

Osborne Park Hospital

Directory of Services

Osborne Park Hospital

Osborne Place, Stirling WA 6021

T 9346 8000 F 9346 8008 www.oph.health.wa.gov.au

About Osborne Park Hospital

Established in 1962, Osborne Park Hospital is part of the North Metropolitan Area Health Service (NMAHS). It is a community general hospital providing comprehensive specialist health care services for the north metropolitan suburbs. Its specialist services include: obstetrics and gynaecology, anaesthetics, general surgery, orthopaedics, ophthalmology, urology, gastroenterology, paediatric surgery, ear nose and throat surgery, general medicine and rehabilitation of the aged and extended care.

The hospital features three operating theatres and endoscopy suite, 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 North Metropolitan Area Health Service (North-West) which also includes Sir Charles Gairdner Group Hospital, Area Mental Health Service and Population Health Program, Osborne Park Hospital participates in area-wide partnerships to augment and enhance health care delivery.

Our hospital is fully accredited by the Australian Council on Healthcare Standards and has the longest accreditation of any metropolitan secondary hospital in Western Australia.

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1. Rehabilitation and Aged Care services

Tel 9346 8111, Fax 9346 8232

<http://www.oph.health.wa.gov.au/Clinicians/Rehab.html>

The OPH Rehabilitation and Aged Care service provides hospital and community support for patients living in the OPH catchment which includes the following suburbs in the North Metropolitan Area Health Service.

<ul style="list-style-type: none"> • Alexander Heights • Alkimos • Ashby • Balcatta • Balga • Ballajura • Banksia Grove • Beldon • Burns Beach • Butler • Carabooda • Carine • Churchlands* • Clarkson • Connolly • Craigie • Currambine • Darch • Dog Swamp* • Doubleview* • Duncraig • Edgewater • Eglinton • Girrawheen • Gnangara • Greenwood • Gwelup • Hamersley 	<ul style="list-style-type: none"> • Heathridge • Herdsman* • Hillarys • Hocking • Iluka • Innaloo* • Jandabup • Jindalee • Joondalup • Joondanna • Kallaroo • Karrinyup* • Kingsley • Kinross • Koondoola • Landsdale • Madeley • Marangaroo • Mariginup • Marmion • Merriwa • Mindarie • Mirrabooka • Mullaloo • Neerabup • Nollamara • North Beach • Nowergup 	<ul style="list-style-type: none"> • Ocean Reef • Osborne Park* • Padbury • Pearsall • Pinjar • Quinns Rock • Ridgewood • Scarborough* • Sinagra • Sorrento • Stirling • Tamala Park • Tapping • Trigg • Tuart Hill* • Two Rocks • Wangara • Wanneroo • Warwick • Waterman • Wembley Downs* • Westminster • Wilbinga • Woodlands • Woodvale • Yanchep • Yokine
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* shared boundary with Sir Charles Gairdner Hospital Rehabilitation and Aged Care team

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

- 24 hour telephone access 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 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
- increase 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.

Routine clinical referrals

Tel 9346 8111, Fax 9346 8232

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, facilitate access to ACAT services.

To find the LAC go to: <http://www.disability.wa.gov.au/forindividuals/lacd.html>

Aged Care Assessment Team (ACAT)

Tel 9346 8111, Fax 9346 8043

The ACAT can provide initial and review assessments for residential care and community care services.

Stroke rehabilitation

Tel 9346 8079, Fax 9346 8482, Clinical Nurse Specialist Mobile 0406 717 285

The OPH Stroke Rehabilitation Services include a Stroke Clinic Day Hospital and 10 bedded Stroke Rehabilitation Unit which provide early stroke specific therapy and allows 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 NMAHS catchment area who have had a stroke within the last 6 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 a 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 a 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.

Allied health services

Allied health services within the Rehabilitation and Aged Care unit include:

- Social work
 - In-home support services
 - Day centre/social support for social isolation issues
 - Respite care
 - Guardianship issues
 - Carer stress issues
- Occupational therapy services
- Physiotherapy services
- Nursing services
- Continence clinic
- Speech Therapy services
- Dietitian services
- Diabetes service

These are discussed in more detail in the Allied Health section of this resource.

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: 9346 8471, fax: 9346 8256)

Surgical procedures

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

- Gastroenterology
- General surgery
- Orthopaedic surgery

Further details are available below.

Gastrointestinal endoscopy

Tel 9346 8219, Fax 9346 8171

<http://www.oph.health.wa.gov.au/Clinicians/Endoscopy.html>

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 Area Health catchment
- Low risk of anaesthetic and post-operative complications

Exclusion criteria are:

- Severe obesity (BMI >40) or weight >120 kg. For patients who have the potential to lose sufficient weight in order to fit the criteria, OPH offers the Healthy Lifestyle program. More information is available at <http://www.oph.health.wa.gov.au/Clinicians/Dietetics.html>
- Severe or unstable cardiovascular or respiratory disease
- Poorly controlled diabetes (HbA1C >8)
- Liver failure (eg. bilirubin raised. Minor rise in GGT okay)
- Renal failure (creatinine > 150)
- High anaesthetic risk (eg. malignant hyperthermia, severe rheumatoid systemic disease with unstable symptoms and/or advanced joint decay, complex metabolic/endocrine conditions, unstable neurological disorders).

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:

- referral templates available on our website at <http://www.oph.health.wa.gov.au/Clinicians/Endoscopy.html>
- referrals which include the required information using the general practice's own template or
- the generic ASI referral form is available at <http://www.gp.health.wa.gov.au/asi/forms/referral.aspx>

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 <http://www.oph.health.wa.gov.au/Clinicians/Specialists.html>

General surgery

Tel 9241 4013, Fax 9241 4017

<http://www.oph.health.wa.gov.au/Clinicians/GeneralSurgery.html>

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 (eg. inguinal, incisional, umbilical, stomal)

- Haemorrhoids and anorectal surgery
- Carpal tunnel surgery
- Colorectal surgery where appropriate (eg. loop ileostomy, abdominoperineal resection, right hemicolectomy)
- Minor surgical procedures (eg. ingrown toenails, 'lumps and bumps' and skin lesions)

Note that we do not offer breast and thyroid surgery at this clinic. 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 Area Health catchment
- Low risk of anaesthetic and post-operative complications

Exclusion criteria are:

- Severe obesity (BMI >40) or weight >120 kg. For patients who have the potential to lose sufficient weight in order to fit the criteria, OPH offers the Healthy Lifestyle program. More information is available at <http://www.oph.health.wa.gov.au/Clinicians/Dietetics.html>
- Severe or unstable cardiovascular or respiratory disease
- Poorly controlled diabetes (HbA1C >8)
- Liver failure (eg. bilirubin raised. Minor rise in GGT okay)
- Renal failure (creatinine > 150)
- High anaesthetic risk (eg. malignant hyperthermia, severe rheumatoid systemic disease with unstable symptoms and/or advanced joint decay, complex metabolic/endocrine conditions, unstable neurological disorders).

Referral information

We welcome referrals from GPs. Please fax us at 9241 4017 using your normal referral procedure. Please 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 credentialled to perform surgery at OPH. To refer to these specialists please refer to their rooms. These are listed in our Credentialled Specialists page at <http://www.oph.health.wa.gov.au/Clinicians/Specialists.html>

Orthopaedic surgery

Tel 9346 8471, Fax 9346 8256

<http://www.oph.health.wa.gov.au/Clinicians/Orthopaedic.html>

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.

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 Area Health catchment
- Low risk of anaesthetic and post-operative complications

Exclusion criteria are:

- Severe obesity (BMI >40) or weight >120 kg. For patients who have the potential to lose sufficient weight in order to fit the criteria, OPH offers the Healthy Lifestyle program. More information is available at <http://www.oph.health.wa.gov.au/Clinicians/Dietetics.html>
- Severe or unstable cardiovascular or respiratory disease
- Poorly controlled diabetes (HbA1C >8)
- Liver failure (eg. bilirubin raised. Minor rise in GGT okay)
- Renal failure (creatinine > 150)
- High anaesthetic risk (eg. malignant hyperthermia, severe rheumatoid systemic disease with unstable symptoms and/or advanced joint decay, complex metabolic/endocrine conditions, unstable neurological disorders).
- Complex chronic pain
- Joint revision surgery

Referral information

We welcome referrals from GPs using:

- referral templates available on our website at <http://www.oph.health.wa.gov.au/Clinicians/Endoscopy.html> or
- the general practice's own template and including the required information.

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).

Please fax us at 9346 8256 and 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 credentialled to perform surgery at OPH. To refer to these specialists please refer to their rooms. These are listed in our Credentialled Specialists page at <http://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

<http://www.oph.health.wa.gov.au/Clinicians/Obstetrics.html>

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, dietitians and physiotherapists.

Entry criteria

We cater for low risk obstetrics and accept primigravidas, multigravidas, women who are likely to require Caesarean sections, women with controlled hypertension and women from all backgrounds. Overseas students and patients with no Medicare cards (ineligible overseas visitors) are now accepted at OPH for confinement. Charges may apply in these cases.

We have a Gestational Diabetes clinic and welcome early referrals from GPs.

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
- High likelihood of reaching 120 kg or BMI>40, and
- 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 36 weeks. We are unable to accept bookings after 36 weeks gestation. OPH will arrange anatomical scans if women are referred before 19 weeks. However we rely on GPs to ensure that the first trimester scans are done.

We have referral templates available for your use at

<http://www.oph.health.wa.gov.au/Clinicians/Obstetrics.html>.

Please fax your referral to (08) 9346 8215 together with copies of tests:

Please note that women are usually 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
 - Confirm LMP, arrange dating ultrasound scan if unsure
 - Advise on folic acid intake
 - Advise on listeria and salmonella avoidance
 - Check BP & weight
- Please arrange prior to referral
 - Blood Group and antibody screen
 - Full Blood Picture
 - Hepatitis B S antigen
 - Hepatitis C antibody
 - HIV antibody
 - Chlamydia screening (First void urine and self-obtained low vaginal swab - advice on how to do this is available at <http://www.couldihaveit.com.au/media/SOLVS.pdf>)
 - Rubella antibody
 - Treponema antibody
 - MSU
 - Routine First Trimester Screening test (blood test & ultrasound between 11-13 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.
 - Pap smear - consider if no pap in last 2 years, otherwise note for post partum pap @ 6 week
 - Vit D screening for at risk populations (those with limited sun exposure & darker skin)
 - GTT for women with previous gestational diabetes
- Recommended at 18-20 weeks
 - Anatomical ultrasound scan. Women can have this arranged through Osborne Park Hospital. We will make these arrangements if women are seen prior to 20 weeks.
- Recommended at 26-28 weeks
 - Full Blood Picture
 - Blood Group and antibody screen (Women who are Rh negative are given Anti-D at 28-30 and at 34-36 wks).
 - Diabetes screen - 50 g challenge or 75 g fasting OGTT glucose tolerance test.
- At 35-37 weeks
 - We will arrange a Group B Streptococcus screen and if indicated a Full Blood Picture.

We have a Gestational Diabetes clinic and welcome early referrals from GPs. Women can call to make their own bookings on 9346 8010 and will be asked to ensure that they have a copy of their blood test results. We

appreciate the help of GPs in providing relevant information to facilitate care. Clinical midwives, dieticians and medical staff work with women on diet and exercise aiming for a fasting BSL of 5.5 mmol/L or less and 2 hr postprandial BSL of 7 mmol/L or less. Women are encouraged to attend our Tuesday afternoon Healthy Exercise class.

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 Maria Kailis (tel: 9387 2000, fax: 9387 2567)
- Dr Leon Levitt (tel: 9387 2000, fax: 9387 2567)
- Dr Hany Ishak (tel: 9440 5300, fax: 9440 5301)
- Dr Ian Churchward (tel: 9272 2455, fax: 9272 4001)

Gynaecology

Tel 9346 8010, Fax 9346 8215

<http://www.oph.health.wa.gov.au/Clinicians/Gynaecology.html>

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

Gynaecological day procedures performed at OPH include:

- Colposcopy/LLETZ
- Wart Removal
- Insertion of Implanon or Mirena
- Insertion of pessaries/vaginal rings

Entry criteria

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

- weight greater than 120 kg / BMI > 40 or other high anaesthetic risk factors

Referral information

We welcome referrals from GPs can refer using:

- referral templates available on our website at <http://www.oph.health.wa.gov.au/Clinicians/Gynaecology.html> or
- the general practice's own template and including the required information:
 - patient details - name (including previous surname)
 - address
 - telephone
 - interpreter needs
 - medical history
 - medications
 - drug reactions

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 progesterones x3
- Pelvic ultrasound scan
- Partner semenalysis
- STI screen (HVS, Chlamydia)

Urinary incontinence

- MSU
- Pelvic ultrasound
- Bladder diary

In addition some consultants have public operating lists for gynaecology at OPH. A list of credentialled specialists is available at <http://www.oph.health.wa.gov.au/Clinicians/Specialists.html>

For more information contact their rooms.

4. Allied health services

OPH provides a number of allied health services primarily for inpatients and for the Rehabilitation and Aged Care unit. Some services are also available to the general community within the OPH catchment area.

Social work

Tel 9346 8449, Fax 9346 8232

<http://www.oph.health.wa.gov.au/Services/SocialWork.html>

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
- 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, facilitate access to ACAT services.

To find the LAC go to: <http://www.disability.wa.gov.au/forindividuals/lacd.html>

Occupational therapy

Tel 9346 8117 or 9346 8118, Fax 9346 8308, OPH ACAT referrals clerk Tel 9346 8111

<http://www.oph.health.wa.gov.au/Services/OT.html>

Occupational therapists (OTs) improve or maintain function and independence and provide services to the Rehabilitation and Aged Care unit and to inpatients.

Services include hospital based assessment, group treatment, community based assistance and the provision of equipment through the Community Aids and Equipment Program (CAEP).

<ul style="list-style-type: none"> • Alexander Heights • Alkimos • Balcatta • Ballajura • Beldon • Burns Beach • Butler • Carabooda • Carine • Clarkson • Connolly • Craigie • Cullacabardee • Currambine • Dianella • Duncraig • Edgewater • Eglinton • Embleton • Girrawheen • Glengarry • Gnangara 	<ul style="list-style-type: none"> • Greenwood • Gwelup • Hamersley • Heathridge • Hillarys • Hocking • Iluka • Jandabup • Jindalee • Joondalup • Kallaroo • Kingsley • Kingsway • Kinross • Koondoola • Landsdale • Lexia • Malaga • Marangaroo • Mariginup • Marmion • Merriwa 	<ul style="list-style-type: none"> • Mindarie • Morley • Mullaloo • Neerabup • Noranda • North Beach • Nowergup • Ocean Reef • Padbury • Pearsall • Pinjar • Quinns Rock • Sinagra • Sorrento • Stirling • Two Rocks • Wangara • Wanneroo • Warwick • Waterman • Woodvale • Yanchep
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The full list of OPH and Sir Charles Gairdner Hospital CAEP catchment areas is available at http://www.oph.health.wa.gov.au/Services/pdf/CAEP_CatchmentArea.pdf

Physiotherapy

Tel 9346 8135, Fax 9346 8466

<http://www.oph.health.wa.gov.au/Clinicians/Physio.html>

OPH has Musculoskeletal, Orthopaedic, Neurology, Respiratory and Women's Health/Continence Physiotherapy Outpatient Clinics. These clinics can treat acute, subacute and chronic conditions.

Orthopaedic

- Accelerated rehabilitation program for hips and knees
- Individual treatment
- Hydrotherapy classes: there is no Hydrotherapy Pool at OPH but we conduct 2 classes a week at a private pool nearby-one class for low back pain clients and another for peripheral joint problems.

Neurology

- Focus on Multiple Sclerosis, Motor Neurone Disease, neuropathies, myelopathies, (note: ambulatory rehabilitation of stroke in patients over 65 and Parkinsons Disease is managed by The Department of Rehabilitation and Aged Care)
- Individual treatment, 6 weeks + depending on outcomes.

Respiratory

- Including postural drainage, exercises, fitness and appropriate home maintenance.
- Women's Health Services and Continence Services for Males and Females

Individual Women's Health and Continence Physiotherapy Consultations

- Pelvic Floor Muscle Re-education
- Treatment for:
 - Male & female Faecal and Urinary Incontinence & Urgency
 - Gynaecological conditions; Vulvodynia, dyspareunia, prolapse

Pregnancy Musculoskeletal complaints

- Preparation for Childbirth Classes (OPH births only) For new parents 4-week course. Mondays 6.15-8.30pm or Wednesdays 6.15-8.30pm.
- Preparation for Childbirth Classes (OPH births only) Weekend course. 1st 2 Saturdays of the month 9.00am-12.00pm or 1st 2 Saturdays 1.00-4.30pm.
- Refresher Class (OPH births only) 2nd Monday of month 9.00-11.00am. TENS Class for Labour. 1st Friday of month 10.30-11.15am ANC Block 1.
- Healthy Pregnancy Fitness Class (open to all) From 14 weeks of pregnancy. Tuesdays; Activity room, F Block 3.30-4.30pm.

Entry criteria

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

<ul style="list-style-type: none"> • Alexander Heights • Balcatta • Balga • Ballajura • Carine • Churchlands • Dianella • Doubleview • Duncraig • Embleton • Girrawheen • Greenwood 	<ul style="list-style-type: none"> • Gwelup • Hamersley • Innaloo • Joondanna • Karrinyup • Koondoola • Malaga • Marangaroo • Marmion • Mirrabooka • Morley • Nollamara 	<ul style="list-style-type: none"> • Noranda • North Beach • Osborne Park • Scarborough • Sorrento • Stirling • Trigg • Warwick • Waterman • Wembley Downs • Woodlands • Yokine
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Please note the following exclusion criteria:

- Ongoing chronic general care outside of the Rehabilitation and Aged Care Day Hospital Physiotherapy service
- Paediatric neurological/respiratory cases: Child Development Centres in the North Metropolitan Area Health Service provide services for children with developmental delay.
- Seniors with complex problems or requiring access to other Allied Health Disciplines: We suggest referral to Rehabilitation and Aged Care services
- Patients with Parkinson's disease: We suggest referral to the Parkinson's Disease Clinic
- Workers' compensation, MVIT or clients covered by DVA entitlements

Referral information

A referral from a medical practitioner is required. Please fax referrals to 9346 8466 with patient demographic (name, date of birth, address & phone number) and relevant clinical information.

Dietetics

Tel 9346 8135, Fax 9346 8466

<http://www.oph.health.wa.gov.au/Clinicians/Dietetics.html>

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 credentialled Diabetes Nurse Educator with the authority and consent of the referring medical officer. An endocrinologist is not available at OPH.

Entry criteria

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

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

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 (08) 9346 8232 or
- Patient self-referral by calling (08) 9346 8128.

For outpatient consultations

- We welcome GP referrals and have referral templates available on our website at <http://www.oph.health.wa.gov.au/Clinicians/Dietetics.html>
- Alternatively if you prefer to send your own electronic form please include the following information:
 - Reason for Referral
 - Diagnosis
 - Relevant past medical history
 - Medications
 - Allergies
 - 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 8135, Fax 9346 8466

<http://www.oph.health.wa.gov.au/Clinicians/Podiatry.html>

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

Entry criteria

Outpatient podiatry consultations are available patients who:

- live within our catchment area which includes the following postcodes: 6017-6026, 6029, 6060, 6061, 6064, 6127, 6028, 6030-6035, 6037 and 6065;
- Hold a current health care or commonwealth pension card; and
- Fit into one or more of the following groups:
 - High Risk Adults: Patients with chronic health conditions which puts them at high risk of foot ulceration.
 - Paediatrics: Children aged 0-18 years with mechanical foot problems.
 - CAEP Patients: Patients eligible under the Community Aids and Equipment Program.

- Hold a current health care or commonwealth pension card and must reside within the boundaries of the Podiatry Outpatient Catchment Areas (PDF, 60 Kb).

Referral information

We welcome referrals from GPs. Please include information about relevant medical conditions.

Speech therapy

Tel 9346 8130, Fax 9346 8232

<http://www.oph.health.wa.gov.au/Clinicians/SpeechTherapy.html>

We provide services for:

- Developmental communication disorders (birth to the end of Grade 1)
- Adult acquired disorders

Entry criteria

Outpatient consultations are only available to adults and children who:

- Live within the OPH catchment area for adults or children.
- Are not eligible for another government funded speech pathology service AND
- Meet the criteria for the services outlined below.

For **paediatric** services, referrals are accepted if the child has:

- a developmental communication disorder (birth to the end of Grade 1)
- is not eligible for another government funded speech pathology service AND
- lives in the OPH paediatric catchment area:
 - Balcatta 6021
 - Carine 6020
 - Churchlands 6018
 - Doubleview 6018
 - Gwelup 6018
 - Hamersley 6022
 - Innaloo 6018
 - Joondanna 6060
 - Karrinyup 6018
 - Nollamara 6061

- North Beach 6020
- Osborne Park 6017
- Scarborough 6019
- Stirling 6021
- Trigg 6029
- Tuart Hill 6060
- Waterman 6020
- Woodlands 6019
- Wembley Downs 6019
- Yokine 6060

For **adult** services, referrals are accepted if the patient:

- has an acquired communication / swallowing disorders including stroke, Parkinson's Disease, Motor Neurone Disease and voice disorders.
- lives within the Rehabilitation and Aged Care catchment area (see section 1 for this)
- is not eligible for another government funded speech pathology service

Referral information

Please fax the referral to us with the following information:

- Patient demographics: name, date of birth, address, contact telephone number
- Reason for referral and relevant medical history
- For paediatric referrals we also need: name of parent/guardian and name of daycare/education placement

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

<http://www.oph.health.wa.gov.au/Clinicians/MentalHealth.html>

The OPH campus is home to the following services provided by North Metropolitan Area 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

Adults living in the Osborne catchment area which includes the following suburbs:

- Balcatta
- Carine
- Churchlands
- Doubleview
- Glendalough
- Gwelup
- Hamersley
- Herdsman
- Innaloo
- Joondanna
- Karrinyup
- North Beach
- Osborne Park
- Scarborough
- Stirling
- Trigg
- Tuart Hill
- Watermans Bay
- Wembley Downs
- Woodlands

Referral information

We welcome referrals from GPs.

More information on mental health services is available at

<http://www.nmahsmh.health.wa.gov.au/services/amhs.cfm>

5. Radiology and pathology

Radiology

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

<http://www.oph.health.wa.gov.au/Clinicians/Radiology.html>

The Osborne Park Hospital Radiology Service offers a comprehensive imaging service to people living within the Osborne Park Hospital catchment area.

- Features of the service include:
- Bulk billing for all patients
- State of the art Philips 64-slice CT Scanner
- Two new IU22 Ultrasound machines
- New General X-ray Machine
- A full-time Consultant Radiologist
- Specialist Women's Imaging services including Mammography and Ultrasound Imaging services including X-ray, OPG, IVU, mammography, ultrasound and CT scanning

Entry criteria

- A GP referral and a valid Medicare card is required

Referral information and forms are available at our website at

<http://www.oph.health.wa.gov.au/Clinicians/Radiology.html>

If you would like a book of referral pads, please email your details to ophradiology@health.wa.gov.au

Pathology

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 statewide 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.

Please visit the PathWest website - <http://www.pathwest.com.au/>

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 two General Practice Networks in our local area: Osborne General Practice Network and Perth Primary Care Network.

Osborne Park Hospital welcomes the input of general practice and has a Liaison GP role who facilitates communication and information transfer between the Hospital, the General Practice Networks 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 moira.sim@health.wa.gov.au or call (08) 9346 8001.