

Life Healthcare expands footprint in niche services

Recognising and responding to the increasing demand for private services in the specialised fields of mental health, acute rehabilitation and renal dialysis, Life Healthcare is expanding its footprint in order to make these services more accessible across a wider geographical spread. These expansions form part of the group's capital investment programme, for which R600 million (excluding acquisitions) has been allocated for 2011.

Life Healthcare is the biggest provider of private mental healthcare in South Africa. Services are provided at six dedicated facilities, namely in Gauteng at Life Glynnview in Benoni, Life Riverfield Lodge in Nietgedacht (north west of Johannesburg) and Life New Kensington Clinic in Johannesburg; in the Eastern Cape at Life St Mark's Clinic in East London and Life Huntersraig Hospital in Port Elizabeth; and in KwaZulu-Natal at Life Entabeni Hospital. Current expansions at Life Glynnview and Life Entabeni will see the group's existing mental healthcare bed capacity increase significantly.

Custom designed mental healthcare facility opens on East Rand



Artist's impression of Life Glynnview

An 80 bed mental healthcare facility, Life Glynnview, will open in Benoni at the beginning of April. The facility has been custom designed to support the optimum treatment of users suffering from mental disorders, psychiatric conditions and dual diagnosis (i.e. psychiatric conditions and substance dependence or other addictions). It will cater for voluntary, as well as assisted and involuntary users.

The new facility has private and semi-private rooms, and wards with observation facilities for involuntary users. It also houses individual and group therapy rooms, an electro-convulsive therapy unit, lounges, a gym and recreation facility, TV and dining rooms, courtyards and private gardens – all in a setting designed to foster a sense of peace and tranquillity to assist with the healing process.

Life Glynnview's programmes have been developed to achieve recognised treatment outcomes through short term in-house treatment of users, and include general psychiatry, neuropsychiatry and dual diagnosis. Treatment is provided by an interdisciplinary team comprising psychiatrists, psychologists, a neurologist, general practitioner, occupational therapist, and mental health nursing practitioners.

Addiction treatment programmes are aimed at users with psychiatric

conditions whose functioning in any life sphere has become impaired as a result of substance abuse or dependency, or any other addiction. The primary goals of the treatment are to interrupt the cycle of addiction whilst at the same time implementing intensive cognitive therapy, and to foster maintenance of abstinence. The focus is on improving the user's physical functioning, self-image, self-esteem and interpersonal relationships, and to facilitate positive family interaction and vocational productivity. The programme includes medical treatment, as well as individual, group and occupational therapy. The interdisciplinary team will also assist in facilitating support for the users' families.

Treatment programmes for mental disorders and psychiatric conditions are based on cognitive-behavioural principles and focus on the mobilisation of internal and external resources in order to promote, restore and maintain mental health, thereby assisting users in reaching their optimal level of functioning as valued persons.

A dedicated aftercare programme has also been developed to monitor users who have undergone treatment for either addiction, mental health disorders or psychiatric conditions, for a period of 12 months after they have been discharged from the facility.

For more information on Life Healthcare's facilities and services, contact Janet Young at janet.young@lifehealthcare.co.za or on fax 086 500 7535



NEWS UPDATE ■ NEWS UPDATE ■ NEWS UPDATE ■ NEWS UPDATE

Life Healthcare expands footprint in niche services (cont.)

Renal units now established in three provinces



Part of the renal unit at Life Fourways Hospital

The renal unit is the first such Life Healthcare facility to be established in the Western Cape. It will be equipped with the latest technology, and will have eight stations. Services will be provided to patients suffering from either chronic or acute renal failure and will include overall management of renal patients, haemodialysis and peritoneal dialysis.

Existing renal units expanded

Capacity at the renal unit based at **Life The Glynnwood** in Benoni was increased towards the end of last year by an additional eight stations, and can now accommodate 24 patients at a time. Treatments offered at the unit include chronic haemodialysis, peritoneal dialysis, plasmapheresis, slow continuous therapies, and acute dialysis for inpatients. An off-site dialysis service is also provided.

Life Healthcare has two more dedicated renal units in Gauteng, namely at Life Fourways Hospital in Sandton and at Life Flora Clinic in Roodepoort, as well as two units in the Eastern Cape, located at Life St James Hospital in East London, and Life Mercantile Hospital in Port Elizabeth.

Group's 6th renal unit to open in Cape Town

Life Healthcare will open its sixth dedicated renal unit in June, at Life Vincent Pallotti Hospital in Pinelands, Cape Town. The unit, together with nephrologist consulting rooms, will be housed in The Park, a building just across the road from the hospital.

Dedicated Life mental health facility for KZN

Due to the high demand for private mental health services in KwaZulu-Natal, Life Healthcare has embarked on a R43 million project, which will see the establishment of a mental healthcare unit – the first such dedicated Life facility in the province – adjacent to Life Entabeni Hospital in Berea.

The Nazareth House building, which will be upgraded and refurbished to accommodate the new mental healthcare unit, was purchased by Life Healthcare in 2009 from the Congregation of the Poor Sisters of Nazareth, a Catholic Order.

The current 27 mental health beds in use in Life Entabeni Hospital's Annex and the 19 mental health beds at Life Westville Hospital will be relocated and consolidated into the new 80 bed unit at Nazareth House, which is due to open in September.

The following diagnostic groups will be provided for:

- 10 beds for users with psychotic disorders;
- 30 beds for users with personality, anxiety and eating disorders;
- 20 beds for female users with mood disorders or substance abuse or dependency; and
- 20 beds for male users with mood disorders or substance abuse or dependency.

A further 20 beds will be added in the near future to accommodate adolescents and psycho-geriatric patients.

The new facility will include private and semi-private rooms, counselling and treatment rooms; a coffee shop and gym, lounges and dining rooms, as well as a dedicated theatre for electro-convulsive therapy (ECT).

The behavioural programmes and nursing care will be provided by a team of health professionals and mental health nursing practitioners.

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1st Life Rehabilitation unit for Western Cape

The 36 bed adult Life Rehabilitation unit, which is due to open in Cape Town in September this year will facilitate access for patients in the Western Cape who would benefit from its specialised services. Life Rehabilitation offers private, acute, outcomes driven physical and cognitive rehabilitation for patients disabled by brain or spinal trauma, stroke or other disabling injuries or conditions. It has also expanded its range of services by offering inpatient pulmonary, orthopaedic and paediatric rehabilitation – the latter at two dedicated paediatric units in Durban and Johannesburg. The new unit, which will be located in The Park building across the road from Life Vincent Pallotti Hospital in Pinelands, will bring the number of such Life facilities to seven, spread throughout five provinces, and the total bed capacity of the network to 247.

The other Life Rehabilitation units are based at Life Riverfold Lodge in Nietgedacht (north west of Johannesburg), Life New Kensington Clinic in Johannesburg, Life Eugene Marais Hospital in Pretoria, Life Entabeni Hospital in Durban, Life Pasteur Hospital in Bloemfontein and Life St Dominic's Hospital in East London. The units are staffed by interdisciplinary teams of rehabilitation doctors, nursing staff, physiotherapists, occupational therapists, speech therapists, dieticians, social workers and psychologists. The internationally recognised Functional Independence Measure (FIM) and the Functional Assessment Measure (FAM), together with other valid and reliable tools are used to measure clinical outcomes.

Life Rehabilitation is the only internationally certified networked group of rehabilitation units in South Africa, after having achieved ISO 9001:2008 certification, which focuses on rehabilitation specific processes and customer needs.

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