

Friendly Life



Five years of life-saving service from The Friendlies Cath Lab

Almost 4500 life-saving procedures have been done in the Friendly Society Private Hospital's Cath Lab, which has celebrated its 5th Birthday.

The Cardiac Cath Lab is the only facility of its kind between the Sunshine Coast and Townsville, where cardiologists perform both diagnostic and interventional cardiac procedures such as angiograms and placement of stents.

Friendly Society Private Hospital CEO Alan Cooper said it was amazing to see how far the service had come since opening in 2012.

"The number of procedures completed in this theatre continues to grow every year and we are now completing more than 1000 procedures yearly. It is very humbling to know that by bringing this service to Bundaberg we have saved hundreds of lives. We know not all of these patients would have survived a trip to Brisbane," Mr Cooper said.

Bundaberg Cardiology Cardiologist Dr Andre Conradie said the service had become extremely vital in its five years of operation.

"This is in large part because we have been able to extend the service to offer acute cardiac care and it means we can offer it in a timely fashion. We can see the results of this service because we see we are saving lives," Dr Conradie said.

Dr Conradie said a service like this locally meant Bundaberg patients now didn't have to worry about access to care.

"This service is available all the time – we don't have to worry about bad weather and not being able to fly patients out anymore," he said.

"This service is really growing and we are continuing to grow it into Hervey Bay and Maryborough. We are also continuing to develop with new technology, including involvement in research projects and focusing on ensuring we are delivering the highest-quality of care."

Mr Cooper said the primary benefits of the Cath Lab were early access to diagnosis and treatment and minimising the social affects that travelling to Brisbane can have on patients and their families.

"There is no denying that having treatment locally has many positive effects

on patients. We are proud to be able to offer this facility to Bundaberg Cardiology and the Wide Bay Hospital Health Service for their public-private partnership, so this service can benefit all those in the community who need life-saving cardiology treatment," he said.

Mr Cooper said the success of the service over the past five years was in large part to the dedicated cardiologists, Dr Andre Conradie and Dr Hermann Wittmer, who worked tirelessly to ensure the service was sustainable.

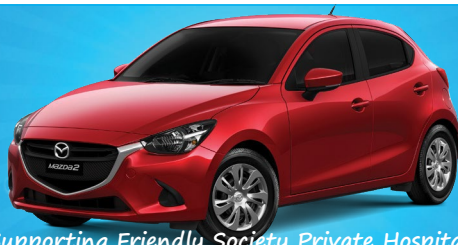
"It has been our role to support these doctors in the level of service they want to provide their patients and the community, and we have been proud to do this," Mr Cooper said.

"In addition our staff continue to go above and beyond in both their dedication to our patients and also increasing their level of skills to ensure our service is always operating on the most up-to-date training and information.

"We are now looking to the future and planning for a second hybrid Cath Lab which will accommodate both Cardiac and Vascular procedures. This is something our charity, The Friendlies Foundation, will be supporting over the next few years."

The Friendlies Foundation Art Union

WIN A CAR!



Supporting Friendly Society Private Hospital

Tickets are available at the Friendly Society Private Hospital.

WINNER DRAWN FRIDAY, MAY 18

 **The Friendlies Foundation**
Caring through giving

*Terms and conditions apply.

\$15,000 donated to The Friendlies Foundation after Cane 2 Coral Success.

The Friendlies Foundation received a \$15,000 boost at the annual The Friendlies Cane2Coral funds distribution recently.

The Friendlies Foundation was just one charity that shared in \$59,856 of funds that were given back to the Bundaberg community following the eighth successful event in 2017.

Friendlies Cane2Coral President Jason Pascoe said when added to the \$40,115 raised by participants since 2013, it brought the grand total of charitable donations to \$476, 813 in the event's lifetime.

The Friendly Society Private Hospital is proud to have been the naming rights sponsor of the event since it began.

Friendly Society Private Hospital Business Development Manager Stuart Bonnett said the organising committee should be commended for continuing

to adapt and change the event to keep participant interest high.

"It is such a great event to promote our region and to promote healthy lifestyles, so it is great to see such high participation rates year after year," Mr Bonnett said.

"Congratulations to all involved on another great year."

The money donated to The Friendlies Foundation will be used to support lifesaving cardiac services at The Friendlies.



22 years dedicated to making a difference

When you ask Dr Chris O'Brien what drew him to a career in Orthopaedic Surgery he doesn't take long to think of an answer.

"The first reason has always been the ability to make a difference to a person's life," Dr O'Brien said. "I like the notion that I can take something that is broken and fix it."

"The other reason is with orthopaedics, as opposed to some other specialities, there are very good outcomes for patients, with a 90% success rate. That is always a good feeling."

With a career spanning 22 years in South Africa, England and Bundaberg, Dr O'Brien has seen the field of orthopaedics change dramatically in a very short time.

"When I did my training, patients were in a plaster cast for two weeks until their wound healed. Now they are out of bed walking the same day," he said.

"The anaesthetics have also advanced – they are a lot safer and more effective. With that comes better post-operative pain

management.

"It is now standard to give a local anaesthetic into the wound, so the patient wakes up with little to no pain and it also largely decreases the need for strong painkillers in the days following surgery.

One of the other big advancements has been the ability to reduce blood loss during surgery, which has significantly reduced the need for blood transfusions.

Dr O'Brien specialises in joint replacement of the hips and knees and is able to offer a more personalised service to his patients.

"I will be the one they see before, during and after their operation. I do tend to spend more time with my patients and I will see them every day when they are in hospital," he said.

Dr O'Brien consults from offices on Bingera Street and operates from the Friendly Society Private Hospital.



"I was drawn to The Friendlies by their investment in the Laminar Flow air conditioning system, specifically for orthopaedics in Theatre 3, which aids in the reduction of patient infections. This is a huge investment by The Friendlies and sets the standard for air quality in theatres," he said.

Pink Ribbon Day

The Friendlies Celebrated Pink Ribbon Day with morning tea across the hospital and a splash of pink to brighten up our staff areas.

The Friendlies holds a number of

fundraisers throughout the year to support the valuable work of The Cancer Council and the support they offer to our oncology patients.



A new look and lower prices to strengthen Friendly Society Pharmacy

The Friendly Society Pharmacy has undergone a significant change to help show the community its relationship with the Friendly Society Private Hospital.

Opened in 1920 and working in partnership with the Friendly Society Private Hospital since 1946, the new look of the pharmacy is the first time in its 98-year history that it has carried the same visual look as the hospital.

CEO Alan Cooper said the change was not just a visual one.

"We have always had great service, a large product range and expert advice to offer the community," Mr Cooper said.

"But we haven't changed enough in recent years to compete with the introduction of the no-service discount chemist model the larger chains use.

"We know that in 2017 price plays a large part in customer decision making. That is why when we decided to freshen up the look of the pharmacy, we decided to overhaul prices as well.



Prescription, over-the-counter medication and other pharmacy line prices have been significantly reduced, to make them comparable with all Bundaberg discount chemists.

"With better pricing, the value for money is exceptional, because with Friendly Society Pharmacy you also get access to our pharmacists and expert staff," he said.

"We also offer a relaxed shopping experience with wide aisles, perfect for families with prams or those who need disability access.

"And best of all, you know your money remains local as we are the only community-owned and not-for-profit pharmacy in Bundaberg."

Mr Cooper said even though the pharmacy had reduced its prices, the pharmacy's membership discount was being extended to be 15% off all items storewide, with the exception only on scripts and special promotions.

"We are committed to making sure people want to bring their business to us, to help support our pharmacy, which in turn supports healthcare services to the Bundaberg community through the Friendly Society Private Hospital," he said.

First solar panels switched on at The Friendlies

The first of the solar panels installed on the Friendly Society Private Hospital roof have been commissioned and are already generating 250kw of power to the facility.

The \$1.3M project will be the largest installation of solar hot water and electricity on any hospital in Australia and is currently the largest solar project in Bundaberg.

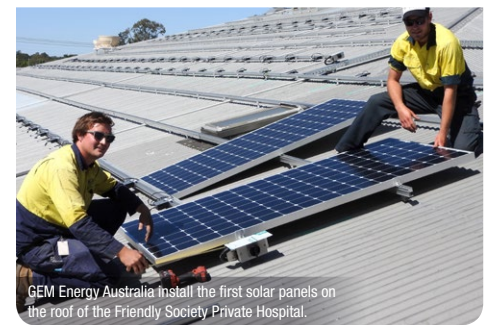
The project will see the installation of 1320 individual 435w panels, with a total system size of 575kW, reducing electricity usage by 1,148,000kWh in the first year.

The solar electricity will only generate enough to power about 28% of the hospital's electricity needs, but will save the hospital more than \$3million in electricity costs over the next 10 years.

The Solar hot water component of the project was completed and switched over in September, creating an immediate yearly saving of \$84,000 in gas costs.

Friendly Society Private Hospital Business Development Manager Stuart Bonnett said while the solar electricity and hot water project had been in the planning phase for many months, it was great to see work being completed so quickly.

"It has taken only a few months to switch on half of our solar capacity and we are on track to commission the remainder by January," Mr Bonnett said.



Supporting you through the NDIS



At The Friendlies, we have a team of Physiotherapists, an Occupational Therapist and our Pharmacy's home health experts who can help with a range of products available to those on the NDIS.

Both Friendlies Physiotherapy Service and Friendly Society Pharmacy are NDIS Registered providers and together we can help provide you with therapeutic supports and personal mobility equipment – all in one place.

We can help you with personal mobility equipment, home modifications, early childhood supports and therapeutic supports.

Visit our website for more information at thefriendlies.org.au/ndis



Apply for \$5000 towards your nursing qualifications

If you are in your second or third year of a nursing qualification, The Friendly Society Private Hospital is inviting you to apply for the MPB Scholarship, which will award \$5000 towards the cost of your studies.

Applicants need to be between 18-30 years old and have completed or are completing a practical placement at the Friendly Society Private Hospital.

For details on how to apply, visit thefriendlies.org.au/careers/scholarships/

SOMETHING FOR EVERYBODY

Gift Hampers

VISIT US IN STORE TO
CREATE YOUR OWN
CUSTOM-MADE HAMPER



\$39

Tea Time Hamper

Selection of Your Teas, travel tin of lollies and tea cup and saucer set.



\$65

Without
Sunglasses

Sun Lover Hamper

Beach bag and towel, hat, sunscreen, lollies and cooling gel.

With Cancer Council Sunglasses \$115



\$80

Green Thumb Hamper

Seeds, garden gloves, hat, hand soap and cream, bath salts and nail brush.



\$38

Home Fragrance Hamper

Oil burner set with essential oils and soy melts



\$98

Foot Pumper Hamper

Express Pedicure pack, foot soak, scrub and cream, nail brush and nail polish.



\$79

Manicure Hamper

Hair, Skin & Nail vitamins, manicure set, nail polish and remover, toiletry bag, nail cream and file.



\$150

MOR Hamper

MOR Marshmallow EDP,
Nail cream, soap and body scrub.



\$399

Coco Mademoiselle Hamper

Chanel Coco Mademoiselle EDP, body lotion, moisture mist and bath soap.



\$95

Men's Hamper

Face Wash, deodorant, aftershave, shaving cream, razors and deluxe wash bag.

HOW TO ORDER HAMPERS:



ORDER YOUR HAMPER
ONLINE AT

thefriendlies.org.au/hampers



ORDER YOUR HAMPER
OVER THE PHONE

4154 0540



WE WILL DELIVER
IT TO YOU

The next day!*

*Free delivery to CBD, Bundaberg and Bargara. Next Business Day. Ask us about delivery options to other areas.



Friendly Society
Pharmacy

HOSPITAL PHARMACY
19-23 Bingera Street,
Bundaberg
Ph 4331 1699

BUNDABERG CBD PHARMACY
9 Barolin Street,
Bundaberg
Ph 4154 0540

[f /friendlysocietypharmacy](https://www.facebook.com/friendlysocietypharmacy)

www.thefriendlies.org.au/pharmacy