

SCOPE

Spring 2011



Inside this issue

Mater delivers top results for patient satisfaction





Welcome from the Editor

The results are in! I don't mean the results from the Rugby World Cup or the football grand finals, but the latest patient satisfaction results from Medibank Private's Hospital Experience Survey.

Mater topped the list with Mater Private Hospital Redland named Australia's best private hospital and the best hospital in the state, followed by Mater Mothers' Private Hospital and Mater Children's Private Hospital jointly receiving the national and state silver award. For more details about the survey results see page six.

The winners of the Mercy Week awards were also announced in September. The awards are held each year around Mercy Day on 24 September and this year was themed 'Living Mercy' as part of the 150 year celebrations for the Sisters of Mercy. To see the winners, go to page 11.

It is great to be able to share these achievements and others in this edition of Scope. I hope you enjoy reading your copy.

Cheers
Miranda Hunt

Contributors

Editor - Miranda Hunt

Senior Writer - Brooke Falvey

Staff Writers - Jacqueline Hayes, Emma O'Rourke and Alyssa Zammit.

Thank you also to those who contributed to the current edition of *Scope*.

Scope welcomes your opinion. If you have an interesting patient case or a topical issue you would like to share with your colleagues, write to us.

Please email your contributions to the Editor, Miranda Hunt at miranda.hunt@mater.org.au. Names will be published unless otherwise stated.

Contents

- 3 New cars and collaborative health care by Don Murray
- 4 Fast News
- 6 Mater delivers Australia's best private hospitals
- 7 VMO survey—building an exceptional hospital
- 8 New look for the breast cancer centre
- 9 Switched on by Mish Hill
- 10 Mater part of Hope Island medical hub
- 11 Reflections from Mercy Week
- 12 Fond farewells at Alumni Dinner
- 14 Case Study by Dr Christopher Pyke
- 16 Specialist profiles
- 18 Ester wins Churchill Fellowship
- 19 Book review
- 20 In Memory
- 21 Best in child health under one roof
- 22 Conquering Base Camp Everest by Dr Raymond Goh
- 23 Trial uses stem cells to treat tendinopathy



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New cars and collaborative healthcare by Don Murray



I very recently learned of an opportunity to design and build my own car through the process of online co-creation and collaboration.

A company called Local Motors (www.local-motors.com) encourages people to work together to design, build and modify original cars which are produced in lots of no more than 2000 per vehicle.

What's more, you get to build it yourself in a factory specifically designed to support the process.

It sounds a lot like really clever people working together to come up with great ideas and share them with the broader community for mutual benefit. Don't you think?

Strangely enough, it's not all that different to the best examples of collaborative health care; a group of people, including the patient and their family, working together to achieve the best clinical outcome.

Or, scientists and clinicians sharing ideas and data with each other to solve a problem, develop a cure or prevent a disease.

Working together can make everything better.

It is to that end that Mater regularly invites our stakeholders to provide feedback through surveys and various other opportunities for engagement.

My thanks to those of you who were recently selected at random to complete the VMO survey.

I look forward to sharing the results early in 2012 and collaborating for our mutual benefit and the benefit of our patients.

Cover Story

Exceptional care? Our patients say yes!

Mater prides itself on delivering exceptional care to patients and a recent survey by Medibank Private shows we are hitting our mark.

Mater Private Hospital Redland was named Australia's best private hospital and—for the second year running—the best hospital in the state followed by Mater Mothers' Private Hospital and Mater Children's Private Hospital, which jointly received the National Silver Award and also the State Silver Award.

See page 6 for more details.



Fast News

Reporting Changes for HbA1c

Mater Pathology is now reporting HbA1c results in Système International (SI) units (mmol/mol) as well as the traditional percentage units (%). The SI units refer to mmol of HbA1c (often called glycated haemoglobin) per mol of total haemoglobin measured in the patient's blood.

This is an international change resulting from a recent agreement on the definition of what HbA1c is and development of a reference method for its measurement.

HbA1c testing is used to monitor long-term glycaemic control in patients with diabetes and published HbA1c treatment targets may be used to guide therapy.

On our reports, these treatment targets are now given in mmol/mol as well as percent, with the ultimate goal of gradually phasing out the old percentage units over the next few years.

This is a work-in-progress and its impact will be closely monitored.

For further information or if you have any questions or feedback, contact a chemical pathologist on 07 3163 8121.

Sporting snapshot

Mater Private Hospital Brisbane's Director of Emergency Medicine Dr Steve Costello attending to injured Digby Ioane during a 2011 Queensland Reds rugby union match at Suncorp Stadium.



New roles for Mater specialists

In recent months, a number of Mater's Visiting Medical Officers (VMOs) have been appointed leadership roles within external specialist medical societies.

Breast and endocrine surgeon, Dr Chris Pyke, who consults at Mater Private Breast Cancer Centre, was named president of the Breast Surgeons Society of Australia and New Zealand.

Associate Prof Mark Smithers, who consults at Mater Private Hospital Brisbane, was appointed President of the Australian and New Zealand Gastric and Oesophageal Surgeons Association (ANZGOSA).

Acting Executive Director of Adults, Women's & Children's Health Services Mish Hill also announced two new appointments at Mater Adult Hospital and Mater Children's Hospital.

Dr David Levitt was appointed to the position of Director of General Paediatrics at Mater Children's Hospital while Jennifer Pitt was appointed Nursing Director, Mater Adult Hospital Acute Care Services.

"Since joining the Mater Children's Hospital leadership team in February 2009, Dr Levitt has demonstrated his commitment to education, general paediatrics and working in collaboration with the multidisciplinary team," Ms Hill said.

"Jen is also well known to many staff in her former roles across the South Brisbane campus including clinical, project management, management and most recently as the Nursing Director, Ambulatory and Specialist Clinics."

Generous support leads to greater patient transport

The generous support of the Bayside community has enabled Mater Private Hospital Redland to purchase a new vehicle to be used for patient transport.

Mater Private Hospital Redland Clinical Services Director Tracey Hutley said the purchase was made possible thanks to donations from Mater Foundation, Redlands Sporting Club, the Mater Private Hospital Redland Ladies' Auxiliary and Oldmac Toyota.

"In the future, the car will also be used by our Occupational Therapists to visit the homes of our rehabilitation patients in order to check they have all the necessary equipment in place to ensure they are safe to go home," Ms Hutley said.



Mater Childcare Centre grows

On Friday 5 August the new Mater Childcare Centre was officially blessed by the Most Reverend Joseph Oudeman OFM Cap DD, Auxiliary Bishop for Brisbane and opened by Sisters of Mercy Congregation Leader Sr Sandra Lupi RSM.

Executive Director of Facilities Dr John Gilmour said he was delighted to see the project come to fruition.

"With more than 7000 staff now based at Mater's South Brisbane campus, the Board of Directors approved significant capital for the construction of a new building, adjacent to the existing facility."

Mater Childcare Centre's new facility offers 66 new places in the nursery, junior toddler and toddler age groups, 48 new pre-kindy places and 74 new toddler, pre-kindy and kindy places.

The five-storey facility incorporates outdoor play areas at each level to maximise fresh air and natural light and the smooth flow of children between indoors and outdoors. It also features an onsite kitchen facility to provide children with fresh cooked meals daily.

For more information, phone 07 3163 3444.

Mater a winner in learning and marketing awards

Chief Learning Officer magazine has announced the winners in its global Learning in Practice Awards, recognising industry leaders who have demonstrated excellence in the design and delivery of employee development programs.

Mater's People and Learning Executive Director Caroline Hudson was awarded the bronze Vanguard Award, which honours executives who have either launched a new enterprise learning function or completely overhauled existing workforce development initiatives.

Award winners included learning executives from PriceWaterhouseCoopers, T-Mobile USA, McDonald's Corporation, IBM and InterContinental Hotels.

Ms Hudson's nomination was based on the design and delivery of the Mater Managers Program (MMP) and reflects the depth, focus and genuine relevance of this program.

Mater Marketing has also been recognised for its outstanding work, winning two national awards and four state awards at the Australian Marketing Institute Awards for Marketing Excellence.

Mater won national awards for Brand Extension and Relationship Marketing and Queensland state awards for Brand Extension, New Brand, Relationship Marketing and Consumer Insight.



Mater Private Hospital Director of Nursing and Midwifery Cheryl Clayton, Mater Private Hospital Redland Director of Clinical Services Tracey Hutley, Medibank Group Executive Provider Relations Cindy Shay and Mater Private Hospital Brisbane and Redland Executive Director Don Murray.

Mater delivers Australia's best private hospitals

Mater has topped a list of Australia's best private hospitals, taking out the top two positions in the nation's largest survey of patient satisfaction conducted by Medibank Private.

Mater Private Hospital Redland was named Australia's best private hospital and—for the second year running—the best hospital in the state followed by Mater Mothers' Private Hospital and Mater Children's Private Hospital, which jointly received the National Silver Award and also the State Silver Award.

Mater Private Hospital Brisbane and Redland Executive Director Don Murray said receiving this kind of recognition from patients was a great accomplishment for the Mater team.

“These awards are testament to the hard work and dedication of our team of staff at Mater,” Mr Murray said.

“From specialists and nurses to midwives and support staff, everyone works with one goal in mind—the delivery of exceptional care.

“We survey our patients every week of every year; from there we try to learn and try to grow to ensure we provide the highest level of care and service for our patients.”

Medibank Group Executive, Provider Relations, Cindy Shay, said the survey results were a very positive reflection of the service delivery at Queensland's private hospitals and showed

the experience of most private hospital patients was a positive one.

“The survey results indicate that, overall, Australians are very satisfied with the standard of care provided in the private health system,” Ms Shay said.

Medibank Private's Hospital Experience Survey analysed 22,600 responses covering 140 private hospitals in the largest and most authoritative survey of its type undertaken by a health fund in Australia.

The survey covers every stage of the hospital experience, from pre-admission to discharge and follow-up, respondents sharing their thoughts on everything from the standard of medical treatment provided, to privacy levels, cleanliness and food quality.

Across the whole survey, responses showed high levels of satisfaction with clinical staff, including the attitude of health professionals and their clinical skills.

Other areas where respondents indicated high levels of satisfaction were the standard of communication from hospital staff, in particular the explanation of treatment and clarity of doctors and nurses.

VMO survey - building an exceptional hospital

Best Practice Australia has again been commissioned to survey a representative cross-section of VMOs who practice at Mater in a bid to help shape Mater's strategic direction.

The bi-annual survey, conducted in October, was undertaken online to align with Mater's commitment to sustainability.

Mater Private Hospital Brisbane and Redland Executive Director Don Murray said the feedback received through the survey would be used to identify any areas for improvement.

"The survey results also allow us to benchmark the hospital's performance against other private hospitals," Mr Murray said.

"Our VMOs play a vital role in ensuring the hospital continues to provide exceptional care.

"Their insight about the various aspects of our business and the ways in which we can develop are a valuable part of our service improvement process.

"In the past, results from these surveys have influenced staffing, site development, casemix and the establishment of new processes and procedures."

Upon receiving an analysis of the feedback from Best Practice Australia, the hospitals will devise a plan of action and undertake to communicate a summary to all VMOs who are accredited at Mater.

position in market
staff
midwives
hospital
nurses
safety
facilities
clinical practices
services
management
theatre
attitude
wards
access

Patient Entertainment System installation underway

The installation of the Patient Entertainment System (PES) within Mater Mothers' Hospitals has commenced with the rollout across South Brisbane and Redland campuses expected to be complete by November.

The PES system has been developed by Mater and will be managed and supported by the Information Management Division.

The specifically-manufactured touch screen devices will be installed at the patient's bedside, offering access to digital free to air TV, 12 Foxtel channels, movies on demand, music clips, audio books, radio, internet and general health information.

Patients are able to purchase 24 hour packages which



include a selection of the available entertainment using a credit card. While patients in Mater private hospitals will receive the service free-of-charge.

The installation team are specialised contractors working from 7 am to 5 pm, Monday to Friday, in conjunction with IMD staff, nursing staff and support services.

The team aim to minimise disruption throughout the implementation of PES.

Patients needing support can access a PES attendant, Monday to Friday from 10 am to 6 pm (excluding public holidays).

After hours technical assistance is also available for system faults by calling the ITS Help Desk on 07 3163 8802.

New look for breast cancer centre

Mater Private Breast Cancer Centre at South Brisbane will soon undergo a refurbishment to provide patients with an 'aesthetically relaxing environment' in which to receive treatment.

Each year, more than 500 women are treated for breast cancer at Mater Private Breast Cancer Centre, based at Mater Private Hospital Brisbane and Mater Private Hospital Redland.

The refurbishment has been made possible through a \$20 000 donation from patients and supporters and a Mater Foundation grant.

Since opening in 2000 with two Specialist Breast Surgeons, Mater Private Breast Cancer Centre has grown considerably to now include six specialist breast surgeons and a high calibre support team including reconstructive surgeons, medical and radiation oncologists, psychologists, occupational therapists, physiotherapists and breast care nurses.

"The team provides a multidisciplinary approach to breast cancer care from a pre-surgical, intra-operative, post-operative and post-discharge perspective," Mater Private Hospital Brisbane and Redland Executive Director Don Murray said.

"This refurbishment will allow our patients with breast cancer to be treated in a centre that offers increased privacy, a more relaxed and informative waiting area and a greatly enhanced consulting setting.

"It is generally accepted that a comfortable, aesthetically relaxing environment can reduce anxiety and stress at such crucial stages of a patient's health journey."

Mr Murray said staff spent three months surveying patients about what they would like to see in the refurbished centre. Their responses were passed on to the architect and building contractors.

"As a result, the redesign will incorporate a new reception area, providing more privacy for patients, as well as new lighting to create a softer, more relaxed feel," Mr Murray said.

"Discreet screens will be incorporated into the design of the main area allowing further privacy for patients entering and leaving the consulting rooms.

"This reflects the psychological needs of patients and has been designed specifically to assist with patient relaxation and to reduce stress and anxiety."

Other features will include an enhanced communication setting where surgeon and patient positioning is more personalised with an integrated X-ray viewer to assist with clinical explanation and planning.

There will also be a flat screen TV, new carpet and fresh paint and furnishings throughout the centre.

Work is expected to begin early in 2012.

Mater Private Breast Cancer Centre:

Mater Private Breast Cancer Centre offers professional, personal service for people with breast cancer, disorders and problems of the breast.

The centre has been established at both Mater Private Hospital Brisbane and Mater Private Hospital Redland to provide expert diagnosis and treatment for people of all ages.

chicks in pink runners needed for Paris Marathon

Imagine running along the famed Champs-Élysées, past the Louvre and into the heart of Paris, all while being cheered on by thousands of supporters.

chicks in pink are looking for five women to join Mater Foundation's Fundraising Director, Lesley Ray, to participate in the Paris Marathon next April.

To take part, each runner must raise more than \$11 000—\$8 000 of which will be donated to Mater Foundation. The trip is being organised by Inspired Adventures.

For more information, visit:

www.inspiredadventures.com.au/adventure/217/marathon-de-paris.html



Switched on

By Mish Hill

While our history is steeped in tradition it is also one of embracing change. Mater continues this tradition with recent technological advancements which are helping to provide our patients with an exceptional health care service.



In recent months Mater's Information Management Division, has been hard at work implementing a number of new initiatives including the Patient Entertainment System (PES) and the Mater Appointment Reminder Service (MARS).

The rollout of PES is now complete in both Mater Mothers' Hospitals and Mater Adult Hospital, providing patients with an enhanced inpatient experience. Installation in Mater Private Hospital Brisbane is now underway with Redland to follow.

PES enables our patients bedside access to digital free-to-air TV, 12 Foxtel channels, movies on demand, audio books, radio, internet and general health information.

We have also undertaken a successful trial of MARS, which

provided outpatients with an SMS reminder about their upcoming appointment in an attempt to reduce 'failure to attend' rates.

An initial three-month trial of the project has seen 'failure to attend' rates for Gastroenterology and Ear, Nose and Throat clinics drop by 11 per cent.

This is a great outcome and as a result, we'll be expanding this service to all outpatient clinics by November 2011.

These, and so many other initiatives, help to remind us that a commitment to exceptional care involves all aspects of our business and a willingness to work together with our patients as the central theme of everything we do.

Medical equipment donated to Mater Archives

Retired anaesthetist Dr Gavan Carroll returned to Mater earlier this year to donate some of his medical equipment to Mater Archives and Heritage Centre.

Dr Carroll had morning tea with members of the anaesthetic department and the Sisters of Mercy during his visit and gave an interesting account of his time at Mater.

Dr Carroll was a medical resident at Mater between 1953 and 1955 and a consultant anaesthetist from 1959 to 2003.

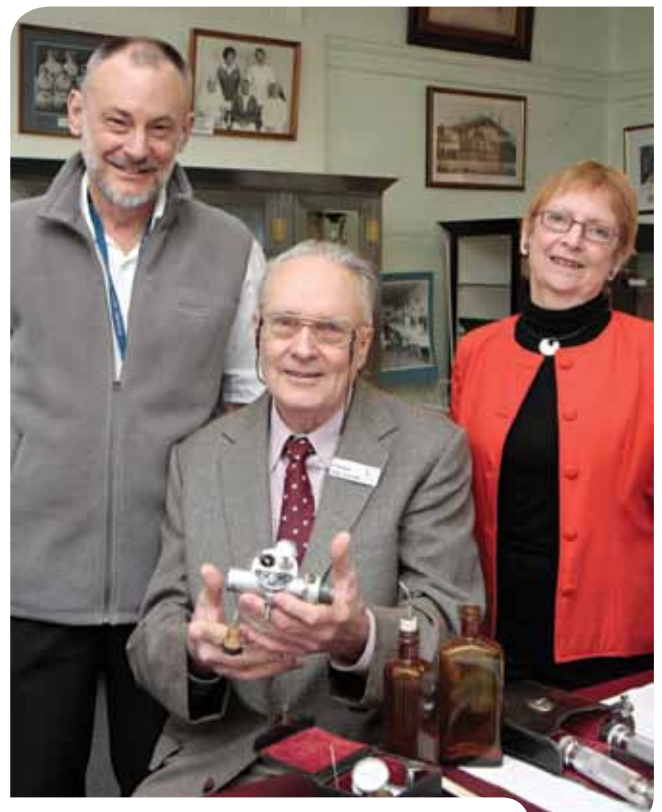
He also took on a variety of management roles and between 1963 and 1966 he was a member of the Mater Public Hospital Advisory Medical Board.

In 1959, he joined forces with Dr Hugh Connelly and Dr Sadie McLeod, to establish Wickham Terrace Anesthesia.

Mater Archives and Heritage Centre Manager Jackie Chamberlin said it was a pleasure to have Dr Carroll share his story and donate some of his anaesthetic equipment to Mater.

"The items Dr Carroll donated are now on display with a thorough description of their use," Ms Chamberlin said.

"It is wonderful that Dr Carroll is able to share his story with past and present Mater people."



Dr Ian Stephens, Dr Gavan Carroll and Jackie Chamberlin

Mater part of Hope Island medical hub



Mater Health Services are currently in negotiations to deliver the Gold Coast North Shore's first multidisciplinary medical centre at Hope Island.

The proposed Mater Health Centre Hope Island, on Broadwater Ave, will include specialist suites, allied health services, a pharmacy and a Mater Pathology collection centre.

Developer Halcyon Days are also in negotiations with general practitioners and dental practitioners to complete the single level health facility.

Mater Private Hospital Brisbane and Redland Executive Director Don Murray said Mater was committed to meeting the growing health care needs of the northern Gold Coast region.

“Hope Island and the North Shore of the Gold Coast have been identified as a region where Mater’s services would benefit the community,” Mr Murray said.

“This proposal includes a number of opportunities available for private specialists to practice in the medical suites, giving residents access to specialist care in a number of disciplines in one convenient location,” he said.

Developer and Halcyon Days Medical Director Dr Bevan Geissman said he had experienced first hand the ‘quality of care and people that is Mater’ during his years in medical practice.

“We are obviously delighted and proud to be associated with Mater Health Services and together we plan to deliver not only a great multi-disciplinary health centre, but a great outcome for the people of the northern end of the Gold Coast,” Dr Geissman said.

For more information contact Mater Health Services Business Development Manager, Darren Sontor on 07 3163 1002.

Mater Private Specialist Consulting Suite relocated

Mater Private Specialist Consulting Suite has relocated to Suites 15 and 16, Mater Medical Centre.

The Specialist Consulting Suite provides short-to-medium term consulting accommodation for new Mater VMOs, to support their establishment of a consulting presence on the Mater South Brisbane campus.

Suites 15 and 16 are a 100 m2 suite, offering a double reception and two consult rooms with external window views. One of the consult rooms has an adjacent examination room with a separate procedure room supporting the second consult room.

Specialists currently consulting from the Suite are: Dr Victor Voerman, Dr Wei Seto, Dr Gert Tolleson, Dr Karam Kostner,

Dr Johannes Wittmann, Dr Sylvia Vigh, Dr Ron James, Dr Chris Maher, Dr Linus Chang, Dr Richard Muir and Dr Carissa Phillips.

New contact details:

Mater Private Specialist Consulting Suite
Mater Medical Centre
Suites 15 and 16
Level 6, 293 Vulture Street
South Brisbane Q 4101

To inspect the new Specialist Consulting Suite, please contact Property Services Director Anna Nisbett on anna.nisbett@mater.org.au or 07 3163 1602.

Reflections from Mercy Week

By Sr Sandra Lupi RSM, Congregation Leader



Sr Monica Quilty, Rosie Noble and Sr Chris Watt enjoy each other's company at the 150 Living Mercy Conference

choir still reverberates in my memory as we sang with full voice 'God's Mercy is from Age to Age'.

The 150 Anniversary dinner, held at the Brisbane Convention and Exhibition Centre, was our gift of hospitality and thanks to the people who have supported mercy ministries in countless ways. It was an evening of superb entertainment and the message of Mercy was told in a variety of ways.

I am deeply grateful to our sisters, our congregation office staff, our partners in ministry, our 150 year ambassadors and our 150 year Project Manager Andrew Beiers who have worked so hard to make all these events successful and to ensure that we not

only celebrated but also acknowledged and paid tribute to our past, present and our future.

Another highlight for me was the launch of the book *The Correspondence of Mother Vincent (Ellen) Whitty 1839 – 1892* which tells the founding story of the Sisters of Mercy in Queensland through the correspondence of Mother Vincent.

This book of letters, compiled and edited by Mercy Sisters Anne Hetherington and Pauline Smoothy, is the personal journal of a great Mercy woman who describes her hopes and dreams, her worries and fears, her strong conviction in her mission to the fledgling colony and her total reliance on Divine Providence.

Uppermost in my heart and mind is gratitude. Gratitude for the wonderful week of celebrations we have shared with so many.

To have so many Sisters of Mercy from around Australia and Papua New Guinea join with us for the Living Mercy Conference at All Hallows' School was testimony to the unity of spirit and vision among us. To have so many of our coworkers and partners in ministry and Mercy Associates present was testimony to the fact that our ministries are in safe hands for the future.

The Cathedral of St Stephen was packed with sisters and friends of Mercy for the celebration of Eucharist, led by Archbishop John Bathersby. The music and singing from the

Mater celebrates staff who are 'Living Mercy'

The staff of Mater Private Hospital Brisbane's Ward 10 East have been recognised for 'Living Mercy' at the annual Mercy Awards held in September.

The awards, held as part of Mercy Week, honour exceptional contributions to the organisation in three categories: Clinical, Support Services and Team.

Mater's Executive Director of Mission Leadership, Madonna McGahan said Mercy Week was an organisation-wide acknowledgement of Mater's ongoing commitment to its Mission and Values.

"Those nominated for Mercy Awards represent a snapshot of an organisation that is justly proud of its people—some 8000 staff and volunteers as well as visiting medical officers—who, in signing up to work at Mater, strive to heal, respond to each person with compassion and respect, and bring meaning and hope to the lives of people we serve," Ms McGahan said.



The nomination for Mater Private Hospital Brisbane's Ward 10 East said: "The staff are all very exceptional people and they need to know what a difference they make in people's lives, just by smiling and being themselves. We can all learn skills but caring comes from the heart and you can't teach attitude."

The other Mercy Award winners were Mater Mothers' Hospital's Bereavement Support Midwife Amanda MacDonald, who picked up the Clinical Services Award, and Clinical Safety and Quality Unit Director Susie Wilson, who won the Support Services award.

Fond farewells at Alumni Dinner

There was not a spare seat in Customs House when past and present Mater doctors gathered together for Mater's annual Doctors' Alumni Dinner on 26 August.

This special evening, which has become an annual tradition due to the vision of Dr John O'Donnell and the late Dr Chris Elmes, provides doctors with an opportunity to reunite with past and present friends and colleagues.

In addition, a number of key Mater milestones including Mater Adult Hospital 100th Birthday, Mater Children's Hospital 80th Birthday and Mater Mothers' Hospitals 50th Birthday were celebrated.

The evening honoured the retirement of two highly respected Mater doctors, Dr John Thearle and Dr Michael O'Callaghan.

Prof David Tudehope provided an overview of Dr Thearle's contribution as Senior Lecturer in the University Paediatric Unit of UQ and Consultant Paediatrician at Mater.

Paediatrician Dr Michael O'Callaghan, due to retire in late 2011, was surprised by colleague and friend Dr David Wood who gave a modest overview of Dr O'Callaghan's achievements including Director of Post Graduation Education

at Mater Children's Hospital, a permanent staff paediatrician appointment and member of the groundbreaking MUSP studies research project.

In memory of Sr Eileen Pollard, who passed in June 2010, Dr John O'Donnell introduced The Sister Eileen Pollard Endowment Fund, which is set up to support the professional development and further education of Mater oncology nurses.

Thank you for those who offered generous contributions and for supporting Sr Pollard's vision.

In addition to the formalities of the evening, guests had a fabulous time catching up with friends over a beautiful meal in a stunning environment.

Thank you to everyone who was able to join us to celebrate this special evening.

Eileen and Dr Jason Lambley and Nakeeta and Dr David Sturgess





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- 1 Dr Winnifred Lee, Dr Rod Allen and Tina Stevens
- 2 Dr Saud Hamza and Dr Mayasa Jasim
- 3 Sr Angela Mary Doyle
- 4 Dr Christopher and Jan Pyke
- 5 Karen Campbell, Dr David and Sue Lingard, Dr Robert Campbell
- 6 Dr David Wood and Dr Michael O'Callaghan
- 7 Dr David and Mary Backstrom and Dr Brian Cole
- 8 Dr John Thearle and Dr David Tudehope



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Case Study

by Dr Chris Pyke

Cancer reoccurrence after 11 years

Dr Chris Pyke is a general surgeon with a special interest in breast and endocrine surgery.

This case report demonstrates complicated follow up in a female, 42-year-old patient who had breast cancer in 1999, and in the presence of pre-existing breast prostheses and subsequent plastic surgery.

In 1999, the patient underwent a right breast wide excision and axillary sampling for a T1 N0 right breast cancer.

The patient underwent postoperative radiotherapy to the right breast. She had no other systemic adjuvant therapy.

Two years post-op she underwent replacement of her breast prostheses which had been in situ for 20 years.

Her follow up was otherwise uncomplicated. She developed atrophic vaginitis peri-menopausally and was commenced on topical vaginal cream.

In April 2011, she developed a thickening inferior to her previous breast surgery.

An MRI suggested a number of new lesions in the right breast which would be difficult to perform core biopsy on.

It was suggested the patient undergo wire localised excision.


Wire localised excision showed recurrent cancer in the same quadrant of the breast where she had previously had surgery and radiotherapy.

The patients request was for bilateral mastectomy because of the ongoing difficulties with breast screening in the presence of prostheses.

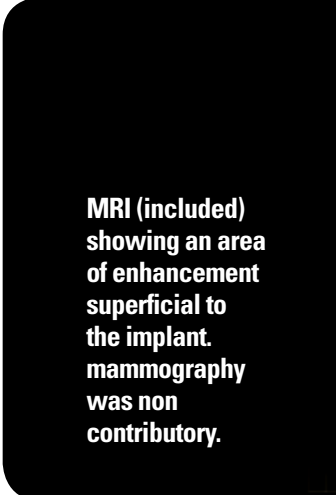
She also requested removal of the prostheses, as she was worried about having further breast surgery in the future due to complications of these.

Prior to proceeding with bilateral mastectomy the patient underwent total body staging, and this revealed no distant lesions.

She also underwent lymphoscintigraphy on the day of surgery



Preoperative sentinel node mapping scintigram showing the sentinel node to be in the left axilla, contralateral to the patients breast cancer recurrence. This node showed metastatic disease.



MRI (included) showing an area of enhancement superficial to the implant. mammography was non contributory.

“

Breast cancer remains the most common cancer in Queensland women with approximately 2500 women diagnosed each year. More than 800 breast cancer patients are treated at Mater each year.

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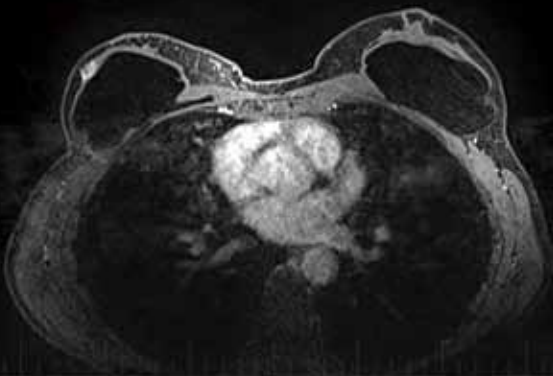
in order that the sentinel node could be removed.

The pre operative lymphoscintigraphic mapping showed that the sentinel lymph node was in the contralateral axilla.

On the day of surgery she underwent a right mastectomy and removal of the implant, as well as prophylactic left mastectomy and removal of the implant and left axillary sampling.

The results of her pathology revealed that the left axillary sentinel node was involved with tumour. She underwent subsequent further axillary sampling.

The case illustrates the benefit of MRI in complicated follow up with breast implants insitu, the value of preoperative lymphoscintigraphic mapping, and also the difficulty with sentinel node biopsy in a patient who has previously had lymph nodes removed in the ipsilateral axilla.



If you would like to submit a Case by Case article, please email Brooke.Falvey@mater.org.au. All cases submitted should include a brief background, description of how the case progressed, outcome and images.

Dr Akshay Mishra



Specialty

Cardiology

Dr Akshay Mishra completed his MBBS and MD at the Armed Forces Medical College, India and served in the Indian army for 10 years, two of which were with the Special Forces.

Upon moving to Australia, he initially trained at the Canberra Hospital before moving to Queensland where he trained in Cardiology at the Gold Coast and Prince Charles hospitals.

In 2009, Dr Mishra moved to the US to pursue a fellowship in interventional cardiology at the Lenox Hill Hospital, New York where he trained extensively in coronary and peripheral procedures with Dr Gary Roubin.

Dr Mishra then returned to Australia and continued training in Canberra before moving to Brisbane to join Heart Care Partners.

Dr Mishra brings with him extensive experience in primary angioplasty for acute myocardial infarction, complex coronary and peripheral interventions and carotid stenting.

He consults at Mater Private Hospital Brisbane.

Dr Glynis Jones



Specialty

Gynaecology

Dr Glynis Jones was born in London and undertook her medical degree in Middlesex Hospital Medical School, graduating in 1984.

She started her training in obstetrics and gynaecology in the UK in 1986 before moving with her Australian husband to Queensland in 1988.

She then joined the RANZCOG training program, working at both Gold Coast Hospital and Mater Mothers' Hospitals.

In 1993, Dr Jones returned to the UK with her husband and son and continued the training program as an overseas trainee, firstly in Truro and then in Worcester.

She obtained her FRANZCOG in 1997 having had some breaks in training due to the arrival of two more children.

Dr Jones and her family returned to Australia in late 1999 and she started private practice in gynaecology in early 2000.

For the past 10 years she has lived in the Bayside area, consulting from rooms at Shailer Park and also at Mater Private Hospital Redland.

She operates twice a week every fortnight at Mater Private Hospital Redland.

Dr Mazhar Haque



Specialty

Gastroenterology and Hepatology

Dr Mazhar Haque has been working at Mater since 2001.

He graduated from The University of Dhaka, Bangladesh and made Queensland home soon after completing his intern year.

He successfully passed all components of the Australian Medical Council accreditation exams with high achievement.

Dr Haque completed his entire basic physician training in Queensland and undertook his advanced postgraduate training in gastroenterology at Mater and Gold Coast Hospitals.

Subsequently, he spent 18 months at Vancouver General Hospital and the University of British Columbia in Vancouver, Canada as a hepatology and liver transplant fellow.

He then returned to Mater Adult Hospital as a staff specialist and as a VMO at Gold Coast Hospital.

Dr Haque enjoys teaching and is heavily involved with Mater Clinical School as a senior lecturer of The University of Queensland.

Dr Haque consults privately with Mater Hill Gastroenterology and has regular sessions at Mater Private Hospital Brisbane.



Dr Michael Hatzifotis



Specialty

General surgery

Dr Michael Hatzifotis is a General Surgeon with sub-specialty training in Hepato-pancreato-biliary surgery and Bariatric surgery.

Following his training in general surgery in Queensland, Dr Hatzifotis obtained his Fellowship of the Royal Australasian College of Surgeons in 2008, before completing three years of specialist training in hepatobiliary and pancreatic surgery.

He was the Fellow in Advanced Laparoscopic Hepato-pancreato-biliary and Bariatric Surgery at the Pioneering Laparoscopic Unit at Royal Brisbane Hospital in 2008.

The following year was spent in Melbourne, where he trained as the Hepato-pancreato-biliary and Upper Gastrointestinal Surgery Fellow at St Vincent's Hospital.

In 2010, he returned to Brisbane and undertook further training in advanced hepato-pancreato-biliary surgery and liver transplantation at Princess Alexandra Hospital.

Dr Hatzifotis has a keen interest in all aspects of general surgery.

Dr Hatzifotis operates at Mater Private Hospital Redland.

Dr Stephen Allison



Specialty

Colorectal surgery

Dr Stephen Allison completed his general surgical training in 1997, before undertaking two fellowships in colorectal surgery; one year in Newcastle-upon-Tyne, UK, and one year at the University of Southern California, Los Angeles, USA.

In March 2000, Dr Allison returned to Australia and started private practice.

He provides treatment in all areas of colorectal surgery, including advanced laparoscopic intervention for colorectal cancer, functional bowel conditions (constipation, obstructed defaecation, and faecal incontinence) and inflammatory bowel disease.

Dr Alison can manage complex anorectal cases and provides cutting-edge investigations for anorectal pathology.

He provides general surgical treatment, with extensive experience in laparoscopic surgery in particular for both gallbladder and hernia management.

Dr Allison consults at Mater Private Hospital Redland.

Dr Talib Aljumaily



Specialty

General physician

Dr Talib Aljumaily is a general physician with a special interest in diabetes and endocrinology.

Dr Aljumaily graduated from the University of Basrah, Iraq, in 1993, then undertook postgraduate training in general medicine in London.

Following his membership of the Royal College of Physicians (MRCP), he continued his specialist training in endocrinology, diabetes and metabolism at the Royal Free Hospital, UK.

Following his sub-speciality training and degree in diabetes and endocrinology from Middlesex University, London, Dr Aljumaily moved to the United Arab Emirates to work as a consultant physician and endocrinologist.

Since 2006, Dr Aljumaily has worked in the Department of General Medicine/Diabetes and Endocrinology at Gold Coast Hospital.

Dr Aljumaily is an Associate Professor for both Bond University and Griffith University medical schools.

He consults weekly at Mater Private Hospital Redland.

Ester awarded Churchill Fellowship

A physiotherapist at Mater has been awarded The Peter Mitchell Winston Churchill Fellowship for 2011 to study innovative care models for incontinent people.

Managing Therapist Ester Barter who works in the Department of Urology and Continence at Mater Health Services said she was stunned to be awarded the prestigious Fellowship.

"A lot of hard work went into the application and I couldn't have done it without the support of my Mater colleagues, especially Dr David Winkle and Dr Geof Hirst," Ms Barter said.

Each year fellowships are awarded for Australians to travel overseas to meet leaders in their field, learn new approaches and return to Australia with new ideas.

Ms Barter will use her Fellowship to study innovative care models for incontinent people by visiting Guy's and St Thomas', Imperial College London and University College London Hospitals in the United Kingdom and Fredericksburg, Ringhospitalet and Herlev Hospitals in Denmark.

"I plan to use my overseas travel to gain experience of



Ester Barter

different models of care for the delivery of continence services at international centres of excellence. I also hope to establish professional relationships and networks to enable an ongoing exchange of knowledge and experience between relevant clinicians at an international level," she said.

"Following the fellowship I will develop an innovative model of care specific for our patient population and their needs using my experience of how care is provided internationally.

"By improving our current model of care the Department of Urology and Continence will be able to provide more efficient services to support those in need. Incontinence affects all age groups and recent statistics suggest nearly four million Australians are affected by incontinence."

Sleep studies now available at Redland

Mater Private Hospital Redland is now able to offer sleep study assessments following the opening of the Queensland Sleep Disorders Unit (QSDU).

QSDU first conducted studies in 1994 and has four laboratories in Brisbane along with regional centres in Bundaberg, Townsville and Cairns.

The QSDU team offer a range of diagnostic testing to diagnose and treat obstructive sleep apnoea—including snoring—as well as a wide range of more complex sleep disorders.

Partners of the unit include Dr Simon Bowler, Dr David McEvoy, Dr John Armstrong, Dr Wayne Kelly, Dr James McKeon, Dr John Binder (Townsville) and Dr Graham Simpson (Cairns).

The unit is able to offer:

- Diagnostic/CPAP
- CPAP titrations
- Sleep physician consultations

QSDU is able to perform comprehensive diagnostic and treatment studies on both insured and uninsured patients.

The referral process is identical for both groups, and patients will be offered a clinical treatment pathway that best suits their circumstances.

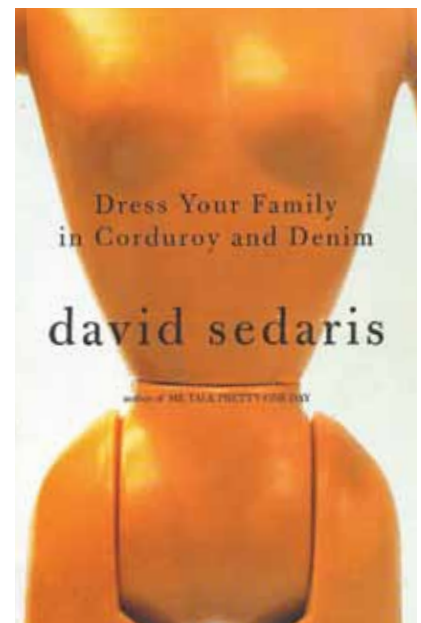
QSDU is open from 9 am to 5 pm Monday to Thursday and 9 am to 4 pm Friday. They are also open from 7.30 pm until 7 am.

For more information about QSDU, please contact 07 3846 7955 or email at justinc@qsdu.com.au.





Book Review



Orthopaedic Surgeon Dr Ivan Astori's Practice Manager Melisa reviews *Dressing your family in Corduroy and Denim* by David Sedaris.

I've always thought my family was a little nutty.

My mother travels with toilet paper in the boot of her car, and that's just the beginning.

It's also certainly not the weirdest thing I could share ... but I'm not here to talk about my family.

If, like mine, your family is more Little Miss Sunshine and less Brady Bunch, or even if they are not, you'll love this collection of essays.

Sedaris shares his world and that of his family.

On his family, he offers this: *"We were not a hugging people. In terms of emotional comfort it was our belief that no amount of physical contact could match the healing powers of a well made cocktail."*

He freely admits to embellishing his stories for comic and/or shocking effect—and you'll forgive him this—because rather

than spare himself, Sedaris lays bare his considerable neuroses, obsessive-compulsive disorder and general weirdness.

And it is a considerable weirdness. He's also very funny.

The only problem you'll have with this book will be putting it down.

The chapter titled *Six to Eight Black Men* is worth the purchase price alone. I'm still laughing.

In fact, I'm heading off now to go and buy everything he's even written.

Dressing your family in Corduroy and Denim is an easy, entertaining read. I dare you not to enjoy it.

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In Memory

Dr Chris Elmes

4 August 1941—26 July 2011

Chris Elmes was born in Childers, Queensland on 4 August 1941.

He spent his early years living in country towns where his father was a school principal, but for his secondary education he attended All Souls in Charters Towers.

He knew from an early age that he wanted to be a doctor and pursued that desire.

After graduating from The University of Queensland in 1965 he trained at the Princess Alexandra Hospital, both as a resident and registrar. During this time he met and married his wife Karen and they had two daughters. Dr Elmes also worked in New Guinea, London and New York State where he trained as a head and neck surgeon.

On returning to Brisbane he spent his working life at Mater, where Dr Elmes not only performed his duties but was



committed to sharing his knowledge with all those he worked with as a teacher and mentor. Dr Elmes felt very strongly about the education of junior staff, both doctors and nurses.

The pinnacle of Dr Elmes' career was when he was invited to join the Board of Examiners for the Australasian College of Surgeons, on which he served for seven years.

Once he retired in 2004, Dr Elmes was able to devote his time to the things he enjoyed most; hiking in the outback, bird watching and his passion for wildflowers.

Dr Elmes was a very special part of Mater and will be remembered by many. We give thanks for the many contributions he made to

Mater and pray that he may know forever the joy of the Lord.

May his soul rest in eternal peace.

Sr Kathleen Murphy

20 December 1936—11 September 2011

Born in Gunpoint, Ireland on 20 December, 1936, Catherine Mary Christina Murphy was the first daughter of Annie and Michael Murphy.

After spending a few years in Timoleague Juniorate, she set sail for Australia in 1954 to join the Brisbane Sisters of Mercy as Sr Mary St Gemma.

Her teaching ministry took her to at least nine schools across southern Queensland. Many of her assignments were at Junior School level, although in many schools she also had responsibility over the boarders as well.

Even when she finally took a break from active teaching, Sr Kathleen used her skills to volunteer at the Brisbane Migrant Language Centre.

Sr Kathleen's second ministry, Pastoral Care at Mater, was the one which brought her the greatest pleasure and also the greatest pain, as the sick and dying children, especially the babies, tore at her heart.



Sr Kathleen is remembered by her friends as being generous with her time, full of fun, mischief and laughter and always ready to listen to their problems or share their joy.

She loved dancing and even for a while at Emmaus Nursing Home, this gave her joy, stimulation and a greater sense of self.

In early 2007, a few weeks after her 70th birthday, Sr Kathleen moved from her home at Coorparoo to live with the Sisters at the Mater Convent before entering Emmaus Nursing Home.

2007 was also the year Sr Kathleen participated in her Golden Jubilee Celebrations at All Hallows'.

We give thanks to Sr Kathleen for sharing her life with us and for enriching the Mater community with her presence and contributions.

May her soul rest in eternal peace.



Best in child health under one roof

Some of world's best and brightest researchers will work under one roof to help put Queensland at the forefront of international paediatric research, Health Minister Geoff Wilson announced in August.

Mr Wilson said a new partnership between the Bligh Government and two of the state's most prestigious universities would help deliver better treatment for Queensland's most seriously ill children.

"I'm pleased to announce that Queensland University of Technology and The University of Queensland will be the inaugural partners of the Queensland Children's Hospital Academic and Research Facility," Mr Wilson said.

"The QCH Academic and Research Facility will bring together researchers from the Royal Children's and Mater Children's hospitals—as well as some of the state's leading academic institutions—to create a critical mass of expertise and specialist knowledge.

"Their goal will be to turn research into innovative solutions in paediatric health care to deliver better treatment for Queensland's most seriously ill children.

"We want to establish a world-leading research facility which will put Queensland at the cutting edge of health care and attract the world's best minds to our state.

"Co-locating this centre with the Queensland Children's Hospital creates an environment in which world-class teaching and research are integrated to help deliver the very best care for our young people."

Construction of the QCH Academic and Research Facility is scheduled to begin by mid-2012 and will open alongside the Queensland Children's Hospital in late 2014.

Mater goes green



Throughout 2011, the Mater Sustainability Committee has been working towards educating staff on sustainable behaviour while reducing carbon emissions.

One of the committee's main projects was the 'Turn it Off' campaign, aimed at encouraging staff in non-clinical areas to turn off their lights, computers, air-conditioners and unplug phone chargers while not in use.

Sustainability Manager Chris Hill said the energy audits had also shown an increase in the number of lights and computers (hard drives and monitors) being turned off overnight.

Other initiatives include:

- An upgrade of bike cages to encourage staff to cycle to work.
- Replacing traditional desktop computers with lower power consumption virtual terminals.
- A new waste contract to increase recycling.

Mater is also an industry partner in a Federal Government-funded research project to investigate the impact of climate change on public and private institutions and the community as a whole.

Mater will be part of a study titled 'Factors affecting individual adaptive coping capacity across different population groups' working with investigators from Griffith University, The University of Queensland and The University of Western Australia.

"The first joint project will be in the development and measurement of a sustainability pledge of environmental behaviours, which is due to commence in October 2011," Mr Hill said.

Conquering Base Camp Everest

by Dr Raymond Goh

At the end of 2010, plastic surgeon Dr Raymond Goh trekked to Base Camp of the highest peak in the world—Mount Everest, Nepal.

"Mount Everest has always echoed in the back of my mind as one of the places I *must* reach prior to my expiry date.

The opportunity came at the end of 2010 when I needed some rest and relaxation and my brother convinced his wife to allow him to join me on the adventure of a lifetime.

It was the fourth time I had visited Nepal, having previously travelled there for medical missions and self-discovery.

Nepal is a land of diverse cultures; an immense shock for the unacquainted but, at the same time, it can offer utter tranquillity and peace for those who seek it.

Kathmandu is not for the faint-hearted; it's dirty, smelly, smoky, cold, and their electricity and hot water supplies are unreliable.

There are lots of local travel agencies that can pre-arrange your trek but I find it best to organise your own customised trek with a reputable local company; it's more flexible and often more economical.

It's best to get out of Kathmandu as soon as possible. Sure, see the mandatory temples around town and pick up a few woolly hats and 'genuine' gore-tex garments if you need to, but head out to the mountains to see the real Himalayas as soon as you can.

After an hour-long flight we landed on one of the shortest, and scariest, airstrips in the world at Lukla.

From Lukla the round-trip trek to Base Camp usually takes around two weeks but we took it easy and dragged it out to three weeks, returning to Lukla via the famous Gyoko Lakes.

Traversing to the frozen lakes was tough but it opened up amazing sceneries and quite a few icy and dangerous crossings, which brought out the 'Man vs Wild' in me!

It was cold; negative 30 degrees Celcius with the wind chill.

Inside our teahouse rooms, the thermometer hung around negative 10 degrees Celcius. We would huddle by the kitchen oven (fired up by dried yak dung), until we absolutely had to hit the sack.

Each morning, we'd trek to an en-route teahouse to have lunch and usually arrive at our next destination totally knackered by around 4 pm to rest up for the evening.

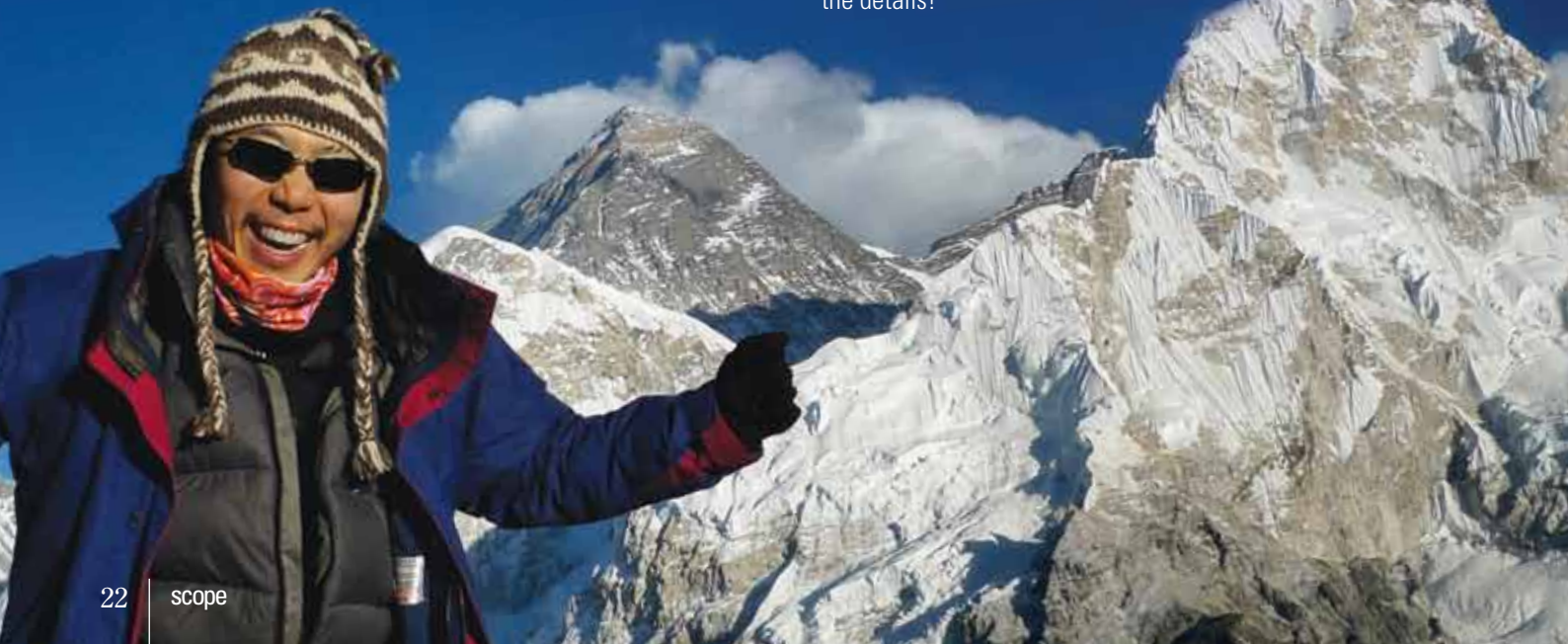
Even though conditions were not perfect for trekking during winter, one advantage of going during the low season was that there were fewer trekkers' behinds to stare into whilst walking.

We crossed paths with a number of people who had to turn back earlier than planned with many suffering from altitude sickness, gastrointestinal upsets and general exhaustion.

The common thread was that most had tried to do too much too soon or attempted to catch up with the rest of the group.

My recommendation is to space it out, take your time and listen to your body and take lots of medication, drink lots of water and eat plenty of energy bars!

I hope you too will have the chance to venture up the highest mountain in the world ... well, to the base of the highest mountain in the world, but no one has to know the details!"



Trial uses stem cells to treat tendinopathy



Dr Mark Young, with the support of Mater Medical Research Institute (MMRI), is studying the potential benefits of injecting mesenchymal stem cells into chronic Achilles tendinitis (tendinopathy).

This world-first trial will investigate the use of these stem cells in treating chronic tendon conditions which may have far reaching potential in other areas.

"I hope that through this clinical trial we will be able to better treat injuries like Achilles tendinitis, but also extend this treatment technique to other injuries," Dr Young said.

"Volunteers will be required to undertake a series of exercises and will receive an injection of local anaesthetic and then stem cells into their Achilles tendon."

As a Sports Physician, Dr Young has spent his career treating tendon conditions and understands the need for advancement in this area, not just for professional sports people but for all sufferers.

"This clinical trial is looking specifically for volunteers aged between 40 and 75 (inclusive), who have experienced

significant Achilles pain for at least 18 months, have consulted a medical specialist with expertise in the condition and have pain in the middle part of the tendon," Dr Young explained.

The stem cells are sourced from placental tissue taken after the delivery of a healthy baby and have not been shown to cause rejection. They are meticulously screened for any infection.

Funding for the study has been received from the Queensland Academy of Sport (QAS) and MMRI.

It's a team effort



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