



PATIENT INFORMATION BROCHURE



SIGHT FOR LIFE
FOUNDATION

DOCTOR

SURGERY
DATE

ADDITIONAL
INFORMATION

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**SIGHT FOR LIFE
FOUNDATION**

Welcome to the Sight Foundation Theatre.

We are a not for profit day surgery, specialising in providing a facility that focuses on eye and eyelid surgery. As part of the Sight for Life Foundation, which also includes the Sight for Life Foundation Training and Research Laboratory. Although we are based in the Sydney Eye Hospital, we are a separate organisation.

We understand that you might be feeling anxious or worried about your upcoming surgery. Please be assured that we have an excellent team that perform these surgeries regularly.

Our patients have given us some terrific feedback which has allowed us to update this booklet. Please let us know if you have any additional feedback, we really value our patient's opinions. You can tell us what you think on the day of your surgery, you can call us on 02 9234 1999, or you can email esm@sightfoundationtheatre.org.au

Some of the main changes include access to videos, using real photos, improved information about how to find us, and a clearer booklet structure. This booklet has been edited by a patient advocate who also represents your interests at staff meetings, and our Medical Advisory Committee.



We have information available about safety and quality on our website, in our quarterly newsletter that our receptionist can share with you, and on the information screen in our waiting room.

BEFORE YOUR SURGERY

This is what you need to do:

- 1 Please read this booklet.
 - 2 Your preadmission forms can be filled in online via <https://www.preadmit.com.au/Patient/sightfoundation> or your ophthalmologists' rooms can provide paper forms. If you are completing paper forms, once completed please forward to info@sightfoundationtheatre.org.au
 - 3 You need to arrange for someone help you on the day of your surgery. They will:
 - Collect you from the Sight Foundation Theatre waiting room on level three, and escort you back to their car or a taxi. We recommend that you do not catch public transport after your surgery.
 - Stay with you on the night of your surgery. It is important that you are supported by a trusted person. Your support person cannot be someone who is cognitively impaired (e.g. dementia) or is physically frail. This is because you will probably have an eyepatch on one eye, that will affect your depth perception and increase your risk of falling.
 - 4 If you have health insurance, please contact your insurer prior to your admission, to discuss your cover. They will be able to confirm if it is covered by your policy and what your excess will be.
- Ensure that you do not drive, work machinery or sign important documents for 24 hours afterwards. The medication that is used to sedate you during your surgery can impair your judgement, even if you feel fine.
 - They may also need to assist you with your eye drops.
 - On page 17 is a tear off page for support people, please rip out this page, and give it to the person who you have asked to help you on the day of your surgery. Every patient needs a support person, regardless of their age.

This is what you need to know:

- 1** We accept payments by Visa, Mastercard, American Express and EFTPOS. Please contact our office if you are not able to pay electronically. Our team will contact you prior to your surgery to give you an estimate of how much you will need to pay. You will receive a separate bill from your Anaesthetist.
- 2** We will contact you 24 hours before your surgery, to give you specific details about fasting and admission times. If you would prefer that the nurses speak with someone on your behalf, please let us know so we can contact them directly.
- 3** Please do not consume alcohol or smoke cigarettes, before or immediately after your surgery.
- 4** We recommend that you don't bring any valuable items (e.g. jewellery) with you, please leave them at home.



THE DAY OF YOUR SURGERY

This is what you need to do:

- 1** If you feel unwell on the day of your surgery, please contact us immediately.
- 2** Follow your fasting instructions exactly.
- 3** Leave all valuable items at home.
- 4** Follow any additional instructions that your Ophthalmologist may have given you. This might include advice about which medications to continue taking. If you have any questions, please contact them directly.
- 5** Confirm that your support person will be able to collect you and stay with you on the night of your surgery.
- 6** Arrive at the waiting room on level 3, at your admission time.
- 7** Have your surgery!
- 8** After your surgery you'll spend 30 to 60 minutes in recovery before you're able to go home, we will contact your support person to let them know what time to collect you. Please remind them to be available.
- 9** When you are discharged, you will receive instructions to follow for the next 24 hours. Please follow them exactly.



This is what you need to know:

1 Parking is available at the Metro carpark underneath the Eye Hospital, directions are at the back of this booklet.

2 If you are being dropped by a private vehicle, you should go to the patient set down area on Hospital Road. If you are arriving by public transport, you will probably enter from Macquarie Street.



HOW TO FIND US

More information about how to find us, is available on the last page of this booklet, and by going to our website www.sightfoundationtheatre.org.au/sfff/findus

3 When you arrive, our reception team will finalise any outstanding paperwork with you.

4 Our nursing team will take you through to the admission area and prepare you for your surgery.

5 Our staff will frequently confirm your name and date of birth with you. These are patient

identification questions, that we use to ensure that we are always talking to the correct patient. We realise it can seem repetitive, but it is important for your safety that we do this.

6 The Anaesthetist will see you before your surgery. You will have the opportunity to ask them any questions you have. There is more detailed information about anaesthesia on page seven.

7 After your surgery, we will have food and drinks available. If you have any dietary restrictions, please note them on your admission form. You are welcome to bring a snack that meets any dietary restrictions you may have.

8 Our patients range in age from 18 to 100. Every patient, regardless of their age, needs a support person on the day of their eye surgery.

AFTER YOUR SURGERY

This is what you need to do:

- 1** Attend a follow up appointment with your Ophthalmologist.
- 2** Follow all your post-operative instructions.
- 3** Take any prescribed medication.



This is what you need to know:

1 Using your eye drops correctly is a crucial part of your recovery. You may have an ongoing eye drop regime. We have put together a video that will guide you through what to do.



INSTRUCTION VIDEO

It can be found on our website www.sightfoundationtheatre.org.au/sflf/your-surgery



- 2** Remember to:
- Wash your hands before you start
 - Put the cap of the bottle on a clean tissue
 - Tip your head back
 - Pull your lower lid down
 - Put one drop in each eye
 - Close your eyes and gently press on the corner of your eyes (near your nose)
 - Wait a few minutes before putting the next drops in.

3 If you're ever unsure, please talk to your Ophthalmologist, we recommend that you get them to observe your eye drop technique.

4 Our day surgery is a not for profit organisation. Profits are invested back into our research. The Foundation welcomes donations and if you would like to make a tax deductible donation, please call us on 02 9234 1999 or visit www.sightfoundationtheatre.org.au/donate



ANAESTHESIA

This can be an anxious time. Your Anaesthetist is a highly trained Doctor, who has completed specialised training in administering anaesthesia, as well as pain control, resuscitation and managing any medical emergency.

Your anaesthetist will see you before your surgery, allowing you the opportunity to discuss any concerns. It is important that you disclose everything that you think is relevant and follow your medical and fasting instructions. Your anaesthetist will monitor you during and after your surgery to

ensure a smooth and trouble-free recovery.

Developments in new surgical techniques, combined with modern anaesthesia have improved patient recovery times, meaning that many patients now have the option of day surgery, which is preferable to an overnight hospital stay. Your Ophthalmologist will advise you which type of anaesthesia will be used during your surgery. However, we have briefly summarised the common types that we use at the Sight Foundation Theatre.



TOPICAL ANAESTHESIA

Whilst awake, eye drops that numb the surface of the eye may be used.

LOCAL ANAESTHESIA

A local anaesthesia is administered prior to surgery to cause numbness. You will be awake, but comfortable and not in any pain.

REGIONAL ANAESTHESIA

A nerve block numbs the part of your body where the surgeon operates and this avoids the use of general anaesthetic. You will be awake, comfortable and not in any pain.

GENERAL ANAESTHESIA

You are put into a state of unconsciousness for the duration of your surgery. This is achieved by injecting a drug, or drugs, through a needle placed in a vein and is combined with a mixture of gases that you will breathe. The Anaesthetist monitors your condition closely while you remain unaware of your surroundings. Recovery time will be longer with a general anaesthetic.

INTRAVENOUS SEDATION

To make things more pleasant, your anaesthetist may intravenously administer a drug to make you relaxed and drowsy. The advantage of sedation is that as soon as the surgery is finished the patient is usually ready for something to eat and drink.



IMPORTANT MESSAGE

Although the drugs administered are given in the smallest effective doses, they may take a while to be eliminated from your body due to different rates of metabolism. It is therefore imperative that you do not drive, work machinery or sign important documents for 24 hours following your surgery.



INFORMATION VIDEO

This video on our website will give you more information about why you need a support person with you after your surgery. It can be found on our website www.sightfoundationtheatre.org.au/sflf/your-surgery.



PATIENT RIGHTS AND RESPONSIBILITIES

MY RIGHTS	WHAT THIS MEANS
<p>ACCESS</p> <p>I have the right to health care.</p>	<p>I can access services to address my healthcare needs.</p>
<p>SAFETY</p> <p>I have a right to receive safe and high quality care.</p>	<p>I receive safe and high quality health services, provided with professional care, skill and competence.</p>
<p>RESPECT</p> <p>I have a right to be shown respect, dignity and consideration.</p>	<p>The care provided shows respect to me and my culture, beliefs, values and personal characteristics.</p>
<p>COMMUNICATION</p> <p>I have a right to be informed about services, treatment, options and costs in a clear way.</p>	<p>I receive open, timely and appropriate communication about my health care in a way I can understand.</p>
<p>PARTICIPATION</p> <p>I have a right to be included in decisions and choices about my care.</p>	<p>I may join in making decisions and choices about my care and about health service planning.</p>
<p>PRIVACY</p> <p>I have a right to privacy and confidentiality of my personal information.</p>	<p>My personal privacy is maintained and proper handling of my personal health and other information is assured.</p>

PATIENT'S RIGHTS

The Sight Foundation Theatre is committed to providing the best possible patient care. As a patient you have certain rights and responsibilities. This is outlined in the Australian Charter of Healthcare Rights. These rights are essential to make sure that, wherever and whenever care is provided, it is of high quality and is safe.

The Charter recognises that people receiving care and people providing care all have important parts to play in achieving healthcare rights.

The Charter allows patients, consumers, families, carers and services providing health care to share an understanding of the rights of people receiving health care. This helps everyone to work together towards a safe and high quality health system.

A genuine partnership between patients, consumers and providers is important so that everyone achieves the best possible outcomes.

PATIENT'S RESPONSIBILITIES

- Find out about your condition and treatment and ask questions of relevant health service providers
- Know your medical history and provide accurate personal information
- Cooperate with the Doctor and nursing staff caring for you
- Provide health fund details prior to admission or alternatively, make full payment on the day of surgery
- Respect the rights of other patients and staff

PRIVACY POLICY AND YOUR PERSONAL INFORMATION

The Sight Foundation Theatre has appointed a Privacy Officer to ensure that your information is collected, stored and used in compliance with the Australian Privacy Act 1988 and Privacy Amendment Act 2012.

- Our Privacy Policy is located on the website and information is also provided to patients in the Patient Information Brochure. Patients can request a written copy of our Privacy Policy or it can be printed from the website.
- We collect personal information that is necessary to provide an effective service focused on optimum patient outcomes to plan appropriate treatment and care for the individual.
- The information is collected from the individual and/or carer, relative, medical practitioner and other allied health providers.
- Security safeguards are in place to protect your health information. Such safeguards include care of individual information whilst that individual is receiving treatment and on discharge. Comprehensive policies and procedures, in relation to the management of clinical records in accordance with Australian and National Standards, are in place to guide our staff.
- Periodic reviews and audits are undertaken to monitor compliance in standards.
- Personal information may be discussed where legally required, eg: submission of data to the NSW Ministry of Health or Commonwealth Health Department.
- Additional use of information, if consent is obtained from the individual, includes: informing the next of kin of treatment outcomes, to obtain consent for necessary treatment when the individual is unable to provide such consent.
- Personal information about our patients will assist in the development of our services, undertaking of quality activities, research and development projects or for education purposes.
- We will take reasonable steps to ensure that the information collected, used or disclosed is accurate, complete and up to date. At all times, we will respect and protect the privacy and confidentiality of personal information. Each patient is able to access their personal information and upon request will be provided with a release of information consent form that is retained as a permanent part of the record, relevant to a particular admission.
- Patients are able to contact the Clinical Services Manager if they wish to view or correct their personal information.
- Patient consents include an opportunity for patients to identify persons to whom we can disclose personal information.
- If you have a complaint about the handling of your personal information please write to the Clinical Services Manager. If it is not resolved contact the Office of the Australian Information Commissioner on 1300 363 992.
- All patient records are confidentially stored in line with acceptable standards.

TRAINING AND RESEARCH LABORATORY



Research

Award-winning research conducted by Dr Greg Maloney in the training lab, resulted in the more efficient use of donated corneas to treat patients.

Investigations into new prosthesis surgery that helps restore vision in patients impacted by corneal disease in cases that were previously untreatable.

Training

The Training Lab provides pro bono training to eye and hand doctors and nurses. Training Lab staff run regular sessions which provide doctors and nurses with skills in surgical training.

The Training Lab also houses Australia's only cataract virtual reality training simulator. The Foundation invested in simulator technology to provide another avenue for doctors to further their surgical skills prior to operating in theatres. For many doctors and nurses their only opportunity to practice their surgical skills outside of a clinical setting.

Support our cause

Donate

A donation of \$15 can cover the cost of a pig eye and suture for a junior ophthalmologist to train corneal suturing

A donation of \$50 can go towards the purchase instruments needed to support training



Bequest

One of the most valuable ways you can help the us continue to provide facilities for research and training that supports sight for life is by leaving a bequest in your will.

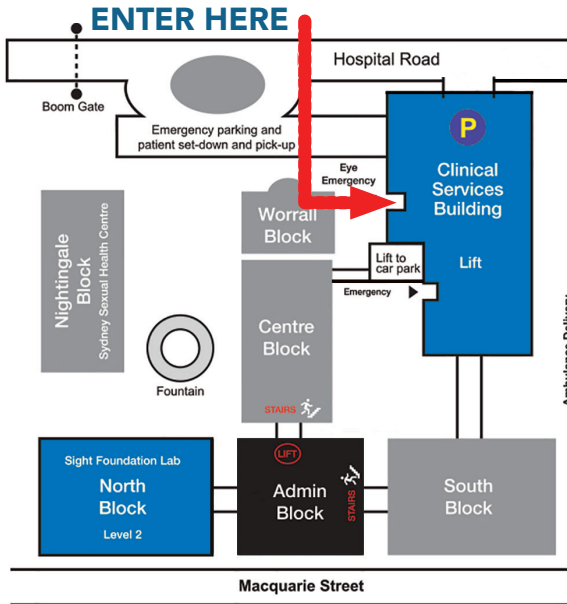
Speak to your lawyer about updating your will to make a bequest in your will. For further information, please visit our website: www.sflf.org.au



HOW TO FIND US

www.sightfoundationtheatre.org.au/directions

02 9234 1999



1. Enter from Macquarie Street or Hospital Road
2. Proceed to Clinical Services Building SEH / Sydney Hospital (See building below)
3. Enter through self-opening doors to lifts
4. Take lift to 3rd floor, alight from lift and turn right

OFFICE HOURS:

Monday - Friday 7am - 5pm



VIDEO DIRECTIONS

Please head to our website www.sightfoundationtheatre.org.au/sflf/findus to view a how to find us video.





REMOVE THIS PAGE AND GIVE IT TO YOUR SUPPORT PERSON

INFORMATION FOR FRIENDS AND FAMILY MEMBERS PROVIDING SUPPORT

Thank you for taking responsibility for your friend or family member. They have entrusted you to care for them on the day of their surgery. If you feel you are not physically or mentally capable of helping them, please let them know so they can find an alternative person. Our patients range in age from 18 to 100. Every patient, regardless of their age needs a support person on the day of their eye surgery.

This is what you need to do:

- 1 Please make sure that you have your mobile phone on, so we can contact you.
- 2 We will discharge your friend or family member into your care. Please collect them from the Sight Foundation Theatre waiting room on level three, and escort them back to your car, or a taxi that you will ride in together. We do not recommend using public transport after surgery.
- 3 Please make sure that you review their post-operative discharge sheet.
- 4 Stay with them on the night of their surgery.
- 5 They may also need help and/or a reminder to put their eye drops in. This video from our website will guide you through what to do. Please make sure you watch it, many people use eyedrops incorrectly and it is an important part of their post-surgical care.

This is what you need to know:

- 1 They will usually be ready to go home two to three hours after you drop them off. Our nursing team will contact you about 30 minutes before their expected discharge time.
- 2 **If you have any concerns about the health of your friend or family member, please let a staff member know immediately. Speak up for safety! If you think they're deteriorating after you get them home, please contact the after hours number on their post-operative instruction sheet, or if it is an emergency, contact 000.**
- 3 A support person cannot be someone who is cognitively impaired (e.g. diagnosed with dementia) or who is physically frail. This is because the patient will probably have an eyepatch on one eye, that will affect their depth perception, and increase their risk of falling.
- 4 It is important that your friend or family member are cared for by a capable, trusted person. The medication used to sedate them during the surgery, may also impair their judgment. You need to make sure that they do not drive, work machinery or sign important documents for 24 hours afterwards, even if they feel fine. Please be aware that they may not realise they're impaired. We have made a video that explains this in more detail.



INFORMATION VIDEO

It can be found on our website
www.sightfoundationtheatre.org.au/sflf/your-surgery





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