

GP Newsletter

Southern Highlands Private Hospital Newsletter



Issue 03
July 2015



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93-95 Bowral Street
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www.southernhighlandsprivate.com.au

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SOUTHERN HIGHLANDS
PRIVATE HOSPITAL

GP Newsletter



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A word from the CEO

Jenny Harper

Southern Highlands Private Hospital and Cancer Centre continues its unwavering commitment to providing our patients, our doctors and our community with comprehensive, compassionate and personalised health care.

In late 2015, the hospital will commence the construction of allied health offices and rehabilitation day unit, which then allows the opening of 7 new private rooms in the Waratah (Surgical) Ward. With the addition of these single rooms, Banksia (Medical) Ward will be extended to include 4 more beds. This means, with an increase in clinical staff, we will be able to provide greater flexibility in admitting and treating patients. The Operating Theatre Complex will also undergo renovations in the late 2015. Ramsay has approved a budget to repaint and re-vinyl the complex with improvements in the staff change rooms and CSSD. Electric doors will replace the wooden entrance doors.

The Objective of Southern Highlands Private Hospital and Cancer Centre is to ensure sustainable, quality and accessible services

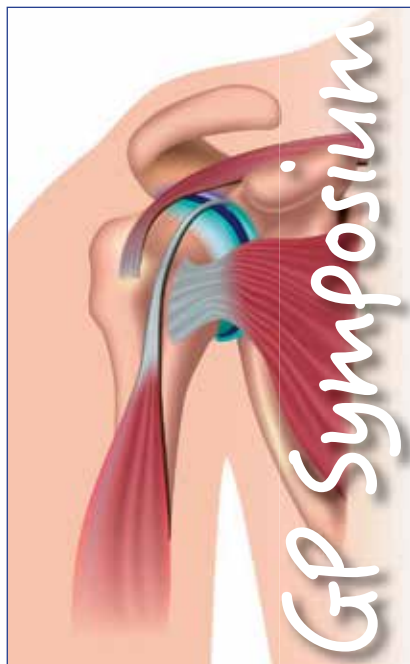
to our community. These newsletters ensure that all GPs are kept in the communication loop, by regularly introducing newly accredited medical specialists, present topical issues by our group of medical specialists and advertise future GP education events. Many of you have attended our GP Education events and this letter is advertising the next event to be held at E2 Events in Berrima, by Dr Vera Kinzel, Orthopaedic Surgeon who specialises in shoulder surgery. We are very committed to providing opportunities for GP education in the Highlands.

I hope you find the news in this newsletter helpful. We recognise the valuable role that GPs play within our dynamic community and in improving health care services, and the wellbeing of the Southern Highlands. We welcome your feedback in improving our services and care.

Warm regards

Jenny Harper

GP Events



Rotator Cuff Tears: the cuff deficient shoulder

Southern Highlands Private Hospital has much pleasure in inviting you to an evening of GP education looking at rotator cuff injuries; how to manage, when to refer and options for cuff arthropathy with orthopaedic surgeon, Dr Vera Kinzel.

Program

6.30pm Dinner & Registration
7.00pm Presentation & Discussion

Rotator Cuff Tears: the cuff deficient shoulder
with Dr Vera Kinzel, Orthopaedic Surgeon

8.30pm Evaluation & Close

Register online at www.southernhighlandsprivate.com.au

Call 02 4862 9407

Email Catherine at chapmanc@ramsayhealth.com.au

When:

Thursday, 9 July 2015

Where:

E2 Events
11 Old Hume Hwy Berrima 2577
(directly across from
Eschalot Restaurant)

RSVP:

Monday, 6 July

**Approved 3
Category 2 QI&CPD points
in the RACGP 2014-2016
triennium**

People caring for people



SOUTHERN HIGHLANDS
PRIVATE HOSPITAL

Endovascular Approaches to Lower Limb arterial disease

presented by Dr Shannon Thomas
May 2015

Dozens of GPs recently attended our lower limb arterial disease night hosted by Vascular Surgeon Dr Shannon Thomas at E2 Events in Berrima.

GP feedback:

- "Wonderful use of time"
- "Very confident in referring to Dr Thomas"
- "Very happy with the presentation – now have a greater awareness of lower limb arterial disease"



Introducing...



Warina Walker

Lymphoedema Physiotherapist

Warina Walker provides a part-time Lymphoedema Clinic in Bowral, serving both the private and public sectors. She accepts DVA and EPC/CDM referrals.

Services include:

- Assessment and care plans for treatment and on-going management
- Education for assisted self-maintenance
- Compression garment prescription
- Low Level Laser Therapy

Warina has wide experience in lymphoedema management with expertise in early intervention, treatment and management of chronic lymphoedema, and on-going maintenance.

As a Senior Therapist at the Mt Wilga Private Hospital Lymphoedema Clinic in Sydney her special interest is chronic neglected lymphoedema – developing an understanding of the reasons behind the neglect, and equipping individuals for their return to a more functional quality of life. In her own private clinic Making It Easier in Sydney and Bowral, her focus is to guide and educate so that individuals can take personal responsibility for consistent self-management.

Prior to entering the field of lymphoedema Warina worked closely with the Director and Chief Researcher at The Australian Institute of Learning & Cognitive Development where she gained an understanding of how cognition is applied to various therapies. This, combined with her training and experience in grief and loss support, has equipped her to assist individuals with lymphoedema in coming to terms with and more effectively managing their chronic condition.

Warina is passionate about reducing the physical, the functional, and the psychological impact of chronic lymphoedema on the life of the individual. Her vision is that through improved early intervention services, this should be the last generation of chronic neglected lymphoedema.

Contact Details

Warina Walker
"Making It Easier"

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95 Hunter Street, Hornsby 2077

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SOUTHERN HIGHLANDS
PRIVATE HOSPITAL



Q and A

with Dr Richard Haddad BMED, MS (UROL), FRACS (UROL)
Urologist



What makes for a great referral letter?

1. The inclusion of available urine, blood and imaging results.
2. The inclusion of medical comorbidities that may influence surgical decision making.

What is most frequently missing from a referral letter?

1. Most referrals are comprehensive.
2. Perhaps the addition of the name of any physicians involved in the care of medical conditions eg. the cardiologist's name, the oncologist's name.

What are the top four urological conditions commonly misdiagnosed/ undertreated by GPs?

1. Rising PSA with delays to specialist opinion.
2. Longstanding urinary symptoms from BPH.
3. Trial alpha - blocker therapy for BPH.
4. Measure serial PSA looking for a PSA trend over time.

What do GPs diagnose very well?

1. Order PSA and urine tests
2. Order urinary tract ultrasound
3. Early referral for bladder tumours, and renal tumours.
4. Good use of contrast CT scanning as an investigation of choice for the urinary tract.

What is the main benefit of early referral for urological problems?

1. The potential life saving treatment of urological cancers at an early / organ-confined pathological stage.
2. Earlier definitive surgical management of longstanding urinary symptoms from BPH, which may prevent bladder dysfunction from high pressure voiding.

What are the most common procedures you perform in the Highlands?

1. Circumcision
2. Vasectomy
3. Cystoscopy / Bladder Biopsy / Bladder Tumour Resection
4. Prostate Needle Biopsy
5. Kidney Stone Laser Lithotripsy
5. Transurethral Resection of Prostate (TURP) +/- SPC (suprapubic catheter)
6. Penile Prosthesis

When should a GP screen for prostate cancer?

1. In a well informed man between 50 to 69, who is health-conscious, and anxious about his prostate health.
2. In a man with a family history of prostate cancer, and in this case aged 45 to 50 is appropriate.

3. A simple PSA test can reduce the risk of prostate cancer deaths by 21% (Schroder, F.H. Lancet 2014 Aug 6), and risk of metastases by up to 47% (Hugosson, J. The Lancet Oncology 2010 Aug 11)

What are your top 5 tips for GPs when PSA screening?

1. Have a discussion about the causes of PSA elevation including; inflammation/BPH versus cancer.
2. Discuss the normal PSA values for that age, and median PSA values per age decade.
3. Stress the significance of a positive family history in increasing one's relative risk of harbouring prostate cancer.
4. Discuss the possibility that if a clinically insignificant (Gleason 3+3=6) cancer is detected at an early stage, this can lead to over-treatment at an earlier age, with treatment-associated quality of life impairments including urinary incontinence and erectile dysfunction.
5. On the other hand, 20% of Australian men aged 45 to 74 have a PSA test, and 22,000 of these are diagnosed with prostate cancer. Some of these men have aggressive cancers and their prompt detection and treatment is life saving.
6. Mention the role of multiparametric Prostate MRI as a prostate cancer detection tool.

What tests should GPs do for BHP?

1. Urine culture and PSA
2. Urinary tract (prostate and bladder) Ultrasound with POST VOID RESIDUAL and PROSTATE VOLUME

What are the surgical options for treatment of BHP?

1. Transurethral resection of prostate (TURP)
2. Greenlight laser prostate vapourisation (patient can remain on all anti-coagulants)
3. Cystoscopic Bladder neck incision
4. Cystoscopy and Suprapubic catheter insertion

The first 2 are the definitive durable gold standard prostate volume reduction methods for flow and bladder emptying improvement. The 3rd is for bladder neck smooth muscle hypertonia without significant BPH volume excess, where dynamic obstruction is the key problem. The 4th is an option for elderly frail men who cannot face substantive anaesthetic nor surgical risk.

Which patients are most suitable for surgery?

1. Men who have had symptoms for up to 10 years and have a preserved bladder function, with clear evidence of prostate volume excess on either

ultrasound or at cystoscopic assessment, are most likely to be satisfied post procedure.

2. Men with poor urinary flow rates (< 10mL/sec.) and a large middle lobe of prostate, where the ultrasound images clearly show the middle lobe protruding into the trigone of the bladder, tend to do very well.
3. Men who have failed medical therapy (Tamsulosin or Duodart), and have put up with their obstructive voiding for up to 10 years.
4. Men in whom an effort has been made to rule out prostate cancer prior to performing definitive BPH surgery. These men may need prostate biopsy or MRI prior to TURP/Laser therapies, or simply the digital rectal exam will be convincing of BPH.

Dr Richard Haddad Urologist BMED, MS (UROL), FRACS (UROL)

Dr Richard Haddad has been a Consultant Urologist for 4 years. His main practice is in Sydney's Upper North Shore, North-West and Inner-West. He now consults in the Southern Highlands, EVERY FORTNIGHT, (83 Bowral St BOWRAL), and has fortnightly allocated operating lists at Southern Highlands Private Hospital EVERY FORTNIGHT.

After an initial consultation, the following General Urology services are available to his patients:

Vasectomy, Circumcision, Cystoscopy, Prostate needle biopsy, TURP (Transurethral resection of prostate), Greenlight laser prostate vapourisation, Kidney and ureteric stone laser lithotripsy, Penile prosthesis, Open surgery, Laparoscopic surgery.

Dr Haddad is also a Fellowship trained robotic surgeon, having spent 2012 at McGill University Health Centre in Montreal Canada, as the robotic uro-oncology fellow. His robotic case volume currently exceeds 400 cases, and the outcomes are excellent in oncological terms and with regard to erectile nerve sparing and early continence recovery. The following Robotic procedures are available to his patients:

Robotic radical prostatectomy, with nerve-sparing (if clinically appropriate), Robotic partial nephrectomy, Robotic pyleoplasty, Robotic partial cystectomy or cystectomy.

Dr Haddad's main focus is on the delivery of the safest possible patient care.

Contact Details

83 Bowral Street, Bowral 2576

Ph: 9181 4766

www.roboticurologysydney.com.au



Introducing...



Dr Andrew Foote

M.B, B.S, M.D, F.R.A.N.Z.C.O.G,
C.Urogynaecology

Gynaecologist and
Urogynaecologist

Dr Andrew Foote studied Obstetrics & Gynaecology from 1990-96 at Newcastle, Sydney & Manchester.

He subspecialised in Urogynaecology in 2000 & obtained a Medical Doctorate in 2003 titled "Cost effectiveness of Urogynaecological Treatments".

His special interests are:

bladder and pelvic floor problems, day surgical treatments including Mirena, sling, ablation, vaginal repairs, contraception, and abnormal paps.

He has been a Visiting Medical Officer in Canberra from 1998 with appointments at

Bowral public hospital, Calvary Public & Private Hospitals. The Canberra Hospital, John James Private Hospital, National Capital Private Hospital, & Barton Private Hospital.

He conducts regional outpatient clinics in Mogo, Bowral, and Wollongong.

Positions held include:

- Chairman of the Calvary OG Department from 2001-5
- President of ACT Australian Medical Association (AMA) from 2006-8
- Chairman ACT Royal Australian College of Obstetricians & Gynaecologists (RANZCOG) Regional Committee 2009-13
- President of National Association of Specialist Obstetricians & Gynaecologists (NASOG) 2011-14
- Managing Partner Capital Day Surgical Centre 2009-13
- Chairman 2012 RANZCOG Canberra ASM
- Executive Director of Barton General Practice 2013-14
- Senior Lecturer Australian National University 2003 +

Dr Foote has published over 45 papers & abstracts nationally and internationally.

He is also a father of 5 including twins. His non-medical interests include skiing, touch football, scrabble & computers.



Dr Michaella Smith

General Surgeon

Dr Michaella Smith is a General Surgeon with an interest in Breast Surgery.

She completed her undergraduate medical degree at Sydney University in 2001 with honours. Following a residency at Royal Prince Alfred Hospital, Dr Smith undertook general surgical training at RPA, Concord and Liverpool Hospitals and throughout the Sydney South West hospitals network. This training involved a broad exposure to all aspects of General Surgery, including Breast Surgery, Upper Gastrointestinal and Colorectal Surgery and Surgical Oncology.

Dr Smith has a keen interest in surgical research, in particular research into improving breast cancer outcomes. She spent four years at the NHMRC Clinical Trials Centre researching quality of life and arm symptoms following axillary surgery for breast cancer. Dr Smith is the recipient of a Cancer Institute NSW Research Scholar award and a NHMRC Clinical Trials Centre, Cancer Clinical Trials Research award for this work. She has presented research at numerous national and international meetings on assessing outcomes and quality of life following breast cancer surgery, sentinel node biopsy, reconstructive techniques and other aspects of general surgery and rural health.

Dr Smith is a GESA accredited Endoscopist. Her practice includes all aspects of general and breast surgery, including skin cancer management and advanced laparoscopic surgery.

Michaella is a Southern Highlands local and is passionate about improving medical services in the area. She is an active member of the local community and a mother of five boys.

Contact Details

Dr Andrew Foote

Gynaecologist and Urogynaecologist
Bowral Street and Mona Road, Bowral. 2576.

Ph: (02) 4861 0186

Fax: (02) 4861 0187

Web: www.totalwomenshealth.com.au

Email: enquiries@totalwomenshealth.com.au

Contact Details

38 Bowral Street
BOWRAL NSW 2576

All Appointments:

(02) 4861 3911

SOUTHERN HIGHLANDS
PRIVATE HOSPITAL

Southern Highlands Private & Rotary Club Partner to Support community in Democratic Republic of Congo

Southern Highlands in partnership with Rotary Club of Berrima have donated much needed medical equipment to the Democratic Republic of Congo as well as communities in need in Australia.

The Ramsay & Rotary medical equipment donation program started in December 2010 with the donation of

hospital beds, consumables and other essential items in the hospital in Fiji.

In April Ramsay hospitals rallied together to send a 40ft container destined for the Democratic Republic of Congo arriving in May. Berkeley Vale Private Hospital sent 4 anaesthetic machines while Hunters Hills Private Hospital

sent 4 boxes of theatre instruments, 6 mattresses, a set of lockers, suction kits, defibrillators and an instrument washing unit. Nowra Private Hospital donated 2 sets of theatre lights, Albury Private Hospital sent 1 blood fridge while Southern Highlands Private were able to send ventilators and 5 adjustable chairs.



Southern Highlands Private Hospital and Cancer Centre are proud to be named as the major sponsor of the 2015 Bowral Long Lunch alongside the official Ambassador-Gai Waterhouse. The Bowral Long Lunch set in Bong Bong Street of Bowral is the main fundraiser of the BDCU Children's Foundation. This year shining a focus on addressing adolescent and child mental health needs in the southern highlands community.

Southern Highlands Private Hospital and Cancer Centre recognises the need in the highland community and is proud to support this worthy programme.

The Bowral Long Lunch will be held on Sunday 18th October and tickets can be purchased online at <http://bowrallonglunch.com.au>.



People caring for people 

Simply great healthcare... close to home!

Southern Highlands Private Hospital is an acute medical & surgical hospital, owned & operated by one of Australia's preeminent private hospital operators, Ramsay Health Care. A 73 bed private hospital co-located with Bowral & District Hospital, Southern Highlands Private Hospital provides an extensive range of onsite acute medical & surgical services, rehabilitation & palliative care services & day oncology for the community of the Southern Highlands & beyond.

Our Services include:

- Bariatric surgery (obesity surgery)
- Breast surgery
- Colorectal surgery
- Ear, Nose & Throat surgery
- Eye surgery
- Gastroenterological Procedures
- General surgery
- Gynaecology & Advanced Endoscopic Gynaecology
- Oral & Maxillofacial Surgery
- Orthopaedic surgery, specialising in joint replacement.
- Pacemaker procedures
- Plastic/reconstructive surgery
- Urology
- Vascular Surgery
- Day Surgery Unit
- Day Oncology & Infusion Centre
- Acute Medical Services
- Palliative Care
- Rehabilitation services
- Hydrotherapy Pool & Gymnasium

02 4862 9400

www.southernhighlandsprivate.com.au

93-95 Bowral Street, Bowral NSW 2576

Comprehensive pathology, imaging, pharmacy, physiotherapy, occupational therapy, psychology, speech pathology, dietetics, social work & discharge planning are also available on-site. Our medical staff provide medical cover 24 hours a day, 7 days a week.

SOUTHERN HIGHLANDS
PRIVATE HOSPITAL

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VISITING MEDICAL OFFICERS

www.southernhighlandsprivateprivate.com.au

General Enquiries: **02 4862 9400**

Hospital facsimile **02 4862 9401**

93- 95 Bowral Street, Bowral NSW 2576

This is not a comprehensive list of specialists with visiting rights to this Hospital. Please contact the Hospital to establish if your preferred specialist is accredited here.

BARIATRIC

Dr Shirhan Ho

9/20 Bundaroo Street
Bowral 2576

Ph: 4862 2822

www.bowralbariatriccentre.com.au

BREAST SURGERY

Dr Joon Kim

38 Bowral Street
Bowral 2576

Ph: 4861 3911

Dr Michaela Smith*

38 Bowral Street
Bowral 2576

Ph: 4861 3911

CARDIOTHORACIC SURGERY [PACEMAKER PROCEDURES ONLY]

A/Prof Michael Vallely

Suite 304, 100 Carillon Avenue
Newtown 2042

PH: 9422 6090

www.scts.com.au

DERMATOLOGY

Dr Frances Tefany

Suite 6, 70 Bowral Street
Bowral 2576

Ph: 4861 4566

ENT SURGERY [INCLUDING PAEDIATRIC ENT SURGERY]

Dr Simon Greenberg

21 St Jude Street
Bowral 2576

Ph: 4861 3020

www.drgreenberg.com.au

GASTROENTEROLOGY AND HEPATOLOGY

NB: OPEN ACCESS

GASTROENTEROLOGY SERVICES

Dr Ahmad Alrubaie

Dr Cameron Bell

Dr Nicolas De Luca

Dr Richard Hope

Dr Stephen Williams

SHPH Consulting Rooms
99 Bowral Street
Bowral 2576

Ph: 4862 9400

GENERAL SURGERY

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Bowral 2576

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Dr Joon Kim

38 Bowral Street
Bowral 2576

Ph: 4861 3911

Dr Michaela Smith*

38 Bowral Street
Bowral 2576

Ph: 4861 3911

Dr Frank Stening

Gastroscopy/Colonoscopy

Suite 9, 20 Bundaroo Street
Bowral 2576

Ph: 4861 4888

www.bowralbariatriccentre.com.au

Dr Priyan Wikramanayake

38 Bowral Street
Bowral 2576

Ph: 4861 3911

GYNAECOLOGY & FERTILITY

Dr Hilary Joyce

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Bowral 2576

Ph: 4862 4004

www.hfjoyce.com.au

Dr Geoffrey Reid

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Bowral 2576

Ph: 4862 4004

www.gdreid.com.au

GYNAECOLOGY & OBSTETRICS

Dr Adelyn Leong

10 Mona Road
Bowral 2576

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GYNAECOLOGY & UROGYNAECOLOGY

Dr Andrew Foote*

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MEDICAL ONCOLOGY

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Fiorentina

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Dr Constantinos Petsoglou

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www.drpetermacken.com/drpetsoglou.html

ORAL & MAXILLOFACIAL SURGERY

Dr Paul Hammans

182 Princes Highway
Fairy Meadows 2519

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Dr Alastair Stevenson

Suite 7, The Mews
11-13 Bundaroo Street
Bowral 2576

Ph: 9262 9318

Suite 3, The Vintage
281- 287 Sussex Street
Sydney 2000

Dr Peter Vickers

182 Princes Highway
Fairy Meadow 2519

Ph: 4225 1600

ORTHOPAEDICS

Dr Vera Kinsel

83 Bowral Street
Bowral 2576

Ph: 4861 1955

ORTHOPAEDICS [SPECIALISING IN JOINT REPLACEMENTS]

Dr Nick Hartnell

21 St Jude Street
Bowral 2576

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www.bonesurgeon.com.au

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PHYSICIANS – CARDIOLOGY/ GENERAL

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Dr Simon Grant

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PHYSICIANS – ENDOSCOPY/ CARDIOLOGY/TOE

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Dr Andre Safvat

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Palliative Care

Dr Lynette Kuwahata

Macarthur Cancer Therapy Centre
Campbelltown Hospital
Campbelltown 2260

Ph: 4634 4366

Psychiatry

Dr Warwick Williams

6 Queen Street
Moss Vale 2577

Ph: 4869 2750

Radiation Oncology

Dr George Papadatos

Southern Highlands Cancer Centre
99 Bowral Street
Bowral 2576

Ph: 4862 9470

** Newly accredited at Southern Highlands Private Hospital*



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