



NORTHERN NETWORK NEWS

MARCH 2023

DEVELOPMENT DRIVING HIGH QUALITY CARE AT OUR HOSPITALS

With population growth in the north and north-east continuing to outstrip other areas in metro Adelaide, there is a continuing challenge to service the health needs of our communities.

Our strategic infrastructure master plan sets out the future for the Northern Adelaide Local Health Network (NALHN) for the next 10-15 years.

Central to NALHN are its two most significant centres of care, the Lyell McEwin and the Modbury Hospitals.

Major redevelopments have occurred at both sites, and further works are coming.

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Pictured: Doctors Jai (left) and Nishadi out the front of Lyell McEwin Hospital's new and improved Emergency Department.





AUSTRALIA DAY HONOURS

NALHN Governing Board member Mary Patetsos was recognised in the recent Australia Day Honours list.

She was awarded an AM for her significant board service to multicultural affairs and aged care.

In addition, to serving as a NALHN Governing Board member since 2019, Mary serves on several other community boards, including:

- Federation of Ethnic Communities Council of Australia
- ACH Group
- Robertson Institute Foundation (University of Adelaide)
- Power Community (Port Adelaide Football Club)

Congratulations, Mary.

MESSAGE FROM THE CEO

Hi everyone, welcome to Northern Network News, our first edition for 2023.

What an exciting start to the year it has been for our network! We have just celebrated Modbury Hospital's 50th anniversary of service to the community, an occasion that provided a wonderful opportunity for us to reflect on our rich history as an organisation, how it has evolved over time, and our many achievements throughout the years, including the recent completion of two major infrastructure upgrades.

Both the Premier and Minister for Health and Wellbeing were in attendance to mark the occasion, as were many current and former staff members, and our wonderful and vibrant community. You can read all about it on page 4.

In celebrating this 'golden' milestone there have been many announcements and much excitement about the future for our great health service, and how we plan to expand our services so our community can receive care closer to home, like our newly opened Trembath Dialysis Unit located at Lyell McEwin Hospital. More on this on page 3.

Internally we continue to look for ways to improve access to care and patient flow in our hospitals and reduce wait times. We are also partnering more with local services and health organisations to improve pathways for better integrated care. This includes providing more options for urgent care out in the community through initiatives like Priority Care Centres (which you can read about on page 6), and My Home Hospital.

We are continuing to work hard to increase options available to those living with mental health issues and illness in our northern suburbs, to ensure they get the right support, in the right place at the right time, like Safe Haven, a drop-in support service that opened late last year. Keep reading for more on this and many other great stories highlighting the progress being made to improve access to health services in the North.



NALHN is committed to a healthier future for our growing population, and with your support we will continue to make #NALHNProud.

**Maree Geraghty, CEO,
Northern Adelaide Local Health Network**

A WELCOME BOOST TO LIFE-SAVING DIALYSIS SERVICES

A new 'pop up' ward has been established at Lyell McEwin Hospital offering 36 more people living with chronic kidney disease life-saving treatment closer to home.

With direct access from Trembath Road, the new facility offers nine new treatment spaces for patients requiring haemodialysis, a treatment for advanced kidney failure where a machine filters wastes, salts and fluid from patient's blood when their kidneys can no longer do this work adequately.

The new ward is run in partnership with state-wide Central Northern Adelaide Renal and Transplantation Service which has employed more than ten new staff to support the service, from medical and pharmacy, to nursing and admin.

Nurse Unit Manager, Debbie Turner (pictured below, right with patient Dean) has been involved right from the start and is incredibly proud of the way the new renal service has come together.

"For people who require dialysis it can mean a huge change to their life as treatment can be required on average three times a week, with each session taking up to four hours," says Debbie.

"Offering this vital service closer to home and in a nicer environment improves our patients' quality of life. They are spending less time traveling to hospitals and appointments and more time doing the things they love, which is important for their overall wellbeing."



"The fit-out on the ward feels fresh and bright, improving the overall experience for consumers too."

Consultant Nephrologist and Head of Unit, Dr Nitesh Rao (pictured top, left) says it's provided a huge boost to the service and there are plans to grow it even further.

"The new Trembath Dialysis Unit has increased the number of patients we can offer haemodialysis to at Lyell McEwin by more than 70 per cent which is fantastic," says Dr Rao.

"This is a temporary measure until a new and expanded facility is built in the future to meet growing demand in our region, ensuring more of our community can access dialysis closer to home."





Visitors took a trip down 'memory lane' with a range of photos and artifacts on display from the Hospital archives.

MODBURY HOSPITAL CELEBRATES 50 YEARS

The Modbury Hospital celebrated its 50th anniversary with a Community Day on 19 February.

When opening Modbury Hospital 50 years ago, Premier Don Dunstan lamented that funding SA's rapid economic transition from rural to industrial had meant funds had been diverted from schools and hospitals, and that his government was in the process of remedying that.

Half a century later, Peter Malinauskas, MP, Premier of South Australia, reminded everyone at the Community Day that health and education are just as important today.

Attending the celebrations with Chris Picton MP, Minister for Health and Wellbeing, the Premier unveiled a new plaque commemorating the hospitals' 50 years of service to the community and cut the cake.

Northern Adelaide Local Health Network CEO Maree Geraghty said that the 50th was an exciting milestone in the history of Modbury Hospital.

"Our doctors, nurses, and other healthcare professionals have worked tirelessly to provide our patients with the highest quality of care. Our corporate and support staff perform the tasks that allow us to function daily. We never close.

They have always gone above and beyond; we are forever grateful for their service. But, more importantly, so many in our community will be grateful too," Ms Geraghty said.

Opened three years after Tea Tree Plaza, the hospital quickly became a landmark in a still-sparsely populated area. Since then, as the surrounding areas have developed and the population has grown, the Modbury Hospital has become an integral part of Adelaide's north-eastern community.

"What we do here, and what our staff have done here for half a century now, is to help people. We've covered the full cycle of life, nursing people back to health from sickness or injury along the way," said the proud CEO.

The Community Day attracted many consumers and former staff members, who combed through the memorabilia on display and enjoyed the sausage sizzle and ice creams. For a good number, it was a chance to reacquire themselves with erstwhile colleagues who had worked together in the hospital's early years.

NALHN ABORIGINAL HEALTH INTERNSHIP PROGRAM THE FIRST IN AUSTRALIA

For the first time in Australia, five of NALHN's first year doctors will undergo an Aboriginal Health internship aiming to gain in-depth knowledge about the importance of holistic and culturally responsive care and to ultimately deliver better health for First Nations people.

Guided by Aboriginal Health Practitioners at Watto Purrunga Aboriginal Health, the interns will work within a multi-disciplinary team with vast experience working within Aboriginal Health. The aim of the program is to provide the interns with high level clinical training, and a greater cultural awareness with the hope they consider an Aboriginal Health Practitioner role in their future careers.

"We welcome this internship program that will give our first-year doctors the opportunity to gain an in-depth understanding of Aboriginal health and hopefully attract them to work in this field in years to come." says Kurt Towers, Executive Director of Aboriginal Health.

Each Aboriginal Primary Health Internship will participate in a 10-week rotation across a 12-month period. The first intern, Shan Zhao (Pictured), began her placement on Monday 16 January 2023.

The Watto Purrunga Aboriginal Health service provides extensive, high-level, primary health care including health assessments, chronic disease



Pictured: Aboriginal Health Practitioner Walter Champion with interns Sarah Lawrence and Shan Zhao

management, diabetes education and management, immunisations, men's and women's health, mental health care, obstetrics shared care, podiatry, occupational therapy, endocrinology, ophthalmology, respiratory and cardiology. It also includes a residential service for Aboriginal and Torres Strait Islanders needing to come to Adelaide for complex medical treatment.



STAYING HEALTHY IN AUTUMN

As the weather begins to cool down it is important we nourish our bodies with immune boosting foods. This means eating foods high in vitamin C such as oranges, berries, and broccoli, foods high in zinc such as beans, nuts, whole grains and legumes, and foods high in protein such as dairy, eggs, fish, nuts, meats, and tofu.

It is also important to get your flu vaccine once it becomes readily available to you.



Aerial view of the redeveloped Lyell McEwin Hospital and Emergency Department.

STORY CONTINUED FROM PAGE 1.

LYELL MCEWIN

The refurbishment of the Emergency Department is now complete, but another expansion is already underway and due for completion by year's end.

In addition, a temporary nine-chair renal ward has opened. The new dialysis unit will allow up to 36 haemodialysis patients living in the northern suburbs to receive dialysis care closer to home. These new chairs supplement the existing 12 dialysis chairs.

Construction is imminent on a 48-bed expansion under the helipad on Level 3 in Building A. All rooms will be singles with en suite bathrooms. This work is due for completion in 2024.

To cope with increasing demand a previous Ward on Level 1 will be restored to clinical use as a 24-bed inpatient space, with completion due next year.

The SA Government recently announced its intent to purchase land at Lot 471 Oldham Road, next to LMH. The block is critical in enabling future NALHN expansion in what is becoming a significant health precinct.

MODBURY HOSPITAL

Recent projects promised in 2017 are now complete. These include eight additional beds created in an Extended Emergency Care Unit, a new 26-bed Short Stay General Medical Unit a purpose-built 20-bed Wirringka Palliative Care Unit, new Operating Theatres and Day Procedure Unit as well as a new café and garden areas

The priorities now are a 44-bed facility that will house mental health rehabilitation unit and an older persons' mental health unit. This project, due by 2025, will more than double the mental health beds at Modbury Hospital.

Also due for opening that same year is the ModH Cancer Centre. Currently in the design stage, the centre will house 12 chemotherapy chairs and outpatient consulting rooms to deliver cancer services closer to home for north-eastern suburbs residents.

These new developments, coupled with the increasing possibilities for services in the home, will build on the highest level of care available to the communities in Adelaide's north and north-east.

IS A PRIORITY CARE CENTRE A BETTER OPTION FOR YOU THAN THE EMERGENCY DEPARTMENT?

SA Health and Wellbeing SA, in partnership with the Adelaide Primary Health Network and GP Practices have established Priority Care Centres for patients with urgent, but non-life threatening conditions, who may otherwise seek assistance from an Emergency Department (ED).

Priority Care Centres are led by experienced General Practitioners with additional care from specially trained acute care nurses. These centres also offer access to other services that support care and treatment including diagnostic tools such as imaging and pathology, pharmacy services and community-based health services for follow-up care.

There are five Priority Care Centres located across Adelaide, two based in our northern suburbs:

- Elizabeth
- Para Hills West

Priority Care Centres are accessed by referral from your local GP and re open to receive patients seven days per week, with most open public holidays. Patients will also not incur any additional costs, provided they have their Medicare card on hand.

Speak with your GP clinic today to find out whether this could be a better option for you and let's keep Emergency Departments for emergencies only.

For more information, visit sahealth.sa.gov.au (Priority Care Centres | SA Health)

‘POPS’ IMPROVES SURGICAL OUTCOMES FOR OLDER PEOPLE

Dr Bianca Wong (pictured right) and Dr Ning Ning Choo (pictured left) are two pioneering doctors working in our Northern Adelaide Geriatrics Service. Together they are undertaking important research to improve health outcomes for older people requiring elective hip and knee surgery.

Through the delivery of a service called POPS (Perioperative care for Older People undergoing Surgery), they are investigating the merits of providing comprehensive geriatric assessments (CGAs) to patients older than 65 years prior to surgery; combined with interventions that aim to increase strength and mobility – otherwise known as ‘prehab’.

Led by Geriatric Consultant Dr Bianca Wong, POPS first began as a pilot in 2018 in collaboration with NALHN’s Orthopaedics Unit. The service can be accessed by referral from an Orthopaedic Specialist or Orthopaedic Occupational Therapist and is located at Modbury Hospital’s Specialist Ambulatory and Rehabilitation Centre (SpARC).

“Older people are likely to be living with a variety of issues that increases their risk of post-surgical complications,” says Dr Wong.

“CGA assessments take into account a person’s pre-existing medical issues, physical and cognitive frailty, and any functional impairment to provide a tailored management plan and optimise any reversible medical, physical, and social factors.”



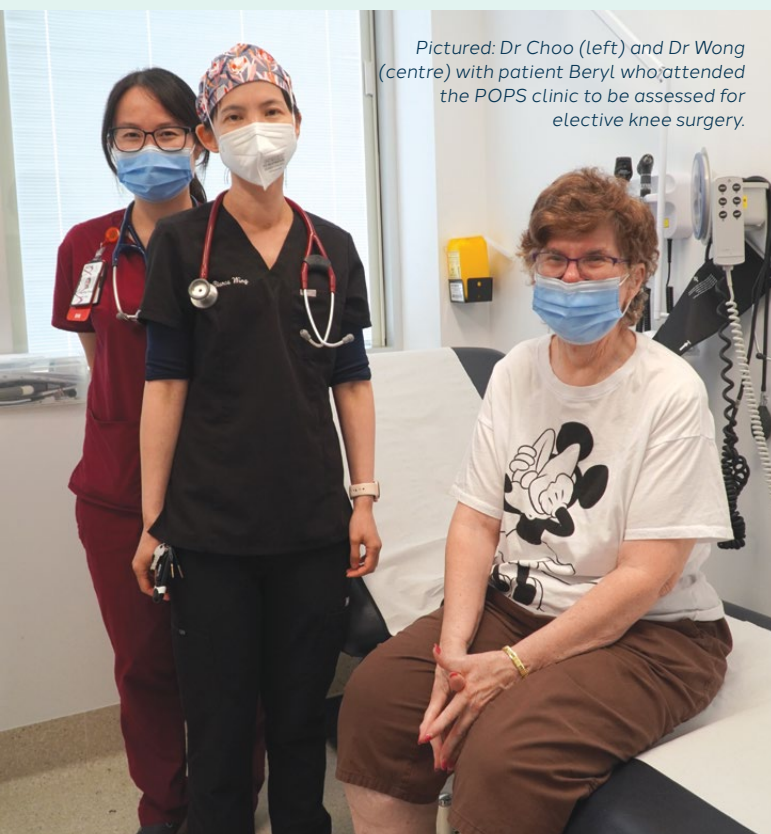
Advanced Trainee Dr Ning Ning Choo recently completed a study to evaluate the effectiveness of the POPS service. She was awarded the ‘Katherine Lucero’ prize for her efforts at the Australian and New Zealand Society of Geriatric Medicine SA meeting in October last year.

“The study has shown that pre-operative CGAs that include a frailty assessment, intervention and ‘prehab’ have the potential to enhance patient care, by significantly reducing the risk of post-operative complications and nearly halving their length of stay,” says Dr Choo.

The study also demonstrated the importance of understanding patient expectations and values to facilitate shared decision making for our older consumers, with approximately 25 per cent opting out of surgery following these important discussions.

“There are risks involved in all surgeries, and by providing CGAs and tailored management plans, and including shared discussion making as part of standardised pre-operative care, patients can better understand the benefits and risks of having their procedure to make more informed decisions,” says Dr Choo.

The POPS service has been integrated into NALHN’s arthroplasty pathway. This will ensure NALHN is at the forefront of patient-centred care and service design to manage the complex needs of older people living in our local community.



Pictured: Dr Choo (left) and Dr Wong (centre) with patient Beryl who attended the POPS clinic to be assessed for elective knee surgery.



*Pictured:
Safe Haven Peer
Practitioners
Alex Stewart (left)
and Jadee-Mae
Cartledge.*

SAFE HAVEN EXPANDS SUPPORT TO OUR COMMUNITY

The early success of Safe Haven has led the drop-in mental health service to an expansion with it doubling the days of its operation, and relocating to a new 'home' in Salisbury.

Since the service opened in November 2022, it has been providing an inviting, non-clinical setting for a steady stream of people seeking mental health support. It will now be open four evenings a week, with no booking or referral required.

Those who seek support at Safe Haven are connected with a peer practitioner who use their unique skillsets to provide practical support to guests and walk beside them in their recovery journey.

People who need further support are connected to additional mental health services to ensure their needs are met and appropriate care pathways are provided.

NALHN's Divisional Director of Allied Health and Community, Mental Health, Shaun Sweeney said Safe Haven has been well received in the community.

"The expansion of the service will offer more opportunities for people in the community to access the valuable support the Sonder peer practitioners provide".

"The new location also provides family-friendly access with the provision of a children's space, to better support parents and carers who access the service".

Safe Haven is operated by not-for-profit organisation, Sonder and funded by the Northern Adelaide Local Health Network and Adelaide Primary Health Network (PHN) through the Australian Government's PHN Program.

The service was an initiative of the Northern Adelaide Mental Health Alliance and collaboratively designed by people with lived experience of mental health challenges.

Safe Haven is located at 9 John Street Salisbury and is open Tuesday to Friday each week, from 5pm to 9pm. For more information visit sonder.net.au/safe-haven.

ACKNOWLEDGMENT

The Northern Adelaide Local Health Network acknowledges the Kurna people as the traditional custodians of the land on which we proudly deliver health and wellbeing services. We honour Kurna Elders past, present and emerging. We recognise Aboriginal cultural authority, and the ongoing spiritual connection the Kurna people have to country.



Front page header image: 'Artistic impression of Modbury Hospital's proposed \$44 million mental health rehabilitation unit, set to open in 2025. Image provided by architects Woodhead + Wiltshire Swain'

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**EVERYONE
HAS A STORY.
MATTERS.
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GROWS.**



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