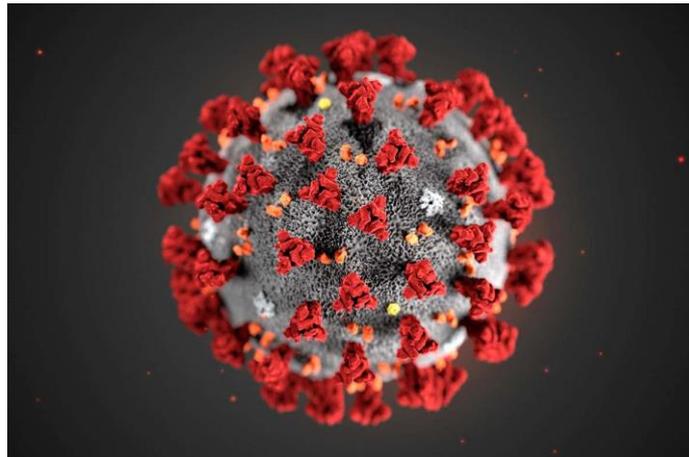




Central Coast Day Hospital

COVID-19 & Elective Surgery



The SARS-CoV-2 coronavirus that causes the disease COVID-19, is part of a large group of viruses termed coronaviruses after their distinctive appearance. After arising from animal origins in late 2019, it has now spread worldwide and is continuing to cause significant morbidity and mortality along with unprecedented social and economic disruption.

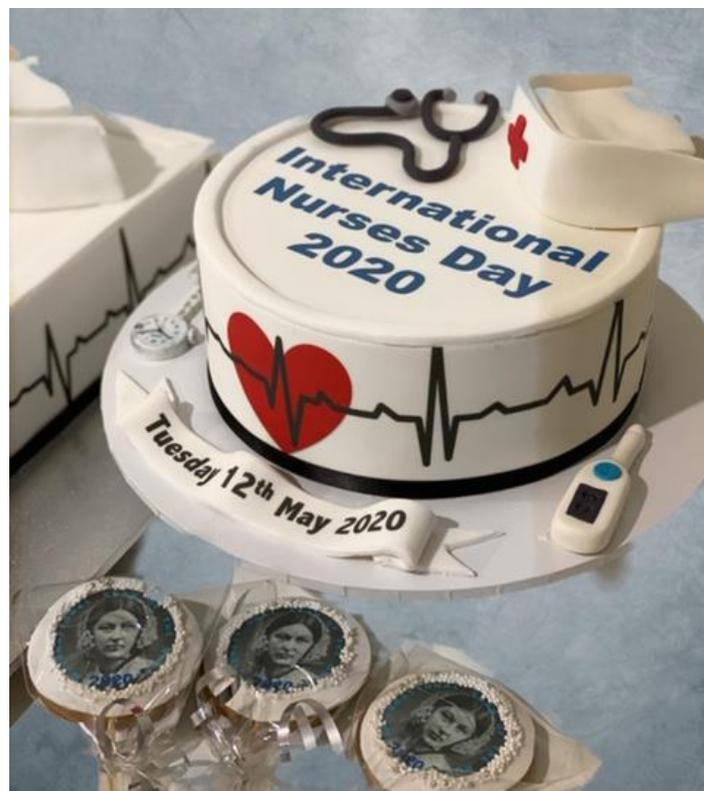
Because of the real potential of a major demand on Australian healthcare services (as evidenced by overseas experiences) in the subsequent weeks and the lack of Personal Protective Equipment available at the time, the Federal Government suspended elective surgery as of midnight on the 1st April, 2020. Only essential category 1 and urgent category 2 cases were allowed to continue. [Central Coast Day Hospital](#) has successfully maintained this emergency service during April.

Due to the successful reduction in cases that NSW and Australia as a whole have achieved, combined with the increased supply of medical equipment and Personal Protective Equipment, restrictions on elective surgery have been eased from the 27th April. From this date, 25% of elective surgery cases (in addition to the emergency cases already being undertaken) were permitted to recommence. On 20th May 2020, NSW Health allowed [Central Coast Day Hospital](#) to increase to 50% with further increases up to 75% permitted throughout June 2020. This is being successfully implemented with the aim to prioritise

people who need surgery the most, first. In introducing elective surgery again, the aim is also to ensure that a procedure can be undergone safely for both the patient and our staff.

To that end, competencies for Personal Protective Equipment and protocols for theatre management, including patient and staff risk assessment and social distancing, were introduced. [Central Coast Day Hospital](#) is also ready to respond to any rise in COVID-19 cases in the future if this unfortunately should occur. [Click here](#) to read more.

International Nurses Day



International Nurses Day was established by the International Council of Nurses in 1965 to celebrate the important role nurses play in our society. In 1974, the 12th of May was chosen as the date to celebrate the day as it is the birthday of the founder of modern nursing, Florence Nightingale. This year, it was particularly significant as it coincided with the 200th anniversary of her birth, and is in the World Health Organisation's designated International Year of the Nurse and Midwife.

Florence Nightingale became well known for caring for wounded soldiers during the Crimean War in the 1850's. Interestingly, her statistical analysis of the disease rates at the time and her graphical representation of these results, in some ways, was equally important as it enabled her to convince the government of the time to improve the unsanitary conditions in the hospitals there. Disease statistics have unfortunately become a familiar topic recently. She subsequently returned to England and established the first secular Nursing School in the world. Florence sent one of only two international teams of nurses to Sydney in the 1860's to establish the Nightingale system of Nursing in Australia. She was also heavily involved in health promotion, hospital design and social reform during her life.

The Australian Prime Minister, Scott Morrison, has issued a special greeting to all nurses on International Nurses Day to praise the leadership, skill, knowledge, compassion and commitment of the nursing profession and to acknowledge the contribution that nurses make to the community.

[Central Coast Day Hospital](#) celebrated the occasion with our nursing team and would like to thank all our Nurses for their dedication, care, commitment and for all their hard work and understanding during this difficult time of COVID-19. [Click here](#) to read more.

Dr Arora Conquers Mt Kilimanjaro



Earlier this year, [Dr Anil Arora](#) from [Central Coast Day Hospital](#), [Laser Vision Clinic Central Coast](#) and [Central Coast Eye Specialists](#), achieved the amazing feat of climbing Mount Kilimanjaro. Mount Kilimanjaro is the highest mountain in Africa and the highest single free-standing mountain in the world, with its summit of 5, 895 metres (19, 341 feet) above sea level. There are seven main routes to reach the summit, taking anywhere from 5 – 10 days. The climate can vary, with sun protection being required for the lower levels of the mountain and warm clothes for the summit. [Dr Arora](#) said that it was “a wonderful experience to set and complete the goal of achieving such a challenging feat”. Congratulations on your achievement, [Dr Arora](#)! [Click here](#) to read more.

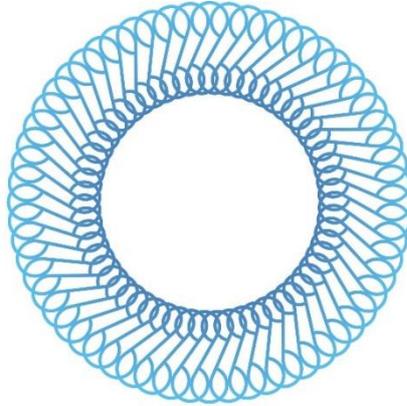
New Graduate Program



As part of our on-going staff education and development program, [Central Coast Day Hospital](#) offers recently graduated Registered Nurses, the chance to participate in the New Graduate Nurses Program. This course follows the prestigious American Society of Ophthalmic Registered Nurses (ASORN) core curriculum in ophthalmic nursing. The New Graduate Program includes intensive, specialised training and exposure to all areas of ophthalmic patient care, from the consultation process through to the day hospital environment.

[Central Coast Day Hospital](#) would like to welcome RN Monique Humphries to the 2020 New Graduate Program and wish her all the best in her studies and for the year ahead! [Click here](#) to read more.

Optometrist Online



OPTOMETRIST ONLINE

[Optometrist Online](#) is a free website with Optometrist Association Australia (OAA) approved education Modules for Continuing Professional Development Points. Optometrist Online will be adding the following new modules as of the 1st December, 2019:

- What to Consider – Gonioscopy, Anterior Segment, Optic Disk and IOPs
- Cataract Comprehensive with Retina
- Understanding Systemic Diseases
- Surgery Case Studies
- Common Corneal and Anterior Segment Cases
- Practical Guides for Busy Optometric Practices

Earn 2-3 CPD points per module with a mixture of Therapeutic and Non-Therapeutic available. [Click here](#) to register.

Featured Doctor



[Dr Samuel Dance](#)

Dr Samuel Dance is a general ophthalmologist with sub-specialty training in Cataract and Glaucoma surgery, and medical conditions of the retina including Diabetic Retinopathy, Macular Degeneration and Vein occlusions.

Dr Dance attained his medical degree at Monash University, and achieved a Master of Surgery at the University of Sydney, graduating Dux of his class. He completed his ophthalmology training at Prince of Wales Hospital in Randwick, before moving to the United Kingdom. At Cambridge University and the renowned Moorfields Eye Hospital, Dr Dance gained further sub-speciality experience in complex Glaucoma and Cataract Surgery and in the management of Medical Retina conditions.

Dr Dance has been a reviewer for the Journal of Glaucoma, lectured at both the University of Sydney, and University of New South Wales, and has been an investigator for multiple international clinical trials assessing innovative ocular therapies. He has authored multiple articles in peer-reviewed journals and presentations at International, National and State medical conferences. He was appointed to the Ophthalmology Liaison Committee at Glaucoma Australia and he is a fellow of the Royal Australian & New Zealand College of Ophthalmologists.

[Click here](#) to read more.