



Healthscope

the Pulse

Private Health Magazine
Spring 2013

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Hospital hosts wedding



Queensland NUM
develops time
management app



Norwest Catheter
Laboratory in First
Complex Coronary
Intervention Workshop



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Healthscope Head Office: 312 St Kilda Road, Melbourne, Vic 3004

Edited by Kellie Furey, Healthscope.

Tel: +61 3 9926 7500 www.healthscope.com.au

Design and art direction by Utility Creative, Melbourne.

Advertising enquiries: Tel: +61 3 9419 9911



Cassie and Noah Douglas

Young Noah sleeps easy thanks to Brisbane Private Hospital Specialist

An operation at Brisbane Private Hospital has saved a seven year old boy from sleep apnoea and chronic tiredness, with the youngster's parents thrilled to "have their little boy back".

When seven year old Noah Douglas from Hervey Bay became restless and tired a couple of years ago his parents Graham and Cassie struggled to find the cause.

"He just wasn't himself," said Noah's mum, Cassie Douglas.

"Noah has always been an active kid, playing footy and running around with his brothers, but when these problems started he ran out of energy very quickly and was often grumpy and lethargic," said Mrs Douglas.

"He wasn't settling in his sleep, would be up really early and then tired again by mid-morning. He also lost his appetite and would eat very little," she said.

"Teachers were worried he was falling behind in this school work because he just couldn't settle

in class and was finding it hard to concentrate," she said.

A Hervey Bay General Practitioner referred Noah to Brisbane Ear, Nose and Throat Specialist Dr Russell Bird, who was visiting the local Primary Health Care Service through the Urban Specialist Outreach Program (USOAP).

USOAP is a program run by General Practice Queensland which sends medical specialists to visit Aboriginal and Torres Strait Islander people in urban locations.

AS a USOAP volunteer Dr Bird spends one day a month in Hervey Bay seeing Indigenous children. It is through this work that he met Noah.

Mrs Douglas said Dr Bird diagnosed Noah's condition almost instantly.

"It was like he was reading our minds," said Mrs Douglas.

"He asked all the right questions and predicted certain behaviours like Noah being first at the dinner table and last to leave," she said.

"Noah is a lovely little boy who has been struggling to cope because of severe and chronic tiredness"

"It was incredible and such a relief to know we were with someone who understood our concerns and knew what to do about it," she said.

Dr Bird said Noah's condition was serious and that the only cure was surgical removal of his tonsils and adenoids.

"Noah is a lovely little boy who has been struggling to cope because of severe and chronic tiredness," Dr Bird said.

"He was born prematurely which resulted in intellectual impairment that has been confounded by his condition," he said.

“The cause of his tiredness was very large tonsils and adenoids which were impairing his airway during sleep and causing Noah to suffer from sleep,” he said.

Noah’s obstruction had reached the point where he was ceasing to breath in his sleep which is potentially dangerous.

“During sleep, Noah’s brain was not receiving enough oxygen and as a result, symptoms included loud snoring, restlessness, frequent apnoea episodes, tired and cranky each morning, trouble coping at kindergarten and school due to tiredness and difficulty eating solids because his tonsils and adenoids were large enough to block the food passage,” said Dr Bird.

“The only cure was surgical removal of tonsils and adenoids and Noah was in urgent need of help so we didn’t want him waiting in the public system,” he said.

Dr Bird, anaesthetist Dr John Lodge and Brisbane Private Hospital covered all costs associated with Noah’s treatment.

Mrs Douglas said the surgery has saved her son and family from a very tough time.

“Noah has improved out of sight and it has been a huge relief for our entire family as we were all suffering through Noah’s condition,” said Mrs Douglas.

“We are so grateful to all involved and really happy to finally have everything back to normal,” she said.

Dr Bird also travels to remote sites in Queensland and the Torres Strait to treat Indigenous people, often children with ear disease, as a member of the Deadly Ears team.

Deadly Ears is a Queensland Government funded organisation which makes approximately 20 trips to outback Queensland each year, offering medical, surgical and educational help to Indigenous communities.

Dr Bird offers a full range of ear, nose and throat services from his consulting rooms at Brisbane Private Hospital.

Dr Russell Bird consults at Watkins Medical Centre, Brisbane Private Hospital.

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Healthscope funds research into melanoma

Healthscope will fund a PhD scholarship at Griffith University for research into melanoma.

The research program, co-funded by Healthscope and the Institute for Glycomics, will involve the development of new drugs especially created to target melanoma cells.

Director of Griffith's Institute for Glycomics, Professor Mark von Itzstein said the scholarship would allow the hunt for improved drug treatments to be intensified.

"We are delighted by this partnership in world-leading drug discovery research," Professor von Itzstein said.

"It will enable us to accelerate our efforts in the discovery of new drug candidates for the treatment of melanoma," he said.

A similar approach was successful in the discovery of the world's first flu drug, Relenza.

Professor von Itzstein led the research group responsible for identifying Relenza, which has



been approved for the treatment of influenza worldwide.

The melanoma research program will involve screening patient tissue samples to identify new drug targets.

"Melanoma samples will be collected from consenting Allamanda Private Hospital cancer patients," Professor von Itzstein said.

"The Institute will appoint a tissue bank curator who will develop cell lines from these samples for testing, to see if we can find a weakness in the melanoma cell which could make it more vulnerable to treatment," he said.

"We will draw on the Institute's unique screening library of 350 mammalianglycans in this search for new 'carbohydrate specific' drug targets," he said.

"Griffith University produces the doctors and nurses of tomorrow and, by funding research, we can ensure they not only educate new medical staff, but continue to play an active role in important medical developments," said Allamanda Private Hospital General Manager, David Harper.

"The Gold Coast is home to world renowned medical researchers who have made influential discoveries and we want to help them continue this crucial work," said David.

“With Healthscope’s Gold Coast Private Hospital set to become a major part of the Griffith Health and Knowledge Precinct, we also want to be an active partner in this area, not only providing healthcare but contributing to the future of medicine,” he said.

Based at Griffith University’s Gold Coast Campus, research at the Institute for Glycomics involves the study of the carbohydrates and carbohydrate-recognising proteins in various biological systems, and the design of novel drugs and vaccines to treat or prevent clinically important diseases.

The Glycomics Institute is the only one of its kind in Australia and one of only six in the world.

“Forging this research relationship in advance of Healthscope’s new Gold Coast Private Hospital, co-located alongside Griffith University and the Institute for Glycomics, means that private hospital clinicians can directly contribute to discovering new treatments for cancers such as melanoma, and the potential for taking these discoveries into early-stage human clinical trials,” Professor von Itzstein said.

“We are very excited by this extraordinary partnership,” he said.

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Embracing innovation in healthcare

Healthcare is often at the forefront of innovation and technological advancements.

In this edition of *The Pulse*, we highlight some of the ways Healthscope is working with surgeons to ensure that our equipment, facilities, services and technology provide the best outcomes for our patients.

John Fawkner Private Hospital recently became the first hospital in the Asia-Pacific to perform life-saving brain surgery using the Brainlab Kick™ Navigation System with advanced technology to reduce surgical invasiveness.

Healthscope hospitals in Queensland are supporting vital research, working in partnership with Griffith University and Tasman Oncology on separate projects to improve the treatments available to cancer patients.

Norwest Private Hospital recently held a specialist workshop on complex coronary procedures, led by two highly skilled interventional cardiologists demonstrating and sharing their valuable experience with a group of surgeons.

Each year as part of our budgetary process, Healthscope business units submit a capital expenditure request for the coming year.

In addition to routine and maintenance capital, the Healthscope corporate office provides an innovation fund of \$10 million per annum.

All business units are encouraged to access this additional capital with the intent of fostering innovation across our business.



Robert Cooke

This edition of *The Pulse* features the innovations of two Healthscope employees whose initiative has driven service improvements using mobile technology.

In early September, 200 of our business leaders attended the Healthscope Leadership Conference in Queensland.

The conference provided an opportunity for our leaders to share best practice and feature their innovation projects.

“ By partnering with preferred suppliers, we gain early access to innovation and further strengthen our relationship ”

Particular highlights were the Five in Five presentations, where members of our quality, procurement, finance, payroll and human resource teams shared their insights and a range of inspiring projects.

Several major equipment suppliers were also invited to provide demonstrations of their cutting edge products as part of the event.

By partnering with preferred suppliers, we gain early access to innovation and further strengthen our relationship.

It is the strength of our relationships and our ability to embrace innovation that enables Healthscope to provide a high standard of patient care.

Robert Cooke
Managing Director and
Executive Chairman

Advertise in *thePulse*

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.

The Pulse also enjoys a captive audience finding its way into the waiting rooms of every Healthscope hospital, medical centre and pathology collection centre in Australia and internationally across more than 350 locations.

To advertise in a publication with unrivaled access to Healthscope decision-makers and staff, call Reuben Trusler on +61 3 9419 9911.



Labtests Auckland acquires Diagnostic Medlab clinical pathology business in New Zealand

Labtests Auckland has entered into an agreement to acquire the clinical pathology business of Diagnostic Medlab (DML) from Sonic Healthcare.

Labtests will take over DML's clinical pathology and collection service operations, bringing numerous benefits for patients and medical practitioners.

"This acquisition further strengthens Healthscope's presence in the New Zealand pathology market, and demonstrates our ongoing commitment to improving outcomes for patients, the medical community and the District Health Boards in the greater Auckland region," said Robert Cooke, Healthscope Managing Director.

General Manager of Labtests, Don Mikkelsen and Healthscope Pathology New Zealand Chief Financial Officer, Bruce Collis led the Labtests team in the acquisition.

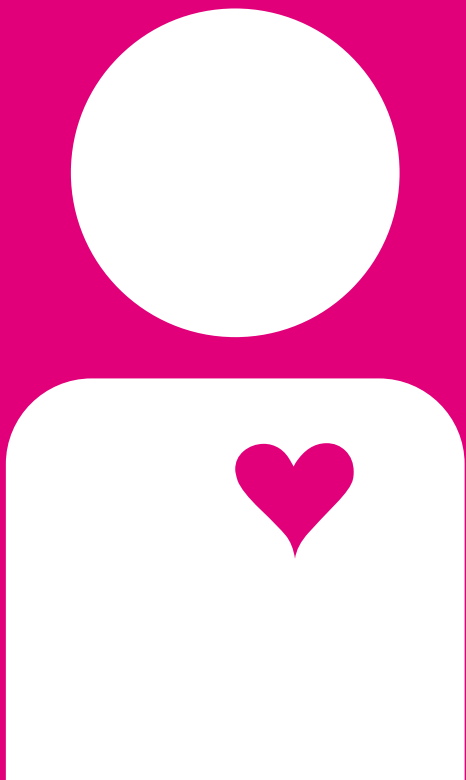
Labtests and DML worked collectively with metro Auckland District Health Boards (ADHB) to plan service delivery arrangements for community-referred laboratory services to meet the future needs of patients, practitioners and the workforce.

Dr Margaret Wilsher, ADHB Chief Medical Officer is Chair of the committee overseeing the transition of community-referred laboratory services.

Dr Wilsher said patients and referrers should benefit from improved access to laboratory services and reduced duplication of clinical pathology operations.



L-R Karen Burnet, Wayne Dawn, Geniene Cantin, Don Mikkelsen, Gerard Keenan, Richard Lloyd, Gale Weiland, Lisa Aspin, Bruce Collis, Linda Hart



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to **health care**
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“ This acquisition further strengthens Healthscope’s presence in the New Zealand pathology market, and demonstrates our ongoing commitment to improving outcomes for patients ”

“This transition will reduce duplication of services and enable continuing investment in quality services for patients and the medical community. We have a valued workforce and are working hard to ensure staff retention,” said Dr Wilsher.

The acquisition is expected to complete on 14th October 2013. Transition of the services will then take place over an eight week period.

From 28th October 2013, Labtests will operate collection centres for the entire Auckland region, improving patient access and reducing duplication.

“All patients, regardless of their referrer, will be able to attend any collection centre in Auckland from late October,” said Don Mikkelsen.

Plans are in place to recruit DML personnel to ensure capacity is in place to accommodate the increased workload.

Labtests will also take over some existing DML collection centres to increase the total number of centres in its collection network.

Histology services currently undertaken by DML and Labtests are not affected by the acquisition and will be transferred to Auckland DHB’s LabPLUS

management prior to October 2014 as already planned.

Labtests and DML will engage with patients, referrers and medical practices to ensure that all parties are well prepared and understand how the transition will impact them.

www.labtests.co.nz

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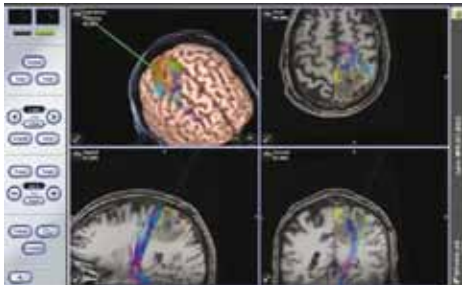


Craniotomy a first for John Fawkner Private Hospital

John Fawkner Private Hospital performed its first craniotomy in July, becoming the first hospital in the Asia-Pacific region to use the Brainlab Kick™ Navigation System.

Craniotomy is the latest addition to John Fawkner Private Hospital's growing neurosurgery service.

Neurosurgeon Damien Tange has played a pivotal role in developing spinal and cranial surgery at John Fawkner Private Hospital.



Neuronavigation using the Brainlab Kick® Navigation System

“Following the success and growth in our spinal service, and growth in the number of neurosurgeons operating at John Fawkner Private Hospital, it is a natural progression to develop cranial surgery to meet the needs of the local community,” said Mr Tange.

“In fact, the hospital has already treated neurosurgery patients living as far away as Wagga Wagga and King Island,” he said.

The first craniotomy was performed a few weeks earlier than expected when a patient attended John Fawkner Private Hospital's Emergency Department with symptoms of what was thought to be a stroke.

Within two hours, the patient was diagnosed with a brain haemorrhage after undergoing a series of diagnostic tests.

Consultant Neurosurgeon Nicholas Maartens operated a few hours later using the Kick™ Navigation System.

“It is important to have accurate navigation and a proper operating microscope for brain surgery,” said Mr Maartens.

“John Fawkner Private Hospital is the first hospital in Australia to purchase a state-of-the-art Brainlab Kick™ Navigation System and this was the first time it was used. It is the most accurate system that I have ever used,” he said.

Digital patient data, including brain scans, is uploaded to Kick™ in the Operating Theatre, helping surgeons identify the right approach even before making an incision.



Neurosurgery theatre staff from John Fawkner Private Hospital (back L-R) Chris McCormick, Anthony Balcombe, Rebecca Petz, Deb Dwyer, Danielle Jones, Annette Robson, Carolyn Conti, Stephen Pagotto, (front L-R) Karen Yarwood, Ronelle Kok, Shona Cranston, Mr Damien Tange, Jocelyn Grech, Dr Kylie Petschel

Since neuronavigation tracks instruments in real-time, surgeons are provided with increased visual guidance, helping to reduce surgical invasiveness.

John Fawkner Private Hospital identified a growing need for neurosurgery back in 2009.

“Market research indicates that demand for high quality neurosurgery in the northern suburbs of Melbourne is likely to increase by almost 35 per cent over the next five years and almost 70 per cent within the next ten years,” said Kieron Martin, John Fawkner Private Hospital General Manager.

www.johnfawknerprivatehospital.com.au

The Sydney Clinic commended in Mental Health *Matters* Awards

The Sydney Clinic received a certificate of commendation in the 2013 Mental Health *Matters* Awards for Excellence in Service or Program Delivery.

The Mental Health *Matters* Awards recognise the achievements of individuals and organisations that work to improve understanding, awareness, service provision and the general mental health of communities in NSW.

The Excellence in Service or Program Delivery Award category focuses on innovative programs or initiatives that enhance the quality of life and wellbeing of people with a mental illness.

The Sydney Clinic was commended for its efforts to increase consumer participation in service delivery, in line with the National Safety and Quality Health Service Standards (NSQHSS) introduced on 1st January 2013.

With input from consumers and staff, The Sydney Clinic introduced initiatives to improve information flow, communication, and encourage greater consumer involvement in quality, complaint management and evaluation of clinic services.

Consumer Consultant Alvina Hill assisted with implementation of the initiatives, working closely with Director of Clinical Services, Theresa Saint.

The initiatives were designed to enhance the experience of patients during admission, ongoing support after discharge and effective feedback processes.

An Orientation Checklist and Housekeeping Guide were created to help patients understand requirements and guidelines during their hospital admission.

Additionally a special dietary form was developed in consultation with consumers to help food services meet health requirements and cultural needs of patients from diverse religious and ethnic backgrounds.

“We identified that feedback about catering was a core interest for consumers,” said Elma Fourie, General Manager of The Sydney Clinic.

“Although patients can provide written feedback, Consumer Consultant Alvina regularly receives anecdotal feedback from patients about the menu,” said Elma.

A catering form was subsequently developed to allow Alvina to report anecdotal comments during quality meetings, ensuring feedback is passed onto the chef.

“The Sydney Clinic was commended for its efforts to increase consumer participation in service delivery, in line with the National Safety and Quality Health Service Standards ”

Patients were asked to provide feedback on the quality and format of patient meetings, and share their concerns or suggestions for improvement.

Special meetings were also organised to inform patients on topics including the NSQHSS, discharge planning, the Quality Committee and catering.

Alvina organised an in-service program for staff to discuss the purpose and goals of her role and refresh complaint management skills.

“The in-service emphasised the importance of working with consumers to resolve issues and achieve effective and sensitive resolution of complaints,” said Elma.

New resources were developed for use at discharge including a Consumer Resource Booklet to provide patients with information on support services and programs available in the local area.

“Understanding that older patients are often reluctant to complain and choose not to complete surveys, a Discharge Survey was developed specifically for patients aged over 55,” said Elma.

“The Sydney Clinic is keen to encourage feedback and ensure any concerns of our older patients do not go unrecognised or unrecorded,” she said.

A complaints database was also created, providing a formal mechanism for acknowledging complaints, recording the action taken and resolution.

Recognising the importance of familial support to ongoing mental health, Alvina and Allied Health Manager Rosemary Clancy investigated opportunities to support the families and carers of patients.

Resulting initiatives included a consumer focus group which identified potential resources for carers, establishment of a carer survey and Consumer-Carer Liaison Group.

There are also plans under consideration for ongoing coffee groups and seminars on topics that may be helpful to carers and family members.

The certificate of commendation was presented to The Sydney Clinic on 1st October at an awards ceremony marking the start of Mental Health Month in New South Wales.

www.thesydneyclinic.com.au

Knox Private Hospital announces proposed redevelopment

Healthscope Managing Director Robert Cooke and Alan Tudge MP, Federal Member for the Aston electorate, announced the proposed redevelopment of Knox Private Hospital in August.

“I’m excited to announce these plans by Knox Private Hospital that will make it the second largest private hospital in the state,” Mr Tudge said.

“This is a big win for the Knox area with over 750 jobs created in its construction stage and a further 1,000 healthcare positions created,” he said.

“This will deliver a big boost to medical services for all residents and is very much needed for our growing population. This will increase the capacity of the hospital from 310 licensed patient beds to 535 beds,” he said.

The proposed redevelopment necessitated out of demand from the expanding population in the eastern and south eastern suburbs of Melbourne.

“Knox Private Hospital is the epicentre for one-third of the population of Melbourne and it is projected that over the next ten years the population in this growth corridor will nearly double,” said Healthscope Hospital State Manager, Andrew Currie.

“Located between five major arterial road systems, Knox Private Hospital is able to service the greater eastern suburb community and well beyond,” Andrew said.

“Recognising that the growth in population will place further demand on support facilities, part of Knox’s proposal is to upgrade to a new Emergency Department and Short Stay Unit as well as creating an additional four Operating Theatres for surgeries,” he said.

By upgrading support services, Knox Private Hospital will have the capability to treat more patients in the Emergency Department and if required admit them as an inpatient for further care.



L-R Andrew Currie (State Manager Healthscope Hospitals), Alan Tudge MP, Maree Wilson (Director of Nursing), Robert Cooke (Healthscope Managing Director), Justin Greenwell (Knox Private Hospital Deputy General Manager)

“Knox Private Hospital has a great reputation in the community and these plans will mean that those who seek a private hospital can continue to rely on its services well into the future,” said Knox Private Hospital Acting General Manager, Justin Greenwell.

“The proposed redevelopment plan will have a direct flow on effect by increasing the size of our team. Currently we have 1,300 staff that work across all areas of the hospital,” said Justin.

“Moving forward it is forecasted that there will be a further 1,000 Healthcare positions created in a full time, part time and casual capacity,” he said.



L-R: Dr Raja Barua (Emergency Department Physician), Mr Alan Tudge MP, Dr Barry Chan (Emergency Department Physician)

“Presently we have near on 1,000 visiting medical specialists who practice with us. With the increase in patient beds and theatres, we will be able to offer a further 400 specialist doctors the opportunity

to treat their patients at Knox Private Hospital,” he said.

“The redevelopment itself will require in excess of 750 construction work positions for an estimated period of four years,” he said.

Stage one of the proposal is scheduled for commencement in the next 12 months at a cost of \$65 million dollars.

The subsequent two stages of development are each estimated at a further \$60 million dollars.

www.knoxprivatehospital.com.au



Knox Private Hospital

First Complex Coronary Intervention Workshop at Norwest Private Hospital

Norwest Private Hospital Interventional Cardiologist Dr Athula Gunasekara was joined by internationally renowned CTO Interventionalist Professor Scott Harding for a complex coronary procedures workshop in July.

The workshop focused on treatment for Percutaneous Coronary Intervention and Chronic Total Occlusion (CTO).

CTO is the complete blockage of coronary arteries resulting in significant decrease in blood flow.

Treatment includes medical therapy, bypass and angioplasty.

Specialists performing angioplasty for CTO require higher skill levels and extensive catheter laboratory experience.

Dr Gunasekara specialises in Complex Coronary Intervention, Peripheral Vascular Intervention and Percutaneous Therapy for structural and valvular heart disease.

He performs coronary angiography, coronary interventions, vascular diagnostic and interventional procedures and percutaneous therapy for structural heart disease at Norwest Private Hospital.

Dr Gunasekara developed his interest in Interventional Cardiology, endovascular procedures and structural heart disease at the prestigious



Norwest Private Hospital Cardiac Catheter Lab



Interventional Cardiologist
Dr Athula Gunasekara

Mount Sinai Cardiovascular Institute in New York under the mentorship of Dr Samin Sharma.

During the workshop, three procedures were broadcast live from the Cardiac Catheter Laboratory to the conference room, providing thirty participants a chance to interact with the surgeons in real time.

“ During the workshop, three procedures were broadcast live from the Cardiac Catheter Laboratory to the conference room, providing thirty participants a chance to interact with the surgeons in real time ”

The workshop also showcased the skills and experience of the Norwest Private Hospital Cardiac Catheter Laboratory team.

“It was one of the most professional teams I’ve had the pleasure to work with,” said Professor Harding.



CTO Interventionalist
Professor Scott Harding

Professor Harding is the Director of Cardiology Research and Interventional Cardiologist at the Wellington Regional Hospital in New Zealand. He is renowned for his work across the Asia-Pacific.

www.norwestprivatehospital.com.au

The Melbourne Clinic appoints Healthscope Chair of Psychiatry

Healthscope and the University of Melbourne have announced the appointment of Professor Chee Ng to the position Healthscope Chair of Psychiatry.

Professor Ng has been with The Melbourne Clinic's Professorial Unit, a 25-bed inpatient unit for the treatment of mood and anxiety disorders, since 1997.

He was appointed Deputy Director of the Professorial Unit in 2006. Earlier this year he took up the role of Acting Director.

During his career, Professor Ng has been appointed Director of the University of Melbourne's International Unit of Psychiatry based at St Vincent's Mental Health, Director of Asia-Australia Mental Health, Site Director of the World Health Organisation (WHO) Collaborating Centre for Mental Health and past Secretary General of the Pacific Rim College of Psychiatrists.

For over ten years he has served as an international consultant for WHO, the Commonwealth of Nations and health ministries across Asia-Pacific, as well as working on national mental health projects in China, Japan, India, Southeast Asia and the Pacific region.

"These positions reflect his expertise in clinical and academic psychiatry, global mental health system and workforce development," said General Manager of The Melbourne Clinic, Andrew McKenzie.

Professor Ng has numerous research interests including pharmacogenetics, psychopharmacology research in mood disorders and schizophrenia, cross cultural psychiatry and community mental health.

"I look forward to working closely with Chee as Director of the Professorial Unit and supporting him in the very important work that he does internationally," said Andrew.

The Healthscope Chair of Psychiatry provides academic leadership in psychiatry within the University of Melbourne Department of Psychiatry and more broadly across the University and associated institutes and hospitals.

As the Healthscope Chair of Psychiatry, Professor Ng will also continue to provide clinical services, postgraduate teaching and clinical research at The Melbourne Clinic.

www.themelbourneclinic.com.au

Healthscope Pathology delivers modern solution for doctors

Healthscope Pathology has created an easy to use application that allows doctors to view patient results on their mobile device.

“With the evolution of mobile technologies we are able to offer more accessible, tailored and flexible service solutions,” said Chris Brownlow, State Manager of Healthscope Pathology NSW.

“Our goal is to deliver confidence to doctors through convenient round the clock access to pathology results whether on the move, at home or simply out of the office,” Chris said.

The new app was developed by the Healthscope eHealth team led by Gavan Lim-Joon and extensively tested by the business and trialled by doctors.

The app has all the functionality, accessibility and flexibility of web-based test result services, and the interactivity of smart phone applications.

Healthscope Pathology has also developed a new, user-friendly online report with a fresh and modern feel designed to enhance readability for users.

With digital technology continually evolving, Healthscope Pathology will continue to develop new and convenient ways for doctors to interact with the service.

“We live in an ever increasing mobile and information rich society. This is just the beginning. Our industry and the needs of our doctors and patients are constantly evolving,” said Adrian Yap, Marketing Coordinator, Healthscope Pathology NSW.

“As we do we aim to continue approaching old problems with innovative solutions that deliver on our vision to be a recognised leader of quality private health care,” Adrian said.

The Healthscope Pathology app is available to doctors using iPhone 4, iPhone 4S, iPhone 5,



iPad, iPad 2, iPad 3 and Android devices including smartphones and tablets running v4.2 and newer.

To download the app, search for Healthscope on the iTunes AppStore or Google Play Store. Doctors can login with existing Specialist Viewer username and password or register as a new user at specialists.healthscopepathology.com.au/mobile/

Queensland NUM develops time management app for nurses

Peninsula Private Hospital Nurse Unit Manager Nikki Stuart has developed a mobile phone application to help nurses better manage their time.

Nikki, who has been nursing for twenty years, is the Surgical Nurse Unit Manager

at Peninsula Private Hospital.

“Historically, nurses have used work sheets every shift to document all scheduled care for each patient,” said Nikki.

“During a busy shift, work sheets can be easily misplaced,

left at the nurses station or not completed,” she said.

Nikki was determined to find a more innovative way to address time management in the surgical unit.

Despite having little technical knowledge, she developed an app for iPhone and Android mobile phones called *Nursetime*.

The app has been designed for use by nurses of all ages, from new graduates to senior staff.

“Using *Nursetime*, the nurse can take their phone to the bedside and input all scheduled care for the patient during handover,” said Nikki.

“It is an easy way for nurses to plan their shift and replaces the work sheet,” she said.

Nurses are encouraged to explain to patients that the mobile phone is assisting them to provide timely care.



Peninsula Private Hospital Nurse Unit Manager Nikki Stuart

“Using Nursetime, the nurse can take their phone to the bedside and input all scheduled care for the patient during handover ”

“That way the patient is aware that when the nurse receives a text alert, it is related to their care,” said Nikki.

Nurses can upload details including the patient name, bed number, and details of routine nursing care.

Specific headings including IV Medication, Oral Medication and Observations prompt nurses to record important information.

There is also a section for other tasks including x-rays, weight measurement and wound care.

A general text section has been included for nurses to input notes or any reminders needed during the shift.

“The times are loaded for the corresponding task and a text message will be sent when the task is due,” said Nikki.

As each task is completed, it can be easily deleted.

Nursetime was trialled by Peninsula Private Hospital surgical ward staff and the feedback was very positive.

The trial enabled Nikki to refine the app, ensuring it is functional, user-friendly and covers the entire range of tasks that nurses routinely undertake.

Nursetime can be downloaded from the iTunes appstore or Google Play for \$1.99.

“This app uses the technology of today to help with delivering the highest level of nursing care possible,” said Nikki.

General Manager of Peninsula Private Hospital Ann Stevens said the app is a proud achievement for Nikki.



“Peninsula Private is very excited to have been able to support Nikki during her trial of this app and we look forward to watching its progress,” said Ann.

“We just don’t want Nikki to change career completely and leave us!” she said.

www.peninsulaprivate.com.au

Innovative treatment for depression expands at The Victoria Clinic

The Victoria Clinic in conjunction with the Monash Alfred Psychiatry Research Centre (MAPrc) is pioneering the use of novel treatments for depression.

Since 2003 The Victoria Clinic has been offering Transcranial Magnetic Stimulation (TMS) to patients with difficulty to treat depression.

TMS is a non-invasive treatment involving the application of pulsed magnetic fields to change brain activity.

Professor Paul Fitzgerald leads the TMS treatment program at The Victoria Clinic, and the TMS Depression Clinic at MAPrc at The Alfred.

“Extensive clinical trials confirm that TMS has significant antidepressant value, especially for patients who have not responded to

other treatments such as antidepressant medications,” said Professor Fitzgerald.

TMS is now approved for use in North America and other countries as well as parts of Asia. The Victoria Clinic was the first mental health hospital to offer the treatment in Australia.

“Unfortunately, there is a significant clinical need for this treatment,” said Professor Fitzgerald.

“Depression is a common condition affecting up to 15 per cent of individuals during their life,” he said.

Professor Fitzgerald said only 60 to 70 per cent of patients with depression respond to standard treatments such as medication and psychotherapy.

“That means a significant number of patients have ongoing symptoms of depression,” said Professor Fitzgerald.

“TMS appears to fill a significant gap in the treatment of these patients with approximately 50 per cent responding to the therapy,” he said.

The treatment is administered daily, usually over a period of four weeks.

Professor Fitzgerald and The Victoria Clinic are exploring methods for optimising the application of TMS that may result in a reduced time commitment for patients.

“Research underway is exploring whether TMS responses can be enhanced by increasing the dose of stimulation provided,” said Professor Fitzgerald.

“Extensive clinical trials confirm that TMS has significant antidepressant value, especially for patients who have not responded to other treatments such as antidepressant medications”

“Hopefully changes in doses of therapy will have the potential to reduce the time required to produce clinical response to treatment,” he said.

Another treatment option being explored for patients with depression is Magnetic Seizure Therapy (MST).

MST is being developed as an alternative to electroconvulsive therapy (ECT).

Currently MST is available to patients at The Victoria Clinic as part of a clinical trial comparing responses to MST with ECT.

“MST appears to produce similar therapeutic benefits to ECT without related side-

effects such as memory loss,” said Professor Fitzgerald.

Ongoing research in collaboration with MAPrc aims to establish an evidence base for the use of MST, so it can become more widely available in clinical practice.

www.thevictoriaclinic.com.au

Certification Course in Transcranial Magnetic Stimulation

Course Director: Professor Paul Fitzgerald

A comprehensive two day course including didactic teaching and practical sessions from leading experts in both the clinical and research use of TMS. This unique course is structured to allow you to select the most relevant practical sessions for your needs. For more information and to register visit www.absmeet.org.au/course-information



TMS treatment changes lives

Four Healthscope hospitals currently offer Transcranial Magnetic Stimulation (TMS).

As well as The Victoria Clinic, TMS is available to patients with difficult to treat depression at The Geelong Clinic, Mosman Private Hospital and Pine Rivers Private Hospital.

Nurse Unit Manager Suzanne Gordon coordinates the TMS treatment program at The Geelong Clinic.

“The Geelong Clinic is the only regional Victorian hospital offering TMS so we help people from Geelong and beyond,” said Suzanne.

“Many patients prefer to come to Geelong rather than Melbourne, especially those from country areas. We even had a patient travel from Africa to access this valuable treatment,” she said.

Suzanne works closely with Dr Ajeet Singh, The Geelong Clinic’s TMS Director.

The treatment program is conducted under the guidelines provided by Professor Paul Fitzgerald.

Suzanne has been coordinating the program for over four years. She underwent training in TMS at The Victoria Clinic.

As program coordinator, Suzanne has witnessed TMS change people’s lives.

“TMS is one of the safest treatments for depression in psychiatry. Following treatment people are often able to take a more active role in life, reduce their medications and experience a lighter mood, leading to a happier life,” said Suzanne.

“Some patients report improved sleep during the treatment. There are no known long-term side effects from TMS,” she said.

“TMS is an amazing treatment not only for patients - it is wonderful for staff to see the big difference TMS can make, helping patients live a fuller life without having debilitating depression,” she said.



The Geelong Clinic TMS
Coordinator Suzanne Gordon

The next Certification Course in Transcranial Magnetic Stimulation will take place in November.

The comprehensive two day certification course includes didactic teaching and practical sessions from leading experts in both the clinical and research use of TMS.

The course will be presented by Monash Alfred Psychiatry Research Centre (MAPrc) on 26th–27th November 2013 in Melbourne.

www.thegeelongclinic.com.au

New chemotherapy day centre at Sydney Southwest Private Hospital to alleviate waiting for cancer patients

Sydney Southwest Private Hospital has opened a dedicated chemotherapy day centre.

The new centre offers the first private chemotherapy service in Sydney's south-western suburbs.

Liverpool has a fast growing population with an annual increase of 2.6 per cent. With this growth comes greater demand for services and longer waiting times.

General Manager of Sydney Southwest Private Hospital, Michelle Stares said the new centre would work in partnership with the oncology services at nearby Liverpool Hospital.

“Our new centre will help to alleviate long waiting periods at Liverpool Hospital due to an increased number of cancer patients requiring urgent chemotherapy treatment,” said Michelle.

Medical Oncologists at Liverpool Hospital have become accredited at Sydney Southwest Private Hospital to refer their patients for chemotherapy at the day centre.

Patients attending the day centre will continue under the care of their existing specialist without having to pay gap fees.

“The main core of the patient's oncology care is still at Liverpool Hospital, but the chemotherapy treatment will be private,” said Michelle.

“The patients will only need to pay their hospital excess for the calendar year,” said Michelle.

Other benefits include discount parking and no out of pocket fees for medication required within the chemotherapy treatment. Blood tests will also be bulk billed.

“We have good onsite pharmacist support, friendly and highly qualified staff,” said Michelle.

www.sydney southwest privatehospital.com.au

Embracing energy efficiency at Healthscope hospitals

With 44 hospitals, 60 medical centres, 70 pathology labs and 550 collection centres nationally, Healthscope is constantly striving to reduce its carbon footprint.

Hospital Facility Managers face the task of keeping energy consumption under control and identifying savings while prices continue to rise.

Geelong Private Hospital Facility Manager David Ford shared his insights on energy management.



“Hospital green groups have been implemented to support the changes needed to reduce energy consumption and thereby costs, not only to Healthscope but the environment,” said David.

David acknowledged that the priority of healthcare staff is to provide quality care to patients, with energy management not always high on the agenda.

But he said simple changes can make a big difference.

“Significant energy savings can be achieved by adopting simple energy management practices such as turning off lights and computers not in use,” said David.

David recommends sites conduct an extensive 24-hour energy consumption audit, to assess the practices of each department or unit.

Lighting used in every part of the building should be considered, as well as the tasks performed to control the environment, such as heating and cooling.

“Air conditioning should be reviewed by Facility Managers to find opportunities where new technology can replace outdated equipment at older sites,” said David.

“Supply air and return air mixtures should be reviewed along with options for heat recovery systems,” he said.

Less efficient dichroic light globes commonly used in down lights are being phased out in Australia with LED lighting considered a more efficient source.

“LED lighting has significantly advanced in type and colour settings,” said David.

“The Geelong Private Hospital boardroom had sixteen 50 watt dichroic lamps with total energy consumption of 800 watts,” he said.

“We have now put in eight LED lights with a total wattage of 92 watts and the lighting level is better than the previous layout,” he said.

“This is already a saving of 708 watts, with additional savings expected from globes that will not need changing for 10 years,” he said.

New Healthscope hospital developments are designed to be more energy efficient.

Healthscope uses recommendations made by the Building Code of Australia non-compulsory Section J (Assessment and Verification for an Alternative Solution).

These include LED lights, installing insulation to internal and external surfaces, thermal glass and sun shading, multiple gas fired heating systems to suit changing conditions, efficient air

conditioning and individual electricity meter monitoring of plant-room and various sections of the facility.

“New technology can provide Healthscope with an ability to generate ongoing energy savings and decrease its impact on the environment,” said David.

“It is time to embrace the opportunities that technology can offer and change the thinking of all staff on what is possible,” he said.

www.geelongprivatehospital.com.au

David's Energy Audit Checklist

When reviewing energy consumption, ask the following questions as a guide:

- Why do we have it?
- Does it turn off?
- Is it required?
- Can the service be moved?
- Can we do without?
- What happens after hours?

Philosopher's Café at St Helen's Private Hospital

St Helen's Private Hospital is taking a new approach to mental healthcare.

A group of patients has been attending the Philosopher's Café at St Helen's Private Hospital every Friday.

Registered Nurse Faith Handley described the Philosopher's Café as a rich and supportive atmosphere where people are free to converse, share life stories and personal insights on a deep level.

Faith said patients appreciate the opportunity to share ideas in conversation.

"Initially the facilitator introduces the historical concept of Socratic dialogue and questioning. Over the next hour a variety of topics are discussed," said Faith.

"No week is the same as the previous. The discussion moves through a range of delightful and difficult themes," she said.

The Philosopher's Café is set in a pleasant room with softly cushioned wooden chairs arranged in a comfortable circle.

Participants sign in, find a place to sit, greet each other, take a sip of a hot drink and wait expectantly for the dialogue to begin.

"Participants philosophise about life and personal meaning. People speak one at a time, respecting confidentiality, other opinions and world views," said Faith.

"The group listens to what is said, someone may offer a thoughtful response. No topic is too big or too small for group consideration. Sometimes one hour is too little time," she said.

The Philosopher's Café at St Helen's Private Hospital is based on Christopher Phillips' work with communities in the United States.

Phillips introduced the basic concept of Socratic dialogue



into a variety of community meeting places including schools, senior centres and cafes.

"The discussions do not just enable us to better know who we are but lead us to acquire new tactics for living and thinking so we can work toward determining, and then becoming, who we want to be," said Phillips in his 2001 book, *Socrates Café: A Fresh Taste of Philosophy*.

Dr Erin Kelly, Psychologist and Program Coordinator, is supportive of the Philosopher's Café which she said has flourished over the past 12 months.

"Faith has provided an innovative and exciting addition to our inpatient program," said Dr Kelly.

www.sthelensprivatehospital.com.au

Medical Oncology Clinical Trials at Pacific Private Hospital

Pacific Private Hospital is accepting patients into medical oncology clinical trials conducted by Tasman Oncology Research.

Tasman Oncology Research is conducting pharmaceutical sponsored trials in the therapeutic areas of melanoma, prostate cancer and colorectal cancer.

Research coordinator Andrew McFadzen said the medical trials are an avenue for patients to gain access to new pharmaceutical and private oncology treatment.



L-R From Tasman Oncology Research Coordinator Danielle Miller, Dr Andrew Hill, Research Coordinator Andrew McFadzen, and Pharmacist in Charge Grant Partridge from HPS Pharmacies

“These trials give eligible patients the opportunity to receive cutting-edge treatments that are otherwise inaccessible for cancer sufferers or come at a high expense,” Andrew said.

“In addition, any patient participating in one of our trials will receive exceptional private care for all their cancer treatment at Pacific Private Day Hospital through Allamanda Private Hospital,” he said.

“We encourage any Doctors who feel they can potentially refer patients for consideration of trial involvement to receive an updated trial list and be added to our mailing list or potentially follow news items on the Tasman Oncology website,” he said.

Tasman Oncology Research is recruiting for trials evaluating the efficiency and safety of treatments for patients with metastatic colorectal cancer.

In the field of melanoma, the research team are recruiting to a phase 3 randomised control trial of treatment



Tasman Oncology Research Medical Oncologist & Principal Investigator Dr Andrew Hill

in patients with previously untreated unresectable or metastatic melanoma.

A second melanoma trial is studying treatment in subjects with previously untreated unresectable or metastatic melanoma.

In the field of prostate cancer, Tasman Oncology Research are recruiting to a further phase 3 trial in metastatic castration resistant prostate cancer patients who have received prior docetaxel and prior abiraterone or MDV3100.

www.tasmanoncology.com.au
www.pacificprivatehospital.com.au

John Fawkner Private Hospital hosts surprise wedding

John Fawkner Private Hospital celebrated a very special event in August.

General Manager Kieron Martin found himself unexpectedly hosting a wedding in the hospital boardroom, which was transformed into a mini chapel for the day.

Matt Stuckey proposed to girlfriend Krista after returning from an overseas trip.

Matt got the wedding plans underway in secret while he was still overseas, hoping to surprise Krista when he returned.

He decided to hold the wedding at John Fawkner Private Hospital so Krista's 87-year-old grandmother Anna Wubben, a patient at the time, could attend.

Krista was happy her grandmother could share the special day.

"She was quite emotional, she really enjoyed it. We wanted to have everyone together," Krista told News Corporation who covered the special event.

For Matt, it was a reminder of how fragile life can be.

"I was planning on waiting for us to get married until I had finished my studies and had a job but while I was in South America I heard from Krista that her grandmother was unwell so I decided to bring my plans forward," Matt told News Corporation.



Matt and Krista Stuckey were married at John Fawkner Private Hospital, with Krista's grandparents Wim and Anna Wubben on hand to help celebrate.

“Although the team at John Fawkner Private Hospital has experienced a wide range of different events during the hospital’s 74 year history the sudden news that there would be a wedding today created a great level of excitement and anticipation among staff ”

Kieron said staff enjoyed being part of the happy occasion.

“Although the team at John Fawkner Private Hospital has experienced a wide range of different events during the hospital’s 74 year history the sudden news that there would be a wedding today created a great level of excitement and anticipation among staff,” said Kieron.

“Given the importance of the request we quickly converted our boardroom to accommodate the family and guests for the ceremony and refreshments. The wedding party looked beautiful and remarkably relaxed and it was very pleasing to hear the gratitude that the family extended towards the hospital,” he said.

www.johnfawknerprivatehospital.com.au



The bride and groom, Krista and Matt Stuckey

Star Spot

Lyn Manteit

*Milton Clinic and Auchenflower
Family Practice, Queensland*



Lyn Manteit

What is your current role?

Practice Business Manager
for Auchenflower Family
Practice and Milton Clinic.

How long have you worked in the job?

I have been working with Healthscope since 2010. First as Practice Manager at Molescan Browns Plains, then in 2011 I accepted the role of Practice Manager at Auchenflower Family Practice and finally in March 2013 I was promoted to Practice Business Manager for Auchenflower Family Practice and Milton Clinic.

What do you like most about it?

The challenge - working in a challenging role excites me and keeps me driven. I could not work the normal day, without the challenge I would be bored. Having a set goal and not only achieving that goal, but going above and beyond is what I strive for.

What kind of services does your workplace provide?

Both are General Practices with a focus on chronic disease management and travel medicine. Both are registered yellow fever vaccination providers.

There is also the Molescan Clinic at Auchenflower Family Practice offering skin cancer risk assessments, testing and treatment.

Milton Clinic performs a large number of occupational health assessments mostly pre-employment medicals. Diving Medical services are also offered at Milton Clinic.

How many people work there and what do they do?

Across both sites I have eight reception staff whose duties include answering phones, billing patients, booking appointments and attending to doctors requests on a day to day basis.

We also have seven nursing staff who assist the doctors in all aspects of treatment e.g. child and travel vaccinations, wound dressings, emergencies, sterilisation.

Milton Clinic also has a Senior Nurse who is responsible for entire workings of the treatment room including nurse competencies, future education of nurses and smooth process of the treatment room.

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

From staff and doctors that would be “How was your weekend?” or “Lyn can you look at this and fix it for me?” or patients asking when their usual doctor is next consulting.

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

I am very particular about my coffee. I actually order my beans from Melbourne. At work my favourite is mocha from The Bunker.

What are your facility's opening hours?

Auchenflower Family Practice is open Monday to Friday 8am–6pm and Saturday 8.30am–11am.

Milton Clinic is open Monday and Tuesday 8am–7pm, Wednesday 8am–6.30pm, Thursday 8am–6pm and Friday 8am–5.30pm.

www.auchenflowerfamilyprctice.com.au
www.milton-clinic.com.au

Healthscope Snapshots...

Norwest Private Hospital Cardiac Catheterisation Laboratory Nurse Unit Manager Penny Fox-Slater recently participated in a training exercise with the Australian Defence Force.

Penny is a Combat Medical Attendant in the Army Reserve.

Exercise Talisman Saber is a biennial combined Australian and United States training activity.

The exercise is designed to train the respective military forces

in planning and conducting Combined Task Force operations to improve combat readiness and interoperability.

Penny's role was to care for the health of the soldiers in the regimental aid post.

“Taking part in the exercise provided an opportunity to refine my acute assessment skills which will be of great benefit in my role as a nurse at Norwest,” said Penny.



Norwest Private Hospital NUM Penny Fox-Slater took leave to participate in a training exercise with the Australian Defence Force

Thirteen Practice Managers and supervisors from Healthscope Medical Centres across Victoria and South Australia recently graduated with a Diploma of Business.

The 12-month diploma course was developed specifically for the group in conjunction with Swinburne University, and featured units that would assist participants with their roles at Healthscope.

Congratulations to the successful graduates Jennifer Blackwell, Michaela Bonnici, Vanessa Contreras, Glen Crowe, Lisa Douglas, Sharon Incretolli, Margaret Murchland, Kim Nicolin, Terri O'Shannessey, Marisa Peronace, Linda Pullen, Mandy Smyth and Corina White.



Healthscope Medical Centre Practice Managers graduate with a Diploma of Business

More than \$75,000 was raised at the Allamanda Private Hospital Pink Polar Gala in August.

The event was organised in support of the Pink Polar Expedition and attended by 430 guests.

Two time breast cancer survivor Kate Carlyle, 34, and friend Geoff Wilson launched the Pink Polar Expedition with the

goal of raising \$1 million for the McGrath Foundation.

McGrath Foundation co-founder Tracey Bevan spoke at the gala about her best friend Jane McGrath and the vision of the charity.

Kate, a patient of Pacific Private Hospital Oncology, was diagnosed with breast cancer at age 31.

In support of Kate and the McGrath Foundation, Geoff

hopes to be the first Australian to trek 3,400 kilometres across Antarctica solo and unassisted.

Geoff will start the journey - in which he will drag a bright pink 'boob sled' - in November, and hopes to complete the trek by February.

To support the Pink Polar Expedition visit

www.pinkpolar.com.au



L-R Pacific Private Hospital Oncology NUM Elke Goransson, Kate Carlyle, Anna Horwood and Dr Keith Horwood, Oncologist



L-R Kate Carlyle, radio and TV personality (and event MC) Emily Jade O'Keeffe and McGrath Foundation co-founder Tracy Bevan wearing Curve Lurve campaign shower caps. Curve Lurve encourages women to know their bodies. The shower caps were sold in an impromptu auction at the event, raising \$1,100

Cotham Private Hospital physiotherapist finds inspiration in Indonesia



Brilmann

Cotham Private Hospital Physiotherapist Tammy Shepherd recently returned from Indonesia where she volunteered for Hohidiai.

Tammy wrote about her experience for *The Pulse*.

I was recently privileged to travel to a remote area in Halmahera, Indonesia to volunteer for Hohidiai. It is a place where lack of resources is compensated by lots of hope, care and love.

Hohidiai provides a home for abandoned children, a school teaching English and Indonesian, a medical outpatient clinic and small teaching hospital, and long term rehabilitation for patients with HIV, Tuberculosis and leprosy.

The medical clinic treats 8,000 patients each year and it was evident the nurses are highly regarded. Many patients have been rejected by their own communities and travel for up to 20 hours for treatment at the clinic.

“Brilmann was sent to Hohidiai from another hospital for palliative care. He not only survived but almost completely healed by secondary intention ”

There is no physiotherapist on staff however we were able to empower the nurses with knowledge of some basic skills including the concept of assessment, identifying problems, setting goals and reassessing.

The staff were extremely eager to learn and patients diligently undertook the suggested exercise routine.

A highlight and example of the high standard of care was Brilmann, who suffered 77 per cent partial thickness burns 18 months ago.

Brilmann was sent to Hohidiai from another hospital for palliative care.

He not only survived but almost completely healed by secondary intention.

Despite best intentions of staff, Brilmann developed contractures in one knee and elbow and will eventually require surgery in a bigger hospital in future (there are no surgical facilities available at Hohidiai).

But it was inspirational to see him enthusiastically take on the strengthening, functional exercise program I prescribed, doing so independently after only one session.

Brilmann progressed from his previous wheelchair mobility to using a walking frame independently for the first time in 18 months on our last day.

The joy in the ward was palpable and I am not sure who was more excited, Brilmann himself, the nurses or me!

As I have found previously on my volunteer trips to DR Congo, it was a truly rewarding experience. I was reminded once again of Helen Keller’s wise words:

“The world is moved along, not only by the mighty shoves of its heroes but also by the aggregate of the tiny pushes of each honest worker”.



2013 winners, left to right: Kathy Kirby representing Understanding Dementia, Sarah Lohmeyer and Annabel Pike.

Know someone in nursing who deserves an award?

Recognise their outstanding leadership and innovation by nominating them in one of three categories:

- ★ Nurse of the Year
- ★ Team Innovation
- ★ Outstanding Graduate

\$30,000
in prizes to be won!*

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