

## St.Vincent's Heart Lung Clinic Newsletter December 18



ST VINCENT'S  
HEART & LUNG  
TRANSPLANT UNIT  
SYDNEY

A SERVICE OF ST VINCENT'S HEALTH AUSTRALIA

The following days the Heart Lung Clinic will be **CLOSED** over the Christmas break and New Year:

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24th, 25th, 26th, 31st of December and also 1st of January

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### Welcoming new staff to our team

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Farewell and congratulations to Liarna who has recently undertaken a management role in the Interventional Cardiac Cath Lab. Her smiling face and ability to make people laugh will be sorely missed.

A belated welcome to Dexter, Lisa, Emily, Sylvi and Jess, our fabulous new Nurses, and Nikki our wonderful new Admin Officer.

We'd also like to welcome new members of Allied Health to our team: Leanne, who is now the Heart Transplant Social Worker and Leah, our Senior Heart and Lung Transplant Dietician.

Our registrars will be rotating in January and we'd like to welcome James, Lucy and Tom who will be our new Heart Transplant Registrars and Henry, James and Kang who will be our new Lung Transplant Registrars.

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**If you are feeling unwell or just for your protection, wear a mask**

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Attendees to the clinic are required to wear a mask if they have flu-like symptoms or if they have a known respiratory infection. As transplant patients are at a higher

risk to infection, we encourage those who would like to wear a mask to protect against acquiring an infection to do so.

Masks are available at the front desk or from a staff member. You can also purchase a reusable mask from external sites such as a Vog Mask [Click here](#)

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### A big thanks!

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Thank you to Sarah and the Volunteers for preparing a delicious Christmas lunch for our patients and carers. It was a great day!

Thank you also to Sarah for her commitment and dedication in decorating the clinic for Christmas.

Another big thank you to all of the patients and their carers for their commitment and patience with the changes made to the clinic in 2018. We look forward to receiving feedback!

We wish everyone a very happy and healthy Christmas and a wonderful new year.

**Nicole - Heart Lung Clinic NUM**

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### Sun safety over holiday period

ALL transplant recipients are at a higher risk of skin damage and developing cancers.

It is important to see a dermatologist annually for skin cancer checks. A self-assessment should be done at the same time each month. If you notice any change in size or shape of any mole or freckle see a dermatologist immediately.

It is advised you wear **SPF50** sunscreen, a **hat** (one that covers your ears), **sunglasses** and a **long sleeved T-shirt** when out in the sun and when swimming.

More info is available here:  
[Preventing skin Cancer](#)  
(For Tx recipients you should use SPF50 not SPF30+ as the website says)

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### Food Safety Tips during the Holiday Season

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- Keep hot food hot (above 60 °C) and cold food cold (at or below 5 °C)
  - Foods not going to be eaten straight away should be covered and put in the fridge
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- Leftovers should be consumed within 48 hours
- Reheat food thoroughly until piping hot (above 70 °C)
- Never leave uncooked or cooked food at room temperature for any longer than necessary

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## Common Christmas Food Questions

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**Question:** Can I still have ham at Christmas?

*Answer: Yes! Home cooked ham is considered a safe option. Follow the cooking methods on the label for temperature and cooking times.*

**Question:** Are prawns safe?

*Answer: Yes, when cooked fresh! The safest option is to purchase fresh seafood and cook it at home.*

If you have any questions contact the [Transplant Dietitian](#) on 02 8382 2411

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### **The next sessions for TRP will be:**

**- 30th Jan for Session 1**

**- 20th Feb for Session 2**

If you are a recent transplant recipient and need to attend either session, ask the front desk or a transplant coordinator to book you in

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**If you have any further questions feel free to approach a nurse in the clinic or email:**

[svhs.hlcreports@svha.org.au](mailto:svhs.hlcreports@svha.org.au)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Heart Transplant Doctors	Lung Doctors	MCS/VAD Doctors	Heart Transplant Doctors	Lung Transplant Doctors
New Assessment	Right Heart Catheter	VAD CNC Right Heart Catheter	Heart Transplant Doctors	Right Heart Catheter
	Endocrine	Pre transplant	Private clinic	Endocrine
Lung Transplant Doctors	Lung Transplant Doctors	Pre transplant Clinic	Pre transplant	Lung Transplant Doctors
Pacemaker Clinic	New Assessment		Lung Transplant Doctors	

### Some clinic times have changed heading into the new year:

Lung Transplant Clinic will now start at 8.30am Tuesday and 9.00am on Friday  
 PLTX will be moved to Monday pm clinic start at 2pm  
 Prof Haywards HF clinic is moving to Monday am start at 8.30am



**ST VINCENT'S  
HEALTH NETWORK**  
SYDNEY

**Clinic Hours:** Mon to Fri hours 8:00am - 4:00pm

**Transplant Nurses:** 02 8382 3158 or  
02 8382 4115

**Transplant Workup Nurses:** 02 8382 3835

**After hours:** Mon to Fri after 4:00pm or on  
weekends please call the SVH  
switchboard 02 8382 1111 & ask for the  
*'Transplant Coordinator on call'*

## Important info:

*Need a script?*

Email a request to [hltxscripline@svha.org.au](mailto:hltxscripline@svha.org.au)

Include: **Your name, contact number, medical record number, if you are a lung or heart transplant recipient, medication and dose.**

***Had bloods taken?***

Let us know so we can follow up your results, if you're not being seen in clinic.

Email us [svhs.hlcreresults@svha.org.au](mailto:svhs.hlcreresults@svha.org.au)

You will need to first ask us to email you a template of required information.

***Check out the Heart Health website***

to access further info on healthy living, heart disease, procedures and more

[www.svhhearthealth.com.au](http://www.svhhearthealth.com.au)

