

Ramsay Cairns



Cairns Private Hospital, Cairns Day Surgery & The Cairns Clinic Newsletter

February 2011

From the CEO's Desk



After a busy 2010, this year is shaping up to be just as eventful. Many great things occurred throughout the last year:

- The acceptance of first admissions to The Cairns Clinic (TCC) from October 11, 2010. TCC is the first private psychiatric hospital north of Brisbane.
- The proposal for expansion of theatres at Cairns Private Hospital (CPH) was approved. Building works are due to commence shortly that will result in expanding theatre capacity.
- Various new consultants have come on board bringing new skills and experience to our region; these include Anaesthetist/Pain Specialist Dr Clif Timmins and Psychiatrist Dr Sid Srna.

- Cairns Day Surgery continued to be one of the busiest Private Day Surgeries in the country and continued to achieve excellent patient satisfaction results.
- For the first time in many years we commenced a program of GP education evenings. The program will be continued and expanded in 2011.

Looking ahead, 2011 is going to be another busy and exciting year. We will be seeking to build on the initial foundations of the new service at The Cairns Clinic along with the expansion of services and facilities at Cairns Private Hospital.

Best wishes,

Mark Page
Chief Executive Officer

Ramsay provides relief to flood victims

Ramsay Health Care and Ramsay's individual employees across the country are digging deep to assist those affected by the recent flood crisis experienced in Queensland.

As a company, Ramsay Health Care is making a donation of \$100,000.

Additionally, an allocation of \$150,000 is being made available to provide assistance to Ramsay staff directly affected by the floods.

Individual staff members can participate in Ramsay's Workplace Giving Program which enables employees to make a donation of their choice to the Queensland Premier's Disaster Relief Fund directly out of their fortnightly pay.

This was a very successful

initiative by Ramsay for the 2009 bushfire relief with Ramsay employees across the country donating approximately \$106,000 through this program in that instance.

Ramsay is also organising a volunteering service from within our Queensland hospitals which will co-ordinate volunteer support for our affected staff and the donation of goods and services to them.

Finally, Ramsay Health Cairns (Cairns Private Hospital, Cairns Day Surgery and The Cairns Clinic) participated in the recent Cairns Taipans fundraiser on Saturday, January 15 by committing to donate \$300 per 3-pointer.

Looking for a specialist?

The February 2010 edition of the Cairns Private Hospital, Cairns Day Surgery and The Cairns Clinic VMO directory is included in this edition of Ramsay Cairns.

Contact details for consultants are also available online at

www.cairnsph.com.au

Follow the link to "our doctors" and click on "specialist list".

Community Support

Ramsay Cairns is proud to continue its community support through various donations to local organisations.

From July 1, 2010 a total of \$1000 was donated to both Gallipoli Medical Research Foundation and the Cairns Legacy Club.

A \$500 donation was also presented to the Cancer Council Queensland at the Cairns Private Hospital Open Day and we were again the major sponsor for the annual Legacy Bowls Tournament, contributing \$4000 to the event.

In the spirit of Movember, a team of five "Mo Bros" from the Cairns Private Hospital operating theatres raised \$1000 for research, education, support and awareness of men's health issues.

Nurse Unit Manager Stephen Thompson, Philip Manuel, Ryan Calcagno, Justin Collins and Steve Wong registered their team on the official Movember web site and were among the 128,000 participants in the 30-day fundraiser.

MO TOWN: Philip Manuel, Nurse Unit Manager Stephen Thompson and Ryan Calcagno grew their mo's for the month of "Movember" to raise money for men's health.



contact us:

Cairns Private Hospital

1 Upward Street, Cairns QLD 4870
Ph: (07) 4052 5200 Fax (07) 4051 6009

Cairns Day Surgery

156-160 Grafton Street, Cairns QLD 4870
Ph: (07) 4051 5454 Fax: 07 4031 7049

The Cairns Clinic

253 Sheridan Street, Cairns, Qld, 4870
Ph: 07 4050 7000 - Fax: 07 4050 7001

CARDIOLOGY CORNER with Dr Tim Carruthers

Guidelines for management of patients in Atrial Fibrillation

- Deciding between a rate control or rhythm control approach depends on patient age and co-morbidities, symptoms and haemodynamic consequences of the arrhythmia, but either approach is acceptable.
- Digoxin is no longer a first-line drug for rate control: β -blockers, verapamil, and diltiazem control heart rate better during exercise.
- Anti-arrhythmic drugs have only a 40% to 60% success rate of maintaining sinus rhythm at 1 year, and may have significant, sometimes life-threatening side effects.
- The selection of optimal antithrombotic prophylaxis depends on the patient's risk of ischaemic stroke and the benefits and risks of long-term warfarin versus aspirin, but is independent of rate or rhythm control strategy.
- Ischaemic stroke risk is best estimated with the CHADS2 score (Congestive heart failure, Hypertension, Age \geq 75 years, Diabetes, 1 point each; prior stroke or Transient Ischaemic Attack, 2 points).
 - For patients with valvular atrial fibrillation or a CHADS2 score \geq 2, anticoagulation with warfarin is recommended unless contraindicated or annual major bleeding risk $>$ 3%.
 - Aspirin or warfarin may be used when the CHADS2 score = 1.
 - Aspirin is recommended in patients with a CHADS2 score of 0 or if warfarin is contraindicated.
- Stroke rate is similar for paroxysmal, persistent, and permanent atrial fibrillation, and probably for atrial flutter.
- The AFFIRM study also showed no difference in risk of stroke in patients who have converted to sinus rhythm with anti-arrhythmic treatment, compared to those who have only rate control.
- While some studies indicate that rhythm control leads to a higher quality of life, the AFFIRM study did not find a difference.
- Another study focused on rhythm control in patients with AF and concomitant heart failure, as AF confers a higher mortality risk in heart failure. However, even in this scenario, rhythm control offered no advantage compared to rate control.

For more information visit <http://www.stopafib.org/newsitem.cfm/NEWSID/220> or follow the link on the Cairns Private Hospital web site www.cairnsph.com.au

Procedure Profile Lithotripsy

Since 2000, Cairns Urologist Dr Neil Gordon has performed over 350 Extracorporeal Shock Wave Lithotripsy (ESWL) procedures for the treatment of kidney stones at the Cairns Day Surgery.

The lithotripter, the only machine in the Far North, provides a non-invasive treatment for renal calculi and gives Cairns Urology patients a convenient treatment option.

Lithotripsy technology involves the release of externally generated sound waves aimed directly at the stone aimed via an image intensifier.

The patient is sedated to keep still and in the half hour to 45 minute procedure between two and three thousand shock waves are fired to fragment the stones in synchrony with the patient's heart rate, ideally 90 per minute.

In all, 46 patients required a second treatment for stones not entirely fragmented and passed and one patient progressed to a stent insertion for fragments wedged in the ureter.

Three patients had fragments removed from the ureter by ureteroscopy and in 14 cases the stones did not break up, requiring the patients to undergo percutaneous nephrolithotomy.

Larger sized stones prove the most difficult to treat with lithotripsy and because of their size and may require more than one treatment planned.

Males are more likely to develop kidney stones and approximately 30 per cent of patients with calculi will have a further calculus sometime in their lives. Generally, if a further calculus presents within 12 to 18 months further investigations involving biochemical analysis of a number of days' urine specimens may be carried out in order to plan a method to reduce the incidence of further calculi. Most patients simply need to drink more water!

Any calculus passed or removed should be analysed biochemically prior to further investigation.

The next edition of Ramsay Cairns will profile Implantable Spinal Cord Stimulation performed by Anaesthetist and Pain Specialist Dr Clif Timmins.

GP Education

Ramsay Cairns has greatly improved its commitment to GP education throughout 2010 with the informative and entertaining annual cardiology meeting as well as two GP education evenings held at the Shangri-La Hotel.

Attendance at all events was excellent and each session provided a good opportunity to network with Ramsay's VMOs and learn about the latest in each of the specialties.

The GP education program for 2011 is currently being planned with four education events planned throughout the year along with the annual cardiology conference.

New Orthopaedic Surgeon

Dr Perry Turner

MBChB (Otago) FRACS



Dr Turner moved to the Far North with his wife and two children in October 2010 and will start private practice in February.

Dr Turner trained in New Zealand at the Otago University Medical School, completing his studies in 1996 and has spent the last two years undertaking post-graduate fellowship training in Auckland, Adelaide and Vancouver.

He obtained his Fellowship from the Royal Australasian College of Surgeons (FRACS) in 2006 and will focus his private practice to hand and upper limb conditions.

Patients with degenerative, instability, sports and trauma injuries are of particular interest to Dr Turner who specialises in comprehensive surgical approaches using both open incision and arthroscopic techniques for all conditions of the hand, wrist, elbow and shoulder.

Post-graduate specialist training

- Middlemore Hand Unit - hand Surgery for trauma and degenerative conditions, carpal tunnel release, tendon reconstructions.
- Unisports Centre in Auckland - sports shoulder surgery for rotator cuff and instability.
- Royal Adelaide Hospital - hand and upper limb surgery. Refining techniques of joint replacement and arthroscopic surgery of the shoulder, elbow and the wrist.
- Vancouver, Canada - spine surgery surgical Fellowship. All conditions of the cervical, thoracic and lumbar spine including degenerative, tumour and trauma.

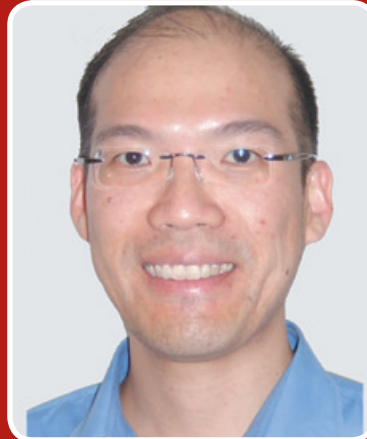
Dr Turner has also taken up a position at the Cairns Base Hospital as a General Orthopaedic Surgeon where he practices his sub-specialty interests.

Contact Details

Perry Turner Orthopaedics Pty Ltd.
2 Upward St
Cairns QLD 4870
Telephone: (07) 4052 1247
Fax: (07) 3009 9942

New Interventional Cardiologist

Dr Richard Chan



Richard is an interventionalist cardiologist who is moving to Cairns in early February from Brisbane, where he completed 2 years of fellowship in interventional cardiology at the Princess Alexandra Hospital. His specialty interest is in the management of coronary artery disease, from the assessment of chest pain to coronary angiography and coronary angioplasty / stenting. He is also happy to help with the management of general cardiology problems.

Following graduation from the University of Auckland, Richard underwent basic physician training at Royal Perth Hospital before undertaking cardiology training at Gosford Hospital, NSW, which led to Fellowship of the Royal Australasian College of Physicians.

Richard will be consulting privately at HeartRx with admitting privileges and diagnostic and invasive cardiology procedures at Cairns Private Hospital.

Contact Details

Phone: 4031 2188
Fax: 4031 8722
Email: drchan@heartrx.com.au

Consulting Rooms: HeartRx, 12 Grove St, Cairns North, QLD 4870
Cath Lab sessions:
Cairns Private Hospital

New Psychiatrist

Dr Sid Srna

MUDr, M Med (psych), FF Psych (SA), FAIPsych, FRANZCP



New to Cairns, Psychiatrist Dr Sid Srna has commenced private practice and admitting patients to The Cairns Clinic, the only private mental health facility north of Brisbane.

Dr Srna brings to Cairns a wealth of knowledge and broad experience from his positions held in both Western Australia and abroad.

Dr Srna practiced clinical and medico-legal psychiatry in the metropolitan area of Perth from 1997 after holding the post of Principal Forensic Psychiatrist at Frankland Centre, Graylands Hospital. He also acquired significant experience at the Perth Clinic, a private psychiatric facility.

Academic Background

Dr Srna obtained his medical degree in his homeland of the Czech Republic before training in psychiatry in South Africa. The move to Australia followed.

Clinical Interests

- Mood disorders
- Psychoses
- Anxiety disorders
- Medico-legal work including criminal forensic assessments, civil compensation cases and family law.

Contact Details

Phone: 4031 0419
Fax: 4031 0489

Consulting rooms: Suite 3
244 Sheridan Street
Cairns, QLD 4870



WELCOME: The Cairns Clinic officially opened its doors to patients on Monday, October 11 and received dual accreditation after the first three weeks of opening. Clinical Nurse Manager Coral Jankowiak, Director of Clinical services Joshua Hart and Administration Officer Jen Dent are part of the team who worked together to commission the hospital from its original structure as the Fig Tree Lodge.

The Cairns Clinic achieves an Australian first in accreditation!

Within the first month of admitting patients to the region's first private psychiatric hospital, The Cairns Clinic has received dual accreditation under the AS / NZS ISO 9001-2008 and in a nationwide first, under the new National Mental Health Standards 2010.

The International Organisation for Standardisation (ISO) sets the quality management benchmark for all types of organisations and focuses on what the organisation does to meet their customers' quality and safety requirements; applicable regulatory requirements; customer satisfaction, and continuous quality improvement of its performance.

The Cairns Clinic Director of Clinical Services, Joshua Hart, said both of these accreditation achievements confirm that The Cairns Clinic is already being recognised as a facility of excellence.

The Cairns Clinic officially opened its doors to patients on October 11 and on November 8 a report recommending accreditation by an independent body was submitted to the Commonwealth and accreditation was granted to the Cairns Clinic.

CEO Mark Page said it is a testament to the great preparatory work by all the team at and involved with Cairns Clinic that not only was ISO accreditation achieved so rapidly, but that The Cairns Clinic is the first psychiatric hospital in Australia to be accredited under the new Mental Health Standards.



Ramsay Cairns Supports the Local Community

2010 was a first for Ramsay Health Care Cairns with the launch of the Centacare hamper drive. Baskets were provided to each department of Cairns Private Hospital and The Cairns Clinic for staff members to fill them with items from their shopping trolleys.

Executive Director of Centacare Cairns, Helga Biro, said that this Christmas many families felt desperate and were not able to provide a decent Christmas for their kids.

Helga said that thanks to the Ramsay Cairns staff, a big difference was made to the kids in our area.

"In the lead up to Christmas, Centacare identified those families in particular

hardship who would receive a hamper," Helga said.

Following delivery of the hampers, Centacare staff reported that 16 families walked out of Centacare with their spirits lifted due to a hamper full of gifts and goodies due to the generosity of RHC Cairns staff.

Ramsay Cairns CEO Mark Page said the great spirit and generosity of the Ramsay Cairns team has shone through yet again.

"Particular thanks goes to all of the Ramsay Cairns staff and Andrea Grimes (OHS and Infection Control Co-ordinator) who organised and lead the charge on this initiative," Mark said.



General Practice Opportunities at The Cairns Clinic

This 40 bed psychiatric hospital offers specialist inpatient and day patient programs for general psychiatric disorders.

We also offer an alcohol and drug detoxification and rehabilitation program for both inpatients and day patients.

We are seeking General Practitioners who are interested in providing medical assessments for inpatients as well as any medical management that is required.

This medical support is required on Fridays for up to 2 hours (hours negotiable).

An interest in mental health is desirable but not essential.

INTERESTED?

For more information please contact Mark Page on (07) 4052 5404 or via email to pagem@ramsayhealth.com.au