



## Acknowledgement of Country

Manning Local Health Committee respectfully acknowledges Aboriginal people as the traditional owners and custodians of the land in which our health facility is located, and pays respect to the Elders, community members and the community-controlled sector who partner with us to improve the health outcomes for Aboriginal and Torres Strait Islander people in our community.

## Year at a Glance

### Manning Hospital Redevelopment - Outpatients

Work on the \$20 million Manning Hospital redevelopment was completed in October 2018.

The new purpose-built facility caters for both cancer services and renal dialysis, the Manning Hospital redevelopment has delivered improved staff and patient amenities and clinical spaces that will enhance the delivery of contemporary models of care for residents of Taree and surrounding areas.

Both the availability of parking under the Manning Hospital Outpatients and the drop off area near the lift is providing ease of mind for patients as they do not have to find parking in the street and walk long distances to have their treatment.

Cancer Care Services commenced treating their first patients on Tuesday 23 October and Nita Reed Renal Unit on Friday 28 October. It will take a little while for patients and staff to orientate themselves in their new units, but they are enjoying the beautiful space that has elevated our service to new levels of comfort and professionalism.

### Hourly Rounding

Hourly rounding - where the patient is assessed on an hourly basis and clinical handover -where clinicians hand over to the next team and patient care boards are all implemented and working at Manning.

### Networking and Collaboration

With the introduction of our new committee members we now have a comprehensive network of knowledge and experience across all facets of the Community which enables us to work collaboratively to ensure "excellence every patient every time" within our Health Services.

### Australian Council on Health Care Standards Accreditation

The Hunter New England Local Health District Lower Mid North Coast Sector underwent an Organisation-wide Survey against the National Safety and Quality Health Service Standards between 10th and 14th September 2018. The Survey team of five surveyors visited all hospitals and Community Health centres, including Drug and Alcohol services across the Sector.

All Accreditation Standards were found to be satisfactorily met and no recommendations made. This was an exceptional result, and affirmed the commitment and professionalism of our staff and valued contribution of our consumer members truly highlighting Excellence - every patient, every time.

## Our Health Committee

What a progressive and successful year 2018 has been at Manning Hospital!

The opening of the new Outpatient Renal and Oncology Department is an outstanding success with comfortable chairs

and filled with the latest equipment. This light filled space is exquisitely beautiful with a sensational feature wall.

Our 100% Accreditation rating along with strong positive comments was another source of pride. The hard work, ethics and attitude of the staff are what has made all of this years' success possible.

Our consumer survey results have been overwhelmingly positive with such comments as *"I've been in nine hospitals and this is by far the best"*.

The survey revealed expected comments about food and we are happy to report that a new food delivery is underway. Another benefit of the surveys is that it gives consumers a chance to reflect on the realities of their treatment rather than a self absorbed attitude. I view it as making *Excellence every patient, every time* a reality rather than just a slogan.

We, as all regional areas have difficulty attracting clinical staff to the area. A meeting was held with Dr David Gillespie, our Federal Member, to discuss an idea that for every year a doctor spent in the country, their HECS debt would be reduced on a sliding scale with greatest reductions being for more remote areas. Dr Gillespie contacted me to say he had spoken to the Treasurer, Josh Frydenberg and the Hon Greg Hunt, Health Minister about our ideas. We wait with bated breath.

One of the joys of this year's Committee has been the inclusion of our indigenous members. Their input has been great, particularly when dealing with Community.

They are able to obtain information that others are not. I spoke with Dulcie McLaughlin about her feelings on being on the Committee. She said "Sally it is wonderful. We are coming together for the first time and identifying problems and finding solutions not just in the hospital but in the community as well."

All in all a year to be proud of.

## Vale Don Macinnis

A very sad event occurred in August this year with the sudden death of Don Macinnis. Don was truly a remarkable man, joining the hospital staff as a radiographer in 1957 and remained in that position until 1985.

His achievements included being a very fine artist, singing in the choir and being a very active church member. His son Andrew recalls the early days, before mobile phones, that Don had to sit on the last seat on the pew in case the hospital sent a runner for him!

Don was an active member of the community being a member of Lions Club, Rotary, Red Cross, Council committees and Care Cottage as well as many others. Don was also Chairman of the Manning Local Health Committee for many years.

Don was a mentor, a helping hand and a bit of a frustrated Redex trail driver as I can attest to by travelling often with him to Scone etc.

He is well loved and greatly missed

Sally Crawford

Chairman

## Our Health Service

Manning Hospital provides a range of health care services to the population of Taree, Gloucester and Great Lakes regions. These services include intensive care, general surgery, general medicine, fast track rehabilitation, maternity services, children's services, medical oncology and palliative care.

The hospital has a stroke unit which is located in a general medical ward. Manning Hospital campus has mental health, drug and alcohol, oral health and community services.

**Medical wards:** Levels 4 and 5 of the hospital comprise the acute general medical wards offering services to patients admitted for a wide range of medical conditions. They include four beds designated for acute stroke care and a further two monitored beds.

**Critical care area:** The hospital also has a critical care area that consists of intensive care, high dependency and coronary care.

**Emergency Department:** Our Emergency Department is open 24-hours, seven days per week.

**Perioperative Suite:** This includes three operating theatres and a procedure room, with a recovery ward, and a day of surgery admission ward and a day only surgical unit. We provide general surgery, endoscopic surgery, orthopaedic, ophthalmic (eye), breast surgery, dental, urology, and gynaecological surgery.

**Forster public patient services:** Through a private and public health services agreement, public health services are now available closer to home for patients residing in the Great Lakes region. Services include inpatient beds, chemotherapy chairs and renal dialysis chairs located within Forster Private Hospital.

**Violence prevention and women's health:** services including sexual assault services, child protection, counselling services, family planning, women's health, domestic violence services.

**Generalist care:** services including community nursing, wound clinic, audiometry, continence management, palliative care and bereavement counselling, palliative care volunteer program, Hospital in the Home, chronic and complex care, heart failure care, respiratory rehabilitation, cardiac rehabilitation, dietetics, diabetes adult and children services, Childhood and school-based immunisation.

**Children, young people and family services** including, Aboriginal maternal and infant health services, counselling, child and family health nursing, genetic counselling, paediatric occupational therapy, paediatric physiotherapy, and paediatric speech pathology.

**Comprehensive allied health:** services including physiotherapy, occupational therapy, dietetics, social work and speech pathology.

**Diagnostic:** services including pathology and radiology, including CT scanning.

**Renal services:** our acute outpatient renal dialysis unit has six chairs and a community-based outpatient dialysis unit with eight chairs. These units operate six days per week.

**Surgical ward:** our Surgical Unit caters for most general surgical procedures including colorectal, endoscopy, abdominal, breast, urology, orthopaedic, and gynaecology.

**Fast stream rehabilitation and palliative care:** Level 6 is home to our palliative care unit. The rehabilitation unit is also located on this level.

**Aged Care:** services including Aged Care Assessment Team (ACAT), Transitional Aged Care Program (TACP), geriatricians, psycho-geriatrician, nursing, occupational therapy, physiotherapy, podiatry and foot care, social work, dementia care and assessment and Carer program.

### Mental Health Services

The Taree Mental Health Unit is an acute mental health inpatient unit located on the Manning Hospital campus. The unit supports people from the Manning catchment area as well as some people outside the region including Port Macquarie and Kempsey.

There are 14 acute adult beds and six beds for patients who require higher levels of supervision. Services are provided during business hours by a multidisciplinary team, with nursing staff available 24 hours a day.

**Community Mental Health:** provides referral and triage for mental health services in the community is provided by a 24-hour mental health line. The number to call is 1800 011 511.

Acute access can be provided through the emergency department or self-presentation to Community Health.

Extended hours services operates seven days a week from 8.30am to 7.50pm, providing mental health assessments and follow-up to the emergency department, the hospital and to mental health consumers in the community.

Community mental health services are co-located with generalist community health services at Taree, Forster, Gloucester and Bulahdelah. Outreach services are presently to the Hawks Nest community

**Child and Adolescent Mental Health Service (CAMHS):** provides a mental health assessment and referral program for young people aged 0 to 18 years. There is counselling support and case management for children, adolescents and their families. Contracted child psychiatrists provide psychiatric clinics three days a month. CAMHS has a strong focus on mental health promotion, prevention and early intervention.

**Mental health services for older people:** Manning mental health service community mental health nurses provide services for people over the age of 65 who are diagnosed with a mental health disorder. They also provide carer education and support, promotion and prevention.

Outreach services are also provided to residential aged care facilities and community care providers to enhance the capacity of these providers in caring for older people with severe behavioural symptoms of dementia and/or mental illness.

## Partnering with Our Community

### Seal of approval – consumer information

The National Safety and Quality Healthcare Standards (NSQHS) were developed by the Australian Commission on Safety and Quality in Healthcare to drive the implementation of safety and quality systems and improve the quality of healthcare in Australia. The 10 NSQHS Standards provide a nationally consistent statement about the level of care consumers can expect from health service organisations.

National Standard 2 Partnering with Consumers, expects organisations to involve their consumers in the review of their locally developed consumer written information. This is to ensure that the information health services provide to their consumers is comprehensive and can be clearly understood by all consumers.

The Manning Local Health Committee meets regularly to review consumer written information developed by services across the Manning Health campus to make sure as required by the standard, that the publication provides all the information required by consumers in an easy to understand format.

This year all written consumer information was reviewed and approved by the committee consumer members and included the adding of a new “developed in partnership with consumers” logo to clearly show the information had been reviewed by consumers and to recognise the valuable contribution and role of consumers in the review of this information.

The new logo is a seal of approval from our consumers and demonstrates the Lower Mid North Coast Sector’s ultimate aim of Excellence. Every Patient. Every Time.



### Top marks for our consumer members in accreditation

The Lower Mid North Coast Sector underwent an Organisation-Wide Survey (OWS) against the National Safety and Quality Health Service (NSQHS) Standards in September 2018. The OWS team of five surveyors visited all hospitals and community services including the Drug and Alcohol Service, in the Sector.

Surveyors met with the Manning Local Health Committee consumer members to discuss the organisation’s achievement of the actions in National Standard 2 Partnering with Consumers. The surveyors were impressed with the many ways in which consumer members were partnering with the Sector to improve consumer centred-care for all services across Manning Health campus.

Surveyors were also able to meet with a Drug and Alcohol Community Services Consumer to discuss elements of National Standard 2 and the consumer's level of satisfaction with the services, which was deemed to be very satisfactory.

All recommendations from previous on-site surveys were closed. All actions were found to be satisfactorily met, and no new recommendations were given to the Sector. This was an exceptional result, and truly recognised the commitment of our staff and valued contribution our consumer members provide in our ultimate aim for Excellence. Every patient. Every time.

Comments from the Survey team included:

*"The Sector has wisely sponsored some small, medium and large 'wins' for their Local Health Committees and ensured senior executive sponsorship. The organisation has been mindful of the skill mix/diversity profile of consumer representatives (including carers and indigenous representation) and other volunteers."*

## Consumer suggested parking trial a success with patients, visitors and staff

In August 2017, a new multi-level carpark was completed on the Manning Health Campus.

While this was a welcome addition, access to car parking spaces continued to be limited while construction work continued on the hospital redevelopment.

In response to concerns, a car parking working group was set up to develop solutions to ease car parking pressures until the completion of the redevelopment. The group included members of staff as well as a number of consumers.

The working group recommended implementing a parking trial to coincide with the anticipated increased patient activity during the winter months of 2018.

The Ground Floor of the new multi-level car park was allocated as patients-only parking between 7am and 1pm.

The existing patient and visitor zone continued to be reserved for general patient and visitor parking only from 8am to 8pm, including parent with pram spaces.

The working group goal was to ensure patients could easily access onsite car parks and the allocated times would also allow for afternoon and night shift staff to park onsite.

Staff and patient feedback was very positive, and the trial deemed a success; the parking restrictions have therefore remained in place.

## Consumers find a way!

Consumer members on the Manning Local Health Committee provided community feedback on the real challenge for consumers in finding their way when visiting the Manning Health campus; especially after the recent additions of a new car park and new outpatient building.

A wayfinding working group was formed with key staff and consumers members. The group were tasked with walking

around the health campus looking at all the public entry points to the site, and finding their way to specific services. The consumer member perspective was invaluable and consumer member recommendations for clear signage across the whole campus were provided to help with the completion of a wayfinding for healthcare facilities audit.

# Hunter New England Local Health District



## Highlights

### Clinical Quality and Patient Care Committee

The committee has been expanded to cover the whole Lower Mid North Coast Sector and reviews all aspects of patient safety including risk management, patient experience, clinical review, incident and adverse event management, policy, drugs and therapeutics, infection control and quality improvement. The committee is chaired by the General Manager. Part of the agenda is a newly introduced component where new initiatives by staff or teams are presented to the meeting and acknowledged for quality improvement excellence. One such award this year was acknowledged: Level 5 Fluid Balance project which resulted in 64% improvement in accuracy of documentation which has been sustained.

### Staff Recognition for Years of Service

Hunter New England holds the belief that it is important to recognise our staff for long service milestones in their career. A formal recognition program was put in place for staff members who had reached 25 and 40 years of service.

A formal ceremony was held to recognise and express appreciation to 10 staff who had reached 40 years continuous service with the Health Service. The staff members received an engraved Parker pen and a certificate in appreciation of their commitment to health care.

A significant number of staff with 25 years service were also recognised for their years of service and presented with a certificate of appreciation.

### Manning Hospital - Nurses Awards 2018

In May we recognised a number of our nurses at the annual Nurses Awards.

- Jennifer Higgins - 2018 Nurse of the Year
- Jane Wright - 2018 Midwife of the Year
- Paige Law - 2018 Veronica Peter's Enrolled Nurse Award
- Keerly-Ann Wardle - 2018 New Grad of the Year
- Karla MacTaggart - 2018 Educator of the Year
- Darren Figallo - 2018 Outstanding Senior Leadership
- Neolie Eady - 2018 NUMs Choice Award Pre Admissions
- Sharyn Newell - 2018 NUMs Choice Award - Theatre
- Brendan Brown - 2018 NUMs Choice Award - Renal
- Justin Davis - 2018 NUMs Choice Award – Level 3 Surgical
- Emma Currie - 2018 NUMs Choice Award – Level 6 Medical
- Julianne McDougall - 2018 NUMs Choice Award Maternity

- Lucy Halliday - 2018 NUMs Choice Award – Paediatrics
- Maggie Collins - 2018 NUMs Choice Award – Emergency Dept.
- Judith Bennett - 2018 NUMs Choice Award - Oncology and Palliative Care
- Paige Law - 2018 NUMs Choice Award – Level 4 Medical
- Tracy Wilson - 2018 NUMs Choice Award – Critical Care Area
- Wayne Lewis - 2018 NUMs Choice Award – Wingham Community Hospital
- Michelle Anderson - 2018 NUMs Choice Award – Aged Care Services
- Roger Revill - 2018 NUMs Choice Award – Generalist Care
- Jennifer Beilby - 2018 NUMs Choice Award - Bulahdelah Community Hospital
- Erin Marshall - 2018 NUMs Choice Award - Gloucester Community Hospital

## Community Health Highlights

### Palliative Care - Community and Inpatient Integrated Care

Palliative Care Services have developed a communication process that ensure palliative care is integrated across the inpatient and community setting ensuring continuity of care. Patients are experiencing a smooth transition within the palliative care service ensuring quality patient centred care during their palliative care journey.

#### Advance Care Planning and End of Life Care

As our population ages and people are living longer, many people are reluctant to talk about or plan ahead for the care they will receive as they get closer to the end of their life.

Hunter New England Health is committed to providing local communities with the knowledge and tools to be able to make informed decisions through what we call 'advance care planning', and has been working with Local Health Committees who are well placed to encourage their local communities to start having these crucial conversations.

*Let's Start Talking* is a community campaign that encourages people to plan ahead for health care decisions they may need to make as they approach the end of their life.

The campaign is part of work being undertaken by the Hunter Alliance, a partnership between Hunter New England Health, Primary Health Network and Calvary Mater Newcastle.

One in three people will be unable to make their own decisions in the final weeks or months of their life. Yet surveys show that relatively few people have discussed their preferences for care at the end of their lives with their loved ones.

*Let's Start Talking* addresses three key questions:

- Have you thought about what would be important to you at the end of your life?
- Have you discussed this with your family and friends?
- Have you chosen the person you would want to speak on your behalf about your health care if you are unable to do so yourself?

More information about the *Let's Start Talking* campaign, including useful tips and video testimonials from individuals, carers and doctors on how to have these important conversations can be found at: [www.patientinfo.org.au](http://www.patientinfo.org.au)

The Manning Local Health Committee has discussed at length the positive aspects and necessity surrounding advance care planning and end of life care.

Many people are reluctant to talk about or plan ahead for the care they will receive as they get closer to the end of their life. If you or someone close to you has a long-term health problem, or is starting to show signs of declining health, now is the right time to start talking with your family and other loved ones about the care you would want to receive at the end of your life.

Where do I start?

Getting started with these conversations can be tricky. But, they are important conversations to have. Knowing who will be involved in decision making if you can't speak for yourself could be the first step.

For more information, please visit: <http://patientinfo.org.au>

## Our Medical Leaders

This year we welcomed six key appointments to our medical and specialist workforce. These positions provide important services to Manning and the surrounding areas, and will increase the capacity to deliver high quality, timely care for the community.

We're delighted to welcome these new staff members to our wonderful region, for what will surely be a very rewarding job caring for our local community.

Thank you to these new specialists for choosing to make such an invaluable contribution to our local hospital and health services.

### Intensive Care Unit

Dr Rob Hislop is employed by the District as an Intensive Care Staff Specialist, filling a vacant position. He has a Fellowship with the College of Intensive Care Medicine (CICM) and the Royal Australasian College of Physicians (RACP). Dr Hislop has moved to the Mid North Coast from Sydney, having worked at the Mater North Sydney and Royal Prince Alfred hospitals for nearly 10 years. He brings extensive managerial, organisational and teaching experience, particularly in recruiting and training Junior Medical Officers.

Dr Brij Verma is based in Sydney, and travels to Manning for week-long blocks. This appointment replaces a recent vacancy. Dr Verma originally came to Manning as a locum for 18 months after completing his medical degree in 1996, and has a Fellowship with the College of Intensive Care Medicine (CICM).

### Rehabilitation

Dr Dhayaparan Ganashan has been appointed to Wingham Hospital as the Rehabilitation Specialist, replacing Dr Asma Taskin. He lives in Sydney and travels to Wingham each week. He has a Fellowship in Rehabilitation Medicine. He will liaise closely with Taree to accept patients for transfer to Wingham for rehabilitation, and to help free beds for acute care patients at Manning Hospital.

### Psychiatry

Dr Charles (Ajoy) Estibiero has been appointed as a staff specialist psychiatrist working full time with Manning Mental Health Services. Dr Estibiero hails from Goa in India and is enjoying settling into Taree. He is currently undertaking the substantial comparability program towards Fellowship of the Royal Australian New Zealand College of Psychiatrists.

## Emergency Department

Dr Mustafa Majeed Omar has been appointed Director of Emergency at Manning Hospital, while Dr Jim Wills is on Long Service Leave. Dr Omar completed his medical training in India in 2004, and recently has become a Fellow with Australasian College for Emergency Medicine (FACEM). He has moved his family from Newcastle to Taree to take up the full time position, and will share his workload between clinical care and administration of the Department.

## Anaesthetics

Dr Stefan Lang is a Staff Specialist Anaesthetist at Manning Hospital. Dr Lang is originally from Germany, and was previously a staff specialist at Manning Hospital from 2012-2014 before returning permanently this year. Dr Lang and his family have relocated to the Manning Region, and he is currently working to become a Fellow of the Australian and New Zealand College of Anaesthetists (ANZCA). This will be a significant step in enhancing the anaesthetic services Manning Hospital can provide to the community.

## In the Spotlight

This year we opened the new Manning Hospital Outpatients building with local MP Stephen Bromhead and Chief Executive Michael DiRienzo.

The opening marks a major milestone in a project we commenced planning in 2015. The new building is now home to Cancer Care Services and the new Nita Reed Renal Unit.

As part of the redevelopment we've expanded Cancer Care Services to meet the increasing demand for oncology service in the region. This was one of the direct requests the community had during project consultation and I am pleased that we've delivered.

As a service we were honoured to announce at the opening that the new renal unit bears the name Nita Reed Renal Unit. Nita Reed has been a champion of renal patients in the Manning Valley for over 30 years. Nita pushed for the establishment of a Community Dialysis Centre in Taree. Through her efforts and the efforts of the Mid North Coast Kidney Association they were able to establish the first community dialysis centre in Australia in 1998.

The new Nita Reed Renal Unit and Cancer Care Services now has the capacity to meet the needs of the Manning Valley community for years to come, and it was a pleasure to have Nita at the event to show her the new facility named in her honour.

At the opening the Chief Executive paid a tribute to the staff and management of Manning Hospital who ensured that services continued to be provided during building and construction.

He was thankful for our efforts and dedication throughout the transition period.

While this phase of the redevelopment may be finished, the project is not quite over.



Chief Executive Michael DiRienzo, Nita Reed and Stephen Bromhead MP

## Double the investment for the Hospital's redevelopment

Chief Executive Michael DiRienzo joined Premier Gladys Berejiklian and Health Minister Brad Hazzard to announce an additional \$20 million for Manning Hospital's redevelopment.

This doubles the investment for redevelopment to \$40 million.

The additional funding will go toward the fit out of the expanded Medical Imaging Department and new CT, ultrasound and fluoroscopy equipment, as well as improvements to patient waiting areas. Design work will be completed in late 2018 with work starting in the first half of 2019.



Stephen Bromhead MP, Premier Gladys Berejiklian, Health Minister Brad Hazzard and Chief Executive Michael DiRienzo



32,970

patients presented at our emergency department



72.8%

of patients presenting to the ED were admitted or discharged within 4 hours\*



154,750

patients accessed services (like blood tests, clinics & community nursing) but were not admitted



611

Babies were born



1,882

Day only surgical procedure were performed



100%

of Category A patients received their elective surgery within the 30 day timeframe<sup>φ</sup>



100%

of Category B patients received their elective surgery within the 90 day timeframe<sup>φ</sup>



100%

of Category C patients received their elective surgery within the 365 day timeframe<sup>φ</sup>



515.66

Full-time equivalent staff



\$105,242

Expenditure budget<sup>^</sup>

## Acknowledgement and Feedback

### Aged Care Service

A 90 year old gentleman without a fixed address was recently referred to the Aged Care Assessment Team (ACAT).

After discussing the situation with the referrer (a service provider out of our local area), we were able to establish that this elderly gentleman, through no fault of his own became homeless several years ago and was residing in his car.

He had no family to turn to for support. His car had now broken down and his mobility and functional ability had significantly decreased. He was becoming withdrawn and depressed. He desperately wanted to feel safe and cared for.

The referrer acted as this gentleman's advocate and was able to secure a respite bed at a facility within our area and referred to ACAT to attend the assessment for residential respite and permanent residential care approvals.

As a result, both the facility and the elderly gentleman have reported the he now feels safe and cared for. He has had a general increase health and wellbeing with access to nutritional support as well as a clean and warm environment and is looking forward to becoming a permanent resident at this facility.

This is an excellent example of how services are able to work together effectively for the safety and wellbeing of the aged care individuals within our community.

### Dialysis - Consumer feedback

*"How we have progressed - back in the early days, travelling to Newcastle, John Hunter Hospital 3 days per week, but with the advancement of the dialysis centres opening in Taree, the patient area is more relaxed and we have more options from travelling to other centres. We certainly have improved from the past. We look forward to the future,"* said Helen Lawson.

### Renal - Beau's transplant story

Beau started his journey via Haemodialysis in 2008 before moving to Peritoneal Dialysis home therapies. He went well on home therapies but found he needed aortic and mitral valve replacements in 2015.

Beau then came back to Haemodialysis and has been awaiting a chance to begin his life anew via transplant for many years.

Beau was deferred twice in 2008, deferred three times in 2009, rejected in 2010, deferred twice in 2013, and twice deferred again in 2017 before being accepted pending resolution of issues preventing transplant twice more in 2018. He was finally accepted onto the transplant list on 30 November 2018.

Beau says *"I had a lot of tests beyond the routine work-up which at times made the likelihood of receiving the go-ahead seem low. The support I received from the renal team at Manning was, and is amazing. They went above and beyond*

*on my behalf. My journey to get onto the transplant list involved getting well enough over such a long time, especially the last couple of years where I have had so many appointments, procedures, reviews, and journeys to JHH. Knowing I am now on the transplant list makes me feel optimistic about my future. I am truly grateful for the support I have received from the team that has shared my journey".*

*"This is our story as much as it is Beau's. It is this type of outcome that spurs us on in our pursuit of excellence for all patients,"* said Leanne Kelly NUM Renal Services.

### Community Health - Cardiac Rehabilitation Program

*"I am very satisfied with the six weeks physio I received at Community Health. When I first arrived there I had trouble with my breathing and felt very weak, but after six weeks my muscles seem much stronger and my breathing is getting back to normal. The people in charge of physio were great and showed a lot of patience and diligence helping my rehabilitation. All in all I am very grateful for the help I received,"* said Steve Clark.