

BEST PRACTICE

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

Winter/Spring 2017

A comprehensive approach to
bariatric surgery

Thyroid malignancy update

Leading the way in uterine
cancer surgery

Easing the burden for
rural patients with
Rural Health Connect

Update

Welcome to this Winter/Spring edition of *Best Practice*. The year is well underway and St Andrew's continues to excel in innovating, educating and caring.

Our clinical teams including our Visiting Medical Practitioners (VMPs) continue to offer the latest in world class innovations and treatments. St Andrew's is the first hospital in Queensland to utilise Sentinel Node Dissection for uterine cancer patients, performed by gynaecological oncologist Professor Andreas Obermair. Two years ago we were also the first private hospital in Queensland to commence the revolutionary Transcatheter Aortic Valve Implantation (TAVI) program, led by Dr Alex Incani and Dr Karl Poon, and we have now exceeded the milestone of the 100th procedure.

Meeting the changing needs of our patients is always a core focus at St Andrew's and I am pleased to announce two of our latest services now underway. These include the 'Rural Health Connect' service to assist rural patients with more streamlined visits to Brisbane for medical care; and the new 'Metabolic Bariatric Network' providing an integrated, long term approach to improving outcomes for patients undergoing weight management surgery.

A very warm welcome also to our new VMPs including: obstetrician and gynaecologist Dr Anu

Kaur; gastroenterologist Dr Kavin Nanda; ear nose and throat, head and neck surgeon Dr Thomas Slaughter; and brain and spinal neurosurgeon Dr David Johnson.

I would also like to acknowledge the passing of one of our exceptional and popular VMPs, gastroenterologist Dr Andrew Bryant. Dr Bryant was an outstanding doctor and person. His loss is felt across the hospital and greater community. He will be remembered warmly and our thoughts are with his family, colleagues, friends and patients who will miss him dearly.

Congratulations to St Andrew's VMP Dr Terry Coyne for being awarded the Medal of the Order of Australia (OAM) for services to medicine as a neurosurgeon. Terry has operated at St Andrew's for over twenty years and is known internationally for his work in deep brain stimulation (DBS). He has performed over 900 DBS surgeries with Professor Peter Silburn, making them one of the world's most experienced DBS teams.

Our recent GP professional development events have been extremely successful including the 'Heart Matters' symposium in April and 'Women's and Men's Health' weekend in June. Our upcoming 'Country Connect' events in Toowoomba, Cairns and Lismore will focus on complex cardiology and cardiac surgery and I invite our rural GPs to come along.



Dr Yogesh Mistry

MBBCh, MBA, FRACGP, FRACMA

Director of Medical Services

St Andrew's War Memorial Hospital

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Dr Terry Coyne OAM



Dr Harvey Winkler



Uterine cancer surgery



Health symposium



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VMP Profile Updates



Dr David Johnson

MBBS (QLD) FRACS

Brain and Spinal Neurosurgeon

T 07 3255 9356

Dr David Johnson is a brain and spinal neurosurgeon now practicing at St Andrew's War Memorial Hospital. He has had a pioneering role in the establishment of multidisciplinary spinal practices and holistic care for neurosurgical patients.

He has launched three Functional Movement Training Centres in Queensland and now one of the world's leading in-house hospital facilities at St Andrew's War Memorial Hospital, having already delivered his NeuroHAB Back Pain Rehabilitation Program successfully to over 500 patients.

Dr Johnson's expertise covers a wide range of brain and spinal neurosurgery including low back, sacro-iliac and neck pain management, minimally invasive key hole techniques, neuro-oncology, acute cerebro-vascular surgery, brain and spine trauma, trigeminal neuralgia, pituitary surgery, CSF diversion surgery and pain neurostimulation surgery.

A priority in Dr Johnson's service is delivering a message of foundational health imperatives to all his patients, beginning with nutrition and movement proficiency. Provision of comprehensive Low Insulinaemic nutritional advice is routinely provided to patients by close collaborations with contemporary clinical nutritionists.

Dr Johnson believes the alarming extent of preventable and reversible chronic disease that plagues many patients presenting with advancing obesity, diabetes and cardiovascular disease should be addressed at every opportunity.

City to Coast Neurosurgery and the Functional Movement Training Centre pride themselves in providing a comprehensive multidisciplinary boutique neurosurgery service with distinction.



Dr Anu Kaur

MBBS FRANZCOG

Obstetrician and Gynaecologist

T 07 3839 0552

Dr Anu Kaur is an obstetrician and gynaecologist and Fellow of the Royal Australian and New Zealand College of Obstetricians and Gynaecologists. She is passionate about providing holistic, patient-focused care and her 12 plus years' experience allows her to provide individualised care for gynaecological concerns and pregnancies.

Dr Kaur manages gynaecological issues including abnormal pap smears, heavy periods, endometriosis, pelvic organ prolapse, polycystic ovaries, pelvic pain, ovarian cysts, adolescent gynaecology issues and contraception advice including IUD's. She offers laparoscopic surgery and total

laparoscopic hysterectomy as a minimally invasive procedure.

The management of high-risk pregnancies is also an area of focus for Anu, including IVF, twins and pregnancies complicated by medical conditions. She offers prenatal counselling and management of early pregnancy complications.

Dr Kaur now practices at St Andrew's War Memorial Hospital and has delivery rights at several hospitals. She is passionate about mentoring junior doctors and medical students to ensure women receive the best health care possible.



Dr Kavinderjit Nanda

MB BCH BAO, FRCP, MD, FEBGH, FRACP

Gastroenterologist

T 0406 209 279

Kavin Nanda is a gastroenterologist and therapeutic endoscopist. He now consults at St Andrew's War Memorial Hospital and is a visiting gastroenterologist in Rockhampton once a month.

Dr Nanda's special areas of interest include inflammatory bowel disease, colorectal cancer screening, diseases of the pancreas and biliary tree, functional bowel disorders, coeliac disease and nutrition.

After graduating with honours from the National

University of Ireland, he completed Internal Medicine and Gastroenterology training in Dublin. He then undertook subspecialty training in inflammatory bowel disease at the Beth Israel Deaconess Medical Centre in Boston, USA.

In 2012 he moved to Australia to undertake training in therapeutic endoscopy at the world-renowned Westmead Hospital Endoscopy unit in Sydney. He moved to QLD in 2014. Prior to moving to Brisbane, he was the Interventional Gastroenterologist at the Sunshine Coast University Hospital.



Dr Gautam Ramnath

MBBS FRACP

Gastroenterologist

T 1800- GASTRO (1800 427 876)

Dr Gautam Ramnath is a gastroenterologist specialising in gastroenterology and hepatology and has been practicing at St Andrew's since 2007. Dr Ramnath also has a special interest in management of acute bleeding and anaemia, complex presentations, Irritable Bowel Syndrome, endoscopy and colonoscopy and liver disease.

Dr Ramnath completed his undergraduate training at the University of Queensland followed by a year in

Darwin. He then spent ten years of post graduate training in gastroenterology and with the Liver Transplant team at Flinders Medical Centre, South Australia.

He is a Fellow of the Royal Australian College of Physicians and the Gastroenterology Society of Australia. He also holds the position of Director of Endoscopic Services/ Gastroenterology at St Andrew's.



Dr Thomas Slaughter

BSc (Gen), MBBS, FRACS (Oto – HNS)
ENT Surgeon
T 07 3831 1448

Dr Thomas Slaughter is an ear, nose and throat, head and neck surgeon now practicing at St Andrew's. He provides a full range of services for adults and children with ear, nose and throat complaints.

His areas of special interest include head and neck/thyroid surgery, paediatrics and rhinology.

Dr Slaughter graduated from the University of Queensland in Medicine in 2006 and moved to Sydney to complete his training as an ENT Surgeon with the Royal Australasian College of Surgeons in 2014. Dr Slaughter completed his surgical training at major ENT units including St Vincent's Hospital, Sydney and Royal North Shore, with significant paediatric ENT experience gained at Westmead

Children's and Sydney Children's hospitals.

Dr Slaughter returned to Brisbane to complete further advanced fellowship training as the head and neck fellow at the Princess Alexandra Hospital.

Given the breadth of his training, Dr Slaughter enjoys all aspects of ENT surgery and looks forward to helping general practitioners and other specialists in caring for their patients.

He strongly believes in approachability and communication with his patients and is absolutely committed to ensuring they are well informed and comfortable with any medical treatment and procedures.

Dr Slaughter consults at various locations throughout Brisbane and is currently working publicly at Logan Hospital.



A neurologist operated Chronic Migraine Clinic

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Dr Terry Coyne awarded OAM

St Andrew's VMP, Dr Terry Coyne, was recently awarded a Medal of the Order of Australia (OAM) for services to medicine as a neurosurgeon.

Dr Coyne is known internationally for his work in deep brain stimulation (DBS), which improves the quality of life of patients with Parkinson's disease, essential tremor, and other movement disorders. He works closely with neurologist Professor Peter Silburn, and together they have performed over 900 DBS surgeries, making them one of the world's most experienced DBS teams. They are also involved in clinical trials exploring new indications for DBS, such as severe obsessive-compulsive disorder.

Obtaining his medical degree from the University of Queensland in 1983, Dr Coyne finished training as a specialist neurosurgeon in 1991, having worked at Townsville, Royal Brisbane and Princess Alexandra Hospitals. He then undertook a two year Fellowship at the University of Toronto, Canada. On his return to Brisbane in 1994 he took up an

appointment as a Visiting Medical Officer at the then Royal Brisbane and Royal Children's Hospitals.

Now working privately with a collaborative team of neurosurgeons and orthopaedic spinal surgeons at BrizBrain & Spine, Dr Coyne remains heavily involved in research with the Queensland Brain Institute (QBI), where he has an appointment as Associate Professor, and the Newro Foundation. He has Board appointments with the Asia-Pacific Centre for Neuromodulation (a joint initiative of St Andrew's Hospital and the University of Queensland) and the World Society of Stereotactic & Functional Neurosurgery (WSSFN). He serves on the Psychosurgery Task Force of the WSSFN. He is the current President of the Asian-Australasian Society of Stereotactic & Functional Neurosurgery, and a past President of the Medico-Legal Society of Queensland.

Dr Coyne feels privileged to have received this award. St Andrew's is extremely proud to have Dr Coyne working as one of our VMPs for over twenty years.



Easing the burden for rural patients

St Andrew's new Rural Health Connect service



Rural patients needing to visit Brisbane for one or more specialist medical consultations have often experienced frustrations in coordinating their visits. Frequently, the patient incurs extended visiting times, additional travel and increased accommodation costs. If they are elderly, particularly unwell, or travelling with children, the emotional impact can also be exacerbated.

The new 'St Andrew's Rural Health Connect' service has been created to ease the burden for these rural patients by offering a 'concierge' type service to help

coordinate appointments, travel and accommodation needs and ensure they are seen as a priority in the shortest amount of time.

Dr Merryn Thomae is a regional doctor at the coalface who often needs to refer patients to Brisbane specialists. She is an endocrinologist and general physician on the Sunshine Coast who now also spends time consulting on the Heart of Australia truck, which is broadening its offerings from solely cardiac services.

Dr Thomae, who was involved in our pilot Rural Health Connect program in March and April, said as

a referring physician she is delighted that those in her care on the Heart of Australia truck can now access a range of specialist, diagnostic and treatment modalities in the one visit to Brisbane.

"My referral process is simplified by the Rural Health Connect central point of contact and my patients feel secure in the knowledge that they will receive, what is essentially a concierge service, with the coordinated approach to making appointments, planning their transport, accommodation and escort needs," said Dr Thomae.

“In short, this new service offers my patients a much less stressful journey to the city and better health outcomes,” she said.

The St Andrew’s Rural Health Connect service provides:

- **Bookings Hotline:** 07 3834 4348 for all GPs, practice staff and patients to call.
- **Coordinated Approach:** our team will liaise with the various specialties to arrange the appointments in a timely and coordinated fashion to minimise time and travel inconveniences.
- **Priority Appointments:** we have several specialists who have guaranteed priority access for rural patients being booked through Rural Health Connect.
- **General Physicians:** St Andrew’s general physicians will be on-call to assist in the triage and coordination of the care of complex patients, should this be required. They will happily arrange phone calls and telehealth consultations as required.

- **Accommodation/Travel Assistance:** our team can provide assistance with transport, accommodation and escort patients to appointments if necessary. Special accommodation rates for Rural Health Connect patients are available.

- **Specialities:** St Andrew’s provides access to the following specialities and will assist with access to others where possible:

Addiction medicine, breast and endocrine surgery, cardiac surgery, cardiology, pharmacy services, dental, diabetes education, ENT, emergency medicine, endocrinology, gastroenterology, general medicine, general surgery, gynaecology, infectious diseases, intensive care, neurology, neurosurgery, occupational therapy, ophthalmology, oral and maxillofacial surgery, orthopaedics, paediatric surgery, pain medicine, pathology, physiotherapy, plastic and reconstructive surgery, radiology, rehabilitation, respiratory, speech therapy, TAVI program, thoracic medicine, urology and vascular surgery.



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Co-ordinator: Josey Hourigan

100 TAVIs and beyond



Dr Alex Incani and Dr Karl Poon

In April, the 100th Transcatheter Aortic Valve Implantation (TAVI) procedure was performed at St Andrew's War Memorial Hospital. St Andrew's became the first private hospital in Queensland to provide this revolutionary aortic valve surgery in July 2015.

Our heart valve team will continue to lead the way forward in offering first class, comprehensive and innovative cardiac care for the people of Queensland and beyond.

For more info visit standrewhospital.com.au/tavi

Celebrating the Wonder of Movement



L-R From Ward 5F: Sheila Gilritchie, Bec Ward, Emmaline Hagelstein, Laura Fitzmaurice and Sam Perry.

St Andrew's was recently chosen as a host hospital for the Australian Orthopaedic Association's 'Travelling Exhibition of Orthopaedics'.

The display showcased the history of orthopaedics in Australia and included information on sports injury prevention, the evolution of joint replacement, developments in the treatment of fractures and innovations including the use of 3D printing, robotics, computer navigation

and customising implants during surgery.

Staff, volunteers and VMPs were invited to view the exhibition.

The travelling exhibition celebrates the contribution of orthopaedics to the health and well-being of the Australian community and aims to raise awareness in the community about the breadth of orthopaedic procedures performed in more than 300 Australian hospitals every day.



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This number will be answered by the oncall surgeon and will enable referring practitioners to discuss and refer patients with one phone call.

International expert in reconstructive gynaecological surgery visits St Andrew's

In collaboration with the Pelvic Medicine Centre, St Andrew's recently played host to a pelvic organ prolapse surgical workshop with international expert Dr Harvey A. Winkler from New York.

Dr Winkler together with Dr Philip Hall led the surgical workshop where the visiting gynaecologists from across Queensland learned the latest surgical techniques for reconstructive surgery for prolapse.

"Given that St Andrew's is the first hospital in Australia to have a Pelvic Medicine Centre, we wanted to set up and host this workshop where other specialists in the region could learn from world renowned Dr Winkler in our very own world class facility at St Andrew's," said Dr Hall.

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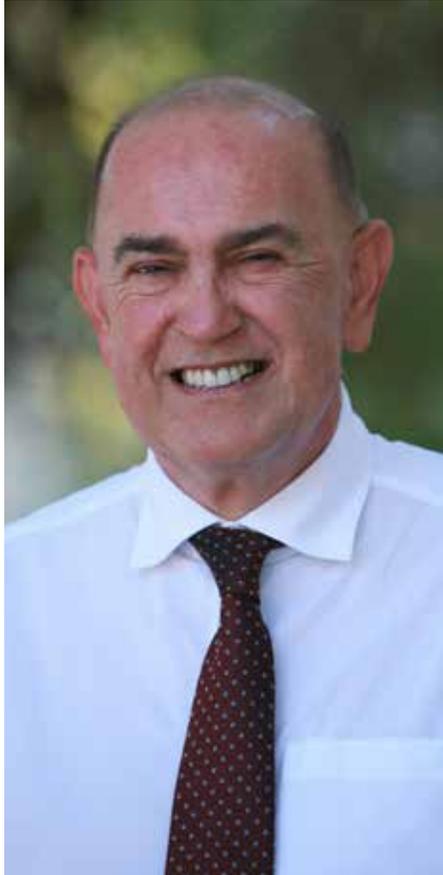


Dr Philip Hall, Dr Harvey A. Winkler and Dr Jeffrey Singer



Workshop participants

Welcome to new General Manager: Wally Bourdelov



It is with great pleasure I introduce myself to you in this latest edition of *Best Practice*. I have now been with St Andrew's War Memorial Hospital for just over two months and I am excited to be on board and leading such a wonderful hospital and team.

Over the years, through my professional circumstances I have become acutely aware of St Andrew's excellent reputation and the high regard for which it is held.

I have been particularly impressed with what I have witnessed and be involved with so far at St Andrew's, including the desire of staff to meet and exceed standards of care, the outstanding facilities, the world class doctors and most of all the commitment to working as a team to achieve the best outcomes possible for our patients, in what is often a complex care situation.

I believe the private health sector is facing some challenges now and in the coming years with dwindling numbers of privately insured people, greater competition and indeed

new competition commencing - particularly in the South East Queensland region.

However, I look forward to collaborating on ideas and initiatives to continue to strengthen St Andrew's as a robust service and continuing leader. A service where patients will continue to choose us above others for our innovation and acknowledged superior care outcomes.

I hail from a clinical and management health background, having held roles in a number of private hospitals and health care providers in Australia and the United Kingdom. I now look forward to utilising my strategic and operational expertise at St Andrew's.

I welcome any feedback or ideas you may have for St Andrew's and I look forward to meeting you should the opportunity arise. In the meantime, I hope you enjoy reading this latest edition of *Best Practice*.

**Office of the General Manager,
St Andrew's War Memorial Hospital
T 07 3834 4205**



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Thyroid Malignancy Update

The latest American Thyroid Association (ATA) guidelines have provided an update in the recommendations for the investigation and management of thyroid malignancy. The key changes include a de-escalation of surgery and reduced role of radioactive iodine.

Differentiated thyroid cancer is becoming more prevalent in recent years, being the most common endocrine malignancy and representing 1% of all malignancies. The annual incidence has risen from 4.9 to 14.3 per 100000 (2009 – 2014). This increase has partly been through increased investigation, with 39% of Papillary Thyroid Cancer being under 1cm in size, which is rarely palpable. The 5-year survival remains very high at over 97%.

There has been little change in the indications for investigating thyroid nodules, although it is now recommended to only FNA nodules with atypical features if over 1cm. The well-known Bethesda grading system has not changed.

The new de-escalation approach to surgery means there is a greater role for hemi-thyroidectomy only. In the setting of Differentiated Thyroid Malignancy (which includes Papillary Carcinoma), the new guidelines advocate a hemi-thyroidectomy for lesions between 1 and 4cm. Previously, for any malignancy over 1cm, a total thyroidectomy was suggested.

The reduction in surgery follows a reduction in radioactive iodine treatment, which is now mostly indicated for extra-thyroidal disease, nodal spread and recurrence.

Surgical decision making about correct surgery is paramount, as the risks of total versus hemi-thyroidectomy differ significantly. The benefit of using a Head and Neck and Thyroid Multidisciplinary Team Clinic significantly improves patient outcomes and gives reassurance to the patient regarding the plan their specialist has discussed with them.

Dr Thomas Slaughter

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Dr Thomas Slaughter, ENT Surgeon

A comprehensive approach to bariatric surgery

Introducing the St Andrew's Metabolic Bariatric Network

Patients who undergo bariatric surgery at St Andrew's War Memorial Hospital will now be supported by a network of specialities with an integrated approach to improving patient outcomes.

Patients can also be part of an extended care program with dieticians and psychologists to assist in optimising the long-term success of surgery.

Dr Phil Lockie, upper GI and laparoscopic surgeon at St Andrew's, said the new St Andrew's Metabolic Bariatric Network's collaborative approach recognises that being extremely overweight and needing to undergo weight loss surgery often impacts several areas of a person's health.

He said it not only requires the expertise of the surgeon and his team, but often the services of other specialities like gastroenterology, endocrinology, ICU, respiratory, general medicine and cardiology.

"We commonly see health complications associated with obese patients like diabetes, obstructive sleep apnoea, cardiac issues and others," said Dr Lockie.

"When we undertake our initial consultations with patients who express interest in weight loss surgery, we work through a comprehensive risk analysis with them to ensure their applicability for the surgery, and that the correct type of surgery is selected. This process often highlights other medical areas of concern that we need to refer them to the specialities in the network for."

The multidisciplinary Metabolic Bariatric

Network team's long-term approach also extends to offering patients the opportunity to be part of a two-year program involving comprehensive pre and post-consultations with dieticians and psychologists, and includes support groups and access to exercise physiologists.

Bariatric surgery patients have a high prevalence of mental health disorders and abnormal eating behaviours, in particular pre-surgery binge eating, according to Dr Lockie.

"The biggest concern after bariatric surgery is weight regain, not particularly in the first 12 months but more so in the three to five year period. So in the first 12 months it is important to implement and embrace behavioural interventions to mitigate the re-emergence of abnormal eating behaviours and provide psychosocial education on the psychosocial transitions, lifestyle and behavioural changes required post-surgery," he said.

"Weight loss surgery is only the beginning for our patients, as weight issues are usually lifelong and people need to learn how to manage it. Our patients can phone our practice at any time for assistance from psychologists, dieticians and the team. We view our patients as lifelong patients of the practice."

St Andrew's is committed to implementing everything it can to ensure the long-term success of its bariatric surgery patients.

"Ultimately we don't want GPs to be left with an unhappy patient after weight loss surgery," Dr Lockie said.



||

Weight loss surgery is only the beginning for our patients, as weight issues are usually lifelong and people need to learn how to manage it

Key points: St Andrew's Metabolic Bariatric Network

Integrated approach to improving patient outcomes

Supported by a network of specialities working collaboratively

Personalised approach with individual comprehensive risk analysis

Two-year program with dieticians and psychologists

Focussed on ensuring long-term success.

Dr Phil Lockie

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||

SLND greatly assists surgeons in deciding how many nodes to remove. It also helps minimise the need for frozen section examinations, which are both time consuming and sometimes unreliable

References

1. http://www.breastcancer.org/treatment/surgery/lymph_node_removal/sentinel_dissection

Leading the way in uterine cancer surgery



Prof. Andreas Obermair

Gynaecological Oncologist

St Andrew's War Memorial Hospital

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F 07 3847 3088

rooms@obermair.info

St Andrew's War Memorial Hospital has become the first hospital in Queensland to introduce Sentinel Node Dissection (SLND) for uterine cancer, allowing surgeons to treat patients even more precisely and less invasively than with conventional surgery.

St Andrew's gynaecological oncologist, Professor Andreas Obermair, who has been using the new technique since last year said it helps solve a major dilemma in uterine cancer treatment.

Uterine cancer can spread in multiple ways; the most common way is through lymph nodes located at the pelvic side wall. "Removing those nodes is the only accurate way to determine the extent of the disease. SLND greatly assists surgeons in deciding how many nodes to remove. It also helps minimise the need for frozen section examinations, which are both time consuming and sometimes unreliable," Professor Obermair said.

The new technique utilises Indocyanine Green (ICG) injected into the cervix and the Stryker 1588 imaging system to highlight and pinpoint potentially affected lymph nodes.

Professor Obermair said the benefits of the procedure were substantial for women diagnosed with uterine cancer.

Traditionally, women who undergo uterine cancer surgery have often been required to have a large number of lymph nodes removed from pelvic areas and tested to detect if the cancer has spread to other organs. As a consequence, swelling of the legs affected one of five patients in the long term.

"The SLND technique allows us to remove only those one or two nodes that are potentially affected. Hence, it minimises the risk of debilitating post-operative complications from having too many lymph nodes unnecessarily removed."

"Applying this technology to patients diagnosed

with uterine cancer is a significant advancement in the management of this disease – women will have a faster recovery with fewer side effects and the risk of lymphedema is significantly reduced to less than one in 20," Prof. Obermair said.

"In addition, sentinel nodes located in unusual locations that would have been missed without the use of dye can now be visualized and removed. The SLND technique will help us to accurately identify those patients in whom the disease has spread."

St Andrew's War Memorial Hospital General Manager, Walter Bourdelov, said the hospital strived to provide patients with first class treatment using the latest in surgical techniques and advanced technology to get the best results for patients.

"By spearheading this new technology in Queensland, St Andrew's is enabling gynaecological surgeons and doctors to provide less invasive treatment to patients," Mr Bourdelov said.

Mr Bourdelov said the procedure has been successful in identifying potentially affected lymph nodes in 80 per cent of uterine cancer patients.

Apart from its application in uterine cancer surgery, Sentinel Node Dissection is used routinely in breast cancer and melanoma surgery for many years. Studies have shown that after almost 5 years, women who had just the sentinel node removed were as likely to be alive and free of cancer as women who had more lymph nodes removed¹.

Uterine cancer, cancer arising from the womb, is the most common type of gynaecological cancer. According to the national government agency, Cancer Australia, in 2016 nearly 3000 Australian women were affected.



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Getting to know

Dr Kowski Murugappan

Breast and Endocrine Surgeon



**Dr Kowski
Murugappan**

Suite 6.3, Level 6,
Specialist Services

St Andrew's War
Memorial Hospital

Spring Hill QLD 4000
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How long have you worked at St Andrew's War Memorial Hospital?

I joined the St Andrew's Breast services team one year ago as a consultant surgeon and have been working at RBWH for the past three years.

What do you love most about your job?

Getting to know all of my patients well enough so that I can help them through their breast cancer journey in a multidisciplinary environment. I consider this to be a privilege and it drives me to do the best for all my patients.

What's your favourite thing to do on a day off?

Enjoying Brisbane's sunny outdoors with its clear blue skies, bush walking, running by the river or just simply relaxing with a book in the sun. Having grown up in Victoria, I don't take this simple pleasure for granted. Oh and I love Brisbane winters too!!

What or who inspired you to choose medicine as a career?

I have always had an affinity towards helping others and with my inquisitiveness of how diseases occur I was naturally drawn towards a medical career. This aspiration was further consolidated by my family GP working in Kyabram (rural Northern Victorian town).

What do you find the most challenging in your everyday work?

Between my clinical and research work commitments, the most challenging thing everyday is finding some time for myself.

What's the next big thing in your field?

There have been a lot of advancements in breast cancer management over the years and the next major development is the use of Theranostics in breast cancer treatment. Theranostics is the combination of targeted diagnostic tools to deliver targeted therapies, be it chemotherapy agents or more focused breast and axillary surgery. This is a broad statement of the research that I am undertaking at UQ.

What is your greatest achievement?

There have been challenges along the way during my surgical career and so in my view my greatest achievement is where I am today both professionally and personally. I am looking forward to working and living in Brisbane to achieve much more in the years to come. I am inspired by this quote from Sir John Monash "equip yourself for life not solely for your own benefit but for the benefit of the whole community."

St Andrew's Business Unit Update



What a busy year already here in the St Andrew's Business Unit. Since the Autumn edition of *Best Practice* we have hosted several successful and very well received CPD events.

Our first ever 'Heart Matters' cardiology symposium delivered the latest developments in cardiology and cardiac surgery to over 75 GPs from all over Queensland. It was a momentous day and perfect timing for Dr Alex Incani and Dr Karl Poon to announce the outcomes of over 100 TAVI procedures performed at St Andrew's with zero mortality at 30 days, what a huge difference this has made to the quality of life of these patients.

In May over 45 GPs attended the endocrinology and gastroenterology CPD dinner at Victoria Park and in June we hosted 'A bringing together of the opposite sexes - Women's and Men's Health Symposium', again another great turn out. Thank you to our GP partners who attend our CPD meetings and the many specialists who volunteer their time to share such high quality presentations.

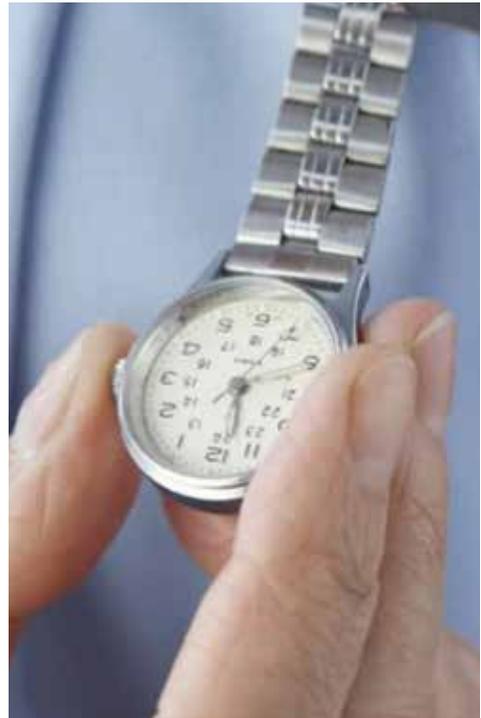
This year St Andrew's has become a proud supporter of the

Queensland Medical Women's Society (QMWS), we would like to thank Dr Lydia Pitcher and the dedicated QMWS committee members who make us so welcome at their events. The feedback from the GPs and specialists we invite along is always very positive.

We are also very proud to officially launch St Andrew's Rural Health Connect service (see page 10). This service is the product of over 12 months of research and planning and is in direct response to the needs of our rural patients. Thank you to everyone who provided valuable input into what we know will be a very useful service for all who practice and live in rural and remote communities.

There are many wheels in motion at St Andrew's and we will have many exciting stories to report in the summer issue of *Best Practice*. If we can ever be of assistance to you and your practice, please contact us, we are here for you.

St Andrew's Business Unit
T 07 3834 4371
SABU@uhealth.com.au



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St Andrew's Women's & Men's Health Symposium

17 - 18 June, Intercontinental, Sanctuary Cove



Dr Jane Howard, Sexual Health Physician



Prof Owen Ung, Dr Kowski Murugappan, Natasha Keir, Dr Nicola Lowrey



A/Prof Eric Chung



Dr Jo Schoeman



Delegates



Dr Philip Hall

St Andrew's annual ANZAC DAY service



Major General John Pearn AM, KStJ, RFD Retired Surgeon General ADF



Emmanuel College Highlanders at UQ



Stan Mellick OAM



Seven tax audit red flags to avoid

As the Australian Taxation Office (ATO) moves to crack down on the 'cash economy' and 'high risk' business sectors, we reveal red flags that could trigger an audit.

Here are some common reasons you may be audited:

1. Luxury cars in company names

This is an easy one for the ATO as they have high visibility of car ownership through state Departments of Transport. If cars are owned in a business there is a risk of fringe benefits tax. According to the ATO only 30 per cent of people maintain legitimate log books.

2. Inconsistent records

There are multiple ways a business can lodge the same information either through their income tax return, Business Activity Statements, payroll tax or individual employee records. If the information doesn't reconcile and the data doesn't match, then the ATO is likely to issue a 'please explain' letter.

3. 'Hobbies' and loss making businesses

In the digital economy many people are buying and selling online without considering tax implications. Once a 'hobby' starts to make money then the ATO will ask whether tax must be paid.

4. Living beyond your means or income

The ATO is actively monitoring social media accounts and is investing in data collection analysis to find cases of people's declared income not matching their lifestyles.

5. Cross-border cash movements

Large dollar amounts and shady transaction destinations are

more likely to raise the ire of the tax office. Vanuatu, the Jersey Islands, Lichtenstein, Singapore and the Cayman Islands are just some of the destinations on the ATO's watchlist.

6. A significant number of contractor payments

With more employees opting to work independently, contractors are kryptonite for employers. The ATO's rules around superannuation payments have tightened in recent years, and any company director in any sector who deals with sub-contractors could be exposed.

7. Outstanding tax lodgements

Outstanding tax lodgement sends a clear message to the ATO that your business systems and controls are not good. Late payments and lodgements may be the only prompt for the ATO to come looking.

Be prepared

When it comes to tax audits, the ATO has little sympathy for mistakes so pleading ignorance or carelessness is no defence. As a minimum make sure your tax file records reconcile and you understand risks for your business.

Angela Stavropoulos and Kristy Baxter head up the Medical Services division at Pilot Partners and can be contacted on (07) 3023 1300 with any questions in relation to your tax obligations.

Angela Stavropoulos
Business Advisory



Kristy Baxter
Business Advisory

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We want your feedback

ENTER THE DRAW TO WIN

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

All entries will go into a draw to win a BMW for the weekend! Entries close 8 September 2017.

YOUR CHANCE TO WIN A BMW FOR THE WEEKEND.

IT'S AS SIMPLE AS ANSWERING THE QUESTIONNAIRE ABOVE.

For enquiries please contact Kayla Pearce, our Corporate Sales Manager, on 3853 0107 or kayla.pearce@brisbanebmw.com.au



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Day Infusion Centre	07 3834 4493
Sleep Centre	1800 155 225
Business Unit	07 3834 4371



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St Andrew's War Memorial Hospital's quality management system has received ISO 9001 certification ensuring the hospital's safety and quality system meets the highest international and national standards.

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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The Lancet



— PRESENTS —



St Andrew's

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