

# BEST PRACTICE

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

MARCH 2015 | ISSUE 9



*Another Queensland  
first in cardiology*

#### IN THIS ISSUE

- Newsflash - UnitingCare Health Clinical School opens for business
- City GP - preparing for the unknown overseas
- Brisbane Roar - partners on and off the pitch

# Update

## Leading in cardiology



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

This edition of *Best Practice* has a particular focus on our cardiology services. St Andrew's is at the forefront of cardiology in Australia and this was reinforced in December

with the completion of a procedure to implant a new heart defibrillator system that is placed under the skin, without any direct contact to the heart. This was a Queensland first and was featured on Channel Seven News.

Heart disease is a major cause of death in Australia and I am proud of our involvement in the 'Heart of Australia' project which is taking a converted truck staffed with cardiology and respiratory specialists around South East Queensland. The truck

allows people to access specialist diagnostic and treatment services quicker and much more easily than if they had to travel to a major city.

Can I also invite you to look at our GP education events for 2015. Our Business Unit at the hospital is already taking bookings for these events including the forthcoming Sports Meet Conference on 23 May at the Sofitel, Brisbane.

We are pleased to feature some new VMPs joining the St Andrew's fold: Respiratory Specialist Dr Alex Ritchie, Endocrinologist Dr Viral Chikani and Brisbane's first female Vascular Surgeon in a private hospital, Dr Juanita Muller.

It promises to be another excellent year of development and improvement here at St Andrew's. I hope to get the chance to meet you at some of our events and activities throughout the year.

### Dr Christian A.C. Rowan

MBBS (Qld) MDipTrade (Mon) FRACGP  
FARGP FACRRM FRACMA FACHAM (RACP)  
Deputy Chief Medical Officer – UnitingCare Health  
Director of Medical Services – St Andrew's War Memorial Hospital

**ON THE COVER:** St Andrew's Cardiologist Dr John Hayes performs first insertion of implantable defibrillator device in Queensland

## NEW YORK

U \* S \* A

## CONFERENCE THEME

*A BIG apple a day keeps the doctor away - Strategies for a healthy and happy life.*

Doctors, Practice Managers, Registered Nurses and other industry professionals from throughout Australia are welcome to attend. Keynote speakers of world renown will be presenting and CPD points will be awarded.

To find out more about this conference or to register please contact Neil Mackintosh:

**Phone:** (07) 3872 2222 or  
**Email:** n.mackintosh@amaq.com.au

Download a brochure from the events page at [www.amaq.com.au](http://www.amaq.com.au)

## AMA QUEENSLAND ANNUAL CONFERENCE

**20-26 SEPTEMBER 2015**



# VMP Profile Updates



## Dr Viral Chikani

FRACP MBBS  
Endocrinologist  
T 07 3309 3077

Dr Viral Chikani is a consultant Endocrinologist practicing at St Andrew's War Memorial Hospital and Princess Alexandra Hospital, Brisbane. He also provides inpatient care at Greenslopes

Private Hospital. He sees patients with diabetes and general endocrine disorders.

Dr Chikani undertook basic physician training at the Prince Charles Hospital and Princess Alexandra Hospital in Brisbane. He completed the specialist training in endocrinology at Princess Alexandra Hospital and Gold

Coast University Hospital. His research interests are pituitary disorders and exercise physiology. He is currently undertaking a PhD at the University of Queensland investigating growth hormone effects on physical function and exercise capacity. He has presented his research work at the national and international scientific meetings.

Dr Chikani remains active in medical education and research, holding a position as a Lecturer with the University of Queensland. He is a member of the Endocrine Society of Australia, the Australian Diabetes Society, the American Endocrine Society, and the European Society of Endocrinology.

Dr Chikani is committed to the delivery of evidence-based patient focused care.



## Dr Juanita Muller

MBBS (Hons) FRACS  
Vascular and Endovascular  
Surgeon  
T 07 3834 3375

Dr Juanita Muller is pleased to join Queensland Vascular at St Andrew's Place to offer a balanced and comprehensive service of open and minimally

invasive vascular surgery for all arterial and venous conditions.

Having grown up in South East Queensland she completed her medical studies at James Cook University in Townsville.

Her vascular surgery training has occurred across Australia in Queensland, Western Australia and Victoria diversifying her approach to treating vascular disorders. Further experience was gained during a fellowship year at the Princess Alexandra Hospital.

Juanita is currently working at the Princess Alexandra Hospital and is actively involved in the training of vascular registrars and lecturing medical students from the University of Queensland.

She is committed to providing access to specialist vascular surgery for patients from rural and regional centres and will visit Ipswich, Toowoomba, Dalby and Roma. She is now a Visiting Medical Practitioner at St Andrew's War Memorial Hospital.



## Dr Alex Ritchie

BA BSc MBBS (Hons) FRACP  
Thoracic and Sleep Physician  
T 07 3832 7776

Dr Alex Ritchie graduated class Valedictorian from the University of Queensland in 2004, receiving the University Medal for Medicine. He completed Thoracic Medicine training at the Royal Brisbane and

Women's Hospital and then a Sleep Fellowship at The Prince Charles Hospital in 2013. After obtaining his Fellowship of the Royal Australasian College of Physicians he completed a year long Clinical Research Fellowship at the British Columbia Cancer Agency, based in Vancouver.

Dr Ritchie is available for consultation in general thoracic medicine and has a special interest in the early diagnosis of lung cancer, lung cancer screening and lung nodule evaluation. He is a skilled bronchoscopist, with extensive training in endobronchial ultrasound (EBUS).

In addition to his interest in thoracic oncology, Dr Ritchie provides consultation to help clinicians and patients with the comprehensive evaluation and management of the broad range of respiratory and non-respiratory sleep disorders. In particular, he is experienced in the management of sleep disorders that complicate a range of cardiac disorders and respiratory disease.

In addition to provision of consultation at St Andrew's War Memorial Hospital, Dr Ritchie maintains a part-time appointment as Staff Specialist in Thoracic and Sleep Medicine the Royal Brisbane and Women's Hospital.

# Another Queensland first

St Andrew's War Memorial Hospital among the first in Australia to implant the S-ICD™ implantable defibrillator system for patients at risk of sudden cardiac arrest.

Cardiologists at St Andrew's implanted the world's first and only implantable heart defibrillator system that is placed under the skin, without any direct contact to the heart. Toowoomba resident, Warren Griffin, underwent the procedure in December in a first for Queensland. The procedure was featured on Seven News.

St Andrew's cardiologist and Queensland Cardiovascular Group Director, Dr John Hayes explains this new evolution in defibrillation therapy provides protection for patients who are at risk of sudden cardiac arrest yet is less invasive and carries less risk.

*"This new heart defibrillator is designed to provide the same defibrillation protection as a traditional transvenous implantable cardioverter defibrillators (ICDs), however, the advantage of the S-ICD™ System is it sits entirely just below the skin and uses a lead wire implanted along the bottom of the rib cage and breastbone. The lead is placed under the skin rather than through a vein into the heart, leaving the heart and blood vessels untouched and providing a new and exciting solution for both physicians and patients that is less invasive with less risk,"* Dr Hayes said.

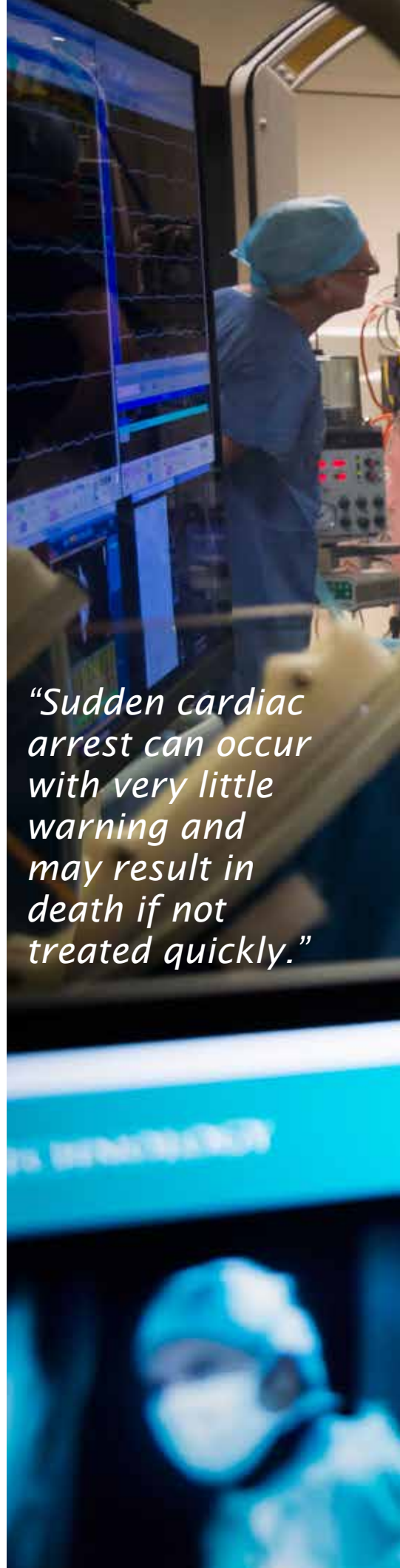
Patients can be at risk of sudden cardiac arrest as a result of genetic conditions or previous cardiac disease, and recent estimates show approximately 80,000 people in the Australia are at risk of sudden cardiac arrest (SCA).

*"Sudden cardiac arrest can occur with very little warning and may result in death if not treated quickly. It is an abrupt loss of heart function and is caused by rapid and/or chaotic electrical activity of the heart known as ventricular tachycardia or ventricular fibrillation,"* Dr Hayes said.

The S-ICD system consists of two components: a pulse generator and an electrode. The pulse generator is a small battery-powered device that constantly monitors a person's heart rhythm and can provide a small electrical shock to restore the heart to normal rhythm when the heart is beating dangerously fast (tachycardia) or chaotically. The electrode enables the device to sense the cardiac rhythm and serves as a pathway for electric shock delivery when needed. The S-ICD system is suitable for a large population of patients at risk of SCA, however it is not intended for patients who have symptomatic bradycardia (a slow heart beat) and who require a pacemaker.

The S-ICD™ System is commercially available in many countries in Europe as well as New Zealand and the U.S. The Australian TGA granted regulatory approval for the S-ICD™ System in 2014. To date, more than 8,000 devices have been implanted in patients around the world.

*"Sudden cardiac arrest can occur with very little warning and may result in death if not treated quickly."*







MiniGuide Technology



DEFIB PROCEDURE IN ACTION



DR HAYES WITH PATIENT WARREN GRIFFIN

# Cardiology services delivered from the back of a truck!



Rural Queensland has never seen anything like it! A custom-built, \$1.5million, 25m-long semi-trailer staffed by a team of cardiologists and respiratory specialists is bringing cardiology services to remote areas.

The “Heart of Australia” mobile service, supported by St Andrew’s War Memorial Hospital, provides diagnosis, treatment and follow-up for a range of cardiovascular and respiratory conditions. It is fully equipped with specialist diagnostic equipment and technology and is run by specialists on a rotating roster.

The Kenworth K200 prime mover or “big heart truck” was purpose built to provide two private clinic rooms, a testing room and a reception area for patients. The truck is also wheelchair accessible and fully-air-conditioned. Its current circuit takes in south-western Queensland, including Roma, Dalby, Charleville, St George and Goondiwindi. Heart of Australia has treated over 700 patients to date and is expanding the route due to patient demand. Five new towns in Central West Queensland including Emerald, Barcardine, Hughenden, Charters Towers and Moranbah will be on the roster from March 2015.

Services available include: cardiology consultations; stress echocardiograms; exercise stress testing; echocardiograms; electrocardiograms; holter monitoring; ambulatory blood pressure monitoring and sleep apnoea testing.

Heart of Australia was founded by cardiologist Dr Rolf Gomes. Speaking at the launch of the project last year he was grateful for the strong local support the program was already receiving:



TOP: CARDIOLOGIST DR ROLF GOMES BELOW: THE HEART OF AUSTRALIA MOBILE SERVICE





*“We have already seen some patients with very serious and urgent heart concerns, who are now able to receive the treatment they need without several long car trips to a major centre for diagnosis.” DR ROLF GOMES*

THE HEART OF AUSTRALIA TRUCK AND TRAILER

*“Everywhere we’ve been this week, we’ve had a warm welcome and patients have been impressed with what the mobile clinic can offer,” Dr Gomes said.*

*“We have already seen some patients with very serious and urgent heart concerns, who are now able to receive the treatment they need without several long car trips to a major centre for diagnosis.”*

Heart of Australia, delivered in partnership with Arrow Energy, is an Australian-first program taking capital-city levels of care to rural and remote parts of the state. St Andrew’s War Memorial Hospital is a sponsor and supporter of the project.

Dr James Cameron from Queensland Cardiovascular Group (QCG) commented, *“QCG cardiologists Dr’s Perel, Chee, Roper and I are both pleased and extremely proud to be involved in working to support this*

*iconic service to increase and complement services to rural Queensland.*

*“The support of the community has been fantastic; we are clearly providing a service that is needed and valued in rural Queensland.”*

The benefits of the mobile specialist services are significant. Heart disease is a leading cause of death in Australia and people living in rural or remote areas are more at risk than their city-dwelling counterparts due to their distance from specialists and major hospital centres.

As well as bringing life-saving services to rural areas, the mobile clinic slashes the time away from home, work and family for remote area patients. Follow up appointments can be arranged quickly without having to travel to a major city.

A timetable for the truck route and further information is available at **[www.heartofaustralia.com](http://www.heartofaustralia.com)**

Patients need a referral from their GP to make an appointment. Referral forms can also be downloaded on the website.



# Restored historic house provides perfect home for new Clinical School



UnitingCare Health Clinical School at St Andrew's War Memorial Hospital was opened by the then Federal Minister for Health and Minister for Sport Peter Dutton on 16 December (pictured above with Andrew Barron, St Andrew's General Manager).

The new St Andrew's campus, together with The Wesley Hospital and The Sunshine Coast Private Hospital campuses, are part of the UnitingCare Health Clinical School which trains 400 medical students across the state each year.

The \$1.2million restoration and renovation of an historic house in Leichhardt Street Spring Hill to create the campus was jointly funded by the Federal Government, UnitingCare Health and The University of Queensland.

UnitingCare Health Executive Director Richard Royle thanked St Andrew's War Memorial Hospital's General Manager Andrew Barron for leading the vision to rebuild the historic site.

*"For UnitingCare Health, education, training and research are fundamental parts of what we do – and this matches well with our values of working together and leading through learning,"* Mr Royle said.

Clinical School Director Associate Professor John Allan said he was delighted with the launch of the new campus.

*"Medical students have provided exceptional feedback about the quality of training provided by UnitingCare Health and its 350 medical specialists involved in training,"* Associate Professor Allan said.

Professor Darrell Crawford, Head of UQ School of Medicine, outlined the important role UnitingCare Health and St Andrew's Hospital play in improving the quality of medical education and medical research.

*"Great medical schools (UQ is ranked in the top 50 globally) have great teachers and they are in abundance at this Clinical School!"* said Professor Crawford.

Mr Dutton, now Federal Immigration Minister, said the collaboration between UnitingCare Health and the three Queensland universities, UQ, Griffith and Bond was welcomed.

*"It's also a great celebration of architecture in our city as well, particularly in Spring Hill, but also in the greater Brisbane area. It does maintain a heritage and I think that's something that needs to be recognised today as well."*





## CT calcium score and CT coronary angiography for CAD investigation - some useful advice from Dr James Cameron

Computed tomography (CT) scanning for coronary calcium and CT coronary angiography are now key components in the diagnosis and management of coronary artery disease.

In this new VMP Best Practice Advice Section, Dr James Cameron, Queensland Cardiovascular Group, St Andrew's War Memorial Hospital, outlines some of the key benefits of these diagnostic tests for GPs and their patients.

*"CT calcium scoring CT calcium scoring is a relatively simple investigation not requiring high level CT equipment or a high level of expertise and which produces a count of the calcium present in the epicardial coronary arteries,"* said Dr Cameron.

*"The CT calcium score is essentially a screening test predominantly used in asymptomatic patients without a previous diagnosis of CAD. If positive, it is a marker for the presence of atheromatous coronary artery disease and its main role is in triage of patients who are at some vascular risk to a high risk group, indicating a requirement for more aggressive risk factor control.*

*"For example, a positive calcium score in the case of a middle aged male with hypertension and elevated cholesterol, would suggest statin therapy is required rather than just focusing on changing his diet."*

While the level of the CT calcium score is important in the diagnosis of CAD, in some instances further investigations should be conducted, says Dr Cameron.

*"The level of the CT calcium score has some value in predicting the degree of clinically important atheroma but the requirement for further investigations such as stress imaging or diagnostic coronary angiography should be assessed perhaps with cardiology review on an individual basis,"* he said.

*"The CT calcium score is not an appropriate test to investigate patients who have an established diagnosis of coronary disease (as it is invariably abnormal in these patients), nor is it an appropriate test in patients who have suspicious symptoms of coronary disease and vascular risk.*

*"CT coronary angiography (CTCA) is a diagnostic investigation used for*

*patients at vascular risk with suspicious symptoms for coronary disease. The test requires high quality CT equipment and considerable expertise in interpretation. At present its role as a screening test is debated but this may develop over time."*

CT coronary angiography, says Dr Cameron, is most accurate and reliable in ruling out coronary disease but less accurate if significant disease is detected.

*"If significant disease is detected cardiology review is recommended,"* he said.

*"CTCA can be used as a "stand alone test" or to complement other non-invasive tests such as stress imaging. It has advantages in that the patient is not required to exercise and radiation levels are lower than nuclear perfusion scans."*

**Dr James Cameron**  
 Queensland Cardiovascular Group  
 St Andrew's War Memorial Hospital  
 Level 8 - 457 Wickham Terrace  
 Brisbane QLD 4000  
 T 07 3016 1111



DR JAMES CAMERON

## Getting to know Dr Nghi Mai – Cardiologist, Queensland Cardiovascular Group



EVELYN, AZALEA AND ELIJAH MAI



DR NGHI MAI

**Q1: How long have you worked at St Andrew's War Memorial Hospital?**

**Answer:** I established my private practice at St Andrew's in 2008.

**Q2: What do you love most about your job?**

**Answer:** I enjoy the challenge in the variety of problems that patients present for me to solve.

**Q3: What's your favourite thing to do on a day off?**

**Answer:** Definitely sleep. We get very little sleep now that our twin girls have arrived.

**Q4: What or who inspired you to choose medicine as a career?**

**Answer:** It was the innate desire to help people. I'm terrible with business, I can't win an argument even when there is a loop hole, hence it was medicine.

**Q5: What do you find the most challenging in your everyday work?**

**Answer:** Getting home on time. If anyone has developed a perfect work/family/personal life balance, please let me know.... seriously, I need to know.

**Q6: What's the next big thing in cardiology?**

**Answer:** I would think cardiac CT. Its greatest role in the exclusion of coronary disease, thereby limiting the number of

tests that patients need. It also provides excellent prognostic data.

**Q7: What is your greatest achievement?**

**Answer:** My family intact after completing all my specialist training!

**Dr Nghi Mai**  
Queensland Cardiovascular Group  
St Andrew's War Memorial Hospital  
Level 8 - 457 Wickham Terrace  
Brisbane QLD 4000  
T 07 3016 1111



# Second Breast Care Nurse joins the team

The Breast Care Nursing Program at St Andrew's War Memorial Hospital, reported in *Best Practice* Issue 7, has proved a huge success since its launch – and is now expanding with the addition of another nurse.

Providing focussed, supportive and individualised care to patients undergoing treatment for breast disease, the program has continued to grow and develop.

Now, the program's original Specialist Breast Care Nurse Natasha Keir, who completed special training to be able to provide information, support and care for women of all ages who experience breast disease, has been joined by new colleague Sophie Peckham.

Sophie is a clinical nurse at St Andrew's who has just completed the Breast Care

Nursing course through the Australian College of Nursing.

Natasha, who late last year received the Eric Murray Achievement Award at the National Nursing Forum in Adelaide, said more than 100 patients have been helped by the Breast Care Nurse Program since it launched, with at least a quarter coming from rural or remote areas.

*"The individualised support that a breast care nurse offers can make the difference between a patient feeling isolated and vulnerable or a patient feeling secure and supported,"* she said.

*"For people who may not have family close by, this support is especially important."*

As a member of a broader multi-disciplinary team, a breast care nurse can provide

*"The individualised support that a breast care nurse offers can make the difference between a patient feeling isolated and vulnerable or a patient feeling secure and supported."*

patients with a range of services.

Patients are supported from diagnosis through to surgery, treatments and long term follow-up.



FROM LEFT: CLINICAL NURSE SOPHIE PECKHAM AND SPECIALIST BREAST CARE NURSE NATASHA KEIR

# Multidisciplinary approach to the diagnosis and treatment of lung cancer



St Andrew's War Memorial Hospital is now offering a comprehensive chest oncology service, coordinated through its weekly multi-disciplinary meeting. The meeting is attended by a thoracic surgeon, radiation oncologist, medical oncologist and respiratory physicians, with a consultative radiology service. Bringing these different specialists together ensures a patient's treatment plan is developed with a full understanding of their unique circumstances and individual requirements, increasing the likelihood of the treatment achieving the best result possible for each person. All patients are discussed in accordance with current management protocols and respective guidelines. The service is available to inpatients and outpatients alike.

**Dr Farzad Bashirzadeh** is a respiratory physician with an interest in lung cancer. Farzad completed his specialist training at The Canberra Hospital and The Royal Brisbane and Women's Hospital. After completing his Fellowship of the Royal Australasian College of Physicians (FRACP), he undertook number of further post fellowship trainings in the areas of interventional pulmonology. His special interest area is pulmonary intervention, including Endo-Bronchial Ultrasound, Trans-Bronchial Needle Aspiration and Lung Biopsy, Narrow Band Image (NBI) bronchoscopy, Diagnostic Auto-Fluorescence Endoscopy/Bronchoscopy (DAFE) and bronchial stenting. He attends the St Andrew's Hospital Chest Oncology Multi-disciplinary Meeting and works at sites throughout Brisbane as well as Toowoomba and Ipswich.

**Dr Marosh Vrtik** is a cardiothoracic surgeon with a subspecialty interest in thoracic surgical oncology. After graduating from the University of Western Australia, Dr Vrtik commenced his surgical training at The Royal Perth Hospital. He undertook his cardiothoracic surgical training in Queensland at both The Prince Charles Hospital and The Princess Alexandra Hospital. After gaining his fellowship of the Royal Australasian College of Surgeons (FRACS), Dr Vrtik undertook further post fellowship training overseas at The Papworth Hospital, Cambridge, UK. Following his time in Cambridge, he focused on expanding his special interest in thoracic surgery at St Vincent's Hospital in Melbourne, with specific training in Video Assisted Thoracic Surgery (VATS). His scope of surgical procedures includes lung resections, chest wall and mediastinal





FROM LEFT: ART KAMINSKI, MAROSH VRTIK, FARZAD BASHIRZADEH AND ADAM STIRLING

tumour resections, Mediastinoscopy, pleurodesis, pleural and lung biopsies. Dr Vrtik firmly believes in multidisciplinary team approach to management of all thoracic malignancies in order to provide each individual patient with the best possible treatment outcome.

**Dr Art Kaminski** is a radiation oncologist with an interest in lung cancer. He graduated from the Flinders University of South Australia in 1996, and undertook his first rotation in oncology in 1998. Upon specialising, he undertook a travelling fellowship based in London, England, with placements in Paris, France, Toronto, Canada, and Houston, United States. He is the clinical lead for the Stereotactic Ablative Body Radiotherapy programme for lung cancer at the Wesley Hospital, and offers

an endo-luminal brachytherapy service, including endo-bronchial. Dr Kaminski is the Chair of the Research Committee at Genesis Cancer Care Queensland. He attends the St Andrew's Hospital Chest Oncology Multi-disciplinary Meeting and has a regular on-site clinic for patients with malignancies.

**Dr Adam Stirling** is a medical oncologist with an interest in lung cancer. He graduated from the University of Queensland in 2003 and has a background in cutting-edge research and clinical trials of novel anti-cancer therapeutics and treatment strategies. He has lectured extensively on respiratory malignancies and sits as an independent unpaid advisor on a number of advisory boards as well as steering groups for research into various malignancies. He attends the St Andrew's Hospital Chest

Oncology Multi-disciplinary Meeting and works at sites throughout Brisbane as well as Toowoomba, where he has a once-weekly basis.

**For more information or to make a referral:**

**Dr Farzad Bashirzadeh**  
T 07 3871 0033 F 07 3371 0522

**Dr Marosh Vrtik**  
T 07 3353 5942 F 07 3353 9357

**Dr Art Kaminski**  
T 07 3870 4366 F 07 3371 6590  
[art.kaminski@genesiscare.com.au](mailto:art.kaminski@genesiscare.com.au)

**Dr Adam Stirling**  
T 07 3737 4854 F 07 3737 4801

# Have you packed the defibrillator?

## Preparing for the unknown overseas

Dr Kim Lai is always ready to travel at short notice and seldom knows what will await her on arrival. As an Emergency Evacuation doctor, she has been to many tourist destinations but usually travels straight to the local hospital. Working on international medical retrievals has taken her to Noumea, Bali, Hong Kong, England, Manila, Poland, Vanuatu and Papua New Guinea among others.

Her role is to get sick Australians home as quickly and safely as possible. This is rarely an easy task as logistics, language barriers and differing medical standards come into play. The contrast with her day job could not be greater. Dr Lai has been an emergency doctor at the Royal Brisbane Hospital since 1987 following her training, which was also in Brisbane.

In 1989, she joined Capalaba Medical Centre as a part time GP and has only recently given that up to focus on her work in international retrievals. During her career she has developed a particular interest and expertise in obstetrics and gynaecology.

Continuing the international theme, Dr Lai teaches at the University of Queensland where she lectures and tutors international medical graduates looking to pass the AMC exam and work in Australia. The training is mostly delivered remotely and is broadcast throughout South East Queensland.

*"A significant focus of the education is on communications skills,"* Dr Lai explained.

*"They have learnt their medicine well but much more is expected in Australia in terms of communication and compassion."*

Reflecting on her experience of overseas medical facilities and overseas trained doctors, she says:

*"People don't realise until they travel overseas how good our system really is. Our standards are high and we have access to many advanced specialties and technologies."*

*"I was in the back of an ambulance for four hours in Suva with no padding, no aircon, no drugs and no equipment and when they ran out of petrol, they asked 'got any money to pay for petrol doc?'"*

Despite that, she is clearly enthusiastic about the challenges presented during her work to repatriate patients to Australia.



DR KIM LAI

On these missions, she takes all her own equipment and medicines to ensure she is well prepared:

*"I take a defibrillator, oxygen concentrator, all the drugs and other paraphernalia including fluids. I look like a pack horse, but you have to take everything as they may not have any sterile items. The patient can be sitting in a room that is totally bare."*

*"You have no idea how sick the patient is. I've dealt with patients left paraplegic after a motor vehicle accident, a person with severe respiratory failure and many other serious conditions."*

It's not just the medical supplies that are required though:

*"I was in the back of an ambulance for four hours in Suva with no padding, no aircon, no drugs and no equipment and when they ran out of petrol, they asked 'got any money to pay for petrol doc?'"*

When asked what attracts her to such challenges she states:

*"A friend encouraged me to join – I had to wait until my kids were older but then why not? It's not a holiday but its challenging."*

Before adding:

*"The medicine is amazing, the things you have to do on a plane."*

Surprisingly, the main passion for Dr Lai when she manages some time off is travel. However, the standards are slightly different on her own time:

*"I love eating at Michelin starred restaurants and love to shop."*



## Partners on and off the pitch

St Andrew's announce a new partnership with Brisbane Roar

Building on our existing connections, St Andrew's and Brisbane Roar Football Club have signed a partnership for the remainder of the current Hyundai A-League season that will see the hospital promoted to Roar supporters.

Last issue, we reported on St Andrew's own Docceroo, Peter Forgiarini, who provides matchday medical support to the team at Suncorp Stadium. Now, as an official ONE GOAL Rewards Partner, St Andrew's is partnering with Brisbane Roar off the field too. The agreement includes signage in the stadium and on the club's website. The hospital will be also promoted in emails and newsletters and key information will be sent to ONE GOAL member clubs.

St Andrew's Business Development Manager, Candice McCall, comments:

*"This is an excellent opportunity to promote St Andrew's as the go-to hospital for sports injuries. Sporting clubs that are affiliated with Brisbane Roar will hear about the emergency and orthopaedic services we pride ourselves on here at St Andrew's."*

*"We will be letting clubs know that players who are injured while playing or training for a recognised sporting organisation or school receive a reduced out of pocket consultation fee of \$75 at St Andrew's Emergency Centre. By attending St Andrew's, they can benefit from state of the art equipment, facilities and fast access to specialist services."*

This partnership builds on St Andrew's expertise in sports injuries which includes our annual Sports Meet education event for GPs, Sports Physicians and Physiotherapists. This highly regarded event is coming up on 23 May.

ROAR PLAYER JADE NORTH

# SPORTS INJURY SERVICE

## Specialised sports injury service

- Specialised care 24 hours per day, 7 days a week
- Prompt attention from specially trained, experienced doctors and nurses
- Access to state-of-the-art equipment and facilities and fast referral to specialist services

## Sports injury emergency centre fees

We understand that the potential costs of private health care can be daunting.

That's why St Andrew's sports injury patients are being offered a reduced out of pocket consultation fee of \$75\*.

If you are injured playing or training for a recognised sporting organisation or school and present to St Andrew's Emergency Centre you will be eligible for this discounted rate.

\* this fee does not cover pathology, radiology or pharmacy products.

## Where to find us

St Andrew's Emergency Centre  
North Street, Spring Hill, Brisbane  
Phone: (07) 3834 4455  
[www.standrewshospital.com.au](http://www.standrewshospital.com.au)

# 2015 CPD program launches



CANDICE McCALL & SUSAN WALSH

What a great start to the year, welcome to our new St Andrew's VMPs - Dr's Alex Ritchie, Viral Chikani and Juanita Muller. Thank you to all of our partner GPs and VMPs who attended our CPD events last year. We look forward to seeing you all again this year. I also thank our valued sponsors, as without their assistance we would not be able to hold educational events of such a high standard.

The St Andrew's War Memorial Hospital's CPD program for Queensland GPs has been recognised as a leader in the field since its inception in 1994. The program provides clinical education to more than 1000 GPs each year. The 2015 program will again reach many rural and remote GPs as an extension of the outreach services many of our specialists provide.

We are always proud to read your post meeting feedback forms; you will find just some of your colleagues' comments on this page.

Here in the Business Unit, Dr Michael Gillman, Susan Walsh and I have been

busy planning our exciting and innovative 2015 GP CPD program. You will notice some new additions to the program this year. The Women's Health Symposium is set to become the signature women's health meeting in the state recognising St Andrew's as a holistic hub for women's health services. This event will showcase innovations in; breast and endocrine, gynaecology, specialist diagnostic imaging, IVF, plastics and vascular surgery to name a few. Don't miss your opportunity to register for this event!

On a sporty note, our ever popular Sports Meet is back and packed yet again with leaders in orthopaedics and a surprise guest speaker to set the scene for the day. Please take some time to look through our 2015 CPD program and get in early.

Please contact the Business Unit at anytime to arrange for us to come and visit your practice. We can arrange a specialist to present on a particular area of interest or a member of our team to provide an update on all of the services we offer here at St Andrew's.

## **GP feedback from 'When General Practice meets Hospital Practice' CPD Weekend - 15 - 16 November 2014 Sheraton, Noosa**

*'Always a well run conference, getting better every time'*

GP, Brisbane CBD

*'Well organised, informative meeting'*

GP, Gold Coast

*'Excellent presentations with adequate time for speakers + Q&As'*

GP, Spring Hill

*'Very worthwhile conference, excellent venue and organisation. Thank you! Very informative and well balanced as always'*

GP, Taigum

*'Most enjoyable learning environment. Program was substantial but in bite-sized chunks so easy to digest. Plenty of time for questions. Very comfortable and inspiring surrounds - well done St Andrew's'*

GP, Greenslopes

*'Yet another first class CPD program for GPs; interplaying with hospital specialists + management'*

GP, Browns Plains

**Candice McCall**  
Business Development Manager  
T 07 3834 4293

**Susan Walsh**  
Project & Events Manager  
T 07 3834 4371



# 2015 DATES FOR YOUR DIARY

## CPD Weekends

7 - 8 March	How to Treat...Case by Case	Marriott, Surfers Paradise
10 - 11 October	GP Dilemmas – Innovative Solutions	Sheraton Mirage, Gold Coast

## Saturday Symposiums

23 May	Sports Meet 2015	Sofitel, Brisbane
29 August	Women's Health Symposium	Hilton Hotel, Brisbane

## CPD Evenings

18 March	Endocrine / Gastroenterology	Clovely Estate Cellar Door, Red Hill
6 May	Gastroenterology / Bariatric Surgery	United Service Club
22 July	Skin Cancer / Plastic Surgery	Clovely Estate Cellar Door, Red Hill
19 August	Cardiology / Vascular Surgery	United Service Club
18 November	Men's Health	Gambaro Hotel, Brisbane

## Q&A with Tony Jones

13 June	Day ALM + Evening Gala	Brisbane Convention Centre
---------	------------------------	----------------------------

### For more information:

Contact Susan Walsh, Business Unit, on (07) 3834 4371, fax (07) 3834 4576 or email [susan.walsh@uhealth.com.au](mailto:susan.walsh@uhealth.com.au)  
[www.standrewshospital.com.au/gpeducation](http://www.standrewshospital.com.au/gpeducation)

*We look forward to seeing you in 2015*

The Pelvic Medicine Centre is the first *one stop* integrated multidisciplinary service in Australia to offer diagnosis, treatment and management solutions for patients with pelvic floor dysfunction.

## THE TEAM



Dr Philip Hall  
Gynaecology &  
Reconstructive  
Surgery

Dr Caron Forde  
Gynaecology

Dr Joseph  
Schoeman  
Urology

A/Prof Eric Chung  
Urology  
Prosthesis  
Surgery

Dr Peter  
Campbell  
Urology

Dr Damien  
Petersen  
Colorectal  
Surgery

Dr Michael Gillman  
Male Sexual  
Health

## SPECIALISING IN

- Pelvic Organ Prolapse
- Urinary Incontinence
- Faecal Incontinence
- Gynaecology
- Over Active Bladder (OAB)
- Infertility
- Urology
- Colorectal Surgery
- Pelvic Pain
- Sexual Dysfunction

GP Referral Line 1300 698 699





## 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](mailto:susan.walsh@uhealth.com.au)



## EMPIRE CAREERS IS A SPECIALIST MEDICAL ADMINISTRATION RECRUITMENT CONSULTANCY

With offices in Brisbane, Sydney, Melbourne and Perth. Special introductory offer for new clients: 10% fee for all permanent placements.

**empire careers®**  
recruitment made easy

CONTACT AMANDA DYSON - 0411 573 871 - [AMANDA@EMPIRECARERS.COM.AU](mailto:AMANDA@EMPIRECARERS.COM.AU)  
BRISBANE: 07 3231 1200 SYDNEY: 02 9375 2222 MELBOURNE: 03 9098 8750 PERTH: 08 9288 1855 VISIT [EMPIRECARERS.COM.AU](http://EMPIRECARERS.COM.AU)



Emergency Centre	07 3834 4455
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 4285
Coeliac Centre	07 3367 1065
Pelvic Medicine Centre	1300 698 699
Day Infusion Centre	07 3834 4493
Sleep Centre	1800 155 225
Business Unit	07 3834 4371



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.



**ST ANDREW'S**  
WAR MEMORIAL HOSPITAL

**EMERGENCY**

BOUNDARY STREET

NORTH ST

**Get  
straight  
in. 24/7.**

**WHY  
WAIT?**

**NORTH STREET (OFF BOUNDARY ST) SPRING HILL.**

