

# Ramsay Cairns

Cairns Private Hospital & Cairns Day Surgery Newsletter

Summer 2009



## The Far North's very own Private Psych Hospital to become a reality

It's with great pleasure that we can announce Ramsay Health Care has committed to developing and operating a stand-alone private acute inpatient psychiatric hospital in Cairns.

The acquisition of an existing motel (The Fig Tree Lodge) has recently been finalised and we are now working with Cairns Regional Council and Queensland Health to attain all relevant approvals. Pending the receipt of these approvals, building work will then commence to make the relevant structural changes to the existing buildings.

Once all works are completed, we will have a 38 bed hospital (all private/single rooms with ensuites) that will also have a range of group rooms for inpatients and day program patients. This hospital will focus on care and treatment for those with mood disorders and anxiety as well as patients undertaking alcohol rehabilitation.

*"care and treatment for those with mood disorders and anxiety"*

All patients will be voluntary and admitted under a psychiatrist, with care provided by a multidisciplinary team including psychologists and allied health professionals.

We are currently undertaking some initial 'recruitment' of consultant psychiatrists and

have been encouraged by the strong level of response at this very early stage.

All going well, we hope to have this new hospital up and running mid 2010.

We look forward to providing you with updates over the coming months as we move toward opening this very much needed service right here in Cairns.

**contact us:**

#### Cairns Private Hospital

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

CAIRNS  
PRIVATE HOSPITAL

#### Cairns Day Surgery

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

CAIRNS  
DAY SURGERY

# From the CEO's Desk



Since our most recent (& first) edition of this newsletter much has happened.

We are well advanced in the planning and development of a stand alone acute private psychiatric hospital here in Cairns. We believe this service is very much needed considering the ever growing rates of mental illness and the complete lack of a dedicated private inpatient psychiatric facility anywhere between Cairns and Brisbane.

Additionally, the new Interventional Cardiology service is 'firing on all cylinders' and we are extremely proud that we've been able to do away with the need for patients requiring angioplasty to have to travel south for this service.

I do hope you find this edition of our newsletter informative. If you have any suggestions for topics to include in future editions please don't hesitate to let us know via email to

searlerebecca@ramsayhealth.com.au or by calling Rebecca at the Cairns Private Executive Office on 4052 5404.

Finally, on behalf of all the team here at Cairns Private Hospital and Cairns Day Surgery, I'd like to wish you a very merry and hopefully relaxing Christmas and New Year.

Best wishes,

**Mark Page**  
Chief Executive Officer

# SPEED GP Admission Service

## Designed for assisting referrals to Cairns Private Hospital

By Dr Ian Cole (GP & Cairns Private HMO)

### Single Phone number for referring Clinicians 4052 5215

In July 2003, Cairns Private Hospital introduced a streamlined admission process with the exciting acronym of SPEED. (Single Point of Easy Entry for Doctors).

The process aims to help GP's, Emergency Physicians and doctors from peripheral hospitals admit patients eligible for private care to Cairns Private Hospital with little fuss.

The referring doctor can ring the dedicated number, 4052 5215, and speak to the Hospital Medical Officer directly. During week days this will be either myself or Dr Tonia Bounty. We are both experienced GP's who understand the problems faced by the primary care practitioners. The HMO will then organize a managing specialist and a bed and then phone you back to confirm arrangements.

The system has been working well and we believe has made life a little easier for GP's. We require a medical assessment by the

referring doctor prior to admission and this can be a problem after hours. This is especially the case with acutely unwell patients who may require intensive initial assessment treatment and monitoring. The Cairns Base A&E department has been most co-operative in providing this service and the scheme has been mutually beneficial for both hospitals.

There are times and clinical situations when we cannot provide care or appropriate specialist services. It is expected that when this occurs a full explanation is provided to the referring doctors.

I personally am very keen to keep GP's in the information and management loop as much as possible and encourage the referring GP's to ring a specialist directly if they prefer. If we are called through SPEED we can often advise which consultants are available, on call or have specific areas of expertise.

Please feel free to call myself or Tonia on 4052 5215 if you have any queries and would like more information on our SPEED Service. Or alternately I can be contacted by email to [colei@ramsayhealth.com.au](mailto:colei@ramsayhealth.com.au)

# Updated VMO Directory & Web Site

As well as this newsletter itself, we have also enclosed our updated Visiting Medical Officer (VMO) directory. We hope that you find this a useful tool to easily find contact details for Consultants operating out of Cairns Private &/ or Cairns Day Surgery.

We have also recently revamped our Cairns Private website and our electronic VMO directory. Our website address is [www.cairnsph.com.au](http://www.cairnsph.com.au). We are looking to continuously improve our web site and recommend its use not only to yourself, but to any of your patients who may be coming to Cairns Private as there is a range of information that will be of interest and use to them.



# New Consultants

## Sam McKewin (Orthopaedic Surgeon)

Sam is an Orthopaedic surgeon who has come from Brisbane to start a career in Cairns. He finished his Orthopaedic training in 2009.

He has been working as a full time Orthopaedic staff specialist at the Cairns Base Hospital for the past 10 months and has recently also commenced in part time private practice.

Sam's particular interests are in arthroplasty of the hip, knee and shoulder, knee surgery, hand surgery and Orthopaedic trauma.

He is currently consulting from the Cairns Orthopaedic Clinic on Tuesdays.

## Will Bryceson (Orthopaedic Surgeon)

Will is an Orthopaedic surgeon who has recently moved with his family to Cairns from Western Australia where he undertook Orthopaedic training, finishing in early 2008. Will has recently completed 12 months of subspecialty training in Melbourne and Europe, focusing on Foot and Ankle surgery. During this time he also gained valuable post fellowship experience in sports and arthroscopic shoulder and knee surgery.

Will has commenced in private practice this month consulting one day per week at the Cairns Orthopaedic Clinic, Cairns Corporate Tower, 15 Lake Street and will operate here at Cairns Private Hospital.

Contact details for both of these new VMOs can be found on the attached VMO directory and on our website quickfind list of VMOs at [www.cairnsph.com.au/Our-Doctors/](http://www.cairnsph.com.au/Our-Doctors/)

## Commencement of a Medical Thoracoscopy service at Cairns Private Hospital

By Dr Stephen Vincent

Pleural effusions are a relatively common disease state presenting to thoracic physicians, emergency departments and general practitioners. Symptoms include increasing dyspnea, dry cough and at times chest wall pain. Diagnosis is made on clinical and radiological criteria; dull percussion note, decreased breath sounds and opacification on one or both hemithorax on CXR.

In terms of anatomy, the pleural space is bordered by parietal and visceral pleura. Parietal pleurae cover the inner surface of the thoracic cavity, including the mediastinum, diaphragm, and ribs. Visceral pleurae envelop all surfaces of the lungs, including the interlobar fissures. The role of the pleura is to lubricate both surfaces during normal respiration. Excess fluid results from the disruption of the equilibrium that exists across pleural membranes due to local or systemic factors.

There are numerous disease states which cause pleural effusions; however the most common subtypes include underlying malignancy, parapneumonic effusions secondary to pneumonia, post cardiac surgery and congestive cardiac failure.

It is clinically important to evaluate the cause in a timely manner because if left unchecked further complications may arise, including severe dyspnea, empyema; in the case of parapneumonic effusion and disruption of mediastinal structures if the effusion becomes massive (see figure 1).



Numerous text books, journals and medical teaching state that sampling of the pleural fluid via aspiration and examination of cytology, microbiology and biochemistry is an effective way of determining the cause, however this is not generally the case as the fluid is only the "window" to what is actually going on inside the cavity and usually does not yield a firm diagnosis.

Direct visualization of the pleural cavity, complete drainage of the fluid and biopsy of the pleural tissue is the most sensitive and specific technique to

obtain a diagnosis. In the case of malignant pleural effusions the recurrence rate is high after drainage. Pleurodesis, via creating an adhesion of fibrous tissue between the lung surface and the inside of the chest well alleviates this problem. The most common used agent for this procedure is sterile talc.

The two most effective procedures which are able to perform all these tasks are VATS (Video Assisted Thoracic Surgery) which is done under a general anaesthesia via thoracic surgeons in a dedicated cardio-thoracic service and Medical Thoracoscopy, which is performed via local anaesthetic and sedation control.

Dr Stephen Vincent and Dr Graham Simpson have commenced a medical thoracoscopy service at Cairns Private Hospital and if you have any queries about patients with pleural effusions and their management and wish to discuss or refer please don't hesitate in contacting either Stephen or Graham.

## More refurbishment underway at Cairns Private

Following the recent completion of the refurbishment of all of the single rooms at Cairns Private, we have now embarked on a further major refurbishment program. These latest works will initially involve the complete refurbishment of several of our 4 bed rooms.

Similar to our recently completed single room refurbishments, we realise that these works will unfortunately cause some noise and disturbance. However we will as always endeavour to keep all issues to a bare minimum. This short term 'pain' will be well worth it, as some of these rooms really do need a brighten-up.

## Cairns Day Surgery

As mentioned in our last edition, Cairns Day Surgery (located on the corner of Florence & Grafton Streets, on top of the 24 hour medical centre) is now also part of the Ramsay Health Care 'Family'. We have invited Sally White the Clinical Services Manager to provide you with a brief overview of the services and facilities at Cairns Day Surgery.

### An overview of CDS

Cairns Day Surgery (CDS) has provided the local community with excellence in Day Surgery procedures for over 12 years. Patients consistently provide feedback on the friendly professional staff that care for them.

Providing minimal disruption to an individual's normal life Day Surgery is an attractive alternative to hospitalisation with an increasing number of procedures in Australia being done as day cases.

Across its 4 theatres, scope room and IVF lab, CDS provides services to adults and children over 12 months old. The following specialties are undertaken at CDS: Oral & Maxillofacial, Ophthalmic including Cyrotherapy, Urology including Prostatic Cyrotherapy and Lithotripsy, Orthopaedic, Plastic and Reconstructive, Gynaecological, Ear, Nose & Throat, Minor General, Dental and Endoscopy.

Additionally, in conjunction with Dr Bob Miller and the Queensland Fertility Group, CDS has been helping Far North Queensland couples have babies for over 9 years.

**Sally White**  
Clinical Services Manager - CDS

## Community Support

As always Cairns Private and Cairns Day Surgery have been actively participating in various worthwhile community awareness and fundraising efforts. These have included

- A donation toward a new playground at Cairns Base as part of a fundraiser organised by Jim Turnour (Federal member for Leichhardt)
- Major sponsor of the Legacy Week bowls tournament
- Fundraising on pink ribbon day

## TIER 1 DVA Status Continues at Cairns Private Hospital

Cairns Private continues to have Tier 1 provider status with the Department of Veteran Affairs (DVA). Tier 1 is the highest status afforded to private hospitals by DVA and represents recognition of our ongoing extra attention and care for Veterans.

As such, all Gold Card Holders and many War Widows receive all care and services provided by Cairns Private with no out of pocket expenses. Tier 1 status also allows easier veteran access to Cairns Private as pre admission approval isn't required for most Gold Card holders or in the case of white card holders for eligible conditions.

Our friendly admin team are always happy to assist you, your rooms or your patients with any queries in regard to veteran care at Cairns Private and the entitlements available to other classes of Veterans (e.g. White Card Holders).

## New & Improved - Pre Admission Clinic

Cairns Private Hospital is proud to announce a new service for elective surgical patients and their surgeons. A GP lead Preadmission Clinic has been established for clinically relevant patients, to centralise the collection of health data of patients undertaking elective surgery and to improve management of planned surgical admissions by pre operative assessment, issuing of intraoperative education and post operative service that clinical outcomes will be improved.

Published clinical trials have shown improved patient outcomes and reduction in medication errors, unexpected ICU post op admissions & theatre cancellations. The hospital will be monitoring these Key Performances Indices as a marker of the benefits that the Clinic may bring to patients undertaking surgery in our hospital.

GP's working in the clinic will be hospital based and will have guidelines on how patients are managed by the surgeons and the referring GP's. You as the patients GP will be involved in any decision making required and patients will be referred back to you if there are any management concerns.

Patients seen in the clinic will not be charged any out of pocket fees and the clinic will be run in conjunction with the current nurse lead preadmission clinic and allied health staff.

We hope this new service will add to your patients' positive experience at our hospital and improves their clinical outcomes as we expect it will.

## Experience Counts

Queensland Fertility Group (QFG) Cairns is a fulltime, fully equipped and accredited IVF and infertility clinic located in the Cairns Medical Specialist Centre and has been operating in Cairns since 2002. Gynaecologist, Dr Robert Miller and his team of nurses, embryologist and psychologist now help more than 300 women in Cairns each year to undergo IVF treatments. They also assist many other couples in the Far North who need other types of help or advice in order to conceive such as ovulation monitoring and inductions, artificial inseminations, gynaecological investigations, lifestyle advice and counselling. QFG Cairns has an experienced local team, which ensures that women do not need to travel to Brisbane or Sydney for infertility investigations and treatment.

Phone: (07) 4041 2400 Fax: (07) 4041 1597 [www.qfg.com.au](http://www.qfg.com.au)

