

Specialist rehabilitation is in easy reach.

A special Christmas



Photo courtesy Sunshine Coast Newspaper Co

Richard Standley first experienced rehabilitation 18 years ago following a motor vehicle accident which left him as an incomplete T4 paraplegic.

Before coming to Eden Rehabilitation Centre last year, 50 year old Richard spent three months in hospital completely immobile while recovering from septicemia after a bout of pneumonia and cellulitis.

His kidneys had failed and he was unable to walk or weight bear. Doctors were unsure whether he would ever walk again. But Richard was confident he would walk and came to Eden to achieve his goal.

"Because my body wasn't used to being upright, I initially had issues with my blood pressure dropping causing dizziness," Richard said. "However, using the tilt table, my body got used to being upright a little bit at a time."

Richard gradually got mobile again through an extensive program of physiotherapy, occupational therapy and exercise physiology. Using a range of functional exercises, Richard strengthened his arms and legs and improved his balance. He also underwent gait training to improve his walking and learnt to manage stairs.

"My first step felt good," Richard recalled. "I started off on a walking frame, then a wheelie walker, then crutches and finally a walking stick."

After just six weeks at Eden Rehabilitation Centre, half of his estimated recovery time, Richard walked proudly out the doors to return home in time for Christmas.

Best rural enterprise!

Eden Rehabilitation Centre was recognised for its contribution to the health and wellbeing of people across the Sunshine Coast and beyond at the finals of the 2008 Excellence in Business Awards in November – winning the Rural Enterprise category.

"Eden Rehabilitation Centre has been a quiet achiever for a long time," said Care Director Michael Murray.

"For the past three years in particular, we have worked hard to develop specialist expertise in the area of rehabilitation – making us the only private rehabilitation hospital between the northside of Brisbane and Cairns. We currently take patients from across the Sunshine Coast and as far afield as Hervey Bay, Toowoomba and Brisbane."

For Eden, the award was fitting recognition for a year of many new services, expanded capacity, increased staffing and an average occupancy of 80% each month since June's expansion.

"2008 was a year of enormous growth and excitement for Eden Rehabilitation Centre," Michael went on to say. "Our nomination for, and success in, these Awards is testament to the work of our talented and caring staff in helping patients achieve excellent clinical outcomes."

Diary Date

GP Education Evening

Date: Wednesday 29 April
Venue: Sheraton Noosa Resort and Spa
Time: 6pm registration & pre-dinner drinks
Dinner and drinks provided

Speakers:

Dr Gerrit Fialla

'Breaking the obesity cycle - a multi-disciplinary, non-surgical approach'
Learn about referring your patients to Eden's new obesity clinic – 'Shape Up'

Dr David Eckerman

'Diagnosis and Management of Post-Concussion Syndrome'

RSVP: by Monday April 27, ph. 5472 6472

Call Eden Rehabilitation Centre on: **P. 07 5472 6472 F. 07 5447 7592**

Rehabilitation in 2009



Eden enjoyed a record year in 2008 – experiencing some of the busiest months in terms of patient activity since its establishment.

In 2009, we will build on this foundation and continue to work with local doctors and referring hospitals to offer patients across the Sunshine Coast and beyond access to our unique, specialist rehabilitation services.

2008 was a turning point for Eden. It culminated in us being awarded Best Rural Enterprise in the Maroochy Chamber of Commerce Excellence in Business Awards. This was certainly a surprise, but fitting recognition for our committed staff who do great things every day to restore our patients' functionality and independence.

Things never stand still in healthcare. That's what makes it such an exciting industry to be a part of. As such, we will launch a six-week pilot obesity program in May called 'Shape Up'.

You can read more about this program in Dr Fialla's column, however we are essentially applying a multidisciplinary approach to the non-surgical management of obesity. This is a new initiative for Eden and illustrates the scope of what rehabilitation services can do to improve quality of life across all sectors of the general community.

Our Day Therapy Program is also set for expansion this year - enabling us to involve a greater number of patients who will benefit from rehabilitation but can still manage at home.

Eden's point of difference is its unique focus on rehabilitation. This specialization is reflected in our excellent clinical outcomes and high rates of patient satisfaction.

Whether your patient needs an inpatient stay, is more suited to our Day Therapy Program, needs help breaking the obesity cycle, or wishes to attend daily exercise classes in our fully-equipped gym, Eden Rehabilitation Centre should be your first choice.

Michael Murray
Care Director

Day Therapy Program

While most people associate rehabilitation with an inpatient stay, Eden Rehabilitation Centre's Day Therapy Program is an excellent option for patients who do not require hospitalisation but can benefit from rehabilitation. This includes patients who are:

- Pre and post orthopaedic surgery
- Deconditioned
- At risk of/have a history of falls or balance problems
- Recovering from stroke or other neurological condition

Personalised to meet the patient's individual needs, Eden's Day Therapy Program is overseen by Specialists in Rehabilitation Medicine and may comprise any combination of:

- Physiotherapy
- Occupational Therapy
- Exercise Physiology
- Hydrotherapy
- Speech Pathology
- Dietitian
- Psychology

Complimentary patient transport is available by arrangement.

Please phone Dr Gerrit Fialla on 0414 269 377 or Dr David Eckerman on 0410 331 178 to assess your patient's suitability for the Day Therapy Program.

New Eden website

Eden Rehabilitation Centre has launched its new website which contains comprehensive information for patients about the full spectrum of inpatient and outpatient rehabilitation programs, associated costs and what to expect from a hospital stay. The new website also contains referral information for medical practitioners and access to medical newsletters. An exciting feature of the website is a downloadable patient information video which provides imagery and background information about Eden and rehabilitation therapy programs.

Visit www.edenrehab.com.au

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Jamie's road to recovery



The past year of Jamie Natole's life has seen dramatic change. The proud father of Alex (10), Hannah (8), Tom (5) and Maya (3), and a former large machinery operator, Jamie was lucky to survive a serious motor vehicle accident in February 2008 which left him unable to walk, talk or complete basic daily living skills.

Jamie suffered a major head injury and numerous fractures. He was left blind in one eye, and his gait, speech and language skills and memory were all severely affected.

Initially flown to Royal Brisbane Hospital, Jamie's life hung in the balance in intensive care for three weeks – staying three months before being transferred to Nambour and returning home in June.

Jamie's outpatient rehabilitation program commenced at Eden in July. A physiotherapist worked on his gait and balance; an occupational therapist focused on his cognitive skills; and a speech pathologist worked with Jamie to rebuild his communication skills.

These sessions were combined with regular exercise physiology focused on strengthening, balance and further gait retraining.

Jamie's progress has been remarkable. Today, although still working on his word association skills and unable to read, Jamie can now communicate much more effectively. He is back in his own home, driving a car again, and his strength, balance and gait have improved enormously.

"Coming to Eden has made a big difference to my confidence and has helped me get mobile again," Jamie said. "Otherwise I would be stuck at home with nothing to do."

Jamie still has a long road ahead of him, however he is determined to be back on his surfboard and enjoying employment again in the near future.

Eden targets obesity

As medical practitioners, we confront the challenges of obesity daily. As obesity has become an issue of global significance, Australia has crept towards the top of the list of the world's most obese nations.

In line with this trend, we have witnessed an overwhelming take-up rate of gastric banding surgery, as people desperately look for a solution.

So what alternatives do we have when helping patients address obesity?

We can all advise our patients to make 'healthier' eating choices and engage in a 'regular exercise program'. However each person's interpretations of both are subjective and may do nothing to address the root of the problem.

The missing link is the psychology of obesity.

Research and experience have shown that to be successful when addressing obesity, education about healthy eating and appropriate exercise must be underpinned with a psychological focus on where the overeating stems from.

Eden Rehabilitation Centre's expertise in rehabilitation, and commitment to a multidisciplinary approach, positions it well to address the complex needs of people living with obesity.

In May, Eden will launch a six-week multidisciplinary obesity pilot program involving patients:

- with BMI > 30
- aged 18-80 years
- weighing 90-150 kg
- with medically stable comorbidities
- motivated to lose weight
- approved via GP medical assessment
- and with private health insurance / DVA

The program will comprise two 4-hour sessions each week - incorporating occupational therapy, physiotherapy, psychology, nutrition and exercise physiology modules.

At the conclusion of the program, patients will be encouraged to attend regular follow-up exercise sessions with Eden's Exercise Physiologist. We anticipate being able to involve your patients in the program from July.



Dr Gerrit Fialla
Director of
Rehabilitation Services
p. 0414 269 377



Ashleigh walks again



When 17 year old apprentice hairdresser Ashleigh Baster hit her head while falling down five stairs at work, she spent the next 10 weeks battling agonizing headaches, backache and dizziness.

The fall left her completely immobile and unable to sit up let alone walk. Numerous x-rays and scans were unable to identify the exact cause of the problem which was later diagnosed as Post Concussion Syndrome.

“I was so dizzy that I couldn’t walk and was in so much pain I couldn’t eat, lift my head or even go to the toilet,” Ashleigh recalls. “No one could tell me what was wrong. Gradually, my legs got weaker and weaker to the point where I had no reflexes in my legs two months after the accident.”

Finally, a local physiotherapist suggested Eden Rehabilitation Centre.

“I had never heard of Eden,” Ashleigh said. “But it was my saviour. I remember Dr Fialla saying they would have me walking in a fortnight. It was only then I could see light at the end of the tunnel.”

Ashleigh was admitted to Eden flat on her back. That afternoon, staff introduced her to the tilt table where they gradually increased the angle at 5 degree intervals.

The next day, Ashleigh was showering with the support of a hoist. And then, 13 days after being admitted, she took her first steps.

It was a physically and emotionally draining therapy program for Ashleigh. However her determination to walk and function again, and Eden’s intensive therapy program, saw Ashleigh progress from being immobile to walking out the door within less than three weeks – returning for follow-up therapy via the Day Therapy Program.

Eden patient information DVD out now!

Eden Rehabilitation Centre has developed a patient information DVD to help provide patients with an insight into rehabilitation services and what to expect from an inpatient stay. The seven-minute DVD contains information about hospital costs, billing, accommodation and therapy programs. If you think your patients would benefit from having access to the DVD, please phone Eden on 5472 6472 to order your copy. The DVD is also downloadable on Eden’s new website www.edenrehab.com.au

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