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New CT scanner

Our [Medical Imaging Department](#) has recently taken delivery of a new



\$900,000 64-slice CT scanner that will benefit both staff and patients. The new scanner creates high resolution, detailed images very quickly and means clinicians can make faster diagnosis and begin appropriate treatment immediately.

According to Chief Radiographer, Anna Maria Abeska speed and accuracy are its most important features. "The new scanner will allow much faster scan times. Within minutes, we can quickly diagnose and treat serious conditions," said Anna. Combined with its state of the art features, the new scanner will create a more pleasant and more comfortable experience for patients, particularly for trauma patients, the elderly and children who may have difficulty in remaining still.

The new 64-slice scanner is a significant improvement on the previous single-slice scanner and means Hornsby Ku-ring-gai Hospital is now on par with other major teaching hospitals who provide medical organ imaging and diagnosis.

State-of-the-art simulation training equipment for Hornsby Ku-ring-gai Hospital

Hornsby Ku-ring-gai Hospital recently purchased a lifelike training mannikin that moans, groans, talks and even breathes! The simulated model of a human being allows staff to practise their clinical skills on a sophisticated computerised mannikin that can be programmed to exhibit any illness or injury. It can sensor airway position, pulse and give an evaluation of the staff's resuscitation performance.

According to Jay Halkhoree, Intensive Care Unit Clinical Nurse Consultant, a critical part of the learning process for emergency care is practising treatment in the same way it occurs in a real emergency. "This is an excellent education mannikin that will enable our staff to record, debrief and update their advanced life support skills," said Jay. Simulation training is an invaluable step in saving lives. It is of great value to help people practise working together as a team as it helps to improve the essential communication and coordination skills that bring an effective team together.

The simulation model, cameras, computer and defibrillators are the first pieces of high-tech equipment in the hospital's new Simulation Room and were purchased with money donated by the hospital's Pink Ladies' Auxiliary.

Bone density scanning made easy

Doctors at Hornsby Ku-ring-gai Hospital are now able to accurately diagnose and help prevent osteoporosis in one quick, simple, low radiation procedure. The new bone scanning machine, known as Dual X-ray Absorptiometry – or DEXA - is considered one of the most accurate measurements of bone mineral density and also allows clinicians to estimate a patient's risk of fracture.



Osteoporosis is a disease where the bones become fragile, porous and brittle and even a minor bump or fall can cause a serious fracture. In Australia, 50 per cent of women and 33 per cent of men over 60 years of age will have an osteoporotic fracture.

According to Associate Professor Kurrle, Director of Hornsby Ku-ring-gai Hospital's Rehabilitation and Aged Care, this is serious business. Many people believe that the symptoms of fractures, height loss or rounding of the spine are simply due to 'old age' and think that osteoporosis is a normal part of ageing. But it's not. It's a disease. Osteoporosis is often called a silent disease as there are usually no signs or symptoms until someone has a fracture. However, for many people osteoporotic fractures can be prevented. Early detection of bone loss is vital. Osteoporosis is something people don't have to suffer with. We can treat it and prevent it from becoming a problem.

People requiring a DEXA scan need to be referred by their General Practitioner (GP) to Hornsby Ku-ring-gai Hospital's Bone and Balance Clinic. Patients eligible for a Medicare rebate will be bulk billed for the procedure. After the completion of the scan a report is sent to the referring GP and, if appropriate, additional treatment and interventions are recommended.

For further details about the service contact Hornsby Ku-ring-gai Hospital's Bernard Curran Clinic on 9477 9514.

Thank you to our "friendly faces"

The generosity and commitment of volunteers at Hornsby Ku-ring-gai Health Service will be celebrated as part of NSW Health's Volunteer Appreciation Day (February 15). Hornsby Ku-ring-gai Health Service has around 700 volunteers in their hospital and community based services, including HKHS Meals on Wheels. The hospital's acting General Manager, Greg Flint, acknowledged the huge contribution and difference volunteers make to the hospital and community services. Our volunteers make a very real difference in the lives of others. They are the friendly, caring face that provides comfort to those in need. They make a big difference in the lives of patients, their families and our staff. These volunteers deserve a standing ovation for their tireless efforts and dedication. The face of volunteering has changed at the hospital over the years, with volunteering - once predominately the 'ladies in pink' - now evolving to a more masculine hue. As more and more men volunteer their time and give back to the community we have seen the evolution of the 'Pink Ladies Service' into the 'Volunteers Service' and men donning their own masculine version of pink attire - a dusty pink shirt or navy polo shirt. Some 200 hospital-based volunteers provide a wide range of services at Hornsby Ku-ring-gai, including the flower and gift shop, hairdressing, patient library, fundraising, handicrafts, patient companions, occupational therapy aid group, ward and administration assistance, play leaders in the children's ward, courier and patient shopping.

We welcome our new graduate nurses

Hornsby Ku-ring-gai Hospital's new intake of graduate nurses took their first steps along the path from student nurse to working nurse in February 2008. Director of Nursing and Midwifery, Alison Zecchin, was on hand to welcome the 24 new graduates to the hospital. She said they would now be able to consolidate what they learned at university by applying it to clinical practice. The hospital offers a terrific opportunity to learn and develop as a nurse, along with a variety of specialised career pathways such as intensive care, emergency, operating theatre, general, community and mental health nursing. She said one of the first things the new graduates would do was attend an orientation program

designed to assist their transition from university to the hospital environment. Graduates would also receive on-going assistance and advice throughout the year from nurse educators and other clinical nursing experts on the wards.

A Cool World Success

The Medi+Cool Kit, designed and developed by Hornsby Hospital ICU staff, is attracting enormous interest from around the world following its **official launch by the NSW Minister for Health last May**. After medical research showed that cooling patients down is beneficial in preserving the brain after a cardiac arrest, Sue Elder, clinical nurse consultant in Hornsby Ku-ring-gai Hospital's **ICU** decided to look for a better alternative to ice which was the standard cooling system around the world. In conjunction with the Artic Heat Company, Sue designed and developed the Medi+Cool Kit which is made up of pads impregnated with gel that are soaked in water and frozen. The kit is still the only re-usable, portable, cooling system in the world to-day and has revolutionised the way patients who require cooling are treated. The Medi+Cool Kit looks to move well beyond its humble Hornsby beginnings with latest developments including:



- Approval from the Therapeutic Goods Administration.
- Approval for sale within the European Common Market and FDA, and approval from the USA is imminent.
- Nike contracted to manufacture the kits.
- Multinational medical company Laederal has negotiated sole international distribution
- Agents appointed in Germany for Europe, the UK and USA.
- Three London hospitals currently trialling.
- Presentation to the European Resuscitation Council Congress in Norway.

The simplicity and effectiveness of the kit has convinced many who thought cooling was too hard to now introduce the practice. The kit's portability means that ambulance officers can now initiate cooling in the field and this has generated interest from the Navy, Fire Brigade and the Australian Army who are currently negotiating to have the kits in their field hospitals and on manoeuvres.

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