

STIRLING HOSPITAL *Autumn 2025 Edition*

Stirling Hospital Community Engagement

In March 2024, we hosted our second Community Engagement Meeting, where we shared the latest updates from Stirling Hospital. The session provided insights into the evolving healthcare landscape, particularly the challenges and changes facing private hospitals. We also highlighted key achievements from the past six months, new specialists and services, and outlined our vision for the future of the Hospital. As your local healthcare provider, we remain deeply committed to delivering high-quality patient care and strengthening our connection with the Adelaide Hills community.

PRIVATE HEALTH LANDSCAPE

Private hospitals across Australia continue to face significant financial pressure due to rising costs in staffing, medical equipment, pharmaceuticals, and daily operations. However, health insurer reimbursements have not kept pace with these increasing expenses. This widening gap threatens the sustainability of high-quality patient care and places additional strain on already stretched resources.

Stirling Hospital, in collaboration with the broader private healthcare sector, continues to advocate for meaningful change. We are actively engaged in discussions with the Australian Private Hospitals Association (APHA) and local Members of Parliament to raise awareness and push for a more equitable funding model—one that ensures private hospitals are fairly reimbursed for the vital care they deliver.

Despite these ongoing challenges, our commitment to the community remains strong. From July to December 2024, we provided care to 2,387 patients — including 1,988-day surgery cases and 399 overnight stays—representing a 10% increase compared to the same period in 2023.

GOVERNANCE AND COMPLIANCE

As a private, not-for-profit hospital governed by a volunteer board, we are fortunate that having 50% of our directors currently residing in the Adelaide Hills means there is strong local representation. We extend our sincere gratitude to retiring board members Hugh Steele and Astrid Kuivasaari for their dedicated service. We also warmly welcome new board members Tony Hurren and Steven McGregor.

POSITIVE OUTCOMES

We are pleased to share that our Catering Department and Café have recently achieved accreditation—a reflection of their ongoing commitment to quality and service. The Café was awarded a rating of 'Excellent' with 5 stars in the South Australian Food Safety Rating by SA Health.

We've also introduced a new online patient admission portal, which has streamlined hospital processes and significantly improved efficiency and the overall patient experience.

The positive feedback we continue to receive from patients is a strong endorsement of the value and care we strive to deliver every day.



Delivering the Stirling Experience...



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FINANCIAL PERFORMANCE

The 2023-24 financial year resulted in a total comprehensive loss of \$1.1 million, primarily due to loss of some operating theatre lists, rising costs of services and consumables, business restructuring to improve long-term sustainability and a revenue shortfall of \$1 million compared to the previous financial year.

One of our key upcoming projects is the upgrade of the Perioperative Theatre Ventilation System. Stage 1 will focus on enhancing the ventilation in the procedure room area, with an estimated investment of approximately \$250,000. While the project will require some temporary operational downtime, this essential upgrade is crucial for maintaining patient safety, meeting regulatory standards, and ensuring the continued delivery of high-quality care.

As a not-for-profit hospital, we rely on the generous support of our community to help fund vital infrastructure improvements like this. If you would like to contribute or learn more about how you can support this project, please contact our team or visit our website for more information: <https://stirlinghospital.org.au/bequests-donations/>. Together, we can help secure the future of safe, high-quality care in the Adelaide Hills.

COMMUNITY SUPPORT

Our November 2024 Quiz Night was a resounding success, raising \$16.5K. Stirling Hospital would like to acknowledge the Stirling Community Shop for their donation of \$24K, and the Witty Knitters Craft Group for their donation of \$5K, after the event towards items on the wish list, resulting in a total of \$45K being raised to purchase new medical equipment and instruments. We also continue to engage with GPs through educational sessions and lunches.

Upcoming fundraising initiatives include:

- A community walk around Stirling, concluding with a sausage sizzle, involving local businesses
- Participation in Stirling Markets and the Christmas Pageant
- Our ever-popular raffles, generously supported by local businesses
- Stirling Hospital merchandise, including socks and umbrellas, now available for purchase

We are expanding our volunteer program, with three volunteers already on board and plans to recruit more. We also continue to support community representation through our Consumer Representatives on Safety AND Quality and Infection Control Committees. In 2025, we plan to launch our inaugural Community Reference Group to further strengthen community engagement.

We thank you for your continued support and look forward to working together to strengthen healthcare services in the Adelaide Hills community.

Fundraising Community Walk

As part of our fundraising activities, this year the Hospital is planning a Community Walk which will be held later in the year. More details will be available in the next edition of the newsletter. We hope an event of this type will allow many more people in our community to become involved including parents, children, grandparents and your pets!

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New Specialists at Stirling Hospital

We are pleased to welcome these new specialists to Stirling Hospital

Dr Justin Baker

Gastroenterologist



Dr Justin Baker is a newly qualified Gastroenterologist commencing private practice with the SA Group of Specialists.

Dr Baker completed his graduate medical training in the United Kingdom at the University of Southampton. After Foundation Training in the UK, he moved to Adelaide to pursue high-quality physician training. His basic physician training and advanced training were undertaken at Flinders Medical Centre and Lyell McEwin Hospital. Additionally, Dr Baker has completed a Fellowship in Inflammatory Bowel Disease and Capsule Endoscopy at Royal Perth Hospital in 2024.

Dr Baker's special interests include Inflammatory Bowel Disease, Functional Bowel Disorders, and Capsule Endoscopy, alongside performing routine endoscopic procedures.

Appointments can be arranged through the SA Group of Specialists on 8100 0736.

Dr Jing Xian (Alvin) Quah

Cardiologist & Electrophysiologist



Dr Alvin Quah is a specialist in heart rhythm disorders with advanced training in Australia and Canada. He completed his electrophysiology and PhD fellowship at Flinders Medical Centre before undertaking a two-year fellowship in Halifax, Canada, to further refine his expertise.

Dr Quah specializes in cardiac device implantations, including pacemakers, defibrillators, and resynchronization therapies—as well as advanced ablation procedures for arrhythmias such as atrial fibrillation and ventricular tachycardia.

Services include:

- General cardiology consultations,
- Cardiac device interrogations,
- Diagnostic procedures, including echocardiograms, Holter monitoring, and 24-hour blood pressure monitoring, and
- Electrophysiological procedures, including those mentioned above.

For appointments contact 8317 5300.

For more information about the Specialists at Stirling Hospital please visit our website:

<https://stirlinghospital.org.au>

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Stirling Hospital Merchandise

Please support the Hospital by purchasing a pair of our funky socks for \$12, or be well prepared for when winter comes with an umbrella for \$45 with two styles available: a reverse folding umbrella and a large golf style umbrella.

Umbrellas



Socks



These items are available to view and purchase from the main administration desk at Stirling Hospital or from our Café

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