NT Health respectfully acknowledges Palmerston Regional Hospital operates on Larrakia Country.

We acknowledge the Larrakia people as the Traditional Owners of the Darwin region and pay our respects to Larrakia Elders past, present and emerging.

We are committed to a positive future for the Aboriginal community.
About Palmerston Regional Hospital

Palmerston Regional Hospital is part of the Top End Health Service network and works in partnership with Royal Darwin Hospital.

As the Territory’s first new hospital in over 40 years it will provide:

- greater access to emergency healthcare 24 hours a day, 7 days a week
- planned day and elective surgery
- general medical inpatient care
- better access to maternity services closer to home including pregnancy check-ups, monitoring, post-natal follow-up care, and breastfeeding advice
- outpatient clinics closer to home, and telehealth care for rural patients
- intensive rehabilitation services and treatment with a gym
- up to two surgical theatres and two procedure rooms
- a comprehensive Geriatric Evaluation and Management (GEM) ward.
Working together with Royal Darwin Hospital

As a campus of Royal Darwin Hospital, Palmerston Regional Hospital services are integrated with clinical services at Royal Darwin Hospital.

Royal Darwin Hospital will continue to provide care for critically-ill patients and remains the Top End’s only tertiary hospital providing critical and intensive care, inpatient paediatric and birthing services.

Where a patient presents at Palmerston Regional Hospital with a life-threatening condition they will be stabilised and transferred to Royal Darwin Hospital.
Services at Palmerston Regional Hospital

Emergency Care

Palmerston Regional Hospital provides emergency care 24 hours a day, 7 days a week. Staff have specialist training in emergency medicine and will provide high level resuscitation care, as well as diagnosis and treatment.

The hospital has an Extended Emergency Medicine Unit (EEMU) co-located with the Emergency Department. They provide care for emergency patients who may need to stay a few days and don’t need to be admitted into the hospital, or be transferred to Royal Darwin Hospital. This is generally no less than four hours stay and no greater than 24 hours.

Patients requiring longer treatment may be moved to the medical ward for general care or transferred to Royal Darwin Hospital. This decision is made based on the clinical needs of the patient.

When a patient presents at Palmerston Regional Hospital emergency department, they will be treated and managed in accordance with their clinical needs. However, if a patient is critically ill or has a life-threatening condition they will be stabilised, and transferred to Royal Darwin Hospital.
Rehabilitation

Palmerston Regional Hospital has a purpose built 24-bed rehabilitation facility including a dedicated therapy space and a gym. A hydrotherapy pool is due to open 2019. The rehabilitation service assists patients over the age of 14 years to regain or improve their function due to injury or disease and to help improve their quality of life. This includes assessment, triage, treatment, inpatient and outpatient services for conditions such as:

- acquired brain injury
- spinal cord injury
- stroke and neurological conditions
- vascular conditions and amputation
- post-surgical and medical deconditioning
- major burns.

Multi-trauma or orthopaedic injuries at Palmerston Regional Hospital’s rehabilitation service are provided by a multidisciplinary team of rehabilitation medical specialists, nurses, physiotherapists, occupational therapists, speech pathologists, psychologists, dietician and social workers.

Geriatric Evaluation and Management (GEM)

Palmerston’s GEM service aims to improve the quality of life and functionality of geriatric patients who have been affected by serious illness. It provides short term inpatient rehabilitation care by a multidisciplinary team of doctors, nurses and allied health staff.

Services consist of specialist medical consultation and assessment, inpatient multidisciplinary care and referral to aged care community support services as required. Patients are referred to GEM by their treating medical team at RDH or by their GP through the community Geriatrician.

The inpatient service operates 24 hours a day, 7 days a week. Nurses are always on site, with medical, allied health and support staff available during standard business hours. The GEM ward has the capacity of 24 inpatient beds.
Palmerston Regional Hospital has capacity for up to 24 general medical inpatient placements. Generally this will be patients who have a less complex medical condition. For more critical care the patient will be transferred to Royal Darwin Hospital.

**Medical wards**

Palmerston Regional Hospital provides pregnancy check-ups, monitoring, education and advice to expectant mothers and follow up care post-birth, mother and baby monitoring and breastfeeding advice. Birthing services will continue to be provided by Royal Darwin Hospital.

Ante-natal and post-natal clinics are open during normal business hours 9am – 5pm, Monday to Friday.

**Day surgery**

Over time Palmerston Regional Hospital will provide planned day and extended stay surgery where patients can stay in hospital after surgery for up to 72 hours. Services include pre-admission clinics, consultation diagnosis, treatment, pain management and post-surgery care.

Where patients need more complex surgical procedures these will be undertaken at the Royal Darwin Hospital. Some examples of planned day surgical procedures at Palmerston Regional Hospital include endoscopies, ophthalmology, dental, urology, ear, nose and throat and gynaecology.

Depending upon a patient’s surgical need, the Top End Health Service will schedule surgery at either Palmerston Regional Hospital or Royal Darwin Hospital.

Palmerston Regional Hospital had 24 inpatient beds.

**Maternity services**

Palmerston Regional Hospital maternity services are part of the Top End Health Service’s integrated maternity service.

Palmerston Regional Hospital provides pregnancy check-ups, monitoring, education and advice to expectant mothers and follow up care post-birth, mother and baby monitoring and breastfeeding advice. Birthing services will continue to be provided by Royal Darwin Hospital.

Ante-natal and post-natal clinics are open during normal business hours 9am – 5pm, Monday to Friday.
A range of outpatient services will be available at Palmerston Regional Hospital as directed by your clinician, and will include:

- antenatal
- diabetes/ endocrinology
- endoscopy
- Geriatric Evaluation Management (GEM)
- general medicine
- general surgery
- gynaecology
- haematology
- hydrotherapy
- infectious diseases/ viral hepatitis
- paediatrics
- palliative care
- postnatal
- rehabilitation
- respiratory - including pulmonary lung function testing
- rheumatology
- other speciality services.

Paediatric services

Palmerston Regional Hospital emergency department will assess and provide emergency care for children, but where they require complex, critical care or have ongoing needs, they will be stabilised and transferred to Royal Darwin Hospital to be treated by paediatric specialists.

Most surgical procedures for children will continue to be conducted at Royal Darwin Hospital. Some day surgery sessions may be scheduled at Palmerston Regional Hospital for children.

Children who need overnight or longer-term care will also be transferred to Royal Darwin Hospital.

A small number of emergency department beds will be dedicated for children who are admitted with short term non-life-threatening conditions such as mild dehydration, mild gastroenteritis, cold symptoms and mild asthma.
Facilities

Palmerston Regional Hospital has a mix of twin and single en-suite bedrooms all with windows and televisions.

When you stay at the Palmerston Regional Hospital, patients will also have access to a patient lounge with TV, a dining area and several private courtyards or balconies.

The hospital kitchen will make three fresh meals for patients each day, and a café located near the main entrance to the hospital.

Café
The café will be open from 7am to 7pm, 7 days per week.

ATM
An ATM is located in the cafe area near the main entrance to the hospital.

Receiver of Territory Monies
The Receiver of Territory Monies is located in the foyer of Palmerston Regional Hospital.
How to get to Palmerston Regional Hospital

The hospital is on Linco Road which can be accessed from the intersection of Temple Terrace and Stuart Highway.

Public transport

For information on bus routes from the Palmerston Bus Interchange to the hospital, please visit nt.gov.au/driving

Parking

The hospital has 337 car parks available for staff, patients and visitors. Parking at the hospital is free of charge, with allocated disabled parking spaces.

Parking is not permitted in the following areas:

- the drop-off zone in front of the emergency department
- on verges, grassed areas within the campus boundaries, unless there are signs saying you can do so
- reserved bays for ambulances, police or on-call medical staff.
VISITING HOURS for the wards is 10am to 8pm daily.
Hospital contact details

**Palmerston Regional Hospital**
Linco Road
Holtze, NT 0829
Phone: (08) 7979 9200
Email: Palmerstonhospital.doh@nt.gov.au

**Postal Address**
Palmerston Regional Hospital
PO Box 41326
Casuarina, NT 0811

**Visiting Hours**
Ward visiting hours are 10am to 8pm daily

**Need help?**
When fully operational Palmerston Regional Hospital volunteers will be on site during 8.30am – 4.30pm. They are here to help you navigate the hospital.

**Aboriginal Liaison Office**
The office will be based in the foyer of Palmerston Regional Hospital. They can assist with accessing the Aboriginal Interpreter Services along with other support and services.

**Interpreter Services**
Staff can assist patients in booking an interpreter service or you can make a booking by contacting the Interpreting and Translating Service NT office on 8999 8506 or 1800 676 254.

**Security**
Security services operate 24 hours a day, and are located on the ground floor near the entrance.

**Smoke Free**
Palmerston Regional Hospital is smoke free.