



Healthscope

the Pulse

Private Health Magazine Winter 2014



In this Issue

BUILDING UPON A SHARED COMMITMENT TO QUALITY HEALTHCARE
SMILE PLEASE: PROVIDING A BETTER PATIENT EXPERIENCE AT MOSMAN PRIVATE HOSPITAL
FIRST BAHA SURGERY IN THE NORTHERN TERRITORY AT DARWIN PRIVATE HOSPITAL
MULTIDISCIPLINARY CARE APPROACH AT NORWEST PRIVATE HOSPITAL
BETTER MENTAL HEALTH WITH MUSIC THERAPY
APRIL FALLS DAY
AN INSIDE LOOK AT THE CAREER OF: TONY LANDGREN



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In this issue of *the Pulse*

Melbourne Private Hospital
transplanting a new life



Sod turn marks
commencement of National
Capital Private Hospital
major redevelopment



More patients set to
beat heart condition



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Melbourne Private Hospital transplanting a new life

In an Australian first, Melbourne Private Hospital has been a key player in the synchronised transplant of six donor kidneys into six recipients.

All 12 operations, coordinated through the Royal Melbourne Hospital transplant team, occurred at the Royal Melbourne, Austin and Monash Medical Centre, with Melbourne Private being the only private facility involved.

Perioperative Services Manager Karen Grant reported that

“Melbourne Private Hospital performs between 15 to 20 renal transplants per year. Normally these are living related transplants involving two individuals who know each other.”

“Recently we have been involved in the paired exchange program where donors and recipients do not know each other. This has involved two or three couples who are not compatible but are compatible with strangers. This month we were involved

in a paired exchange transplant involving six donors and six recipients, starting with an altruistic donor it was a wonderful experience to touch the lives of so many people,” said Karen Grant.

Melbourne Private surgeons Miss Amanda Robertson, operating at Melbourne Private, and Mr Tim Furlong operating at the Royal Melbourne, were key surgeons in the donor and recipient operations.



Some of the talented team involved



Melissa Butler



David Hoyle

“ This month we were involved in a paired exchange transplant involving six donors and six recipients... it was a wonderful experience to touch the lives of so many people ”

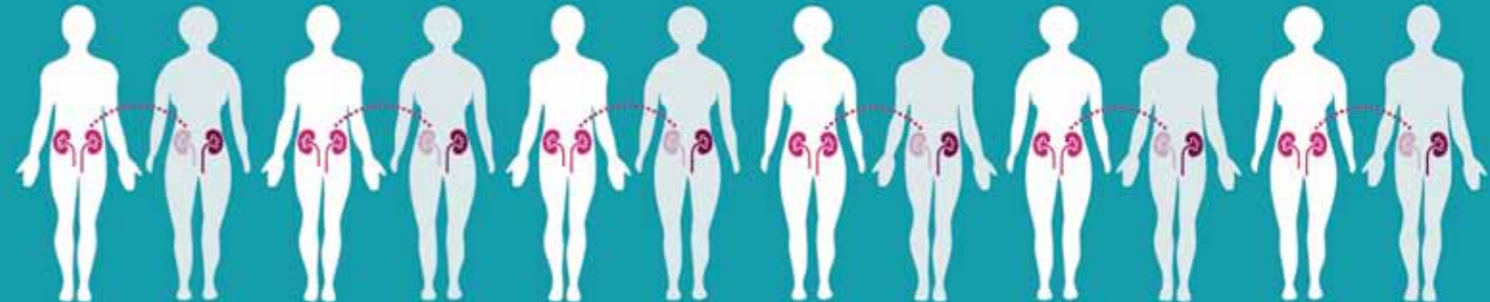
The paired kidney exchange program involved months of planning for all four hospitals. A percentage of the planning relied on surgeons forgoing their regular operating time to enable Miss Amanda Robertson to extend her morning operating session to a full day to accommodate the procedures.

Afterward Miss Robertson noted that, “Melbourne Private Hospital is unique being co-located with such a large teaching hospital, it’s a credit to the hospital that we can perform such procedures at Melbourne Private and fit so seamlessly into this process and service”.

The final surgical go ahead was received by text message between all six operating rooms, that all patients were anaesthetised and ready to proceed.

With the patient asleep under the care of anaesthetist, Dr David Hoyle, the operating team at Melbourne Private, including Miss Amanda Robertson, assistant surgeon Dr Melissa Butler and the hospital team swung into action completing the donor procedure in the morning followed by the transplant procedure.

Both patients at Melbourne Private have recovered well, and the recipient was discharged within six days of surgery.



MD Column

Since 2010 Healthscope has established a pattern of growth, across all divisions of the business, that include not only brown- and greenfield developments and key acquisitions but also the continued development of our recognised quality systems and procedures.

Recently the Hon Peter Dutton, Minister for Health and Minister for Sport officiated at the launch of two new ventures for Healthscope – the Pay for Quality initiative with Bupa that focuses on payment for the provision of quality healthcare and the major development project at National Capital Private Hospital.

Both events took place at National Capital Private Hospital with a number of representatives from key health bodies in attendance who share in our vision to provide quality

healthcare and support our continuous improvement aim.

Our focus on the provision of quality healthcare is the ethos that underpins Healthscope and in the past months a number of clinical advancements have been made across the divisions of the business.

Melbourne Private Hospital was part of the team that undertook the medical milestone of the first 12-way paired kidney exchange of compatible patients and donors who were not related. The Australian first operations were successful and a testament to the advancements in clinical capabilities.

A number of Healthscope hospitals promoted April Falls Day, a national initiative the provides patients, visitors and the general public with key fall prevention messages for both in hospital and at home.



Robert Cooke

Falls prevention is one of the clinical indicators reported on the MyHealthscope website and a key focus for all of Healthscope hospitals. The April Falls Day promotions, supported by the Falls Prevention Cluster were well received by patient and visitors.

It has been a period of 'firsts' with a number of hospitals undertaking new surgery and procedures, demonstrating their aptitude as industry leaders.

Allamanda Private Hospital is the only hospital on the Gold Coast and only the private hospital in Queensland to offer a new procedure for a serious heart condition. Whilst Brisbane

Private Hospital and Darwin Private Hospital also introduced a new spinal device and hearing aid surgery respectively.

During July Healthscope listed again on the Australian Securities Exchange, trading as HSO.

As we move forward as a public company, it is full steam ahead for Healthscope.

Robert Cooke
Managing Director and
Chief Executive Officer.

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The Pulse is a seasonal Healthscope publication which is distributed free to key Healthscope staff, management and Board members. Additionally, it is read by doctors, health industry decision-makers, politicians in the health portfolio, journalists and public subscribers.

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An introduction to the Healthscope Board



Paula Dwyer

Paula Dwyer is the Chairman of Tabcorp Holdings Limited and a Director of the ANZ Banking Group and Lion Pty Limited. Ms Dwyer is a member of the International Advisory Board of Kirin Holdings of Japan.

Paula is a member of the Business and Economics Board of the University of Melbourne and the ASIC External Advisory Board.

Paula is a Chartered Accountant with strong financial and commercial experience. Her executive career was in investment management and investment banking.

Paula's past appointments include serving as Deputy Chairman of Leighton Holdings Limited and as a Director of Suncorp Group Limited, Astro Japan Property Group Limited, Fosters Limited, Healthscope Limited, Promina Group Limited, David Jones Limited and RACV Ltd, as a Member of the Victorian Casino and Gaming Authority and of the Victorian Gaming Commission, as a Deputy Director of Emergency Services Superannuation, VicSuper and Government Superannuation Office and as the Deputy Chairman of the Baker IDI Heart and Diabetes Research Institute. Ms Dwyer is a former member of the Takeovers Panel.

Paula holds a Bachelor of Commerce Degree from the University of Melbourne (1982), is a Fellow of the Institute of Chartered Accountants, a Fellow of the Australian Institute of Company Directors and a Senior Fellow of the Financial Services Institute of Australia.



Robert Cooke

Robert Cooke has had a 37 year career in the health industry, and has worked in management and corporate leadership positions in the public and private health sectors. Robert's experience spans executive leadership of publicly listed and private healthcare companies, the management of private and public hospitals in Australia, and involvement in a number of due diligence teams for both Australian and international acquisitions.

Robert's past appointments include Chairman of Spire Healthcare in the UK (a privately owned group of 36 private hospitals), Managing Director and Chief Executive

Officer of ASX 100 Symbion Health Limited, and Managing Director of Affinity Health (at the time, Australia's largest private hospital business). Robert joined Healthscope in November 2010, and was Executive Chairman under its period of private ownership.

Robert holds a Bachelor of Health Administration Degree from The University of New South Wales and a Graduate Diploma in Accounting and Finance from Victoria University of Technology.



Rupert Myer

Rupert Myer is Deputy Chairman of Myer Holdings Limited, a Director of Amcil Limited, Chairman of the Australia Council for the Arts, Chairman of Nuco Pty Ltd, a Director of the Yulgilbar Group of companies and Chairman of Aranday Group of Companies.

Rupert is also a member of the Business and Economics Advisory Board of the University of Melbourne.

Rupert is a Board member of The Myer Foundation, the Yulgilbar Foundation, the Aranday Foundation, the Felton Bequests' Committee and the Australian International Cultural Foundation.

Rupert is also an Emeritus Trustee of the National Gallery of Victoria.

Rupert was previously Chairman of The Myer Family Company Limited, a Director of Diversified United Investments Limited, Chairman of Spessito Group and Chairman of Country Road Superannuation Fund.

Rupert previously worked as a Manager at Citibank Limited in London and Melbourne.

In 2005, Rupert became a Member of the Order of Australia.

Rupert holds a Bachelor of Commerce Degree with Honours from the University of Melbourne and a Master of Arts from Cambridge University. He is a Fellow of the Australian Institute of Company Directors.



Tony Cipa

Tony Cipa is an Independent Non-Executive Director of SKILLED Group Limited since April 2011, a Non-Executive Director of Navitas Limited since May 2014 and a Non-Executive Director of Mansfield District Hospital since July 2011.

Tony previously spent 20 years with CSL Limited in various senior finance roles. Tony was Chief Financial Officer, CSL (1994–2010) and was appointed to the Board of CSL Limited as Finance Director in 2000 until his retirement in 2010.

Tony holds a Bachelor of Business (Accounting) Degree and a Graduate Diploma of Accounting both from Swinburne University. He is also an Associate of the Governance Institute of Australia.

An introduction to the Healthscope Board



Simon Moore



Aik Meng Eng

Simon Moore is a Partner and Managing Director of The Carlyle Group, based in Sydney. He is currently a director of Coates Hire and Healthscope and an alternate director of Qube Holdings. Prior to joining The Carlyle Group, Simon was a Managing Director and Investment Committee Member of Investcorp International, Inc. based in New York. Prior to that, Simon worked in private equity investments and investment banking at J.P. Morgan & Co. in New York, Hong Kong and Melbourne.

Simon holds Bachelor of Laws and Commerce Degrees with Honours from the University of Queensland.

Aik Meng is currently a senior advisor to TPG. He also sits as a non executive director of some of TPG's portfolio companies (including Healthscope). In addition, he is a Non-Executive Director of Jurong Port Pte Ltd, an adviser to Nanyang Business School in Singapore and an adviser to Human Capital Leadership Institute, Singapore.

Aik Meng was COO of Fortis Healthcare and responsible for all its international businesses ranging from dental clinics in Australia to primary care network in Hong Kong to hospitals in Singapore and Vietnam. He led business

transformation and post-merger activities across the international business as part of Fortis' growth strategy. Prior to joining the healthcare industry, Aik Meng spent 18 years in the maritime sector. His last position in that industry was as President of APL. APL is a leading container shipping and maritime terminal operator with global revenues of US\$8 billion.

Aik Meng holds a Bachelor of Accountancy Degree with Honors from Nanyang Technological University, Singapore and a Masters of Business Administration from Harvard University.

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hip
Health Industry Plan

Building upon a shared commitment to quality healthcare

Healthscope and Bupa have built upon their shared commitment to further improve quality in the private healthcare sector with the launch of the Pay for Quality initiative at National Capital Private Hospital on the 26 June 2014 with the support of the Hon Minister Dutton, Minister of Health and Minister of Sport.

Shifting focus from cost to value-for-money, Pay for Quality provides a funding platform whereby Bupa rewards Healthscope for providing better healthcare outcomes in clinical quality and safety.

The Pay for Quality initiative follows Healthscope and Bupa's industry leading Never Event initiative launched in 2013, where Healthscope agreed to forego payment for 14 defined Never Events and disseminate the shared learnings to all Healthscope hospitals as well as

Bupa - a level of transparency unmatched in Australia's private health industry.

Robert Cooke, Healthscope Managing Director and Chief Executive Officer said "Whilst patients have always experienced high quality hospital care in the private sector, the Pay for Quality initiative sets the benchmark for the delivery of healthcare services for the future."

Dwayne Crombie, Managing Director, Bupa Health Insurance explains: "We have a responsibility to be unrelenting in pursuing value for our members and this landmark agreement highlights the importance of the sector working in partnership to create a sustainable system focussed on better outcomes for patients."

The foundation of the initiative is based on two critical elements 'payment for participation' and 'payment for performance'.



L-R: Cathy Jones National Manager Quality & Compliance Healthscope; Paul Ray General Manager Hospital and Program Development Bupa; Robert Cooke Managing Director and Chief Executive Officer; Senator Zed Seselja; the Hon Minister Dutton; Dwayne Crombie Managing Director Health Insurance Bupa; Dr Michael Coglin Chief Medical Officer Healthscope; Mark Briscoe General Manager Corporate Services Healthscope

'Payment for participation' links funding to Healthscope's participation in key benchmarking activities, clinical quality registries and clinical indicators, such as returns to theatre, instances of staph infections and inpatient falls.

'Payment for performance' links funding incentives and/or disincentives for a certain level of safety and quality processes and outcomes.

At the centre of Pay for Quality is the delivery of certainty in respect of quality healthcare to the 150,000 Bupa members treated at Healthscope hospitals every year.

The Hon Peter Dutton, Minister for Health and Minister for Sport said "Healthscope and Bupa are trusted names in healthcare and it is the private sector that will develop the innovations such as this agreement that will drive better outcomes and efficiencies in our entire health sector."

"As part of the initiative, special projects will also be established that include working to improve the hospital experience of Bupa members by focussing on facilitating better discharge planning which assists in improving patient outcomes and reducing the complications of a hospital stay as well as helping patients make informed decisions about their health," said Dwayne Crombie.

Professor Debora Picone, Chief Executive Officer of the Australian Commission on Safety and Quality in Health Care said "Another great innovation from Healthscope and BUPA to improve patient safety and quality. Again you are leading the way. The Commission is very supportive of the value system underpinning the initiative that is, to improve the safety and quality of patient care thereby improving value for money."

Healthscope and Bupa agree that due to the complexity of healthcare delivery a multifaceted approach to measuring and reporting of the quality and safety elements is key to ensuring the success of the Pay for Quality initiative.

"Reporting will play a big part in this initiative as we will use our findings on participation and performance to drive quality and safety which will ultimately impact patient outcomes - which is the ultimate objective for both Bupa and Healthscope," said Dwayne Crombie.

"Transparency in public reporting has been a main focus for Healthscope since the launch of the MyHealthscope website in 2011. We stand behind our quality healthcare service and the Pay for Quality initiative is allowing us to ensure that payment is made only for the provision of high quality healthcare - the way it should be," said Robert Cooke.

More patients set to beat heart condition

Allamanda Private Hospital is the only hospital on the Gold Coast and the only private hospital in Queensland offering a new procedure for the treatment of mitral regurgitation (MR) - one of the most common heart valve conditions.

The new treatment means patients unfit for open heart surgery now have a permanent solution to the condition known as 'leaky heart valve' which, if left untreated, can ultimately lead to irregular heartbeat, heart failure, stroke, heart attack or death.

Allamanda doctors - cardiothoracic surgeon, Ben Anderson, and interventional cardiologist - Michael Greenwood, have trained with internationally renowned cardiologist Olaf Franzen, who travelled from Belgium to oversee the first two cases performed at Allamanda.

Dr Anderson said the new technology provided a treatment option that is especially important for patients who are not good candidates for open heart surgery.

"Traditionally, the condition has been managed with medications which can relieve symptoms but do not address the underlying cause of the condition," he said.

"Open heart surgery was the only solution but approximately half of MR patients are considered high risk for surgery because of advanced age, significant ventricular dysfunction or other serious co-morbidities."

"The new treatment negates the need for open surgery, instead providing a minimally invasive solution in the form of a catheter-based device that is delivered to the heart through the femoral vein."

"The heart beats normally during the procedure, and therefore the patient does not require a heart-lung bypass machine - a major benefit for high-risk patients."

MR is the most common type of heart valve insufficiency and affects 9.3 per cent of those aged 75 years and older. Significant MR is a debilitating condition in which the heart's ability to function continues to deteriorate over time.

MR occurs when leaflets of the mitral valve do not close completely, causing blood to flow backwards and leak into the left atrium during the cardiac cycle. To maintain an adequate flow of blood throughout the body, the heart has to work extra hard which can result in an enlarged left ventricle, and after a progressive decline, the heart loses its ability to pump effectively.



L-R: Dr Michael Greenwood Interventional Cardiologist; Dr Karl Strum Anaesthetist; Dr Ben Anderson Cardiothoracic Surgeon and Dr Olaf Franzen, Interventional Cardiologist

Dr Greenwood said the new MitraClip device is designed to treat significant MR and to provide clinical and quality-of-life benefits for patients.

"The MitraClip system reduces significant MR by clipping together the leaflets of the mitral valve," he said.

"By reducing MR, the device allows the heart to recover from overwork and improve function, halting the progression of the heart failure and enabling patients to live a higher quality of life."

"Patients undergoing the treatment typically experience shorter recovery times and hospital stays

- with an average stay of two days - and are able to go home rather than being discharged to a rehabilitation facility."

The MitraClip system is available in 30 countries and has been used to treat more than 10,000 patients globally.

Smile please:

Providing a better patient experience at Mosman Private Hospital

Mosman Private Hospital Mental Health Unit has become the first Healthscope hospital to implement the WebPAS Photo ID function.

The introduction of the photo ID system has provided two clear benefits for the Mosman team – a smoother transition for patients to enter and exit the hospital when they require as well as providing staff with a visual identification of all patients.

The photo ID function is quick and highly effective. When a patient is admitted into the Mental Health Unit, they are asked for their photo to be taken by a web camera that sends their image straight to their individual WebPAS medical record. The image then appears on the patient's demographic page in WebPAS.

The WebPAS system allows for a gallery of images to be assigned to each patient and

in the event of a series of patient admissions a photo is taken each time to capture any changes in appearance.

A copy of the photo is also printed for the patient's medical record, a mandatory requirement for ID confirmation on when medications are dispensed to a patient.

Privacy is ensured as the photos are loaded to the secure web system which can only be accessed by site specific Healthscope staff.

The general patient response to the photo ID function has been positive with a few patients initially being unsure, however after speaking with a Mosman Private team member they come on board as they quickly identify the benefits within the hospital environment.

An additional advantage of the function is that the Mosman

catering staff are now able to use photo ID to both orientate new patients to the hospital dining facilities as well as be able to identify by sight patients who have special dietary needs.

Claire Walker, General Manager and Director of Nursing at Mosman Private said "We are proud of being the first Healthscope hospital to put the system into operation. We saw the benefits instantaneously."

Mosman is one of the smallest hospitals in the Healthscope Group and quite unique having an 18-bed Mental Health Unit and a 28-bed Acute Care ward.

The Mental Health Unit has a reputation for excellent nursing care within a team of highly regarded psychiatrists and psychologists, from the Sydney area including interns on placement, who run both the in-patient and day program groups.

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L-R: Robert Cooke Managing Director and Chief Executive Officer; Senator Zed Seselja; Elizabeth Porritt General Manager, National Capital Private Hospital and the Hon Peter Dutton MP.

Sod turns marks commencement of National Capital Private Hospital major redevelopment

On the 26 June National Capital Private Hospital marked the commencement of their major redevelopment project with a sod turn, officiated by the Federal Minister for Health and Minister for Sport the Hon Peter Dutton and Liberal Senator for the ACT, Zed Seselja.

The \$43 million expansion will include the development of three additional operating theatres, an intensive care unit with a total of eight beds and a coronary care unit which will include 14 additional beds bringing it to a total of 22 patient-beds.

An additional ten consulting suites will be built which includes a private suite for radiology and a range of acute care services.

Ms Elizabeth Porritt, General Manager of the National Capital Private Hospital, said the expansion is aimed at servicing the strong population growth in the region, providing more beds and better facilities.

“There will also be a refurbishment of the existing National Capital Private Hospital 88 room facility to enable integration of the new building. This will include two additional beds in the existing building along with a 35 bed ward in the new building, bringing the total number of beds to 150. It will also upgrade the gymnasium to cater for additional rehabilitation patients and develop an onsite café,” explained Elizabeth.

The Hon Minister Dutton welcomed the expansion and redevelopment of the National Capital Private Hospital.

“This will be a significant boost to health services available in the ACT,” said Minister Dutton.

Once completed, the new hospital will require an additional 100 nursing staff, doctors, support services and administration staff.

“The construction, to be undertaken by local company Hindmarsh, is expected to be completed in December 2015,” said Elizabeth.

First BAHA surgery in the Northern Territory at Darwin Private Hospital

For Darwin resident Jonathan Aylward his dream of becoming the next yellow Wiggle is looking a lot more promising thanks to Dr Hemi Patel and the team at Darwin Private Hospital (DPH) who performed the Territory's first Bone Anchored Hearing Aid surgery in late May.

Having contracted Tuberculosis as a two month old baby in South Africa Jonathan was also diagnosed at the age of seven months with Kostmann Syndrome, a severe congenital neutropenia, leaving Jonathan with conductive hearing loss and structural damage to both ears. As a result Jonathan was unable to wear conventional hearing aids due to recurring infections.

Jonathan, no stranger to the BAHA surgery having it previously fitted interstate when he was

younger, had to undergo a second BAHA surgery after an accident sustained amidst a brotherly bonding session.

For a young boy with a passion for the performing arts and music hearing is vitally important.

BAHA surgery is a relatively simple procedure that involves fitting the device which vibrates the back of the skull which in turn vibrates Jonathan's cochlear, transferring sound and improving Jonathan's hearing, making his dream of becoming a Wiggle more achievable.

The positive outcome of the Territory's first BAHA surgery was celebrated by Jonathan and his family along with Dr Patel and the DPH team.



Jonathan Aylward



Dr Hemi Patel and Jonathan Aylward

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Dr Paul Licina trials new device to prevent disc reherniation

The first implantation of a new spinal device for use in patients undergoing lumbar discectomy surgery has taken place at Brisbane Private Hospital, which is set to become a training centre for doctors around Australia and Asia Pacific wanting to use the device.

Spinal surgeon Dr Paul Licina recently travelled to Europe to meet doctors who have been using the device overseas and renowned European neurosurgeon, Dr Adisa Kursumovic, flew to Australia in April to supervise the first of these operations at Brisbane Private Hospital.

The device is called a Barricaid Annular Closure Device and is designed to prevent disc reherniation.

Dr Licina said the device was used in eligible patients to close

the defect that is left after a herniation is removed from a prolapsed or ruptured disc.

He said by closing this defect, the risk of reherniation and the need for a second operation is substantially reduced.

“A disc herniation occurs when a partial or full tear in the annulus allows a portion of the nucleus to prolapse or herniate, which can place pressure on the nerves, causing pain down the leg called sciatica,” said Dr Licina.

“Lumbar disc herniations are a common problem and discectomy is the most commonly performed spinal operation.

“The problem with these operations is that a hole is left where the herniation is removed. This leaves the spine weakened in that area with a high risk of the disc reherniating.

“Doctors have spent many years attempting to close this defect with a range of devices but none would stay in place due to the very high pressures in the disc.

“Barricaid has a titanium anchor which attaches into the bone, keeping it in place and a polymer mesh that closes the annular defect, preventing reherniation.”

Dr Licina said this device is a breakthrough in spinal surgery and would benefit the patients most at risk, which make up about one quarter of patients undergoing discectomy. These are the patients that have a large residual defect in the annulus and who are estimated to have up to a one in three chance of having a reherniation.

While it is very new to Australia, the device has been inserted in more than 3,000 patients overseas.

“Dr Licina said this device is a breakthrough in spinal surgery and would benefit the patients most at risk, which make up about one quarter of patients undergoing discectomy”

During her visit Dr Kursumovic presented the preliminary results of a European multicentre randomised trial at the Spine Society of Australia’s Annual Scientific Meeting in Brisbane and reported that there were no safety issues with the use of the device. The final results of this study will be available in two years.

The device has TGA approval in Australia but it is anticipated that it will receive a rebate code in August, meaning that its cost will be covered by private health funds.

Brisbane Private Hospital general manager Mairi McNeill said the introduction of the new device would further elevate Brisbane Private as a leader in spinal surgery.

“Our focus is always on delivering the best possible medical care,” she said.

“Introducing new and improved methods of performing surgery is a key to achieving this and to have a surgeon of the calibre of Dr Licina leading the charge for us is a major coup.

“The prospect of a training centre at Brisbane Private Hospital also reinforces our position as a spinal centre of excellence.”



Neurosurgeon Adisa Kursumovic and spinal surgeon Paul Licina



Paul Licina demonstrates how the Barricaid device works

Geelong Private Hospital Nursing excellence awarded in honour of cherished colleague

There was not a dry eye in the room at the Geelong Private Hospital employee awards when Mary Kennedy was awarded with the inaugural Katie Hirth Nursing Excellence Award.

It was a happy turn of events that Mary was the recipient of the award that was founded in the honour of Geelong Private nurse Katie Hirth who tragically lost her life on her honeymoon earlier in the year, as Mary was Katie's former manager.

As a long standing and valued team member of Geelong Private Mary said that she was delighted to be the recipient of the Katie Hirth Nursing Excellence Award.

"Katie will always be remembered for her remarkable nursing skills, empathy and compassion. She always came to work with a smile and a kind word for everyone," said Mary.

Not long after the awards were announced Mary was called to duty to assist in the birth of another long term Geelong Private staff member.

Eloise Cann, Director of Nursing at Geelong Private explains, "It was fitting that Mary was able to assist in the birth of a new life, of one of our team members, on the day that we remembered Katie. Katie would have been the first one to visit her friend and new baby."

Katie's parents Joe and Jenny Hirth and husband James Weedon were guests of honour at the awards and all agreed that the awards were a wonderful way of keeping Katie's memory alive.

Eloise Cann explains that "The Katie Hirth Nursing Excellence Awards would be presented every year on International Nurses Day, which is May 12 – Florence Nightingale's birthday."

A number of awards were presented on the day to celebrate individual staff excellence in a number of fields including nursing leadership, clinical excellence, professional development, team excellence and overall nursing excellence.

Janine Haigh, General Manager of Geelong Private said "I am enormously proud of the standard of nursing care at the hospital and the awards were a fantastic way to acknowledge nursing excellence."

Multidisciplinary Care Approach at Norwest Private Hospital

Multidisciplinary Gastrointestinal Meetings commenced in May at Norwest Private Hospital in collaboration with the Specialist Services Medical Group to provide a team approach to patient care.

Multidisciplinary Care aims to ensure that the development of treatment pathways and strategies are the most appropriate for patients that have been diagnosed with complex issues and particularly the care of cancer patients.

The multidisciplinary team meets regularly, each fortnight and is led by Dr Vu Kwan, Head of the Gastroenterology Department. Specialists from a range of clinical areas participate in the meetings and include Gastroenterologists, Colorectal Surgeons, Upper Gastro-intestinal Surgeons and Medical

Oncologists. Also, contributing their expertise to the team with interpretation and review of diagnostic results are Professor Michael Bilous, Consultant Pathologist and Dr Stephen Cahill, Consultant Radiologist.

This gathering of clinicians from a wide range of specialities provides an opportunity for invaluable peer discussion. It enables decisions to be made on the best treatment options, based on a collective understanding of current international literature.

"Multidisciplinary Care is a practice that is well established in the public hospital system but this collaborative team approach to patient care which we are undertaking at Norwest is a unique initiative in the private system," said Dr Kwan.

Dr Kwan further commented that, "The range of cancer care services at Norwest Private Hospital is now very extensive. Patients can have every aspect of their treatment here from start to finish including complex diagnostic techniques, major surgery and then post-operative chemotherapy. Our Multidisciplinary Team Meeting offers a smooth transition for patients throughout that whole process, to ensure we cover every aspect as a team together".

The Hills Private Hospital increase their rehabilitation focus

The Hills Private Hospital (THPH) recently opened a new Rehabilitation ward in what was previously the Intensive Care Unit of the old hospital.

The new 15 patient bed ward



The Hills Patient Room

has been developed to ensure the comfort of patients in a state of the art clinical setting.

Margaret Michell, General Manager of The Hills Private Hospital said that "The addition of the new Rehabilitation ward



The Hills Gymnasium

will ensure that we meet the ongoing community demand on rehabilitation services."

Additional gym facilities were recently added as part of the expansion process to ensure all patients' needs are catered for.

"The addition of the new rehabilitation ward will ensure that we meet the ongoing community demand"

Better mental health with music therapy

"When we speak with our participants post therapy the most common comment is how much happier they feel when they leave"

The benefits of music in therapy for people experiencing mental health issues including depression, anxiety, mood disorders, and drug and alcohol addiction have long been recognised by the mental health fraternity.

The staff and patients at The Hills Private Hospital (THPH) are testament to the benefits that music provides since the addition of the Music Therapy program in September 2013.

Music is thought to elicit more of an emotional response than language as well as enhance intelligence, mental health and boost the immune system.

The benefits of music therapy for THPH patients include improvement in mood, helping overcome feeling of anger, irritation, anxiety, fear, boredom and indifference.

Margaret Michell, General Manager of The Hills Private Hospital explains "We introduced music therapy as an additional program for our patients nearly a year ago, through our relationship with The Salvation Army and we haven't looked back. Our patients have really engaged with the therapy."

Feedback from patients who have participated in the Music Therapy sessions has been excellent. Participants are keen to attend the sessions and find it a very "non-confrontational" environment where they can express themselves.

"When we speak with our participants post therapy the most common comment is how much happier they feel when they leave," explained Margaret.

The results are in...

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Geelong Private Hospital patient receives world's smallest heart monitor

Yvonne Talbot's realised she was in trouble when she collapsed, earlier this year, fell backwards and hit her head on the kitchen tiles.

After suffering five more blackouts her doctors identified a cardiac issue but a definite diagnosis was proving difficult.

In order to understand the cause of her blackouts Yvonne's medical team decided to implant the world's smallest heart monitor into her chest to monitor her condition.

The Medtronic Reveal ICM is one-third the size of an AAA battery and monitors a patient's heart 24 hours a day for up to three years.

Yvonne said she hoped the small device would assist her doctors in reaching a diagnosis.

"I just hope we find out what's happening because it's frightening, you never know when (a blackout) is going to happen," Ms Talbot said.

"You do lose confidence in yourself because you don't know when you're going to faint. It's scary."

Dr Daryl Ridley an Electrophysiologist at Geelong Private Hospital injected the device just under Yvonne's skin, in just under a minute. The incision was tiny, less than 1cm and only required a butterfly clip to close.

Dr Ridley said the new model of cardiac monitor was making life easier for patients because it is smaller and the information can be sent to his computer wirelessly.

"What we would normally do with the old system, with the old device, is have the patient come in to the hospital and have the device checked, perhaps the next day after a blackout," he said.

"But now it's transferred through the internet in 24 hours."

"Because we are a regional centre a lot of our patients aren't necessarily from Geelong, a lot of them come from country areas. I think it's a big benefit as well because they don't have to travel 50 or 100km to get to a centre to download the information."

Newcastle Private Hospital Nurse wins Excellence Award

Newcastle Private Hospital Clinical Nurse Consultant Jill Fairhall was recognised with an award for excellence as a Stomal Therapy Nurse as part of International Nurses' and Midwives' Day celebrations at Newcastle Private Hospital on Monday, 12 May.

Jill, who has been with Newcastle Private Hospital since 2005 has been widely acknowledged by patients and their families for her compassion and excellent communication skills in her provision of service to those experiencing the challenges of managing stomas.

Barbara Durrant, Newcastle Private Hospital's Director of Nursing says Jill is a worthy recipient of the award.

"Jill attends and gives lectures, supports patients at home, teaches staff and students as well as providing excellent



Jill Fairhall and Barbara Durrant

service to the patients of Newcastle Private Hospital."

"Her dedication to supporting and encouraging both graduate, and more experienced nurses is highly valued and appreciated by the entire Nursing Service and Medical Staff," says Ms Durrant.

"This award recognises Jill's professionalism, commitment

and excellence," said Newcastle Private Hospital's General Manager, Michael Mitchell.

"We are proud to have a wonderful team of passionate nursing and midwifery staff here at the hospital and we were pleased to be able to acknowledge them on International Nurses' Day.

April Falls Day

Promoting the importance of prevention

The first of April has been celebrated since the mid-19th century as April Fool's Day. A day when the unwitting are either delighted or horrified by participants that take delight in a good gag or practical joke.

April Falls Day, not to be confused with the aforementioned Fool's Day, is also celebrated on the first of April and is a day that focusses on the promotion of key falls prevention messages in hospitals and residential aged care facilities.

The prevention of patient falls is an important area of focus for Healthscope hospitals. Recognising that falls generally occur with patients who are in a weakened state post-surgery or patients who are in a confused state due to medical issues, providing key information on how to prevent a fall is critical.

The Falls Prevention Cluster, supported by their chairperson Rayleen Formosa, agreed at their

February forum to participate in the day and to develop a range of promotional tools including t-shirts and decorations for the hospitals taking part.

A number of Healthscope hospitals undertook promotion of the April Falls Day message to ensure their patients and visitors understood key prevention messages.

Geelong Private Hospital designed a targeted campaign that would help actively reduce the number of falls by elderly patients.

The Geelong Private campaign included providing brochures on falls prevention to patients with their breakfast as well as the use of education posters in highly trafficked areas of the hospital to generate awareness and recognition.

The physiotherapists and allied health professionals also provided individual and group based learning sessions for patients that were extremely successful.

The Darwin Private Hospital team recognised that the best way to target their audience was with face to face communication so they set up a stall at the front of the hospital to provide brochures and information to all visitors and patients who entered.

The stall linked personal patient meet and greets from the rehabilitation team ensuring that it was not just the patients receiving the falls prevention messages but their families as well.

Prince of Wales Private undertook their second April Falls Day and this year focussed on providing targeted information to key demographics such as patients at high risk of falls, patients who had previously suffered a fall as well as maternity patients.

Each of the key demographics were provided with information suited to their exact need whilst all other patients were provided with general falls prevention brochures.

All staff were provided with badges to wear to encourage patients, family, carers and the general public to ask about falls prevention strategies.

Taking the falls prevention message to the broader community, Lady Davidson Private Hospital established a display stall at the St Ives Shopping Centre providing balloons and brochures on the falls prevention programs conducted as part of their day therapy programs.

The staff at North Eastern Rehabilitation Centre focussed on a technological advanced way of teaching patients about the importance of balance in falls – they developed a program utilising their Wii Fit. Much fun and learning was had by all participants.

Dorset Rehabilitation Centre provided their patients with fortune cookies and fruit that carried key falls prevention messages on them. Staff also wore t-shirts that had a question mark along with the words 'ask me' on the front and on the back 'Don't be an April faller' to elicit response from patients and visitors.

"The falls prevention message is a positive focus at Healthscope hospitals and was successfully and enjoyably promoted by staff on the first of April," said Rayleen.

At Healthscope hospitals we document and investigate every fall and take action to reduce the number of falls that occur and the information is then benchmarked against industry rate and included on www.myhealthscope.com.au



This graph shows the number of falls in Healthscope hospitals for the past five years, compared with the industry rate. Falls are presented as a percentage of patient days – allowing us to compare Healthscope hospitals with other hospitals of a different size. Patients in Healthscope hospitals on average have a lower rate of falls than those in other hospitals.



Geelong Private staff with a patient



Lady Davidson's April Falls Day stall



A staff member with Falls Prevention cupcakes



The Prince of Wales Private Falls Prevention team

Raising awareness of Australia's world class pathology service

Know Pathology Know Healthcare is a Healthscope supported initiative that raises the public profile of Australian pathology services.

Seventy per cent of medical treatment decisions and 100% of all cancer diagnoses rely on pathology results and the Australian pathology experience is world class. Yet to many people this medical discipline remains a mystery.

Through personal stories from those working behind the scenes, doctors and patients, *Know Pathology Know Healthcare* shows how pathology services improve the healthcare of all Australians.

The public launch of *Know Pathology Know Healthcare* took place on 16 June with a HbA1c diabetes screening day for more than 50 politicians and staff in Australian Parliament House, Canberra.

Olympic gold medallist and former Australian of the Year Cathy Freeman OAM hosted the

event and told participants why she relies on pathology to help manage her Type 2 Diabetes.

The event proved a huge success, with one participant reporting back how extremely grateful they were for being alerted to pre-diabetes. This knowledge now gives them the power to make changes to their diet and exercise regimes that may delay or prevent the onset of Type 2 diabetes. A number of politicians also requested the chance to tour laboratories in their electorates.

Healthscope Pathology's Chief Operating Officer Anoop Singh and National Administration Manager Ann Taylor attended the event launch where Cathy Freeman OAM spoke passionately.

"It was such a shock when I was diagnosed with Type 2 diabetes. I'm a former elite athlete who is still active and I had no symptoms- I thought I was invincible. A blood test during a routine check-up first identified it. I now rely on pathology to give my doctors the answers



Cathy Freeman and Anoop Singh

they need to manage my diabetes, check for long-term complications and lead a life." Cathy Freeman.

Cathy also spoke about her recent tour of a pathology laboratory, "I had no idea how big these labs are! There are so many people working behind the scenes, it was amazing to see them and all the technologies they use. It's comforting to know that so much skill backs up my healthcare."

Ann Taylor said of the event that it was a great eye opener for many of the politicians about the importance of pathology.

"Many of the guests in attendance remarked how much they had learnt about pathology over the course of the evening. Now they understand both the necessity of pathology and all the work that goes on behind the scenes of a simple blood test."

Pine Rivers Private Hospital GP conference

Pine Rivers Private Hospital recently held their second General Practice conference on the 1-2 June at Sanctuary Cove Resort.

This year's conference focussed on Psychiatry in General Practice with 15 Psychiatrists from Pine Rivers presenting on various subjects to an audience of 95 General Practitioners from all over Queensland.

Dr Tom George, Pine Rivers Private Hospital Director of Psychiatry, designed an interactive

program including lectures, workshops and a debate that ensured that the delegates were educated and entertained.

One of the highlights of the conference was the GP dinner where the new Mental Health Foundation, Queensland branch was launched by Queensland Minister for Health, the Hon Lawrence Springborg MP.

Andrew Cashion, General Manager of Pine Rivers Private Hospital said that "The GP dinner provided the perfect opportunity

to introduce the new Mental Health Foundation to a large and highly engaged audience."

Professor Graham Burrows, Founder of the Mental Health Foundation was the special guest speaker of the night and spoke about the foundations commitment to setting up a website for supporting peri natal mental health.

"This year's conference was another success. Our delegates came away engaged and looking forward to next year," said Andrew.



Delegates at the General Practice conference



The Hon Lawrence Springborg MP and the Mental Health Foundation team

First in multidimensional surgical imaging at Sydney Southwest Private Hospital

Sydney Southwest Private Hospital recently made an investment in a state-of-the-art piece of equipment that will benefit patients receiving spinal surgical procedures including cervical spine, minimally-invasive and open lumbar and thoracic spine cases.

Michelle Stares, General Manager of Sydney Southwest explains “Neurosurgery makes up a large percentage of our surgical work. The introduction of the Medtronic O-ARMTM Multidimensional Surgical Imaging System system has provided our surgeons with the opportunity to view multiple image perspectives during an operation.”

The system provides a 360 degree scan and also has the capability to acquire 3D images of the patient both pre and post-surgery, which not only improves accuracy but also reduces the number of patients that need to be returned to surgery.

“The feedback from our surgeons has been positive as they have been able to receive real-time information on the patients mid surgery. Previously this information was only available with a pre and post-operative CT scan outside of the operating theatre and doctors were not able to bring the higher acuity cases here to Sydney Southwest Private Hospital,” said Michelle.

The benefits have not only been seen by the surgeons, but also the patients.

In making the decision to purchase the system there were a number of key deliverables



The Medtronic

that the system needed to meet including providing additional pre and post-operative CT scanning which would reduce radiation exposure to the patients as well as providing the patient, where possible, with a faster recovery time allowing them to get back to their daily activities quicker.

“What we wanted to ensure was that the investment in this technology would provide us with benefits for both the patient and surgeon above and beyond what can be delivered in a traditional surgical setting. So far we have had great feedback from our patients and surgeons,” explained Michelle.



Surgeons in action

Schema Focused Therapy at The Victoria Clinic

The Victoria Clinic has recently introduced Group Schema Therapy as an intervention for people who have lifelong emotional difficulties.

A schema can be described as a core theme or pattern that develops during childhood or adolescence and gets repeated throughout life.

Dr Rita Younan, Senior Psychologist at The Victoria Clinic explains, “These core themes can be problematic as they can impact relationships, self-esteem and a person’s ability to cope with stress and problems. An example of a core theme is being fearful about trusting relationships or having chronic low moods.”

Schema Therapy was originally developed to treat people who have a diagnosis of a personality disorder or long-term emotional and psychological problems.

“Schema Therapy has produced very promising results for

individuals who suffer from Borderline, Narcissistic and Antisocial Personality Disorders for example. The results of this research have found, not only that individuals have a reduction in symptoms but, also reported a better quality of life.”

“In one study on Group Schema Therapy for Borderline Personality Disorder participants no longer met the diagnosis of disorder after a six month follow up. Schema Therapy has also been found effective for individuals who do not respond to anti-depressant medication,” said Rita.

Given the promising findings The Victoria Clinic has implemented this therapeutic approach as part of their treatment program.

The program is run as part of inpatient and outpatient services. The inpatient program is a four week intensive program aimed at treating individuals with a history of complex trauma.

“Patients are involved in a daily group program aimed at developing skills to understand problematic core themes and break unhelpful patterns of coping. Patients are provided with group and individual therapy during their stay and are involved in setting goals for their four week stay,” explains Rita.

The inpatient program is especially useful for individuals who have to travel some distance to access the group program or for others who want a safe and supportive environment to process past difficulties in an intensive manner.

The group program is also offered twice a week for outpatients.

The Group Schema program, run by Dr Matt Cottrell, Dr Rita Younan and Ms Jade Russo, is in the process of obtaining accreditation from the International Institute of Schema Focused Therapy for the treatment it provides.

All staff involved in the delivery of this program have undergone extensive training in Schema Therapy.

An inside look at the career of:

Tony Landgren, Medical Director and Chief Pathologist, Healthscope Pathology



“Choose a job that you love and you will never have to work a day in your life.”

Confucius.

With a view to a future career as a surgeon Tony Landgren commenced his medical training at Melbourne University in 1977.

Mid-way through his surgical training the call to a career in pathology was strong enough to see him change courses.

Tony explains, “I knew I wanted to study pathology but I was unsure of what field to focus on so started with two years of general pathology and followed this up with training in anatomical pathology.”

While training at the Royal Melbourne Hospital, Tony identified that law and forensic pathology were areas of definite interest so he completed a law degree at Melbourne University and transferred his training to the Victoria Institute of Forensic Medicine, completing his studies in 1988.

For the next four years Tony worked in forensic pathology undertaking over 7,000 autopsies and assisting Victoria Police with over 150 murder investigations, whilst also providing human diagnostic pathology services.

He then joined a Melbourne law firm as an articled clerk and after being admitted as a Barrister and Solicitor of the Supreme Court of Victoria, Tony spent the next eight years working in private practice as a solicitor and as a health service manager with the Sisters of Mercy in Far North Queensland.

During his time in Far North Queensland with his family of seven, Tony also worked at James Cook University lecturing in pathology and developing the curriculum for pathology in the new medical course.

The secondment proved to be a life confirming time for Tony as it provided the realisation that the allure of diagnostic pathology was still strong and the call to the profession was just as loud as that in his earlier years.

As Tony puts it “he wanted less law and more pathology.”

Returning to Melbourne in 2000, Tony took a three month contract at the Royal Melbourne Hospital and 14 years later he is still there in the position of Head of the Department of Anatomical Pathology.

Wanting a balance between public and private practice Tony spent three years in private practice with Dorevitch before moving to Healthscope in 2010.

In his role as Medical Director and Chief Pathologist Tony is responsible for ensuring the quality of diagnostic testing is of the highest standards and meets all regulatory requirements – a job that, given the ever changing pathology landscape, requires a high amount of skill and industry knowledge.

When asked to define his time at Healthscope, without hesitation Tony spoke of his passion for pathology practice and the opportunity to train the pathologists of the future.

“When I started at Healthscope in 2010, we did not train pathologists. Now we have 15 registrars, the highest number in the private sector. This has also provided us with the ability to promote from within our own team, something we had not been previously able to do,” explains Tony.

Anoop Singh, Chief Operating Officer of Healthscope Pathology explains that a key element of Tony’s role is to undertake training and development of pathology staff.

“Tony’s extensive knowledge and experience in the pathology industry has provided us the opportunity to invest in developing our highly skilled team - which has been necessary to support the growth of the Healthscope Pathology business both on a local and global level,” said Anoop.

Tony also has a strong commitment to industry boards and regulatory bodies.

Seven years ago he was appointed as the Chair the Board of Censors of the Royal College of Pathologists of Australasia, where he is responsible for the training programs in all pathology disciplines, conduct of examinations, assessment of overseas trained specialists and laboratory accreditation for training.

Tony is a Fellow of Australasian College of Legal Medicine, a Member of the Royal Australasian College of Medical Administrators, Chair of the Healthscope Pathology Quality Committee, Chair of the Healthscope Transfusion Committee as well as being a member of the Federal Transfusion and Medical Workforce Committees. He is a Director of the Royal College of Pathologists of Australasia and Quality Assurance Programs (RCPA QAP) and a Board member of the Victorian Cancer Biobank.

He has academic appointments at Melbourne University. He teaches undergraduate pathology and is a principal investigator in a large National Health and Medical Research Council grant supported cancer translational research project.

When asked how he fits it all in Tony is the first to admit that he doesn’t sleep a great deal and has learnt to balance his family, travel, sailing and golf with a busy professional life.

Star Spot

Cathy Baker
Practice Manager –
St Andrews Medical Group



Cathy Baker

What is your current role at Healthscope?

Day to day management of a large medical centre in the outer Eastern suburbs of Perth.

How long have you worked in the job?

27 years, 13 years as practice manager.

What do you like most about it?

General practice is constantly evolving and every day I am presented with a new scenario.

What kind of services does your workplace provide?

St Andrews provides up to date family healthcare, chronic disease management, occupational health services, visiting dietician, Molescan and pathology services next door.

What is the most interesting or unusual thing about it?

Originally established more than 80 years ago, St Andrews Medical Group has a long history of providing medical care to the people of Midland and surrounding area. We have been providing medical care to generation of families in our area.

How many people work there and what do they do?

14 GPs, 10 Nurses and nine receptionists.

What's the one question you get asked the most at work?

How do I.....?

What's your coffee and where do you get it?

Fiori Coffee - from Kitchen Warehouse (they have a rewards program!) but my coffee machine broke recently and I'm a little depressed about it.

What are your facility's opening hours?

Monday to Saturday 8am – 6pm.

Microbes Worth Sharing:

Understanding Faecal Microbiota Transplantation

As medical science begins to appreciate the important link between human gut bacteria and optimal human health, an innovative treatment for sufferers of bowel and related gastrointestinal (GI) diseases is now available for Australian patients.

Known as Faecal Microbiota Transplantation (FMT), this medical procedure involves the transfer of a faecal suspension from a healthy human donor to the GI tract of a diseased person via colonoscopy or enema.

Re-establishing the body's natural composition and balance of healthy gut flora via FMT can help reverse and heal GI dysbiosis caused by conditions such as Clostridium difficile infection (CDI), ulcerative colitis, Crohn's disease, irritable bowel syndrome and constipation.

John Fawcner Private Hospital's specialist gastroenterologist

and consulting physician, Dr Nathan Connelly uses FMT to treat patient's suffering from relapsing CDI.

Dr Connelly explains, "We recently started offering FMT therapy in an attempt to help people with CDI get their life back. This disease can disable and immobilise patients. It can really take a toll on a person."

Dr Connelly along with his specialist team conducted their first FMT on a patient at John Fawner Private Hospital last year. The procedure was a great success and turned the patient's life around.

"Because we are a patient-focussed centre, we're always looking for new ways to advance our patient care. Innovative treatments, such as FMT, can dramatically improve the lives of our patients – giving them back their freedom and independence", says Dr Connelly.



The FMT Team

FMT holds significant promise, however controlled clinical trials are just beginning to gather important scientific evidence to validate FMT as an effective therapy.

Individuals with gastrointestinal concerns are encouraged to visit a specialist clinic that performs FMT for up-to-date advice on whether FMT is a viable treatment option.

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