

BEST PRACTICE

THE LATEST IN BEST PRACTICE AT ST ANDREW'S WAR MEMORIAL HOSPITAL

SEPTEMBER 2014 | ISSUE 7



Best Practice in Breast Care

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Update

New in-patient pain and dependency unit opening mid September

Welcome to this edition of St Andrew's War Memorial Hospital's *Best Practice* which continues to showcase medical innovation and the outstanding clinical services offered by our visiting medical practitioners (VMPs).

I am pleased to report on a number of exciting developments at St Andrew's. In particular, we are looking forward to the opening of a new 6 bed in-patient pain and dependency unit at the hospital in September. The unit is part of the St Andrew's Multidisciplinary Pain Service (StAMPS) which offers integrated multidisciplinary care for the diagnosis, treatment and management of patients with complex chronic pain conditions.

Another innovation which is already in use is our new Visible Green Light Laser. Used in prostate surgery procedures performed by Dr's Schoeman and Campbell, the laser offers a less invasive method than traditional treatment and results in significantly reduced bleeding and therefore quicker release from hospital and a faster recovery for the patient. Finally we are



Dr Christian A.C. Rowan

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FARGP FACRRM FRACMA FChAM (RACP)

Deputy Chief Medical Officer – UnitingCare Health

Director of Medical Services – St Andrew's War Memorial Hospital

looking forward to the imminent launch of our new website which will offer an improved doctor search and patient booking system as well as a more modern look.

I hope to get the chance to speak with you in person at one of our upcoming CPD meetings and hope you enjoy this edition of *Best Practice*.

5 REASONS TO JOIN AMA QUEENSLAND



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VMP Profiles



Dr Alex Alexander

MBBS MSC MHA FRANZCOG
Gynaecologist & IVF Specialist
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Dr Alex Alexander graduated from the University of Queensland in 1991 and is a Queensland trained obstetrician and gynaecologist. After completing his fellowship in 2002, Dr Alexander went on to

complete a minimally invasive surgery course led by Dr Allen Lam (Sydney) in 2003. He has further undergone training in pelvic prolapse surgery.

Dr Alexander's special interest areas include general obstetrics and high risk pregnancy; general gynaecology including minimally invasive and 'key hole' surgery techniques; pelvic prolapse surgery; cervical dysplasia (pap smear abnormalities and treatment); recurrent pregnancy loss and infertility treatment including assisted reproduction and IVF.

Dr Alexander has worked in private practice for over ten years and currently operates at The Mater Mothers Hospital, Mater Private and Greenslopes Hospital.

He is now a Visiting Medical Practitioner at St Andrew's War Memorial Hospital where he specialises in general gynaecology and IVF.



Dr Alexander Incani

MBBS Hons FRACP
Interventional Cardiologist
T 07 3831 6202

Dr Alexander Incani graduated from The University of Melbourne with first class honours and was dux of internal medicine in 2003.

Following cardiology training

at St Vincent's Hospital Melbourne, he commenced his interventional training at Sir Charles Gairdner Hospital in Perth, working with the team who brought MitraClip to Australia. He then moved to The Prince Charles Hospital Brisbane to continue his coronary and structural interventional training before finishing in Vancouver under the supervision of Professor John Webb, pioneer of the Edwards transcatheter heart valve.

Alex has been the recipient of numerous meritorious awards including a National Heart Foundation Research

Scholarship in 1999, an Outstanding Achievement Award for his contribution to the cath lab at The Prince Charles Hospital 2012, The Interventional Fellows' Prize ANZET 2012 and the CSL Biotherapies Award for interventional training 2013. He is a senior lecturer at The University of Queensland and has recently coauthored the "chest pain guidelines" for general practitioners through MedicareLocal 2014. He is currently an MPhil student at UQ performing original research in intracoronary physiology and imaging and was instrumental in bringing iFR to Australia. He has published over 20 papers and 40 abstracts during his fellowship.

Alex is currently on staff at The Prince Charles Hospital as a valued member of the coronary and structural interventional team and is actively involved in all aspects of tertiary level cardiac care including transcatheter heart valve insertion and complex high risk angioplasty. Alex is also now a Visiting Medical Practitioner at St Andrew's War Memorial Hospital.



Dr Dong Kang

FRACS
Cardiothoracic Surgeon
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Dr Dong Kang trained in cardiothoracic surgery in Royal Adelaide Hospital; Royal Prince Alfred Hospital in Sydney and Prince Charles Hospital in Brisbane. He became a Fellow of

Royal Australian College of Surgeon (FRACS) in 2005.

He previously practiced cardiothoracic surgery at the Townsville Hospital from 2006 to 2012. Currently he is a consultant cardiothoracic surgeon at the Prince Charles Hospital.

His areas of interest include adult cardiothoracic surgery; coronary artery bypass surgery; mitral valve repair; aortic valve sparing procedure-David procedure; aortic valve surgery and aortic arch operations; surgery for atrial fibrillation; and surgery for hypertrophic obstructive cardiomyopathy (HOCM).

VMP Profiles



Dr Tony Rahman

MA FRCP DIC PhD
Gastroenterologist
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Dr Tony Rahman is Director of Gastroenterology and Hepatology at The Prince Charles Hospital in Brisbane. Prior to his post in Brisbane, he was a consultant gastroenterologist, hepatologist and ICU physician at St. George's Hospital in London.

Dr Rahman practiced for 10 years on Harley Street both at Princess Grace, London Clinic and other private hospitals including Parkside and St Anthony's Hospitals. He graduated in Medicine and Physiological Sciences from Christ Church, Oxford University, UK in 1992. He was awarded Membership of The Royal College of Physicians (UK) in 1995, appointed

as a Fellow of the Royal College in 2008 and is now a Fellow of the Royal Australian College of Physicians.

In 2003 he was awarded Doctor of Philosophy in Medicine at Imperial College, London, (2003) following three years researching mechanisms and novel therapies in acute liver failure at the Royal Postgraduate Medical School (Hammersmith) & Royal Free Hospitals, London.

His further specialist training included, Institute of Liver Studies & Transplantation, King's College, St. Thomas' London, where he was involved in new and innovative treatments of liver diseases, complex reflux disease, inflammatory bowel disorders and functional bowel disease.

He is now a Consultant Physician in Gastroenterology, & Hepatology & Director at Prince Charles Hospital, Brisbane and is a new Visiting Medical Practitioner at St Andrew's War Memorial Hospital.



Dr Tony Rotondo

B.D.Sc Cert.Pros (UCLA)
Prosthodontist
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Tony Rotondo graduated as a dentist in 1984 from the University of Queensland and completed specialty training in Prosthodontics in 1996 at the University of California, Los Angeles (UCLA).

Tony is a registered prosthodontist and was recently accredited as a Visiting Medical Practitioner at St Andrew's War Memorial

Hospital. Tony has a specific interest in aesthetic dentistry, reconstructive dentistry and implant dentistry, over many years he has developed a reputation with in the dental industry as someone who practices at the highest level. He has taught both undergraduate and postgraduate dentists at the University of Queensland and the University of Sydney.

Tony practices at the Malo Clinic in Brisbane which specialises in the innovative All-on-4 surgical technique that has revolutionized implantology and fixed oral rehabilitation. It is considered one of the major breakthroughs in dentistry of recent times.



Dr Polly Tsai

MBBS FAFRM (RACP)
Rehabilitation Physician
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Dr Polly Tsai is a Rehabilitation Physician at St Andrew's War Memorial Hospital with special interests in neuro and medical rehabilitation. Dr Tsai has recently joined Neurosciences Queensland as part of their multidisciplinary team who treat Parkinson's Disease, Essential Tremor and other movement disorders.

Dr Tsai graduated from Monash University in 1999. She completed her basic physician training at Princess Alexandra Hospital and subsequently underwent advanced training in rehabilitation medicine at various metropolitan hospitals in Brisbane.

Dr Tsai was awarded her Fellowship of the Australasian Faculty of Rehabilitation Medicine, RACP in 2009. She is currently working as a staff specialist at the spinal injuries unit of Princess Alexandra Hospital and visiting medical practitioner at The Wesley Hospital, St Andrew's War Memorial Hospital and St Vincent's Hospital Brisbane.



St. Jude Medical's mission is to create cost-effective medical technologies that save and improve lives.



Best Practice in Breast Care

When breast and endocrine surgeon A/Prof Owen Ung began practicing at the hospital in 2011, he and radiologist Dr Paula Sivyver were only seeing a few patients each month. Breast surgery numbers have been growing incrementally at St Andrew's War Memorial Hospital with over one hundred and twenty procedures carried out in the last year. In order to enhance patient care during the difficult pre and post-operative stages of treatment, breast-care nursing support has been provided in recent years by staff from the Wesley Hospital's Choices program.

St Andrew's War Memorial Hospital is now proud to launch its own Breast Care Nursing program in order to provide focussed, supportive and individualised care to patients undergoing treatment for breast disease. The introduction by St Andrew's of a dedicated nurse is part of that commitment. A Breast Care Nurse is a registered nurse who has undertaken special training to be able to provide information, support and care for women of all ages who experience breast disease.

"As a surgeon, I find it helpful to connect my patients to the breast care nurse at the hospital, as soon as the surgical procedure is booked. Often there are preoperative procedures required in preparation for surgery on the day. This ensures that the hospital episode is coordinated and greatly relieves what is already understandably, a fairly stressful event."

Once surgeons at St Andrew's have a patient coming in for treatment they notify the newly appointed breast care nurse, Natasha Keir.

"The surgeon's rooms will notify me of any patients coming to St Andrew's. I will then start their pre-education regarding their surgery and any questions they might have regarding their diagnosis. I'm then with the patient from the day of their admission."

As a member of a broader multi-disciplinary team, a Breast Care Nurse can provide patients with a range of services. Whether patients are attending a Screening or Diagnostic Clinic, they will have the opportunity to meet with a Breast Care Nurse to discuss issues relating to their breasts, and to raise any concerns the patient may have (eg. the risk factors relating to family history of breast cancer).

Soon after a patient has been diagnosed, a Breast Care Nurse will contact them to offer support, information and ongoing assistance for them and their family. Patients can access this assistance at any time from

diagnosis, following surgery and, during subsequent treatment.

A/Prof Owen Ung said that:

"Women undergoing breast cancer surgery find the services and support provided by Breast Care Nurses extremely valuable."

Prior to the recruitment of Natasha, St Andrew's had access to breast care nurses through Choices at the Wesley. At that time, nurses were being used on a one-off basis rather than providing true continuity of care. In addition to the introduction of a dedicated specialist nurse, St Andrew's War Memorial Hospital is sponsoring a staff member to become a Breast Care Nurse and is looking at other training initiatives to further improve our service.

Natasha Keir observed that:

"St Andrew's aims to provide a holistic and individualised service, more so than any other hospital. These women and their families are going to be so well supported from the moment that they arrive at our hospital."

In addition to the one on one support proved at the hospital, Natasha Keir has established partnerships with a range of community based service providers who supply resources such as post-surgery breast support pillows, surgical drain concealing shoulder bags and post-surgical bras (fitted and provided by Amoena and Berlei).

A/PROF OWEN UNG
BREAST AND ENDOCRINE SURGEON



NATASHA KEIR
BREAST CARE NURSE

The individualised support that a Breast Care Nurse can offer can make the difference between a patient feeling isolated and vulnerable and secure and supported.

“I had one comment from a lady, she said that she felt like she was my only patient; that she mattered. She wasn’t just a number in the system, she felt like she was the only breast cancer patient here.”

Doctors gain rare insight into Parkinson's patient journey with Deep Brain Stimulation

Doctors gained a rare insight into a Parkinson's disease patient's journey with Deep Brain Stimulation (DBS) at St Andrew's War Memorial Hospital's Mind Matters Conference, held on the Gold Coast in June 2014.

More than 140 GPs and specialists who attended the conference heard first-hand from a patient who was diagnosed with Parkinson's 10 years ago. She underwent DBS in 2010 and conference delegates heard that she is currently managing her Parkinson's without any medication.

A Q&A panel chaired by neurologist Professor Peter Silburn AM discussed

all aspects of DBS treatment for a Parkinson's patient, from referral, assessment, counselling, surgery, post-operative care, to ongoing patient support.

Other members of the panel included neurosurgeon Associate Professor Terry Coyne, neurologist Dr Paul Sandstrom, psychiatrist Dr Rodney Marsh, and DBS nurse at BrizBrain & Spine Lisa Cooke. They discussed the holistic comprehensive treatment provided to patients who undergo DBS and answered questions from the floor on a wide range of topics.

DBS involves surgically implanting electrodes in a deep part of the brain. This brain "pacemaker" sends electrical impulses to a targeted area on each side of the brain to block the signals that cause the disabling motor symptoms in conditions such as Parkinson's disease, dystonia and essential tremor.

Professor Silburn said it had previously widely been thought that a typical Parkinson's patient would need to wait about 10 years, or until their motor complications could no longer be treated successfully with medication, before DBS could be considered.



PROF PETER SILBURN AM ON THE Q&A PANEL AT MIND MATTERS

¹ The New England Journal of Medicine published a study in February 2013 examining the outcomes of DBS on patients who had Parkinson's for 5-7 years.



PROF SILBURN & A/PROF COYNE JOINED BY THE NEUROSCIENCES QLD TEAM

“We have found DBS surgery is best performed four to seven years after diagnosis and this has been backed up by published research¹

There is class one evidence for the usefulness of DBS for treating Parkinson’s, and that it is better to operate sooner rather than later. It’s not just about alleviating stiffness and slowness, it’s turning the patient’s quality of life around.”

He said there was no scale for measuring quality of life: *“Helping to make people independent again, improving their quality of life – that’s a very important part of what we do.”*

Professor Silburn and Associate Professor Coyne have together performed more than 700 DBS surgeries at St Andrew’s and they are considered among the top DBS specialist teams in the world. Professor Silburn and Associate Professor Coyne have co-authored or collaborated on numerous papers in leading medical journals.

Professor Silburn, who is also lead clinician at the Asia-Pacific Centre for Neuromodulation (APCN), a joint initiative of The University of Queensland (UQ)

and St Andrew’s, is also collaborating in research with UQ’s Queensland Brain Institute (QBI).

A QBI team headed by Professor Pankaj Sah have been monitoring and recording brain function in patients who underwent DBS surgery.

In a recent study, the researchers monitored the brain function of 10 patients with Parkinson’s who were awake during DBS surgery, and found more than one part of the brain is responsible for planning movement.²

Professor Sah also presented his findings at the Mind Matters Conference. ■

² Findings of the research were published in the February 2014 Nature Neuroscience journal.

Laser technique sheds positive light on safe removal of cardiac leads

A laser technique to remove chronically implanted cardiac leads is now being successfully performed at St Andrew's War Memorial Hospital in the new Hybrid Theatre.

Over 15,000 Australians receive a pacemaker or defibrillator each year, to regulate their heart beat. However, when device-related issues arise like infection or malfunction, the leads often have to be removed or replaced. Extraction of the leads is associated with risks of life-threatening complications if fibrous scar tissue has bonded the leads to the vascular or heart tissue.

St Andrew's cardiologist and Queensland Cardiovascular Group (QCG) Director, Dr John Hayes, is one of three electrophysiology (EP) specialists in Queensland certified to perform laser lead extraction surgery using the Spectranetics Laser Sheath. He performs the surgery in St Andrew's new Hybrid Theatre.

The Spectranetics' excimer or "cool" laser safely removes cardiac leads by producing pulsed bursts of ultraviolet light energy to gently dissolve fibrous growth into tiny particles that are easily absorbed into the blood stream. The physician guides a sheath with a ring of laser energy over the cardiac lead to gently dissolve binding scar tissue along the length of the lead.

Patients requiring removal or replacement of cardiac device leads include those with pocket infection or erosion, infective endocarditis, lead fractures, hazard alert leads or redundant leads.



LASER SHEATH ADVANCING OVER AN IMPLANTED PACEMAKER LEAD

Dr Hayes said one of the cases he recently performed at St Andrew's Hospital was on a 50-year old woman who was born with congenital heart disease and received her first pacemaker in 1992. Over the following 22 years she has had multiple pacemaker generator replacements, new lead insertions and valvular heart surgery. Some of her pacemaker leads had failed over time, requiring extra leads to be implanted.

"This year, because of the progressive weakness of her heart, she required three new pacing and defibrillation leads, but this was going to be difficult with four leads already in her heart. The notion of leaving seven leads into her heart had the potential to cause many other problems in the future, including infection, vein occlusion and thrombosis," he said.

With the use of laser lead extraction system in the Hybrid Theatre, Dr Hayes was able to successfully remove the existing four pacing leads and insert the three new leads without complication. Following the surgery, the patient was well and discharged home the following morning.

Research has shown that with the appropriate training, equipment and surgical team, pacing and defibrillation leads can be more safely removed than previously was the case.

Dr Hayes said that being able to undertake this laser lead extraction surgery in the Hybrid Theatre provided the added advantage of superior imaging capability due to the mobile C-arm, and complete operating theatre capabilities.

"St Andrew's also offers excellent cardiac surgical backup if required," he said.

St Andrew's Hybrid Theatre incorporates advanced flexible imaging equipment and software from Philips Healthcare, with the generator and flat panel detector technologies the first to be installed anywhere in the world. The system provides high-quality, high-resolution X-rays and three-dimensional images of anatomy and soft tissue while substantially reducing radiation doses. ■

For more information or to make a referral:

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St Andrew's War Memorial Hospital
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Dr Glenn Sterling
Gynaecologist &
Fertility Specialist

Demand and acceptance for assisted reproductive technology continues to rise

The demand for assisted reproductive technology (ART) continues to rise, with many couples experiencing infertility now more open about seeking help, according to Life Fertility Director Glenn Sterling.

While the average rate of infertility remains steady at around 15 per cent of couples, demand for treatment is increasing, thanks primarily to ART becoming more accepted, he said.

Life Fertility Clinic, which has its Brisbane clinic at St Andrew's Place, provides patients with the experience of a doctor owned and run clinic and a team of highly dedicated scientific, nursing and support staff to assist with expert care.

The majority of all fertility cases (both male and female factor) can be managed with treatment at the Life Fertility Clinic, using advanced surgical, medical and scientific techniques.

While artificial insemination and ovulation inducing drugs make up a significant component of ART, (particularly with sufferers of Polycystic Ovarian Syndrome and mildly low sperm counts), IVF is the most common – and the most effective – fertility treatment available.

In essence, IVF works because it highlights the embryos that are most viable, increasing the chances of falling pregnant to 50 per cent, when a five day embryo - a blastocyst - is transferred.

IVF has come a long way since it was first developed more than 35 years ago, and has recently seen two major innovations, according to Dr Sterling.

The first is genetic testing of embryos. This is particularly relevant given the rising age of patients and increased risk to embryos as a result.

"So you'll take an embryo on day five and you'll biopsy to check the chromosomes," says Dr Sterling.

"You're talking about studying the DNA of a cell which is tiny, and the testing can be turned around quite quickly."

The tests look for chromosomal abnormalities including Down Syndrome, as well as others which would likely be self-terminating during pregnancy.

The other big innovation is the change in the drug regime to eliminate the risk of Ovarian Hyperstimulation. This has been a long held fear of doctors and patients alike and can now effectively be eliminated.

"In addition to that, the restriction of the number of embryos going back into the uterus means you virtually eliminate the other big problem with IVF, multiple birth pregnancies."

Dr Sterling says there are still several misconceptions surrounding treatment – the biggest being the cost.

"Out of pocket costs at Life Fertility Clinic now are cutting back to less than \$1300 (and \$600 once you've hit the Medicare safety net), so it can be achieved by most people."

Not all patients need to progress to IVF treatment though, so couples who are having trouble conceiving are encouraged to consult with one of the fertility specialists at the Life Fertility Clinic. ■

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Focussing on the whole woman

Holistic care with a nod to history



DR JENNY KENNEDY AT THE LILIAN COOPER CENTRE, SPRING HILL

The first thing Dr Jenny Kennedy does at the start of our interview is point out the photograph sitting proudly on her desk. The picture shows her son Paul, representing Australia at the Commonwealth Games in Glasgow and winning a bronze medal in the para-cycling. She explains that 3 of her 4 sons are visually impaired and her pride in their various achievements is plain to see.

Dr Kennedy is no stranger to Glasgow, having graduated from Glasgow University and moving to Queensland in 1975. She started work at Princess Alexandra

Hospital, before going into general practice in 1976 with Dr Charles Elliot in Nundah. Dr Kennedy later moved to Everton Hills and remained in general practice there for 23 years.

Over the years Dr Kennedy developed a particular interest in a holistic approach to Women's Health and joined the staff of the Lilian Cooper Centre in Spring Hill in 2001. Here, she works alongside two other general practitioners as part of an all-female staff team with particular experience in menopause, contraception, fertility and anxiety/depression, as well

as sexual health. Dr Kennedy also works with a medical sex therapist, Dr Jane Howard, who will be returning to the practice, in early October, following 9 months travelling around Australia with her husband.

The Lilian Cooper Centre was founded by Dr Sheila O'Neil in 1987 and based on the philosophy of "Well Women Clinics" in the UK. It was named after Dr Lilian Cooper, the first woman registered as a Medical Practitioner in Queensland.

Dr Kennedy explains the Centre deals with routine health checks or specific issues of concern that have come up for the patient. They operate as general practitioners working in a women's health centre and are keen to work in partnership with other health professionals. In particular, they always try to copy results to the local GP.

Her view of holistic care is a straightforward one:

"Rather than treating just one aspect, we like to treat the woman as a whole"

Every new patient has a 40 to 60 minute appointment giving time to take a full history – Dr Kennedy highlights that this is especially valuable for patients who only come once a year, as it allows them to get everything discussed in one visit.

"We like to look at the full range of people's health so blood pressure, weight, pap smear, breast check, any pathology that's needed and we discuss lifestyle with everyone."

"We also want to focus on preventive health and lifestyle issues – and ask every new patient about drinking, smoking, exercise and their eating habits."

With patients attending from regional Queensland and even interstate, there is an understandable desire from patients to 'get everything done' in the one visit and this is an expectation that Dr Kennedy is happy to meet:

"It gives me satisfaction to know that when people walk out, they have asked all their questions and the patients are appreciative that they get all their issues dealt with at the one time."

Dr Kennedy has a particular interest in menopause which has included attending a number of International Osteoporosis meetings, mainly in Europe, and most recently, in April 2014, attended the WCO-IOF-ESCEO conference in Seville, Spain.

"I have a particular interest in working with menopause issues. At least 40% of women are likely to experience a fragility fracture after menopause. Lifestyle factors can make a huge difference to that such as smoking, alcohol intake, lack of exercise, low calcium in their diet, low vitamin D."

As well as attending international conferences, Dr Kennedy is a regular participant in CPD training offered by St Andrew's and praises the focus on providing useful information in a concise fashion saying the training is "All relevant, especially for general practitioners".

Outside of the Lilian Cooper Centre, Dr Kennedy has been working as a VMO at Wacol for eighteen years. Wacol houses roughly 150 children, mostly between 12 and 17. All require medical examinations and to have any health issues addressed. A major contrast with her work at the Lilian Cooper Centre that she "enjoys greatly".

In another contrast to life in Brisbane, Dr Kennedy is just back from Baffin Island where she and her husband camped out on the sea ice with the local Inuit. Her husband, Nick is a passionate amateur wildlife and landscape photographer with a particular interest in the polar regions. This has resulted in some unconventional travel and accommodation over the years and Dr Kennedy looks forward to more such opportunities in the future. ■

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Dr Lilian Cooper – a Brisbane pioneer

Dr Lilian Cooper was the first woman registered as a Medical Practitioner in Queensland.

After studying in the UK, Dr Cooper travelled to Brisbane in 1891 and commenced her own private medical practice.

With her professional skill and conscientious devotion to her patients' welfare, she gradually dispelled the public's distrust of a "lady Doctor", building up a successful general and surgical practice.

During her career Dr Cooper made several trips abroad, working at the Mayo Clinic and the Johns Hopkins Centre in the United States. In England she undertook special courses in gynaecological studies. She was an honorary surgeon on the staff of the first Mater Misericordiae Hospital in Brisbane from 1911 to 1914.

At the outbreak of war in 1914 she joined the Scottish Women's Hospital, serving as a surgeon in Serbia. After returning to Australia, Dr Cooper continued her work until retirement in 1941. She died in 1947 and the site of her old home is now St Vincent's Brisbane (formerly known as Mt Olivet Hospital).

Happy Feet

Minimally invasive procedures to keep us all dancing

Dr Sarah Watts is Brisbane educated and trained. Following her surgical residency at the Royal Brisbane Hospital, she completed the orthopaedic training program with advanced training posts at Ipswich, Logan, QE II, Mater and Greenslopes hospitals. Dr Watts completed her orthopaedic training at the Royal Brisbane Hospital and has stayed on as a staff orthopaedic consultant since 2010 and as orthopaedic department director since 2012.

Dr Watts is now expanding her private surgical practice at St Andrew's War Memorial Hospital. She is an orthopaedic surgeon with a primary interest in foot and ankle surgery, but she is also interested in trauma, hip and knee replacements and lower limb conditions.

"I just really enjoyed the work in lower limb conditions- I find it interesting and challenging"

Dr Watts has had the opportunity to build long-term relationships with patients, and appreciates the importance of strong relationship development prior to surgical intervention. Some patients develop chronic conditions such as arthritis or joint deformity, and these require strategy for both the short term, as well as a longer term perspective.

Dr Watts encounters a wide range of conditions in her practice including sporting injuries, bunions, foot deformities, arthritis, toe problems, diabetes and some neurological foot disorders. Whether its fusion surgery, arthroscopic surgery or other corrective procedures Dr Watts is experienced in a range of techniques, but is particularly interested in the new developments in minimally invasive procedures.

"Minimally invasive surgery is offering some new and very exciting techniques which offer huge benefits for patients. Using half-centimetre incisions we are now able to perform procedures that once necessitated big incisions and scars. The approaches are now tiny



and allow the patient to heal and recover much more quickly."

In keeping with Dr Watts expanding private surgical presence at St Andrew's Hospital, she hopes to make a contribution to continuing GP education in the area of foot and ankle trauma diagnosis and treatment. Patients tend to present earlier with knees and hip injuries, but for some reason foot disorders tend to be "suffered in silence" for many months.



DR SARAH WATTS

“With regards to foot trauma, it would be good to see some cases sooner. With foot and ankle injuries, there is a significant incidence of missed injuries. Often the initial injury seemed insignificant to the patient – the might have only rolled their foot on the curb or similar - and they hope will simply get better. But months later, they are still limping, and they turn up in my office and say I thought I just sprained my foot but it’s not getting better...” And it turns out there is something wrong after all, and it would have been better all along to have seen it sooner rather than later.

“Minimally invasive surgery is offering some new and very exciting techniques which offer huge benefits for patients.”

With patients generally putting up with foot conditions for much longer periods than other limb or joint concerns, Dr Watts hopes to raise awareness, in both the medical and broader community, of the importance of healthy and happy feet. ■

Dr Sarah Watts
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New directions for business development

Candice McCall is delighted to have recently joined UnitingCare Health in the role of Manager, Business Development, St Andrew's War Memorial Hospital.

Candice brings a wealth of experience in business development having worked in private enterprise, the pharmaceutical industry and other health-related activities for a number of years. In these roles she developed a thorough understanding of the complexities of modern day health care and the requirements of the various health care providers. During the course of her MBA, Candice was able to concentrate many of her research projects on the health care industry.

She is committed to positioning St Andrew's to continue to deliver high quality care by ensuring the primary focus is on patients and their well being. High quality medical education, targeted communication programs, the provision of holistic care, a focus on emerging trends in clinical medicine and state of the art technologies are the pillars of her approach to business development.

She has a unique knowledge of the importance of integrated health care and the need for primary care physicians, specialist practitioners and private hospitals to have a shared purpose in providing a high quality health care experience for patients.

Candice welcomes both new and longer standing VMPs to visit the St Andrew's Business Unit to discuss how we can partner with you. Susan Walsh from the Business Unit has spent the last five years developing business relationships here at St Andrew's and supports Candice in the business development team. Candice and Susan are committed to gaining a deeper understanding of the individual goals of our valued VMPs and partners in general practice. ■



CANDICE McCALL

High quality medical education, targeted communication programs, the provision of holistic care, a focus on emerging trends in clinical medicine and state of the art technologies are the pillars of her approach to business development.



Letters to the Editor

If you have a view or opinion about something you've read in this edition of *Best Practice*, why not write a letter to the editor? Letters exist to provide a forum for public comment or debate and provide an opportunity for you the reader to express your opinion or point of view.

If you have an idea for a story that you would like to see included in the next edition of *Best Practice*, email your suggestion with a short description of why you think the topic will be relevant to Queensland GPs.

Please email submissions to:
susan.walsh@uhealth.com.au



Phobics, gamblers and innovators: what money personality are you?

Doctors are commonly described as 'innovators' when it comes to their money personality. Financial expert Brian Pert explains.

There are nine distinct money personalities, according to research firm CEG Worldwide. Each personality has different characteristics and needs.

At extreme ends of the spectrum there are phobics, who flee from anything to do with investing, and gamblers, who are driven by performance and enjoy the thrill and excitement of dabbling in risky assets.

The most common personality type is the family steward. They're conservative in their personal and professional life, and their main focus is to take care of their family.

Somewhere in the middle are the innovators.

Innovators are technically savvy, highly educated and sophisticated. They're always searching for leading edge investment products. Innovators are typically willing to embrace new products and strategies.

If this sounds familiar, it's because doctors and medical specialists commonly fall into this category.

This is understandable given doctors spend considerable time analysing new research and searching for better medical solutions. At the same time, innovators are vulnerable to falling for the unproven investment products rather than developing a financial plan and sticking to a disciplined long-term strategy.

It's important for investors to know their personality type so they can identify and understand their unique attitudes towards money and address specific risks.

At Pert & Associates we help our clients make wise financial decisions and stick to their knitting. Let us diagnose your financial personality today so you start making wise decisions with your money from tomorrow.

As a boutique financial advisory firm that specialises in advising medical professionals, we understand the unique challenges and opportunities facing medical professionals. Let us diagnose your money personality and set you on a path to achieving your financial and lifestyle goals and objectives. ■

Brian Pert is a certified Financial Planner and Director and Adviser at Pert & Associates.

To download a copy of their latest White Paper on "Creating financial independence for medical specialists" visit www.pertassoc.com.au



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GPs WATCHING THE Q&A PANEL AT MIND MATTERS



DR MICHAEL GILLMAN, DR CARON FORDE & DR PHILIP HALL REPRESENT THE PELVIC MEDICINE CENTRE AT MIND MATTERS



EMERGENCY DOCTORS CELEBRATE THE 20TH ANNIVERSARY OF THE OPENING OF ST ANDREW'S EMERGENCY CENTRE



ROSIE WHITE (DIRECTOR OF NURSING) & ANDREW BARRON (GENERAL MANAGER) RECEIVE THE 2014 PRESS GANEY SUCCESS STORY AWARD FROM PRESS GANEY CEO AMANDA BYERS

Solutions for patients with persistent pain

The St Andrew's Multidisciplinary Pain Service (StAMPS) offers integrated multidisciplinary care for the diagnosis, treatment and management of patients with complex chronic pain conditions.

THE TEAM



Jason Ray
Pain Medicine

Richard Pendleton
Pain Medicine

Dr Christian Rowan
Addiction Medicine

Wilbur Chan
Rehabilitation
Medicine

Genevieve Duffell
Physiotherapist

Anne Noble
Psychologist

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FOR FURTHER INFO:

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GP Hotline	07 3834 4490
Rehabilitation	
Inpatient Services	07 3834 4391
Day Patient Services	07 3834 4285
StAMPS	
St Andrew's Multidisciplinary Pain Service	07 3834 4525
Coeliac Centre	07 3367 1065
Pelvic Medicine Centre	07 3834 4399
Day Infusion Centre	07 3834 4493
Sleep Centre	1800 155 225
Business Unit	07 3834 4210



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St Andrew's earned ISO 9001:2008 and Core Standards for Safety and Quality in Health Care certification in October 2012 after a very successful audit.

St Andrew's War Memorial Hospital's certification is aligned with international best practice and complies with the 10 standards set by the Australian Commission on Safety and Quality in Health Care.



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