

# New RAH Update

FINAL EDITION - NOV/DEC 2017

## Centre for Creative Health opening

The Minister for Health officially opened the Centre for Creative Health (CCH) at the Royal Adelaide Hospital (RAH) on Sunday 29 September 2017.

The CCH drives collaboration, innovation and research to develop arts, design and health programs to improve the quality and experience of healthcare for patients, families and staff at the RAH as well as the wider community.

Clinical evidence suggests art programs, public art and surrounding environments have the ability to improve patients' health and wellbeing. With this in mind, the CCH is incorporating visual, sound and performance art in a range of settings across the hospital, as well as working with the biomedical precinct, creating cross-disciplinary and inter-institutional collaborations.

Current programs include

- > Gallery Program – view the art works in the galleries on Level 3
- > Performance Program – listen to the music on Level 3
- > Artist in Residence – join an arts activity (currently available to Mental Health patients)

For further information, please phone (08) 7074 1434 or visit [www.creativehealth.org.au](http://www.creativehealth.org.au).



Left to right: Paul Flynn – CEO, The Hospital Research Foundation, Paul Lambert - Executive Director, new RAH Activation, Michelle Cripps – Director, Centre for Creative Health, Matthew McInnes - Executive Director, Allied Health CALHN, Hon Peter Malinauskas MLC - Minister for Health, Jenny Richter - CEO CALHN, Dr Joe Verco AM - Inaugural Chair, Centre for Creative Health



Government  
of South Australia

SA Health



# Rockin' the RAH



*Mathew presenting his donation of \$2425 to Michelle Cripps, Director, Centre for Creative Health*

Mathew was at the Royal Adelaide Hospital (RAH) due to complications from a recent operation and used his love of music to bring happiness to the hospital community including other patients, visitors and staff members.

The baby grand piano that sits in the RAH's main foyer was donated by the late David Pope, a regular patient, to create a better, healing environment. The piano is now an iconic part of the hospital and is played regularly by professional pianists, retired music teachers and student doctors, as well as visitors and patients like Mathew.

Mathew played the piano every night during his stay and wasn't shy to impress the spectators with his favourite music, such as the Beatles and Billy Joel.

"Music has a way of making people feel better," he says. "Lots of people came and had a chat - staff members, visitors and patients.

"One of the patients told me of his fight with cancer, with only a few weeks to live. His mother had always wanted him to play

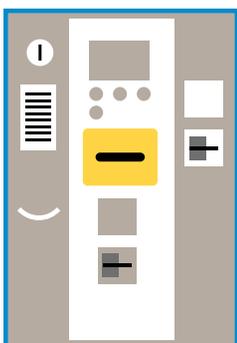
the piano so I showed him how to play a blues scale and jammed with him for 10 minutes. I think it made both of us feel better".

Through a GoFundMe account, Mathew raised close to \$2,500 which he donated to the Centre for Creative Health. The money will be used to purchase guitars for the hospital community and iPods to allow patients to listen to their favourite music in their rooms.

"I can't wait to get these guitars and watch the patients play them. The piano in the foyer has kept me going - she's a beauty to play.

"Thank you to everyone who donated. Your gift to the hospital will make many people happy in their time of struggle".

## DID YOU KNOW?



### WEEKLY TICKETS

For carers and loved ones of long-stay patients, weekly car parking tickets are available to purchase.

Email [facility.services@sa.gov.au](mailto:facility.services@sa.gov.au) for more information.



### DISABLED PARKING

A number of short-term disabled parking spaces are available in the level 2 pay & display zone near the Emergency Department. Parking in these spaces is free for up to two hours and is available only to state government issued Disability Parking Permit holders.

# Arthur and Maureen

Arthur began his treatment at the old RAH and says he's now enjoying the facilities and natural light at the new hospital.

"I love it, it's easier for us. It's easier parking for me, I just park out the front of the Dialysis and Day Treatment Unit and walk straight in," he says.

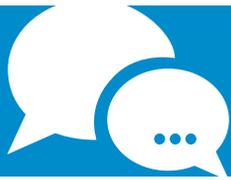
"I found the old hospital gloomy and I think its time was up. The care was there, but it was old and tired".

Maureen has been by Arthur's side supporting him through the journey and has only missed one appointment during the eight months. "I was worried sick that day," she says.

Arthur was diagnosed with primary aldosteronism, also known as Conn's syndrome, 15 years ago and has received renal dialysis at the Royal Adelaide Hospital (RAH) for the past eight months with his wife, Maureen, always by his side.

Having spent a lot of time within the unit, Arthur and Maureen have developed a bond with the nursing staff and are grateful for their care and kindness.

"It's like a big family in here, you get to know the nurses and they get to know us. I'm thankful every day for dialysis".



## PATIENT EXPERIENCES

### Frank's Story

With an interest in IT and engineering, Frank was impressed with the technology at the RAH however explains he was blown away with the simpler things such as natural light, fresh air and individual rooms.

"Having your own room meant you could be as independent as you wanted. That really made a big difference," he says.

Frank recently spent three weeks at the Royal Adelaide Hospital (RAH) after suffering a heart attack, resulting in open heart surgery. He has now returned to the RAH, a short time after being discharged, to thank the nursing staff for their care.

"It was amazing that I could open the window in my room. I had an interesting view and even listened to a concert at Adelaide Oval".

Frank was feeling down after surgery so his nurses took him outside to enjoy one of the internal courtyards.

"I'm rapt they did that. I suddenly felt like I was connected to the real world again. The staff certainly helped make you feel as comfortable as possible.

"I was a bit of an opponent of the hospital because I never imagined myself needing to use it. I certainly appreciate it now. I just can't believe how lucky I am".



# RAH RETAILERS

In addition to the food and beverage outlets, there are also a number of retailers at the RAH.



## Excel Nail Salon

**Location:** Retail precinct, level 3  
**Open hours:** 9.30am – 6pm (Mon - Sat)  
After 6pm and Sunday by appointment  
Phone 0434 543 154



## Flowers in Hospital Florist

**Location:** Retail precinct, level 3  
**Open hours:** 8.30am – 5.30pm (Mon – Fri)  
Closed on weekends



## The Hospital Research Foundation

**Location:** Retail precinct, level 3  
**Open hours:** 8.30am – 5pm (Mon – Fri)



## Royal Adelaide Hospital Research Fund

**Location:** Retail precinct, level 3  
**Open hours:** 9am – 5pm (Mon – Fri)



## Newsagency

**Location:** Retail precinct, level 3  
**Open hours:** 7.30am – 5.30pm (Mon – Fri)  
9am – 4pm (Sat)  
Closed on Sundays & public holidays



## SARAH'S Gift Shop

**Location:** Food court, level 3  
**Open hours:** From 10am (Mon – Sun)



## Terry White Chemist

**Location:** Retail precinct, level 3  
**Open hours and opening date:**  
8am – 6.30pm (Mon – Fri)  
9am – 4pm (Sat)  
10am – 3pm (Sun)

Open now

Official opening 27 November 2017

## THANK YOU

This will be the last edition of the 'New RAH Update'. Thank you for your interest over the duration of the project. Keep an eye out for a publication in 2018 that provides updates on services, activities and milestones within the Central Adelaide Local Health Network.

For more information about the RAH:

Visit the website: [rah.sa.gov.au](http://rah.sa.gov.au)



[youtube.com/sahealthaustralia](https://youtube.com/sahealthaustralia)



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