



Central Coast Day Hospital
Christmas Newsletter 2020

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Central Coast Day Hospital

CCDH Celebrates 10 Year Anniversary



[Central Coast Day Hospital](#) Staff and Doctors celebrated their 10th Year Anniversary in August 2020, with a delicious cake and reflected on this significant milestone in the life of Central Coast Day Hospital.

Dr Ross Ferrier, was the first surgeon to operate at CCDH on 30 August, 2010. In September 2010, there were 99 patients and only 8 surgeons. Over the next 10 years, [Central Coast Day Hospital](#) steadily grew in capacity and in August 2020, the hospital saw 432 patients with 16 surgeons, providing the full spectrum of both adult and paediatric ophthalmic procedures.

In the last 10 years, [Central Coast Day Hospital](#) has performed 30,000 operations, which is a remarkable achievement. Presmed Australia would like to thank [Central Coast Day Hospital's](#) Business Manager, Sheryl Saillard, the Director of Nursing, Dianne Durrington and all the Staff for their hard work, dedication and commitment in making [Central Coast Day Hospital](#) one of the top specialised ophthalmic day hospitals in Australia.

Dr Arora Trials miLOOP Device



The miLOOP is a pen-like surgical device, new to the Australian market, designed for lens fragmentation or breaking up the lens. It essentially acts as a 'lasso' around the opacified crystalline lens or cataract, which is tightened by the surgeon, allowing energy to be directed

from out-to-in, as opposed to traditional surgical techniques, where force is exerted outwards. Anecdotally, it is like cutting a piece of cheese with a wire.

[Dr Anil Arora](#) from [Central Coast Day Hospital](#) is the second Ophthalmic Surgeon in Australia and the first in NSW, to be trained in using this pioneering technology.

Whilst it is a relatively new device and technique, its use is intended as an additional tool available to Surgeon's, for reduced recovery time and increased safety in cases such as dense cataracts and higher risk patients, such as those with advanced diabetes.

CCDH Celebrates Perioperative Nurses Week 2020



Preoperative Nurses provide care for patients in the period prior to and right after surgery. It encompasses a variety of speciality roles including admissions, circulating, anaesthetics, instrument or scrub nurse, and the recovery room. Perioperative Nurses Week is a time to celebrate our profession, our people and the essential role that nurses play in the health care equation.

[Central Coast Day Hospital](#) celebrated Perioperative Nurses Week on the 7th October, 2020. [Central Coast Day Hospital](#) would like to thank all of its perioperative nursing staff for their very real contributions and care of their patients' safe perioperative journeys.

CCDH Reaches 30,000th Patient



Photo - Left to Right: Dr Lee Zimmer, Dr Dan Brettell, Dianne Durrington DON, Sheryl Saillard Business Manager and patient, Lynette Hughes.

[Central Coast Day Hospital](#) has reached the notable achievement of 30,000 patients in November 2020, not long after celebrating their 10 Year Anniversary since opening. The lucky patient, Lynette Hughes, under the expert care of [Dr Dan Brettell](#) and anaesthetist Dr Lee Zimmer, felt very honoured to become the 30,000th patient and was gifted with a lovely bunch of flowers to mark the noteworthy occasion.

From all of the [Central Coast Day Hospital's](#) Management and Staff, we thank all of our patients for being a part of CCDH reaching this fantastic milestone.

CCDH Celebrates 500 iStents



[Central Coast Day Hospital](#) inserted their 500th iStent in November, 2020. The iStent from Glaukos Australia is a MIGS procedure (Micro-Incision Glaucoma Surgery) which is inserted into the trabecular meshwork of the eye, for the treatment of elevated eye pressures associated with glaucoma. This revolutionary device is suitable for patients with mild to moderate glaucoma who are not finding relief with their current drop regime. The iStent can be inserted into a patient's eye while they are undergoing cataract surgery or as an independent procedure.

Macular Degeneration Eye Injections Patients Christmas Basket



[Central Coast Day Hospital](#) set up their annual Christmas basket again this year, for their regular Macular Degeneration eye injections patients. These patients come in for their regular sight saving eye medication injections throughout the year and development a warm and friendly relationship with the Staff. Our Injection patients are always grateful and excited to receive these treats at their final injection for the year. [Central Coast Day Hospital](#) would like to wish all our patients a Merry Christmas and a Happy New Year.

Featured Doctor



[Dr Brad Townend](#)

Dr Brad Townend enjoys living and working on the Central Coast with his wife and children. He completed his medical degree with honours at the University of NSW and went on to subsequently complete a Masters degree in Public Health at UNSW. Following this, Brad completed a Masters degree in Ophthalmic science at the University of Sydney. He worked for a number of years at Gosford, Wyong and John Hunter Hospitals before completing 6 years of extensive eye training through Sydney Eye Hospital.

He is a Fellow of the Royal Australian and New Zealand College of Ophthalmologists, and a member of the Australian Cataract and Refractive Surgery Association.

Brad is a Clinical Associate Lecturer in Ophthalmology at the University of Sydney and has done extensive research into various aspects of ophthalmology, including the identification of a number of risk factors for cataract formation. This research has been published in a number of international ophthalmology journals. Brad also has an interest in how nutrition can play a role in the formation and protection of eye disease.

Brad is currently in private practice in both Erina and Wyong, and serves as an ophthalmologist at both Gosford and Wyong public hospitals. He operates at Central Coast Day Hospital, Berkeley Vale Private Hospital and both Gosford and Wyong public hospitals. Brad plays on the Gosford Hospital basketball team and enjoys the saxophone, cricket and cycling.

CCDH Christmas Closure



[Central Coast Day Hospital](#) will be closed from Wednesday 23rd December and re-open on Wednesday 6th January, 2021. From all of the staff and management at [Central Coast Day Hospital](#), we wish you a Merry Christmas, Happy Holidays and a safe New Year. We look forward to continuing to service our community in 2021. For more details on the closure and contact numbers, please [click here](#).