



THE HEALTH INSTITUTION  
OF SOUTH ICELAND



PROFESSIONALISM – RESPECT – COOPERATION



The Health Institution of South Iceland – Selfoss



The Health Institution of South Iceland – Vestmannaeyjar



The Health Institution of South Iceland – Hella



The Health Institution of South Iceland – Hvalsvöllur



The Health Institution of South Iceland – Hveragerði



The Health Institution of South Iceland – Vík in Mýrdalur



The Health Institution of South Iceland – Kirkjubæjarklaustur



The Health Institution of South Iceland - Laugarás



The Health Institution of South Iceland – Þorlákshöfn



The Health Institution of South Iceland – Höfn in Hornafjörður



## Service and role

The Health Institution of South Iceland (HSU) was established on October 1st, 2014, in the largest Health District of the country, by consolidating The Health Institution of Southeast Iceland (HSSa), Health Institution of South Iceland (HSU) and the Health Institution of Vestmannaeyjar (HSVe).

The formal unification took place on January 1st, 2015. The Health Center in Höfn, Hornafjörður, was run by the Community of Hornafjörður until May 1st, 2020, which marked the formal consolidation of these institutions.

The goal of this consolidation of the health institutions of South Iceland was to strengthen health service in the area, combine professional expertise and provide a more economical service.

The Institution runs 9 health centers in 10 sites, two hospitals, one in Selfoss and another in the Vestmannaeyjar. In Höfn, Hornafjörður there are also a few emergency hospital beds.

Additionally, the Institution has hospital beds in Selfoss and in Vestmannaeyjar.

In Selfoss there is an Emergency Department that is open 24 hours.

All other clinics have a doctor on call for emergencies. The Institution also provides all the ambulance service in the area.

There are over 600 people employed by the Institution on regular basis in 425 full-time positions.

The Health Institution of South Iceland operates according to laws, regulations, and directives of the government for health services. The district inhabits about 30.000 people. Some of the most frequently visited tourist attractions in the country are in the service area so there is a lot of tourist traffic.

The role of HSU is to shape, develop and implement health services in the area and secure the inhabitants of South Iceland, and other users, equal access to the best possible health services available at each time. The service goals of HSU are founded on our values of Professionalism, Respect and Cooperation. The welfare and needs of our service receivers are our guiding light.

## HSU Values

### PROFESSIONALISM

- We possess professional competence and approach our service users with professionalism and tact.
- We are open to development and innovation in our work and reevaluate our methods in the purpose of improving our effectiveness.
- We follow clear procedures and have an active quality system.
- We emphasize continuing education to improve our professionalism.

### RESPECT

- We show respect to our service users and coworkers.
- We listen and consider different opinions in the resolutions of issues and our communications are based on trust.
- We endeavor to offer services based on equality and work together for the solutions of projects with the welfare of our service users at the forefront.

### COOPERATION

- We notice good professional performance and encourage each other.
- We share knowledge and are ready to seek guidance from each other.
- We work together in unity to meet the needs of those who come to us, guided by their welfare.
- We practice cooperation with those with vested interest.





## Health care and Health promotion

HSU runs 9 health centers in of 10 sites on South Iceland, in Þorlákshöfn, Hveragerði, Selfoss, Laugarás, Rangárþing (Hella and Hvolsvöllur), Vestmannaeyjar, Vík in Mýrdal, Kirkjubæjarklaustur and Höfn in Hornafjörður. General health service is offered in all the sites, including patient care, emergency services, on call services, school health care, home nursing, prenatal health care and well-childcare along with psychiatric care.



The health centers offer a wide variety of services from doctors, nurses, and other health professionals along with specialist visits. Furthermore, the health center in Selfoss provides medical services of doctors and nurses to the inmates of the Litla Hraun prison.

The health centers offer individual home nursing which makes it possible for many, who so wish, to continue living at home, despite their illnesses, health problems or aging.

The goal of well-childcare services is to watch out for the health and development of children, diagnose problems and then be able to intercept. New parents are also offered instructions and guidance which strengthens them in their parental role.



School health care seeks to promote health and welfare of students in close cooperation with the parents/guardians and school employees.



## Psychiatry

Psychiatrists at HSU service all South Iceland but their main offices are in Selfoss and Vestmannaeyjar. The psychiatrists work with children up until the age of 18, who have mental, behavioral, and developmental disorders. They receive referrals from doctors in the area and from specialist services in schools and the community.

HSU psychiatrists hold courses and offer treatment and preventative measures for anxiety and depression. Interdisciplinary cooperation is present with other healthcare professionals and with community specialist services, along with the Child and Adolescent Psychiatric Department of Landspítali, The Centre for Child Development and Behavior and The State Diagnostic and Conselling Centre.

## Mental Health Team

The Mental Health team of HSU treats adults who have been diagnosed with mental health disorders and are in the need for interdisciplinary service. Professionals work in interdisciplinary teams with other health care workers and with other institutions.

Referrals come to the Mental Health Team of HSU through a health and welfare system. The teams' treatments are centered on short term treatment plans and according to the Mental Health Plan, the emphasis is placed on treating individuals with anxiety and depression. Available treatment methods are both individual sessions as well as group therapy.

## Medical and General Hospital Wards

The General ward in Selfoss provides both inpatient and hospice care. General medical service and emergency medicine is offered at the general ward. Most patients are hospitalized because of acute illnesses and are admitted from the Emergency Room at HSU, Landspítalinn or the nursing homes in the South of Iceland. Patients are also admitted who need rehabilitation or to recuperate after undergoing surgery at the orthopedic ward at Landspítali, treatment for chronic illnesses or for hospice care.

The hospital in Vestmannaeyjar offers a nursing and medical ward. Patient can also be admitted into a Care Unit for a shorter period of stay. The Ward receives all patients in Vestmannaeyjar but patients who suffer from conditions that need specialized care, are transferred to Landspítali.



## Nursing Homes

In Selfoss there is one nursing home at Ljósheimar and Fossheimar. The Nursing Home provides individualized nursing and is run according to the Eden ideology, since peoples' needs vary. The needs and treatments of the inhabitants are assessed by the staff members working closely with family members. The ward gets strong support from Vinafélag Ljósheima og Fossheima, an organization that has promoted recreational activities for the inhabitants, brought them a change of pace and provided them with information on the issues concerning the elderly.



A nursing home is also operated in connection with the general hospital ward in Vestmannaeyjar. There they provide aid and support to the inhabitants in their daily lives. They seek to provide a familiar atmosphere and to fulfill their mental, physical, and social needs in cooperation with family and other staff members.

HSU took over the operation of the nursing home Hraunbúðir in Vestmannaeyjar in the year 2021. The staff goes out of their way to provide personalized service and to make sure that the operations are homely and diverse. So far, they have received help from various associations in Vestmannaeyjar, that have done their part in making sure that the inhabitants enjoy some good times.



## Outpatient clinic

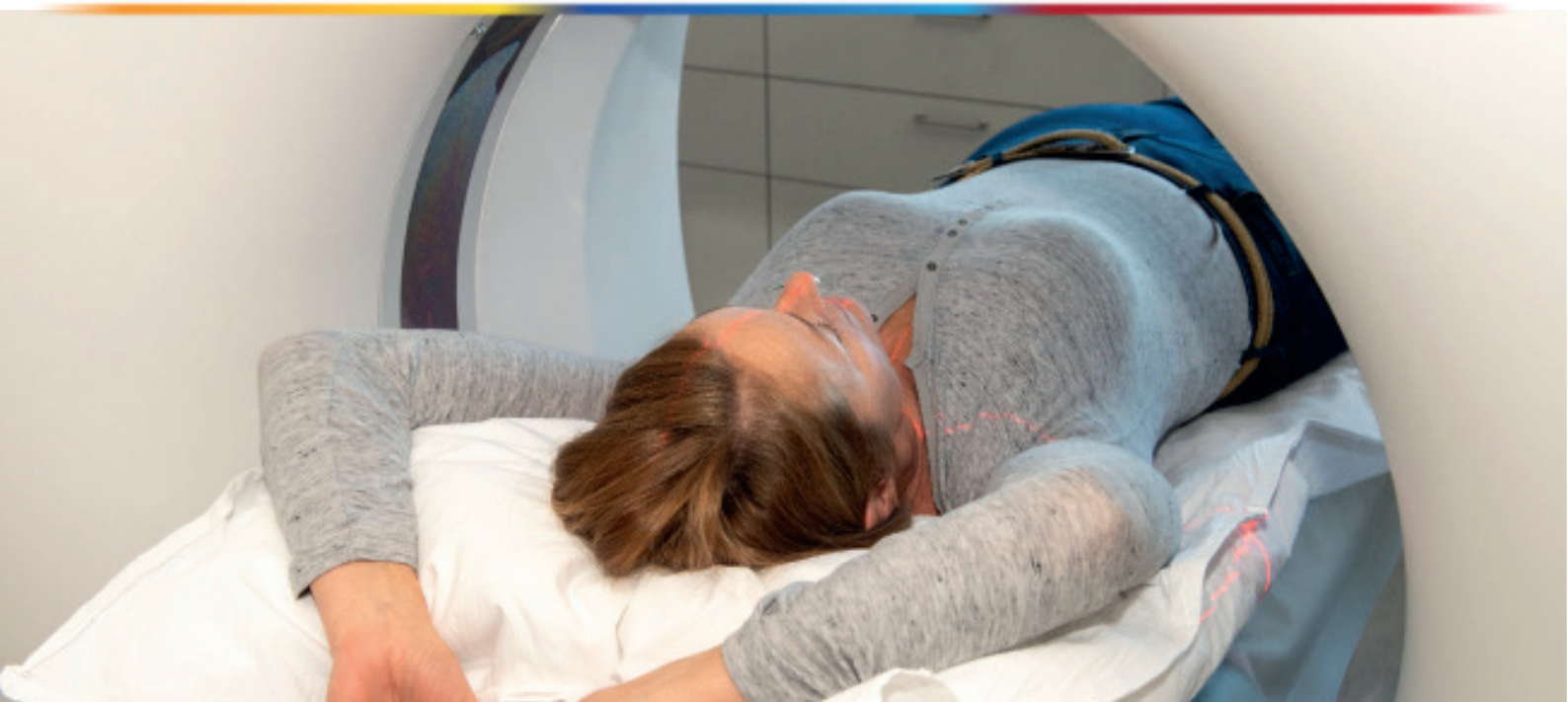
In Selfoss there is an outpatient ward for general medicine. There you can find doctors that specialize in cardiology, pulmonary medicine, gastroenterology, and oncology, and who provide patient consultations. The outpatient clinic provides medical treatments intravenously, blood transfusions and primary blood component transfusions i.e., for cancer treatment, arthritic and gastrointestinal or bone marrow diseases. For a few years the clinic has provided services for kidney patients that come for kidney dialysis. The clinic also offers colonoscopies and gastroscopies, echocardiography and stress tests for heart patients, and spirometry and sleep apnea tests for lung patients.

In the general ward in Vestmannaeyjar they run an outpatient clinic for chemotherapy and other specialized medical treatments. They have a cardiologist there who provides patient consultations, echocardiography, and stress tests. The clinic in Vestmannaeyjar also provides colonoscopies and gastroscopies and in conjunction with the eye clinic Sjónlag in Reykjavik, they perform eye-screenings.

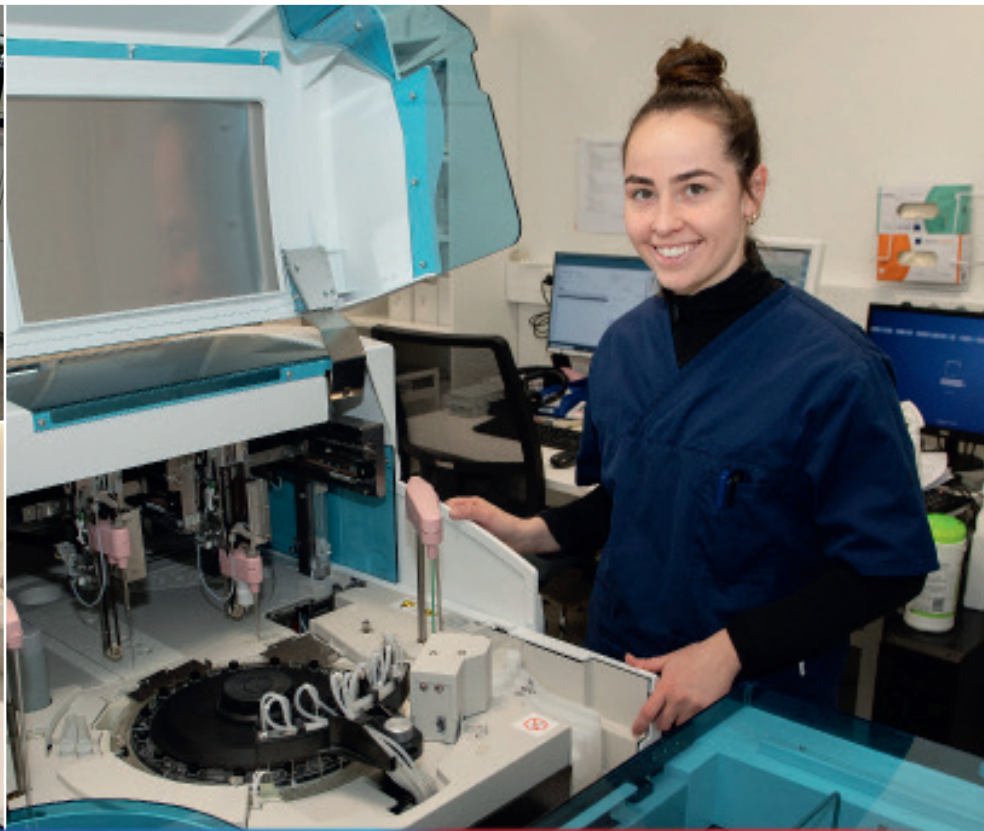
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## Specialist medicine

It has been challenging to offer specialist services in the countryside but often it is hard to fill the specialist positions outside the capital area. The specialties provided within HSU are; oncology, pulmonology, gastroenterology, cardiology, gynecology, pediatrics and psychiatry, along with ear, nose and throat (ENT) and ophthalmology.







## Accident and Emergency Department Selfoss

In Selfoss there is a 24-hour emergency department that provides service for a very large area that extends all the way from Hellisheiði to Höfn in Hornafjörður. The department's operation has grown tremendously and the number of patients that seek service there is growing steadily. The increase in tourism weighs heavily but also the growing number of people who live there or stay for a shorter or longer period of time, in summer cabins close to Selfoss and in the remote rural districts of Árnes and Rangárvellir-counties.

## Rehabilitation

At HSU in Selfoss there are physiotherapists, occupational therapists, and exercise therapists. The physiotherapists tend, among other things, to rehabilitation at the general ward along with the nursing homes. Occupational therapists attend to occupational therapy of children in cooperation with the schools and the Area Service for the Matters of the Handicapped on the Southcoast. Exercise therapists offer support and guidance in exercise after a general practitioner has issued a referral for exercise as a treatment option for a patient.

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## Laboratory and Imaging departments

There are laboratories in Selfoss, Vestmannaeyjar and Höfn in Hornafjörður. At the laboratories at HSU they do work in hematology, clinical biochemistry and medical microbiology. The laboratories work in close contact with the laboratories at Landspítali.

There is an imaging department at HSU in Selfoss and Vestmannaeyjar. There they offer all general X-Ray imaging and CT scans. General X-Ray is also offered in Höfn in Hornafjörður.



## Maternity Watch

The Maternity Watch at HSU has a multifaceted role. They do not only deliver children and receive pregnant women, but it also receives women who have various issues related to pregnancy. All pre-natal care in Selfoss and Vestmannaeyjar is serviced at the maternity watch. Additionally, the midwives in Selfoss organize all pre-natal care in the HSU clinics, aside from Vestmannaeyjar.

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## Operations and Support Departments

The office and management of HSU has headquarters both in Selfoss and Vestmannaeyjar. The Executive Committee of HSU oversees professional and operational matters of the institution. The office manages all finances, information flow, bookkeeping, billing and settlements of accounts, payroll, and personnel matters.

The Purchasing department is in Selfoss and manages all purchasing for the different departments at HSU.

Medical secretaries are based in Selfoss and Vestmannaeyjar and handle the records, the recording, managing, and transferring of medical data into digital clinical records.

Receptionists are present at each location and take care of answering phones, handle general reception and booking.

Kitchens are operated in both Selfoss and Vestmannaeyjar. They prepare all the food for the patients along with running a cafeteria for the staff. A technical department is present both in Selfoss and Vestmannaeyjar and takes care of all the maintenance for the properties, large equipment, and systems along with taking care of the cars that belong to the institution.

A laundry is also in Selfoss where between 400 and 500 kg of laundry is washed every year.



## Emergency Medical Services

The headquarters for the Emergency Medical Services (EMS) are in Selfoss but they are located in six different sites and take care of the largest area of the country, from Hellisheiði to Lónsheiði.

The EMS have 13 fully equipped ambulances that are located in Selfoss, Rangárþing, Vík in Mýrdal, Kirkjubæjarklaustur, Vestmannaeyjar and Höfn in Hornafjörður.

This area has seen a tremendous increase in ambulance transportation in the last few years and a large part of that is the rising number of tourists in the area.

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## How to reach us Jak si z nami skontaktować

Open Walk-in Clinic (GP) daily and on weekends.

Appointments: call 432-2000.

Otwarta recepcja lekarza dyżurnego w dni pracujące oraz w weekendy.

Rejestracja pod: Telefonu 432-2000.

General information and directions concerning the health care system, is available online every day of the week through an internet chat on [heilsuvera.is](http://heilsuvera.is), from 08:00-22:00 (8 am to 10 pm). A nurse can be reached if the need arises.

Emergency service in Selfoss is open 24/7.

Izba przyjęć otwarta jest całą dobę każdego dnia tygodnia.

Selfoss: tel 432-2000.

Hveragerði: tel 432-2400.

Porlákshöfn: tel 432-2440.

Laugarás: tel 432-2770.

Rangárþing: (Hella og Hvolsvöllur)  
tel 432-2700.

Vík: tel 432-2800.

Kirkjubæjarklaustur: tel 432-2880.

Vestmannaeyjar: tel 432-2500.

Höfn í Hornafirði: tel 470-8600.

Help-line service / Porady telefoniczne.

Medical help-line/on-call services outside of opening hours: Call 1700.

Numer dyżurny przychodni opieki zdrowotnej po godzinach otwarcia to: 1700.

Travelers with foreign phonenumber or Icelandic numbers outside Iceland must call +354 544-4113 to contact the 1700 help-line service.

Podróźni z zagranicznym numerem telefonu lub islandzkim poza Islandią muszą dzwonić na ++354 544-4113 aby połączyć się z 1700 i uzyskać poradę.

# 112

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Numer alarmowy

More information on [www.hsu.is](http://www.hsu.is)

Więcej informacji na [www.hsu.is](http://www.hsu.is)