

# BEST PRACTICE

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

OCTOBER 2015 | ISSUE 11



*First private hospital transcatheter aortic valve implantation carried out at St Andrew's*

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- Innovation – reaching out across rural Queensland
- City GP – partnership working
- Newsflash – the end of a long journey

# Update

*New services and new rooms as we build for the future*



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

In this edition, we feature several new VMPs who have recently joined the St Andrew's fold and I'd like to personally welcome Dr Chris Raffel and Dr Natalie Kiel.

We currently have a construction team onsite at the hospital building additional consultation rooms on level four and improved offices for our nursing administration team. Digestive Diseases Queensland will soon be based in these new facilities.

I am also pleased to officially welcome CardioVascular Clinics (CVC) to our hospital, located on level six. Their services and expertise are a welcome addition to St Andrew's. Dr Alex Incani from CVC also features in this edition of *Best Practice* alongside Dr Karl Poon as they explain the TAVI procedure for aortic stenosis

patients – a service now offered at St Andrew's. This hospital has an incredible history of being at the forefront of complex cardiac care and this continues today.

We were delighted to once again host our annual Q&A evening in partnership with The Wesley Hospital at the Brisbane Convention Centre in June. The event examined the pressing issue of health funding through a lively Q&A forum moderated by ABC TV's Tony Jones. I encourage you to view the video of the event on our website.

This will be my last update in *Best Practice* as I step down as the Director of Medical Services in October. However, I look forward to continuing as a Visiting Medical Practitioner at St Andrew's. It has been a great pleasure to have been the Director of Medical Services at St Andrew's over the past five years. I would like to thank everyone for their support, ideas and enthusiasm during my time in the role. I look forward to continuing to read and enjoy *Best Practice* magazine. I wish you all the best for the future.

#### 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: The TAVI team

Front row (l-r): Mitchell Buhmann (Cardiac Scientist), Dr Fiona Harris (Geriatrician), Wendy Keegan (TAVI Coordinator), Dr Alex Incani (Interventional Cardiologist), Dr Karl Poon (Interventional Cardiologist)

Back row (l-r): Vincent Ang (Radiographer), Temsyn Day (CCT Scrub Nurse), Danielle Little (CCT CN), Jeanine Stewart (CCT NUM), Dr Sarvesh Natani (Anaesthetist), Dr Damian Roper (Echo Cardiologist), Dr Charles Chao (Echo Cardiologist)

## 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
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### 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)



# VMP Profile Updates



## Dr Natalie Kiel

BSc(Biomed Sci) MBBS(Qld)  
FRACP  
Gastroenterologist  
T 07 3367 1065

Natalie is a Gastroenterologist at Paddington Endoscopy and provides services in general gastroenterology, endoscopy, colonoscopy and 24 hour

oesophageal pH monitoring. Natalie has special interests in inflammatory bowel disease and functional gastrointestinal disorders such as dysphagia, dyspepsia, IBS, constipation and diarrhoea.

Natalie consults at Paddington Endoscopy and is a new Visiting Medical Practitioner at St Andrew's War Memorial Hospital. She also has a public appointment as a staff

specialist consultant gastroenterologist at the Queen Elizabeth II Jubilee Hospital in south-west Brisbane.

Natalie obtained her Bachelor of Medicine and Surgery degree at the University of Queensland in Brisbane in 2005. Prior to this, she completed a Bachelor of Science degree, majoring in biomedical science. Natalie completed physician training at the Gold Coast and Princess Alexandra Hospitals before undertaking advanced Gastroenterology training at the Nambour and Royal Brisbane Hospitals.

In her final year of training, Natalie worked as the IBD and Motility Fellow at the Princess Alexandra Hospital. She was awarded her Fellowship to the Royal Australasian College of Physicians and subsequently completed a clinical observership in functional gastrointestinal disorders in Melbourne.



## Dr Chris Raffel

Clinical and Interventional  
Cardiologist  
T 1300 306 358

Dr Christopher Raffel is a clinical and interventional cardiologist with a special interest in coronary, structural and valvular heart disease interventions.

Dr Raffel graduated from the Faculty of Medicine & Health Sciences of the University of Auckland, completing advanced training in Cardiology at Green Lane Hospital, Auckland and obtaining his FRACP in August 2003. Following this he worked, under Prof. Harvey White, with the Cardiovascular Research Unit in Auckland until June 2005.

In addition to performing investigator initiated research projects which revolved around the use of novel biomarkers in patients with valvular heart disease, he ran the acute coronary trials at Green Lane & subsequently Auckland City Hospitals.

Since 2009 he has worked as an interventional cardiologist in the Cardiology Program at The Prince Charles Hospital in Brisbane. He now consults privately at CardioVascular Clinics at St Andrew's War Memorial Hospital and St Stephen's Private Hospital Hervey Bay. He maintains an active academic career both in the context of research programs and supervising research higher degree PhD and MPhil students.

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# New option for Aortic Stenosis patients

First Transcatheter Aortic Valve Implantation (TAVI) carried out at St Andrew's



DR INCANI, JACQUELINE ROSS (PATIENT) AND DR POON

People with failing heart valves who are not able to undergo open heart surgery are being given new hope thanks to a procedure now available at St Andrew's War Memorial Hospital.

Patients with aortic stenosis usually require open heart surgery to replace the failing valve, but for elderly patients, those with previous open heart bypass surgery and those with serious health problems, this surgery is sometimes considered too high risk.

Now Dr's Alex Incani and Karl Poon are carrying out the surgery using a less invasive

procedure known as Transcatheter Aortic Valve Implantation (TAVI). The first (private hospital case) procedure in Queensland was carried out at St Andrew's in July.

*"Transcatheter Aortic Valve Implantation is the newest frontier in interventional cardiology, offering a therapeutic option to high risk patients with severe aortic stenosis. With TAVI gaining traction in the international arena over the last 13 years, Dr Poon and I now have the honour of pioneering this technology at St Andrew's. With the correct planning and with the support and judgement provided*

*by a collaborative team, I always find it remarkable how we can offer treatment that improves the quality and longevity of life to a patient who was otherwise deemed untreatable,"* Dr Incani explains.

Aortic stenosis is the narrowing of the heart's aortic valve opening, which prevents normal blood flow. It is most often caused by age-related calcification, but can be caused by a birth defect, rheumatic fever, or radiation therapy.

As a result, less blood flows from the lungs to the brain and rest of the body. Many patients mistake the symptoms of aortic disease as 'normal' signs of ageing and may initially appear asymptomatic, but on closer examination symptoms such as chest pain, fatigue, light headedness, feeling dizzy, and/or fainting can often be identified.

For people who have been diagnosed with severe symptomatic aortic valve stenosis and who are high-risk or too sick for open heart surgery, TAVI provides a better option.

Open heart surgery may be considered too high risk if a patient is:

- not well enough for major surgery and may have other conditions like kidney or lung disease
- has had open heart surgery in the past

At St Andrew's, as with international best practice, a multidisciplinary team approach is adopted in deciding the



One of the first patients to undergo the TAVI procedure was plucky 91-year-old Lois Griffiths (pictured left). She never gave up hope when told she had aortic stenosis and there was no treatment available - due to her age, open heart surgery was not an option.

Despite the seriousness of her condition, as far as Lois was concerned, there were still things to do, places to go and people to see.

Cardiologists Dr's Alex Incani and Karl Poon at St Andrew's War Memorial

Hospital offered Lois hope in the form of a Transcatheter Aortic Valve Implantation (TAVI).

Lois spent only two days in hospital after the TAVI procedure before being sent home to Clontarf where she could continue her various commitments including treasurer of the Clontarf Indoor Bowls Club, president of the Redcliffe Citizens Cultural Club and member of Legacy War Widows.

best treatment and whether TAVI is an option. This combines the expertise of a collaborative heart team that includes Interventional Cardiologists, Cardiothoracic Surgeons, Echocardiologists, Intensivists, Anaesthetists and Geriatricians.

The procedure is carried out under anaesthetic and involves a small incision in the groin or chest. A sheath is placed into the incision to allow a balloon to reach the heart. Once the balloon reaches the diseased valve, it is inflated to open the narrowed valve (balloon valvuloplasty). This allows the new bioprosthetic aortic valve to be delivered correctly which pushes the leaflets of the diseased valve aside.



THE VALVE USED IN THE TAVI PROCEDURE

Having been involved in hundreds of these cases and having implanted almost 50, Dr Poon is particularly excited that the technology has been offered at St Andrew's Hospital. "I am particularly grateful for the support from Dr Incani, Andrew Barron

(General Manager) and St Andrew's Hospital administration staff to make this come true. TAVI is perhaps the most transformative cardiac intervention in the past few decades with data now showing superiority over surgery in high risk patients (1). The fact is over 100,000 of these have been performed around the world and the technology has come a long way, with complications rate acceptably low now," said Dr Poon.

Andrew Barron, General Manager, said:

*"We have a long history of cardiac care and innovation. We were the first private hospital in Queensland to carry out open heart surgery in 1985 and our commitment to provide the most advanced cardiac care to our patients continues today. TAVI is a welcome addition to our services at St Andrew's."*

1) Adams DH, Popma JJ, Reardon MJ, et al. Transcatheter aortic-valve replacement with a self-expanding prosthesis. *N Engl J Med* 2014;370:1790-1798. <http://www.nejm.org/doi/full/10.1056/NEJMoa1400590>

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Spring Hill QLD 4000  
T 07 3016 1111  
[info@qcg.com.au](mailto:info@qcg.com.au)  
[www.qcg.com.au](http://www.qcg.com.au)

To make a referral, contact:  
Wendy Keegan  
St Andrew's TAVI Coordinator

T 07 3834 4444  
[wendy.keegan@uhealth.com.au](mailto:wendy.keegan@uhealth.com.au)  
[www.standrewshospital.com.au/tavi](http://www.standrewshospital.com.au/tavi)

## St Andrew's welcomes CardioVascular Clinics



FROM LEFT: DR BRENDAN BELL, DR RUSSELL DENMAN, SHELLY SHAW, DR ALEX INCANI & DR MATTHEW PINCUS

Level 6 at St Andrew's War Memorial Hospital has recently welcomed CardioVascular Clinics (CVC) as a new addition to our specialist centre. CVC was established by Dr's Alexander Incani, Brendan Bell, Matthew Pincus and Russell Denman to provide comprehensive cardiac care.

They describe themselves as a like-minded team and explain that their decision to form a practice together was to provide support for each other and to combine their knowledge in order to provide patients with quality care and optimal cardiac treatment.

As well as their practice in Brisbane, CVC reach out to regional Queensland, thereby improving access to excellence in cardiology, with a presence in Rockhampton and Hervey Bay.

The practice offers a comprehensive set of Diagnostic Patient Tests including 12 lead Electrocardiogram (ECG), 24hr blood pressure monitoring, hollers and Echocardiography. Stress Testing is also offered through Exercise Stress ECG Testing (EST) and Stress Echocardiography.

A full range of inpatient procedures are also offered, ranging from PPM insertion, lead extraction and ablation to angiography, advanced coronary intervention, valvuloplasty and transcatheter heart valve insertion.

Referrals can be made directly to the rooms and referral templates and forms are available via [www.cvclinics.com.au](http://www.cvclinics.com.au)

**CardioVascular Clinics**  
T 1300 306 358  
F 1300 306 378  
[hello@cvclinics.com.au](mailto:hello@cvclinics.com.au)

**Doctor Hotline (available 24/7)**  
07 3193 8099  
[doctorconnect@cvclinics.com.au](mailto:doctorconnect@cvclinics.com.au)

**Suite 6.1, Level 6, St Andrew's Specialist Centre**  
St Andrew's War Memorial Hospital  
457 Wickham Terrace  
Spring Hill QLD 4000

**Hervey Bay**  
Suite 8, Level 1, Sara Stella Medical Centre, 1 Medical Place  
Urraween QLD 4655

**Suite 3, Hillcrest Specialist Centre**  
4 Talford Street  
Hilcrest Private Hospital Rockhampton

# Reaching out across rural Queensland

## Heart of Australia Update



### KEY FACTS

- The clinic, towed by a Kenworth prime mover, has two consulting rooms, new ultrasound and cardiac stress testing equipment.
- Patients need a GP referral before undergoing a Heart of Australia consultation and specialist testing if required. Clinic consultations are a normal fee-for-service, in line with metropolitan rates.
- The program has already seen over 2,000 patients in 11 towns across south-west, central west and north Queensland.
- Alongside foundation partner Arrow Energy, Heart of Australia has received funding and in-kind support from the Australian and Queensland governments, Bayer Australia, St Andrew's War Memorial Hospital, IOR Petroleum, Kenworth, Telstra, Brown and Hurley, Bridgestone Australia, Frasers Livestock Transport, EQUATE Technologies, GT Insurance and Regional Express Airlines.

A number of St Andrew's visiting medical practitioners (VMPs) have joined the Heart of Australia program which delivers vital cardiac services to remote areas of Queensland from the back of a 25m-long semi-trailer.

Dr Matthew Pincus and Dr Brendan Bell from CardioVascular Clinics have signed up to the program which provides diagnosis, treatment and follow-up for a range of cardiovascular and respiratory conditions.

The semi-trailer is fully equipped with specialist diagnostic equipment and

technology and is run by specialists on a rotating roster.

Heart of Australia Founder Dr Rolf Gomes is delighted with the response so far to the program.

*"In less than one year of operation, we continue to be humbled by the amazing goodwill right across the 11 communities in "the bush" that can count on Heart of Australia to roll out specialist medical clinics on reliable fortnightly schedules, delivering services and infrastructure that were previously unavailable"* Dr Gomes said.

*"Our rolling clinics have welcomed more than 2,000 patients, and best of all, we have identified, helped or referred at least 70 people across our service communities who presented with critical, life-threatening symptoms. Since the launch of the program we have visited over 100 towns and continue to be welcomed and supported by locals."*

The truck has recently expanded its route to include Longreach and will visit the area on a bi-monthly basis.

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

# Partnership working

Twenty five year partnership builds successful Brisbane practice

Red Hill Doctors Surgery, housed in a large traditional white building on Windsor Rd, is a busy, bustling practice with 20 doctors, a number of allied health professionals, and an efficient administrative team to manage the workflow.

The close-knit team grew from four original partners, who are still there, to a general practice that operates across many specialised areas.

Dr Sue-Ellen Silburn explained that many of the doctors have developed sub-specialty areas of interest.

*“We have two doctors who have completed international certificates in travel medicine and provide specialised travel advice, some of the other doctors have completed training in dermatology and two are completing a diploma in child health,”* she said.

To complement the medical services, the team also includes a dietician, an exercise physiologist and a clinical psychologist.

*“Patients have access to a holistic service and get much better outcomes,”* she said.

Dr Silburn has been a GP for 28 years, spending 20 of these years at Red Hill. She has a particular interest in women’s health, mental health, and adolescent counselling .



L-R: DR BERNARDINE MCKELLAR, DR SUE-ELLEN SILBURN, DR HANNAH MAHER AND DR GENEVIEVE HOPKINS

*“Adolescent counselling is something that is desperately needed for our teenagers and is currently not readily available in the community,”* she said.

*“I became interested in it through a combination of the experience I had with my own adolescent daughters and caring for the young people coming through the practice.”*

Red Hill Doctors Surgery is centrally located near the city close to many schools which places Dr Silburn in a good position

to be involved with many of the the issues facing young people in the community.

*“Before I started treating adolescent issues, I embarked on some upskilling courses including a Masters in Adolescent Counselling at Monash University.. After this, I began to open my books between three and five in the afternoon so that there were specific appointments available for young people. I am able to treat and manage a variety of conditions including anorexia, eating disorders, anxiety and*



DR SUE-ELLEN SILBURN

*mood disorders. Other issues include anger management, substance abuse, behavioural, relationship and attachment issues.”* Dr Silburn starts by assessing the issues and dealing with medical needs before developing a treatment plan that may require the services of psychiatrists and clinical psychologists. After matching the issue to the relevant therapist, she then coordinates a mental health plan.

Dr Silburn believes this multidisciplinary approach also works well in the area of women’s health.

*“Women’s health has traditionally been a very large component of the work in this practice as we initially started with four female doctors and then added many more to the roster. We still have proportionally more female doctors to male. I believe we offer a comprehensive service for women with a holistic approach across all issues.”*

Dr Silburn has attended many professional development courses including the recent St Andrew’s Women’s Health Symposium in August.

*“The course was invaluable for keeping up to speed with the latest developments and allowed me to incorporate the information*

*in my day-to-day practice which means patients get better advice.”*

Outside of medicine, Dr Silburn is quick to talk about her two daughters – Eloise, who has almost finished her Clinical Psychology studies, and Laura who has nearly completed her combined Law and Finance degree.

*“It is a good example to your patient that you promote a healthy lifestyle especially if they see their doctor swimming in the local pool”*

She also has a long standing circle of friends with whom she exercises with regularly. *“It’s a good way to promote a healthy lifestyle to patients when they see their doctor swimming in the local pool”* Dr Silburn said.

Medicine is central for the family as husband Professor Peter Silburn is a Neurologist at St Andrew’s and a world leader in deep brain stimulation. But despite their busy schedules, the family is able to prioritise time for each other by enjoying regular holidays. They have recently returned from a month long European trip.

Dr Silburn said the success of Red Hill Doctors Surgery was due to the close working relationship among the team formed over many years.

*“It’s very much an equal partnership that has stayed the same for 25 years. We have developed the business together and everyone from the partners and doctors to allied health professionals and reception staff has a really important part to play.”*

**Red Hill Doctors Surgery  
11 Windsor Rd  
Red Hill QLD 4059  
T 07 3369 2444**

# The end of a long journey



The Australasian College for Emergency Medicine (ACEM) is the not-for-profit organisation responsible for training emergency physicians and advancement of professional standards in emergency medicine in Australia and New Zealand.

St Andrew's Emergency Centre received accreditation from the Australasian College for Emergency Medicine for registrar training at the end of 2014. The hospital's first graduate, Dr Muhammad Malik, successfully completed his fellowship exam in June.

*"It was a difficult journey but the department has been very supportive and helped with rosters, time off to attend teaching days and assistance around exam time. There was a lot of study involved including the final assessment which included a written exam and a clinical component in which we were filmed and graded by two assessors",* Dr Malik said

It has been a long seven year journey for Dr Malik. He finished medical school in Pakistan in 2002 and worked in England for two years. *"I had some exposure to emergency medicine which I enjoyed. I thought that Australia would be a good place to continue that interest as there was a*

*very well developed program that was highly regarded"* said Dr Malik.

Arriving in Australia in 2008, Dr Malik worked for a year at Prince Charles Hospital and then a further five years at Royal Brisbane Hospital before coming to St Andrew's to complete his fellowship. Dr Malik is continuing to work at St Andrew's on a part time basis while also looking for work in the public sector.

*"I am so grateful for the help and support I received from Dr Sean Rothwell, Dr Mark Baldwin and from everyone in the Emergency Centre ."*

Dr Sean Rothwell, UnitingCare Health Metropolitan Director of Emergency Medicine, said: *"We are really proud to celebrate Dr Malik's success. He was our first advanced trainee and worked very hard to balance his studies and work with patients. We wish him all the best for the future and are delighted he is continuing to work with us."*

DR MUHAMMAD MALIK

# Doctors tackle the affordability of healthcare at Q&A



## Panellists

Hon. Cameron Dick MP- Minister for Health

Mr Dwayne Crombie - Managing Director Health Insurance – BUPA

Mark Cathcart - Chief Financial Officer - UCH

Dr Richard Ashby - Chief Executive, Metro South Hospital and Health Service

Dr Richard Kidd - General Practitioner

Mr Richard Royle - President of the Australian Private Hospitals Association, Executive Director, UnitingCare Health

Panel Chair – Dr Luis Prado, Director of Medical Services, The Wesley Hospital

Moderator - Tony Jones, ABC TV

An invited audience of doctors examined the pressing issue of health funding at a lively Q&A forum moderated by ABC TV's Tony Jones and hosted by St Andrew's War Memorial Hospital and The Wesley Hospital on 13 June.

Over 200 GPs, medical specialists and healthcare professionals explored the topic 'Good healthcare: can we afford it?' at the UnitingCare Health event held at the Brisbane Convention and Exhibition Centre.

The expert panel tackled a range of questions about increased health insurance costs, healthcare rationing and funding end-of-life care. Other issues raised included clinical redesign; research funding and non-means tested public health.

Panel chair Associate Professor Dr Luis Prado, Chief Medical Officer for UnitingCare Health said the question

of how the community will meet the future cost of good health, particularly as medicine becomes more technologically advanced, needed more discussion.

*"Again this year, the Q&A event has been a useful format for addressing some of the hot topics facing the medical community,"* he said.

*"By bringing together the Queensland Minister for Health, expert representatives from the public and private health sectors, the insurance industry and general practice, we were able to speak honestly and openly about the challenges facing healthcare and work towards some solutions."*

A full video recording of the event is available to view on the St Andrew's War Memorial Hospital website (news section).

Check out some of the photos taken at the event in our 'SNAPS' section on pages 15-16.

# Sports injuries under the spotlight at Sports Meet



RAEWYN MORRIS, PATRICIA WOODS (BOTH ST ANDREW'S EMERGENCY CENTRE), MICHAEL THEO (BRISBANE ROAR) & DR SEAN ROTHWELL (UNITINGCARE HEALTH METROPOLITAN DIRECTOR OF EMERGENCY MEDICINE)

More than 200 sports physicians, GPs and physiotherapists gathered in Brisbane on 23 May at St Andrew's Sports Meet symposium to discuss the latest developments in managing sports injuries.

Guest speaker at the event was Brisbane Roar goalkeeper Michael Theo who had recently recovered from a broken wrist at the start of the 2014-15 A League season. After surgery and a three-month rehabilitation program, he was able to

resume the demanding duty of goalkeeping for the Brisbane Roar.

*"As a professional goalkeeper, you are using your hands constantly so getting the right treatment was vital,"* he said.

Leading orthopaedic and other specialists presented findings on a range of sports-related conditions, including hand and wrist, knee, shoulder, leg and ankle injuries.

Speakers included Dr Sarah Watts, Dr

Patrick Weinrauch, Dr Steven Frederiksen, Dr Dale Rimmington, Dr Greg Sterling, Dr James Fitzgerald from Qscan, Dr Kelly Macgroarty and Dr James Fardoulys.

Emergency Centre Specialist Dr Jeff Conn discussed how to best manage concussion in sport.

Dr Conn said St Andrew's Emergency Centre treated approximately two to four cases of concussion per week, and most

of these were related to weekend sports injuries.

*“Awareness about concussion is growing quickly but we still have a situation where a lot of people presume that you can only get concussion if you are knocked out, and this is not always true.”*

Dr Conn said concussion symptoms varied widely.

*“It can be as simple as a vacant stare. If a player has had a head knock and they are on the field, staring into the distance and don’t appear to be aware of their surroundings, that could be a symptom.”*

*“It can be as simple as a vacant stare. If a player has had a head knock and they are on the field, staring into the distance and don’t appear to be aware of their surroundings, that could be a symptom.”*

Dr Conn said concussion required physical and mental rest.

*“All concussions are different, but the message is, ‘if in doubt, sit it out’. Sometimes that may mean a player not going to school or university for a period of time.”*

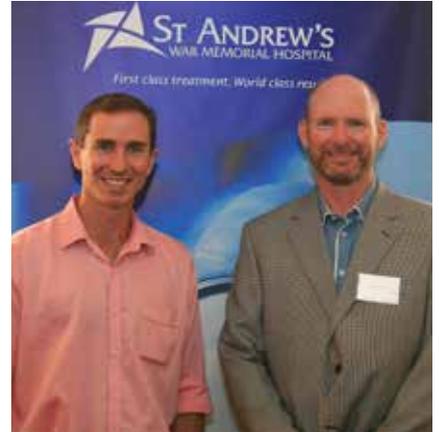
He said medical management of children with head injuries was “conservative”.

*“With kids who experience concussion, we would recommend a longer rest, certainly while they have symptoms which could include headaches, problems with concentration, and memory problems.”*

*“It can be up to a parent to know when their child is not themselves.”*



DR JAMES FITZGERALD, QSCAN



DR DALE RIMMINGTON AND DR JEFF CONN



DR SARAH WATTS, DR PATRICK WEINRAUCH AND DR STEVEN FREDERIKSEN

*“We know that if players go back to mentally and physically exerting themselves before they have fully recovered they can risk post-concussion syndrome which can go on for weeks, months, even, years.”*

*“If you are in any doubt about a possible concussion, see your doctor or go to a hospital emergency department,” he said.*

**Sports Injury Service  
St Andrew’s Emergency Centre  
North Street  
Spring Hill QLD 4000  
T 07 3834 4455  
GP Hotline T 07 3834 4490**



MICHAEL THEO AND  
DR STEVEN FREDERIKSEN

# Facts and Figures

## Why doctors should consider different structuring strategies

### **Fact: A poorly considered business structure could cost you money.**

Doctors pay tax. Due to their income being earned by personal exertion there are limited options available for doctors to minimise their tax burdens. However, a carefully planned business structure will protect your assets and personal wealth.

While operating a medical practice in the name of an individual may be administratively simple it is worth considering the use of other entities to form part of the practice's business structure.

### **Structuring for asset protection**

#### **Fact: Doctors sometimes get sued.**

Doctors are protected by insurance however this cannot always be guaranteed. Like all businesses, insurance companies are subject to fluctuating business cycles and poor management. In 2001, HIH Insurance, then one of Australia's largest insurance companies went into liquidation and left many doctors with worthless indemnity insurance.

Using a company in its own right or as a trustee to operate the practice trust can offer some protection for the doctor's personal assets.

A separate service entity can be formed. It charges the doctor a commercial fee for managing the administrative duties, taking

on its own business risks in pursuit of its own profit. With this arrangement, assets of the service entity can be protected against potential litigation.

### **Flexible arrangements for single or groups of doctors**

#### **Fact: One day you will retire.**

A flexible arrangement could suit a single doctor using a discretionary service trust with family beneficiaries. It would also benefit a group of doctors using a fixed service entity owned by each of the doctors' discretionary trusts. A fixed service entity also allows for future buy-ins and exits.

Structuring correctly may help maximise the financial remuneration to you upon sale of your business when retiring.

### **Simple arrangements**

#### **Fact: Not all structures are created equal.**

Ultimately, for any arrangement to be effective, the doctor must be able to demonstrate its commercial purpose.

As with any structure, it is important to weigh up the benefits of asset protection and tax planning opportunities with the costs of setting up and running a structure incorporating one or more entities.

Sometimes simplicity in a structure is the

most appropriate option.

### **Structuring to protect your personal wealth**

#### **Fact: Insurance policies don't always protect your personal assets.**

A lot of time and effort goes into growing a business. As you look down towards the road to retirement, asset accumulation will be essential in securing you and your family's future. The correct structure and keeping your business and personal wealth separate can help secure your assets against external threats.

### **How we can help**

When used properly, the benefits of a business structure can be substantial. As a full-service accounting firm, Pilot Partners has extensive experience in identifying and setting up structures for single and groups of doctors.

The firm's medical services division is led by Kristy Baxter and Angela Stavropoulos. Combined, they have over 30 years experience working within the accounting profession. Contact them on (07) 3023 1300 to arrange a complimentary meeting to discuss your current arrangements.

Angela Stavropoulos  
Business Advisory



pilot  
YOUR BUSINESS NAVIGATOR

Kristy Baxter  
Business Advisory

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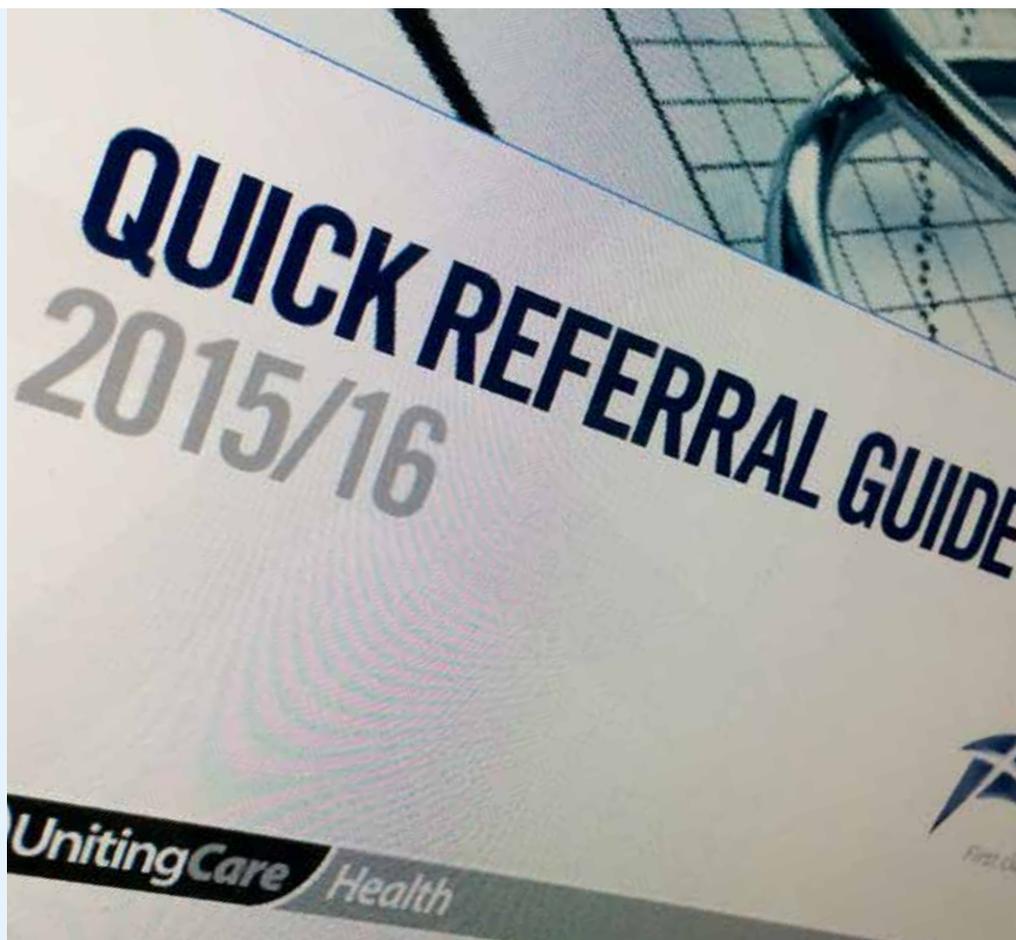
LOOKING AFTER  
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AFTER YOUR PATIENTS

(07) 3023 1300  
PILOTPARTNERS.COM.AU

# GP TOOLS

You would have recently received your 2015/16 Quick Referral Guide in the mail – a handy referral tool for General Practitioners containing St Andrew's specialist contact details.

**If you require additional copies for your practice, please contact the St Andrew's Business Unit on (07) 3834 4371 or email [sabu@uhealth.com.au](mailto:sabu@uhealth.com.au)**



## 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)**



## Q&A with Tony Jones





## The latest from the Business Unit



CANDICE McCALL & SUSAN WALSH

A “hive of activity” is the best way to describe the Business Unit in recent months; we have certainly been kept on our toes! While planning an exciting calendar of events for 2016 we have

hosted some of our best ever events; Q&A with Tony Jones, two innovative CPD evenings, the Private Practice Conference and the highly successful Women’s Health Symposium to name a few.

Thank you to our opinion leading St Andrew’s specialists and our valued general practice partners for your participation and contribution to the success of these events. We are grateful to our many sponsors who make our CPD program and *Best Practice* publications possible.

St Andrew’s is now the official hospital partner of Brisbane Roar so stay tuned for many exciting pre-game educational workshops at Suncorp Stadium. The Roar will be offering guest speakers for our key sporting conferences and player visits to patients here at St Andrew’s.

We look forward to presenting you with our December issue of *Best Practice* where we will showcase our key 2015 successes and a preview of our 2016 calendar.

All the best

**Candice McCall and Susan Walsh**

## McGrath



Artist's Impression



Artist's Impression

### SPRING HILL 490 Boundary Street

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\*Compared with traditional 2D mammography alone. 1. Friedewald S et al. *JAMA* 2014;311:2499-507.

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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.

Phone 07 3834 4285

[www.standrewspainservice.com.au](http://www.standrewspainservice.com.au)

The St Andrew's Multidisciplinary Pain Service (StAMPS) is an integrated multidisciplinary service designed to offer patients a "one stop shop" from diagnosis to comprehensive treatment and management of persistent pain.

StAMPS brings together a team of experts in the field of pain medicine, dependency, psychology, rehabilitation medicine, occupational therapy and physiotherapy.



Dr. Jason Ray  
MBBS (Qld), FANZCA, FFPMANZCA



Dr. Richard Pendleton  
MBChB, FANZCA, FFPMANZCA



Dr. Wilbur K.M. Chan  
MBBS, FRACGP, FAFRM, FFPMANZCA



Dr. Jayne Berryman  
BSc, MBBS (Qld), FANZCA, FFPMANZCA



Dr. Christian A.C. Rowan  
MBBS (Qld), MDiplTrade (Mon), FRACGP,  
FARGP, FACRRM, FRACMA, FACHAM (RACP)

### StAMPS provides:

- Individual assessments by leading pain specialists
- Interventional pain treatments by StAMPS specialists
- Individualised physiotherapy, psychology, occupational therapy assessment & treatment
- Persistent Pain Program - an intensive 4 week program, 3 days a week on an outpatient basis
- Specialised inpatient treatment at the St Andrew's Pain & Dependency Unit

### How to refer to StAMPS

Medical Practitioners can refer to one of the individual StAMPS specialists or directly to StAMPS.

There are four options for referring:

1. Refer online at [www.standrewspainservice.com.au](http://www.standrewspainservice.com.au)
2. Refer by fax to 07 3834 4291
3. Refer by email to [enquiries@standrewspainservice.com.au](mailto:enquiries@standrewspainservice.com.au)
4. Post referral to StAMPS  
St Andrew's War Memorial Hospital  
457 Wickham Tce Spring Hill Q 4001

StAMPS Consulting Suites  
Level 4, St Andrew's War Memorial Hospital  
Spring Hill Q 4001

P 07 3834 4285  
F 07 3834 4291  
E [enquiries@standrewspainservice.com.au](mailto:enquiries@standrewspainservice.com.au)  
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