

**INQUIRY INTO OPERATION AND MANAGEMENT OF  
THE NORTHERN BEACHES HOSPITAL**

**Name:** Name suppressed

**Date Received:** 28 July 2019

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Partially  
Confidential

Dear Committee,

In 2008, I tripped up on a bushwalk and twisted my left knee. I went to the medical centre, then close to the cinema in Warriewood the next morning as it was swollen and stiff. A soft tissue injury was diagnosed and the doctor prescribed diclofenac tablets and cream to rub on topically. I was living alone in \_\_\_\_\_, across the road from Mona Vale beach at the time. I settled down with a cuppa in front of the TV, took a tablet, made myself comfortable and rubbed a bit of the Voltaren cream into my knee, thinking "I hope this fixes it". Little did I know what was to come. Within ten minutes my palms started to itch, immediately followed by a strange feeling- a bit faint with a sense of doom. I got up to go to the bathroom, by this time I was itching all over, and looked in the mirror. A different person was looking back at me, my eyes were slits and my lips were swollen. I fell on the floor and crawled to the phone. My next action saved my life. I had my friend's number programmed into my phone so I only had to press no. 1. I described briefly what was happening and my friend said "it's an allergic reaction, we're coming". They summoned an ambulance when they got there as I was on the floor, lucky for me, they are both registered nurses. I just remember her husband saying, "Remember to breathe, \_\_\_\_\_" and "Stay with us". It would've been so easy for me to drift off into a one-way tunnel, I remember feeling quite irritable with him thinking "shut up and let me go!". Luckily he didn't! When the ambulance came my B/P was 40/ zero. A drip was started and we went to Emergency at Mona Vale with bells and whistles screaming and a lovely doctor called \_\_\_\_\_ gave me Adrenalin and antihistamines and I gradually recovered. Now I can hear you saying "Aha, well a paramedic can give those drugs". You'd be missing the point. I ended up feeling very vulnerable and, lacking in confidence about my body's ability to stay well, a common phenomenon said \_\_\_\_\_, consultant in allergy and immunology at RNSH. She prescribed an EpiPen and an allergy bracelet and to tell Telstra that I needed a priority phone line. It changed my life for quite a while. \_\_\_\_\_ wanted me to go for a challenge to test me for allergy to Non-steroidal anti-inflammatory drugs and aspirin. "Come back when ICU is open", she said. I confess I was too scared to go so I've steered clear of all those drugs since, not even taking an aspirin on a long haul flight. It was the PROXIMITY of Mona Vale hospital that saved my life, and subsequently gave me the confidence, eventually, to get back into a normal life, not scared of my own shadow. I know that my incident doesn't rank among the most serious but I'm begging, because of many thousands of incidents over the years (I as a patient, nurse and midwife have seen from all facets the importance of proximity to treatment), BEGGING that Mona Vale hospital is reinstated as our local, public hospital and that full services are returned there very speedily. Big posh hospitals are good too, but not at the expense of our local hospital, AND- it was promised that Mona Vale Hospital would prevail. Kindest regards, \_\_\_\_\_ PS Feel free to use my name and email address for this submission.

Sent from my iPhone