Pittwater Day Surgery

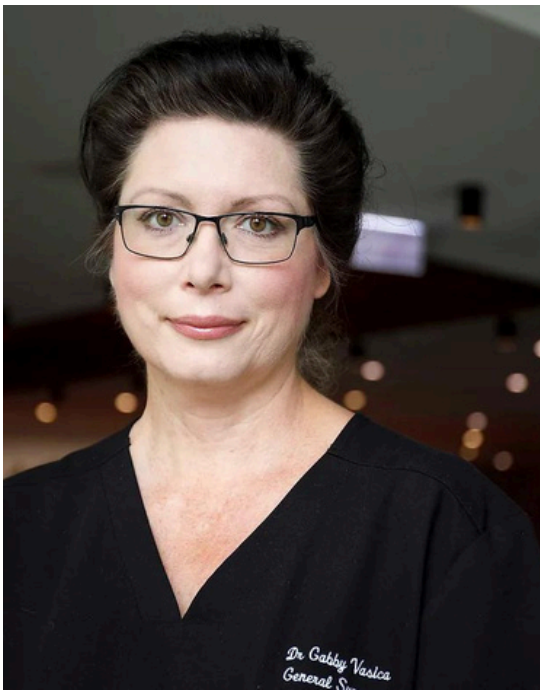
PITTWATER DAY SURGERY

QUARTERLY NEWSLETTER

Welcome to Pittwater Day Surgery

We are a local facility situated in Mona Vale and staffed by local Nurses, Wardsmen, Sterilizing and Administration staff. We are very conscious that local residents want to stay close to home and this Day Surgery enables the local population to undergo Day Surgery in a state-of-the-art facility.
Our surgeons / proceduralists are of the highest calibre and also operate in the large overnight facilities including Northern Beaches, North Shore Private, Mater, SAN and Royal North Shore.

Meet The Doctors



SYDNEY GENERAL SURGEONS

Breast Surgeons of Australia & New Zealand

THE UNIVERSITY OF SYDNEY

Royal Australasian College of Surgeons

FRACS Fellow of the Royal Australasian College of Surgeons

Dr Gabby Vasica

MSc (Hons I) MBBS (Hons) FRACS
- General, Breast & Laparoscopic Surgeon

Due to special interests in breast, laparoscopic and general surgery Dr Vasica is committed to maintaining a broad range of surgical skills and holds a number of private and public surgical appointments as well as a number of on call emergency surgical rosters.

Procedures that Dr Vasica performs include (but are not limited to) breast surgery, varicose veins, haemorrhoidectomy, ingrown toenails, vasectomies, pilonidal sinus surgery, lipoma's and skin lesions (benign and malignant) and colonoscopies. Dr Vasica also performs laparoscopic procedures such as appendectomies, hernia repairs (open and laparoscopic) and cholecystectomy (gallbladder removal). In addition to this, she has a particular interest in major abdominal surgery including bowel resections and laparotomies.

Dr Vasica is the current Chair of the Royal College of Surgeons NSW/ACT Surgical Training Committee; the committee that reviews all of the Surgical Trainees in NSW and ACT as well as the manner in which General Surgical training is delivered and assessed in order to produce the highest standard surgical trainees and surgeons for the future.

Dr Vasica is also the Clinical Supervisor of training for the Northern Beaches Hospital and holds the post of lecturer and clinical tutor at the Northern Clinical Network and SAN Clinical School of Medicine teaching both clinical examination and communication skills.

Dr Vasica is local to the Northern Beaches area and committed to remaining within the Northern Sydney area for the duration of her career.

Pittwater Day Surgery

Our Health Tip

Be Kind To Yourself and Embrace Winter

Winter offers a special time of reflection and inner warmth. Embracing its chill invites a gentle reminder to be kind to oneself, and to indulge in moments of coziness and introspection. Amidst the frosty air and cold, there lies an invitation to slow down, appreciate the beauty of stillness, and take in the simple joys of a crackling fire, a steaming mug of cocoa, or the embrace of a soft blanket.

- Enjoy winter seasonal vegetables and fruit grapefruit, kiwifruit, mandarins and oranges are all delicious and in season over winter. Try involving fruit in your breakfast if you're not already, and add an extra serving of vegetables to each main meal. Broccoli, carrots and cauliflower are great winter vegetables, particularly for soups.
- Take time for tea drinking tea dates back to ancient China, and in recent years the spotlight has been on its health benefits. Black and green tea are rich in plant chemicals, some of which are called flavonoids, which have antioxidant effects. In studies of people who drink tea regularly, their blood vessels were healthier and their risk of heart disease lower. Of course, many people who drink tea do other healthy things too, like eating more vegetables and doing more exercise so it can be hard to pinpoint the effect of tea-drinking alone. But why not take on all of these healthy things this winter: more vegetables, taking time to enjoy tea, and going for a walk every day.
- Stews, casseroles and leftovers A great winter warmer! Make your casseroles and stews with lots of vegetables to boost your meals with heart-healthy foods. When cooking stews and casseroles remember to trim fat off meat before cooking and add kidney beans, chickpeas, soybeans or lentils for fibre, and use reduced salt stock. Making extra means lunch is sorted too. For winter desserts, stew some fruit and save some for breakfast the next day.
- Winter is a great time to re-think the size of your meal, especially with foods such as rice, pasta and potatoes which, while delicious, can be easy to over-serve. Choosing a healthy amount for you can help to manage your weight, and free up space on your plate for more vegetables! Try using smaller plates when dishing up and waiting 20 minutes before heading back for seconds.
- Get active indoors Join a team or a physical activity program. There are lots of indoor activities to embrace over winter, such as yoga, bowling, dancing, soccer and so on. The key is making your winter activity enjoyable and social. Try out your local indoor swimming pool; if you're not a great swimmer try some simple aerobics moves in the shallow end.
- Sit less, get active around the house. Don't want to miss your favourite show? Try jogging or skipping on the spot or even just stretching while you watch. Try getting active gardening, cleaning, washing the dog or dancing. Have fun getting physical in the comfort of your warm home. Use an activity tracker to make sure you're still getting your steps up. Set a target to achieve the same amount of steps you would complete over the warmer months.
- Rug up. Keep an eye on the weather and if it's not raining, get outside and go for it. Once you get moving you'll warm up. When you're out and about look for incidental ways to exercise walk or cycle to the local shops instead of driving the car. Use the stairs instead of the lift or escalator. Join a Heart Foundation Walking group, or download our Walking app and get active with friends to keep you motivated.

Pittwater Day Surgery

Staff News

Meet Gabi Howard: Our RN Extraordinaire & Cycling Champion!

Gabi Howard, one of our stellar Registered Nurses, brings expertise in pain control, anaesthetics, and recovery, ensuring exceptional care for our patients. Off-duty, Gabi trades her scrubs for cycling gear, mastering gravel trails and embracing adventure. Already a national champion, her passion recently led her to qualify for the World Masters cycling competition in Belgium. Join us in celebrating Gabi's incredible achievement as she represents our team on the global stage. Her dedication and enthusiasm inspire us all! Legend!

Quality & Safety News

Ensuring Excellence in Patient Care: Our Quality Report

At our day surgery, we're dedicated to maintaining the highest standards of patient care. Here are the highlights:

- Incident Management: Prompt review and adjustments ensure patient safety and satisfaction.
- Quarterly Update: Zero incidents this quarter reflect our commitment to safety.
- Enhancing Paediatric Care: Introduction of a new paediatric emergency trolley for swift and effective care.
- Continuous Audits: Regular audits ensure adherence to best practices across all areas.
- Renewed Accreditation: Successful renewal reflects our dedication to excellence for the next three years.

We're committed to delivering outstanding patient-centered care at every opportunity.

Pittwater Day Surgery acknowledges the traditional custodians of the land where our hospital lies, and we pay our respect to their elders past, present, and emerging.

We acknowledge and respect their continuing culture and the contribution they make to the life of this region.

Aboriginal culture is integral to our understanding of belonging, community and care of the land.

The Patient Experience

Last month 100% of patients surveyed were happy with their experience at Pittwater Day Surgery. One patient had this to say: "The professional and caring staff made the experience a happy one"

Pittwater Day Surgery
Suite 202, 20 Bungan St
Mona Vale 2103 NSW

global-mark

Pittwater Day Surgery

02 9979 3888
admin@pittwaterdaysurgery.com.au