause discomfort and stress."

Varian's Ethos Therapy allows the quick recalculation to ensure the radiation will be delivered to the right spot regardless of whether the organs have shifted or if there has been slight changes in the shape or size of the



John Buchanan with radiation oncologist Dr Amy Teh.

cancer. It also reduces the potential for damage to other body parts that do not require radiation.

"When we use radiation as a curative treatment, we are aiming to deliver as high a dose as possible because that is how you cure cancers. However, the higher the dose, the greater the potential for collateral damage.

So that is where knowing you can aim accurately is very helpful – you can potentially increase your dose of radiation to further improve cure and yet not risk greater damage.

As a radiation oncologist you spend your day and night thinking about how you can deliver better treatments.

This is very exciting."

Icon Cancer Centre reports that 72 year old John Buchanan was the first patient in the Southern hemisphere to be treated with the new therapy and was glad he was a candidate.

"To have the latest treatment in Wahroonga really gives me personal confidence and is a huge benefit. It is quite a move forward for us."

Dr Teh was interviewed on Radio 2GB by John Stanley about Varian's Ethos Therapy. See www.sah.org.au/news-ethostherapy

Our special San team

During the recent National Volunteers week the San celebrated our much loved 500 strong army of 'yellow shirt' Volunteers.

Their roles are diverse from helping nursing staff with non-medical activities, running the San Snax Café, guiding hospital patients and visitors, supporting Cancer Support Centre, assisting with Spiritual Care activities, undertaking administrative, arts and crafts, and other, tasks.

Many have volunteered for years, committing 4 hours a week and forming lifelong friendships, matched only by how much our medical and nursing teams value them for the special ambience they create.

We love our Volunteers.

The 500 strong Volunteer Team is part of the fabric of the San. San Volunteers are much loved.



Heart surgery advances



San Drs Brian Plunkett, Jason Sharp, Dennis Wang, and Bong Joon Huh.

A new approach to Mitral Valve heart surgery is now being performed at the San thanks to Interventional Cardiologists Dr Jason Sharp and Dr Dennis Wang, and Cardiothoracic surgeon Dr Brian Plunkett.

Addressing the life threatening condition of Mitral Valve Regurgitation, Mitraclip implantation offers an option for patients too frail for open heart surgery.

Mitral Valve Regurgitation is the second most common disease of the heart valves with symptoms including shortness of breath, general and exercise fatigue, fluid build-up, heart fluttering and in severe cases, heart failure.

Regurgitation occurs when the valve in the left ventricle of the heart is defective and doesn't close, causing blood to flow backwards, forcing the

heart to pump harder which can lead to heart failure.

The Mitraclip implantation is done in a cardiac catheterisation laboratory using x-ray and ultrasound to guide access via a leg vein and clip the mitral valve. This allows blood to flow but reduces the leakage in the wrong direction.

Director of the Cardiac Catheterisation Laboratory Dr Jason Sharp undertook advanced training on the procedure in Hong Kong and was proctored during the first two procedures by the prestigious Monash Heart leading cardiologist, Dr Robert Gooley.

Dr Sharp says the benefit of the procedure for a patient is almost immediate as it reduces the increased pressure on the heart and lungs.

"With Mitral Valve Regurgitation the heart has to work harder to function normally.

The great sadness is that before this procedure some people may have simply been too high risk for traditional highly invasive surgery.

Their options were limited and over time means their condition may have become life-threatening.

Now this procedure is another tool in the armoury of heart procedures to repair structural heart defects.

It means that we can help more people."

This procedure is not funded under Medicare or via private health insurance however Sydney Adventist Hospital has committed to fund a number of these procedures during a trial period, building on the provision of comprehensive cardiac care commenced in 1979 when the San was the first private hospital in Australia to offer a fully integrated heart program.



World leading instruments

San Director of Robotic and Minimally Invasive Cardiothoracic Surgery Professor Tristan Yan has had surgical instruments used worldwide for minimally invasive aortic surgery, named after him.

This follows a collaboration with world leading French surgical instrument manufacturer Delacroix-Chevalier.

Distributed in over 70 countries the instruments enable tactile control and surgical precision allowing cardiothoracic surgeons to perform an aortic valve replacement or mitral valve repair via a 3cm access incision, the smallest ever possible.

"This so-called 'Looking Down the Barrel' approach provides excellent visualisation of the aortic valve. The incision is just big enough to fit in a new valve. This novel surgical approach has been adopted by many surgeons around the world" says Prof Yan.

"Thanks to Hospital supporters the San has recently upgraded the cardiothoracic operating theatre complex.

"This major development provides a world-class infrastructure to perform advanced minimally invasive and robotic cardiothoracic procedures. Together, we strive to achieve a more rapid and comfortable recovery for our patients undergoing heart and lung surgery."



Yan minimally invasive surgical instrument

Chevalier
Paris

Prof. Tristan D. Yan's Instrument Set



Professor Tristan Yan

Fire crisis volunteers

San staffers and their families were amongst the community volunteers during the January fire crisis.

San Pharmacy Director Steven Crago joined Westleigh Rural Fire Brigade 6 months ago and says his recent theoretical and practical training was put to good use as he helped in fire-fighting, back burning and property protection with RFS strike teams at the Gaspers Mountain, Three Mile and Wingello and Bundanoon fire grounds.

"As a newcomer I had to quickly come to terms with the sounds, smoke, smells and dangers of the fire ground, especially falling trees" Steve recalls.

"I joined to give back to the community, but I have been humbled by the community's generosity and appreciation of the work of the RFS. It just makes you want to give even more."

San Radiology medical secretary Debbie Staggs and her husband are now 10 year veteran volunteers of the Berowra Rural Fire Brigade.

"I have a Medium Rigid truck licence, so I drive the Cat 1 which is the big

fire truck, and the Cat 7 which is our smaller truck.

We were involved in putting out fires, backburns, hazard reduction and property protection."

San Radiology's Clinical Nurse Specialist Neil Mendonsa has been volunteering with St John's Ambulance for over 7 years and reports that over the summer he was based at a camp at Yarowitch in northern NSW.

"We did 24/7 call/response for the firefighters for 7 days and ran a general health type clinic during shift change hours treating minor burns, respiratory and smoke inhalation and eye issues."

Other San staff and hospital administration support resulted in over \$25,000 being donated to the Red Cross Fire Relief Fund.

Steven Crago (4th from right) at Westleigh Rural Fire Brigade



Debbie Staggs (far left above) with colleagues at a fire ground



Neil Mendonsa with St John's Ambulance

First dual female leadership team



Associate Professor Mukherjee and Dr Atkinson.

San ear, nose and throat surgeon Associate Professor Payal Mukherjee and San orthopaedic surgeon Dr Michelle Atkinson are the first dual female leadership team recently elected **Chair, and Deputy Chair, of the NSW Committee of the Royal Australasian College of Surgeons**. They are amongst a number of San surgeons who demonstrate their support for their profession by involvement in the College's education and quality promoting activities.

\$50,500 donated



Manager Patrina McClean and San Volunteer Sandra McDonald presenting proceeds to CEO Brett Goods and Director of Mission Integration, Dr Branimir Schubert.

In addition to its 51,500 hours of volunteer labour, the 500 strong San Volunteer Help Team has donated the \$50,500 proceeds from its hospital café to the hospital to help support purchases including a defibrillator and electric recliner chairs.

19th annual Quality Awards

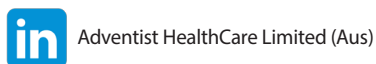
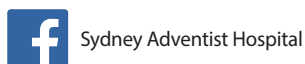


The Supporting Services Award was presented by San Executive Phil West to San Radiology, Nuclear Medicine and Information Services for "Requesting Mobile Imaging Services".

Adventist HealthCare's 19th annual Quality Awards evening was held celebrating the San Hospital and San day Surgery Hornsby's staff involved in innovative quality improvement initiatives.

The San is now on Instagram and Facebook!

These are the newest social media platforms to join our already established presence on Twitter and LinkedIn. These social media platforms all allow us to share hospital news and public health educational material. Follow, like and share our news.



Wrap With Love



The wool used in the 100th blanket was purple, Glens' favourite colour.

Over 100 blankets have now been donated from the San's Surgical Centre and Pre-Admission Clinic to charity Wrap With Love. The Charity supplies them to people around the world in war torn countries exposed to extreme cold. Suggested by Nurse Belinda Chatman as an activity that also helps sooth nerves of people waiting for surgery, the initiative also honours and continues the great international humanitarian work of much loved former Clinic manager Glens Chapman.

Medicine an🎵 Music

In addition to their passion for medicine San Medical Administration colleagues Dr Catharina de Muelenaere and Dr Josh Hatton are both passionate about musical performance.

Both performed together recently in a concert with the NSW Doctors Choir.

"I have been a musician for longer than I have been a doctor" says Director of Medical Services, Dr de Muelenaere.

"I have been playing piano since I was about 4 years old, learned the flute at age 15 and along the way developed a passion for composing original music and orchestral arrangements."

"Throughout my life I have sought ways to participate in orchestras, ensembles or choirs as I really enjoy collaborating with other musicians."

Medical Services Coordinator Dr Josh Hatton has the same long term passion, sharing his family's involvement in musical theatre.

"I have played Jesus in Jesus Christ Super Star, performed in Phantom of the Opera, Shout and other musicals."

"I became a doctor and went into medical administration as a career because I wanted to be able to help a wide range of people.

I've always tried to pursue my career and musical passion at the same time and to do so with other doctors is fantastic."

The NSW Doctors Choir features around 40 doctors representing a diverse range of specialties. Proceeds from the recent performance were donated to the Salvation Army Disaster Relief Fund.



Dr Catherina de Muelenaere



Dr Josh Hatton

Upskilling for ICU



ICU NUM Chris Waite and Educator Emma Smith.

A course increasing the skills of nurses wanting to work in the specialised environment of the San Intensive Care Unit has been formally recognised by the University of Sydney. The Course designed by the San Intensive Care Unit's Nurse Educator Emma Smith can be completed as part of a Masters or Graduate Certificate in Critical Care.

Carols celebrations



Left: Wahroonga Adventist School Choir.



Michael Cormick and Silvie Paladino.



Below: San Nurse Unit Manager Felicity Kleu with daughter Gilian and grandchildren Lachlan, Eliana and Susie .

Thousands of local community members enjoyed San Carols by Candlelight featuring well-known performers Silvie Paladino, Michael Cormick, Jana Aveling, Endless Praise, the Dave Martin Carols Band and the Wahroonga Adventist School Choir.

Thanks to our Carols sponsors Goldman Plumbing, Sanitarium, ARA Fire, Buildcorp, Datatch, Mercedes-Benz Hornsby, St Ives Shopping Village, Hope FM, Johnstaff, Courtyard Marriott North Ryde, and event partners Snap Eastwood, Kennards Hire, Verve Portraits, Precision Printers and San Foundation.

San Radiology celebrates



San Radiology celebrated the new opening.

San Radiology and Nuclear Medicine has expanded to 2 locations opening its additional outpatient imaging practice at the new Parkway San Clinic medical suites (corner Fox Valley Road and the Comenarra Parkway) providing access to Ultra Low Dose CT (128-slice), Digital X-ray, Ultrasound and Interventional Procedures. The new practice also includes BreastScreen NSW (relocated from Fox Valley Medical and Dental Centre).

Parkway San Clinic



Drive through vaccination



FVMDC conducting drive through flu vaccination for over 65's.

The San's Fox Valley Medical and Dental Centre conducted drive through flu vaccinations for over 1400 of its patients aged 65 and over as part of its COVID social distancing precautionary measures.

Cancer Support Portal

A new San Cancer Support Web Portal offers access to information about the services and information available at the Hospital's unique San Cancer Support Service, a drop in centre available to cancer patients and their carers, regardless of whether they have been treated at the San. The portal provides access to specific cancer information, nutrition, exercise, current services available and session details of the centre's free support groups. See: www.sah.org.au/cancer-support

Online access

The San Maternity Unit now offers its patients online access to over 6 hours of online antenatal education following its partnership with Nourish Baby. See: www.sah.org.au/maternity-nourishbaby

Education videos

A series of new patient education videos on preconception, pregnancy and birth related topics by San obstetricians are now available on the San's video gallery on the website. See: www.sah.org.au/video

Radiology Across Borders



Members of the San Radiology team with guests Dr Vien and Dr Truong.

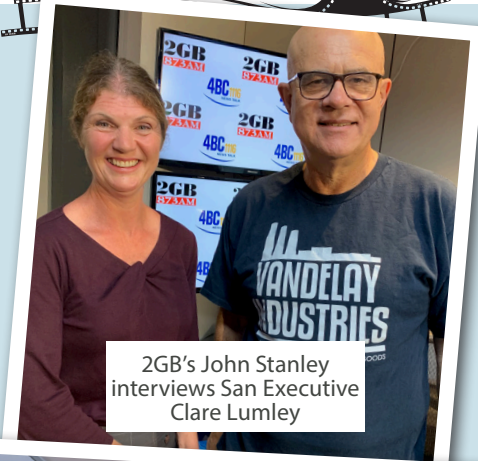
San Radiology and Nuclear Medicine recently partnered with Radiology Across Borders to host two Vietnamese Radiologists to increase their medical imaging skillset prior to their return to Vietnam.

See: www.sah.org.au/news-radiologyacrossborders

Hospital happenings



Staff Week celebrations included a bed making challenge



2GB's John Stanley interviews San Executive Clare Lumley



Staff join the 'wave' for National Volunteers Week



San Radiology staff shave and colour for Leukaemia Foundation



Stunning morning rainbow over the San

For the latest in news from the San

- @AdventistHC_AUS
- Sydney Adventist Hospital
- Adventist HealthCare Limited (AUS)
- @san.babies



1a Northcote Road, Hornsby NSW 2077
Ph: 02 9477 8888 | Fax: 02 9476 2921
www.sandaysurgery.org.au



185 Fox Valley Road, Wahroonga NSW 2076
Ph: 02 9487 9111 | Fax: 02 9487 9266 | www.sah.org.au
A division of **Adventist HealthCare** Limited ABN 76 096 452 925

A teaching hospital of THE UNIVERSITY OF SYDNEY | Partner in nursing education Avondale UNIVERSITY COLLEGE | Proudly supported by SAN FOUNDATION

If you do not wish to receive this newsletter or other marketing material from Sydney Adventist Hospital please email: enquiries@sah.org.au or phone: 02 9487 9871



San Foundation helping us to help others

Your support enables us to maintain and extend our care services to all those most in need. Help us make a difference.
Contact: Managing Director Karen Gair.

p: 02 9487 9405
e: foundation@sah.org.au
w: www.sanfoundation.org.au



San Foundation ABN 73 479 353 649 Donations of \$2 or more are tax-deductible