

**PRINCE OF WALES HOSPITAL**  
**DIVING AND HYPERBARIC MEDICINE UNIT**



**PATIENT INFORMATION BOOKLET**

## HYPERBARIC UNIT.

The Hyperbaric and Underwater Medicine unit at the Prince of Wales Hospital covers the whole of New South Wales and ACT. We predominantly treat conditions covered by Medicare, as these conditions have evidence based on research that Hyperbaric Oxygen Therapy (HBOT) may help a person's condition.

These include:

- Soft Tissue Radiation Injury
  - Radiotherapy wounds
  - Radiation Cystitis/Proctitis
- Osteoradionecrosis
- Chronic non healing wounds
  - Diabetic wounds
  - Hypoxic Wounds
  - Venous Ulcers
- Some hearing and eye emergencies (e.g. sudden hearing loss – 10 days or less and blood vessel blockages)
- Some critical bacterial infections (e.g. gas gangrene and necrotising fasciitis)
- Diving related injuries (e.g. decompression illness also called "The Bends")
- Gas related injuries (e.g. carbon monoxide poisoning and air embolism)

The Office Manager will help you make appointments, inform you about what will happen at the Hyperbaric Unit and answer any questions you may have about what happens at the Hyperbaric Unit.

### Commonly asked questions

#### What is Hyperbaric Oxygen Therapy and how does it work?

In very simple terms, during a treatment, we pressurize a room and give patients 100% Oxygen. We can deliver this oxygen in two (2) different ways:

1. Face Mask – covers your nose and mouth, secured with a strap around the back of your head.



2. Monoplace Chamber – single person chamber. The same concept as our multi-person chamber however you do not need to wear a mask or hood. The chamber is filled with oxygen. This is not suitable for everyone; however it is another option we offer. Treatments with the monoplace offer more flexibility with timing.



A registered nurse is always present with you throughout the treatment. The added pressure in the chamber allows a person's body to absorb more oxygen into your tissues. The increased oxygen may help to improve a patient's condition by supporting your current blood supply and initiating a healing response. With our standard treatment, our chamber will be pressurised to the equivalent of 14m underwater.

#### How do I know if Hyperbaric will help me?

- To come to the Hyperbaric Unit contact your local doctor or treating specialist, and discuss with them the possibility of hyperbaric therapy.
- Your doctor will need to email ([SESLHD-POW-Hyperbaric@health.nsw.gov.au](mailto:SESLHD-POW-Hyperbaric@health.nsw.gov.au)) or fax a referral letter to (02) 93823834, and needs to be addressed to one of our hyperbaric Staff Specialists (Prof Michael Bennett, Dr's Jan Lehm, Robert Turner, Barbara Trytko, Darren Wolfers, John Mackenzie, Glen Hawkins or Danielle Wood) and explaining your medical history, relevant test results and what medicines you are taking. We can only arrange an appointment once a referral from your doctor has been received.
- You will be contacted by our office manager to complete a patient health questionnaire which will assist the medical staff prior to your appointment.
- We will then contact you directly to make an appointment for an assessment to see if hyperbaric might help.

#### What happens at your assessment?

- A hyperbaric doctor will discuss with you your medical history as well as chat about how hyperbaric may help your condition.
- A nurse will also be present to take your blood pressure and check your heart rate. As well as a quick lung function test, this requires you to blow into a hand held device.
- Staff will also look at your ears for wax and test your eyesight.
- We will also give you a guided tour of the hyperbaric unit.

#### Can I choose the day and time I attend the unit for my appointment?

The Hyperbaric unit has doctor clinics at set times. We try to find an appointment time that allows you to attend. The Hyperbaric Unit hours of opening are 8.00am - 4.30pm.

#### What should I bring to my initial appointment?

- Your Medicare card.
- A list of your medicines or bring all your medicines in a bag, including any herbal or over the counter medicines.
- You are welcome to bring a support person (a relative, friend or carer) with you.

#### What happens if I live far away?

- There are local lodges that offer accommodation at a cost.
- If you live 100km (one way from your usual residence) from the hyperbaric chamber there is a government subsidy program called IPTAAS, which will assist you with the cost of accommodation. You may also be eligible **if choose to drive to the hospital daily** for your treatment and the weekly total of km's totals more than 200 km. Please discuss with our office manager who will guide you fill in the appropriate form.
- If you are unable to drive here, we can help you plan train or bus journeys, we may know of some community transport within your area. There are always options we can try, so please feel free to ask.
- There are lots of shops, supermarkets and restaurants in Randwick and Coogee beach is a short bus ride.
- If you're going to be staying in Sydney for the treatment remember to bring all the medications you will need and repeat scripts from your GP with you so you are able to get more medication if you need to.

### Do you need an interpreter for your initial appointment?

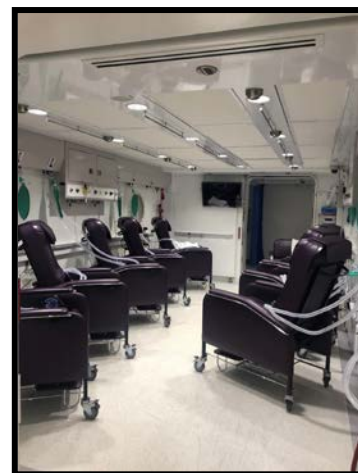
Please let us know if you need an interpreter. You can contact us telephoning the **Translating and Interpreting Service (TIS)** on **131 450**. Tell the operator what language you speak, and then ask the interpreter to set up a telephone conversation between you, an interpreter, and the Hyperbaric Unit on 9382 3880

### How long will my treatment be?

- Treatments are for only 2 hours from Monday to Friday.
- This may be for a period of 4 to 6 weeks.
- A check-up appointment will be arranged one month after you have completed treatment.

### What happens during a treatment?

- The treatment happens within a chamber; don't worry these chambers are no longer the round cylindrical metal looking spaces. Our hyperbaric chamber looks like a hospital waiting room.
- The chamber can sit 9 patients and one nurse. There are reclining chairs for your comfort.
- Each session takes 2 hours.
- If you are diabetic we will take your blood sugar level (BGL) before every treatment. We will aim for your BGL to be higher than 8mmol, this is because your BGL can be lowered when in the pressurised chamber.
- During the first 10minutes pressure is applied to the room, this effects your ear drums and you will be required to relieve the pressure in your ears. There are several ways to do this, they include:
  - Holding your nose and trying to blow out your nose,
  - Swallowing
  - Yawning
  - We also have nasal decongestant and balloons which may help
- The temperature in the chamber will increase as the pressure is increased in the chamber, this settles once the correct pressure has been reached. The temperature will decrease as the pressure returns to normal at the end of the treatment.
- After the treatment pressure has been reached it is time to start the oxygen treatment. The oxygen will be supplied to you via a mask or hood; the nurse will help you to put this on. The rest of chamber is filled with air.
- There will be an air break during the treatment where you will take your mask or helmet off and have a break from the oxygen for 5 minutes. This is the best time to use the toilet in the chamber if you need to.
- During the last 20mins the pressure in the chamber is slowly released to come back to normal. During this time the nurse will also require oxygen via a mask.
- Throughout the treatment the nurse has constant communication with the technicians, nurses and doctors outside, small items are also able to be sent into the chamber through a small chamber in the wall.
- There is a toilet within the chamber, which will be available during the 5 minute break, or upon request if needed.



### What do I have to bring with me or wear?

- We will provide you with 100% cotton scrubs and a pair of 95% cotton socks to wear into the chamber plus we will also give you a blanket to take in with you, your underwear can be left on. No full slippers allowed.
- You can bring a book or magazine crossword and pen with you into the chamber. There is also a TV where movies can be played.
- Any jewellery or watches that can be removed should be, prior to going into the chamber.

- Electronic devices such as phones, tablets or laptops as well as hearing aids, newspapers and tissues are not allowed into the chamber. Please ask if you are unsure if something is allowed into the chamber.
- For the patients using the monoplace chamber the items you cannot take include Electronic devices such as phones, tablets or laptops as well as hearing aids, newspapers, tissues and jewellery. Please ask if you are unsure if something is allowed into the chamber.
- There are lockers where you can put your belongings while you are in the chamber but you should avoid bringing valuables with you where possible.
- Please bring your Medicare card and any medications you are currently taking with you.
- You can bring in a water bottle and we can provide a long straw which can be used with the mask or hood on if you need, as some patients do get a dry mouth during treatment.
- For our tracheostomy patients – we have suction available for your comfort.

#### Are there any side effects?

- Barotrauma where the pressure isn't released from your ears and can cause pain and damage to the ear drum. Let the nurse know if you start to experience discomfort or pain in during treatment so this can be avoided.
- Eyesight can change slightly, however this usually returns to pre-treatment range within 1-2 months of completing treatment. It is recommended that patients do not get a new prescription for their eyewear while they are receiving HBOT.
- Oxygen toxicity (too much oxygen) can cause a seizure, **this is very rare**, and if it happens the nurse will remove the oxygen which stops the seizure. You will not have long term seizures from this, it has happened because you have lots of oxygen.
- Pulmonary toxicity
- There is no need to worry, our chamber is set up with basic emergency equipment and our nurses are highly trained to respond appropriately if these situations do occur.

#### Common concerns

- **What if I get claustrophobic?**  
Some people may feel claustrophobic but most people find they can cope with the treatment very well.

Please raise any concerns during your initial assessment.

#### Guidelines for restrictions during your treatment.

- **Smoking:** Lighters or matches are not allowed into the Hyperbaric Chamber, as this is a very important safety restriction, the discovery of these items on you inside the chamber may lead to the cessation of your treatment, For this reason we insist that you do not smoke once you have changed into your Hyperbaric clothing.
- **Alcohol:** Alcohol consumption is not banned during the course of your treatment, however if you arrive for treatment under the influence of alcohol your treatment will be cancelled for the day.
- **Hygiene:** To provide comfort for all patients in the chamber, please ensure that you have showered or bathed prior to your treatment. Please avoid the use of perfume, hair spray, after-shave and certain lotions before your treatment.
- **Colds and Flu:** Please inform a Nurse if you feel you have a cold or the flu. Not only are these common viruses very contagious to your fellow patients, they can cause an inability to equalise your ears, and could delay your treatment if not treated promptly.
- **Wounds/Dressings:** If you require a wound dressing, this will be attended either before or after the treatment. A nurse will discuss this with you.
- **Diet and Exercise:** There are no restrictions on diet or exercise, however a balanced diet is essential in good wound healing. If you need advice on nutrition, please ask the nursing staff.

- **Diabetics:** Hyperbaric Oxygen Therapy can effect even the most stable of Blood Sugar Levels. Please ensure no meals are missed due to treatment. It may be necessary for us to monitor your BSL during the course of your treatment.

#### Do you need assistance?

- Smoking and smoking cessation:  
Hyperbaric treatment is a lot less effective if you continue to smoke while undergoing treatment. If you need assistance with stopping smoking, to get the most effect from your treatment feel free to ask the staff for information
- Social Work:  
If you feel the need to discuss any issues, we are able to get a hospital social worker to assist you
- Dietician:  
If you have any special dietary requirements (e.g. soft diet or pureed diet) whilst you are having treatment please let the staff know and we can organise a dietician consultation

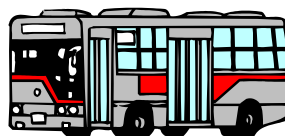
#### Where can I park?

Metro Parking - Access is via the Barker Street entrance of the Randwick Health Campus and is managed by Metro Parking. Some patients may be eligible for concession rates for their clinic consultation (please see our office manager at the time of your doctor's visit). For those undergoing hyperbaric treatment you are eligible for the 7 day concession rate of \$22.70 per week.

- There is a small amount of free street parking near the hospital but times are limited
- There is limited free parking for people with disability permits at the High Street entrance

#### Public Transport - Buses and Trains

The Randwick area is well serviced by buses that connect the Hospital to all railway lines.



- From Railway Square (Central), take 372 bus service (Eddy Avenue) or M50 (Elizabeth Street – opp Dental Hospital)
- From Bondi Junction, take 400 bus service
- From Circular Quay, take 373 and 377 bus service

The 400 bus service connects railway services at Campsie, Bexley North and Rockdale Stations. This service is your main service to the Domestic and International Airport Terminals. The bus stop is located at the Barker Street entrance (outside the NEURA building) of the Hospital.

The light rail is in the process of being completed and that will also connect the hospital with Central railway and the city. The service commences on Saturday 14<sup>th</sup> December 2019. A map and a list of stations is listed at the end.

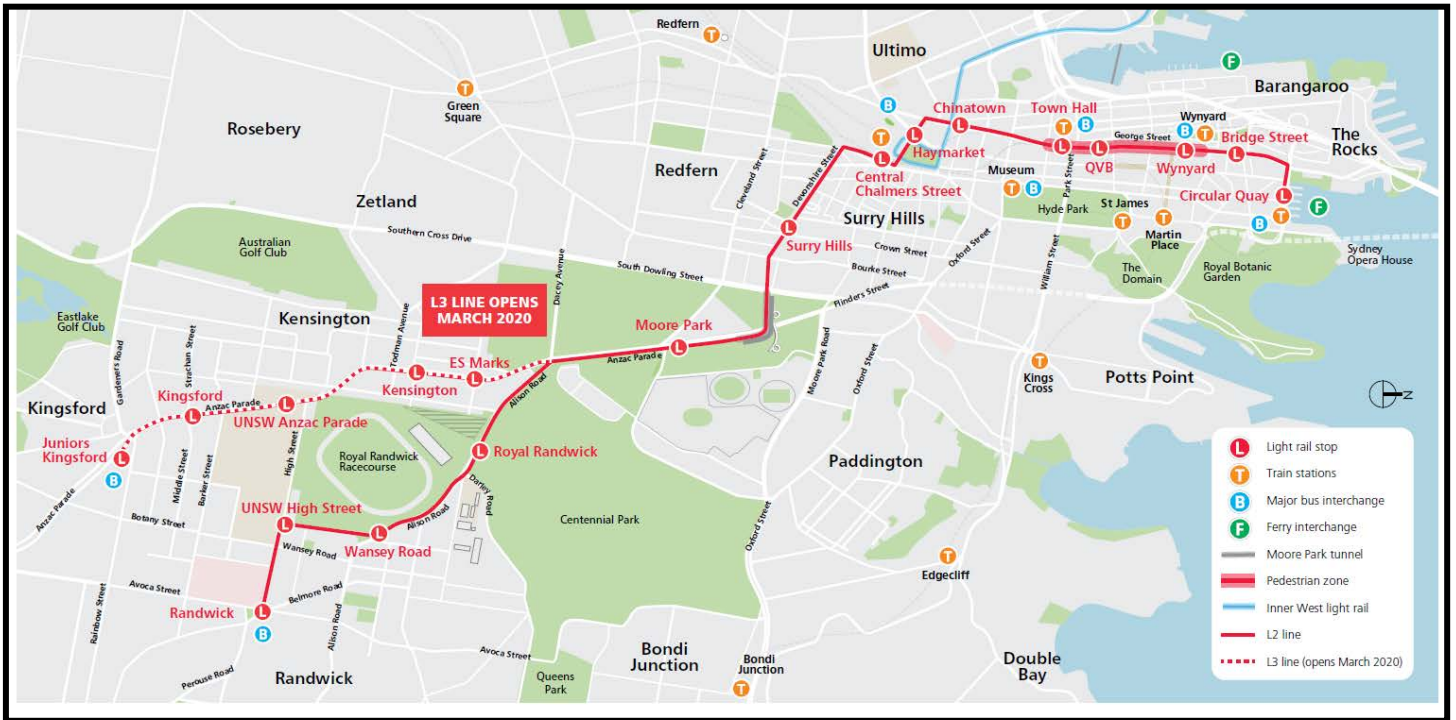
## BUS SERVICES

<b>Bus No.</b>	<b><i>Route</i></b>
372	Railway Square via Cleveland Street, Randwick Junction and Carr Street (Coogee)
373	Circular Quay via Taylor Square and Carr Street (Coogee)
376	Circular Quay, Randwick Junction, Maroubra Beach, Maroubra Junction
377	Circular Quay, Randwick Junction, Maroubra Beach, South Maroubra, Pagewood
370	Leichhardt, Newtown, Alexandria, Waterloo, Rosebery, Kensington, UNSW, POW Hospital, Coogee
400	Sydney Airport (Domestic and International), Mascot, Pagewood, Maroubra Junction, Kingsford, UNSW, Randwick, Bondi Junction
M50	Drummoyne to Coogee

If you have access to the internet, you can go to the Transport New South Wales website at [www.transportnsw.info/routes](http://www.transportnsw.info/routes) and follow the prompts to find the appropriate timetable.

### Contact Us

If you have any concerns, please telephone the Hyperbaric Unit on (02) 9382 3880 during office hours (8:00am – 4:30 pm). **Please inform us at least 30 minutes prior to treatment times if you are unable to attend due to illness.**



## Light rail stops

### Sydney CBD

- Circular Quay (on Alfred St near Pitt St)
- Bridge St (George St south of Bridge St)
- Wynyard (George St between Hunter St and Angel Pl)
- QVB (George St south of Market St)
- Town Hall (George St between Park St and Bathurst St)
- Chinatown (George St near Campbell St)
- Haymarket (Rawson Pl west of Pitt St)
- Central Chalmers St (Chalmers St between Eddy Ave & Devonshire St)
- Surry Hills (Devonshire St at Ward Park, near Riley St)
- Moore Park (opposite Sydney Boys and Sydney Girls High Schools north of Cleveland St/Lang Rd)



## **L2 line towards Randwick**

- Royal Randwick (north side of Alison Rd west of Darley Rd)
- Wansey Rd (south side of Alison Rd near Wansey Rd)
- UNSW High St (corner of High St and Wansey Rd)
- Randwick (High St west of intersection with Avoca St)

## **L3 line towards Kingsford (opening March 2020)**

- ES Marks (Anzac Parade near Carlton St)
- Kensington (Anzac Pde between Todman Ave and Bowral St)
- UNSW Anzac Parade (Anzac Parade at University Mall)
- Kingsford (Anzac Pde near Strachan St and Middle St)
- Juniors Kingsford (Anzac Pde south of Nineways intersection)

## **Operating hours**

The new light rail offers frequent turn up and go services 7 days a week starting at 5am and finishing at 1am the following day.



### **Walking**

New pedestrian paths, signalised crossings and a pedestrian footbridge at Moore Park make accessing new stops easy.



### **Bus**

Local bus services will connect you to light rail stops along the alignment, or within close walking distance, connecting you with nearby suburbs.



### **Train**

Connect to the light rail at Central, Circular Quay, Town Hall and Wynyard train stations.



### **Cycling**

You can ride to the light rail with many stops providing cycling storage facilities.

## What does Randwick offer?

Everything and anything is available to you in Randwick, from banks to the beach and all within walking distance from the hospital. The main retailers and services are located on Belmore Road and The Spot.

### **MAJOR SERVICES**

Post Office: The Spot and Royal Randwick Shopping Centre (Belmore Rd)  
Banks: Belmore Road  
GP's and Dental Clinics: Belmore Road

### **MAJOR RETAILERS**

Coles: Coles Plaza, Belmore Road (extended hours)  
Woolworths: Royal Randwick Shopping Centre (Belmore Road)  
Best and Less: Royal Randwick Shopping Centre (Belmore Road)

### **LEISURE**

Movies: The Ritz, The Spot  
Horse Racing: Royal Randwick Racecourse, Alison Road  
Beach: Coogee Beach, Bondi Beach  
Sports Centre/Pool: University of New South Wales, High Street  
Library: Royal Randwick Shopping Centre, Belmore Road  
Pubs/Hotels: The Royal Hotel, Cnr Cuthill Street and Perouse Road  
The Coach and Horses Hotel, Cnr Alison Road and Avoca St  
The Coogee Bay Hotel, Cnr Coogee Bay Road and Arden Street (opp Coogee Beach)  
Coogee-Randwick RSL, Cnr Carr and Byron Streets  
Randwick Labour Club, Alison Road

## WHERE CAN I EAT?

Try The Spot or Belmore Road, Alison Road or Avoca St (Randwick). There are more food spots and places to eat in Randwick than you can poke a fork at.

Hot food / sandwich bars  
Pizza/pasta  
Delicatessen  
Cafes  
Cake shop/Bakeries  
Thai  
Chinese  
Lebanese  
Italian  
KFC  
Orporto's  
Mad Mex  
Indian  
Mexican  
Spanish



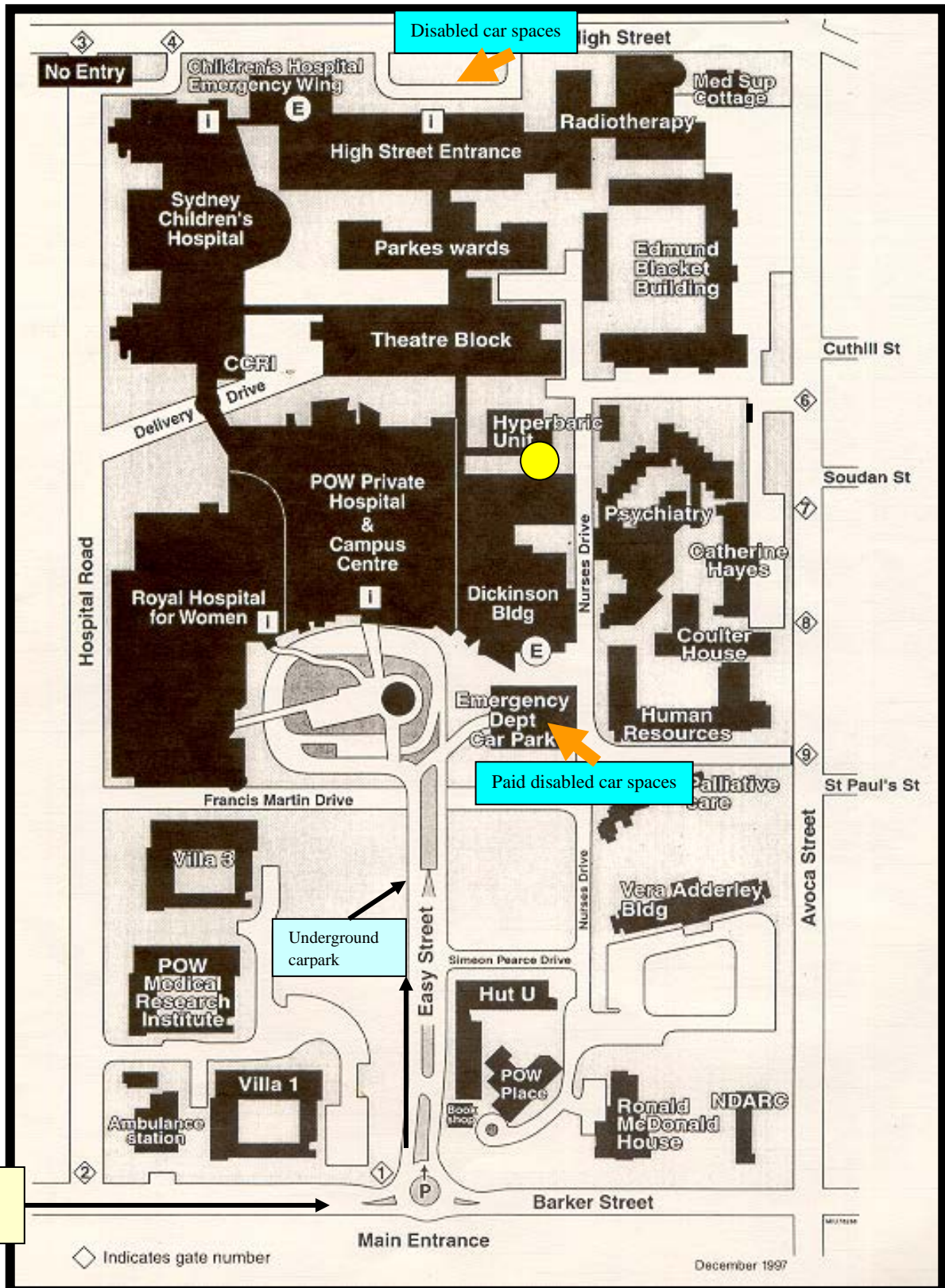
The Food Court at Royal Randwick and the aforementioned pubs/clubs all have great bistros/restaurants.

# Hyperbaric Medicine Unit

Level 1, Dickinson Building

(Main entrance to the Unit – opposite the Garden Café)

**\*\* PLEASE NOTE\*\*** we cannot guarantee that the allocated disabled car spots will be available at the time of your appointment / Hyperbaric treatment

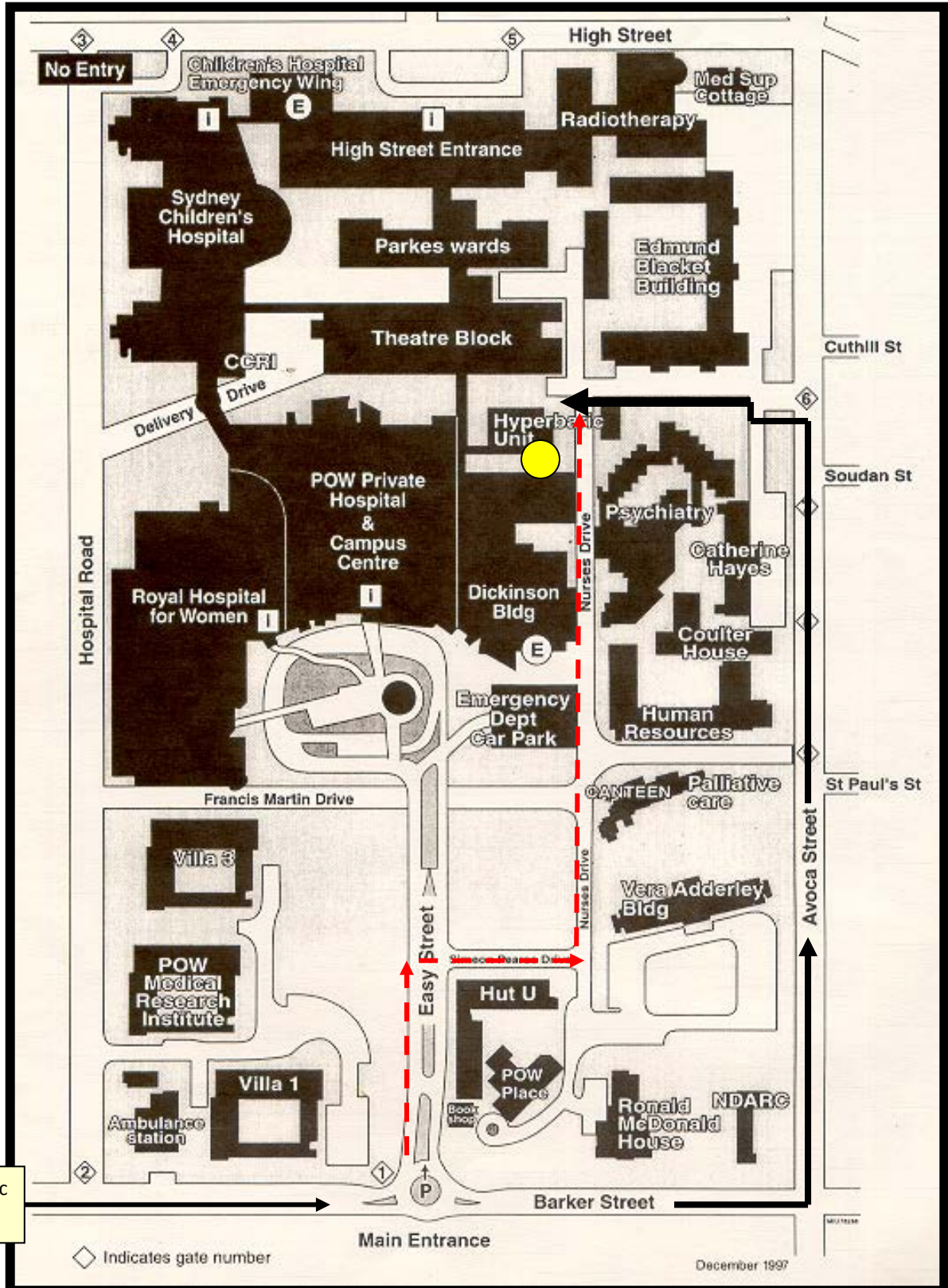


**FOR TRANSPORT DRIVERS or QUICK DROP OFF/PICK UP**

**Hyperbaric Medicine Unit  
Prince of Wales Hospital**

Ph: 9382-3880

(Enter either Gate 6 off Avoca St or from Barter St entrance)



From Anzac Pde

◇ Indicates gate number

December 1997