

Medical matters

St Andrew's Ipswich Private Hospital Newsletter



Cnr Roderick & Pring Streets
Ipswich QLD 4305

07 3816 9999

Autumn
2015

ST ANDREW'S IPSWICH
PRIVATE HOSPITAL

Cardiac Catheter Laboratory Celebrates 1 Year of Operation

Lorina Le Blanc, Nurse Unit Manager Cardiac Catheter Laboratory with Chris Jung, Director of Clinical Services, Jacqueline Lee, Karen Birch, Sarah Jones and Toni Vuzem, Cardiac Catheter Laboratory Nurses.

January marked the 1 year anniversary of the completion of St Andrew's Cardiac Catheter Laboratory with the first procedure performed on Wednesday 5th February 2014. The laboratory was utilised for diagnostic angiography during the first 8 months post completion. St Andrew's was granted permission to perform interventional procedures from September 2014. The laboratory features Toshiba's Infinix-I Floor mounted System with Dose Tracking Technology to improve patient safety. The Dose Tracking System (DTS) is one of 41 leading dose

management technologies developed by Toshiba; enabling doctors to instantaneously monitor and minimise patient radiation and exposure, reducing the risk of skin injury.

St Andrew's continues to expand its cardiac services and has newly registered to become one of the first facilities in Queensland to join the Heart Foundation's 'New Start Program'; providing important patient support and follow-up post discharge. The establishment of St Andrew's Ipswich Cardiac Catheter Laboratory was an important milestone for the Ipswich and West Moreton Region; eliminating the need for patients to travel to Brisbane for cardiac angiography



St Andrew's Kids

St Andrew's Ipswich has a dedicated paediatric unit. Our unit looks after children having routine procedures; tonsil and adenoid removal, orthopaedic and general surgery as well as children with diabetes and respiratory problems.

Paediatricians:

Dr Paul Koch	07 3812 4288
Dr Robert McGregor	07 3281 0244
Dr Malcolm Miller	07 3202 4511
Dr Bernadette Panlaque	07 3202 4511

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Open Access Endoscopy

St Andrew's open access endoscopy clinic permits direct patient referral for routine gastrointestinal procedures; without prior consultation with a gastroenterologist or general surgeon. Patients may be referred for colonoscopy with polypectomy and/or gastroscopy. Referrals are accepted for patients aged 18 to 80 years of age. Patients will be contacted by our bookings clerk upon receipt of referral. Patients referred for colonoscopy will be required to attend a prep appointment with our nurse to collect bowel preparation and low fibre diet. Complex referrals will be referred to specialist rooms.

To refer: Please refer to your preferred provider or select 'next available list'

- Dr John Copp (General Surgeon)
- Dr Shashank Desai (General Surgeon)
- Dr Michael Fish (General Surgeon)
- Dr Terry Holt (Gastroenterologist)
- Dr Phil Lockie (General Surgeon)
- Dr Unis Suliman (General Surgeon)
- Dr Dan Swan (General Surgeon)
- Dr Raphael Varghese (Colorectal Surgeon)
- Dr Derwin Williams (Gastroenterologist)

- Select reason for referral (Gastroscopy and/or colonoscopy)
- Provide indication
- Provide patient demographics (including health insurance details)
- Provide notification of alerts (allergies, warfarin, fish oil, diabetic status, heart disease, NSAID)
- Fax completed referrals to St Andrew's bookings clerk on 07 3816 9918
- The bookings clerk will contact your patient upon receipt of referral

Electronic referral templates are available for download in Medical Director and Best Practice formats. Please contact Cheryl Barneveld, GP Liaison on 07 3816 9923 or visit www.standrewsipswich.com.au. Referral pads are also available for paper-based practices or those without Medical Director or Best Practice.



Day Infusion Centre Services

Andrew's Ipswich welcomed the opening of its Day Infusion Centre in May 2013. The centre provides infusions for many different conditions and diseases in a comfortable 5 chair treatment area. The centre maximises patient comfort by providing a relaxed environment where patients have use of their own TV and iPad during their visit. Patients also have access to reserved car parking within the hospital campus.

The below infusions are available at the Centre:

- Chemotherapy (oncological and haematological)
- Monoclonal antibodies
- Blood products
- Immunoglobulins
- Iron infusions
- Remicade infusions and
- Steroidal infusions

Patients can be referred to the following treating doctors

- Dr Vikram Jain, Oncologist
- Dr James Morton, Haemato-oncologist
- Dr Paul Vasey, Oncologist
- Dr Terry Holt, Gastroenterologist
- Dr David Careless, Dr Raveen Naras, Dr Craig Dancer, Physicians
- Dr Rachel Green, Dr Sophia Elmes, Dr Katrina Taylor, Obstetricians

Please refer to St Andrew's EziFind Specialist Directory for contact details or phone 07 3816 9280 to speak with one of our Day Infusion Nurses.



NEW SERVICE: Breast-oncoplastic surgery with Dr Shashank Desai

Dr Desai is a breast and laparoscopic surgeon who has trained and worked in Australia, New Zealand, UK and India. More recently, he's completed a visiting Fellowship in Breast and Reconstructive Surgery in Manchester, England and Paris, France.

Dr Desai has held the position of Clinical Director of Surgery for the last 5 years and is currently a visiting Consultant Breast and Laparoscopic Surgeon at the Ipswich General Hospital.

Dr Desai has a special interest in breast surgery; he has been instrumental in enhancing breast surgical services at the Ipswich General Hospital. Dr Desai introduced sentinel node biopsy and multidisciplinary care within the hospital, to place the facility on par with the current benchmark of care for breast diseases. He is also part of the Breast Screen Queensland Service at the Ipswich Health Plaza. In his private practice, the

Desai uses the services of two qualified breast care nurses from the McGrath Foundation, who provide specialised peri-operative care to breast cancer patients. Dr Desai also provides the following services:

- Breast surgery: benign and malignant, breast reconstructive surgery, breast symmetrisation, reduction and augmentation mammoplasty
- Endocrine surgery: e.g. thyroidectomy
- Laparoscopic surgery: fundoplication, cholecystectomy and hernia repairs
- Upper and lower gastrointestinal endoscopies
- Varicose vein surgery

Dr Desai's rooms can be contacted Monday to Friday during business hours. Dr Desai is also on the acute roster at St Andrew's and is available to provide management of acute surgical patients. Electronic referral templates are now

available for referral to Dr Desai; ensuring swift management of your patients. Please contact Cheryl Barneveld, GP Liaison, for assistance with downloading the files.

For more information please contact the rooms at:
8 Roderick Street
Ipswich QLD 4305

P: 07 3166 9522 F: 07 3112 0850



St Andrew's Welcomes New Specialists



Dr Dan Swan

Consultant General Surgeon

Dr Swan is a Consultant General Surgeon; he has recently commenced private practice in Ipswich. Dr Swan was raised in the Western Suburbs of Brisbane and has strong family links with the Ipswich region.

Dr Swan completed his medical degree at the University of Queensland in 2002. He began specialist training in general surgery in 2008 and gained Fellowship with the Royal Australasian College of Surgeons in 2014. During his training he was a surgical registrar at Ipswich Hospital; where he thoroughly enjoyed his time and the experiences gained there.

Dr Swan's surgical interests include laparoscopic gallbladder, colorectal and hernia surgery, skin cancer and melanoma surgery, colonoscopy and gastroscopy and other surgical complaints. He is happy to accept referrals regarding any general surgical issue and looks forward to his career in the Ipswich region; providing a comprehensive general surgical service to the community.

Contact Details

Dr Swan can be contacted at:
Lower Cameron House
Sessional Rooms

P: 07 3816 9189

F: 07 3816 9188



Dr Mark Shillington

Consultant Orthopaedic Surgeon

Knee, shoulder and hip surgery

Adult and paediatric sports injuries

Dr Mark Shillington is a Queensland trained Orthopaedic Surgeon who specialises in the management of knee, shoulder, and hip conditions. He has a special interest in sports injuries and paediatric orthopaedic surgery.

Dr Shillington initially completed a physiotherapy degree at The University of Queensland in 2001 and then progressed to attain his medical degree in 2005. In 2009 he was awarded a Masters of Engineering by Queensland University of Technology for research into the biomechanics of orthopaedic implants. He gained his fellowship in orthopaedics from the Royal Australasian College of Surgeons in 2013. Dr Shillington has an appointment as an associate lecturer at The University of Queensland.

Dr Shillington's subspecialty fellowship training was undertaken in the United Kingdom under the supervision of Mr Nick London. During this fellowship he received expert training in adult and paediatric knee and shoulder surgery. Dr Shillington has commenced private practice; he can also see patients publicly at Ipswich Hospital, where he is the Director of Orthopaedics.

Contact Details

Dr Shillington can be contacted at:
6 Gray Street
Ipswich Q 4305

P: 07 3819 0044

F: 07 3819 0088

Sensible Management of Osteoarthritis

With Dr David Morgan

Osteoarthritis is the most common musculoskeletal disorder affecting Australians; it affects 3 million people, representing approximately 15% of the community.

In 2013, over 40,000 hip replacements were performed and in excess of 50,000 knee replacements were recorded by the National Joint Replacement Registry. The demand for these procedures is increasing due to an aging population, lifestyle diseases such as obesity and accidents and injuries. A desire for greater quality of life is also a key influencing factor driving patient requests for these procedures.

Many individuals suffer with arthritic pain for several years prior to submitting to the need for joint replacement surgery. Many patients have advised me of treatment strategies they have utilised; some have been successful and others have not shown any supporting evidence of their usefulness.

When discussing alternative strategies to surgery with patients I focus on three main areas:

Sensible pain control

Several medications are available to patients for the management of joint disease. Types of products available include pharmaceutical medications and nutraceuticals (herbal supplements). The list of accessible nutraceuticals is extensive and includes products such as glucosamine, chondroitin, celery seed extract, evening primrose rose, New Zealand mussel extract, Elmore oil, emu oil, and fish and krill oils.

Unfortunately, there is very little evidence that any of these products provide genuine assistance to arthritic joint pain. Widespread use of these products is the result of strong consumer marketing. Some patients may respond to the above nutraceuticals, however little consistency of their affect has been recorded.

Some pharmaceutical agents including paracetamol and anti-inflammatory medications have been documented to provide some benefits to patients with arthritic joints. Paracetamol can be consumed quite safely with few side effects relating to the gastrointestinal tract or kidneys. Anti-inflammatory medications can be reserved for patients with genuinely swollen joints; these products can be prescribed in intervals to avoid potential harm. When used appropriately, these simple medications can be very effective in managing joint pain. I advise patients to avoid codeine based products if possible, as escalating dependence has been observed.

I try to emphasize to patients that pain management is not solely about the consumption of a particular medication or supplement. These products must be integrated within a treatment programme.

Sensible exercise

Exercise of an arthritic joint can prove difficult. Walking is the preferred exercise of many, but arthritic pain often inhibits participation. Exercise should be encouraged for lubrication of arthritic joints. Many of my patients have commented that they feel better after completing light aerobic exercise. Useful exercises for the arthritic knee include bike riding (open or stationary) and swimming. Many of my patients enjoy the aquatic exercise programs provided at our local swimming pools.

Other activities which are helpful to arthritic joints include pilates and yoga which promote improvement in flexibility. In Ipswich there are many opportunities to enrol in classes which may assist you.

Sensible weight control

Overweight and obesity accelerates the arthritic process through mechanical (increased load) and chemical mechanisms. Individuals who seek surgical management for their arthritic

conditions are at increased risk of perioperative complications due to overweight and obesity.

I encourage patients to obtain professional advice regarding weight control when attempting to lose weight. Several services are available in the West Moreton Region which may be of benefit. In extreme circumstances, it may be of greater benefit to consider bariatric or weight control surgery, rather than undergo joint replacement surgery at an elevated risk.

These three simple techniques are well recognised in producing positive outcomes for patients suffering with arthritic joints. Many patients report good results with other therapies, but unfortunately these treatments are not successful enough for global recommendation.

Joint replacement surgery can provide positive outcomes for 85 to 90% of patients with severe osteoarthritis. Surgery however, is never perfect and should only be considered when all other options have been tried or excluded. It is important that you discuss the broad spectrum of treatment options available with your GP, physiotherapist or specialist.

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