



# Central Coast Day Hospital

## 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 12<sup>th</sup> May was chosen as the date to celebrate the day as it was the birthday of the founder of modern nursing, Florence Nightingale. Following on from previous years, the overarching theme for International Nurses Day is Nurses: A Voice to Lead. The sub-theme for 2021 is A Vision for Future Healthcare.

[Central Coast Day Hospital](#) is committed to upholding the professionalism of all of its diverse nursing staff and to remain as one of the premiere destinations for Ophthalmic procedures.

[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 on-going hard work. [Click here](#) to read more.

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## Administration Professionals Day



Administrative Professionals Day was celebrated on the 7<sup>th</sup> May to mark an occasion that recognises the very important role played by the administrative professionals in today's business world.

Our administrative team is vital to the smooth running all of our patient's surgeries, from liaising between patients, surgeon rooms, clinical teams, health funds and carers to being the first face and point of contact on surgery day. Our administration team prides itself on the care and detail given to each patient to ensure their day runs as smoothly as possible.

[Central Coast Day Hospital](#) would like to thank all our administrative staff for their efficiency, exceptional customer service and contributions to the vital and integral running of the facility. [Click here](#) to read more.

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## Successful New Graduates



For over 7-years, [Central Coast Day Hospital](#) proudly supported developing the next generation of nurses with the Enrolled Nursing Scholarship Programme & New Graduate Ophthalmic Nurses Certification Program.

CCDH would like to congratulate Monique Humphries for completing the New Graduate Ophthalmic Registered Nurse Program including Certified Registered Nurse in Ophthalmology (CRNO) certification.

The New Graduate Ophthalmic Registered Nurse Program is modelled on the requirements of the prestigious American Society of Ophthalmic Registered Nurses (ASORN) Core Curriculum in Ophthalmic Nursing, including certification exam for Ophthalmic Registered Nurses through The National Certifying Board for Ophthalmic Registered Nurses. This program includes intensive, specialised training in ophthalmic patient care, from the time in the consultation room through to the operating theatres.

We would also like to welcome the 2021 [Central Coast Day Hospital](#) New Graduate to the program. We look forward to having you on board! [Click here](#) to read more.

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## Laser Vision Clinic Central Coast Celebrates 10 Year Anniversary



Left: Jocelyn Newton (Orthoptist), Dr Anil Arora (Ophthalmologist), Jo Ellery (Orthoptist)

Dr Anil Arora and the team at [Laser Vision Clinic Central Coast](#) (LVCCC) celebrated their 10<sup>th</sup> anniversary in December 2020.

The laser clinic is part of the [Central Coast Day Hospital](#) (CCDH), a state-of-the-art facility specialising in all areas of eye surgery and the only clinic on the central coast to offer ReLEx SMILE® refractive eye surgery.



Laser eye surgery is the most commonly performed elective procedure in the world today.

Over his successful twelve year career, Dr Arora has operated on thousands of patients who have wanted to reduce their dependence on glasses and contact lenses.

LVCCC can treat short-sightedness (myopia), long-sightedness (hypermetropia), astigmatism, the need for reading glasses (presbyopia), clear lens exchanges and cataracts.

For further information, or to see if you are a suitable candidate for laser vision correction, please visit [Laser Vision Clinic Central Coast](#). [Click here](#) to read more.

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## iStent Dry Lab Training at Central Coast Day Hospital



Dr Michael Minogue of [Central Coast Day Hospital](#) (CCDH), recently underwent dry lab training for the iStent insertion, a new surgical technique in the fight against glaucoma.

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.

Doctors complete four steps as part of their training which includes an online training module approved by RANZCO (Royal Australian and New Zealand College of Ophthalmologists), practice visualisation, dry lab training where surgery is simulated on an artificial eye, as pictured above, and concluding with the ophthalmic surgeon performing an actual procedure with surgical support.

CCDH is dedicated to offering our patients the latest advancements in surgical technology available and ensuring our surgeons are trained to the highest standards, in order to provide patients with exceptional quality of care. [Click Here](#) to read more.

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## Featured Surgeons

**Dr Anil Arora**



Dr Anil Arora is an ophthalmologist who has been practising in Central Coast and in Sydney since 1998. Dr Arora completed his medical degree through the University of Sydney in 1985 and after carrying out his internship and residency training at Royal North Shore, Westmead and Royal Prince Alfred Hospitals, he embarked on a career in ophthalmology. He was one of the first to complete a Masters of Medicine in Ophthalmology with a thesis on retinal electrophysiology and carried out five years of specialist training in ophthalmology from the Sydney Eye Hospital from 1988 to 1993.

In 1997 – 1998 Dr Arora completed a clinical fellowship in “Diseases and Surgery of the Retina and Vitreous” from the University of Texas in Houston. He then began practicing on the Central Coast and Sydney’s North Shore and has established himself as a respected ophthalmologist and has performed surgeries on tens of thousands of patients over the past decade. He brought retinal surgery to Central Coast and this meant that patients no longer had to travel to Sydney for these procedures.

Dr Arora also saw the need for laser vision correction services on the Central Coast and carried out further postgraduate training in laser refractive surgery and was one of the first to obtain a Graduate Diploma in Medicine (Refractive Surgery) from the University of Sydney. He has established the Laser Vision Clinic Central Coast – a state-of-the-art laser refractive centre on the Central Coast.

Dr Arora has practices in Gosford, Long Jetty, Woy Woy and Wahrenonga and is a Visiting Medical Officer at the Central Coast Day Hospital, Brisbane Waters Private Hospital and the Sydney Adventist Hospital and also at Gosford and Wyong Public Hospitals.

He is a Fellow of the Royal Australian and New Zealand College of Ophthalmologists, American Academy of Ophthalmology and American Society of Cataract and Refractive Surgery. [Click here](#) for more information.

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