

# ADMISSION INFORMATION

Tuggerah Lakes  
Private Hospital

Real people. Extraordinary care.

healthcare™

*Thank you for choosing  
Tuggerah Lakes Private Hospital,  
a Healthe Care facility, for your hospital stay.*

Healthe Care is one of the leading private hospital operators in Australia delivering clinical best practice and positive patient outcomes.

**Our vision is to become a leading provider of health and related services.**

Our team of dedicated, professional and friendly staff will be most happy to answer any questions that you may have and provide assistance as required, prior to and during your stay. Medical enquiries should be directed to the Doctor who is admitting you to and treating you in hospital.

This **admission information** has been prepared to assist with your admission to our hospital and give you an overview of some of the key services and facilities that will be available during your stay with us.

Please find accompanying this information:

- a **consent form**, which should be **completed by your admitting Specialist and some sections by you**,  
and
- a **patient registration form** and **patient health history**, which should be **completed by you**.

Please complete the patient registration form and patient health history after discussing your admission with your Doctor. The completed forms can be returned to the hospital by mail, fax or in person to reception. Can be completed on line.

**Prompt return of these forms will ensure your admission is not delayed. Please ensure they are received by the hospital as soon as possible, however no later than 48 hours prior to your admission.**

Should you require assistance completing the forms or if you have any questions about your hospital stay, please do not hesitate to contact the hospital and reception will direct you to the most appropriate person to assist you. Our website also provides information about the hospital, its services and facilities.

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## Admission

Your hospital admission will be arranged by your doctor who will inform you of the day and in some cases, the time you need to come to hospital. Often the hospital may also phone you to confirm your admission time, but follow your Doctor's instructions if you don't hear from the hospital.

On your admission day, please go to the main reception desk located in the main entrance of the hospital.

After your admission has been registered by our reception team you will be transferred to an appropriate admission area. In this area you will often meet with your Anaesthetist and be prepared for your surgery. You will go directly from here to the operating theatre.

If you are having a day surgery, you will return to this area.

If you are staying with us overnight or for a few days after your operation you will be transferred to the ward after your surgery.

You may be admitted to the hospital on the day prior to surgery if the doctor believes this to be important. Please note that if you are being admitted for reasons other than surgery, or in some surgical cases, you will be admitted directly to your room.

## Your Accommodation

At the time of admission you will be allocated one of our 20 private rooms on the basis of clinical need and bed availability, if you are required to stay overnight.

## Breastfeeding Mothers

At Tuggerah Lakes Private your baby is allowed to stay with you until you go into theatres at which time a carer must look after them until your procedure is done. Once you are out of recovery they are allowed with you on the ward.

## Car Parking

We recommend that you travel to and from hospital with a carer, friend or relative. There is paid parking on site at Tuggerah Lakes Private Hospital. There is also a 15 minutes free pick up and drop off zone outside main reception.

## Chaplaincy

A chaplaincy service is available. Please ask the ward staff if you wish to contact a chaplain or arrange a visit.

## Children / Paediatric patients and their parents

As a parent or carer, we encourage you to remain with your child during their hospitalisation. The hospital will provide details re facilities available during your child's stay.

## Clothing

Dress sensibly, be comfortable. No high heels, make-up, nail polish or artificial nails. Depending on the procedure, cotton only briefs may be worn.

Day patients will not need sleeping attire but you may like to bring your own dressing gown.

Please wash / shower prior to your admission. Some patients maybe asked to use a surgical wash. Do not apply talcum powder, deodorant or apply make up or moisturisers following the shower.

## Consent to Admission – Informed financial consent

As part of your admission process, the hospital is obliged to ensure that you are made aware of the estimated hospital charges you and your insurer will incur. Therefore you will be asked to sign an informed financial consent form on or before admission. If your admission is unplanned you will be asked to give informed financial consent as soon as possible.

In the event that the estimated hospital charges increase during your admission (for example, through additional services, a change in your gap (i.e. expenses not covered by your health fund) or if prosthetics or consumable are required), an account will be raised and paid on discharge.

In the event that the estimated hospital charges increase during your admission, for example, through additional services, a change in your gap (i.e. expenses not covered by your health fund). Account will be raised and sent to you by mail.

## Consent to a procedure / Clinical consent

Should you have any questions regarding your proposed treatment or procedure during your hospitalisation, we advise that you should discuss these with your treating doctor.

You have the right to have all the risks explained in full and can withdraw your consent, either in full or part, at any time prior to the procedure being performed.

## Leaving Hospital

### Overnight patient discharge

Discharge time is between 9.00 and 10.00am. We ask that you make arrangements to be picked up accordingly. If you are unable to leave hospital at this time, you may be asked to vacate your room and wait in a patient lounge.

### Day surgery patients

Patients must have a responsible adult accompany them home and stay with them overnight after discharge. We will be able to advise you at the time of admission of the approximate time that you will be ready for discharge / ready to leave hospital.

A Tuggerah Lakes Private Hospital staff member will phone a friend or family member to advise when you will need to be picked up.

### Things NOT TO DO for the first 24 hours after leaving hospital

- Use any dangerous machinery and tools
- Sign any legal documents
- Drink alcohol
- Activities which requires coordination and/or a high level of alertness
- Drive a motor vehicle. Motor vehicle insurance policies may be void in the event of an accident.
- Day Surgery patients – You should not be on your own for the first 24 hours post-surgery.
- Your Doctor will advise if the time frame varies on any of the above activities.

## Valuables / Electrical Items

We strongly recommend that valuables (your personal property) such as money, jewellery, and electrical items such as mobile phones, iPads, laptop computers, other personal electronic devices, hair dryers, charging cords, shavers and the like, not be brought into hospital with you.

The hospital does not accept any responsibility for the loss of or damage to your personal property whilst you are in hospital. Anybody bringing electrical items into the hospital is liable for any damage caused if they are faulty or misused. If you do bring an electrical item with you, this item may require electrical testing and/or visual inspection prior to use.

The security of any personal items is your responsibility. Should anything go missing from your room please inform the nursing staff immediately. If appropriate, Police will be contacted at your request.

Upon discharge, please pack all items and take them with you. If this is not possible, please ensure a designated person is organised to collect them as soon as possible. The Hospital will not be responsible for your items not taken on discharge.

## Fasting and Smoking

Prior to your procedure **do not eat, drink, chew gum or smoke as per your Doctor's or the hospital's instructions. If you do not follow these instructions it is very likely your procedure will be cancelled.** Smoking is not permitted in our facilities and there is no designated smoking area.

## Health Safety and Environment Policy

Health Care recognises its moral and legal responsibility to provide and maintain a safe and healthy environment for employees, patients, contractors, visitors and others. This commitment extends to ensuring that the operation of our hospital does not place the community or the environment at risk of injury, illness or damage. We ask that you comply with any such regulations that you are made aware of. **Please note in particular hand washing protocols which apply to you, your friends and carers. Safe hand washing practice minimises the risk of infection which is extremely important for your health and a good health outcome post-surgery or illness.**

When coughing or sneezing, use a tissue to cover your nose and mouth, dispose of the tissue afterwards - wear a surgical mask if possible. After coughing, sneezing or blowing your nose, wash your hands with soap and water - use alcohol-based liquids, gels or wipes if you do not have access to soap and water.

You will be asked by your preadmission or admitting nurse if you have returned from overseas travel within the last seven (7) days to prevent spread of acute respiratory infections. To minimise the risk / transmission of community acquired gastroenteritis (gastro) in our facility, you are encouraged to report any symptoms you or family member are experiencing to your admitting nurse.

## Interpreter Services

An accredited interpreter service can be arranged where deemed necessary. Charges may apply.

## Medical Records and Privacy

Healthcare complies with the Privacy Act 1988 (as amended) including the way we collect, store, use and disclose health information. For more information please review the Healthcare Privacy Policy which is available on the internet and in the reception of the hospital.

## Medication

Please bring to the hospital all medication, including complementary therapies you are currently taking, in the original dispensed packaging and repeat authority / prescriptions and give to the nursing staff on admission.

It is very helpful if you can bring a typed list of current medications from your GP. Knowing what medications you are taking is important information for people providing your care.

Your medication will be given to you by the nursing staff as ordered by your Doctor unless they have advised the nursing staff that you can self-medicate. Any unused medication will be returned to you on discharge. Ask your Doctor if you should take your regular medication on the morning of surgery or cease any of your medications any earlier prior to surgery.

In the interest of safety, please do not keep any medication (even Panadol, etc.) in your locker or on your person. Taking medications that should not be taken after surgery can have serious consequences.

## Meals and dietary requirements

Please advise if you have [special dietary needs](#) as this is very important. Please also advise the senior nurse in charge of the ward about any food, drink or other items brought into the hospital for patients.

All food and drink brought into the Hospital must be clearly labelled and dated with manufacturers recommended expiry dates. All food that is unlabelled will be discarded, as will food that is not consumed within 24 hours.



## Medicare and your Doctor's fees

Medicare does not cover any private hospital charges but may cover you for a percentage of your Doctor's fees, depending on the level of your private health insurance and the fees charged by your Doctor. Your health fund might reimburse you for all or part of the gap (difference between what Medicare pays and what your Doctor charges you) payment. You should discuss these charges with your Doctor and your health fund. You may also receive separate accounts for the following:

- Attending Surgeon / Assisting Surgeon / Anaesthetist.
- Attending Physician (non surgical stay or medical consultation).
- Medical Imaging (if X-rays and scans are required) in some cases a fee will be charged. With some health fund agreements, the full 'gap' may not be covered resulting in an additional fee being charged by the Radiology provider. It is advised that you check with your health fund and with the provider regarding any out of pocket fees. Health Care hospitals do not own or operate diagnostic providers of radiology services. Any concerns regarding the charges need to be directed to the diagnostic provider.
- Intensive Care Specialist (if you require a stay in the Intensive or Critical Care Unit).
- Pathology (if any tests such as blood tests or biopsies were required). Some costs associated with your Pathology tests may incur an out of pocket cost. Health Care does not own or operate pathology businesses. It is advised that you should check with your health fund and the pathology provider regarding any potential fees..

## Patient feedback

Patient feedback is important to us and we encourage all patients to tell us how they feel about our level of customer service, our facilities and our staff. To know where we do well is great, but to learn where we could do things better is far more important if we are to improve the service we offer to future patients.

We do provide feedback surveys but if you have a question or observation please ask the nurse caring for you, the Nurse Manager for your ward, or ask to speak with the Director of Nursing / Director of Clinical Services or the Chief Executive Officer.

## Patient rights and responsibilities

Healthe Care feels it is important you understand your rights and responsibilities as a patient. Our [Rights and Responsibilities](#) brochure is available on the internet and in the reception of the hospital to read at your convenience.

Patients must respect the privacy and confidentiality of other patients. It is illegal to disclose any information about another patient's presence in the hospital or their treatment. This includes verbal and digital communication as well as the use of photographs, videos etc. and information published online and/or via any social media platform.

Any violations will be taken seriously and may lead to the discharge of the offending patient and their exclusion from Healthe Care hospitals in the future. Civil and/or criminal proceedings may also result.

## Patient transport – provision and cost

Under certain circumstances patients may be responsible for ambulance transport costs. If you reside in a regional area you may be entitled to subsidised travel. Please discuss this with your Doctor.

## Paying your bill / Health funds

### [Insured patients / those with private health insurance](#)

Healthe Care has agreements with the majority of private health funds to cover the hospital charges for your admission.

Depending on your level of cover, some policies require you to pay an excess or co-payment and you will be asked to pay this prior to, or on admission. In addition, health fund policies require members to serve waiting periods before they will provide cover, and some levels of cover have excluded services. Pre-existing ailment rules may also apply and your cover may be subject to these rules. **We therefore strongly recommend that you contact your health fund to confirm your cover prior to your admission.**

Your account for hospitalisation will include your accommodation and theatre fees and other chargeable items in accordance with Healthe Care's current fee agreement with your health fund. You will be asked to complete and sign a health insurance claim form on admission. We will submit your claim directly to your health fund on your behalf. **It is important that you know that in the event that your health fund rejects your claim for reimbursement for any reason, the hospital will seek to recover any amounts outstanding from you. This is why it is important that you check your level of cover with your health fund prior to admission.**

### Self-funded / Those without private health fund cover

If you are a self-funded patient you may be required to pay an estimate of the total amount of the hospital account prior to admission to confirm your booking or the estimated total cost on admission. If the amount paid by you was in excess of the amount required to cover the cost of your care you will receive a refund from the hospital. Estimated hospital costs will be provided prior to your admission to the hospital. We endeavour at all times to provide an accurate estimate, but unforeseen circumstances can occur and additional costs may be incurred.

### WorkCover / WorkSafe / Third Party Insurance

If your admission is as a result of a WorkCover / WorkSafe, Third Party or Public Liability claim, the hospital will require prior written approval for your admission from the relevant insurance company. Your admission cannot be confirmed or proceed until this approval is received.

Any claims that have not been approved by the insurance company will be treated as a self-funded admission and the estimated hospital costs will be payable by you.

### Payment methods prior to or on admission

The hospital accepts cash, bank cheques, money orders, EFTPOS, Visa and MasterCard for any amounts payable. A credit card surcharge of 1.5% applies for VISA and MasterCard. Personal cheques are not accepted. If choosing to pay by EFTPOS, please note that most financial institutions have a daily limit of \$1,000.

## Personal effects

While you are undergoing your procedure, your personal effects may be locked away and then delivered to your room once you are transferred there or, if you are a day surgery patient, returned to you prior to discharge. Some hospitals prefer to keep personal effects with the patient so they remain under the trolley / bed while moving through the operating theatre area.

## Pharmacy prescriptions

You may be billed by the pharmacy contracted to the hospital for any medications prescribed to you that were not related to your hospital stay and treatment, or are not covered by your health fund. This includes discharge medications.

## Telephones

All patient rooms are equipped with bedside telephones and local calls can be made free of charge. [The use of mobile telephones may be restricted in some areas.](#)

## Televisions and radios

Televisions are provided at each bedside. This hospital also has access to Foxtel and some radio channels..

## Visitors

There are no visiting facilities for day patients. Visiting hours may vary between areas – please check with staff or refer to the Health Care website for details on the visiting hours.

## X-rays

X-rays remain the property of the patient and are to be taken home by the patient on discharge. The hospital does not keep x-ray films, scans etc., and does not accept responsibility for these following a patient's discharge.

## What to bring to hospital

On [page 14](#), we have compiled an [admission checklist](#) for you to use to ensure you remember to bring all relevant and important items with you to hospital.

We also recommend that all belongings brought to hospital be labelled with your name. Prior to discharge, please ensure you have all your personal belongings, including your medication, prescriptions and x-rays.

### What NOT to bring

In the interests of safety, we request that you do not bring talcum powder, wheat bags, hot water bottles or heat packs of any kind to hospital.

## 10 Tips for safer health care

|    |   |
|----|---|
| 1  | <p><b>Be actively involved in your own health care</b></p> <p>Take part in every decision to help prevent things from going wrong and get the best possible care for your needs.</p>  |
| 2  | <p><b>Speak up if you have any questions or concerns</b></p> <p>Ask questions. Expect answers that you can understand. Ask a family member, carer or interpreter to be there with you, if you want.</p>   |
| 3  | <p><b>Learn more about your condition or treatments</b></p> <p>Collect as much reliable information as you can. Ask your health care professional:</p> <ul style="list-style-type: none"> <li>- what should I look out for?</li> <li>- please tell me more about my condition, tests and treatment.</li> <li>- how will the tests or treatments help me and what is involved?</li> <li>- what are the risks and what is likely to happen if I don't have this treatment?</li> </ul> |
| 4  | <p><b>Keep a list of all the medicines you are taking</b></p> <p>Include:</p> <ul style="list-style-type: none"> <li>- prescriptions, over-the-counter and complementary medicines (eg vitamins and herbs); and</li> <li>- information about drug allergies you may have.</li> </ul>  |
| 5  | <p><b>Make sure you understand the medicines you are taking</b></p> <p>Read the label, including the warnings. Make sure it is what your doctor ordered for you. Ask about:</p> <ul style="list-style-type: none"> <li>- directions for use;</li> <li>- possible side effects or interactions; and</li> <li>- how long you'll need to take it for.</li> </ul>   |
| 6  | <p><b>Get the results of any test or procedure</b></p> <p>Call your doctor to find out your results. Ask what they mean for your care.</p>  |
| 7  | <p><b>Talk about your options if you need to go into hospital</b></p> <p>Ask:</p> <ul style="list-style-type: none"> <li>- how quickly does this need to happen?</li> <li>- is there an option to have the surgery / procedure done as a day patient, or in an alternative hospital?</li> </ul>   |
| 8  | <p><b>Make sure you understand what will happen if you need surgery or a procedure</b></p> <p>Ask:</p> <ul style="list-style-type: none"> <li>- what will the surgery or procedure involve and are there any risks?</li> <li>- are there other possible treatments?</li> <li>- how much will it cost?</li> </ul> <p>Tell your health care professionals if you have allergies or if you have ever had a bad reaction to an anaesthetic or any other drug.</p>                       |
| 9  | <p><b>Make sure you, your doctor and your surgeon all agree on exactly what will be done</b></p> <p>Confirm which operation will be performed and where, as close as possible to it happening.</p>  |
| 10 | <p><b>Before you leave hospital, ask your health care professional to explain the treatment plan you will use at home</b></p> <p>Make sure you understand your continuing treatment, medicines and follow-up care. Visit your GP as soon as possible after you are discharged.</p>  |

## What to bring - your admission checklist

| Please use the following checklist to ensure that you remember to bring all you need to hospital. | Yes                      | No                       | N/A                      |
|---|--------------------------|--------------------------|--------------------------|
| Health Care card  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Pensioner concession card   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Pharmaceutical safety net card  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Health fund membership card   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Family prescription record card   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Veterans' Affairs card  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Medicare card   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Worker's Compensation Claims agent details & approval letter                                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Third party / accident details  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| All medication currently being taken, in the original packaging                                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| A list of all current medications from your GP (preferably typed)                                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| All medication repeat prescriptions   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| All relevant x-rays / scans   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Notes / letters / reports from your Doctor  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Legal Documents - Enduring Power of Attorney - Financial - Medical decisions*                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Enduring Power of Guardianship (personal decisions)   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Advanced Care Directive*  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Sleep / night attire / dressing gown (if overnight)   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Slippers (non slip)   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Toiletries (if overnight)   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Reading material  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Spectacles & case   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Pen and notepaper   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Small amount of cash  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Credit card – if required   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Mobility / walking aid if used  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| CPAP if used  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

\*please provide a copy to the hospital

## ADMISSION FORMS

Please complete the forms provided to you with this hospital information and return to the hospital as soon as possible.

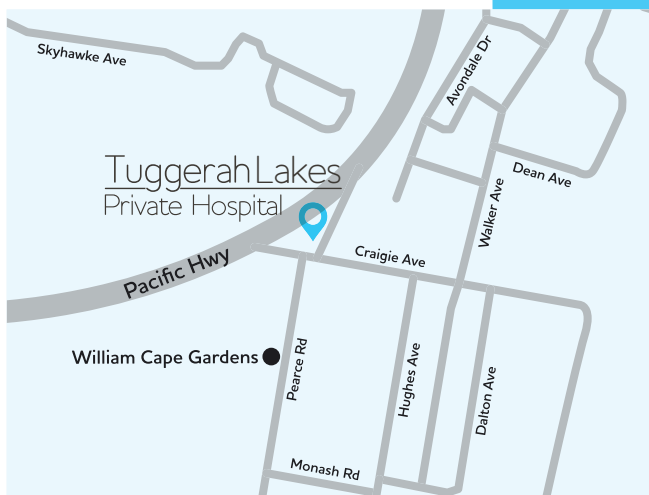
## Further information

If you need assistance to complete the forms or have questions regarding your admission, please phone:

Admission Office: 02 4310 9100

Or come to the Hospital Reception desk and we will be pleased to help you.

Tuggerah Lakes  
Private Hospital



# Tuggerah Lakes Private Hospital

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