

Ramsay Cairns

Cairns Private Hospital & Cairns Day Surgery Newsletter

Winter 2010

From the CEO's Desk



Since the last edition of The Ramsay Cairns Newsletter so many great things have occurred!

Theatre Expansion

Firstly, I'll start with the wonderful news that Cairns Private Hospital has recently received approval and funding from the Board of Ramsay Health Care to undertake expansion of our Operating Theatre complex.

This will primarily involve building two additional theatres. One of these will be commissioned immediately at the end of

the construction phase. The other new theatre will be left as a shell until it's needed, giving us further scope to meet ever increasing demand into the future.

For some time now the theatres at Cairns Private have been operating at capacity and this has certainly stifled our ability to recruit new surgeons. So the additional benefit arising from this expansion will be an enhanced ability for us to attract new surgeons to the region and to assist those existing surgeons who are looking to grow their private practices and need more theatre time to do this.

Interventional Cardiology

Since kicking off the new service in May 2009, fantastic results have been achieved both in terms of patient numbers, and most importantly, outcomes for and care of patients (who previously would have had to travel to Townsville or Brisbane for their procedure). To have achieved such great results in such a short space of time is a real credit to all concerned!



Dr John Knott, Clinical Nurse Heike Bruser and Professor Joseph Brimacombe look forward to the development of two additional operating theatres at the Cairns Private Hospital.

Psych Hospital

In the last edition of this newsletter we announced that we will be developing an acute private inpatient psychiatric hospital in Cairns. I'm pleased to report that the building works to transform what was the Fig Tree Lodge motel into this new hospital are progressing well.

We are planning on opening the hospital with first patients admitted in September/October this year.

We look forward to keeping you up-to-date on this very exciting development and finally realising the dream of providing a local private inpatient psychiatric care option for the community of Far North Qld and surrounds.

Until the next edition, best wishes to all!

Mark Page
Chief Executive Officer

GP Education Event

Topic - Women's & Paediatric Health

Date - Wed 4 August

Venue - Shangri-La Hotel, The Marina, Pierpoint Road, Cairns from 6-9pm

Speakers – Dr Tim Warnock speaking on “babies with birthmarks, bumps and blemishes”

- Dr Robert Miller will talk on science and society's views of assisted fertility treatment.

- Dr Natalie Kiesey-Calding will provide an update on nuchal translucency.

For more information and to RSVP, please contact Kasey Clarke on 4052 5404 or email clarkek@ramsayhealth.com.au

contact us:

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CAIRNS
PRIVATE HOSPITAL

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CAIRNS
DAY SURGERY

Cardiology conference 2010

The ninth Annual Tropical North Queensland Cardiology Meeting was held recently at Palm Cove's Sea Temple drawing over 50 General Practitioners from The Tablelands, Port Douglas, Cairns and Innisfail.

The traditionally popular conference was again a big hit with the Far North's GPs.

The James Bond 007 theme added some light-hearted entertainment to some serious and clinically relevant case studies for the region's doctors.

Topics covered included young hearts; female hearts; assessing elderly patients for driver licence renewals; new drugs, new devices, new imaging; and angioplasty statistics for the Far North region.

Cardiology meeting convenor, Doctor Peter Smith said the conference has always been one of the more popular meetings drawing between 40 to 50 delegates each year.

"One of the successes of the conference is that it gives a very up-to-date snapshot of cardiology for the local doctors," Dr Smith said.

"The format is concise and to the point and its interactive role playing with the audience is always entertaining and informative.

"Cardiology is a rapidly changing area and it is also a fair slice of your practice.

"It comes in at all levels as people present with a variety of issues such as diabetes and lifestyle issues.

"The cardiology component comes into play in general."

Next year the conference will again feature a guest speaker, cover interesting topics and have an entertaining theme to keep the day light-hearted. Follow future editions of Ramsay Cairns for details of next year's event.



The 9th Annual North Queensland Cardiology Meeting held on May 22 at Palm Cove and Dr Gary Hartrick, Dr Tim Carruthers, Dr Chin Lim, Dr Peter Smith, Dr Roger Chatoor and Dr Joseph Ling entertained and presented cardiology sessions to the region's General Practitioners in 007 style.

Cardiology Corner

with Dr Joseph Ling

Guidelines for Management of Antiplatelet Therapy for Elective Surgery in Patients with Coronary Artery Stents

Drug eluting coronary artery stents for coronary angioplasty have brought benefits in reduction of in-stent re-stenosis from 30 per cent to about 5 per cent but there has been an increased risk of late-stent thrombosis due to incomplete stent strut coverage by endothelium.

Cairns Private Hospital cardiologist Dr Joseph Ling said the risk of late stent thrombosis is about 0.6 per cent per year, extending out to at least four to five years and likely beyond.

- Risk of late-stent thrombosis is greatest in perioperative period associated with cessation of *antiplatelet therapy.
- Currently dual anti-platelet therapy is recommended for 12 months after Drug Eluting Stent (DES) implantation, except some high risk sub-sets requiring longer duration of treatment.

The following is a summary of guidelines for perioperative management of *antiplatelet therapy developed by cardiologists at the Cairns Private Hospital for patients with coronary artery stents

1. Consult cardiologist for all patients on dual *antiplatelet therapy before surgery.
2. Wherever possible, defer surgery for: DES < 12 months and Bare Metal Stent (BMS) < three months.
3. Wherever possible, for DES > 12 months continue *antiplatelet therapy through perioperative period.
4. For DES > 12 months and BMS > three months if continuing with antiplatelet therapy through perioperative period. May proceed with surgery without consultation if no unstable symptoms.

Guidelines and algorithm are available at www.cairnsph.com.au/GP-newsletter/

*antiplatelet therapy – Aspirin, Clopidogrel, Asasantin, Prasugrel.

1st Birthday for CPH Interventional Cardiology & our new Cath Lab

In the 12 months since the commencement of interventional cardiology services at Cairns Private Hospital, 190 patients have undergone interventional cardiac procedures that would have otherwise needed to be performed in Townsville or Brisbane.

Dr Roger Chatoor, our Interventional Cardiologist, along with the staff in the Cath Lab and fellow Cardiologists, Drs Tim Carruthers, Chin Lim and Joseph Ling have done exceptionally well in creating the state-of-the-art service in just 12 months to complement the pre-existing cardiac services at Cairns Private.

The construction of a new four-bed and one-chair Catheter Lab recovery unit is currently underway which means patients will be recovered closer to the Catheter Lab and Coronary Care Unit. The existing beds currently used for recovery in the Medical Ward will become available for both medical patients and CCU step-down patients, thus further increasing the hospital's capacity.

New Consultant

Dr Clifton Timmins

New Anaesthetist / Pain Specialist in Cairns

My family and I are very pleased to be able to return to settle in tropical Far North Queensland.

Clinical Interests

I have a particular interest in neuropathic pain and pain of spinal origin. Some of your patients who may benefit from a referral include those with:

- Persistent pain following spinal surgery
- Degenerative back pain and peripheral neuropathic pain (sciatica)
- Complex Regional Pain Syndrome (CRPS / RSD / causalgia)
- Musculoskeletal pain
- Headache

Academic Background

I obtained my medical degree in New Zealand before immigrating to Australia in 2004.

I started my anaesthetic training at the Cairns Base Hospital in 2005 and completed it at the Royal Brisbane and Women's Hospital.

Fellowship

My provisional fellowship year was spent at the Professor Tess Cramond Multidisciplinary Pain Centre at the Royal Brisbane and Women's Hospital where I completed training for Fellowship of the Faculty of Pain Medicine Australian and New Zealand College of Anaesthetists in 2009.

Contact detail for VMOs can be found on the attached VMO directory and on our website quickfind list of VMOs at www.cairnsph.com.au/Our-Doctors/



Contact Details

Phone: 4051 4999

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Email: cag1@big-pond.net.au

Consulting Rooms:
Cairns Anaesthetic
Group
165 Lake Street

Cairns Day Surgery welcomes Dr Timmins

It is two and a half years since the Cairns Day Surgery has been operating under the ownership of Ramsay Health Care and has so far performed many different procedures for the patients of Far North Queensland.

The most recent addition to the team is Pain Specialist Dr Clif Timmins.

The pain service Dr Timmins provides is the only one of its kind in the Far North and Chief Executive Officer Mark Page said the service is a welcome addition to the many services Cairns Private Hospital and Cairns Day Surgery provides.

"We are fortunate to have Dr Clif Timmins here in the Far North who can help patients deal with their chronic pain issues," Mr Page said.

"General Practitioners can now refer their patients to Dr Timmins and inpatients of the Cairns Private Hospital with pain conditions may also be referred to Dr Timmins.

"This new service helps to bridge the gap between the rural and urban sectors of healthcare and is another service the patients of Far North Queensland can obtain without travelling vast distances."

Other specialties provided at the Cairns Day Surgery are orthopaedics, ophthalmology, plastics, gynaecology, IVF, maxillofacial, urology, endoscopy, ENT and paediatrics.

Nurses networking for Cairns Private Hospital at GP conference

The Far North Queensland Rural Division of General Practice (FNQDRGP) held their annual conference in Cairns at the Hilton on May 1 and 2 with a good turnout from approximately 56 GPs and allied health professionals from as far away as Innisfail, Mareeba and Weipa.

The conference was a good opportunity for Cairns Private Hospital, a platinum sponsor of the event, to network with FNQ GPs and to promote the hospital's SPEED direct admission system and other services provided by the hospital.



Nurse Unit Managers of Surgical Ward and Orthopaedics, Heather McLeod and Sue Foley, attended the Cairns Private Hospital display stall at the conference.

World first latest IVF Technology good news for patients

New technology, which allows scientists to identify the embryo with the best chance of creating a pregnancy, is now available to patients undergoing IVF with the Queensland Fertility Group in Cairns.

Queensland Fertility Group's (QFG) Clinical Director in Cairns, Dr Bob Miller, said the development will provide patients with a significantly improved chance of achieving a pregnancy sooner by using the current embryo selection techniques.

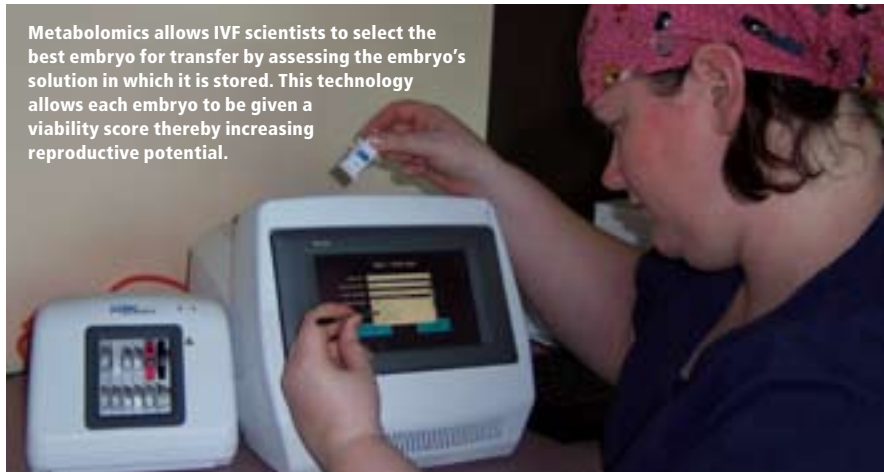
"Embryo selection is one of the Holy Grails of IVF," Dr Miller said. "A major improvement such as this is a big step forward for patients. "This is the first time in the world the Metabolomics process has been made available to patients as a routine clinical service. "Metabolomics provides our scientists with new data to aid them in selecting the best embryo for transfer."

When an embryo is in the laboratory it is grown in a small volume of solution which provides it with all the nutrients that it requires. It has been known for a number of years that embryos do not only remove nutrients from the solution but also release waste products back into it. This new technology, known as Metabolomics, assesses the levels of a range of waste components in the solution around each embryo and identifies the changes that have occurred while the embryo has been growing and gives each embryo a score.

This viability score is determined for each embryo and the one with the highest score is selected for transfer back to the woman based on recent evaluation of the technology.

As well as looking at the number of cells within the embryo, the scientists look at a number of other characteristics to give each embryo a morphology grading. The grade is made up of factors such as the appearance of the cells within the embryo and the presence of any fragmentation. While these gradings do provide information on which are probably the better embryos more likely to achieve a pregnancy, there is no guarantee that the best grade embryos will result in an on-going pregnancy or a live birth.

"We are hopeful that by combining our existing embryo assessment techniques with the metabolomics analysis, we will have better ability to select the embryos that are more likely to create a pregnancy with a minimum number of treatments,," Dr Miller said.



Metabolomics allows IVF scientists to select the best embryo for transfer by assessing the embryo's solution in which it is stored. This technology allows each embryo to be given a viability score thereby increasing reproductive potential.

Community Support

As you may have heard in the media, Far North Queensland flight paramedic, Jamie Jackway was severely injured while undertaking his duties in the Torres Strait. Jamie sustained life changing injuries during a winch rescue of a cardiac patient from an international vessel. Jamie and his family face many challenges ahead. We have been proud to donate \$2,000 toward the fundraising efforts for Jamie.

Ramsay Cairns is also proud of its tradition to support veterans. Again this year we will be the major sponsor of the Legacy bowls day. This event raises funds to assist the great work that Cairns Legacy do.

VMO Directory

The June 2010 edition of the Cairns Private Hospital and Cairns Day Surgery VMO directory for GPs is included in this edition of Ramsay Cairns.

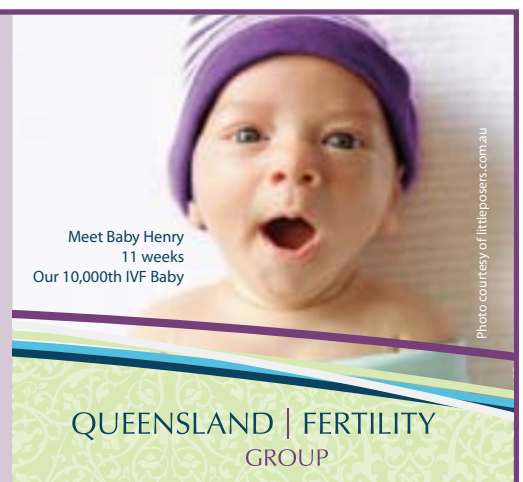
Contact details for consultants are also available online at www.cairnspsh.com.au Follow the link to our doctors.



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



Meet Baby Henry
11 weeks
Our 10,000th IVF Baby

Photo courtesy of fitepositors.com.au

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