

# Meet the Paediatrics Sleep Studies team



## Dr Rif Chaudry

Dr Rif Chaudry is a paediatrician who specialises in Paediatric Respiratory and Sleep Medicine with more than 20 years' experience in some of the best children's hospitals in the world.

She has worked at The Royal London Hospital, The Royal Brompton Hospital, The Royal Hospital for Sick Children in Glasgow and Great Ormond Street Children's Hospital in the UK, taught by some of the country's leading clinicians. Dr Chaudry currently works as a Staff Specialist at JHCH.

She manages all aspects of sleep issues in children, including sleep disordered breathing such as obstructive sleep apnoea, behavioural insomnia in childhood and narcolepsy. Her other areas of interest include childhood asthma, recurrent bronchiolitis, viral induced wheeze, chronic wet cough, noisy breathing, cystic fibrosis, congenital lung abnormalities and allergic rhinitis.

Dr Chaudry has developed a great level of empathy and understanding of families with complex healthcare needs through her long career in working with thousands of families and as mum of two very dynamic little girls.



## Sara Cooper

### Senior Technologist

Sara is a hospital scientist with extensive experience performing and analysing children's sleep studies.

She completed her Master of Science in Medicine in 2005 at The University of Sydney and maintains her university ties being a lecturer and trainer in sleep technology.

Sara has previously established sleep units both locally and internationally and is excited to be developing this service so near to her home on the Northern Beaches.

Aside from her personal enthusiasm for the location, Sara is acutely aware of the limited resources available for children requiring sleep studies and the important role that Northern Beaches Hospital will play in alleviating the burden on waiting lists.



## Liz Jacob

### Nurse Unit Manager

Liz is in charge of our beautiful paediatrics ward and it's fantastic nursing team.

As a mum and long-term resident of the Northern Beaches, Liz has decades of experience in paediatric care.

Liz is delighted that the paediatric ward now provides sleep studies; appreciating the overwhelming impact that sleep issues can have on kids and their families.



## Joanna Ponahajba

### Sleep Technician

Joanna is a senior sleep technician with more than 7 years' experience performing sleep studies on children. She holds a Master's Degree in Education and a Diploma in Childcare.

Joanna demonstrates advanced technical expertise and is skilled at not only obtaining the required sleep study data, but also putting children and parents at ease.

She is enthusiastic, warm and compassionate with a broad clinical knowledge and will ensure studies are performed in a safe and timely manner.

