

BUILDING A NEW APPROACH TO WELLNESS

MAIN CONSTRUCTION COMPANY :
Hindmarsh Construction
CLIENT : ACT Health
CONSTRUCTION VALUE : \$51 million
COMPLETION DATE : October 2013
ARCHITECT : McConnel Smith
& Johnson May + Russell
SURVEYOR : Landmark Surveys

A project of the ACT Government's Health Infrastructure Program, Belconnen Community Health Centre brings together a wide variety of medical and specialist services in one sustainable, future-proofed facility.

Advanced ideas about assisting people with both acute and chronic health conditions have been given form in the new Belconnen Community Health Centre (BCHC). A project of the ACT Government's Health Infrastructure Program, BCHC brings together a wide variety of health services in one sustainable, future-proofed facility.

ACT Health's Executive Director of Rehabilitation, Aged and Community Care, Linda Kohlhausen, said the BCHC has been designed around a wellness model which offers a management of care, including preventative healthcare, chronic conditions and medical care. The comprehensive health care services available in the BCHC include the community nursing, community allied health for example physiotherapy, nutrition, occupational therapy, podiatry, social work, and in the future cancer services including BreastScreen and psycho-social support staff for cancer patients and their families and carers. The centre also offers dental services, mental health, women's health

services, paediatrics, drug and alcohol services, renal dialysis, diabetes services, pathology, rehabilitation services and a new ACT Health initiative in the form of an obesity service.

The design has been focused around being very welcoming, with one point of entry for all BCHC services. This will make accessing a range of specialists and related services for complex conditions, far easier, as users will be able to organise multiple appointments with a variety of practitioners on the same day at the one place, rather than needing to go to multiple locations for the different aspects of their care. Having one point of entry and a very user-friendly space also creates significant opportunistic health promotion time, where people can be informed about other relevant services, and feel empowered to self-refer easily.

"The BCHC will have a multi-disciplinary, comprehensive and collaborative team," said Ms Kohlhausen.

"This project involved significant consumer engagement and numerous focus groups. We made a very deliberate decision to build the services in a community area, near parking and public transport. The building has cyclist facilities, including storage and showers for staff, and in the basement carpark there are electric car recharge points. There are set-down areas and disabled parking, and we considered the time limits on the disabled parking to make them workable for people with disability."

The BCHC has three floors of clinical space, including rehabilitation gyms on the first and third floors, and offices on the fourth floor. The building amenities include bariatric bathrooms with showers for some of the clinical rooms.

Heavily weighted hoists capable of assisting clients up to 400kg in weight have been installed in key clinical spaces, to assist users with a variety of restricted mobility issues or special needs. The obesity service will be located on the third floor, along with diabetes

services, rehabilitation services. The third floor gym will provide space for a range of specialists services including an exercise physiologist and physiotherapist to work with clients. This floor also has a small dining room where dieticians/diabetes educators can sit and talk with clients and discuss their nutritional advice.

As part of the ESD thinking embedded into the project, energy efficient lighting has been installed throughout, and the HVAC system incorporated air-cooled chillers and fresh air ventilation. The curve of the building ensures all the clinical spaces have natural light, both for the energy-efficiency benefits and for health reasons.

"Natural light is incredibly important for people with wounds, for proper healing," explained Ms Kohlhausen. "Our Renal Director is also passionate about sustainability, so the dialysis unit will be recycling water (which will be treated by reverse osmosis). A lot of work has gone into considering the recurrent costs, so we can have design and quality, without costs increasing over

time. We have a duty of care not only to create a building that is functional, but also one we can afford to maintain."

Hindmarsh Construction undertook the managing contract for the BCHC, adding value to the project through some key decisions around design, materials and methodology. Changing the design to bored piers in close proximity to the property boundary provided a safe and efficient method of constructing the basement carpark. The original plan for in-situ stair shafts was changed to precast - this eliminated the need for rendering trades, reduced formwork, and streamlined the sequence of works during the structure phase.

"Hindmarsh decided early on to tender a fully integrated façade, as this element of work is a major risk in terms of finishing well. The Sydney-based contractor fabricated and put together the whole façade package - the double-glazed windows, claddings, sunshades - everything for the building envelope. We took the time required with the design of the integrated façade, then when it arrived on site it was one of the fastest façades to go up in Canberra," said Hindmarsh Project Manager, David Hodgson.

"We were able to add a fair bit of value in the early stages. For example, we installed a grease arrester to serve level one of the pavilion building as future-proofing the space for potential use as a cafe. Now we are at the stage of fitting it out as a cafe as part of a public enterprise in the community centre.

"We also introduced an improved communications infrastructure system for the administration areas, with consolidation points installed in the ceilings for improved flexibility

into the future. The renal dialysis area has been designed and built so it can offer overnight treatments in future, which relieves the burden on day patient activities, as well as facilitating an improved model of care for dialysis patients. An innovative sustainability feature of the dialysis unit is the pumping of the treated water from a storage tank for reticulation for toilet flushing throughout the BCHC."

A DALI lighting control system has been installed to maximise energy efficiency benefits and flexibility of clinical spaces. Local control coupled with a state of the art Building Management System assists BCHC occupants, while reducing the environmental footprint.

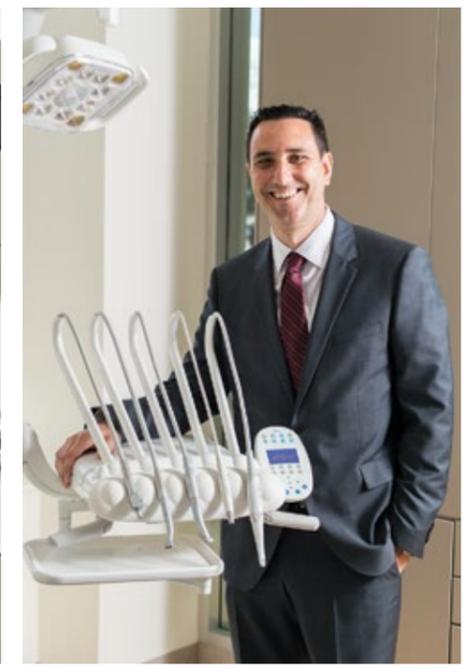
Hindmarsh started construction in January 2012, completing handover and commissioning in September 2013. The team of 12 Hindmarsh staff included the Project Manager, three site supervisors (including a services specialist), a site manager, contract manager and administrator, reception, site engineer, design manager, and safety manager. There were 45 different subcontractors, and a combined daily peak workforce of 145.

"We worked well with the client (ACT Health), which meant we were able to accommodate significant changes to the project," said David. "We were also able to include significant value-adding initiatives in the project to the benefit of the Territory."

For more information contact ACT Health, website www.health.act.gov.au

For more information contact Hindmarsh, 71 Constitution Avenue Campbell ACT 2612, phone 02 6129 1500, email act@hindmarsh.com.au, website www.hindmarsh.com.au





DELIVERING BETTER DENTAL HEALTH THE A-DEC WAY

Public Health Dentistry enters a whole new age at Belconnen Community Health Centre, with state-of-the-art equipment and an advanced treatment space design which enables better outcomes for both patients and staff. A-dec Australia worked closely with ACT Health, Hindmarsh, the Architect and BCHC staff to develop this groundbreaking approach to how dentistry is undertaken, and supplied the best available FFE to make it possible.

A-dec supplied 11 complete dental packages comprising treatment chairs, lights, suction, intra-oral cameras, dental delivery system and specialized equipment cabinets. The remit also included two customized sterilisation cabinets for each clean and dirty room, six autoclaves, six low-dose digital X-ray machines and over 200 dental hand pieces so there would be sufficient to have all 11 treatment spaces in use, with complete sets for each dentist constantly being rotated through sterilisation.

One of the innovative items provided for the BCHC is the new Acteon Sopro CARE hand-held intra oral camera, which uses patented fluorescence technology to produce digitized images which include analysis of gum health, plaque deposits and degree and type of decay. This will enable dentists to provide improved preventative care and minimize the need for invasive treatments by pinpointing more accurately the issues which require intervention. A-dec's specialty is surgery design and providing

capital equipment, with the company's comprehensive service including early design advice and product specification, site visits during construction and installation, commissioning, certification and staff operator training.

"With a large install like BCHC we expect to be there a few times," said A-dec spokesman, Daniel Bet. "We don't just provide equipment, we wrap it with a service to provide an education-based approach, and you can see the advantages of implementing the design at Belconnen. It's a semi-open design with dual access to the surgery so both the operator and assistant can enter and leave quickly.

"The cabinets (which are all lead-lined) act as the divider between treatment spaces, which also ensures efficiency in delivering instruments - because they can flow in and out freely dentists can see more patients. The central consoles allow for X-ray machines to be shared.

"There is a lot of natural light in the spaces, and it looks very inviting, which reduces the fear for patients. Being in the treatment space is a very pleasurable experience. Our design and the products also built in a lot of ergonomics for dentists and assistants, which is better for their health and means productivity increases.

"This dental fitout is unprecedented for Public Health. It is a new way of doing dentistry - Belconnen has the best of everything."

A-dec previously provided the dental FFE for another ACT Health project, the Gungahlin Community Health Centre, and is in the process of supplying Tuggeranong Community Health Centre (completion end 2013). They are also doing the dental equipment for the extension to Tweed Heads Hospital, Tamworth, Raymond Terrace and Bega Hospital for NSW Health, and recently provided 96 chairs and associated dental equipment for the new Griffith University Health Centre and complete dental equipment supply for the Fiona Stanley Hospital in Perth.

Founded in the USA by Ken and Joan Austin in 1964, A-dec has invested considerable resources in developing equipment which enables dentists to provide a superior level of dental care. The company founders held a firm set of principles now known as The A-dec Way which revolves around an unbending desire to serve and support personnel, suppliers, distributors, dentists and their teams, and the patients. In creating quality treatment environments, and supplying simple, innovative equipment solutions, A-dec Australia make a major contribution to advancing the profession of dentistry - which also gives end-users an improved health outcome.

For more information contact A-dec Australia Main Showroom, Unit 8, 5-9 Ricketty Street Mascot NSW 2020, phone 1.800.225.010, fax 02 8332 4099, Daniel Bet, phone 0400 391 241, email daniel.bet@a-dec.com.au, Paul Riddel, phone 0467 688 818, email paul.riddel@a-dec.com.au

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A HEALTHY OUTCOME THROUGH INTEGRATED EXPERTISE

In delivering the civil and hydraulics packages for the Belconnen Community Health Centre, D Group has clearly demonstrated the advantages of their experienced and integrated approach when it comes to complex, state-of-the-art projects.

The Civil works scope comprised bulk earthworks, the demolition of existing carpark infrastructure, installation of subsoil drainage, and construction of bored piers, capping beam, shotcrete walls and installation of the trafficable On Site Retention tank.

D Group's Hydraulics division constructed the Belconnen Community Health Centre sewer and stormwater drainage, plumbing works and gas works, including all the technical hydraulic aspects of the project's leading-edge medical systems such as equipment for the Renal Dialysis Unit. In total, the hydraulics division spent 14 months on-site, with a team of seven skilled and trade-qualified plumbers and gasfitters completing the scope, assisted by office-based staff who undertook the procurement and logistics aspects.

Both divisions successfully resolved the technical challenges presented by the project. For the civil division, these included the need to install the bored piers to a precise alignment, and installation of the engineered trafficable On Site Retention tank and associated pipework.

The Renal Dialysis Unit is part of the water recycling system which contributes to the project's overall sustainability, with the water reticulated post-treatment throughout the Belconnen Community Health Centre for amenities flushing.

D Group's combination of abilities and well-earned reputation for excellence in all civil works, hydraulics and general plumbing and gas works has gained them a solid client base of leading builders working across all ACT construction sectors.

The company's recent civil construction projects include the Duntroon Single LEAP project for WATPAC, Gungahlin Commercial Offices for Bovis Lend Lease and Sorell Apartments

for Hindmarsh. The hydraulics division have been engaged on some of Canberra's most distinguished residential developments, including 120 units at Dockside for DOMA, the 248 unit Linq Apartments in Belconnen for Creative Building Services and Morris Property Group's 48-unit Habitat project.

No other company in the ACT offers such a cohesive approach, where a high level of hands-on skill across all aspects of civil and hydraulics works is matched by depth of construction management expertise. The benefit for clients is a more efficient, streamlined and accountable approach which professionally delivers timely, cost-effective, quality results.



For more information contact D Group, 5 Whyalla Street, Fyshwick ACT 2609, phone 02 6162 3377, fax 02 6162 3388, website <http://d-group.com.au>

"With its heritage in Australia and over 28 years of genuine partnerships with the construction industry, Benmax Group is committed to remaining a pre-eminent provider of high quality mechanical services and climate control systems".

Benmax is proud of our longstanding relationship with Hindmarsh Construction and the Belconnen Enhanced Community Health Centre highlights the team's commitment to delivering a quality outcome.



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Belconnen Community Health Centre, ACT



SCOPE SHOWS OFF SKILLS

Excellence in project management and expertise in resolving constructability issues was the key to Antos Constructions' successful completion of fitout works for the Belconnen Combined Community Health Centre. The company's scope included dry wall, ceilings, partitions, ceiling bulkheads, SuperWood feature ceilings, internal glazing, timber decks and timber detailing. Achieving the high level of finish required a high order of trade skills from the company's team of carpenters, framers, plasterers and gyprockers.

This was a highly technical and very complicated project. Antos Constructions was heavily involved in resolving many challenging details & complex setting out due to the entire building being constructed on a radius.

Antos Constructions are a multi-skilled company with capabilities ranging from fitout design and construction through to developing and building multi-unit residential projects. Their track record includes projects across the health, commercial, retail and government sectors, with the Directors' many years in the industry ensuring they can deliver on even the most challenging scope.

For more information contact Antos Constructions, phone (mobile) 0418 261 251, email antosconstructions@bigpond.com, website www.antosconstructions.com

