Osborne Park Hospital

Directory of Services

Updated March 2017

nmhs.health.wa.gov.au
Contents

To obtain a hard copy of the Clinical Services Directory, please phone (08) 9346 8000.

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About Osborne Park Hospital

Established in 1962, Osborne Park Hospital is part of the North Metropolitan Health Service (NMHS). It provides a variety of specialist health care services to the north metropolitan suburbs. Its specialist services include: obstetrics and gynaecology, anaesthetics, general surgery, orthopaedics, ophthalmology, urology, gastroenterology, ear nose and throat surgery, general medicine, rehabilitation of the aged and extended care as well as adult rehabilitation.

The hospital features five operating theatres, two endoscopy suites, six wards (including a same day care area) and allied health services. On-site pathology (PathWest) and radiology services (Osborne Park Hospital Radiology Service) are available.

Also located on the Osborne Park Hospital campus are the mental health facilities of Osborne Community Adult Mental Health Service (adult outpatient clinic) and Osborne Park Older Adult Mental Health Service (inpatient and community services).

As part of the NMHS, Osborne Park Hospital participates in area-wide partnerships to augment and enhance health care delivery with Sir Charles Gairdner Hospital (SCGH), Area Mental Health Service and Population Health Program. In particular, there is close collaboration with SCGH in the areas of rehabilitation of the aged, extended care, adult rehabilitation and surgical services.

Osborne Park Hospital is accredited by the Australian Council on Healthcare Standards, and has the longest accreditation of any metropolitan secondary hospital in Western Australia. This reflects our sincere commitment to quality patient care at all times and across all services.

In an Australian first, the hospital is also designated as a Pathway to Excellence Site through American Nurses Credentialing Centre (ANCC).

The mission of the ANCC, a subsidiary of the American Nurses Association (ANA), is to promote excellence in nursing and health care globally through credentialing programs. ANCC’s internationally renowned credentialing programs certify and recognise individual nurses in specialty practice areas; recognise healthcare organisations for promoting safe, positive work environments; and accredit continuing nursing education organisations.

Osborne Park Hospital acknowledges the Traditional Owners - the Noongar people - the custodians of the land on which we work. We pay respect to their Elders both past and present. It is a privilege to be standing on Noongar country.
1. Rehabilitation and Aged Care services

Tel 9346 8111, Fax 9346 8232

The OPH Rehabilitation and Aged Care service which includes the OPH ACAT (Aged Care Assessment Team) provides hospital and community support for patients living in the OPH catchment. The catchment includes the following suburbs/postcodes: >> CLICK HERE

To assist GPs with the care of older patients, we provide:

- 24 hour telephone support from our on-call geriatrician
- Urgent home visiting for those at risk of hospital admission (RAILS: Rehabilitation and Aged Care Intervention Liaison Service)
- Routine referrals to the Rehabilitation and Aged Care Services.

On-call geriatrician

Contact via switchboard at 9346 8000

Our on-call geriatrician is available 24 hours for telephone support to general practitioners, providing clinical advice, arranging day hospital reviews and direct admissions when appropriate. Medical practitioners may contact our on-call geriatrician via the OPH switchboard on 9346 8000.

Urgent home visiting service (RAILS)

Tel 9346 8315 or 0404 803 569, Fax 9346 8263


RAILS is the Rehabilitation and Aged Care Intervention Liaison Service, an urgent home visiting service for those at risk of hospital admission. It provides the following services to reduce the risk of ED referrals:

- review and comprehensive care planning for patients at home;
- facilitates direct admissions and day hospital reviews; and
- increases support for patients after discharge.

An urgent review can be arranged for the same day. To refer please call the RAILS nurse on 9346 8315 or 0404 803 569, who can facilitate access to the multidisciplinary team including occupational therapist, physiotherapist, social worker and geriatrician. Please fax your referral directly to RAILS on 9346 8263. This number is intended to assist health professionals in referring and accessing information. Please do not give it out to patients.

Routine clinical referrals

Tel 9346 8111, Fax 9346 8232

Please make your referrals using the Central Referral Service (CRS) Forms.

The Rehabilitation and Aged Care team provide comprehensive multidisciplinary assessment and assistance in managing care for people aged 65 years and above.

Services include the following:

- **Aged Care Assessment Team (ACAT)**
- **General medical assessments including for:**
  - memory issues
  - falls
  - stroke rehabilitation
  - Parkinson’s disease
  - continence
  - diabetes

- **Allied health assistance including:**
  - social work
  - physiotherapy
  - speech therapy
  - dietetics

For patients under 65 years of age who need similar support, contact the Disability Services Commission (DSC) Local Area Coordinator (LAC) who can advise on options and if there are no age-appropriate services, can facilitate access to ACAT services.


**Aged Care Assessment Team (ACAT)**

**Tel 9346 8111, Fax 9346 8043**

The ACAT can provide initial and review assessments and access to Australian Government funded aged care including residential care and community care services.

**Stroke rehabilitation**

**Tel 9346 8111, Fax 9346 8232, Clinical Nurse Specialist Mobile 0406 717 285**

The OPH Stroke Rehabilitation Services include a Stroke Clinic Day Hospital and 10-bed Stroke Rehabilitation Unit, which provide early stroke specific therapy and allow for the continued rehabilitation of suitable stroke patients. Therapy is provided by a multidisciplinary team that includes medical, nursing, physiotherapy, occupational therapy, speech and language therapy, and social work staff.
GPs may refer patients in the community aged 65 years and above who live within the NMHS catchment area who have had a stroke within the last six months and need stroke-related rehabilitation to our Stroke Clinic Day Hospital.

Falls clinic
Tel 9346 8111, Fax 9346 8232
The OPH Falls Clinic provides a multidisciplinary assessment and intervention, which may include changes in medical treatment, preventive activities such as exercises and a review of community support services.

Memory clinic
Tel 9346 8111, Fax 9346 8232
The OPH Memory Clinic provides multidisciplinary assessment and intervention, which may include changes in medical treatment and the provision of community support services for the patient and the family.

Parkinson’s clinic
Tel 9346 8113, Fax 9346 8445
The Parkinson’s Clinic provides multidisciplinary assessment and management from a team which includes a clinical nurse, social worker, physiotherapist, occupational therapist, therapy assistant, speech therapist and clinical psychologist.

General medical assessment
Tel 9346 8111, Fax 9346 8232
The OPH General Medical Clinic provides a multidisciplinary assessment and intervention, which may include changes in medical treatment, preventive activities such as exercises and a review of community support services.

Continence
Tel 9346 8111, Fax 9346 8232
The OPH Rehabilitation and Aged Care Clinic provides a multidisciplinary assessment of patients over the age of 65 years with medical problems including continence. Intervention may include changes in medical treatment, physiotherapy intervention and a review of community support services.
2. Surgical services

Tel 9241 4013, Fax 9241 4017

Outpatient clinics

OPH provides surgical outpatient clinics in:

- General surgery Tel 9241 4013, Fax 9241 4017
- Orthopaedic surgery Tel 9241 4013, Fax 9241 4017
- Urology Surgery Tel 9241 4132, Fax 9241 4017 (access currently via SCGH)

Surgical procedures

OPH provides access to surgical procedures in the following areas for patients at low risk:

- Gastroenterology
- General surgery
- Orthopaedic surgery
- ENT/ Ophthalmology/ Urology/ Plastic surgery

Further details are available below.

Gastrointestinal endoscopy

Tel 9346 8219, Fax 9346 8171

The following GI endoscopy procedures are performed as day surgery using the Ambulatory Surgery Initiative (ASI) for patients with a valid Medicare card:

- Gastroscopy;
- Sigmoidoscopy; and
- Colonoscopy.

Criteria for surgery at OPH

Inclusion criteria are:

- Patients living in the North Metropolitan Health Service catchment; and
- Low risk of anaesthetic and post-operative complications.

Referral information

In order for the patient to be treated under the Ambulatory Surgery Initiative (ASI) at OPH, a referral to a named specialist is required. More than one specialist can be selected but each of the chosen specialists must be named for the referral to be valid under ASI.
We welcome referrals from GPs using:


Please ensure that essential information is included in the referral. This will enable appropriate triage and reduced delay for urgent cases. Details include:

1. Weight/BMI
2. Length of time symptoms present
3. Any positive FOB results
4. Any abnormal Hb and iron test results
5. Relevant radiology reports
6. Significant family history of bowel cancer
7. Serious co–morbidities
8. Anticoagulant medication

In addition to the ASI a number of specialists also have access to OPH for GI endoscopy procedures. To refer to these specialists please refer to their rooms. These are listed in our Credentialed Specialists page at www.oph.health.wa.gov.au/Clinicians/Specialists.html

**General surgery**

**Tel 9241 4013, Fax 9241 4017**

The following general surgical services are available for those who meet the criteria for surgery at OPH:

- General surgical consultation
- Laparoscopic cholecystectomy
- Abdominal wall hernias (e.g. inguinal, incisional, umbilical, stomal)
- Haemorrhoids and anorectal surgery
- Colorectal surgery where appropriate
- Fundoplication and hiatal repair for appropriate reflux patients
- Minor surgical procedures (e.g. ingrown toenails, ‘lumps and bumps’ and skin lesions)

Note: We do not offer breast and thyroid outpatient services at OPH. Please contact the Surgical Registrar via the OPH switchboard at 9346 8000 to discuss questions about suitability of patients.

**Criteria for surgery at OPH**

Inclusion criteria are:

- Patients living in the North Metropolitan Health Service catchment
- Low risk of anaesthetic and post-operative complications
Absolute Exclusion Criteria:

- Obesity:
  - For same day procedures, exclude patients with body weight > 130kg
  - If overnight stay required, exclude patients with body weight > 120 kg
  - (overnight is > 8 hrs post-operative Length of Stay)

For patients who have the potential to lose sufficient weight in order to fit the criteria, OPH offers the Healthy Lifestyle program.

- Complex Chronic pain (Endone equivalent >60mg daily) or IVDU
- Unstable psychiatric disorder or Security risk
- Unsuitable discharge arrangements (no fixed abode, living alone, Caravan Park etc.)
- Prisoners

Major Surgery:

All major operations are to be referred to Pre-admission Clinic (PAC)

The following patients are **NOT suitable** for major surgery at OPH

- Intracranial/ Complex neurosurgery
- Cardiothoracic surgery
- Radical tumour surgery
- Upper GI or Hepatobiliary surgery
- Revision arthroplasty
- Bilateral arthroplasty
- Major Acute trauma
- Free-flap Reconstructive surgery/complex wound management
- Major vascular procedures
- Active endocrine disease
- Renal Failure (eGFR <50)
- Age ≥ 80 (Exception for ophthalmology patients Age ≥ 85)
- Nursing Home or High-level Assistance with ADL’s/complex rehab anticipated
- Any patient with a weight greater than 120kg who needs to be repositioned “prone” whilst anaesthetised

Minor Surgery:

All patients suitable for diagnostic procedures, procedures under Local Anaesthetic or Day Case surgery can be considered for OPH.

Refer **all** patients to Pre Admission Clinic if:

- Patient is unable to lie flat
- Patient is taking anticoagulants
o Patient has a history of recent DVT/PE
o Patient has significant drug/analgesic allergies
o Patient has a poor exercise tolerance
o Patient has had recent clinical deterioration
o Insulin dependent diabetes
o History of stroke or recent TIA
o Potential complex / difficult airway
o History of anaesthesia complications
o History of drug or latex anaphylaxis
o Non-English speaking or potential difficulty with consent

Referral information

Please refer on the Central Referral Service (CRS) referral form

Include the patient’s contact details, the reason for the referral, past medical history, medications, allergies and relevant investigations.

In addition a number of specialists are credentialed to perform surgery at OPH. To refer to these specialists please refer to their rooms. These are listed in our Credentialed Specialists page at www.oph.health.wa.gov.au/Clinicians/Specialists.html

Orthopaedic surgery

Tel 9241 4013, Fax 9241 4017

The following orthopaedic services are available for those who meet the criteria for surgery at OPH:

• Outpatient orthopaedic clinic review for patients with hip, knee and shoulder pain.
• Hip/knee joint replacement surgery.
• Rotator cuff surgery.
• Arthroscopies and minor orthopaedic surgery.
• Shoulder instability and associated sports injuries.

Patients will be assessed at OPH by the orthopaedic clinic and if suitable for surgery (low anaesthetic risk), will be booked for surgery at OPH.

Criteria for orthopaedic surgery at OPH

Inclusion criteria are:

• Patients living in the North Metropolitan Health Service catchment
• Low risk of anaesthetic and post-operative complications

Exclusion criteria are the same as for Surgery see above page:

• Joint revision surgery
Referral information

Please refer to the Central Referral Service. The referral forms can be found at: www.oph.health.wa.gov.au/Clinicians/GP_Referral_Forms.html

If referring for consideration of hip/knee replacement surgery please also ensure that the patient brings recent plain weight-bearing X-rays of the hip or knee to the appointment (no more than 6 months old at the time of referral).

In addition, a number of specialists are credentialed to perform surgery at OPH. To refer to these specialists please refer to their rooms. These are listed in our Credentialed Specialists page at www.oph.health.wa.gov.au/Clinicians/Specialists.html

Urology Clinic

PH: 9241 4132 Fax: 9241 4017

The following Urology services are available for those who meet the criteria for surgery at OPH.

Outpatient urology clinic review for patients with urinary outflow obstruction. Consultation, diagnosis, treatment and follow-up of patients suffering from diseases of the urinary tract or urogenital system.

- Urinary tract stone disease
- Scrotal masses e.g. hydrocele, epididymal cyst
- Penile diseases e.g. skin lumps, peyronies
- Unwanted fertility e.g. vasectomy
- Flexicystoscopy
- TRUS Biopsy

Patients will be assessed at OPH by the Urology Clinic and if suitable for surgery (low anaesthetic risk) will be booked for surgery at OPH.

Criteria for Urology Surgery at OPH

Inclusion criteria are:

- Patients living in the North Metropolitan Health Service catchment
- Low risk of anaesthetic and post-operative complications.

ENT/Ophthalmology/Urology/Plastic Surgery

A number of specialists are credentialed to perform surgery at OPH. To refer to these specialists please refer to their rooms. These are listed in our Credentialed Specialists page at www.oph.health.wa.gov.au/Clinicians/Specialists.html

OPH is now providing surgical facilities for low-risk patients who have been referred to Sir Charles Gairdner Hospital. Some of your patients referred to SCGH may be offered earlier surgery at OPH.
3. Obstetrics and Gynaecology

Obstetrics
Tel 9346 8010, Fax 9346 8215
Osborne Park Hospital provides women with high quality choices in obstetrics care with the option of care by specialist or credentialed GP obstetricians, each of whom work with the multidisciplinary team at the hospital. We welcome referrals from GPs for shared care or full antenatal and obstetric care at OPH. Our multidisciplinary team at OPH includes obstetricians, midwives, dieticians and physiotherapists, psychiatric services, social workers and lactation consultants.

Entry criteria
We cater for low/moderate risk obstetrics and accept primigravida and multigravida, women who are likely to require Caesarean sections, women with controlled hypertension and women from all backgrounds.

Twin pregnancies- Monochorionic or monoamniotic twins will require earlier scans to rule out growth discordancy and Twin to Twin Transfusion Syndrome, every 2-3 weeks from 16-19 weeks gestation and then 2 weekly until delivery,- please document clearly on your referral form or speak to the on call obstetric registrar or consultant obstetrician (via Switch 93468000)

OPH is usually unable to see patients with pregnancy or medical problems prior to 20 weeks gestation, please consider referral to KEMH, JHC or telephone the On Call Registrar at these sites.

Exclusion criteria
We refer women with the following to King Edward Memorial Hospital:
- Type 1 or 2 diabetes; gestational diabetes which cannot be controlled with lifestyle changes alone
- Triplets or greater multiple pregnancy (twins are acceptable)
- Severe or unstable medical disorders, severe mental health problems, alcohol or drug abuse
- High likelihood of reaching >120 kg or BMI>40, patient will receive shared care between KEMH and OPH with delivery at KEMH
- Complications which may require tertiary care, e.g. premature labour (before 36 weeks).

Referral information
We welcome early referrals, from 12 weeks and ideally well before 20 weeks. We are unable to accept bookings after 36 weeks gestation. OPH will see the patient for their first appointment at approximately 20-22 weeks. It is therefore important that the GP undertake all of the early antenatal care including arranging antenatal blood tests, offering first trimester screening and organising the 18-20 week anatomy ultrasound scan.

We have referral templates available for your use at

Please fax your referral to 9346 8215 together with copies of tests. Please indicate on the referral if the GP would like to provide shared antenatal care - between 20 and 36 weeks.

Please note that women are seen at the clinic after the first trimester screening period is over. GP care of the pregnancy is therefore often the only opportunity to provide early pregnancy health advice and arrange appropriate tests for the first half of pregnancy. The recommended actions and tests given informed consent are detailed below:
• Pre-referral care
  o Confirm LMP, arrange dating ultrasound scan if unsure
  o Advise on folic acid intake
  o Advise on listeria and salmonella avoidance
  o Check BP & weight

• Please arrange prior to referral
  o Blood Group and antibody screen
  o Full Blood Picture
  o Hepatitis B S antigen
  o Hepatitis C antibody
  o HIV antibody
  o Chlamydia screening (First void urine and self-obtained low vaginal swab - advice on how to do this is available at www.couldihaveit.com.au/media/SOLVS.pdf)
  o Rubella antibody
  o Treponema antibody
  o MSU
  o Routine First Trimester Screening test (blood test and ultrasound between 11 and 13 weeks). This test should be done prior to referral and is superior to the Second Trimester Screening maternal serum test (commonly known as the Triple test) which it replaces. If high risk, consider referral to KEMH, NIPT (non-invasive prenatal testing), CVS/ amniocentesis and genetic counselling (KEMH) http://www.ranzcog.edu.au/college-statements-guidelines.html
  o Pap smear - consider if no pap in last two years, otherwise note for postpartum pap at six week
  o Vitamin D screening
  o GTT for women with previous gestational diabetes or risk factors.

• Recommended at 18-20 weeks
  o Anatomical ultrasound scan.

• Recommended at 26-28 weeks
  o Full Blood Picture
  o Blood Group and antibody screen (Women who are Rh negative are given Anti-D at 28-30 and at 34-36 wks)
  o Diabetes screen - 75g fasting glucose tolerance test (OGTT).
  o Check vitamin D level if taking supplements
  o Pertussis and influenza vaccination recommended for all pregnant women

• At 35-37 weeks
  o OPH will arrange a Group B Streptococcus screen and if indicated a Full Blood Picture.
**Gestational diabetes**

OPH will manage patients with gestational diabetes identified after 20 weeks, if identified prior to this please refer to KEMH. Clinical midwives, dieticians and medical staff work with women on diet and exercise aiming for a fasting BSL of 5.0 mmol/L or less and 2 hr postprandial BSL of 6.7 mmol/L or less. Women are encouraged to attend our Tuesday afternoon Healthy Exercise class.

**Antenatal Shared Care Guidelines**


**GP Obstetricians**

GP Obstetricians will provide antenatal care at their surgeries, provide obstetric care at Osborne Park Hospital, and refer your patients back to you after the birth of the child. Our GP obstetricians would welcome referrals and queries from you. They will see women with diet controlled gestational diabetes, pregnancy induced hypertension and others at low risk of obstetric complications. Women with a previous Caesarean section or those in whom a significant complication arises, are referred by our GP obstetricians to specialist clinics.

Patients do not have to have any private insurance to be delivered at OPH. There is no out-of-pocket cost for hospital services provided by GP obstetricians but there may be consultation costs for antenatal visits at the GP surgery.

Patients can book appointments directly with the GP obstetrician of choice. A referral letter is not required but always appreciated. To refer to our GP obstetricians please contact their rooms:

- Dr Ian Churchward, Lindesfarne Medical Centre, Beaufort St, Mt Lawley  Tel 9272 2455, fax 9272 4001
- Dr Kate Poland Illawarra Medical centre, Illawarra Cres Ballajura Tel 9249 2033.

**Gynaecology**

**Tel 9346 8010, Fax 9346 8215**

OPH provides outpatient gynaecology clinics, which provides access to consultations with our specialists, and gynaecological clinic day procedures.

Gynaecology clinic day procedures performed at OPH include:

- Colposcopy/LLETZ
- Wart removal
- Insertion of Implanon or Mirena
- Insertion of pessaries/vaginal rings
Entry criteria for theatre surgery

If referring for possible surgery please note the following exclusion criteria for surgery at OPH:

- Weight greater than 120 kg / BMI > 40 (OPH offers the Healthy Lifestyle program)
- or other high anaesthetic risk factors

Exclusion Criteria

Patients ineligible for Medicare need to be referred to KEMH

Referral information

We welcome referrals from GPs using:

- The general practice’s own template and including the required information:- please direct to CRS
  - name (including previous surname)
  - address
  - telephone
  - interpreter needs (family members are NOT acceptable as interpreters)
  - medical history
  - medications
  - drug reactions

Gynaecology investigations

Please see below for recommended investigations for common presenting complaints. We would appreciate it if these are organised prior to the initial consultation at OPH and results are made available to us.

For abnormal bleeding/Pelvic pain:

- Full Blood Count (FBC)
- Pelvic ultrasound scan
- Pap smear
- STI screen (HVS Chlamydia)

Pelvic masses:

- Full Blood Count (FBC)
- U&Es
- CA125
- Alpha-fetoprotein
- LDH
- LFTs
- Pelvic ultrasound scan
- Pap smear
- STI screen (HVS Chlamydia)
Sub-fertility / PCOS:
- Day 1-5 LH, FSH, SHBG, DHEAS, Prolactin
- Day 21 progesterone x3
- Pelvic ultrasound scan
- Partner semen analysis
- STI screen (HVS, Chlamydia)

Urinary incontinence (Physiotherapy referral can be sent prior to booking appointment)
- MSU
- Pelvic ultrasound
- Bladder diary

Some VMP (visiting Medical Practitioner) consultants have public gynaecology operating lists at OPH:

Dr Charles ARMSTRONG, Tel 08 9370 9222, Fax 08 9370 9826
Mercy Hospital
Killowen House
Thirlmere Road
MT LAWLEY WA 6050

Dr Donald Clark Tel 9272 7772, Fax 9371 2039
Catherine House
52 Walcott Street
MT LAWLEY WA 6050

Dr Adam Gubbay Tel 08 9382 9550, Fax 08 9388 8863
St John of God Hospital
Subiaco Clinic, Suite 309/25 McCourt Street
SUBIACO WA 6008

Dr Panos Maouris Tel 9389 9188, Fax 08 9389 9199
KEMH
Bagot Road
SUBIACO WA 6008

Dr Jacques Pretorius Tel 9332 9233, Fax 08 9332 9333
Wexford Medical Centre
Suite 67, 3 Barry Marshall Pde
MURDOCH WA 6150

For more information contact their rooms. A full list of credentialed specialists is available at http://www.oph.health.wa.gov.au/Clinicians/Specialists.html
4. Allied health services

Social work

Tel 9346 8449, Fax 9346 8232

In the Rehabilitation and Aged Care unit, social workers provide assistance with the following:

- In-home support services
- Day centre/social support for social isolation issues
- Respite care
- Guardianship issues
- Residential care planning
- Carer stress issues

In addition to services to the Rehabilitation and Aged Care unit, our social workers also provide services to inpatients and patients attending the antenatal clinic.

GPs and practice nurses can call to speak with the social worker for assistance in identifying appropriate support services for patients aged 65 years and over.

For patients under 65 years of age who need similar support, contact the Disability Services Commission (DSC) Local Area Coordinator (LAC) who can advise on options and if there are no age-appropriate services can facilitate access to ACAT services.


Please note that individuals or family members seeking assistance with the more introductory services such as house cleaning, gardening or transportation to medical appointments under the State funded Home and Community Care (HACC) program should initially be directed to the Regional Assessment Service (RAS) for review:

- Individuals and family members can contact the RAS directly on 1300 785 415
- General Practitioners and other health referrers can refer people directly to RAS Tel 1300 785 415, Fax 08 9443 5622

Occupational Therapy

Tel 346 8198, Fax 346 8308

Hours of Service: Monday to Friday 8.30am to 4.30pm

Occupational Therapists (OT) work with clients to improve or maintain function and independence.

OT involves hospital based assessment and intervention, group treatment, community based assistance and the provision of equipment.
OT Services

For a detailed description of OT services provided [Click here to download the Occupational Therapy at Osborne Park Hospital patient information booklet.]

Referrals

A GP referral is required to access our services. Once the referral has been received we will contact the patient.

ACAT referral enquiries can be made to the OPH ACAT Referrals Clerk on Tel 9346 8111, Fax 9346 8232 or contact Occupational Therapy Tel 9346 8198.

CAEP referrals/ referral enquiries can be made to Occupational Therapy Tel 9346 8198, Fax 9346 8308.

Equipment: Osborne Park OT services the following catchment areas.

CAEP Equipment is available to people living within the following postcodes [CLICK HERE]

ACAT equipment (65 years and over) is available to people living within the following postcodes [CLICK HERE]

Physiotherapy

Tel 9346 8135, Fax 9346 8466

Physiotherapy assesses, diagnoses, treats, and works to prevent disease and disability through physical means. Physiotherapists are experts in movement and function who work in partnership with their patients and their carers, assisting them to overcome movement disorders, which may have been present from birth, acquired through accident, injury or disease, or are the result of ageing or life-changing events.

Physiotherapy can help recovery from injury, reduce pain and stiffness, and increase mobility. A physiotherapist can also help prevent further injury by listening to patients' needs and working with patients and their carers to plan the most appropriate treatment for their condition, including setting goals and treatment outcomes.

The following are common treatment methods physiotherapists may use:

- exercise programs to improve mobility strengthen muscles, improve joint range of motion, improve balance, prevent falls and to increase cardiovascular fitness
- joint manipulation and mobilisation to reduce pain and stiffness
- muscle re-education to improve control and function
- airway clearance techniques, breathing exercises and pulmonary rehabilitation
- soft tissue mobilisation (myofascial techniques)
- acupuncture/dry needling
- hydrotherapy
- splinting
- assistance with use of aids, splints, crutches, walking sticks and wheelchairs.
- Gait assessment and treatment
- Continence assessment and specialised women’s health techniques treating vulvodynia, dyspareunia, prolapse and pregnancy related musculoskeletal problems.

OPH has Musculoskeletal, Orthopaedic, Neurology, Respiratory, Stroke, Falls, Day Therapy, Parkinson’s Disease and Women’s Health/Continence Physiotherapy Outpatient Clinics. These clinics can treat acute, subacute and chronic conditions.

A referral from a medical practitioner is required - please fax referrals to 9346 8466. We cannot treat workers’ compensation, ICWA or DVA compensable patients and cannot treat patients under the Enhanced Medicare Programme.

**Entry criteria**

The patient must live within the following postcodes 6017 - 6024, 6060, 6062, 6064, 6066 and 6090. This encompasses the following suburbs:

- Alexander Heights
- Balcatta
- Balcatta
- Balga
- Ballajura
- Carine
- Churchlands
- Dianella
- Doubleview
- Duncraig
- Embleton
- Girrawheen
- Greenwood

- Gwelup
- Hamersley
- Innaloo
- Joondanna
- Karrinyup
- Koondoola
- Malaga
- Marangaroo
- Marmion
- Mirrabooka
- Morley
- Nollamara
- Noranda
- North Beach
- Osborne Park
- Scarborough
- Sorrento
- Stirling
- Trigg
- Warwick
- Waterman
- Wembley Downs
- Woodlands
- Yokine
Physiotherapy Department Classes

- Preparation for Childbirth Classes (OPH births only) For new parents 4-week course
  Wednesdays and Thursdays: 6.15-8.30pm. Book into these through the antenatal clinic
- Preparation for Childbirth Classes (OPH births only) Weekend course. First two Saturdays of the month 9.00am-12.00pm. Book into these through the antenatal clinic
- Healthy Pregnancy Fitness Class (open to all) from 14 weeks of pregnancy. Tuesdays; Activity room, F Block 2 classes- 5.00pm and 6.15 pm. Book into these through the antenatal clinic

Post Natal Fitness Class (six weeks post partum)-Wednesdays- two classes- 9.00am and 10.30am (at Karrinyup Community Centre) Book into these by calling 9346 8135.

Hydrotherapy-there is no hydrotherapy pool at OPH –however we conduct two classes a week at Stateswim in Osborne Park.

Various balance, mobility, stroke and total knee replacement classes with different levels conducted at various times in the outpatient and day therapy units.

Diabetes

Tel 9346 8102 Fax 9346 8498

Clinic Hours: Monday to Friday 8:30am - 4:30pm

Osborne Park Hospital provides an insulin education, initiation and stabilisation service. Care is coordinated by a credentialed Diabetes Nurse Educator, with the authority and consent of the referring medical officer. An Endocrinologist is not available at OPH.

This service complements other services for diabetes within the North Metropolitan Health Service. For further information on these services, go to WA Health Diabetes and Endocrinology.

We see patients referred by GPs/specialists from the North Metropolitan Area. Referral templates are available on our website at: www.oph.health.wa.gov.au/Clinicians/GP_Referral_Forms.html

Please include the following information:

- Patient demographic data: name, address, telephone number
- Relevant medical history and medications.

Dietetics

Tel 9346 8128, Fax 9346 8498

Services available at OPH include:

- Healthy lifestyle program
  - Our free Healthy Lifestyle Program is a group program run by our dietitians and physiotherapists to help make permanent healthy lifestyle changes. It is for both men and women providing advice
on healthy weight loss, reducing blood pressure, cholesterol and blood sugar, as well as exercise.

- Outpatient consultations
  - One-to-one consultations are available for people with specific nutritional problems as outlined below.

- Insulin education, initiation and stabilisation. Care is coordinated by a credentialed Diabetes Nurse Educator with the authority and consent of the referring medical officer. An endocrinologist is not available at OPH.

**Entry criteria**

**Healthy lifestyle program**

Suitable for men and women living in the North Metropolitan area with

- hypertension
- impaired glucose tolerance
- overweight and
- hyperlipidaemia

This program is not suitable for children and those with mental health issues, which prevent group participation.

**Outpatient consultations**

Outpatient consultations are available to patients who live within the NMHS region with a written referral from their GP.

One-to-one appointments are generally reserved for those with:

- Gastrointestinal problems (e.g. coeliac disease, ulcerative colitis, diverticular disease)
- Morbid obesity
- Allergies
- Children's nutritional problems
- Type 2 diabetes requiring insulin
- Cancer
- Parkinson's disease.
Referral information

For the Healthy Lifestyle program we accept GP referrals faxed to 9346 8498 or patient self-referral by Tel 9346 8128.

For outpatient consultations

• We welcome GP referrals and have referral templates available on our website at www.oph.health.wa.gov.au/Clinicians/GP_Referral_Forms.html

• Alternatively if you prefer to send your own electronic form, please include the following information:
  
  o Reason for Referral
  o Diagnosis
  o Relevant past medical history
  o Medications
  o Allergies
  o Relevant investigations (eg. cholesterol, BSL, FBP, Fe)

• An appointment letter will normally be sent to your patient within 10 working days of the referral being received.

Podiatry

Tel 9346 8338, Fax 9346 8008

Clinic hours: 8am-4pm Monday-Friday

• Outpatients Monday – Friday (morning only)

Outpatient podiatry consultations are available for patients who meet our entry criteria.

Entry criteria

1. Outpatient podiatry consultations are available to patients who:
2. Live within our catchment area which includes the following postcodes: 6017-6037, 6059-6061, 6064, 6065;
3. Have a health care card/pension card and a chronic condition that impacts on their foot health; and/or
4. Are classified as high or intermediate risk as per the National Evidence Based Guideline (see table 1) (NB: these patients DO NOT require a health care card/pension card);
5. Are eligible under Community Aids & Equipment Program (CAEP).

### Table 1

<table>
<thead>
<tr>
<th>Level of risk</th>
<th>Definition</th>
</tr>
</thead>
</table>
| Low           | Diagnosed with an underlying medical condition that increases risk to feet (e.g. diabetes) but no history of significant problems or other risk factors.  
  - No peripheral arterial disease (PAD) (palpable foot pulses, normal ABI)  
  - Protective sensation intact (sensitive to 10g monofilament)  
  - No foot deformity (both feet easily fit into a sensible “high street” shoe) |
| Intermediate  | Diagnosed with an underlying medical condition that increases risk to feet (e.g. diabetes) Plus one other risk factor  
  - PAD, loss of protective sensation or significant foot deformity |
| High          | Diagnosed with an underlying medical condition that increases risk to feet (e.g. diabetes) Plus Two other risk factors and/or significant history  
  - e.g. previous ulcer, serious infection, amputation, stable/chronic Charcot foot  
  - or 2 of PAD, loss of protective sensation or significant deformity |
| Active problem| Diagnosed with an underlying medical condition that increases risk to feet (e.g. diabetes) plus current ulceration, infection, recent amputation, active/acute Charcot foot |

Our services include:

- Diabetic Foot Management including annual neurovascular assessments
- Foot Ulcer Management
- Vascular assessments including Ankle Brachial Index (ABI) and toe pressures
- Biomechanical Assessment
- CAEP (Community Aids and Equipment Program) orthotics / footwear assessment and provision
- Nail Surgery for complex/at risk patients only

**Referral information**

We welcome referrals from GPs and any other relevant health professionals. Please include information about relevant medical conditions.

**Speech Pathology**

Tel: 9346 8448, Fax 9346 8086

We provide services for:

- Adults with acquired communication and / or swallowing disorders
- Adults with voice and stuttering disorders
Entry criteria

All inpatients of Osborne Park Hospital, Department of Rehabilitation and Aged Care are eligible for Speech Pathology services upon referral. Patients of mental health services situated on site (Osborne Lodge) can be referred to Speech Pathology through North Metropolitan Older Adult Mental Health Service.

Outpatient consultations are available to adults who:

- Live within the OPH catchment area for adults (see ACAT catchment area section 1);
- Are not eligible for another Government funded speech pathology service; and
- Have a suitable and current referral from a medical practitioner.

Patients referred for voice conditions require an assessment by an Ear Nose and Throat Specialist prior to input from Speech Pathology.

Please note that paediatric Speech Pathology services are no longer located at Osborne Park Hospital. Enquiries regarding paediatric Speech Pathology can be directed to the Child Development Service Centralised Intake Team on 1300 551 827.

Mental Health Services

Osborne Community Mental Health Service: Tel 9346 8350, Fax 9346 8388

Osborne Park Older Adult Mental Health Service: Tel 9346 8300, Fax 9346 8311

The OPH campus is home to the following services provided by North Metropolitan Health Service, Mental Health, for people within the OPH Catchment area and takes referrals from GPs:

- Community mental health care
- Older adult mental health care

Entry criteria

<table>
<thead>
<tr>
<th>Adults living in the Osborne catchment area which includes the following suburbs: Balcatta</th>
<th>Herdsman</th>
<th>Stirling</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carine</td>
<td>Innaloo</td>
<td>Trigg</td>
</tr>
<tr>
<td>Churchlands</td>
<td>Joondanna</td>
<td>Tuart Hill</td>
</tr>
<tr>
<td>Doubleview</td>
<td>Karrinyup</td>
<td>Watermans Bay</td>
</tr>
<tr>
<td>Glendalough</td>
<td>North Beach</td>
<td>Wembley Downs</td>
</tr>
<tr>
<td>Gwelup</td>
<td>Osborne Park</td>
<td>Woodlands</td>
</tr>
<tr>
<td>Hamersley</td>
<td>Scarborough</td>
<td></td>
</tr>
</tbody>
</table>
5. Radiology

Tel 9346 8236, Fax 9346 8230, Email ophradiology@health.wa.gov.au

Osborne Park Hospital Radiology offers a comprehensive imaging service to all referred patients. Our department is easily accessible and we provide free onsite parking for patients.

We are the first metropolitan WA health site to provide electronic delivery of radiology reports. This means referrers are able to access reports immediately after report validation via their practice software.

Features of the service include:

- Bulk billing for all patients
- A full-time Consultant Radiologist
- Low dose CT Scanner
- Comprehensive Ultrasound service
- Full digital imaging across all modalities
- Full access to the WA Health Picture Archiving and Communication System (PACS)
- Specialist Women’s Imaging services including Mammography and Ultrasound Imaging
- Interventional procedures including Ultrasound and CT guided injections, nerve root sleeve injections and knee arthrograms performed by subspecialist radiologists.

Entry criteria

A GP referral and a valid Medicare card are required.

Referrals for Mammography, Shoulder and Knee ultrasounds require Medicare-specific clinical indications as listed below:

Shoulder Ultrasound:

- Injury to tendon / muscle
- Rotator cuff disease
- Biceps subluxation
- Capsulitis / bursitis
- Mass or ganglion
- Occult fracture
- Acromioclavicular joint pathology
Knee Ultrasound:

- Tendon or bursa abnormality
- Meniscal cyst, popliteal fossa cyst, mass or pseudomass
- Nerve entrapment / tumour
- Collateral ligament injury

Mammography:

- Please indicate if unilateral or bilateral and the reason to suspect malignancy
- Follow-up of previous breast malignancy
- Family history (first degree relative)
- Breast mass
- Localised tenderness (not bilateral)
- Single breast or bilateral breast lumps
- Pain (localised, not bilateral)
- Past history of mammographic abnormality (eg microcalcification)

For further advice on the type of imaging to order please call the department to speak directly to our on-site consultant Radiologist or visit the Diagnostic Imaging Pathways website at www.imagingpathways.health.wa.gov.au.

If you would like referral forms or to receive electronic radiology reports, please contact the department on 9346 8236 or email ophradiology@health.wa.gov.au.

Referral information and forms are also available at our website http://www.oph.health.wa.gov.au/Services/Radiology.html

Pathology

Tel 9244 2326

PathWest is a leading provider of pathology services to the Western Australian community.

We provide a full range of pathology tests using the most modern equipment and techniques. Our staff includes experts of international reputation; there are specialist pathologists in all fields backed by the highest calibre scientific staff.
The central facility based at Sir Charles Gairdner Hospital supports a network of 25 branch laboratories located at smaller hospitals in the Perth metropolitan area and in the larger towns throughout Western Australia.

The laboratory at OPH provides a 365-day service. Most requests are completed on site. For other tests, there is a regular courier system to PathWest’s Nedlands facility, which enables a rapid state-wide result reporting service.

PathWest aims to provide a constantly improving service of the highest quality catering to the needs of our State’s major hospitals, our requesting medical practitioners, their patients and to all those who request and require our services.

For further information, please visit the PathWest website: www.pathwest.com.au
6. General Practice Liaison

Liaison GP

Osborne Park Hospital values the role of general practitioners in the provision of care in our community. GPs are the first point of contact for many and therefore an important source of information about our services. Many of our services require a GP referral and general practice input is welcomed when self-referral is possible. We work closely with the WA Primary Health Alliance and the Perth North Primary Health Network.

Osborne Park Hospital welcomes the input of general practice and has a Liaison GP who facilitates communication and information transfer between the Hospital, the community and general practitioners. The Liaison GP is well placed to represent General Practice within the hospital and able to contribute to health planning and hospital decision-making.

We hope that this directory is easy for GPs to use and provides the information that you need. The Liaison GP would welcome feedback on any aspect of the website and suggestions for future development.

To contact the Liaison GP please email clare.matthews@health.wa.gov.au or Tel 9346 8001.

GP Connect WAPHA newsletter

The liaison GPs from the State contribute to a monthly e- newsletter distributed to GPs by WA Primary Health Alliance (WAPHA). Important information regarding services at all of the metro hospitals and new clinical guidelines is documented in this newsletter.

If you would like to sign up to receive the bulletin or to read past editions please go to: http://www.wapha.org.au/community/newsletter/

Alternatively please contact: WAPHA Tel 6272 4900.