



# Cancer Services

SYDNEY ADVENTIST HOSPITAL



The Sydney Adventist Hospital logo represents our heritage and our future. The logo is in the form of a cross, made up of three stylised symbols: the serpent on the pole, symbolising healing; the book, representing the story of God’s care recorded in the Bible; and the flame, representing the Spirit of God.

Taken together these symbols represent the activity of God in the world. His generosity toward vulnerable people restores them to physical and mental health, and places them in a community of compassionate people, who support each other. God’s example inspires us to reach out to others in the same way. The book is open, the flame is alight, the serpent is spiralling, representing our welcome to you to join us in our mission of seeking wholeness, and the richness of life.

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## WELCOME

Sydney Adventist Hospital (known as 'the San') is a not-for-profit Christian institution dedicated to the physical, emotional and spiritual well-being of each patient. At the San we strive to do everything possible to meet your health care needs. We believe that with teams of dedicated staff, doctors and the latest technology, our patients are in the best of hands.

The San was originally established in Wahroonga in 1903 as a sanitarium or 'holistic healthcare centre'. From its inception, Sydney Adventist Hospital has been dedicated to holistic care. We focus our care on the nurture and healing

of the whole person (physical, emotional and spiritual) following Christ's example.

The Hospital places a major focus on preventative health, conducting regular wellness programs and public forums with the aim of creating a healthier community. We also provide state-of-the-art facilities and a comprehensive range of specialty services including Cardiac, Orthopaedics, Oncology, Women's Health, Urology, Colo-rectal, Gastrointestinal, general surgical and medical.

Undergoing an investigation for or being diagnosed with cancer is very difficult, not only for the patient, but for the whole family. The San's mission to treat the 'whole' person ensures that the support required during this challenging time is provided.

At the San, cancer services are available for a wide range of cancers and disorders of the blood. We provide diagnostic procedures, treatment options and supportive care from specialist oncology nurses, allied health professionals and support team staff.

## PREVENTATIVE INITIATIVES

The San offers a range of preventative health services. Our Outpatient Dietitian is available to provide you with individualised attention and nutrition guidelines to suit your needs. If you are admitted to Hospital and require specialised dietary management, one of our Inpatient Clinical Dietitians will assess your needs and plan your nutritional care accordingly.

The Hospital also offers public education such as Health Forums and Health Expos. These are conducted on a regular basis covering a range of topics and are advertised on the Hospital's website and in local press.

These programs are aimed at reducing the risk of contracting diseases such as cancer and are well attended by the public.



## EXAMINATIONS AND INVESTIGATIONS

Early detection of cancer plays a vital role in Sydney Adventist Hospital's Cancer Services. There are a variety of examinations and investigations that can be performed to test for cancer. The San provides many of these services including:

- Breast Screen – available at the Fox Valley Medical and Dental Centre (free of charge for women aged 50 yrs and over)
- Magnetic Resonance Imaging (MRI)
- Nuclear Medicine and Sentinel Node Biopsy for breast cancer
- Mammograms
- Ultrasound
- Fine needle Aspirations
- Computed Tomography (CT Scan)
- General X-ray
- Angiography
- Pathology
- Endoscopy

Some of these services are offered on an outpatient basis while others require admission to hospital. In either circumstance, San staff understand that these tests may cause anxiety in the patient and/or family. Care is taken to provide a professional, supportive service with fast, informative results.



## TREATMENT AND CARE

Sydney Adventist Hospital offers a range of treatment and care options for patients diagnosed with cancer. The original surgery that may be required, along with any follow-up treatment, can generally be attended to at the one convenient location.

General Practitioners can refer their patients directly to a San specialist, or to any of our diagnostic areas for further assessment. A list of specialist surgeons and physicians who are accredited to work at Sydney Adventist Hospital, is available in our 'Specialist & Services Directory' and also on our website [www.sah.org.au](http://www.sah.org.au) ('Find a Doctor' link).

### SURGERY

After a diagnosis of cancer is made, the first line of treatment is often surgery. Sydney Adventist Hospital caters for all major cancer specialties such as including breast, bowel, prostate, gastro intestinal, lung and skin. There are a number of surgical wards in the Hospital, with their own specialist nursing staff to care for each patient.

### MEDICAL TREATMENT

Sydney Adventist Hospital also caters for the medical treatment of all major cancer specialties. Specialist Haematologists, Medical Oncologists, Radiation Oncologists and Palliative Care specialists are dedicated to managing each patient's treatment.

### MULTIDISCIPLINARY TEAMS

SAH strives to remain at the forefront of innovative care solutions for patients and has implemented Multidisciplinary Cancer Teams (MDT's) to address the complex needs associated with the care of oncology patients. We believe that the implementation of MDT's fosters increased communication between healthcare

professionals, improves the quality of care and provides the patient with confidence that they are obtaining other opinions regarding their condition and planned outcome.

Multidisciplinary Cancer Teams are currently in place at SAH for breast cancer, urological cancer and gastro intestinal cancer. These teams involve health professionals from numerous areas, and may include surgeons, medical oncologists, radiation oncologists, social work, physiotherapy, palliative care, radiologists, pathologist, nurses, case manager, and cancer support.

For more information about our Multidisciplinary Cancer Teams please contact the MDT Coordinator on 02 9487 9400.

### POON ONCOLOGY WARD

The recently refurbished Poon Oncology Ward is located on Level 6. The Ward offers mostly private ensuite rooms, and we have a relaxing indoor atrium which is reserved for our oncology patients and their families and visitors. Our experienced staff provide a specialist oncology nursing service for patients requiring day stay or inpatient admission. Our caring team also provides supportive care for end stage of illness; however, our aim is to return the patient to the familiar surroundings of home with the support they need to cope with their condition.

The team of staff includes Nurses, Doctors, Continuing Care Nurses and Allied Health Professionals such as Physiotherapists and Social Workers. These staff liaise with other Hospital departments ensuring that the patient has the support required whilst in Hospital and after discharge. These departments include:

- Nutrition and Dietetics
- Chaplains
- Cancer Support / Jacaranda Lodge
- Lymphoedema Specialists
- Radiotherapy



The Continuing Care Nurse and/or Social Worker can also access community support services at home such as home nursing, home palliative care, rehabilitation specialists or hospice care.

### KATHLEEN HANCOCK DAY TREATMENT AREA

Chemotherapy treatment is often given on an outpatient, or day only basis. Sydney Adventist Hospital offers a day care centre where a variety of treatments, given over a few hours, can be administered. Specialist oncology nurses administer chemotherapy regimes and other treatments. The area is open Monday-Friday (excluding public holidays). If overnight stay is required the patient may be admitted to the Poon Oncology Ward.

Other common treatments administered in this area are blood transfusions and short drug infusions. If you would like to view the day treatment area or oncology ward, a tour may be arranged. Please call 02 9487 9111 and ask to be transferred to the Kathleen Hancock Day Care Centre. Enquiries regarding the cost of treatment can be directed to our Patient Services department on 02 9487 9900.

### VOLUNTEER HELP TEAM

Sydney Adventist Hospital has a large team of dedicated volunteers who provide a wonderful service, supporting both Hospital staff and our patients. General assistance, access to a lending library, the purchase of items from the Florist, Pharmacy and SAH food retailers, and relaxing hand massages are just some examples of their repertoire of skills.

## SYDNEY RADIOTHERAPY AND ONCOLOGY CENTRE

The Sydney Radiotherapy and Oncology Centre, located on the Hospital grounds, offers treatment to both inpatients and outpatients. This centre uses CT, simulator and a three-dimensional planning computer system to customise radiation treatment for each patient. State-of-the-art linear accelerator machines deliver maximum doses of radiation to the tumour site with minimal doses to the surrounding tissue. Specialist Radiation Oncologists and a team of Radiation Therapists conduct the treatment regimes.

Appointments can be made from Monday to Friday. Country patients who require a weekly radiotherapy program can be accommodated in Jacaranda Lodge, along with their family.

For further information contact the Sydney Radiotherapy and Oncology Centre on 02 9487 9300.

## WOUND CARE CLINIC

Patients can be referred to the Wound Care Team by their Medical Practitioner for outpatient treatment, including ongoing dressing changes and assistance with chronic wounds. The team comprises a Clinical Nurse Consultant, a Consultant/Advisor and two specialist nurses. The Wound Care Support Service also provides advice and guidance.

The Wound Care Team operates its service on Monday to Friday. If you would like an appointment or some expert advice regarding wound problems please call 02 9487 9785.

## PHYSIOTHERAPY

San Physiotherapy provides both an inpatient and outpatient service for those requiring specialised treatment. Your Doctor can provide a referral but you are also able to make your own outpatient appointment to see any of our qualified physiotherapy staff.

Specialists are available to treat and/or assist in the prevention of lymphoedema that may occur following breast surgery. An individual exercise program is tailored for the patient and follow up treatment will be continued until the patient feels comfortable.

The hydrotherapy pool is used for patients recovering from a variety of surgeries, as well as aqua aerobic fitness classes. San Physiotherapy also offers land-based exercise classes. If you would like further information regarding any of these services, please call 02 9487 9350.



## SUPPORT AND EDUCATION SERVICES AND PROGRAMS

### COUNSELLING

At Sydney Adventist Hospital, your emotional well-being is as important to us as your physical health. We have a number of services and programs to cater for your needs.

The team from our Cancer Support Centre offers personal and family support and counselling at diagnosis, during treatment, or at any stage you feel the need for support. Located on the Hospital grounds in Jacaranda Lodge the centre provides its services free of charge. Bereavement support is also available for families of those who have lost a loved one to cancer. You can contact them on 02 9487 9061.

Our Chaplains Department includes pastors and counsellors, and there is a psychologist on staff. They are happy to come and visit you on the ward, and also arrange visits from clergy of another denomination if you prefer. Please phone them on 02 9487 9289.

### LEARNING AND EDUCATION

The Cancer Support Centre provides educational lectures throughout the year, presented by doctors and other health professionals. Topics include: Breast Cancer, Prostate Cancer, Bowel Cancer, Lung Cancer, Stress Management, Spirituality, Pain Management, Survivorship, Nutrition and Cancer, Sexuality and Cancer, as well as Cancer and the Mind. Partners and interested family members are all welcome at these sessions. For further information, including dates and times for scheduled sessions, please call 02 9487 9061 or visit the Hospital website.

### RESOURCES

A number of resources are available for loan from the Cancer Support Centre. These include Cancer Council material, medical journals, books, audiotapes and videotapes. Access to information from the Internet is also available.

### SUPPORT GROUPS

Meeting and sharing with others who have been through similar life experiences can help you develop new coping mechanisms. Having support from family and friends is wonderful, but someone who understands the feelings you are experiencing and the path you are travelling can provide another dimension to this support.

The Cancer Support Centre facilitates various support groups. For precise dates, please call the Centre or visit the Hospital website. Generally groups run as follows:

*All meetings are held in the Rotary Room (Jacaranda Lodge).*

*Call 02 9487 9061 or 02 9487 9062 for further information. Home visits can be arranged for those who are unable to attend the centre.*

Prostate Cancer Group	<i>2nd and 4th Monday of each month</i>
Look Good/ Feel Better workshop	<i>every 4-6 weeks</i>
Carers Group	<i>2nd and 4th Tuesday each month</i>
Bowel Cancer Group	<i>alternate Thursdays</i>
General Groups	<i>Wednesdays and Thursdays each week</i>
Meditation and Relaxation	<i>each Thursday</i>
Christian Meditation	<i>each Tuesday</i>
Lung Cancer Group	<i>alternate Thursdays</i>
Breast Cancer Groups	<i>each Tuesday</i>
Young Women's Breast Cancer	<i>each Wednesday</i>
Melanoma Group	<i>alternate Tuesdays</i>
Stoma Group	<i>1st Wednesday of each month</i>
Gynaecology Group	<i>3rd Monday of each month</i>
Bereavement Support Group	<i>(please call for time and dates)</i>

## OTHER SERVICES

### TRANSPORT

The Cancer Support Centre provides a volunteer transport service for those patients who are unable to make Doctor's appointments, or radiation therapy sessions. Contact the Cancer Support Centre for further information on 02 9487 9061.

Transport will also be arranged by the Hospital if the patient requires transfer to another facility.

### ACCOMMODATION

Low cost accommodation is available for country outpatients as well as families of Sydney Adventist Hospital patients who live some distance away or have difficulty in getting to Sydney Adventist Hospital on an ongoing basis. Jacaranda Lodge was constructed to provide comfortable, inexpensive accommodation in a peaceful bush outlook on the hospital grounds. Please book ahead to ensure accommodation is available. Further information regarding charges and availability can be made by contacting 02 9487 9066 or 02 9487 9061.

For further information regarding services at Sydney Adventist Hospital, refer to our website [www.sah.org.au](http://www.sah.org.au).

### REFLEXOLOGY

Volunteers provide reflexology and massage treatments on Tuesdays, Wednesdays and Thursday mornings at the Cancer Support Centre. Contact the Centre on 02 9487 9061 for more information.

# SYDNEY ADVENTIST HOSPITAL

## IMPORTANT CONTACT NUMBERS

POON ONCOLOGY WARD: 9487 9653

KATHLEEN HANCOCK

DAY CARE CENTRE: 9487 9111

CANCER SUPPORT CENTRE: 9487 9061

JACARANDA LODGE: 9487 9066

EMERGENCY CARE: 9487 9000

SAN PHYSIOTHERAPY: 9487 9350

CHAPLAIN: 9487 9289

SOCIAL WORKER: 9487 9660

WOUND CLINIC: 9487 9785



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Telephone: 02 9487 9111 Facsimile: 02 9487 9266  
Website: [www.sah.org.au](http://www.sah.org.au)