



# *the* Pulse

A Healthscope Publication

PRIVATE  
HEALTH  
MAGAZINE  
Winter 2010

**NEW LOOK  
HEALTHSCOPE  
PATHOLOGY**

## **IN THIS ISSUE**

NEW HOSPITAL FOR GOLD COAST  
KNOX PRIVATE HOSPITAL NURSE SAVES HUSBAND  
THE MOUNT HOSPITAL'S UNIQUE BREAST CANCER UNIT  
PRINCE OF WALES TEAM CHANGE LIVES IN THE PHILIPPINES  
NEW COMMUNITY NURSES REDUCE IMPACT OF CHRONIC DISEASE



The industry fund for the  
**people who care**

Tim. Surgeon. Member since 2002.

healthsuper.com.au 1800 331 719



IN THIS ISSUE OF  
*thePulse*

MAJOR GROWTH FOR  
HEALTHSCOPE HOSPITALS



COMMERCIAL PATHOLOGY  
GETS BEHIND CARLTON  
FOOTBALL CLUB



COMMUNITY NURSES  
REDUCE IMPACT OF  
CHRONIC DISEASE



CONTENTS

NEW LOOK HEALTHSCOPE PATHOLOGY BRINGS NEW SERVICE	4
GEELONG PRIVATE OPENS NEW THEATRE	5
SIGNIFICANT GROWTH CONTINUES FOR HEALTHSCOPE	8
NEW HOSPITAL FOR GROWING GOLD COAST POPULATION	9
NURSES PROMOTED IN THE FEDERAL BUDGET AND AT HEALTHSCOPE	10
PRINCE OF WALES TEAM CHANGE LIVES IN THE PHILIPPINES	12
NEW COMMUNITY NURSES REDUCE IMPACT OF CHRONIC DISEASE	14
SCHOLARSHIP BRINGS NEW OPPORTUNITY FOR HEALTHSCOPE NURSES	16
COMMERCIAL PATHOLOGY GETS BEHIND CARLTON FOOTBALL CLUB	21
NEW EATING DISORDERS PROGRAM AT THE HILLS PRIVATE HOSPITAL	22
THE MOUNT HOSPITAL'S UNIQUE BREAST CANCER UNIT	24
SURVIVING BREAST CANCER	25
COMPLEX SPECIALISED CARE SETS THE MOUNT APART	26
NEW TECHNOLOGY MAKES SPINAL SURGERY LESS INVASIVE	27
HIGH DEMAND FOR SLEEP STUDIES AT NORTH PARK PRIVATE	28
JOHN FAWKNER PRIVATE CARDIOLOGIST AWARDED OAM	29
GROUND BREAKING TREATMENT BRINGS NEW HOPE FOR DEPRESSION	30
NEPEAN PRIVATE HOSPITAL TAKES ON MEDICAL STUDENTS	32
GROWING OUR OWN TALENT AT HEALTHSCOPE	34
WHY FLU VACCINES ARE IMPORTANT TO THE WHOLE COMMUNITY	37
PTSD PROGRAM AT THE GEELONG CLINIC HELPS VETERANS OF ALL AGES	38
STARSPOT	39
FUNCTIONAL PATHOLOGY EXPLAINED	40
EXPANDED MELBOURNE CLINIC CONTINUES TRADITION OF MENTAL HEALTHCARE	41
NEW WARD OPENS AT VICTORIAN REHABILITATION CENTRE	42
KNOX PRIVATE NURSE SANDY LEWIS SAVES HUSBAND	43
HEALTHSCOPE SNAPSHOTS...	44
THE LAST WORD...	46

*The Pulse* is a seasonal Healthscope publication. © Healthscope 2010  
 Healthscope Head Office: 312 St Kilda Road, Melbourne, Vic 3004  
 Edited by Kellie Furey, Healthscope Ltd.  
 Tel: +61 3 9926 7500 [www.healthscope.com.au](http://www.healthscope.com.au)  
 Design and art direction by Utility Creative, Melbourne.  
 Advertising enquiries: Tel: +61 3 9419 9911



## NEW LOOK HEALTHSCOPE PATHOLOGY BRINGS NEW SERVICE

Patient choice has brought significant changes to Healthscope's pathology division.

Last year the Federal Government removed regulation that placed limits on the number of Medicare-eligible collection centres a pathology provider could operate.

"Before the changes were announced, a large number of collection centres were based in Victoria and South Australia.

"Our ability to deliver pathology services in other states was substantially reduced under the old system," said Paul Waterson, Chief Operating Officer Pathology.

"Now we are the only pathology provider with laboratories in every single state and territory in Australia," he said.

The Government also increased flexibility and access by allowing patients to choose their pathology or diagnostic imaging provider for Medicare services.

Since acquiring Gribbles in 2004 Healthscope's pathology business has grown organically and through acquisitions, therefore trading under different names.

Therefore to reduce patient confusion, Gribbles Pathology will now be known as Healthscope Pathology.

According to Sales and Marketing Manager for Pathology Donna Freer, the Healthscope Pathology name will soon be recognisable nationally, with the introduction of new signage and a fleet of collection cars.

Existing collection centres have undergone full refurbishment to ensure a consistent look and feel.

A new customer service contact centre has also opened in Clayton. The centre has dedicated phone lines for doctors and patients with trained staff available to assist with results, access to pathologists and general enquiries.

An expanded suite of collection centres will enable patients to have their blood collected at convenient times to them.

Another new feature of Healthscope Pathology will be new brochures and the introduction of reports customised to individual doctor requirements. Read more about the customised reports in a future issue of *The Pulse*.



## GEELONG PRIVATE OPENS NEW THEATRE

A new operating theatre was recently unveiled as part of the Geelong Private Hospital's major expansion and redevelopment.

Orthopaedic surgeon Robert Wood was the first to use the new theatre for a knee arthroscopy.

"I'm proud to be involved in the redevelopment of the hospital, which increases access to our health services and fills a hole in the local community," he said.

The new state-of-art theatre brings the total number at the hospital to five. In addition there is a dedicated day theatre.

"Our new operating theatre will allow the hospital to meet the health needs of the growing community in Geelong," said Luke Edwards, Geelong Private Hospital's General Manager.

"It provides an opportunity for existing surgeons to expand their operating capacity as well as giving new surgeons operating times".



Orthopaedic Surgeon Robert Wood, Scrub Nurse Louise Heunis and Anaesthetic Nurse Janene O'Brien (red cap) in the new theatre

To help facilitate the extra capacity the theatre is likely to generate, work will soon commence on a brand new 17 room ward.

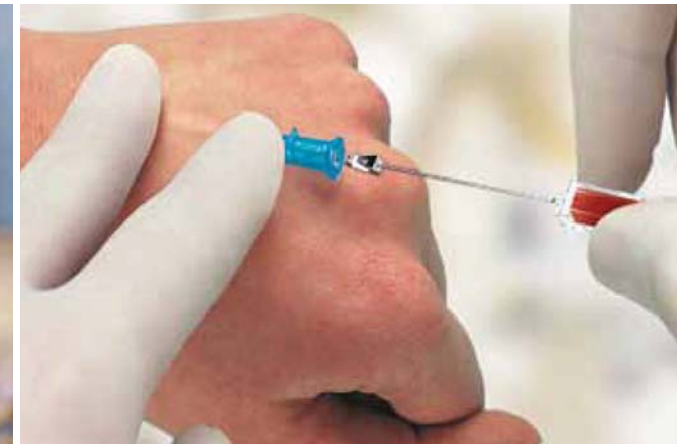
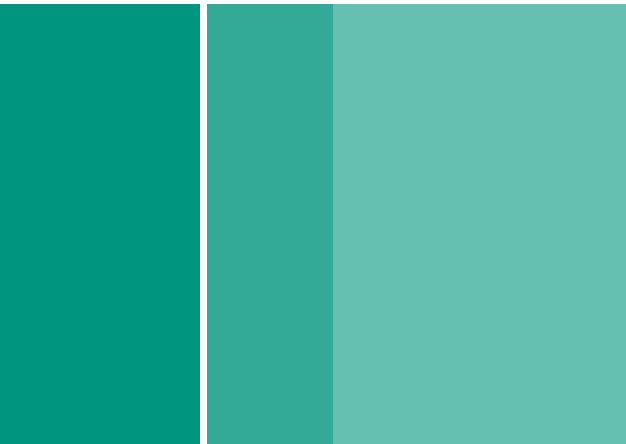
The expansion and redevelopment of Geelong Private Hospital will also bring a new sterilizing department, increased storage and an expanded staff area for doctors and theatre staff.

The refurbishment has already seen the acute medical ward renovated, with the rehabilitation area to follow suit.

Simultaneous to internal renovations is an external expansion, with the new Geelong Private Hospital Medical Centre nearing completion.

Specialists moving to the new complex include some that are currently working on the hospital site which will enable the new ward expansion. The new building will also provide much needed parking.





## Making B. Braun the World's First Choice for Safe Infusion Therapy



B. Braun Australia Pty. Ltd. was formed in 1982 and is a full subsidiary of B. Braun Melsungen AG, a German family owned company established 171 years ago. Today B. Braun is one of the largest privately owned global healthcare companies in the world nearing 40,000 employees in 50 countries.

B. Braun provides a range of products including pharmaceuticals and medical devices for Intravenous Therapy, Regional Anaesthesia, Surgery and Orthopaedics. In addition, B. Braun is also committed to the philosophy of "Sharing Expertise" which helps to improve treatments, medical practices and working procedures to increase safe infusion therapy for patients, doctors and nursing staff.

### B. Braun Australia are proudly working in partnership with Healthscope

Together we are committed to a symbiotic relationship focussed on improving safety for patients and healthcare workers, guided by the "Sharing Expertise" philosophy and vision of being the customers "First Choice in Safe Infusion Therapy".

This initiative has been demonstrated by the implementation of the B. Braun Space Infusion Therapy System, an efficient Infusion Management Solution in all patient care settings to provide high quality care.

Many Healthscope hospitals have also embraced the opportunity for Safe Infusion Therapy through quality audit initiatives by reviewing IV administration sets and accessories to support best practice and achieve quality outcomes in patient care.

B. Braun will continue to grow and support this partnership through the continuous improvement of healthcare products and services across all disciplines of medicine.

For further information please contact customer service on 1800 251 705



1839 1908 1930 1935 1949 1951 1956 1962 1962 1970 1971 1979 1989 1990 1991 1993 1997 1998 1998 1998 1999 2004 2005 2008



## SIGNIFICANT GROWTH CONTINUES FOR HEALTHSCOPE

I am pleased to advise that on 19th July the Healthscope Board announced it would recommend shareholders to accept an offer from a consortium comprising TPG Capital and The Carlyle Group to acquire Healthscope for \$6.26 per share cash offer.

TPG Capital and The Carlyle Group are both leading global investment firms who have a proven track record in investing and growing healthcare businesses around the world.

The decision to recommend the offer followed a rigorous formal process announced on 31st May, to assess a number of unsolicited, indicative proposals to acquire Healthscope.

This process has demonstrated a strong vote of confidence in Healthscope as a world-class healthcare business with strong growth potential, and that is testimony to the hard work of every member of the Healthscope team.

We are pleased that the consortium intends to retain management and support our strategy, business plans and growth initiatives for all parts of the business, including Healthscope hospitals

and pathology. In other words, it continues to be business as usual for Healthscope, which is thriving.

This is perhaps most evident in the Company's increased presence and profile in the community, including a recognisable new brand name for our pathology division.

Last year's removal of regulation by the Federal Government resulted in new legislation which took effect on 1st July.

This legislation has allowed substantial expansion of Healthscope Pathology, which now has 54 laboratories and 550 collection centres across the country, including collection points based in pharmacies. This growth is expected to continue significantly and rapidly in the months ahead.

Following major refurbishment nationally, the Healthscope Pathology name will soon be known to many Australian communities. Read more about the new look Healthscope Pathology in this edition of *The Pulse*.

Meanwhile, redevelopment and expansion of Healthscope hospitals continues as we strive to meet strong demand for our services.



Bruce Dixon

In line with the Company's continuing plans to expand our hospital capacity, comes the recent announcement of a new 320 bed hospital development on the Gold Coast, as featured in this edition of *The Pulse*.

Also in Queensland, Healthscope's tender to build and operate a new private hospital, co-located with the new Sunshine Coast University Hospital, has been short listed.

With even more expansion projects planned for the year ahead, Healthscope is well positioned to continue to deliver strong growth in 2010-2011.

I would like to take this opportunity to acknowledge the ongoing hard work and commitment of all staff throughout this period.

## NEW HOSPITAL FOR GROWING GOLD COAST POPULATION

Growth of Healthscope hospitals is continuing with the recent announcement of a proposed new development on the Gold Coast.

Healthscope has reached in principle agreement with Queensland Health regarding a new 320 bed private hospital, with the final agreement still to be negotiated.

The proposed new hospital development, expected to be named the Gold Coast University Private Hospital, is pending approval from the Healthscope Board.

Early plans for the new development include 15 operating theatres, a cardiac catheter laboratory, an emergency department and consulting suites however final scope of the project is still to be finalised before the design phase begins.

It is anticipated that commissioning of the

private hospital will coincide with the commissioning of the 750 bed public hospital, currently under construction. The private and public hospitals will be co-located.

The new private hospital will help to meet the increased healthcare needs of the Gold Coast population, which is forecast to grow rapidly over the next ten years.

"This is an exciting possibility for Healthscope to expand the range of services we offer to Gold Coast residents," said Healthscope Managing Director, Bruce Dixon.

It is the second of two greenfield projects recently announced by Healthscope that will see new, state of the art facilities replace existing hospitals.

The last issue of *The Pulse* featured news of a new hospital development in the Melbourne suburb of Coburg, to replace the existing John Fawkner Private Hospital.

The new John Fawkner Private Hospital will more than double the capacity of the existing facility with 238 beds, 12 new operating theatres, an emergency department, cardiac catheter laboratories, specialist consulting suites and a multi-story car park.





## NURSES PROMOTED IN THE FEDERAL BUDGET AND AT HEALTHSCOPE

Those of us with a passion for patient care and a commitment to clinical quality were pleased to see the focus in the 2010 Federal Budget shift from lamenting the global nurse shortage to empowering and promoting career opportunities for nurses.

The Budget included \$7.3 billion in new health spending over five years with substantial amounts earmarked for nurses. Particular attention was given to nursing in general practice clinics and aged care.

Over the next four years, the Commonwealth will provide general practitioners with \$390 million to subsidise the salaries of practice nurses.

This funding replaces the existing scheme allowing doctors to bill Medicare for care provided by nurses under their supervision, and means new jobs for nurses with patient care responsibility.

In aged care, \$59.9 million in incentives has been provided to help patient assistants and enrolled nurses upgrade their qualifications.

Recognising that education is expensive, \$21 million has been set aside to fund 600 new training places and 300 scholarships.

Coincidentally the day after this nurse-friendly Budget was handed down, Healthscope celebrated International Nurses Day. It was an occasion to thank our nurses for their enormous contribution and hard work. And it was an opportunity to recognise our diverse nursing workforce, which brings a wealth of local and international experience to our organisation.

Healthscope is extremely proud and very fortunate to have a dedicated and caring team of 9000 nurses working across our hospitals, medical centres, pathology labs and collection centres. Nurses account for almost half of our entire workforce.

In some respects the Budget focus on empowering and promoting careers for nurses is catching up with the same approach Healthscope has had for years, and we see the new initiatives as incentive to do even more.

Healthscope nurses have unique opportunities to grow in our national network of private health services with career options in acute, rehabilitation, and mental health hospitals, as well as pathology and general practice. Importantly, those opportunities span clinical, managerial and patient centered paths, enabling our nurses to pursue their individual calling with a meaningful and rewarding career.

How do we ensure our nurses make the most of working for a national organisation?

Healthscope nurses have the flexibility to move between facilities, cities and states, and work across the hospital, pathology and medical centre divisions, as well as contributing to projects and new business development. That means our nurses can combine work and lifestyle experiences while broadening their exposure to best practice.

Several Healthscope nurses with a desire to work internationally have been supported to care for people in developing nations.

Two recent examples are a charity project in the Philippines by a medical team from the Prince of Wales Private Hospital, and the work of staff from the John Fawkner Private Hospital in Fiji.

Many of our nurses commenced their careers at Healthscope as undergraduate, graduate and registered nurses, and continued on to become highly credentialed clinicians, educators, practice nurses, managers, Directors of Nursing and General Managers.

For nurses starting their careers, Healthscope offers 700 undergraduate placements, as well as 350 graduate nurse, 200 specialty area 'novice' and 100 post graduate nurse placements each year.

Healthcare is a dynamic sector of society and we all need to be alert and responsive to changes. At Healthscope that means more and newer opportunities opening up for nurses.

In response to the real need for proactive disease management

from primary care, Healthscope now offers a National Chronic Disease Program to ensure our chronically ill medical centre patients receive regular and ongoing assessments and support for better health outcomes. We have recruited 20 nurses to work in the community and undertake these important patient assessments.

With our intended entry into aged care, Healthscope's profile as a unique provider of integrated health services will be expanded and enhanced. Aged care for the frailest members of our communities demands new levels of clinical and patient care that our nurses are well positioned to provide.

As the regulatory framework develops there will be opportunities for nurses interested in primary care to become nurse practitioners, join medical centre teams, manage patient care and general practices.

This will further differentiate Healthscope as a preferred employer for nurses and health professionals in the health and



Linda Nicholls

aged care sectors, and promote further nursing career opportunities across the organisation.

The future has never looked more positive for nurses at Healthscope and we are proud to support these new directions.



## PRINCE OF WALES TEAM CHANGE LIVES IN THE PHILIPPINES

Three year-old Ricalbert Bacalla was left on a rubbish-tip in the Philippines by his parents a few weeks after his birth.

Ricalbert was born with a serious facial disfigurement – a cleft lip and palate.

Luckily he was rescued from the dump and taken in by a couple from a nearby village.

Now, thanks to surgery by a team including seven nurses and three doctors from the Prince of Wales Private Hospital, Ricalbert's life has been transformed again.

Ricalbert is one of 70 children who underwent surgery to fix cleft lips and palates in Cebu last February.

A team from the Prince of Wales Private Hospital has travelled to the Philippines every year for the past six with Australian charity Operation Restore Hope. They work with American surgeons to perform free surgical care for the children like Ricalbert.

Maureen Eddison is a clinical nurse specialist in anaesthetics from Prince of Wales Private Hospital and has been a director of Operation Restore Hope since 1998.



From left Cheryl Bingemann, Maureen Eddison, Cathy Quinlan, Eleonor Tapon, Angela Grein, Grace Carulla, Lisa Spira

She learned about the charity when working with Dr Darryl Hodgkinson who founded the charity with his wife three years earlier.

Maureen said the surgery only takes an hour or two but can make the difference of a lifetime for many children; without it they often face a bleak future of malnourishment. Many do not attend school and are shunned by their families and communities.

"Ricalbert was rejected by his mother because his condition was so disfiguring," Maureen said.

She said that Angelita and Mario Bacalla took him in, even though they are very poor. The couple, both aged well over 60, took on laundry work to support Ricalbert.

"They have formally adopted him. They absolutely dote on him and he loves them. Without them he would have died on the garbage dump".

Operation Restore Hope runs three missions to the Philippines every year – two to Cebu and one to Manila. Maureen coordinates one of the annual Cebu trips.

"It's quite a culture shock because the area is very poor. You often work with two or three operating tables in one room. It's very confronting when you see that for the first time," she said.

Maureen is responsible for recruiting nurses and anaesthetists from Prince of Wales Private Hospital for the annual trip. She also coordinates the medical supplies.

In addition to allowing the nurses to take leave for the trip, Prince of Wales Private Hospital donates new equipment and supplies to the Philippines for the operations.

Maureen liaises with locals about the hospital facilities and patient screening process.

The screening date is advertised through Rotary and local churches before the team arrives, bringing as many as 100 potential patients. Because the surgery is free, many local families travel far and wide for what may be a once in a lifetime opportunity.

When the Bacallas heard about the surgical team's visit to Cebu they made the two-hour trip from their village in the hope of securing treatment for Ricalbert.

Infants aged as young as six months are brought for screening, with the average age of potential patients being three to four years. Some parents even bring newborns but generally six months is the earliest a child can have the surgery.

The screening process determines which children are fit enough for surgery. On average the team operate on 60 to 80 people during the week and aim to treat the children first.

The team from Prince of Wales



A young patient receives treatment



Nurses from Prince of Wales Private Hospital with the patients in Cebu

Private Hospital includes Registered Nurses Maureen Eddison, Cathy Quinlan, Grace Carulla, Angela Grein, Eleonor Tapon, Lisa Spira and Cheryl Bingemann, and doctors Ian Woodforth, Steve Klugman and Phil Black

Acting OR Manager Cathy Quinlan and Dr Ian Woodforth were among the first from Prince of Wales Private Hospital to make the trip.

Cathy has made the trip every year for the past five and recovery sister Cheryl Bingemann has gone for the last four years.

"Its pretty amazing when you walk

in and see 100 kids looking up at you with expectation in their eyes," said Cathy Quinlan.

Cheryl Bingemann added, "You spend as much time laughing with the children as you do crying for them, it's an emotional rollercoaster".

"The family often don't recognise them after the operation because they look so different," Maureen said.

"The parents are in tears, it's all very emotional. It's unfortunate that we can't do them all".

For further information visit [www.operationrestorehope.org](http://www.operationrestorehope.org)



## NEW COMMUNITY NURSES REDUCE IMPACT OF CHRONIC DISEASE

Healthscope's new Chronic Disease Care Program is being extended within medical centres to help reduce the impact of chronic illness.

As part of the program, community nurses will work with medical centres, making home visits to assess the health of patients at key stages of life.

Vicki Stavridis is a community nurse at Melbourne's Inner Eastern Family Practice and at the Dromana Family Doctors Practice.

She spoke to *The Pulse* about attending the homes of patients aged 75 and over to assess not only their health but their living environment.

"I ask question about how the patient is feeling, their diet and social support networks. I take into consideration the safety of the home environment, measure their height and weight and take urine samples.

"Many of the patients I visit already have chronic conditions

like hypertension, diabetes, osteoarthritis or visual impairment which they need help managing.

"I spend at least an hour with the patient which allows me to conduct a very comprehensive assessment".

As part of the new program four year old children will be eligible for a health check before starting school. Assessments will also be recommended for adults aged between 45 and 49 years who are showing risk factors for chronic disease.

"Mums with young children, and people juggling work and other commitments rarely have time to visit their general practitioner. We want to ensure their health is not being overlooked," said Suzanne George, National Clinical Operations Manager Medical Centres.

Suzanne said the Chronic Disease Care Program is designed to work alongside and complement general practice consultations.

"The community nurses will be an integral part of the medical centre team, assisting the General Practitioners to proactively prevent the onset, slow the progress, or manage chronic disease".

Chronic illnesses include cardiovascular disease, the leading cause of death in Australia, as well as cancer, diabetes, asthma, arthritis, osteoporosis and mental illness.

"General practice is often the first port of call for illness and a key entry point to most health services. It is where most referrals come from," said Dr James Cookman, Medical Director of Medical Centres.

"With this program we will ensure a comprehensive history is maintained for all of our patients, and a very high level of care is given in the general practice setting".

After each assessment, the

community nurse will report back to the doctor who can recommend options for ongoing management.

"We ensure older patients are aware of local community services or council assistance they may be eligible for such as meals on wheels," said Vicki.

"If a patient has a vision problem we can arrange an eye test, or physiotherapy for a sore hip. Diabetes is a really big issue with our elderly, so they may need their feet checked by a podiatrist.

"Patients that have lost a loved one may feel isolated, lonely or depressed and need counselling so we connect them with affordable services.

"Some patients simply need a review of their current medication or new prescriptions from the local pharmacist".

Having spent six years working as a nurse in general practice and 12 months as a community nurse, Vicki continues to be rewarded by her work and is committed to education.

"I absolutely love my job. I'm very respectful of my patients and what they have contributed to our society.

"Through this program we are helping older patients continue living in their own home where possible. Most enjoy the visit".



Vicki Stavridis

## 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.





## SCHOLARSHIP BRINGS NEW OPPORTUNITY FOR HEALTHSCOPE NURSES

Medtronic Australasia has donated \$125,000 to support twenty nursing scholarship placements at Melbourne Private Hospital, John Fawkner Private Hospital and Knox Private Hospital.

The scholarships were awarded to graduate and postgraduate positions in the nursing speciality areas of intensive care (IC), cardiothoracic and accident and emergency.

“Through these scholarships Medtronic is supporting the Healthscope culture of growing our staff and nurturing their development within



L-R Angela Caruso, Julia Rice, Claire Chatwin, Nerida Leggo, Kathi Shannon, Rosemary Kennedy.

specialty areas,” said Hammish Manning, Director of Nursing at Melbourne Private Hospital.

“Staff awards reinforce the great appreciation we have for our staff at all levels.

“In recognising our more junior staff members we hope to not only aid their professional development, but also promote a long-term commitment to the delivery of quality healthcare to patients in Healthscope hospitals”.

At an afternoon tea to celebrate the scholarships, Clinical Development Nurse Angela Caruso explained

that Melbourne Private Hospital nurses now have the opportunity to undertake a postgraduate course in cardiac care at Deakin University.

All scholarship recipients will graduate either mid-year or at the end of 2010.

“At Medtronic we recognise the importance of continual education for healthcare professionals to keep abreast of medical best practice,” said Jamie Stanistreet, Managing Director, Medtronic Australasia.

“We are proud to support Healthscope’s efforts to assist staff deliver quality care to patients”.

## Medtronic Innovating for life – MRI Compatibility

At Medtronic our innovative thinking truly has no boundaries; we are focused on what we can achieve tomorrow, as much as what we’re working on today. Driven by our deep understanding of the human body and our collaboration with physicians, we’re transforming technology to treat patients across the entire care continuum. Our innovations help physicians diagnose diseases earlier, treat patients with the least amount of disruption possible, and help alleviate symptoms throughout the patient’s life.

Magnetic Resonance Imaging (MRI) is excellent at visualizing soft tissue, so it’s helpful in detecting neurological and orthopaedic abnormalities, as well as tumours. But because MRI can be hazardous to patients with implanted electrical-stimulation devices, it’s not available to most patients with implanted cardiac devices, and many more with implanted neurostimulation devices.

We aren’t letting anything get in the way of our quest to develop implantable devices that are compatible with MRIs, so patients have more diagnostic options.

One of the biggest challenges is with device lead wires, which are insulated wires that run from the stimulation device to the target area of the body, such as the heart, brain, or spine. The lead wires can act as an antenna. They pick up energy from the MRI, and that extra energy is carried along the lead wire.

At one end, the dissipation of this extra energy can overheat and damage human tissue. At the other end, it can damage the device’s sensitive electronics.

So we’ve been working to develop systems that can manage the dissipation of the extra energy without compromising therapeutic stimulation and some of these systems are now becoming available to patients.

The next decade and beyond will bring rapid change to medical device technology. Minimally invasive therapies designed to help patients heal faster while at the same time streamline surgical procedures and reduce hospitalisation expenses; implantable devices combined with drug therapies that target chronic conditions at their point of origination; and miniaturisation across many kinds of device technologies to provide advanced therapies are all on the horizon. At Medtronic, these innovations and many more sit on the brink of not just discovery, but reality.

So by going further and reaching farther every day, we’re improving lives all over the world.

Innovating for life.

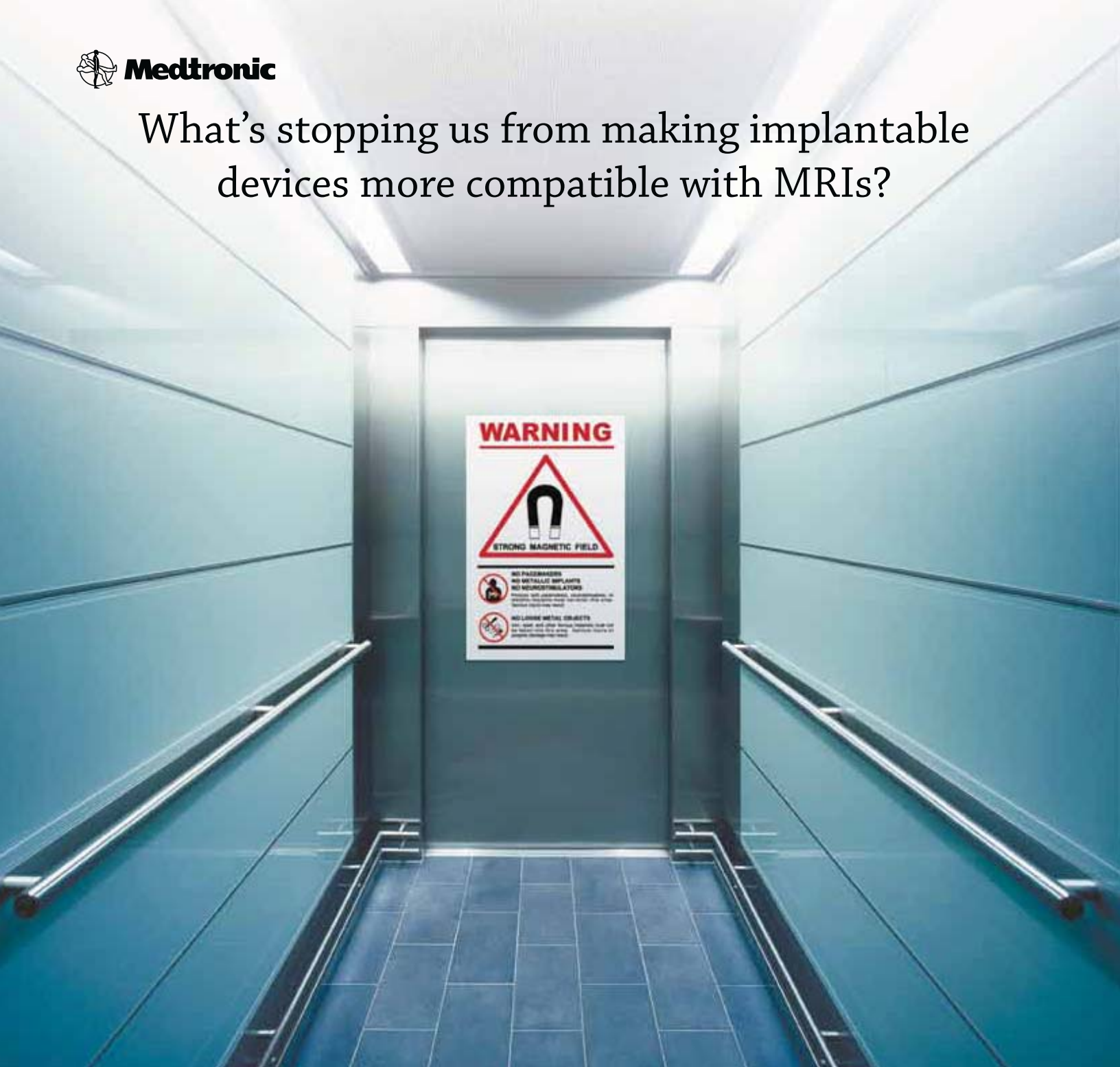


Jamie Stanistreet from Medtronic with Clinic Development Coordinator Kathi Shannon





What's stopping us from making implantable devices more compatible with MRIs?



Nothing.



**We're always working to help more people in more ways.** Knowing there are patients every year who are not receiving MRIs because of their devices led us to challenge ourselves to find a better way. That's why we're developing devices suitable for use in MRI. At Medtronic we never settle.

From cardiology to neurology - the technologies we invent are helping people and healthcare.

*The story continues at [www.medtronic.com.au/innovation](http://www.medtronic.com.au/innovation)*

**Innovating for life.**



## What makes industry super different?

HESTA Super Fund is your health and community services industry fund. With more than 690,000 members, 89,000 employers and around \$15 billion in assets, HESTA's size delivers a number of benefits to members, including the ability to take your account with you when you change jobs, quality education and advice about super and fees among the lowest in the industry.

We also offer access to a range of extra services such as commission-free financial planning, low-cost banking products and competitive death and disability insurance.

Let's see what makes industry super funds like HESTA different.

### Industry funds focus on members, not shareholders.

HESTA, like other industry funds, was set up to serve its members. HESTA has no shareholders – only members. We focus all our efforts on providing our members with the best possible value and quality of service.

### Industry funds have low fees.

Industry super funds are generally renowned for having lower fees than retail funds. HESTA works to keep fees as low as possible while ensuring we can provide all the features and service that members expect. In fact, we don't charge many of the fees that other funds have in place. Compare our fees with those of retail funds (we have a calculator at [hesta.com.au/calculators](http://hesta.com.au/calculators)) and you'll be surprised how much you're saving.

### We don't pay commissions.

Many funds pay commissions to financial advisors and sales agents who sign up new customers on their behalf. Not only do they pay a commission on the sale, but many also pay "trailing" commissions over the years that the member's account remains with the fund. HESTA pays absolutely no commissions at any stage of the process. We prefer to keep the money in members' accounts, to help them build their superannuation savings to achieve the retirement lifestyle they deserve.

### Quality insurance for members.

Your ability to earn is your greatest asset, but few of us have the time to arrange insurance that will help support our loved ones if we suffer injury or illness, or die. Your HESTA membership comes with access to quality death and income protection cover, with premiums paid straight out of your account. By joining HESTA, eligible members automatically gain great basic cover and have the option to apply for additional cover to meet their specific needs.

### HESTA proudly supports the industry it serves.

HESTA is your health and community services industry fund. The HESTA Australian Nursing Awards, the HESTA Early Childhood Education and Care Awards and the Aged Care Queensland Excellence in Aged Care Awards are just some of the industry events HESTA actively supports. We strive to understand and support the workplaces and people who are employed in this challenging and rewarding field.

This information is about HESTA Super Fund ABN 64 971 749 321 and has been produced by H.E.S.T. Australia Limited ABN 66 006 818 695 AFSL No. 235249. It is of a general nature. It does not take into account your objectives, financial situation or specific needs so you should look at your own financial position and requirements before making a decision. You may wish to consult an adviser when doing this. Investments may rise or fall. Past performance is not necessarily indicative of future performance. The information also represents HESTA's interpretation of the law in some instances but should not be relied upon as legal advice. Consider our Product Disclosure Statement before making a decision about HESTA - free call 1800 813 327 or visit [www.hesta.com.au](http://www.hesta.com.au) for a copy.



L-R Anthony Smolic, Mark Eaton, Keryn Hopkins, Russel Montgomery, Sue Williams, Vivian Niteros, Margaret Caroll and John Wilson

Special thanks to the HESTA Super Fund for sponsoring The Service Excellence @ Healthscope Recognition Awards 2009 as featured in The Pulse Autumn 2010 issue.

Fourteen winners were chosen from 270 nominees, including the Admission to Cash (A2C) Project Team who received the award for Financial Responsibility. The A2C team are pictured here with HESTA Client Relationship Manager Anthony Smolic.

## COMMERCIAL PATHOLOGY GETS BEHIND CARLTON FOOTBALL CLUB

Healthscope commercial pathology has been working closely with elite sporting professionals including AFL players at the Carlton Football Club.

Pathology collection centre staff visited the Carlton clubhouse to conduct blood tests at various stages during the current football season, to analyse the players' biological markers or biomarkers.

Carlton Football Team Doctor, Ben Barresi said the club aims to learn how well their team cope with playing and training, not just physically but biologically as well.

"We collect information to determine the health of the player group at any given time," said Dr Barresi.

"We're looking at different biomarkers regularly to determine if there are any trends with respect to team performance.

"For example if injuries occur as a pattern, we hope this analysis will allow us to identify and prevent these patterns of injury".

Dr Barresi said that historically testing would only be conducted by the club for medical reasons such as monitoring a player's illness or consequent treatment.

"This is the first time in my time at the club that we've tested the players serially as a group to check their overall wellbeing," he said.

How worthwhile the testing will be in terms of maintaining wellbeing, preventing injury and improving performance remains to be seen he said.

"We're waiting to see how relevant the information is to our player group and how it correlates to performance and injury".

Johann Bilsborough, Carlton Football Club's Exercise Physiologist adds that some of the information gathered from the test analysis will be used in a study, led by the club's High Performance Manager Justin Cordy.

"The aim of the study is to understand important factors associated with Under Performing Syndrome (UPS) which can occur when a player is in a state of overtraining.

"This study will aid in how a player is coping with training loads during the pre-season period," Johann said.

Business Development Manger for Healthscope Commercial Pathology, Vicky Tsiamas has been working closely with the Carlton Football Club to provide the tests and analysis.



Carlton's Chris Judd

Vicky explains that Healthscope commercial pathology also assisted with conducting an electrocardiogram (ECG) to test the cardiac activity of all Carlton players.

Dr Barresi said the move was prompted by recommendations from the American Heart Association.

"Obviously if anything does show up it allows us to investigate further and prevent anything very serious from happening," said Dr Barresi.

"We've been very pleased with the service that Healthscope has offered to us and the collection staff have been very professional".



## NEW EATING DISORDERS PROGRAM AT THE HILLS PRIVATE HOSPITAL

An important new treatment centre for eating disorders officially opened at The Hills Private Hospital in April.

The Beumont Centre at The Hills Private Hospital is named after Professor Peter Beumont, who pioneered the introduction of medical treatment for Australian patients with eating disorders.

Eating disorders predominantly affect females but one in ten patients is male. Anorexia nervosa can even occur in children.

The Beumont Centre will treat patients with anorexia nervosa, bulimia nervosa and EDNOS (eating

disorders not otherwise specified).

Anorexia nervosa was first documented in 1874. It's considered particularly serious because up to 20 per cent of patients die as a result of their illness.

Professor Stephen Touyz, Director of The Beumont Centre explains.

"There's a host of medical complications associated with anorexia nervosa including cardiovascular disease, osteoporosis and hypothermia. But they're all secondary to the psychological problem that sets off the starvation in the first place.

"In many cases the patient feels their world is out of control and eating is one area they have total control over. It becomes a very secure feeling.

"Food produces intense fear of losing control and becoming obese".

Research suggests the best way for a patient to overcome anorexia nervosa is diagnosis

and treatment within three and a half years of onset.

"Unfortunately as the weight drops, the brain becomes malnourished and the thinking starts to change. If it becomes chronic it is an extremely difficult disorder to treat," said Professor Touyz.

Effective treatment can be obstructed by the patients' fear of change, often causing them to work against medical staff. It is these challenges that drew Professor Touyz to the treatment of eating disorders early in his career.

"There's no surgery or medication available. What you have to do to save the patient is get through to them".

Professor Touyz has worked with the same team since 1976 - including psychiatrist Dr Margaret Sheridan, dietitian Hazel Williams and Clinical Psychologist Chris Thornton.

The team were the first to introduce eating disorder day programs in Australia - just one of the ways patients will be treated at The Beumont Centre.

"One of the benefits is that the patient is not separated from

their family. It also gives the opportunity to practice the skills they learn through therapy at home," Professor Touyz said.

In addition to the day program, The Beumont Centre will have a 20-bed inpatient unit and an integration program tailored to the needs of patients who have returned to work, school or university.

The team will use state of the art treatments developed in the United Kingdom to address the specific difficulties faced by patients with anorexia due to malnutrition.

"These treatments are based on the latest neuroscience looking at how aspects of the brain are affected by the disorder".

Professor Touyz says working with families and partners of the patients is essential.

"The family may be quite desperate - there is despair, sometimes anger. We ensure they better understand the disorder in order to assist their loved one toward recovery".

The Hills Private Hospital recently recruited one of New Zealand's best-known psychiatrists in eating

disorders, Dr Geoffrey Buckettt to work at The Beumont Centre.

Professor Touyz is confident intensive training for nurses will add to the success of the program.

As an affiliated teaching hospital of the University of Sydney, The Beumont Centre at The Hills Private Hospital will train medical students, clinical psychologists and nurses.

"We're also about to commence innovative research projects at the hospital to better our understanding of anorexia nervosa and other eating disorders," said Professor Touyz.



Professor Stephen Touyz



our super...  
our future

Low fees  
Personal service  
History of strong returns

1300 654 099  
hipsuper.com.au



Our Industry Super Fund!



## THE MOUNT HOSPITAL'S UNIQUE BREAST CANCER UNIT

The Mount Hospital cares for approximately half of all breast cancer patients in Western Australia.

As Director of The Mount Hospital's clinical trials unit in breast cancer, Dr Arlene Chan divides her time between treatment and research.

"Around 25 percent of all the patients I see as a clinician at The Mount Hospital are invited and agree to go into clinical trials".

The clinical trials unit opened in 1997, giving patients recently diagnosed with breast cancer, and those with advanced secondary cancer, a unique opportunity.

"More than half of all the clinical trials we run are pharmaceutical, or international cooperative group trials. This gives the patients access to the latest and most effective drugs available".

"We have recruited over 750 patients, making it the largest recruiting clinical trial unit for breast cancer in any Australian hospital".

Patients from The Mount Hospital have participated in six international clinical trials where the results and evaluation led to the treatment becoming the current standard of care.

"Many of these patients would not have been able to access treatments that have kept them cancer-free had they not been involved in clinical trials at The Mount Hospital.

"I have patients that are still benefiting from these treatments years later," said Dr Chan.

While a significant number of clinical trials are offered to The Mount Hospital, as the principal investigator, Dr Chan selects only a proportion, based on scientific worth and the potential benefit to patients.

"Breast cancer has many treatment options so a clinical trial will not go ahead unless there is strong laboratory or clinical evidence to suggest that it is very worthwhile," she said.

According to Dr Chan, one highly anticipated new treatment has shown great promise in triple negative breast cancer, which is particularly aggressive and less responsive to standard treatment.

The new treatment is only available worldwide through clinical trials and, the only Australian trial will run at three hospitals, including The Mount Hospital.

Janelle Johnston is the first patient from Western Australian and only the fourth in the country to be entered onto the trial.

Janelle, an area manager for Mount Pathology, first saw Dr Chan after her breast cancer was diagnosed in July 2008. She underwent surgery, chemotherapy and radiation therapy.

But last August the cancer reappeared and Janelle needed more treatment. As soon as treatment stopped in December the cancer again returned.

Dr Chan recommended Janelle for the new clinical trial. Janelle's treatment began in April, and Dr Chan is hopeful it will make a significant difference.

"I have over 50 patients that were involved in the early trial of trastuzumab, the treatment that has made the biggest difference to breast cancer survival in the last ten years.

"When I see these patients now, some eight years since they were on treatment, they say we know we're alive because we got into the trial".

Dr Chan also initiates, designs and conducts trials focused on patient care and symptom management during the course of treatment, and furthering the understanding on the biology of breast cancer.

"I feel that by doing clinical research I'm actually benefiting people – now and into the future. That's what motivates me.

"I am fortunate to work with dedicated and talented surgical, radiation, and diagnostic breast specialists, nurses and allied health at The Mount Hospital. In the clinical trial unit, I have an excellent team that work with me".

## SURVIVING BREAST CANCER

Rosanna Carbone was diagnosed with breast cancer in 2006.

Her treating specialist was preparing to surgically remove the breast but decided to send Rosanna for further scans first.

It was then that secondary cancer in the liver was discovered.

Rosanna was referred to Dr Arlene Chan and said she was numb.

"When you are first confronted with breast cancer it is just a shock to the system. You really don't know what you're going to do".

Rosanna said first and foremost she didn't want to let her kids down. "So I told them 'mum's going to be ok".

Dr Chan recommended Rosanna go into a clinical trial in May 2006.

Six weeks into the clinical trial there were indications that the treatment was working. After nine months the cancer had reduced by half.

"I've gone into a remission now and I will stay on the treatment for as long as it is needed," said Rosanna.

Her children, now aged 19, 21 and 24 years, are relieved their mum is doing well.

"Physically speaking you wouldn't even know I'm on chemotherapy for breast cancer. People say you look great," Rosanna said.



Rosanna Carbone (centre) with her family



## COMPLEX SPECIALISED CARE SETS THE MOUNT APART

**Facility:**  
The Mount Hospital

**Specialities:**  
Cardiac care, breast cancer, neurosurgery, orthopaedics, plastics

**Address:**  
150 Mounts Bay Road,  
Perth WA 6000

**Telephone:**  
(08) 9481 1822

In Western Australia, The Mount Hospital is well known for providing life saving specialised care that can't be found elsewhere.

It is the only private hospital in Western Australia that performs heart surgery, supported by two catheterization laboratories and strong cardiac care.

These services are supported by the only private level 3 Intensive Care Unit in WA.

"In 2009, there were a significant number of open heart and cath lab procedures performed at The Mount Hospital," said General Manager, Justin Walter.

Justin explains that last year the majority of oncology patients admitted to The Mount Hospital were undergoing treatment for breast cancer,

"Breast cancer patients accounted for a high percentage of the hospital's 220 bed occupancy.

"We have an interdisciplinary team of breast oncologists, physicians and surgeons, plastic reconstructive surgeons, breast nurses and allied health workers who manage the patient from diagnosis to reconstruction.

"This vital work is supported by an internationally recognised clinical trials research unit".

Justin adds that the hospital's team of surgeons include specialists in neurosurgery undertaking craniotomies for patients with benign or cancerous brain tumours.

The Mount also performs complex spinal, orthopaedic and general surgical procedures and a new rehabilitation unit provides an in house program for many spinal and orthopaedic patients.



General Manager Justin Walter

In the last year, Justin has overseen the introduction of urology services.

"The first 100W laser in WA for the treatment of benign prostate tumours differentiates The Mount Hospital in a very competitive field of specialisation.

"In the long term, our strategy will be to continue building on The Mount's reputation for performing high end surgery safely," said Justin.

## NEW TECHNOLOGY MAKES SPINAL SURGERY LESS INVASIVE

Allamanda Private Hospital has an exciting new addition in its operating theatre.

The O-ARM™ Multidimensional Surgical Imaging System is assisting surgeons with delicate spinal procedures that require the ultimate precision.

O-ARM takes a 360 degree scan during the surgical procedures which can then be transferred to a linked navigation system, called StelthStation.

The new system provides surgeons with immediate high quality visual access to guide surgical procedures, and takes another scan at the end of the operation.

Previously this information was only available to surgeons from pre and post-operative CT scans or frequent X-rays.

General Manager of Allamanda Private Hospital, Rodney Green, said by monitoring the status during surgery, O-ARM has the potential to save hours of surgery time.



"The new system reduces radiation exposure for patients and can also make spinal surgery less invasive which may result in faster recovery times," said Rodney.

Since its installation in April, surgeons at Allamanda Private Hospital have used the system for a number of spinal and orthopaedic procedures, including cervical spine and open lumbar spine cases.

With the assistance of the O-ARM, Dr Leong Tan recently repaired a fractured upper cervical spine, using the screen as a guide while he inserted screws.

He explains that without the system, procedures were previously more difficult because surgeons had to rely on their knowledge of the anatomy to work on the spine, often with only a three or four millimetre margin.

Dr Tan likens the new system to GPS navigation for surgery and said the cervical procedure took only about three hours to complete.

The O-ARM can be used in standard operating rooms. Its robotic features enable it to be positioned easily between imaging shots, giving the surgeon easy patient access.



## HIGH DEMAND FOR SLEEP STUDIES AT NORTHPARK PRIVATE

Since it opened in February, the sleep studies laboratory at Northpark Private Hospital has experienced high demand.

And with a new sleep unit opening at North Eastern Rehabilitation Centre, respiratory and sleep disorders physician Dr Russell Goudge hopes he can help even more patients.

“The most common reason people see a sleep physician is that snoring is causing issues with their partner.

“Sleep studies can help to diagnose a number of disorders with the most common being obstructive sleep apnoea (OSA),” said Dr Goudge.

OSA is commonly found in middle aged men but can affect women and occur at any age.

It is characterised by instability of the upper airway and occurs when the walls of the throat come together during sleep, narrowing, or blocking the upper airway. This leads to the brain arousing from sleep to stabilise the airway.

As well as snoring, sufferers of sleep apnoea may experience restless and broken sleep, and often wake exhausted, perhaps with a headache and dry mouth.

According to Dr Goudge the most concerning symptom is daytime sleepiness, particularly when driving.

“Very severe OSA can also increase the risk of stroke or heart disease, and impact on health conditions including diabetes, hypertension, and depression”.

At Northpark Private Hospital, sleep studies are conducted in private rooms with double beds and en-suite facilities to make the experience as comfortable as possible for patients.

During a sleep study the patient’s brain activity, respiratory movement, muscle activity, sleep position, and oxygen level is monitored.

The information gathered helps doctors determine how often the brain wakes and the airway narrows (hypopnea) or collapses completely (apnoea) as well as the need for and type of treatment to recommend.

The patient is also filmed, which can help doctors diagnose less common conditions like night terrors, or REM sleep behaviour disorder.

“There are a number of approaches to treatment depending on individual preference, anatomy, and severity of the sleep apnoea,” said Dr Goudge.

Maintaining an ideal weight, avoiding alcohol, sedative medications, and not sleeping in the supine position (face up) are likely to benefit all people who snore or have sleep apnoea.

Patients with mild to moderate sleep apnoea, particularly those only affected when sleeping supine may benefit from a mandibular advancement splint (MAS) which helps stabilise the airway. The mouth guard is portable and discreet making it a popular choice with younger patients.

Dr Goudge said the most commonly used and best treatment for OSA is a CPAP machine.

“CPAP is a specially designed air compressor that blows air at a predetermined pressure through the nose and or mouth to stop the airway from narrowing during sleep.

“Despite being apprehensive about wearing the required mask initially, most patients will adapt because the benefits are quickly apparent to both them and their partner”.

## JOHN FAWKNER PRIVATE CARDIOLOGIST AWARDED OAM

As part of the Queens Birthday Honours List announced on 14th June, Dr Sadanand Anavekar from the John Fawkner Private Hospital was awarded The Medal of the Order of Australia (OAM) for his services in medicine, and to the Indian community.

Dr Anavekar came to Australia from India in 1969, after completing his medical degree.

While completing his PhD in Australia, Dr Anavekar’s thesis involved the evaluation of treatments for hypertension, including beta blockers and calcium channel blockers.

“These simple, safe and effective treatments are now regularly used for managing hypertension,” he said.

Dr Anavekar was awarded an international fellowship in clinical pharmacology and spent three years at the University of Rochester in New York for further research.

It was after his return to Australia that Dr Anavekar joined the John Fawkner Private Hospital in 1978, as a cardiologist and consulting physician.

As his career flourished, Dr Anavekar, a Hindu, felt something lacking.

“When I first came to this country the Indian community was very small and we didn’t have any way to practice our religious beliefs.

“We came up with the idea to create the Australia India Society and the Hindu Society of Victoria especially for people from India, Sri Lanka, Fiji, Malaysia and Singapore, and it took off.

“We bought some land in Carrum Downs to build Melbourne’s first Shri Shiva Vishnu Temple,” said Dr Anavekar.

“The temple allows Hindu people to meet their religious needs which gives me great satisfaction.

“The aim of Hinduism is for everybody on this planet, not only the human beings but also the animal kingdom, to be happy,” he said.

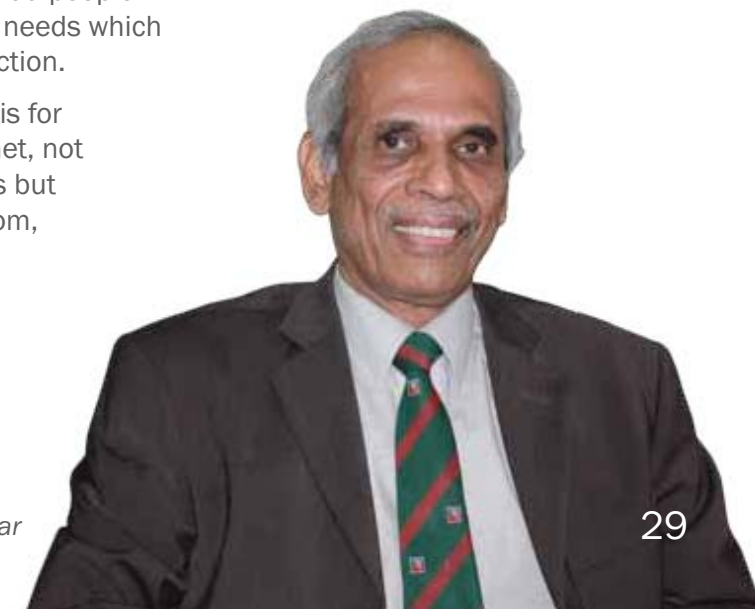
Dr Anavekar said the next plan is to build a cultural centre beside the temple including a wedding reception hall, kitchen and dining area, library, and place for meditation.

“The centre will not only be for the Hindus – it will be open to all local communities.

“We also plan to build a school to teach the principles of Hinduism”.

He said there are also plans to build a retirement village for elderly people coming from India, Sri Lanka, Malaysia and Singapore.

“Who knows I may even need it myself later on!”



Dr Sadanand Anavekar



## GROUNDBREAKING TREATMENT BRINGS NEW HOPE FOR DEPRESSION

Groundbreaking studies at The Victoria Clinic in Transcranial Magnetic Stimulation (TMS) bring hope for one in three sufferers of depression who do not get better with standard treatments.

Professor Paul Fitzgerald, Director of the TMS program at The Victoria Clinic, has been conducting clinical trials of the treatment since 2002.

The current trial is the third in a series involving a number of Healthscope hospitals including Northpark Private, Geelong Private, Mosman Private and Pine Rivers Private.

Across the five hospital sites 200 patients will be treated with TMS for five days every week over a period of a month.

One patient who can talk about the effectiveness of TMS from experience is Christine Clement.

Christine lived with debilitating depression for years, trying anti-depressants and electroconvulsive therapy with no results.

She made the decision with her psychiatrist to begin treatment with TMS and was referred to Professor Fitzgerald. Christine's condition began to improve after 12 treatments.

"It just clicked one day and I got better and better from there," she said.

By applying a simple coil externally, TMS stimulates the flow of electrical currents within brain cells.

TMS sessions take about 30 minutes - no anaesthetic is needed and memory is not affected. The patient is awake and experiences minimal side effects.

"It's totally non-invasive and doesn't take long. My mood level lifted significantly which is a great relief," said Christine.

"Commonly patients notice improvements in their mood after two weeks. This continues over the four weeks of treatment and sometimes afterwards," said Professor Fitzgerald.

Professor Fitzgerald was first introduced to TMS during his fellowship in schizophrenia research at the University of Toronto in Canada twelve years ago.

"A group of physiologists and neurologists developed the first TMS machine and discovered they could influence brain activity.

At around the same time, researchers found areas of the brain were either under or over active in depression," he said.

By putting the two together, TMS was proven to affect mood, prompting worldwide investigations into its use as a treatment for depression.

More than 30 studies have been completed using TMS in adults with depression and almost all reported improvement in the illness.

Over 150 American hospitals and clinics have been using TMS as a standard treatment since its approval by the Food and Drug Administration.

It is also being evaluated for use in anxiety, eating disorders, Parkinson's disease, and has been recommended in the US

as a viable treatment for auditory hallucinations (hearing voices) in people with schizophrenia.

"Studies have found that applying TMS to the area of the brain that processes speech and hearing can reduce auditory hallucinations," said Professor Fitzgerald.

"Treatment with TMS is most typically used in people with depression or schizophrenia who are treatment resistant".

Professor Fitzgerald said it is important for patients to continue other recommended psychological treatment and support for their illness.

The Victoria Clinic is also implementing a novel program using ongoing TMS treatment for patients to maintain their recovery.

"We have a constant stream of referrals from psychiatrists whose patients have responded well to treatment," Professor Fitzgerald said.



Transcranial Magnetic Stimulation

Christine is just one of those. After completing the initial full course of 20 treatments, she has continued having treatment with TMS one weekend in four.

"To compare what I was like before TMS and now, there is a big difference. It has been life changing," she said.



Healthscope

A Healthscope Publication

### thePulse READERSHIP SURVEY

This is the third edition of *The Pulse* 2010 and we would like your views about what you think of the content, its 'readability' and what should or should not be included. The magazine is distributed to Healthscope establishments, politicians, business and specialist journalists. Please let us know what you think by emailing your suggestions to *The Pulse* at: [thepulse@healthscope.com.au](mailto:thepulse@healthscope.com.au)

Your views are important to us and we look forward to your feedback.



## NEPEAN PRIVATE HOSPITAL TAKES ON MEDICAL STUDENTS

Healthscope and the University of Sydney recently celebrated the announcement that Nepean Private Hospital has become a teaching hospital of the University of Sydney.

Medical Students from Sydney Medical School Nepean will be able to go to Nepean Private Hospital as part of their four year training to become doctors.

Sydney Medical School Nepean will educate over 200 medical students at Nepean Private Hospital each year.

"We are very honoured and excited to play a part in shaping the doctors of the future," said Helen Lonergan, General Manager of Nepean Private Hospital.

"Healthscope, the doctors and the staff at Nepean Private Hospital are committed to assisting with this training".

Helen said students have the opportunity to accompany consultants on ward rounds and observe a number of surgical procedures.



*Professor Ralph Nanan, Professor David Burke, General Manager of Nepean Private Hospital Helen Lonergan, Professor Michael Peek, Mr Tom Rubin*

"Much of this training - especially elective surgery - is not possible in the public system," Helen said.

"Nepean Private Hospital being a teaching hospital of The University of Sydney will allow medical students to expand their teaching experience," said Professor Michael Peek, Associate Dean of the Sydney Medical School Nepean.

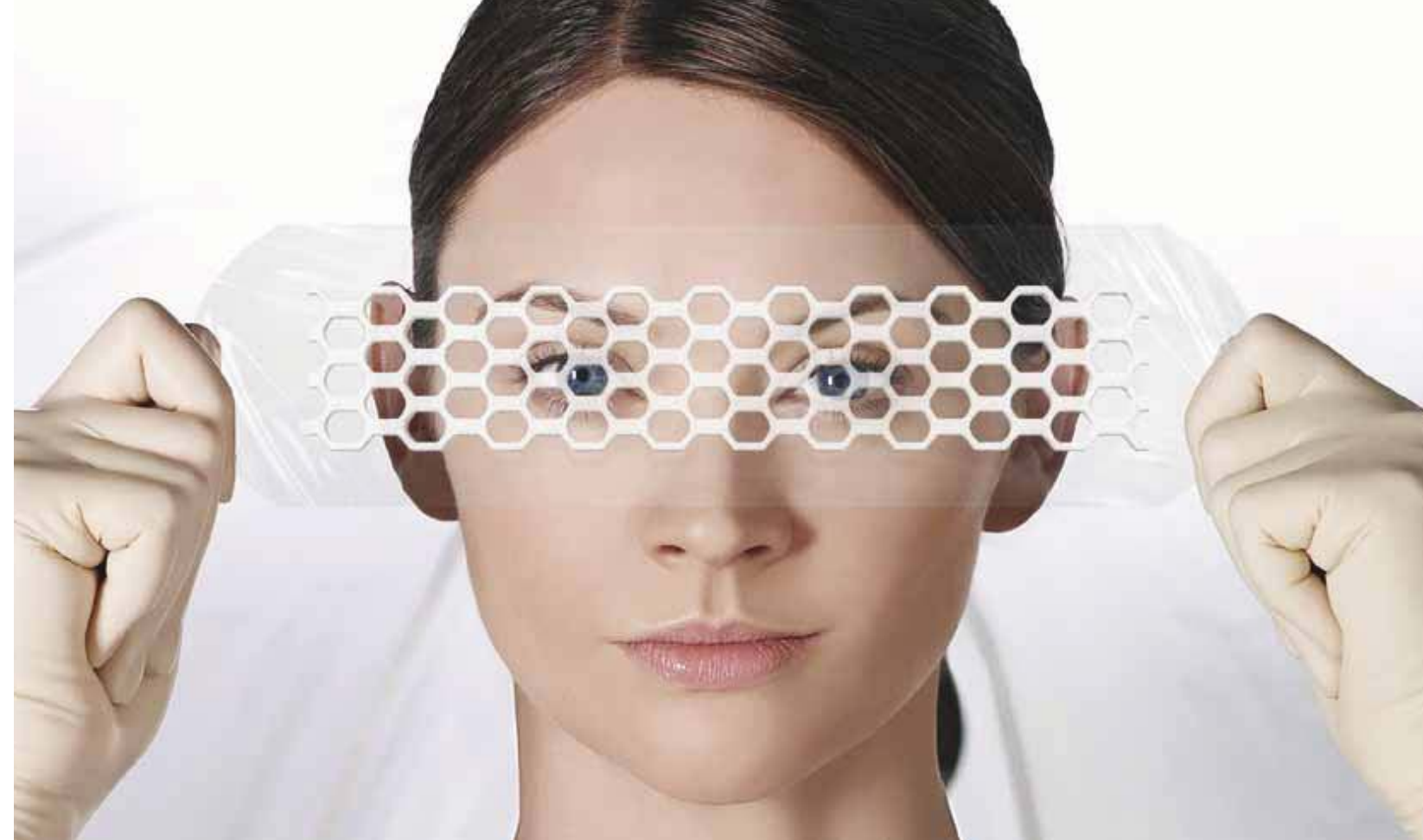
"The excellent facilities and staff at Nepean Private Hospital will give another dimension to teaching at Sydney Medical School Nepean," Professor Peek said.

Fourth year students from Sydney Medical School Nepean also celebrated the announcement.

"The opportunity to visit patients at Nepean Private Hospital and accompany clinicians on their ward rounds is certain to add a new dimension to our medical education," said one student Daniel Vagg.

For his colleague, Nicholas Spooner, the chance of more individual teaching is an attraction.

"Dividing our education between public and private hospitals will further increase our understanding of the healthcare system and different modalities of healthcare provision," he said.



## The future of post-operative care is clear to see

**The post-op dressing that you put on your patient should be the only thing they acquire before they go home**

**OPSITE Post-Op Visible** is the latest development in post-op film dressings, helping to reduce the incidences of infection caused by early and frequent removal.

Customer Service: 13 13 60 [www.smith-nephew.com.au/healthcare](http://www.smith-nephew.com.au/healthcare)

**smith&nephew**  
**OPSITE<sup>®</sup>**  
**POST-OP VISIBLE**



® Trademark of Smith & Nephew. SN8146 (06/10)



## GROWING OUR OWN TALENT AT HEALTHSCOPE

Healthscope has a strong reputation for a talented workforce with a depth of leadership and management capability.

National HR Manager, Maree Feery explains Healthscope's flexibility, willingness to support staff and invest in learning, professional development and career enhancement opportunities make it a preferred employer of health professionals.

"Our commitment to educating current and future generations of nurses and other health professionals is evidenced through our extensive undergraduate, graduate and post graduate programs.

"We also identify and nurture leadership and management abilities within our own workforce to meet the current and future health care needs of our communities.



Janine Haigh

"In other words growing our own talent is key to Healthscope's continuing success.

"Many of our staff commenced as graduates or in entry level clinical and management positions, worked across various sites and, in some instances states, before progressing into senior roles," said Maree.

There are countless examples of talented managers that have progressed significantly during their time with Healthscope. Here are just a few, with more to follow in future issues of *The Pulse*.

**Nicole Starbuck** who has been seconded to the role of Project Leader, Learning and Development in the pathology division, was previously Clinical Development Co-ordinator and a Nurse Unit Manager (job share) at John Fawkner Private Hospital.

Nicole also undertook a secondment rotation to pathology in New Zealand in a project role, and initiated an International Nurses Program including nursing research at John Fawkner.

"My career progression has been supported and, indeed, encouraged by key mentors. I look forward to the challenge, and to moving forward at each new opportunity," said Nicole.



Nicole Starbuck

**Janine Haigh** has been General Manager and Director of Nursing at The Geelong Clinic since 2008.

Janine was a Midwife before joining Healthscope in 2003 as Director of Nursing at Geelong Private Hospital, where she has also been Nursing Co-ordinator/Relieving Director of Nursing and Nurse Unit Manager.

"I have felt very fortunate to have been afforded such great opportunities during my time working in a variety of management roles within Healthscope.

"I have lasting memories of progressing from middle management to an executive role. During this time I have worked alongside some very strong managers in leadership roles who have supported me and provided great mentorship," said Janine.



Carol Taylor

**Carol Taylor** is Director of Nursing at Flinders Private Hospital, part of the Adelaide and Community Health Alliance (ACHA) Group in SA. Before commencing her current role in 2007, Carol was previously the Clinical Manager Cardiac Services.

Earlier in her career, Carol was a Clinical Nurse and a Clinical Manager at Ashford Private Hospital, also part of the ACHA Group, and took a career break before returning to nursing at Flinders Private.

"From day one I felt welcomed," said Carol. "I love working in an environment that fosters a culture of caring, collaboration and a commitment to providing high quality patient care. There is an ethos of inclusiveness and mutual respect that inspires people to excel".

**Leanne Umstad**, an experienced General Manager, is currently at Melbourne Private Hospital. Leanne joined Healthscope in 2005 as Director of Nursing at John Fawkner Private Hospital in a job share role. The following year she was appointed General Manager John Fawkner prior to commencing in her current position in 2007.

Another experienced leader is **Cliff Evans**, General Manager of Brisbane Private Hospital.

Cliff previously held the roles Director of Nursing and then General Manager of Sunnybank Private Hospital, and was Manager Critical Care and Cardiac Services and the Nurse Unit Manager Intensive Care Unit at Allamanda Private Hospital.



Cliff Evans

State Manager NSW Hospital's **Steve Gameren** led the commissioning and opening of the new Norwest Hospital in Sydney in 2009. Steve was the General Manager of The Hills Private Hospital from 2005, having previously been the Deputy General Manager there.

"It is good to work for a company that provides its employees with the opportunity to grow," Steve said.

**Teena Pisarev** has been Pathology's National Sales and Marketing Support Manager since 2009.

Teena commenced her career with QLD Pathology in 2006 as Customer Service Manager and has since been a Business Development Manager at Sunnybank Private, Brisbane Private, Pine Rivers Private and Peninsula Private Hospitals, before moving to her current role.





Teena Pisarev

"I am very grateful for the coaching and mentoring that I have received from my managers. Their encouragement and guidance has assisted me to develop as a manager and I look forward to continuing my journey with Healthscope," said Teena.

**Eric Swayn** was recently appointed State Manager QLD Pathology and was the State Manager NT prior.



Eric Swayn

Eric's previous roles include Business Development Project Manager, Human Pathology; Manager of The Mount Hospital Pathology WA; Laboratory Manager and Senior Scientist with Gribbles Pathology Wangaratta; Laboratory Manager, Victor Harbour and Scientist at Wayville in SA, having commenced with Gribbles Pathology in 1999.

"Healthscope has always been supportive of my personal development and has provided me with many opportunities to not only further my own career, but assist with development of the company," said Eric.

One initiative that has been designed to enhance and grow the Healthscope workforce is the *Future Leaders Program* pilot currently being undertaken by eleven emerging leaders from the pathology and medical centres divisions.

The program aims to build on Healthscope's reputation for quality leadership in health service management, and provides an exciting internal opportunity.

Over 12 months, participants will work on a leadership development plan, including a national project involving entry into a regional area, and a change management or business improvement initiative such as opening a new laboratory.

Participants will work closely with the Chief Operating Officer or a member of the executive team, as well as a mentor.

They will take part in a bimonthly in-house leadership program, undergo marketing and sales training with an industry expert, and attend advanced negotiation and influencing skills workshop.

Other opportunities include attending State Managers meetings, 'shadowing' an executive and focusing on fine-tuning their leadership and management skills.

Outcomes of the new initiative will be evaluated and reviewed with a view to offering the program more broadly in 2011.

## WHY FLU VACCINES ARE IMPORTANT TO THE WHOLE COMMUNITY

As the cold weather sets in, we find ourselves wondering whether to vaccinate against the dreaded winter 'lurgy'.

Dr James Cookman, Medical Director of Medical Centres tells *The Pulse* views about vaccinating against influenza (flu) have changed over time.

"We used to believe flu vaccinations should only be targeted to people with chronic disease".

Dr Cookman said he now recognises that flu vaccinations achieve two things: immunising the individual as well as protecting other members of the community that miss out on the vaccine.

"If most people are immunised it lessens the likelihood of the illness spreading.

"For that reason flu vaccinations can be viewed as a population health measure," he said.

While the majority of healthy people can recover from flu

after a week or two, it can be devastating for the elderly and people with chronic illnesses like heart disease or diabetes.

"If just one person in a residential aged care facility gets the flu and other residents are not protected, it can end up affecting all the residents and staff.

"People that are older, and often dealing with chronic diseases, are extremely vulnerable to the complications from flu".

Dr Cookman regularly visits aged care facilities early in the season to ensure staff and residents are protected.

Similarly, many employers will offer to vaccinate their entire workforce to prevent economic loss that can be caused by having illness spread through the organisation.

Dr Cookman explains flu virus is fairly unique because it has the ability to mutate readily.

"Therefore the antibodies that protect one year are not likely to continue to protect in the following year so we have to keep updating our vaccine each year.

"It's hard to think of a reason not to get vaccinated against flu," said Dr Cookman.

To find the nearest medical centre in your state visit [www.healthscopemedicalcentres.com.au](http://www.healthscopemedicalcentres.com.au)



Dr James Cookman



## PTSD PROGRAM AT THE GEELONG CLINIC HELPS VETERANS OF ALL AGES

It may come as no surprise that people who have lived in a war zone are at significant risk of developing Post Traumatic Stress Disorder (PTSD).

PTSD is an anxiety disorder that can occur as a result of a traumatic or life threatening situation. It affects 22 per cent of war veterans with 12 per cent suffering chronic PTSD.

Dr Edmond Van Ammers is Director of The Geelong Clinic's Post Traumatic Stress Disorder program for war veterans and Australian Defence Force personnel.

The unique 12 week program is supported by the Department of Veterans Affairs.

Dr Van Ammers said it has been well received by the veteran community and has demonstrated positive outcomes.

"Our program has helped veterans and peacekeepers that experienced symptoms of PTSD after returning from Iraq, Malaysia, Timor and Vietnam," said Dr Van Ammers.

Common symptoms include re-living the trauma through recurring memories or nightmares; being overly alert or wound up, and avoiding reminders of past traumas.

"Avoidance is a key factor. They could be isolating, no longer seeing old friends, feeling cut-off and detached," he said.

Program Coordinator Christie Arbuckle said veterans often seek help when sleeping becomes a problem, they are hyper vigilant or have difficulty managing emotions and sometimes alcohol. However, most are surprised to be diagnosed with PTSD.

"We start by educating the participants about PTSD. The program also helps with anxiety, depression, anger and trauma," said Christie.

PTSD is often complicated by alcohol or substance abuse, poor sleep and can lead to

angry outbursts and suicidal thoughts.

"We work on drug and alcohol abuse, relationship issues and give the participants tools for a healthy lifestyle," she said.

Christie explains that a vital part of the program and important step for participants is sharing their story with the group.

"To support the veterans during what can be a confronting process, they are invited to stay at the clinic during this process, so we can manage the emotions that come up".

Individual treatment is offered to those who need to confront specific fears or difficulties.

Christie said groups consist of up to eight participants who often form close bonds.

Participants spend two days each week at The Geelong Clinic and partners are invited to join in regularly. Childcare assistance is provided when needed.

There are currently places available for the program commencing in September.

*For information about the PTSD Program for war veterans and Australian Defence personnel phone Christie Arbuckle at The Geelong Clinic on 03 5248 1155*

## Jacqui Evans

**Technical Manager for Healthscope Functional Pathology**

*The Functional Pathology team is located at 1868 Dandenong Road, Clayton and can be contacted on 1300 55 44 80.*

*What is your current role at Healthscope?*

I'm the Technical Manager for Healthscope Functional Pathology.

The technical team is available to assist functional medical practitioners with selection of the most appropriate test for their patients, interpretation of test results, and clinical understanding.

As Technical Manager I also manage our Practitioner Education Program which brings leading functional medicine practitioners together for state of the art workshops and conferences.

*What kind of services does your workplace provide?*

Our tests are used by general practitioners, specialists, naturopaths, chiropractors, osteopaths, herbalists, pharmacists and other allied health professionals to investigate functional, biochemical, nutritional, metabolic and hormonal status.

Test results provide essential information to assist the practitioner in the diagnosis, treatment and management of patients seeking a holistic approach to health. The tests are designed so that patients can collect specimens in the privacy of their own homes.

*How long have you worked in the job?*

Eight years

*What do you like most about it?*

My role is very diverse, inspiring and challenging, so I never have the opportunity to get bored.

*What is the most interesting or unusual thing about it?*

The most interesting thing about my role is that I get to hear about patients who have resolved chronic health complaints using functional pathology testing.

*How many people work there and what do they do?*

There are four clinically trained technical advisors working with

practitioners to strengthen their understanding of functional pathology and how it can be used to better manage each patient's health. My training includes an Advanced Diploma in Health Science (Naturopathy and Nutrition).

Alongside the technical team we have a great customer service team of three, led by Pam Davey and Stephanie Philbrick.

We are also delighted to be working closely with the national sales team who support the business at ground level across the country.

Our team is further supported by a group of medical scientists and laboratory staff that offer a diversity of skills enabling us to perform an extensive range of analytical and diagnostic services.

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

"What does this result mean?"

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

At work it's Rooibos Tea with a dash of milk (it's an African Red Bush Tea that's caffeine free and high in antioxidants). But on the weekends, it's a flat white from Market Lane in the Prahran Market.

*What are your facility's opening hours?*

8.30am - 5.30pm

*Read more about Healthscope Functional Pathology overleaf.*



*PTSD Program Director Dr Edmond Van Ammers  
Program Coordinator Christie Arbuckle*





## FUNCTIONAL PATHOLOGY EXPLAINED

Despite having a new name Healthscope Functional Pathology (formerly ARL) offers the same specialised laboratory testing service it has since 1974.

The pathology tests are used by functional (or complimentary) medicine practitioners to investigate patients' biochemical, nutritional, metabolic and hormonal status.

According to Business Development Manager Stephanie Philbrick,

around 500 functional medicine practitioners including chiropractors, osteopaths, naturopaths, physiotherapists, pharmacists, herbalists and general practitioners order functional pathology tests each month.

Tests include the Functional Liver Detoxification Profile (FLDP) which is unlike the standard liver function test for cellular damage, in that it assesses how well the organ is actually working.

"Functional medicine practitioners look at all body systems to assess how well they are working independently and as a whole," said Stephanie.

"Practitioners then use non invasive methods to manage and optimise the patient's health, such as nutritional medicine or dietary and lifestyle modifications".

Using results of the functional pathology tests, Stephanie said practitioners can often make a difference to patients that have experienced unpleasant or chronic symptoms for years with no resolution.

"This may include women who suffer severe period pain or those looking into natural fertility management".

Functional medicine practitioners can also fine tune hormone replacement therapy for women during menopause with the help of a female baseline hormone profile.

Stephanie adds that functional medicine practitioners also treat people that are simply committed to maintaining their health and wellbeing naturally.

The majority of tests are conducted with self collection kits that patients can use in the privacy of their home, with only a third of tests requiring a visit to a collection centre.

A new addition to the Healthscope Functional Pathology service is the Mini Manual for Practitioners, containing a succinct summary of all clinical services, including the specimen required and type of information that can be gleaned.

To meet demand the publication has been developed as an interactive e-book that can be accessed through the Healthscope Functional Pathology website.

Practitioners, patients and Healthscope staff alike are encouraged to contact the Healthscope Functional Pathology team with any questions on **1300 55 44 80**.

## EXPANDED MELBOURNE CLINIC CONTINUES TRADITION OF MENTAL HEALTHCARE

Professor David de Kretser, AC, Governor of Victoria, officially opened The Melbourne Clinic on 1st June.

The Melbourne Clinic is Australia's largest and longest running private mental health clinic. Established by a group of psychiatrists as a purpose built hospital in 1975, The Melbourne Clinic has been operated by Healthscope since 1985.

A major redevelopment has seen the clinic transformed into a modern mental health facility with 152 inpatient beds and predominantly private room accommodation.

General Manager Andrew McKenzie welcomed guests to the opening event before introducing Professor Graham Burrows, who shared his historical knowledge

of The Melbourne Clinic as one of its founding psychiatrists.

Medical Director, Professor Issy Schweitzer, considered a leader in the treatment of people suffering from mental illness, also addressed attendees of the opening.

Healthscope Chief Operating Officer Hospitals, Sue Williams shared memories of her time working at the clinic.

The Melbourne Clinic offers a comprehensive range of inpatient programs, extensive day programs and flexible outreach services.

Specialist programs are available for substance withdrawal and rehabilitation, aged psychiatry, as well as the treatment of anxiety and depression, obsessive compulsive disorders, eating disorders, and general psychiatry.

Patients are cared for by 161 accredited psychiatrists and a multi disciplinary team of mental health nurses, social workers, occupational therapists and psychologists.

The Melbourne Clinic's renowned Professorial Unit, which recently celebrated 15 years, is the



L-R Andrew McKenzie, Professors Issy Schweitzer, Graham Burrows and David de Kretser, Mrs de Kretser, National Psychiatry Manager Gaylyn Cairns and Sue Williams

result of a partnership with the University of Melbourne.

The Professorial Unit conducts world class collaborative research in psychiatry and provides clinical expertise in mood disorders. It is also a centre of education for medical students, graduates and general practitioners.

"We recognise our critical role as a quality provider of mental health care in Victoria," said Andrew McKenzie.

"Our programs and staff are second to none and are backed up by the active guidance of our Professorial Unit to benefit our patients".



Professor David de Kretser, AC, Governor of Victoria with Mrs de Kretser



## NEW WARD OPENS AT VICTORIAN REHABILITATION CENTRE

A new 30 bed ward specialising in joint replacement, respiratory, restorative and cardiac rehabilitation has opened at the Victorian Rehabilitation Centre.

The Waratah Ward was commissioned in November 2009 and specially designed to cater to the needs of patients undergoing rehabilitation programs.

Wide corridors and automatic doors ensure easy access for patients that rely on walking aids or wheel chairs and assist staff transporting patients to and from therapy.

The wide carpeted hallways are popular with patients looking for a place to exercise and improve mobility, particularly after joint replacement surgery.

A large lounge promotes a relaxed and friendly environment for patients and their visitors and includes a pantry for patient use.



Bedrooms are generously proportioned and equipped with a built in wardrobe and drawers with a locked cupboard for storage. Large en-suite bathrooms allow easy access for patients with mobility aids.

Above all, patients love the flat screen television with bedside controls. There are armchairs in rooms, providing comfort during the rehabilitation phase of recovery with large windows to enjoy views of landscaped gardens.

The treatment rooms and state of the art nurse call and patient monitoring system are very popular with staff. The nurse station features a dedicated back of house area ensuring privacy and confidentiality for documentation and storage of patient charts.

“The feedback from patients, visitors and our doctors has been extremely positive,” said Director of Nursing, Meredith Rooke.

“This is testimony that the new design and décor are a success”.

## KNOX PRIVATE NURSE SANDY LEWIS SAVES HUSBAND

Knox Private Hospital emergency nurse Sandy Lewis recently put the life saving skills she uses at work into action to save a very important life.

Sandy’s husband, 54yo Steve, suffered a heart attack and cardiac arrest whilst they were gardening at their Melbourne home in February.

Thankfully Sandy was not at work and was with Steve at the time. Sandy heard her husband scream before he collapsed. Steve had no pulse and was not breathing.

Drawing on her CPR training and ability to stay calm in a life and death situation, Sandy did CPR until the paramedics arrived.

Steve was taken by ambulance to the Knox Private Hospital emergency department, where doctors intubated him and sent him to the Cardiac Catheter Laboratory where Dr Rowe inserted two cardiac stents. Steve was then admitted to ICU.

Steve made a great recovery, thanks to his wife’s quick action.

“If Sandy hadn’t done CPR then he wouldn’t be around today;



Sandy and Steve Lewis

it’s as simple as that,” said paramedic Andrew Osborn.

Sandy is extremely grateful for her CPR training and believes it should be compulsory learning for all adults and children.

“It’s one of the most important things you can learn in life - it can be the difference between life and death”.

The couple value their time together now more than ever.

“All the things that we had planned to do together wouldn’t have been worth it if it was just me alone,” Sandy said.

Sandy is grateful to everyone involved in Steve’s initial emergency treatment and his ongoing care during his stay at Knox Private Hospital.

© Newspix / Lawrence Pinder





HEALTHSCOPE SNAPSHOTS...

Staff from the Brisbane Private Hospital recently took part in the Biggest Morning Tea to raise money for the Cancer Council.

While enjoying a delicious morning tea, guests were treated to an unexpected acoustic guitar performance from their very own multi talented oncologist and singer, Dr Mark Bentley.



Dr Bentley from Brisbane Private Hospital

Nurses from Ringwood Private Hospital joined 14,000 breast cancer supporters on the grounds of Melbourne's MCG on 7th May for the Breast Cancer Network Australia's stirring tribute to families affected by breast cancer.

Oncology Nurse Unit Managers Maree Burmeister and Mandy Kavanagh joined registered nurse Roz Rickard from Day Oncology and Cancer Support Coordinator Tracey Moroney. The group donned pink ponchos and helped to form the well known pink lady logo to raise awareness of women affected by breast cancer.



Maree Burmeister, Mandy Kavanagh, Roz Richard and Tracey Moroney

Occupational Health & Safety Auditor Alan (Ollie) Matthews was recently presented with a Recognition of Service Award by AFL Victoria. Ollie is President of the Riddell District Football League and received the award after reaching an exciting umpiring milestone - his 1000th game. Ollie was delighted to have his family on hand to witness the memorable day.



Ollie Matthews umpires his 1000th game

Graduate Registered Nurse Tatsumi Mukai from John Fawkner Private Hospital was nominated for the Annual HESTA Australian Nursing Awards 2010, in the category of Graduate Nurse of the Year.

Also nominated in the Innovation in Nursing category was Cancer Support Coordinator Tracey Moroney from Ringwood Private Hospital, pictured left with fellow pink ladies at the MCG. The nurses were among 370 nominees from across Australia.



Graduate Registered Nurse Tasumi Mukai

IN THE NEXT ISSUE OF *thePulse*

OVARIAN CANCER TEST

AUSTRALIAN FIRST HAND PROSTHESIS

