



**ST GEORGE'S  
HOSPITAL**

A TRADITION OF EXCELLENCE

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# *in the loop*

ST GEORGE'S HOSPITAL COMMUNITY NEWSLETTER



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*St George's Eye Care ophthalmologists Dr Paul Baddeley (left) and Dr Oliver Comyn (right)*

## *St George's Eye Care offers innovative new cataract lens*

St George's Eye Care is one of the first eye clinics in New Zealand to offer its cataract patients access to a new lens implant that delivers an extended range of vision.

The new Vivity intraocular lens (IOL) by Alcon incorporates innovative design features to improve near and intermediate vision, and reduce side effects of standard lenses.

After cataract surgery, most patients need reading glasses to help with near vision tasks, and many choose glasses with progressive lenses – allowing them to see close up and distant objects without having to change glasses.

Patients who don't want to rely on glasses can choose multifocal intraocular lenses (IOL), but until now many have chosen not to because of side effects of glare and haloes, which can be troublesome for night driving.



*St George's Eye Care ophthalmologist Dr Paul Baddeley with a patient*

“Patients come to us with cataracts causing difficulty with driving due to glare from oncoming headlights, so they are often put off by the idea that their new lens will give rise to the same symptoms,” says Dr Oliver Comyn of St George's Eye Care.

“The great feature of the new Vivity IOL is that it significantly reduces the occurrence of troublesome glare and halo side effects, and we hope more patients will be interested in this option for their cataract surgery,” he says.

Dr Comyn and fellow St George's Eye Care ophthalmologist Dr Paul Baddeley have both used the new Vivity lens on patients, with excellent results.

“Implantation of the Vivity lens is no different from the standard procedure,” says Dr Baddeley. “If you are interested we advise you to see your optometrist first, who can make a referral for a consultation with Dr Comyn or myself.”

Visit [www.stgeorgeseyecare.org.nz](http://www.stgeorgeseyecare.org.nz) for further information.

# A message from Blair – our new CEO

*Blair Roxborough became Chief Executive Officer of St George's Hospital at the beginning of this year, taking over from Greg Brooks. Blair reflects on his first few months at the helm.*

Like any new Chief Executive Officer my priority was meeting our people and getting first-hand knowledge about what makes St George's such a successful private hospital.

What impressed me most was the evident sense of pride St George's people displayed as they showed me around their departments. This was also echoed by frequent feedback from clinicians about the excellent service and teamwork that they experience at St George's.

From a personal perspective, it's a real pleasure to be back in Christchurch. My family and I moved to Melbourne in 2012 after the Christchurch earthquakes, and I spent the next 10 years there as Regional General Manager for the InterContinental Hotel Group, overseeing 10 hotels across four states.

Having a Cantabrian wife and three daughters born in Christchurch (who all received care at St George's Maternity) we had many family trips back here in that 10 years and it's been fantastic to see the city's revitalisation.

St George's physical transformation is truly impressive, and the innovative and modern facilities that have emerged from our redevelopment are world class.

However, it takes more than facilities to offer the experience



*New St George's Hospital Chief Executive Officer Blair Roxborough*

we provide to those who entrust us with their healthcare. The pride and professionalism of all who work at St George's is key to our success.

It's an exciting time for St George's. I feel extremely privileged to lead the organisation, and look forward

to working alongside our team to continue caring for the community.

Although Greg Brooks has retired as Chief Executive Officer, he retains his involvement with St George's Hospital as a Board Member.

## Did you know?

St George's Hospital recently completed an eight year, \$130 million redevelopment – making it one of the most well-equipped private hospitals in New Zealand.

Our facilities include:

- *Digital operating theatres* using the same 4K technology as Hollywood blockbuster movies
- A new *maternity centre*
- Christchurch's only *private hospital-based intensive care unit*
- Purpose-built *spinal injury rooms* designed with input from tetraplegia patients.



# Introducing the new St George's Maternity Centre

Two hundred and ten babies have been born at the new St George's Maternity Centre since it opened in December last year.

The new Maternity Centre features three purpose-built birthing rooms (two with birthing pools) and is significantly larger than the maternity ward it replaces. It is located in St George's new Cressy Wing, which is the final building to be completed as part of the Hospital's eight-year redevelopment.

St George's incorporated feedback from consumers, their family/whānau, Lead Maternity Carers (LMCs) and staff in designing the new centre.

"Women and LMCs asked for two birthing pools," says Rae Green, St George's Patient Care Manager.

"Having a second, purpose-built pool means more women have the option of using the pool for labouring and/or giving birth.

"Large rooms mean plenty of space for the māmā and a cot for the pēpi, as well as a fold down sleep chair that



*(L-R) Randeep Singh, KamalJeet Kaur, baby Jasaaratt Singh and Lead Maternity Carers Davinia Harrison and Molly Bool. Jasaaratt was the first baby to be born in the new St George's Maternity Centre*

turns into a bed for overnight stays by a partner or support person."

A little boy, named Jasaaratt Singh, was the first baby to be born in the Maternity Centre at 7.00 pm on 1 December 2020, weighing 3.8kgs.

Mum and dad, KamalJeet Kaur and Randeep Singh, were very appreciative of staff and the new facilities.

"The new hospital is fantastic and I was able to use the birthing pool for a water birth," KamalJeet says.



*One of the purpose-built birthing rooms in the new St George's Hospital Maternity Centre*

- St George's Maternity Centre has a contract with the Canterbury District Health Board (CDHB). This means any person in Canterbury who meets the criteria to birth at a community facility and is eligible to receive maternity services in New Zealand can have their baby at St George's free of charge.
- Māmā and pēpi are able to transfer to St George's from Christchurch Women's Hospital for postnatal care (depending on room availability), which is also provided at no cost under the CDHB contract.
- The Centre provides free antenatal breastfeeding classes for all maternity consumers in Canterbury and their whānau – regardless of whether they have their baby at St George's or another facility.



*Sterile Sciences Department Coordinator Amber Tredinnick (left) and Technician Sue Evans (right)*

## Meet the people who care for you

St George's has quite a few 'engine rooms' to keep us running, but there's one in particular that is often overlooked.

Our Sterile Sciences Department is at the frontline of infection control, and without it our operating theatres could not function. Medical instruments come into the department after surgery to be cleaned, sterilised, packaged and stored ready for their next use.

In a typical month the Sterile Sciences team processes around 10,000 items.

As Technician Sue Evans says, "If we stop, the operations stop. Among the profession worldwide there is a saying that we are the heart of the hospital."

Sue has worked in the Sterile Sciences team for 13 years and has seen huge technical changes in that time.

"This morning we had to sterilise a breast implant. We had to look at the manufacturer's recommendation and it was almost at the level of being an engineer. It's patient safety all the time.

"When I first started we were hand washing everything and drying it, putting the sets together and checking it all ourselves.

"Now everything is scanned in to the automated washers and the autoclaves have infection control software that knows the dosage of chemicals and water.

"We used to record everything in handwriting on paper – now we just scan everything," she says.

Sterile Sciences Coordinator Amber Tredinnick says although their work is all behind the scenes, it's a crucial part of St George's patient care.

"We could be considered the engine room of the hospital. We disinfect and sterilise every single piece of equipment that is used in theatre," says Amber.

"We have to dismantle some items before they go into the wash and then reassemble them afterwards. The equipment and what it's used for becomes second nature to us. With some instruments you can't help wondering how somebody came up with the idea."



*"If we stop, the operations stop."*



St George's Cancer Care Dietitian Bianca Munro with patient Martyn Rix

## Eating well with cancer

Nutrition plays an important role throughout our lives – even more so when we are unwell or recovering from an illness.

St George's Cancer Care Dietitian Bianca Munro helps cancer patients navigate the world of nutrition as they go through their journey of diagnosis, treatment and recovery.

“A nutrient-dense, well balanced diet is important for cancer patients,” says Bianca. “It can enhance recovery between treatments, improve wellbeing and offer protective effects for the future.”

A cancer diagnosis and treatment can change someone's ability or desire to eat, and can affect the way their body utilises nutrients, she says.

“Nutrition priorities during cancer treatment include improving nutrient intake to maintain a healthy body weight, modifying the diet to help minimise treatment-related side effects, and correcting nutritional deficiencies – among others.”

Bianca says those caring for cancer patients can provide invaluable support through meal preparation, encouraging smaller and more frequent meals, and offering nourishing foods or fluids.

### Quick and healthy snack ideas

People with cancer might find their appetite and food preferences are affected by their treatment, making it difficult to meet their nutritional needs. Introducing small snacks between meals can be helpful. Below are some ideas:

- Smoothies
- Cheese and crackers
- Crackers and spread
- Yoghurt
- Vegetables dipped in hummus
- Fresh fruit
- Protein filled sandwich

### About St George's Cancer Care

- St George's Cancer Care was established in 2010 to provide patients with choice outside of the public system, and to introduce treatment options previously unavailable in the South Island.
- The purpose-built Centre was the first private facility in New Zealand to offer both radiation and chemotherapy treatment.
- Advanced cancer treatment is supported by onsite services that include counselling, dietary advice, speech language therapy, yoga and exercise classes, and physiotherapy.



### Did you know?

Eating healthy food and being a healthy weight can help reduce your risk of at least 12 different cancers, according to the Cancer Society of New Zealand.



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