

# WARATAH NEWS

AUTUMN 2019 | 04



## 2019 – A YEAR TO CELEBRATE

It feels fitting that at the same time we're celebrating the two year anniversary of our hydrotherapy pool and comprehensive rehabilitation gym, we're announcing a new

company vehicle to aid our occupational therapists out in the community. In the same way, we celebrate the NAVIO's first year of revolutionising knee surgery here at Waratah Private, as we announce our EndoscopyFirst clinic and pilot our Thrive Rehabilitation Program, an innovative approach to Cancer Care post clinical treatment.

It is important to acknowledge our achievements in the past, while appreciating the new ones coming to life right here in the present.

For us, it's always been about delivering for our community and continuing to adapt to meet their collective needs. Here, in our Autumn edition, you'll discover exactly how we are doing so.

Till next time,

*Stephen Johnston*

**General Manager  
Waratah Private Hospital**

## CANCER REHAB PROGRAM 'THRIVE' ACCEPTING PATIENTS

Waratah Private is now accepting patients into our pilot rehabilitation program, Thrive. This exciting new evidence based program is run alongside our partners, GenesisCare, and is flexible to meet the individual needs of our patients. Patients are eligible for this reconditioning program if they have



a physical or functional decline as a result of their cancer or following cancer treatment.

Their increased fatigue, decreased mobility and endurance, the need for constant rests or breaks, or patients requiring the use of a walking aid are some of the challenges the program addresses. The specialised half-day rehabilitation program includes two hours of land-based therapy, utilising Occupational Therapy and Dietetics alongside extensive Exercise Physiology and Physiotherapy with access to social work, rehabilitation and a physician.

We will communicate with the patient's GP and oncologist from referral to discharge to ensure continuity of care.

**If you have any questions regarding the Thrive program please contact Adam Annous at Waratah Rehabilitation Centre, call 9598 0691 or email [adam.annous@waratahprivate.com.au](mailto:adam.annous@waratahprivate.com.au).**

## "THE BIGGEST ADVANCE IN KNEE SURGERY" NAVIO CELEBRATES 1ST ANNIVERSARY

One year ago, Waratah Private took pride in introducing the NAVIO Surgical System, a cutting-edge, hand-held robotic device to assist our surgeons with pinpoint accuracy and real-time imaging during surgery. Numerous surgeries have been facilitated since then, many at the hands of Professor Warwick Bruce.

"I feel that the NAVIO robot is the biggest advance in knee surgery that I have seen in my orthopaedic career. In the past year I have noticed a huge improvement in alignment and balance of the prosthesis and early mobilisation of the patients," said Prof. Bruce.

## THERANOSTICS AT WARATAH

Our partners, GenesisCare, now offer Theranostics here at Waratah Private. This evolving approach to cancer management combines diagnostic imaging and radionuclide therapy. To date Theranostics has been most successfully used for metastatic castrate resistant prostate cancer and advanced neuroendocrine tumours (NETs). Theranostics may also be an option for metastatic disease unresponsive to or unsuitable for conventional therapies. Access for these patients is via the TGA Special Access Scheme.

Contact [theranosticsreception@genesiscare.com](mailto:theranosticsreception@genesiscare.com) for further information about this treatment.

## ENDOSCOPYFIRST; FASTER SCOPES, BETTER HEALTHCARE

As the first of many initiatives undertaken by our Waratah Specialist Centre, EndoscopyFirst allows direct access. Patients can organise their regular, screening or diagnostic endoscopies with minimal fuss. EndoscopyFirst is situated on Level 2 in Suite 201 of Waratah Private Hospital. Patients gain direct access to a local, high quality service, which can then be a pathway to further specialist attention if required.

*More than 100 Australians die each week to related bowel cancer, over 90% of cases could be treated successfully. **National Bowel Screening Program***

EndoscopyFirst is ideal for patients with minimal significant medical history, issues or medications; but have minor gastrointestinal symptoms or a positive FOBT scan. EndoscopyFirst allows a simplified process for screening endoscopies when personal or family medical history is of concern, or for the monitoring of stable, chronic conditions.

Procedures include colonoscopy, gastroscopy, haemorrhoid banding and flexible sigmoidoscopy. Please direct your patient to [www.waratahprivate.com/endoscopyfirst](http://www.waratahprivate.com/endoscopyfirst) or call 9598 0013 for more information.

Fact Sheet: <https://bit.ly/2bzfqay>

## WARATAH REHABILITATION CENTRE IS CELEBRATING ITS 2ND ANNIVERSARY!

Working within our high quality facilities is our dedicated team; including doctors, nursing staff, physios, exercise physiologists, OTs, speech pathologists and dietitians; whose skills and passion for reahbilitation make this journey possible for our patients. We raise a glass to both our wonderful patients and committed, enthusiastic team.



We've also welcomed a new uniform and car here at Waratah Private. Our new vehicle will be out in the community as our Occupational Therapists assess patients' homes before discharge. The car also plays an important role allowing patients to practice getting in and out of vehicles safely following surgery.

Waratah Private Hospital is centrally located in Hurstville. Our friendly and experienced team are on call to assist you and answer any questions you may have relating to a procedure or patient visit.

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