Welcome to Epworth Hawthorn

The one goal that drives everything we do is to improve patients’ lives.

We are committed to your care, which in addition to your clinical care includes your physical comfort, communication and wellbeing needs. Your satisfaction in these areas contributes to our delivery of excellence in patient care and clinical services.

This Point of Care patient guide has been developed to help you, your family and friends find general information that will assist during your stay. We aim for your stay to be as comfortable as possible; please let us know if we can be of any assistance.

For information pertaining to your individual care, we encourage you to ask questions of your team and seek clarification if you are unsure of anything during your stay.

We also value your feedback which helps us identify where we are doing well and where we can make improvements. Please feel confident to speak with your nurse or unit manager or, if you prefer, you may provide feedback online at www.epworth.org.au. All feedback is treated confidentially.

Thank you for entrusting us with your care.

Vincent Borg
Executive Director
Rehabilitation and Mental Health

Alan R Kinkade
Group Chief Executive

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About Epworth HealthCare

Excellence
Epworth HealthCare is Victoria’s largest not for profit private health care group, renowned for excellence in diagnosis, treatment, care and rehabilitation. Epworth is an innovator in Australia’s health system, embracing the latest in evidence-based medicine to pioneer treatments and services for our patients.

Everywhere
We have a number of locations across the Melbourne metropolitan area, including Epworth Brighton, Epworth Camberwell, Epworth Cliveden (East Melbourne), Epworth Eastern (Box Hill), Epworth Freemasons (East Melbourne), Epworth Hawthorn and Epworth Richmond, as well as specialist centres in Berwick and Lilydale. In 2016 we opened our new teaching hospital, Epworth Geelong, in partnership with Deakin University, to provide healthcare to Victoria’s growing western corridor.

Everyday
From the birth of your child, to cardiac care, rehabilitation, a hip replacement, robotic surgery, comprehensive cancer treatment or any of our 40 specialties, we have the specialists, facilities, staff and support to care for you 24 hours a day, seven days a week.
About Epworth Hawthorn

The impact of an illness, injury, medical condition, medical event or surgery can be significant and life changing. The physical, personal and emotional responses can be unexpected and can affect not only you but also your family and friends.

Patients come to Epworth Hawthorn for two reasons: acute surgical care and rehabilitation programs. This manual is intended for use by both groups; all patients will find information here to help them during their stay. Please feel free to discuss any concerns with our staff.

Rehabilitation patients

Epworth Rehabilitation is the largest private not-for-profit rehabilitation provider in Victoria and has been operational since 1981. At Epworth Rehabilitation we strive to provide excellence in patient care. We are committed to supporting and assisting you to return to optimal independence and to improve your quality of life.

Our dedicated rehabilitation team will work with you to identify your needs, to set realistic goals and to develop a program tailored specifically to your needs. The programs we offer can be a combination of individual and group based therapy in the inpatient and outpatient setting.

Our high quality standards have been recognised with accreditation by the Australian Council on HealthCare Standards.

Epworth Rehabilitation provides inpatient beds for rehabilitation, an extensive outpatient service and community programs.

We are located at:
• Epworth Richmond
• Epworth Brighton
• Epworth Camberwell
• Epworth Hawthorn
• Epworth Geelong

Allied Health professionals and nurses work closely with the rehabilitation physicians in an interdisciplinary team to create an individualised rehabilitation program for each patient.

Benefits of rehabilitation at Epworth

Our highly trained and experienced staff:
• 24 hour cover by Specialists Consultants in Rehabilitation Medicine including a Professor as Medical Director
• Registrars (in the Rehabilitation Training program)
• Registered nurses experienced in rehabilitation
• Allied Health therapists on staff including:
  • Physiotherapists
  • Exercise physiologists
  • Occupational therapists including Vocational Counsellors
  • Social workers
  • Speech pathologists
  • Clinical psychologists
  • Neuropsychologists
  • Pastoral Care Workers
  • Dietitians
About
Epworth Hawthorn

This directory provides information for you and your family on our facility, services and programs.

If you have any further questions, concerns or thoughts please speak with your nurse or therapist or alternatively ask to speak with the nurse unit manager who will be more than happy to assist.

We hope that your stay is as comfortable as possible and please let us know if we can be of any assistance.
Your rights and responsibilities

Epworth endorses the Australian Government’s Private Patient’s Hospital Charter which describes the rights of privately insured patients admitted to a public or private hospital. The charter outlines what it means if you are seeking or receiving care from a public or private healthcare service, including what you can expect from services and what to do if you have a question or concern.

Patient responsibilities

As a patient of Epworth, you have the responsibility to:

• provide information about your present and past illnesses, hospitalisations, medications and other matters relating to your health history
• ask questions if you do not understand explanations given about risks and benefits of your healthcare, directions or procedures
• help your doctor, nurse and healthcare support staff in their efforts to care for you by following their instructions and medical orders
• report safety concerns immediately to your doctor, nurse or any healthcare support staff
• ask questions of your treating doctor, specialist, health insurer or hospital about likely costs before you go to hospital.

You must also be responsible for the payment of all services, either through your third party payers (insurance company, Transport Accident Commission etc) or by personally making payment for any service that is not covered by your insurance policy(s) including second opinions and consultations.

Patient rights

As a private patient you have the right to choose your own doctor, and decide whether you will go as a private patient to a public or a private hospital that your doctor attends. Even if you have private health insurance, you can choose to be treated as a public patient in a public hospital, at no charge, by a doctor appointed by the hospital.

You also have the right to:

• information about your diagnosis, treatment, associated risks and treatment options
• information from your doctor or health service on the costs of your proposed treatment, including any likely out of pocket expenses
• seek other medical opinions about your condition
• information on visiting arrangements for your family and friends while you are in hospital

• confidentiality of, and access to, your medical records
• treatment with respect and dignity
• care and support from nurses and allied health professionals
• participate in decisions about your care
• make a comment or complaint about any aspect of your hospital treatment.

The Australian Government’s Private Patient’s Hospital Charter is located on page 29 of this guide.
Patient privacy

Epworth HealthCare is committed to protecting the privacy and confidentiality of the personal information (including health information and other sensitive information) that it collects and uses.

Epworth complies with its obligations under all applicable privacy and health records laws, including the Privacy Act 1988 (Cth) (and its Australian Privacy Principles) and the Health Records Act 2001 (Vic) (and its Health Privacy Principles). Epworth recognises that the privacy principles under those laws apply to our relationship with patients, employees and service providers. Epworth requires that all health professionals and organisations doing business with us will similarly adhere to those privacy principles.

This privacy policy explains how Epworth manages the personal information that we collect, use and disclose; it also describes how you may contact us if you have any questions or complaints about your privacy or would like to access the personal information we hold about you.

This privacy policy applies to all of the hospitals and health services operated by Epworth.

For further information around our privacy policy and how Epworth collects, uses and discloses and protects personal information, please visit ‘About Us’ at epworth.org.au.
Facilities and amenities

Car parking
Undercover car parking is available at Epworth Hawthorn. Opening hours are during visiting hours.

Car parking fees are charged and you should check the signage. The parking pay station is located in the Ground Floor Foyer.

A discount rate is available for long term visitors using the car park over a period of 7 days or more, subject to conditions. Patients and family members seeking a discount pass card should make enquiries through their Social Worker or Security or Support Services Manager.

Car park enquiries should be directed to reception ext. 55 777 or nurse unit manager or security officer out of hours.

Main reception
Dial 95 on your bedside phone to contact main reception during business hours. Main reception is located on the ground floor.

Newspapers and magazines
The Herald Sun and The Australian newspapers are distributed in limited numbers to the ward daily. Please discuss your request with nursing staff.

Patient drop-off and pick-up zones
Patients may be dropped off or picked up at the front or rear of the 50 Burwood Road Building. It is important that this be done on a flat area of the driveway so reduce falls risk. Please speak with our staff regarding the assistance you need.

Public transport
Tram numbers 75 travel from Burwood Road west to Bridge Road and east to Vermont South. Epworth Hawthorn is at stop number 25.

The closest train station is Hawthorn which immediately east of the hospital and on the Lilydale, Belgrave and Alamein.

Taxis
A complimentary taxi phone is located in the ground floor foyer.
Retail options

Pharmacy

Slade Chemmart Pharmacy
Slade Chemmart™ stocks a range of healthcare products and an extensive range of cosmetics, fragrances and beauty services are also available. The pharmacist will supply you with medications required during your stay and may visit you on the ward to discuss your medications. A comprehensive medication profile when required and education will be given to you prior to your discharge. This ensures you understand how to best take your medication when you go home.

All new medications related to this hospital admission will be paid by the hospital. Any medication supplied by the Pharmacy that you were already taking prior to your admission are not covered by your insurance and will be charged directly to you (there are some limited exceptions).

Medications covered by the Pharmaceutical Benefits Scheme (PBS) will be charged at the PBS price. Other medicines will vary in price. These charges will be placed on an account in your name which you will need to pay at Slade Pharmacy at the time of your discharge. You can request a Safety Net printout to supply to the pharmacy you regularly visit. For any queries or further information, please contact our pharmacy team at Slade Pharmacy on 9429 6322 between 8am and 10pm, seven days a week.

Where to eat - visitors
Epworth Hawthorn does not have an on site cafe or restaurant however there are a number of cafes located close to the hospital on Burwood Road.
# Useful contacts

<table>
<thead>
<tr>
<th>Department</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Epworth Hawthorn Main Reception</td>
<td>Dial 95 (internal phone); or: 9415 5777</td>
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<tr>
<td>Patient Accounts</td>
<td>9415 5777</td>
</tr>
<tr>
<td>Slade Pharmacy</td>
<td>9429 6322</td>
</tr>
<tr>
<td>Pharmacy Accounts</td>
<td>9565 4480</td>
</tr>
<tr>
<td>Epworth Pathology Accounts</td>
<td>9287 7700</td>
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<tr>
<td>Epworth Medical Imaging Accounts</td>
<td>9516 2244</td>
</tr>
<tr>
<td>Epworth Medical Foundation</td>
<td>9426 6132</td>
</tr>
<tr>
<td>Patient Services</td>
<td>9426 8950</td>
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The rehabilitation program

Our rehabilitation program aims to optimise your level of function and your ability to be independent while supporting your psychological, emotional and spiritual needs.

The rehabilitation staff work together as a team to support you to set and achieve realistic and relevant short and long term goals so that you can recover and reach your full potential.

The type of therapies provided and your length of stay at Epworth Rehabilitation will vary according to:

- The reason for your admission - the severity of the injury, the type of surgery, the condition involved
- The level of independence and functional activity prior to your admission
- The achievement of your goals and any variances that may arise

Based on individual assessment and discussion, our rehabilitation team will design a program with you to meet your needs. You can expect to receive a timetable within 24-48 hours. If you are admitted at the weekend it takes a little longer.

Therapy sessions are for 30 minutes each session and will most often be scheduled to provide a particular therapy for an hour at a time which ensures continuity with the activities prescribed.

It is important that you are ready for the therapy sessions on time in order to maximise the benefit of your program. Any additional therapy you wish to consider is by negotiation with our staff.

Accommodation

Epworth Hawthorn provides both private and shared room accommodation. Please speak with your nurse if your preference is for a private room. There may be occasions where we are unable to accommodate your requests however we will endeavor to meet your needs as quickly as possible.

All patient rooms have a nurse call button located on a hand set at the bedside, television, radio and a telephone.

The Point of Care system you are using to read this information is scheduled to be installed across all patient beds across Epworth HealthCare locations during 2016 and 2017.

Flowers

Lilies are known to cause allergies and related symptoms in some people. In order to protect our patients, staff and visitors from this known allergen, Epworth does not allow lilies to be brought into any of our hospitals. All other flowers are welcome.

Meals and food services

Each day you will be visited by one of our menu monitors who will record your meal choices via an electronic ordering system from a menu prepared by our team of chefs. All menus are prepared in accordance with Australian dietary guidelines.

You can expect a high standard of meals and food preparation because:

- we have an onsite kitchens producing fresh meals
- we use seasonal produce
- we have regular internal and external audits to check cleanliness, the safety and quality of our food, food preparation and kitchens.
**During your stay**

We understand that excellent nutrition is vital to recovery from illness or surgery. The best way for us to support your nutrition is to ensure we provide appetising, healthy meals made from quality fresh produce.

We endeavour to meet your dietary needs while you are with us. Due to our diverse patient population we are aware of and pleased to accommodate your specific needs, whether they are based on cultural, religious, personal preference or physical requirements. You can assist us by advising nursing staff, your doctor and the menu monitor of any special or specific needs. If you require a modified diet or have special dietary needs, this can be arranged through your nurse, dietitian or speech therapist.

Should you require a light diet, this can be arranged through your nurse, menu monitor, or dietitian. If you request a light diet item for the same day, choices may be limited between meal times.

**Meal service times**

<table>
<thead>
<tr>
<th>Meal</th>
<th>Time</th>
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<tbody>
<tr>
<td>Breakfast</td>
<td>8am to 8.30am</td>
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<tr>
<td>Lunch</td>
<td>12pm to 12.30pm</td>
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<tr>
<td>Dinner</td>
<td>6pm to 6.30pm</td>
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A trolley service is also available as follows:

<table>
<thead>
<tr>
<th>Time</th>
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<tr>
<td>Morning tea</td>
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<tr>
<td>Afternoon tea</td>
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**Our Food Services Team**

**Chefs**

We have a team of highly experienced chefs involved in menu planning and food preparation, aiming to produce enjoyable, well presented and nutritious meals and snacks.

**Dietitians**

Our dietitians are trained to assist with the nutritional needs of patients before, during and after hospitalisation. They are available to provide information and support to meet your needs and assist with recovery. Medical events and trauma can have a profound effect on metabolism and nutritional requirements. Poor nutrition can increase fatigue levels, decrease wound healing and delay recovery. The dietitian can develop a diet plan tailored to your needs to improve nutrition and aid recovery.

**Meal and snack delivery staff**

Our food service staff will endeavour to deliver your meals in a timely manner and are available to provide assistance with opening packaging.

Your meal tray is normally collected 30 minutes to one hour after it is delivered but if you need more time that will be accommodated.

**Our menu**

We aim to provide a wide selection of food on our menus from meat to fish and vegetarian choices. The food choices have been developed with input from patients, dietitians, chefs and our staff. We provide a balance of comfort and modern choices with the aim of meeting the food preferences and cultural needs of our patients.
During your stay

Commonly asked questions about your meals

What if I miss a meal?
If you are away from your room during meal or snack delivery time, please ask your nurse to organise something to eat and drink on your return.

Can I order wine or beer with my meal?
Alcohol is provided only with the permission of your treating doctor and can only be provided accompanying a meal.

What if my meal is delivered and it is not what I ordered or is missing something?
If your meal arrives and it is not what you thought you ordered on the menu or if something is missing please call the catering department ext 5674.

Can I order something that is not on the menu?
Yes, discuss your preferences with your menu monitor and they will endeavour to meet your request.

Meeting your special needs
Epworth has a diverse patient population. We recognise that many of our patients have special needs in accordance with culture, religious beliefs, personal preferences, physical abilities and disabilities and we aim to ensure that these needs are met.

Examples of services that can be organised to meet your needs include:
• Interpreter services
• Dietitians
• Religious and pastoral care staff
• Occupational therapists
• Social workers
• Your nurse and nurse manager

Please identify any special needs or requirements to your nurse, doctor or therapist so that we can accommodate your requests.

Non smoking policy
Smoking is not permitted within the hospital or on hospital grounds. At Epworth Hawthorn, an area at the front of the building on Burwood Road has been allocated for this purpose. Epworth would like all persons to be mindful of the environment and ensure they bin litter.

Telephone
Each bed has its own telephone, enabling your family and friends to dial you directly. Please ask your nurse or ward receptionist to assist you in locating your direct telephone number.

Local, STD and international calls can be made from your bedside telephone. Local calls are complimentary; however there are charges for calls to mobile phones and for STD and international calls. Special telephones are available for patients with impaired vision or hearing, or for patients who are unable to hold a hand piece.
During your stay

Valuables
We recommend that you do not bring non-essential valuables to hospital (e.g. jewellery).

While Epworth will endeavour to take every possible care of your personal property it does not accept any liability or responsibility for theft, loss or damage to your personal belongings (this includes dentures, hearing aids and/or glasses).

Visitors
Visitors are welcome between:

- Monday - Friday: 4pm to 8pm
- Saturday: 12pm to 8pm
- Sunday: 12pm to 8pm

To visit outside these times, please contact the ward/unit manager, as patients may be attending therapy treatment between 9am and 4pm.
Your care team

Epworth HealthCare staff
You will notice a different emphasis between acute care and rehabilitation care. In rehabilitation the emphasis is on encouraging you to become more independent. You will be shown how to do things for yourself, as we aim for you to return home as self-reliant as is possible. This is a graded process that occurs over some days or weeks depending on your ability and your goals.

Each staff member’s name and function is clearly marked on his or her identification badge.

Care coordinator
You will be assigned a care coordinator on the day of your admission. This person is particularly responsible for ensuring you have information regarding your therapy treatment goals and discharge plan.

Your doctor
Your doctor in rehabilitation is a specialist consultant in rehabilitation medicine. He/she will coordinate your care and may involve a rehabilitation registrar (senior doctor) to provide additional medical support when necessary for day to day management and care.

Our medical staff liaise closely with each other and your surgeons and physicians (if required) to ensure that your medical needs are assessed and treated. Should the need arise, acute medical services are readily available.

Your nursing team
A nurse unit manager on each rehabilitation ward will guide your care while leading and supporting the nursing team. Nurses on the ward care and support patients and families in rehabilitation and are skilled in all aspects of rehabilitation management and care. The nursing team will provide a coordinated approach to your 24 hour care.

Occupational therapy
Occupational therapists assess how your injury or illness has affected your ability to complete the everyday activities that are relevant to you. These may include self care tasks, domestic duties, leisure activities, community tasks like shopping, work and driving. To address these issues occupational therapists use therapeutic activity, specialised equipment and education to improve skills and abilities.

An occupational therapist may organise a home assessment to evaluate your home environment and make recommendations in relation to equipment, home modifications, and services to improve your safety and independence at home.

Physiotherapy and exercise physiology
A physiotherapy rehabilitation program is individually designed on admission to enable you to achieve your rehabilitation goals. Sessions may be individual one to one and some group sessions; these are monitored by a physiotherapist, exercise physiologist or allied health assistant.

Physiotherapists use exercise to improve your walking, joint flexibility, muscle strength and balance.

Hydrotherapy is available and based on assessment of your individual situation and needs. It may be included in your rehabilitation program as a therapy.

Psychology
Psychologists are available to provide psychological counseling related to injury, medical conditions and hospitalisation. These clinicians assist patients to address issues such as anxiety and relationship changes. Neuropsychologists, in addition provide assessment, education and strategies to manage cognitive changes such as reduced concentration and memory difficulties. Please advise your nurse unit manager or care coordinator should you wish...
to access this service, depression, persistent pain and relationship changes. Neuropsychologists, in addition provide assessment, education and strategies to manage cognitive changes such as reduced concentration and memory difficulties. Please advise your Nurse Unit Manager or Care Coordinator should you wish to access this service.

Social work
Social workers are available to both you and your family throughout your stay. They may provide supportive counselling regarding your accident, injuries and/or medical conditions. Social workers can also provide assistance with accessing entitlements, resources and addressing financial issues, as well as with discharge planning.

Dietetics
A dietitian trained in dealing with the nutritional needs of people before, during and after hospitalisation is available. Medical events and trauma can have a profound effect on metabolism and nutritional requirements. Poor nutrition can increase fatigue levels, decrease wound healing and delay recovery. A dietitian can develop a diet plan tailored to your needs to improve nutrition and aid recovery. Please speak to our staff about your concerns.

Speech pathology
A speech pathologist is responsible for the assessment, diagnosis, and treatment and management of a range of communication, cognitive/thinking and swallowing problems. Such difficulties frequently arise as a consequence of acquired brain injury, neurological impairment or surgery. The speech pathologist will tailor a program to suit your needs and may include a combination of individual and group based therapy.

Veteran affairs liaison
A Department of Veterans Affairs Liaison officer is available to assist all Veterans and their family with any requests. If you would like to speak with the DVA Liaison Officer the nurse or Nurse Unit Manager can organise this for you.

Pastoral care
Pastoral care at Epworth embraces both the secular and the sacred. We offer people the chance to express concerns or issues related to their overall spiritual and emotional health and wellbeing. Members of the pastoral care team can spend time with you, listening to you and offering support.

Pastoral care is offered to patients, families and staff by qualified pastoral care staff and chaplains. Support is offered regardless of religious or other beliefs and no attempt is made to intrude or impose particular beliefs.

Accredited visitors from various faith traditions visit regularly or on request. We attempt to offer timely and appropriate support, especially at times of acute anxiety and loss. We also want to ensure that the religious and cultural needs of all patients are met and respected.

Pastoral care is available either by staff request.

Volunteers
Epworth has an active volunteer program. Volunteers provide a vital service in a wide range of activities through the hospital and are much appreciated by patients and staff alike. If you are interested in further information about the program, or in becoming a volunteer worker, please visit the Epworth website and search ‘Volunteer’ or contact our Volunteer Coordinator on 9426 6217.
Quality and safety are at the core of everything we do. Epworth runs a number of initiatives which contribute to providing a safe environment for patients, visitors and staff members. Our accreditation and national safety standards also guide Epworth in ensuring your safety.

Patient identification
On your admission to Epworth Hawthorn identifying bands will be placed on your wrist or sometimes your ankle. This band includes your name, date of birth and a unique hospital identification number. Please ensure that all details are correct. Our staff will check your bands on many occasions during your stay, for example before administering medication or conducting blood tests. This helps to ensure that you receive the correct medication or treatment.

Consent
You or the person responsible for your care would have signed a consent form before your procedure could take place. You should have reviewed all the information on your consent form before you signed. It is important to have discussed your procedure with your doctor so you fully understand everything involved. If you are not sure about anything, including known risks, recovery or alternatives to having your procedure, please ask your doctor. If you have appointed an Enduring Power of Attorney (Medical Treatment) you should have brought a copy of the document with you to hospital to be filed in your medical record and to allow your healthcare team to be aware of this appointment.

Blood clot prevention
A stay in hospital can increase the risk of a blood clot in your legs or lungs. During your stay the doctor will assess your risk of developing a clot and may recommend a suitable treatment such as wearing compression stockings, taking blood thinning tablets or a blood thinning injection, staying mobile with suitable exercises and adequate hydration/fluids. You can assist in preventing a clot by wearing the stockings for as long as instructed, continuing with the medication and keep moving (within your restrictions).

Fall prevention
For many reasons patients of all ages are at increased risk of having a fall while in hospital. Being in an unfamiliar environment, changes in medication, altered strength due to an illness, altered balance and some medical conditions can contribute.

Epworth has a falls prevention program in place for your safety. During your admission, you will have been assessed to see if you are at risk of having a fall.

During your stay, your healthcare team will check on you regularly to ensure you have everything you need within reach and assist you to move around, if needed. Your risk assessment for falls will be repeated throughout your hospital admission, as your risk factors may change. Please ensure your clothing is not too long and footwear is non-slip and fits well. Good nutrition, plenty of fluids and suitable exercise are important to maintain your health and reduce your chance of having a fall. Ask your doctor, nurse or physiotherapist about suitable exercises to assist with mobility or let us know if you would like to speak to a dietician.

Pressure injury prevention
Pressure injuries are caused by pressure, friction and moisture that can damage the skin and result in a sore, tender and sometimes broken area of skin.

Epworth has a pressure injury prevention program in place for your wellbeing. During your admission, you will have been assessed to see if you are at risk of
Your safety in hospital

having a pressure injury. The nursing staff may check the common pressure points such as buttocks, heels, elbows and back of head during your stay and discuss how to prevent injuries.

You can assist in the prevention of a pressure injury by taking care when you move, ensuring your skin is clean and dry, eating a well balanced diet, staying hydrated and notifying the staff if you have any discomfort.

Minimising the risk of infection

Epworth is committed to ensuring the health and safety of all patients, visitors and healthcare workers. Our infection control standards are in line with legislative guidelines and the Australian Government Department of Health and Ageing Infection Control Guidelines.

We are committed to keeping our patients and visitors as safe and as healthy as possible. When you are unwell your body’s immune system is weaker, so the risk of getting an infection is greater. One of the best ways to prevent infections from spreading is to keep hands clean at all times.

Please use the hand gel provided in public and patient areas to ensure your hands are clean. You should try not to touch any dressings, wound, drips or tubes on your body. Posters are displayed throughout the hospital with instructions on how to maintain hand hygiene.

Safe mobilisation

Epworth has safe work practices for staff to use when handling, transferring or mobilising patients. Staff will encourage your assistance whenever it is safe for you to do so. At times a physiotherapist may be consulted to assess and provide strategies for optimising functional mobility. This will ensure you remain as independent as possible, improve your mobility and may also speed your recovery.

Equipment that may be used includes slide sheets, an overhead monkey bar, a turning frame, a sit to stand machine or a full lifting hoist with sling. An explanation will be given before any equipment is used.

Please ask your nurse if you have any questions about this policy.

Promoting recovery

Your recovery is very important to us and we seek your active participation in its promotion.

The importance of movement

It is important to maintain and encourage safe movement whilst in hospital as advised by your care team. Movement can reduce your risk of developing a chest infection, blood clots and pressure injuries. A pressure injury is an area of skin that has been damaged due to unrelieved and prolonged pressure, also known as pressure sores or bedsores.

A staff member will examine you and ask general questions about your health, nutrition and mobility to assess your risk of potential complications and give you advice accordingly. Types of movement you may be advised to undertake may include deep breathing and coughing, changing your position or gentle exercises in the bed or the chair.

Early mobilisation out of bed under the direction of hospital staff is an important means of promoting a speedy recovery from acute illness or surgery and returning to normal activities. Methods of mobilisation including sitting out of bed or walking depending on your level of ability following surgery/illness, and may require use of specialised equipment and more involvement from physiotherapy staff.
If your length of stay in hospital is greater than 48 hours, please come prepared with a few items of clothing and footwear suitable for walking or exercising.

Drinking enough to ensure that you are well hydrated promotes recovery and prevents complications such as blood clots and urinary tract infections.

Deep breathing and coughing whilst you are sitting or lying for long periods can help to prevent complications such as chest infections. Ask your nurse or physiotherapist to help you and ensure you have enough pain relief to perform these exercises.

A period of rehabilitation may be prescribed or recommended by your doctor or other health professionals such as a physiotherapist.

Patient rounding
During your admission you will have passed through a number of different areas within the hospital. These may include reception, the admissions lounge, operating theatre, recovery area and the ward.

You will be cared for by a number of different medical, nursing and support staff members. For this reason, and to ensure your safety, staff need to check a number of things with you, including your personal details, type of procedure and pain levels.

The questions we ask may seem repetitive, but it is a very important part of a patient safety process called rounding.

Rounding is a term used at Epworth for the communication staff have with their patients. Rounding is our system of keeping patients informed and safe.

There are two types of rounding – hourly and leader.

Hourly rounding
Hourly rounding ensures a high standard of care occurs consistently throughout hospital admission and any risks associated with hospitalisation are managed.

Hourly rounding assists staff to build a relationship of trust with you. In turn, you will know what to expect with your day to day care.

You can expect to:
• be informed and involved in care decisions
• be assessed frequently for pain, comfort, personal needs and have each adequately addressed
• have items you need left within reach
• be made aware of when staff will return to continue care.

Leader rounding
An Epworth expectation is that you will be seen daily by the unit manager, one of their associates or the person in charge of the shift. This assists in ensuring you receive high quality care and that any of your concerns are addressed.

Bedside handover
Epworth staff are committed to keeping you safe. Bedside handover is an exchange of information about patient care between members of the healthcare team. It is an important communication process that ensures consistency in information exchanges and includes:
• introduction of staff providing care
• an overview of the patient’s current situation, condition and treatment needs
• observations and risk assessments
• review of medications
• ongoing care requirements.
Your safety in hospital

Epworth staff will invite you to participate in the handover process and you will be provided with an opportunity to clarify the information provided.

**Escalation of care**

Epworth has systems in place to escalate care as required. Epworth Hawthorn provides an escalation and review process which is conducted by a Hospital Medical Officer and Intensive Nurse Care Unit Liaison team.

As a patient or carer of a patient, it is important that you are actively involved in your/their care. If you notice a change in your/their condition and are concerned, please contact your healthcare team to seek further advice.
Planning for discharge

It is vital that we work with you and your family to start planning for your discharge from hospital as soon as possible in order to ensure that any services you may require are organised for you.

Your doctor and the rehabilitation team will assist you in identifying what your restrictions and needs may be. You may consider asking family or friends for support in meeting these needs. Alternatively the nurse unit manager can refer you to a social worker who can assist with arranging alternative supports.

Your care coordinator will work with you to plan your proposed discharge date from the day of admission. Please consider the following well before your discharge date and ask for further information or assistance.

- Transport arrangements for your return home
- Ability to care for your personal needs (e.g. bathing, dressing)
- Your capacity to perform normal domestic duties (e.g. shopping, cooking, cleaning)
- Readiness to resume normal social/work activities
- Any special care needs (e.g. dressings, medications)

Discharge time for overnight patients is by 9.30am.

Outpatient services
During your admission the requirement for outpatient services will be discussed with you by your care coordinator. If you are deemed suitable to attend outpatients, you will be provided with the necessary contact numbers and appointment to return prior to your discharge.

Please note: All outpatient services are available but not required by all patients.

The outpatient program can be provided at one of our four campuses based on your needs.

Epworth Brighton
85 Wilson Street
Brighton VIC 3186

Epworth Hawthorn
50 Burwood Road
Hawthorn VIC 3122

Epworth Geelong
1 Epworth Place
Waurum Ponds VIC 3216

Epworth Camberwell
888 Toorak Road
Camberwell VIC 3124

Epworth Richmond
89 Bridge Road
Richmond VIC 3121

Transport
Ambulance transport is based on medical need only and approval by the rehabilitation physician is required. If covered by TAC or WorkCover a taxi can be organised if necessary but two days notice is required to obtain funding approval. We request you arrange a family member or friend to transport you home for your day of discharge.

Discharge medication
One script for your medication will be dispensed on discharge. After discharge you will need to visit your GP to obtain further medication. You will be required to pay for any non admission related medications before your discharge. Please discuss with your nurse, care coordinator or pharmacist. Slade Chemmart Pharmacy is the service provider for Epworth Hawthorn – further information for Slade Chemmart Pharmacy can be found on page 10.

Discharge summary
A summary of your condition and treatment whilst at Epworth Rehabilitation is sent to your general practitioner (GP) by your treating rehabilitation consultant.
Planning for discharge

Follow up appointments
You will be given written details of any follow up appointments before your discharge. These may include outpatient appointments or doctor appointments.

Equipment
All equipment is organised prior to discharge date; the arrangements may be for the equipment to arrive at your home on the day you are discharged.

Activities after discharge
For some patients a medical clearance must be obtained prior to driving a car. You may need to discuss this with your doctor. Failure to do so may mean that you are not covered by insurance.

Post discharge follow up phone call
Our care and concern for your recovery and wellbeing extends beyond your hospital stay. You will receive a post discharge follow up phone call from the care coordinator or nursing team within one week of discharge.

Mental health
Epworth Clinic, located at Epworth Camberwell, is a comprehensive mental health service providing a multidisciplinary team approach to the treatment of mental health conditions. Our team consists of psychiatrists, mental health nurses, occupational therapists, psychologists, social workers and general practitioners.

We strive to provide excellent patient care in both our inpatient and outpatient programs. We believe that every patient is unique and are committed to offering services that are focused on the individual treatment objectives of every patient.

The 63-bed inpatient service provides care and treatment for patients in need of acute rather than crisis mental health care. Epworth Clinic treats a range of mental health conditions such as:
- mood disorders (depression and bipolar disorders)
- anxiety (including post traumatic stress disorders)
- psychosis
- personality disorders
- adjustment disorders
- aged psychiatry
- neurostimulation (ECT and TMS).

For referral to the rehabilitation or mental health programs, please speak to any one of your health care team members. Following this one of our rehabilitation assessment team will visit you to discuss your options as either an inpatient or outpatient.

Hospital in the Home
The Hospital in the Home Unit (HHU), or other home nursing service, offers clients the advantages of home nursing and medical care for acute conditions that would otherwise require care in a traditional ward.

The team is committed to providing optimal personalised healthcare and meeting the individual needs of clients. Clients have access to medical and nursing contact 24 hours per day, just a phone call away if concerns arise. Client care involves the nursing staff and the medical team visiting the patients at home daily.
Planning for discharge

Clients are considered as inpatients of Epworth, with the advantages of home nursing and medical care, and the hospital’s resources such as pharmacy, pathology and radiology available as necessary.

Rehabilitation patients may require referral to an external home nursing service for post discharge nursing services. External care services, such as housekeeping, meals provision, and personal care can be arranged as necessary.

The service requires a referral from a medical officer. For further information on the service please call 9426 6091.
Accounts and out-of-pocket costs

Epworth HealthCare is a private not-for-profit hospital group. As a patient, you will incur fees which are made up of several components.

Staff from the Patient Services Centre can advise you of the hospital fees that you can expect to pay, depending on your level of health cover.

Things to check with your private health insurer
Before coming to hospital, we recommend that you have contacted your private health insurer to check the following:
• Is your reason for admission, including any surgery, covered under your level of insurance?
• Are there are any additional costs you should expect such as an excess or co-payments?

Self-insured patients
If you do not have private health insurance an estimate of your admission costs has been calculated for you and you would have been required to pay your estimated account prior to your admission. The actual cost incurred may differ from the estimate due to a change in treatment or a longer stay in hospital than originally planned. If treatment costs exceed the estimated amount, you will be asked to pay the difference before going home. For further information, please contact the patient service centre.

Payment of account
You will have been contacted prior to admission to inform you of any estimated out-of-pocket expenses that may apply to you. This may include excesses, co-payments and additional costs which are required to be paid prior to your admission. Any outstanding amount not covered by your insurance that has not been paid on admission is due to be paid on discharge.

For more information on the types of expenses that may be associated with your stay, please visit epworth.org.au and go to the hospital fees page.

Epworth accepts Visa, Mastercard, cash, bank cheques and EFTPOS. We do not accept American Express, Diners Card or personal cheques. If paying by card, please ensure that any daily or transactional withdrawal limits are sufficient to settle your account.

For your convenience, accounts may be settled up until the day before discharge. We recommend you do so to avoid receiving multiple accounts after discharge, especially if you have been admitted to another hospital. If you have any questions regarding accounts, please contact the service or department who sent you the account.

Billing your private health insurer
Epworth will submit a claim to your private health insurer for the cost of hospital related expenses, for the following group of patients:
• Privately insured patients
• Department of Veterans Affairs (DVA) patients
• WorkCover, TAC and other third party claims (only if a letter of liability is provided).

All doctor, medical and anaesthetic fees will be billed separately by your practitioner. Take any of these accounts to Medicare and then to your private insurer. Any queries around these accounts should be directed to the practice issuing the account.
Accounts and out-of-pocket costs

Additional costs from external providers
During your admission you may require tests to provide your treating doctor with a diagnosis or to help monitor your medical progress. Costs for these services will be billed separately by third party providers and may include:

• pathology (blood or tissue samples)
• diagnostic imaging (x-rays) services, and/or
• medications dispensed to you from the pharmacy during your admission or on discharge (for unrelated or pre-existing medication needs).

Epworth has ‘no gap’ agreements with many health funds to fully or partly cover the costs of pathology and radiology tests. Fees may be reduced if you have an eligible government entitlement or discount card.

Please speak to the provider directly for further information:
Epworth Pathology: ph 9429 2222
Epworth Medical Imaging: ph 9516 2244
Slade Pharmacy: ph 8420 0700

Medication costs
Responsibility for the cost of medications prescribed during your hospital admission are outlined below:

• the cost of medications relating to your immediate treatment while in hospital will be covered by the hospital
• if you were taking regular medications before you entered hospital and these medications need to be resupplied during your admission, the cost of these medications is your own responsibility
• some patients are responsible for the costs of their discharge medications; please discuss with your nurse or pharmacist.

If there is an amount owing for medication dispensed to you during your hospital stay please arrange payment direct to Slade Pharmacy (located at the Bridge Road entrance) before leaving.

For any medication queries, please contact Slade Pharmacy ph 8420 0700 between 8am and 10pm, seven days a week.

For account queries, please contact Slade Pharmacy Accounts Department ph 9565 4480.
Supporting patient care
Epworth Medical Foundation (EMF) opened in 1982 to raise much-needed funds to ensure patients at Epworth receive the best possible care. Our work is vital, because Epworth is a charitable, not-for-profit hospital, and receives very limited government funding.

Epworth relies on funds raised by Epworth Medical Foundation to continue to provide our patients with the best possible facilities, equipment, surgical expertise and access to research. We rely on your generosity to enable us to stay at the forefront of advancements in medical technology, for our patients.

The difference you make
When you donate to the Foundation, your generosity is used to directly benefit our patients. For example, more than half of all medical equipment is funded by the Foundation, as is 80 percent of our medical research.

Charitable funds are used to support:
• advanced medical equipment that ensures our patients receive the very best
• world-class facilities that maximise patient outcomes, safety and comfort
• groundbreaking medical research projects and trials, shared with our patients
• staff education and training opportunities to pass best-practice on to our patients
• support programs to care for our patients’ emotional and financial needs.

Fundraising activities
Epworth Medical Foundation hosts numerous events throughout the year, including the famous Epworth Gala Ball, a series of exciting national and international charity challenges, the prestigious Men’s Health and Women’s Health events, and a number of other activities.

In addition, we run a number of special appeals that enable our donors to directly impact the care that our patients receive, and provide opportunities for our supporters to establish a legacy of philanthropy that lasts forever through named buildings, endowed scholarships or research projects, and bequests.

For further information on fundraising activities and sponsorship opportunities, please phone 9426 6132.
Compliments and complaints

Provide feedback or make a complaint

You have a right to give positive or negative feedback, ask questions and make complaints about your care. At Epworth we are constantly striving to provide patients with the highest possible level of care. Feedback that we receive from our patients, both positive and negative, helps us to improve the services we offer.

If you wish to provide a compliment or a complaint, in the first instance, speak to your nurse or nurse unit manager. If they are unable to assist, you can request to speak to the hospital patient liaison coordinator or you may prefer to leave feedback via the Patient Feedback page on the Epworth website epworth.org.au.

Written feedback may also be directed to:
Executive Director
Epworth Hawthorn
50 Burwood Road
Hawthorn VIC 3122

Patient concerns and complaints are investigated in accordance with procedural fairness and respect, and will in no way adversely affect the care and treatment provided to you. If you are not satisfied with how we are responding to your concerns, you have a right to complain to the Victorian health services commissioner.
As a private patient you have the right to choose your own doctor, and decide whether you will go to a public or a private hospital that your doctor attends. You may also have more choice as to when you are admitted to hospital. Even if you have private health insurance you can choose to be treated as a public patient in a public hospital, at no charge, by a doctor appointed by the hospital.

- Information about your treatment - Your doctor should give you a clear explanation of your diagnosis, your treatment (and any associated risks), the associated cost, and other treatment options available. Except for in an emergency where it is not possible, they should obtain your consent prior to any treatment.
- Informed Financial Consent - Your doctor and other health service providers should provide you with information about the costs of your proposed treatment, including any likely out-of-pocket expenses, and obtain your agreement to the likely costs in writing before proceeding with the treatment.
- Other medical opinions - You can ask for referrals for other medical opinions (there may be additional costs associated with doing this that may not be covered by Medicare or your private health insurance).
- Visitors - The hospital you are going to can provide information about visiting arrangements for your family and friends while you are in hospital including family access (and who is considered family), arrangements for the parents or guardians if the patient is a child, and when your friends can visit you.
- Seek advice about costs - As a patient with private health insurance, all your hospital treatment costs may be covered by your insurance, or you may have to pay some out-of-pocket expenses (gap). In some cases you may also have to pay an ‘excess’ or co-payment. Before you go to hospital, ask your private health insurer, doctor(s) and hospital about the expected costs of your treatment, including possible costs for surgically implanted medical devices and prostheses. (See overleaf for some suggested questions to ask about costs).
- Confidentiality and access to your medical records - Your personal details will be kept strictly confidential. However, there may be times when information about you needs to be provided to another health worker to assist in your care if this is required or authorised by law. You will need to sign a form to agree to your health insurer having access to certain information to allow payments to be made for your treatment. Under the Freedom of Information legislation you are entitled to see and obtain a copy of your medical records kept in a public hospital. Under the National Privacy Principles you also have a general right to access personal information collected about you by the private sector.
- Treatment with respect and dignity - While in hospital you can expect to be treated with courtesy and have your ethnic, cultural and religious practices and beliefs respected. You should also be told to your health care workers and other patients and treat them with courtesy and respect.
- Care and support from nurses and allied health professionals - Nurses and allied health professionals provide vital care and support and are an important part of your treatment in hospital. Staff who attend you should always identify themselves and you should feel confident to discuss any issues in relation to your treatment or hospital experience with your health care workers.

- Participate in decisions about your care – Before you leave hospital you should be consulted about the continuing care that you may need after you leave hospital. This includes receiving information about any medical care, medication, home nursing or other community services you may need after you go home.
- Comments or complaints - If you are concerned about any aspect of your hospital treatment you should initially raise this with the staff caring for you or the hospital. If you are not satisfied with the way the hospital has dealt with your concerns, each State and Territory has an independent organisation that deals with complaints about health services and practitioners. If your query or complaint relates to private health insurance, you should first talk to your health insurer. If your concerns remain unresolved you can contact the Private Health Insurance Ombudsman on 1800 040 695 (freecall).
- Provide accurate information - To help doctors/specialists and hospital staff provide you with appropriate care you will need to provide information such as family and medical history, allergies, physical or psychological conditions affecting you, and any other treatment you are receiving or medication you are taking (even if not prescribed by your doctor).
- Long-stay patients - If you are in hospital for a long period of time you may become a nursing home type patient. Talk to your hospital or health insurer about the arrangements for long-stay patients.