

ALLIED HEALTH & SUPPORT SERVICES

Comprehensive services to GP and Specialist-referred outpatients, community members, and hospital inpatients

San Nutrition

San Nutrition has university trained and accredited dietitians, and offers a range of nutritional services to inpatients, outpatients and members of the community including:

- Individual consultations
- Group seminars and programs
- Free nutrition tools and resources
- Products for sale

San Physiotherapy

San Physiotherapy is a comprehensive facility, with expert staff able to assess and treat a wide variety of conditions for both inpatients and outpatients.

Services include:

- Hydrotherapy in our on-site indoor pool
- Specialty exercise groups
- Rehabilitation
- Speech therapy
- Occupational therapy

Facilities include:

- Well-equipped private consultation rooms
- Gymnasium equipped with cardio and strengthening equipment
- Education rooms
- State of the art hydrotherapy pool

Cancer Support

The Cancer Support Centre and Jacaranda Lodge provide support for all people in the community affected by cancer. Trained staff and volunteers provide assistance to help people regain a sense of control over their lives.

The Cancer Support Centre provides a range of services, therapies and resources, the majority of which are free:

- Education lectures
- Support groups
- Personal and family support counselling
- Extensive library of books, DVDs and other information sources

- Phone-in and drop-in
- Bereavement support
- Massage and reflexology
- Writing therapy – ‘Life Story Writing’
- Art therapy (with client contribution)
- Wig library
- Volunteer transport
- Acupuncture (with client contribution)

Jacaranda Lodge provides low cost accommodation for country outpatients and families of patients who live at a distance from the hospital.

Cardiac Rehabilitation

The San Cardiac Rehabilitation programs can reduce the incidence of subsequent cardiovascular events, increase patient survival chances and improve quality of life, all supervised by exercise physiologists and cardiac registered nurses:

- Outpatient Heart Health Program, which aims to increase fitness, reduce cardiac risk factors and increase confidence in a safe monitored environment. The program is specifically designed for those who are recovering from heart attack, heart / valve surgery, stent, Pacemaker/ defibrillator
- Programs available for all community members, not limited to inpatients
- Referrals accepted from GPs and specialists

Wound Clinic

The San's Wound Clinic is an innovative and highly regarded clinic that offers expert care for former patients and people in the wider community.

- Clinical care and / or management plans are provided for patients with chronic ulcers and complex wounds
- Much of the Clinic's work is done in liaison with the patients' GP, specialist, community nurses, aged care staff or the Hospital in the Home team
- Referrals required from a GP or Specialist. Rebates are available for DVA patients and from selected health funds

Spiritual Care

In keeping with our Mission of Christianity in Action, the hospital has a dedicated Spiritual Care Service.

- Professionally trained chaplains and trained spiritual care volunteers available to:
 - Discuss spiritual issues or needs
 - Support all patients, visitors, staff and volunteers
 - Offer grief, crisis and bereavement counselling
 - Assist in contacting representatives of all faiths
 - Offer access to books and resources from our library
- Regular prayer services are conducted in the chapel

Social Work

Social workers are available to provide support, counselling, education & information to inpatients and their families regarding options for optimising physical, social, psychological and spiritual wellbeing.

- All social workers have completed a social work degree and are eligible for accreditation with the Australian Association of Social Workers
- Patients and families can be seen on the ward or in the Social Work Department
- There is no charge for inpatients

Diabetes Education

The San's Diabetes Educators provide specialised services and support to patients with diabetes and their families.

- This service is available for inpatients during their hospitalisation, including women with Gestational Diabetes
- Gestational Diabetes referrals are accepted from GPs and specialists and may be partially or fully reimbursed by private health funds
- Diabetes products and equipment are available for purchase at the San Pharmacy

Case Managers

At Sydney Adventist Hospital Case Managers are part of a network of care givers dedicated to providing inpatients with support and assistance in returning to everyday life following hospitalisation.

- Follow the medical progress of patients through the hospitalisation, set expectations, provide education, and plan discharge by assessing needs beyond hospitalisation and ensure patients are connected with appropriate services for continuing care, if required
- Available in the following specialties: Cardiac, Orthopaedic, Oncology & Palliative Care, General Medical & Aged Care, Colorectal, General Surgical, Urology, Plastic Surgery, Neurosciences and Respiratory Medicine

Please see www.sah.org.au for further information on our services.

For SAH accredited specialists contact Medical Administration on 02 9487 9400 or find a San specialist at www.sah.org.au/find-a-specialist

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