

Community matters

People caring for people



Berkeley Vale Private Hospital
Lorraine Avenue, Berkeley Vale NSW 2261

02 4389 1970

Issue 8
Autumn/Winter 2010

BERKELEY VALE
PRIVATE HOSPITAL

Welcome to our new look Berkeley Vale Private Hospital

Berkeley Vale Private I will be celebrating it's 20th Birthday on the 3rd August, 2010.

As part of our ongoing development the hospital recently undertook a refurbishment of the internal areas of the hospital including our surgical and medical/rehabilitation wards, corridors, occupational therapy, visitor lounge, administration and kiosk area.

The refurbishment was undertaken over a three week period during Christmas and included painting of all internal walls, laying of new carpet in patient rooms and corridors and removal and replacement of internal signage.

Previous artwork was replaced and special feature walls painted to enhance the feeling of space in both patient rooms and corridors.

To compliment this refurbishment internal patient furniture such as wardrobes, visitor chairs and bed tables will be gradually replaced with new furniture over the next twelve month period.



Refurbished kiosk sitting area with feature wall and painting.



Main reception area to Berkeley Vale Private



New look nurses station on Medical/Rehabilitation ward



Freshly painted patient room with new electric beds

National Heart Week – 2nd–8th May, 2010

Learn about your heart and how it works

Your heart and how it works

Your heart is a vital organ. It is a muscle that pumps blood to all parts of your body. The blood pumped by your heart provides your body with the oxygen and nourishment it needs to function. Waste products carried by the blood are removed from your body by the kidneys and lungs.

Your body contains about five litres of blood, all of which passes through your heart every minute or so. However, when necessary, such as during exercise, your heart can pump up to four times that amount per minute.

Size and position

Your heart is about the size of your clenched fist. It lies in the front and middle of your chest, behind and slightly to the left of your breastbone

Heart chambers

Your heart has a right and a left side separated by a wall. Each side has a small collecting chamber called an atrium (ay-tree-um), which leads into a large pumping chamber called a ventricle (ven-trick-l). There are four chambers: the left atrium and left ventricle, and the right atrium and right ventricle.

The right side of your heart collects blood on its return from the rest of your body. The blood entering the right side of your heart is low in oxygen. This is because oxygen is removed from your blood as it circulates through your body's organs and tissues. Your heart then pumps the blood to your lungs so it can receive more oxygen. Once it has received oxygen, your blood returns directly to the left side of your heart, which then pumps it out again to all parts of your body.

The left ventricle of your heart is larger and thicker than the right ventricle. This is because it has to

pump the blood further around the body, and against higher pressure, compared with the right ventricle.

To make sure that your blood flows in the correct direction, valves guard the entrance and exit of your heart's chambers.

Heartbeat

At rest, your heart beats approximately 60 to 100 times a minute. A child's heart rate is higher than an adult's heart rate. In an average lifetime, a heart will beat around 3 billion times.

When you are physically active, excited or ill, your heart rate can rise significantly. This is a natural response to these situations.

There are two parts to each heartbeat. The first part, when the heart contracts and pumps blood, is called systole (sis-tol). The second part, when the heart relaxes so the chambers can refill with blood, is called diastole (di-as-tol).

Pulse

Every heartbeat results in blood moving forward through your arteries. You can feel this movement as a pulse by placing two fingers over the artery at your wrist. Your pulse rate tells you how fast your heart is beating.

Circulation

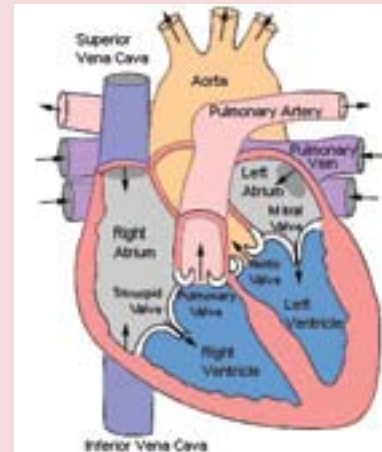
Your body has a network of blood vessels called arteries and veins, which carry the blood pumped by your heart. Your heart and these blood vessels make up your circulatory system.

Arteries carry blood away from your heart. The largest artery in your body is called the aorta (ay-or-ta). It has branches that carry blood to your head, arms and legs, and organs inside your chest and abdomen.

The first branches of the aorta are the coronary arteries. These run back to the surface of your heart to give your heart muscle its own blood supply.

Smaller branch arteries feed into even smaller blood vessels called capillaries (ka-pill-ahrees), which cannot be seen with the naked eye. Oxygen and nutrients pass into body tissues from your capillaries, and then veins carry blood back to your heart.

How it looks



Further information

For more information, call our Heart Health Information Service on 1300 36 27 87 (local call cost) or email heartline@heartfoundation.org.au.
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Berkeley Vale Private Hospital Veterans' Commitment



As a DVA patient the hospital recognizes that you may have special needs and require access to unique services from the Department of Veterans' Affairs that recognize your contribution to our community

Berkeley Vale Private Hospital has Tier 1 status with the Department of Veterans' Affairs. Tier 1 status enables referral of eligible Gold Card Veterans without prior approval from DVA.

Berkeley Vale Private hospital has an appointed Veteran Liaison Officer who is available to you should you require assistance or access to any Veteran services during your admission.

The Veteran Liaison Officer can be contacted on (02) 4389 1970 and will be pleased to assist you at any.

In focus - Ms Helen Crowley



My relationship with Berkeley Vale Private Hospital started some 10 years ago with an admission for a fairly routine operation which was only an overnight stay. I was greatly impressed with the staff and the treatment which I received and felt that if I ever needed to come to hospital again, this is where I would come. A couple of years later my health status changed dramatically and since that time I have become a "frequent flyer" at Berkeley Vale Private in both the medical/rehabilitation ward and surgical wards. At times I have been seriously ill but being at Berkeley Vale Private I have always felt very safe in the hands of the wonderful teams who have taken such great care of me always. I think that feeling of safety and confidence is so important to ones overall recovery.

Berkeley Vale Private is such a happy and joyful place to be if one has to be in hospital. The care is wonderful, the staff are always cheerful and nothing is too much trouble for them. A bit of a laugh is always on the cards with the staff and sometimes it's just plain hilarious. That's not to say they don't take your welfare very seriously, they just get on with everything with such good humor and wonderful kindness.

One of the things that really stands out for me was the grace and dignity with which they treated my father in the last days of his life. My brother and I were made most welcome as we stayed with him until the end. The nurses and doctors as always, were so kind, gentle and understanding with him and with us and I will never forget that for the rest of my life.

I have been a registered nurse for more than 40 years and I guess I may be, at times, a harsh judge, but I can only praise all the staff at Berkeley Vale Private and thank them with all my heart for their wonderful care of me and my family over the years. I am now proud to be a member of their Community Council Committee.

By the way, if you're out for a bit of fun, whilst you're there, check out the physiotherapy department! They're a bunch of characters! And terrific at what they do too.

ACCESS TO ACCREDITED DOCTORS AT BERKELEY VALE PRIVATE HOSPITAL

For information relating to the hospitals accredited doctors and their specialties please contact Joy Croake (Personal Assistant) on (02) 4389 1970.

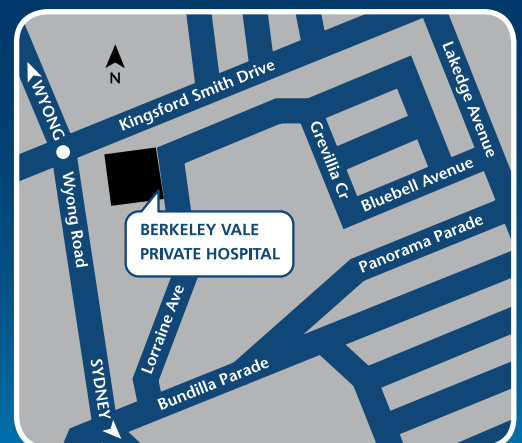
Alternatively you are able to access a list of currently accredited doctors and specialties by going to the Berkeley Vale Private Hospital web site:

www.berkeleyvaleprivate.com.au

Almost every surgical discipline available on the central coast is represented at the hospital including:

- Orthopaedic
- Urology
- General Surgery
- Gastroenterology
- Ophthalmology
- Oral and maxillofacial
- Dental
- Ear Nose and Throat
- Vascular

The majority of medical patients are referred from general practitioners. Palliative Care patients are also cared for by admitting general practitioners.



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Community Education Forum

Berkeley Vale Private Hospital is proud to present the third in a series of four free community health information sessions to be held over the next 2 years. The speakers will include specialist physicians and surgeons who practice at the hospital.

WHEN & WHERE: Mingara Convention Centre
Mingara Drive, Tumbi Umbi NSW

DATE: Thursday, 6th May, 2010

TIME: 3:30pm - 5:00pm approximately

TOPICS:

- Peripheral Vascular Disease
- Importance of exercise and physical activity with Peripheral Vascular Disease
- Prosthesis Limb Fitting

PRESENTED BY:

Dr Michael Smith

(Director of Rehabilitation Berkeley Vale Private Hospital)

Dr David Robinson

(Vascular Surgeon)

IN ATTENDANCE:

Dr Purdy Lau

(Rehabilitation Specialist - Berkeley Vale Private Hospital)



Dr Michael Smith commenced as Rehabilitation Specialist at Berkeley Vale Private Hospital in 1993. Dr Smith has a special interest in the recovery from strokes, amputees and long term neurological disorders such as Parkinson's and Multiple Sclerosis



Dr David Robinson has commenced operating at Berkeley Vale Private Hospital as a Vascular Surgeon. His rooms are located at Suite C28, Kanwal Medical Centre and can be contacted on 43923933



Dr Purdy Lau (Rehabilitation Specialist) joins Dr Michael Smith (Director of Rehabilitation Berkeley Vale Private) as part of the hospital's rehabilitation team.

Dr Lau's speciality is general rehabilitation with interests in geriatrics, amputee and multi trauma rehabilitation. Dr Lau is a member of the Australasian Faculty of Rehabilitation Medicine's Special Interest Group in Traumatic Brain Injury. Referrals to Dr Lau can be made through our admission office on (02) 4389 1970

Light refreshments provided

To register for this Free Community Health update call Joy Croake (Personal Assistant) Berkeley Vale Private Hospital on (02) 4389 1970 (Mon – Thurs during business hours). If you are a member of a specific community group or local club and would like to know more about the services the hospital is able to provide, and would be interested in us doing a presentation to your community group, please contact Michelle Turner (Quality Coordinator) on 02 4389 1970.

FUTURE DATES TO REGISTER INTEREST FOR:

Orthopedic Education Forum with two of Berkeley Vale Private Hospitals accredited Orthopedic surgeons

October, 2010 – date to be advised

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