

Mt Wilga Private Hospital and Polio NSW

Living Your Best Life

Mt Wilga Private Hospital and Polio NSW are excited to announce the formation of a dedicated Assessment Clinic for people who have the Late Effects of Polio (LEoP).

The LEoP Assessment Clinic is a one day clinic, held monthly, and will include a Medical, Physiotherapy and Occupational Therapy assessment under the direction of Mt Wilga's Rehabilitation Physician, Dr Helen Mackie.

What is the LEoP?

Poliomyelitis or Infantile Paralysis is a viral infection that was common around the world until the early 1960s, with the last major outbreak in Australia in 1956. The polio vaccine was introduced in Australia in 1956 and was followed by mass immunisation programs.

Before mass immunisation in Australia, it is estimated that a minimum of 40,000 people contracted paralytic polio in Australia between the 1930s and 1960s, whilst up to 4 million people contracted the virus with only minor symptoms.

Unfortunately, today in Australia, thousands of Australians now experience what is known as the Late Effects of Polio (LEoP).

How do I know if I have the LEoP?

You may experience one or more of the below symptoms which are common to people who have the LEoP. You may have even developed some of these symptoms much later on in life after you contracted the initial infection, even if you had little or no symptoms at the time.

It is also important to know that not all of these symptoms may be directly related to LEoP but are a cause of another condition like osteoarthritis. However, if you have any of these symptoms we recommend you attend the LEoP Assessment Clinic.

- Unaccustomed fatigue (either muscle fatigue or feeling of total exhaustion)
- New muscle weakness (including muscles apparently unaffected at the time of the initial infection)
- Joint and/or muscle pain
- Sleeping, breathing or swallowing difficulties
- Increased sensitivity to cold temperatures and;
- A decline in the ability to perform basic daily activities

Do I require a GP referral to be a part of the LEoP Assessment Clinic?

Yes, please ask your GP or other specialist to fax a referral to Dr Helen Mackie on **(02) 9847 5013**.

If you would like any more information, please contact Dr Mackie's office on **(02) 9847 5085**.

Once we have received your referral, Dr Mackie's secretary will telephone you to make an appointment for assessment.

You will also be sent a medical questionnaire that we would like you to complete and fax back on **(02) 9847 5013** prior to your assessment.

Do I need private health insurance to attend the LEOp Clinic?

No, you can discuss with your GP about approving a Chronic Disease Management (CDM) Plan formerly known as the Enhanced Primary Care Plan, which provides Medicare rebates for Allied Health services to people who have a chronic disease.

Otherwise you may wish to self-fund the Assessment Clinic.

If you have private health insurance, this clinic will be considered an outpatient visit and you will need appropriate extras private health cover.

To obtain a quote on Assessment Fees, please contact Dr Mackie's office on **(02) 9847 5085**.

What happens after I attend the LEOp Assessment Clinic?

At the completion of the clinic, we may provide you with an individualised exercise program prescribed by your Physiotherapist, recommendations by your Occupational Therapist to manage your activities of daily living easier and provide referrals or recommendations to community based services which may be applicable to your situation.

If you have private health insurance, we may recommend you participate in an individualised day program at Mt Wilga. We will of course, make sure your private health fund covers you for our day therapy program prior to your commencement and advise you of any gap in funds.

Your day program may be for four to six weeks depending on your requirements and may cover other services including dietetics, speech pathology, psychology, exercise physiology as well as physiotherapy and occupational therapy.

A fortnightly case conference will be held with your Rehabilitation Physician, Dr Helen Mackie and other members of your allied health team to discuss your progress and may refer you for further therapy if appropriate.

Where does the Assessment Clinic take place?

The Assessment Clinic is at Mt Wilga Private Hospital, a specialist dedicated rehabilitation hospital and Day Therapy Centre. Our address is;

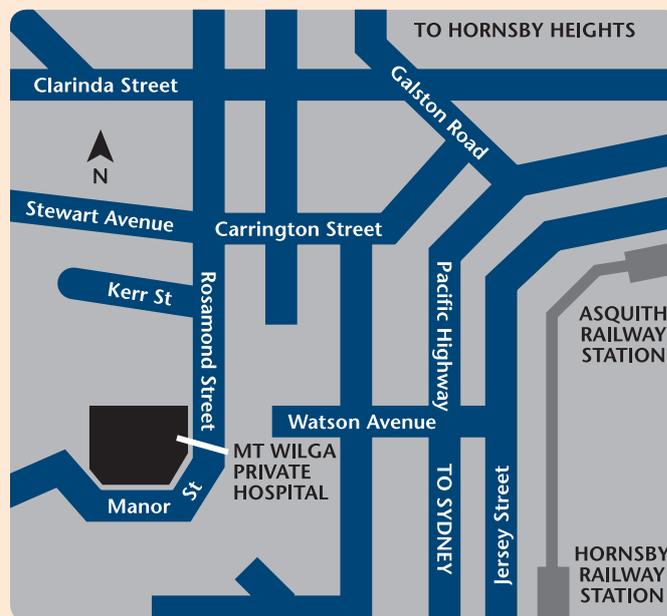
66 Rosamond Street

Hornsby NSW 2077

Main reception

(02) 9847 5000

We have plenty of free parking available on site and off street parking as well.



www.mtwilgaprivate.com.au

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