

FREE

ISSUE NUMBER 6

caring FOR THE coast

CELEBRATING

70 YEARS

1945 marked the end of the World War. It was the year the Hills Hoist was invented. The world was listening to the hits of Judy Garland and Frank Sinatra.

It was also the year Gosford Hospital officially opened.

To celebrate 70 years of Caring for the Coast, a morning tea was recently held at Gosford Hospital for current and former staff.

In attendance was Gosford Hospital Auxiliary Patron Verlie Kirkby, 92, who was present at the official opening of the hospital on May 26, 1945.

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Gosford Hospital Official Opening May 1945



Health
Central Coast
Local Health District

Fast Facts:

World No Tobacco Day 2015

Every year, on 31 May, the World Health Organisation and partners mark World No Tobacco Day (WNTD), highlighting the health risks associated with tobacco use and advocating for effective policies to reduce tobacco consumption.



- The global tobacco epidemic kills nearly six million people each year, of which more than 600,000 are non-smokers dying from breathing second-hand smoke.
- Unless we act, the epidemic will kill more than 8 million people every year by 2030.
- More than 80% of these preventable deaths will be among people living in low-and middle-income countries.
- Smoking is the leading risk factor for preventable cancer and 1 in 5 cancer deaths can be attributed to smoking.
- This is because cigarettes contain more than 60 chemicals that cause cancer. When you inhale cigarette smoke these chemicals enter your lungs and spread through your body via blood and lymph systems.
- Just over 16% of Australians smoke, but three in four smokers say they are interested in quitting.
- For help with quitting please visit: www.icanquit.com.au/ or call **13 78 48**.

Sources: World Health Organisation available at: www.who.int/campaigns/no-tobacco-day/2015/event/en/
Cancer Council available at: www.cancercouncil.com.au

TELL US WHAT YOU THINK

What did you think of this edition of Caring for the Coast?

Do you have some feedback on one of our stories, or do you have a story idea? We would love to hear from you.

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CARING FOR THE COAST

Changing times

A message from the Chief Executive

Our health services have come a long way since our earliest beginnings. From a 34 bed hospital at Gosford costing £40,000 in 1945 to today's current \$368 million major redevelopment of Gosford Hospital there have been many changes. Advances in technology have led to



less invasive treatments, quicker recovery times and shorter stays in hospital. We are able to deliver more care in the community closer to home. Our lifestyles have changed too – sometimes for good, sometimes for bad – and we are living longer leading to changes in the prevalence of different diseases.

This year we are celebrating 70 years of 'caring for the coast' at Gosford Hospital. It's an opportunity to look back over the years and reflect on the changes and advancements. In this edition we take a pictorial look at those changes over the decades. However, one thing that has not changed is the ever increasing demand for health services. In a newspaper clipping from the official opening of Gosford Hospital in 1945 it was noted that the hospital was already full. We have continued to grow with our population and now have a network of hospitals, healthcare centres and community health centres across the Central Coast.

Seeking to address the negative aspects of our modern lifestyles is a new campaign from NSW Health 'Make Healthy Normal'. It is not an issue isolated to NSW, nor Australia but a common theme in developed nations where being overweight is perceived as normal. 'Make Healthy Normal' wants to change our perceptions and our behaviour to do as it says – make 'healthy' normal.

Every day in health we see the impact of lifestyle choices and the challenges that people face. Behavioural change is not easy and takes time but if we can work together as a community to make 'healthy' normal and support our community in achieving that goal we will help to reduce the incidence of chronic diseases.

Our website www.cclhd.health.nsw.gov.au has some valuable information on keeping healthy and our central coast health promotion YouTube channel has some short videos to keep you safe and healthy including how to cook back-to-basics nutritional low cost meals. It's worth a look.

Matt Hanrahan
Chief Executive

MAKE HEALTHY NORMAL

Did you know that approximately 66% of adults on the Central Coast are overweight or obese? That means it is 'normal' for two out of every three adults in our community to carry extra kilos that can lead to serious illness like heart disease, stroke, cancer and type 2 diabetes.

The problem is not exclusive to the Central Coast: more than half of NSW adults and almost a quarter of children in NSW are also overweight and obese. It appears that being unhealthy has become normal.

It's a problem that not only compromises our health, but reduces our quality of life and costs the NSW economy around \$19 billion each year.

To generate a community-wide conversation about the overweight and obesity problem, NSW Health has launched a \$4.5 million campaign called Make Healthy Normal. It provides simple, easy and effective measures we can all take to get our lives back on the right track.

Central Coast Local Health District Director of Health Promotion, Niki Kajons, said that Make Healthy Normal works on the principle that small changes to how we live our lives can make a big difference to our overall health.



"By simply keeping an eye on what you eat and adding a few extra activities to your daily routine, you'll find you have more energy, look and feel better and reduce your risk of chronic diseases.

"By gradually increasing the number of healthy choices we make every day, we can make healthy normal again," said Niki.

Not sure where to start?

The Make Healthy Normal website (www.makehealthynormal.nsw.gov.au) offers dozens of ideas, tips, recipes and exercises to get you started. You can also phone NSW Health's Get Healthy Information and Coaching Service on 1300 806 258 for free personal health coaching.

5 small changes that can make a BIG difference



✓ Drinking water instead of sugary drinks

✓ Choosing smaller portions

✓ Including more fruit (2 serves) and vegetables (5+ serves) in your meals each day

✓ Finding ways to get active for 30 mins each day

✓ Sitting less and moving more



THE CHANGING LANDSCAPE

50s

60s

70s

... continued from page 1

Neville Wallwork also happened to be on site for the historic occasion as he was in hospital with appendicitis.

"I was the first patient operated on here and because the hospital wasn't (officially) opened I was here on opening day and could watch the opening from my bed," he said.

In later years Neville went on to become the Chair of the Board.

Verlie, Neville and a number of other special guests including former Chief Executive Neville Boyce and new nursing graduate Kristin Higgins joined current Chairman of the CCLHD Board Paul Tonkin for a cake cutting ceremony.

Mr Tonkin reflected on how far Gosford Hospital had come in the past 70 years and pointed to more changes ahead with major redevelopments currently underway.

"From nursing to allied health, to the medical skills – what we were doing in 1945, and the 1950s and 60s was a long way different to what we're doing now in 2015," he said.

"It is a really pleasant feeling to be able to record the 70 years and to acknowledge the people that have got us this far and in the background what we're about to commence is very exciting."

Nursing in 1945

The first Matron of Gosford Hospital was Matron Nona Knight. At just 36 years of age Matron Knight had 20 years' experience in nursing and was previously Matron of the MacLean District Hospital of the NSW North Coast. Matron Knight was appointed eight weeks before the official opening of the Hospital.

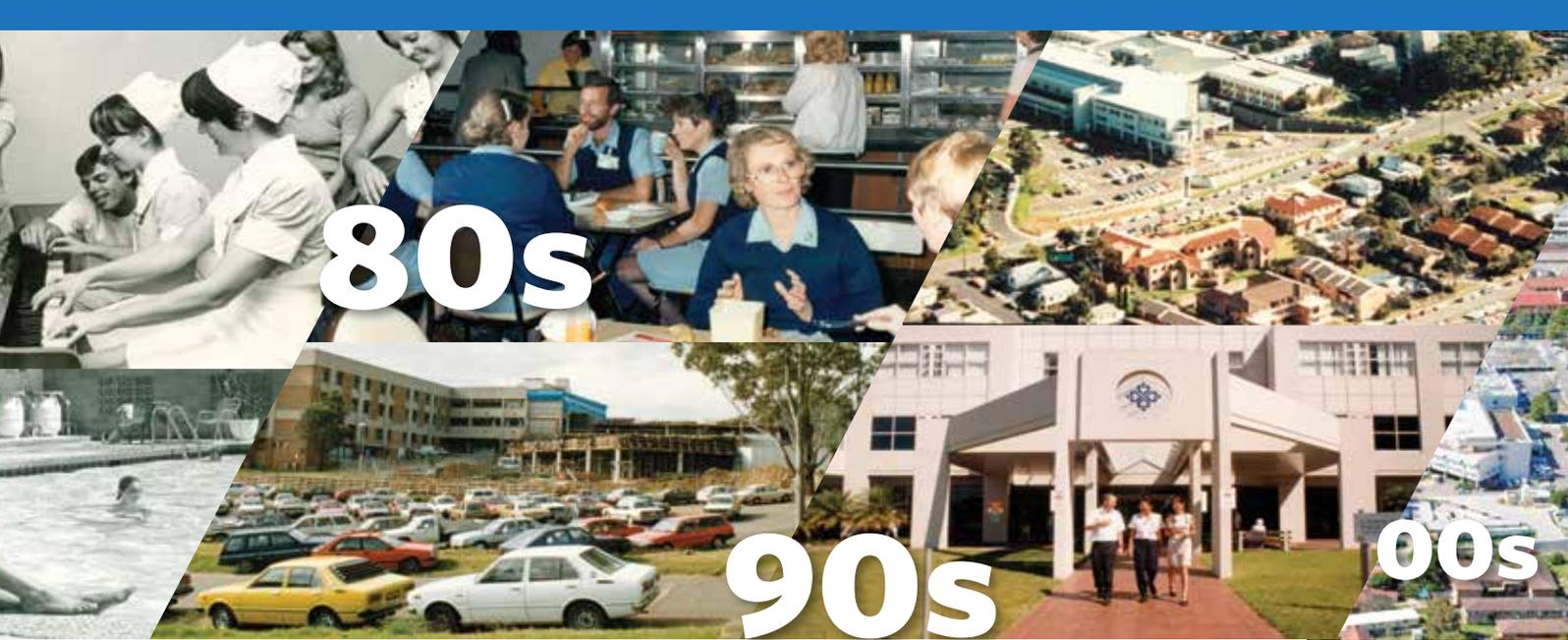
In addition to Matron Knight the nursing staff included seven sisters and four assistants. Matron Knight warned the nursing staff, some as young as 16 years old, of the long hours, back breaking work and meagre pay with no overtime.

One of the assistants in nursing was 17 year old Gladys Butler who was tasked with preparing the operating theatre and sterilising every item of surgical equipment and placing it in its proper position. After completing the exhausting task she was ordered to complete the task over again to limit any risk of infection to patients.

The Assistants In Nursing recall those first days of preparing the hospital for opening as a never ending list of chores including washing, sweeping, sewing and sterilising.

At the same time, there were many stories of the nursing staff taking great care of each other, especially their younger colleagues.





80s

90s

00s



Gosford Hospital casualty entrance circa 1970s.



Special Care Nursery 1999.



Operating theatres 1970s.



Gosford Hospital emergency department 1992.

How things change...

The Chairman's Report for the financial year ended on 30 June 1946, outlined the hospital's activity for the first completed year of the hospital's existence.

- Total number of patients – 1,114 (compared to 58,908 patients who presented to Gosford's Emergency Department in 2013/14)
- Babies born – 175 (compared to 2,673 babies born at Gosford Hospital in 2013/14)
- Operations performed – 604 (compared to 15,022 performed at Gosford Hospital in 2013/14)



Gifts from our community date back to 1905

March 13, 1905 Gosford Council Chambers

They say it was a fiery meeting as the community debated whether to donate the funds raised from the annual flower show that traditionally went to the School of Arts, or whether it should now go to establishing the Cottage Hospital Fund.

Mayor Kibble had his hands full in keeping the disparaging remarks in check. At the end of the meeting the Cottage Hospital Fund won the day and the proceeds of the 1905 Gosford Wild Flower and Fern Show – a princely sum of £81 – became the first official donation for the district's first hospital.

“A princely sum of £81 became the first official donation for the district's first hospital”

Just over 40 years and many donations later, Gosford Hospital opened. It was a long wait for a hospital and the community has never stopped showing their gratitude and support.

Now, 110 years later, Central Coast Local Health District maintains that close relationship with the community and receives from hundreds of donations made by individuals, businesses, service and sports clubs and community groups.

Hospital Auxiliaries, Lions and Rotary Clubs, 2GO and the Give Me Five for Kids Appeal and the Malibu Boardriders Club – to name a few, have provided financial support for many years, along with the patient or patient's family who donates just to say “thanks”.

Looking after donations for the District in 2015 is Jan Richens, Fundraising and Donations Manager and part of the Corporate Communications team.

“I'm very fortunate to have the opportunity to meet and work with generous people in our community who want to support our hospitals and services,” said Jan. “Some of the organisations I deal with – such as hospital auxiliaries – have relationships with us that go back many years, raising money before the hospitals were even built!”

“Donations go directly to patient care and comfort and every single donation received remains on the Central Coast to benefit the local community,” Jan said. “It's important for us that our donors know this and are acknowledged accordingly.....financial support does make a difference and we are very grateful.”

For information or assistance on how you can help, please contact Jan Richens, Fundraising and Donations Manager on 4320 3659 or email jan.richens@health.nsw.gov.au



Above: Some of Gosford Hospital's many supporters.

Team approach helps patient recover

When a patient presents to a CCLHD hospital, staff from a variety of professions and departments come together to help a patient recover.

The team can include doctors, nurses and allied health staff such as physiotherapists and occupational therapists as well as those staff who often work in the background such as cleaning and food services staff.

Each plays a vital role in helping patients during their hospital stay.

Late last year, 83 year old patient, Audrey Smith witnessed the benefits of team work first hand. "I hadn't felt well for a week or more. I wasn't even well enough to get my hair set that week," Ms Smith said.

Through the night her condition deteriorated and she pushed her personal duress alarm for help. She has no memory of the ambulance arriving or arriving at Wyong Hospital. Ms Smith's doctor, Tomiko Barrett is able to fill in the gaps.

"Audrey presented with an irregular heart beat and low blood pressure due to severe sepsis. Over the next few days she developed a life threatening haemorrhage. Resuscitation was difficult. Audrey needed a massive blood transfusion - about the equivalent of the blood donation of six to eight people," Dr Barrett said.

"Fortunately Audrey pulled through, however she was understandably frail and shell-shocked.

"So many staff contributed to Audrey's amazing recovery and worked together on Audrey's extremely complicated case," she said.

*Audrey Smith
(pictured right)
benefited
from the great
team work of
District staff.*



"Audrey spent time at Gosford Hospital's Intensive Care Unit and High Dependency Unit before being transferred back to Wyong's Geriatric Rehabilitation Unit.

"A huge team of allied health staff including physio, rehab and occupational therapy staff were instrumental in returning Audrey to living independently at home.

"It's not often you see patients make such a remarkable recovery and I would like to acknowledge how well our staff worked together to care for Audrey," Dr Barrett said. "Of course, Audrey's determination to get well contributed greatly to her outcome."

Ms Smith herself was equally impressed with Central Coast Local Health District staff. "All the staff were marvellous, they couldn't do enough for me. They were wonderful at keeping an eye on me," Ms Smith said. "Everyone right down to the catering staff looked after me. I appreciated their sense of humour and how they joked with me to help make me feel better."

*Getting a
patient back
on their feet
is a team
effort...*

Out And About



Staff, sponsors and donors at the recent Give Me 5 for Kids 2015 Appeal launch.

Bateau Bay Garden Club recently celebrated 13 years of caring for the gardens at Long Jetty Healthcare Centre.



Keep a calm headspace online

Social media can be a fun way of staying in touch with friends. Unfortunately, it can also be used as a tool to bully others, with potentially devastating consequences.

headspace Gosford and Children and Young People's Mental Health (CYPMH) in Gosford, is taking a stance against bullying online and has important advice for social media users.

Cyber-bullying affects many Australians. Cyber-bullying is the use of technology to bully a person or group and bullying is repeated behaviour by an individual or group with the intent to harm another person.

headspace Gosford suggests the following tips to stop the cycle of online bullying:



For Facebook, you can stay in control by removing unwanted people from your 'friends list'. They can be unfriended or deleted by clicking on the 'friends' tab on their profile and mark 'unfriend'. Blocking is also a valuable tool to stop all contact with someone on Facebook. The person you 'unfriend' or block will not be notified.



For Twitter, access the person's profile and select the 'unfollow' option. Both Facebook and Twitter have privacy options, allowing only the people you want to see your posts.



For Instagram, you can block people who follow you.

Daniel Drysdale of headspace Gosford said help is available for those who are being bullied online.

"If you hear that people are bullying you online, but cannot see it, please speak with your friends, loved ones, teacher or Learning and Support Officer at your school for advice on what next steps to take," Mr Drysdale said.

"If you or one of your friends are victims of cyber-bullying, headspace Gosford can assist with a range of factsheets and resources available, plus we are on hand for an appointment if you need help.

"Appointments can be made to see one of our Youth Access Team members here at headspace, with support for all mental health issues that you, your friend or loved one may have – and it's free," he said.

"Cyber-bullying is not isolated and certainly not something dealt with easily. Impacts of cyber-bullying on young people include low self-esteem, sadness, anxiety, fear, anger and embarrassment."



How common is online bullying?

- One in five Australian children aged eight to 15 has experienced cyber-bullying.
- Three-quarters of all Australian schools reported cyber-bullying last year – with an average of 22 complaints every year in a secondary school.
- 72 per cent of surveyed schools have received a report of online bullying in 2013.
- Face to face bullying is more common than online bullying.

Source: University of NSW's Social Policy Research Centre

headspace is partnered with Children and Young People's Mental Health, located at ycentral, a one stop shop for youth mental health right in the heart of Gosford. For an appointment, phone **4304 7870**. Log onto www.headspace.org.au/gosford or www.ycentral.com.au



Vaccinate Against Pertussis (whooping cough)

With a recent spike in pertussis (whooping cough) cases, Central Coast Local Health District (CCLHD) is encouraging those at risk to get vaccinated.

"We've started to see an increase in whooping cough activity over the last six months, and it continues to rise," Director of Public Health Peter Lewis said.

"The most vulnerable people in our community are the newly born and infants, whose immune systems may not protect them, and whose airways put them at particular risk of complications from whooping cough."

NSW Health offers free vaccination against whooping cough to pregnant women during their third trimester as evidence shows it lessened the risk of newborns catching the potentially fatal infection.

Whooping cough vaccination is provided for all Australian children with the first dose given from six weeks of age, followed by doses at four and six months, a booster from three-four years and another booster in NSW high schools in grade seven.

The whooping cough vaccine is effective but doesn't protect all babies. Even immunised children can sometimes catch whooping cough but immunisation increases protection and helps stop the infection spreading.

Dr Lewis said more than 40 per cent of whooping cough cases are in adults from 15 years of age to over 85 years.

"It is not so obvious to diagnose many of these cases," he said. "It can be a cough that persists for many weeks, although some adults have the full blown bouts of coughing lasting for half an hour.

"It is therefore important for any adult with a cough to avoid direct contact with young babies."

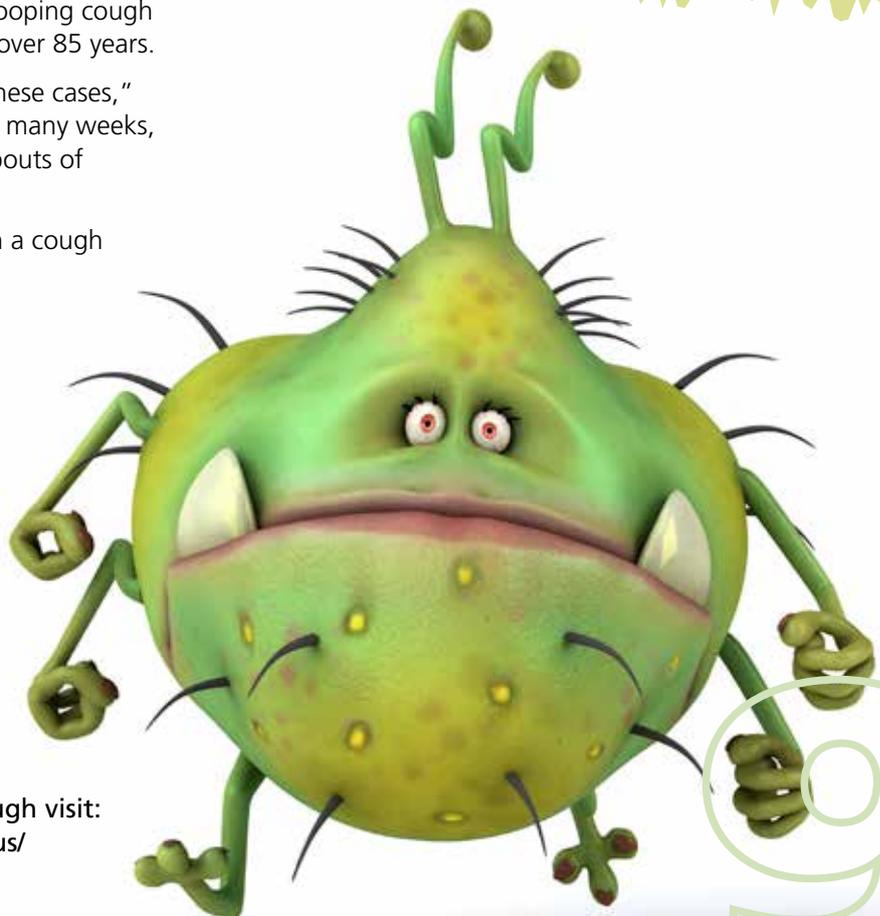
Protect your child

Check your child has been vaccinated by looking at their Blue Book, speak to your GP or ring the Australian Childhood Immunisation Register on 1800 653 809. If your baby's vaccines are overdue speak to your GP about catching up.

For more information on whooping cough visit:
<http://www.health.nsw.gov.au/Infectious/whoopingcough/Pages/default.aspx>

? **What is whooping cough?**
Pertussis or whooping cough is a serious respiratory infection that causes a long coughing illness. In babies the infection can sometimes lead to pneumonia and occasionally brain damage. Older children and adults can also get whooping cough.

? **Are you in contact with infants?**
Adults who get whooping cough can spread the infection to babies. New parents, grandparents, pregnant women in their third trimester and anyone else in close contact with babies should top up their immunity by getting a whooping cough booster. See your GP to discuss the benefits of the vaccine.



OUR FUTURE

Gosford Hospital Redevelopment Underway

Work is now underway on the redevelopment of Gosford Hospital.

The \$368 million project will involve major building extensions; many upgraded facilities and significantly expanded services for the Central Coast.

Planning, design and early works have already begun and main construction is due to start later this year. Completion is due in 2019.

The redevelopment will deliver the following new facilities:

- a new emergency department
- a new psychiatric emergency care centre
- a new and larger intensive care unit
- more operating theatres and patient recovery beds
- expanded maternity services
- a new women's health clinic
- a new paediatric treatment unit
- a new rehabilitation unit
- upgraded cardiac-catheterisation labs
- additional medical imaging services
- expanded cancer treatment services
- new endoscopy facilities
- more outpatient services
- general refurbishments to existing clinical areas.

A new entrance will be built off Showground Road to improve links with Gosford Railway Station and Gosford CBD. Planning is also underway for a new multi-storey car park on site.

The redevelopment will help to deliver better health services for the local community and improve the quality of care for patients.

Central Coast Local Health District will keep the community informed about the project as it moves forward.

Wyong Hospital Redevelopment

Planning is also underway for the redevelopment of Wyong Hospital.

The \$200 million project will see a major expansion of the hospital and will include the following:

- a new emergency department
- a new intensive care unit
- more inpatient beds
- more mental health beds
- more operating theatres
- more outpatient and ambulatory space



Artist's impression of the redevelopment of Gosford Hospital, viewed from Racecourse Road.



Artist's impression of the new foyer area in the Gosford Hospital redevelopment (the main entrance will be down the front with the new car park).



DON'T MISS OUT!

Registrations are now open. Place your name on the waitlist to reserve your place on future terms. Get in early and tell us your preferred date and time.

Healthy • Active • Happy • Kids



AGES 7-13

Do you have children 7 to 13 years old and are you worried about their weight?

Go4Fun is a healthy lifestyle program to improve health, fitness, self-esteem and confidence in children above a healthy weight. The program consists of games, activities, tips on healthy food, label reading and portion sizes plus much more!

FREE fun once a week program for kids to become fitter, healthier and happier.

VENUES

Gosford Olympic Pool • Peninsula Leisure Centre
Mingara Recreation Club • Wyong Olympic Pool
Toukley Aquatic Centre

TERM 2

21st April to 26th June

TERM 3

14th July to 18th September

TERM 4

6th October to 16th December

REGISTER FOR ANY TERM!

Sessions are run once a week for 2 hours. Weekday after school programs run from 4pm to 6pm. Saturday programs run from 1.30pm to 3.30pm.

Your Opinion Counts!

The Consumer & Community Engagement Committee wants to hear from you

As a consumer of public health services, your opinion on what services we provide and how we provide them is important to the Consumer & Community Engagement Committee (CCEC).

The CCEC was formed to advise the Chief Executive and District Board on the provision of local public health services from a community perspective.

The provision of public health services is constantly evolving due to advances in technology, new and better therapies and a more highly skilled staff.

In this changing environment the District is challenged by escalating costs, an ageing population, increasing demand and workforce shortages.

From consumer input - as well as their own perspectives - the CCEC will advise the District on issues of concern and advocate for new or improved services.

EXPRESSIONS OF INTEREST

Are you interested in being 'engaged' with the Local Health District in the development and provision of public health services for our community?

This may involve participating in committee meetings or attending surveys to provide your thoughts on services provided by the Local Health District.

If interested, please contact us and we will send you an information package.

If you would like to communicate your views or request an information package you can make contact as follows:

Post: Consumer & Community Engagement Committee
c/o Clinical Governance
Central Coast Local Health District
PO Box 361, Gosford NSW 2250

Email: CCLHD-feedback@health.nsw.gov.au

Phone: 4320 2983 Fax: 4320 2984