

**Submission
No 105**

**THE SAFETY AND QUALITY OF HEALTH SERVICES PROVIDED BY NORTHERN
BEACHES HOSPITAL**

Name: Mrs Pam Rowlinson

Date Received: 18 April 2025

Just over a year ago I slipped on a wet green mossy rock at mona vale rockpool and broke both my wrist and elbow. I was taken by ambulance to NBH. The ambos were wonderful, empathetic and caring, giving me a green whistle to help with pain and arriving quickly.

Right from the start I had an exceptional level of care and I can't praise the hospital enough. All staff, ambos, nurses and doctors were wonderful : I had surgery on my wrist and two days later surgery on my elbow. I was sent for hand therapy after two weeks and now have almost gained mirror image use of wrist and elbow. Given the extent of the damage I managed to do to my arm (it's my dominant hand), this feels amazing.