GenerallySpeaking

Mater Misericordiae Health Services Brisbane Limited ACN 096 708 922. Raymond Terrace, South Brisbane, Old 4101 🔳 www.materonline.org.au

Mater appoints Prostate Cancer Specialist Nurse

Prostate cancer patients at Mater Adult Hospital are now receiving extra support while undergoing treatment from a dedicated prostate cancer specialist nurse.

Mater is one of two Queensland hospitals—and 12 nationally—to receive funding to provide a specialist prostate nurse as part of a three year pilot program funded through the Movember Foundation and delivered by the Prostate Cancer Foundation Australia.

Each year in Australia, close to 3300 men die of prostate cancer—equal to the number of women who die from breast cancer annually—and a further 20 000 new cases are diagnosed.



EDITION 4.

2012

AUGUST

"I am the point of contact for all prostate cancer patients and will provide them with help and support throughout their cancer journey"

Up until now, men have not had access to the same consolidated support services as women and often find themselves trying to understand their diagnosis and navigate the medical system on their own.

The introduction of a prostate cancer specialist nurse at Mater will enable men diagnosed with prostate cancer to access specialist nursing care through the entire cycle of treatment—from diagnosis through to post treatment support.

Nurse Deirdre Kiernan began her new role in early June and has already received positive feedback from her patients.

"As the prostate cancer specialist nurse I am the point of contact for all prostate cancer patients and will provide them with help and support throughout their cancer journey as well as provide them with education about both the illness and their treatment options," Ms Kiernan said.

Mater Health Services Nursing Director—Ambulatory and Outpatient Services Róisín Dunne said the funding would enable Mater's Urology and Continence service to provide further exceptional care to men affected by prostate cancer.

"It also provides a wonderful opportunity to Deirdre to enhance and develop her role as a clinical nurse specialist," Ms Dunne said.

Top Right: Deirdre Kiernan, Mater's recently appointed prostate cancer specialist nurse.



Generally Speaking is produced by Mater Health Services' Marketing Department. www.materonline.org.au Please forward comments or questions to Miranda Hunt via email miranda.hunt@mater.org.au or call 07 3163 1195.





CEO's Message

July marked the departure of one of Mater's Executive Directors, Dr Mark Waters, who served in the role of Executive Director Mater Adult, Women's and Children's Health Services for six and a half years.

In this time Mark was a strong leader of change, increasing the depth, quality and sustainability of clinical services; creating substantial reform of service delivery to improve patient care and access; and all with a degree of financial rigour which has been a major factor in Mater's longer term sustainability.

I have appreciated his support in many ways, not the least of which was his role in the commissioning of the 'new' Mater Mothers' Hospitals in 2009, and his willingness to take the CEO role from time to time. I acknowledge particularly Mark's outstanding role as CEO in leading Mater's response to the South East Queensland flood disaster early in 2011.

The search for Mark's replacement is currently underway and I hope to be able to make an announcement about this in a month or two.

It has been a bumper year for deliveries at Mater Mothers' Hospitals with a total of 10 151 babies born last financial year and 918 in June alone (page 2), which has kept us busy. Also keeping busy is Mater Medical Research Institute's Dr Ingrid Winkler who has been awarded funding to continue her research into making chemotherapy safer (page 7).

In other news, Dr Sanmarié Schlebusch has been promoted to Director of Microbiology (page 6) and Mater has employed a Prostate Nurse Specialist, Deirdre Kiernan, to work at Mater Adult Hospital providing specialist support (front page) to all our prostate cancer patients.

Lastly, a reminder about our Women's Health Conference being held in October at Sheraton Mirage Resort and Spa, places are booking fast, so be sure to register early to secure your booking (page 3).

Regards, Dr John O'Donnell CEO Mater Health Services

Baby boom for the month of June

Mater Mothers' Hospitals have experienced a baby boom — recording the highest number of deliveries ever during the last financial year.

With 10 151 babies delivered over the course of the 12 months, the number of deliveries surpassed the previous record of 10 061 from 2009 to 2010.

June also proved a bumper month for new arrivals with 918 babies delivered—the highest ever in a month—with an average of 28 babies born each day.

Director of Women's Health Services Maree Reynolds said the record number of deliveries was a wonderful reflection of the high level of trust held by families who choose to deliver at Mater.

"Mater Mothers' Hospitals are renowned for providing high quality maternity services for women and families across Queensland, with one in seven Queensland babies born at Mater," Ms Reynolds said.

"Everyone works well together and our great facilities enable us to manage this level of activity smoothly and to great success."







Mater Women's Health Carnival

Saturday 13 to Sunday 14 October 2012, Sheraton Mirage Resort and Spa

PROGRAM: General Women's Health

Saturday <mark>13 Octo</mark> l								
0.30 am to 10 am	Delegate registration a	nd mor	ning tea					
10 am to 10.15 am	Welcome							
	SESSION 1 – OBSTETR							
10.15 am to 11.05 am	Dr Megan Castner – Obstetrician and Gynaecologist: Medical conditions in pregnancy							
	TBC – Obstetrician and Gynaecologist: Title TBC Dr Paul Conaghan – Obstetrician and Gynaecologist: Gestation							
11.05 am to 12 pm				- the pandemic				
12 pm to 1 pm	Lunch and meet the sp							
1 pm to 1.45 pm	SESSION 2A – MATERNAL FETAL MEDICINE SESSION 2B – CAR						N 2B – CARDIAC	
	Dr Glenn Gardener – Maternal Fetal Medicine Specialist: Horizon scanning in MFM					Dr Steve Costello –		
	SESSION 3A – SESSION 3B – GYNAECOLOGY					cy Medicine, Simone		
	ENDOCRINOLOGY					Andrews and Helen Grant		
	TBC – Endocrinologist:		Dr Janet Warner – Chemical Pathologist and Dr			 Mater Private Emergency 		
	Topic TBC		Stephen Cattainach - Obstet	trician and Gynaec	ologist:	Care Cer	ntre Educators: Basic	
1.45 pm to 2.30 pm						life supp	ort	
	SESSION 4 - SUPERAN	INUATI	ON					
	HLB Mann Judd and Med	lfin – Fin	ancial Management Specia	lists: Money for n	othing			
2.30 pm to 3 pm	super for free		0 1	,	U			
3 pm to 3.30 pm	Afternoon tea and meet the specialist							
· ·	SESSION 5 - CERVICA	L CANĊ	ER			SESSIO	N 2B	
						- CARD	IAC CONT.	
3.30 pm to 4.15 pm	A/Prof Lewis Perrin – Gvr	naecoloo	ic Oncologist: Hot topics in	avnaecological or	ncoloav	Delegate	s continue on for	
4.15 pm to 5 pm	SESSION 6A		SESSION 6B - PAEDIATE		57		d life support session	
	- CERVICAL CANCER							
	Dr Rohan Lourie – Anator	nical	Dr Kelvin Choo - Paediatric	Surgeon: Commo	n			
	Dr Rohan Lourie – Anator Pathologist: <i>Title TBC</i>	nical			n			
6.30 nm to 9.30 nm	Pathologist: Title TBC	nical	Dr Kelvin Choo – Paediatric paediatric surgical problem		n			
	Pathologist: <i>Title TBC</i> Gala dinner	nical			n			
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Saturday 13 October 2012		Saturday 13 October 2012			
9.30 am to 10 am	Delegate registration and morning tea	9.30 am to 10 am	Delegate registration and morning tea		
10 am to 12 pm	Case work – First trimester screening, management of obesity in pregnancy, and current best-practice antenatal care	10 am to 12 pm	Case work – Changes to antenatal recommendations over the past three years		
12 pm to 12.40 pm	Delegate lunch and Meet the Specialist	12 pm to 12.40 pm	Delegate lunch and Meet the Specialist		
12.40 pm to 2.40 pm	Case work – Physiotherapy in Pregnancy – Early interventions	12.40 pm to 2.40 pm	Case work – Pre conception care, models of care, neonatal examination and infertility		
2.40 pm to 3 pm	Afternoon tea and Meet the Specialist	2.40 pm to 3 pm	Afternoon tea and Meet the Specialist		
	Case work – Early Pregnancy Assessment	2.40 pm to 5 pm			
3 pm to 4.40 pm	Unit, common antenatal presentations, complications	3 pm to 4.40 pm	Case work – Post partum examination and breast feeding		
4.40 pm to 5 pm	Questions and feedback	4.40 pm to 5 pm	Questions and feedback		
6.30 pm to 9.30 pm	Gala dinner	6.30 pm to 9.30 pm	Gala dinner		

Join Mater on an adventure to the Gold Coast, Rio style, for the 2012 Women's Health Carnival.

In October, the newly renovated Sheraton Mirage Resort and Spa, Gold Coast's only five star resort offering an absolute beachfront location, will be transformed into a Rio Carnival. It promises to be a weekend full of fun festivities allowing you to unwind and enjoy the best the Gold Coast has to offer, with Marina Mirage shopping village, spa facilities, fitness centre, lap pool, outdoor heated pool and beachfront access to Main Beach at your fingertips. The children will also have a ball on the hotel's tennis courts and enjoy exclusive access to their own pool.

It isn't however all about maracas and feathers. The 2012 Mater Women's Health Carnival will showcase Mater specialists delivering high quality education with a focus on women's health. As it is a carnival atmosphere we have allowed time for you to get close and personal by meeting the specialists to ask any questions and discuss cases.



REGISTRATION To register please visit Mater's online registration portal located at www.materonline.org.au/2012/whc This easy to use system will allow automatic confirmation of your attendance along with payment and receipt facilities.

FURTHER INFORMATION For further information please contact Rachel Perkins on telephone 07 3163 6638 or email rachel.perkins@mater.org.au.

Case study

CASE: A 28 year old male salesman, presented with left knee patella instability over a five year period. FK found that his patella would subluxate and his knee give way while running, and multiple minor instability episodes occurred in his activities of daily living. Immediately prior to presentation his patella again dislocated completely while playing football.

Physical Examination

Significant examination findings were slight valgus malalignment with quadriceps wasting. The patellofemoral joint demonstrated significant crepitus. With the knee flexed to 30 degrees the patella translated laterally to the point of dislocation with significant apprehension on the part of the patient. The patients Q angle (Quadriceps angle – a line from the ASIS to the centre of the patella and then to the centre of the tibial tuberosity) was normal.

Investigation

MRI scan revealed dysplasia of the femoral trochlea with flattening of the trochlea groove in addition to significant cartilage damage. The medial patellofemoral ligament and medial capsule were in discontinuity, reflecting disruption of the soft tissue restrains to lateral patella dislocation.

Pathoanatomy

With the patellofemoral joint, as with any synovial joint, the factors that contribute to stability are bony congruency, static soft tissue structures (ligaments) and dynamic soft tissue structures (muscles). In the case above, trochlea dysplasia and rupture of the medial patellofemoral ligament, and quadriceps wasting all contributed to ongoing instability.

Management Options

Non operative and operative options were discussed. The patient had tried non-operative management including physiotherapy, quadriceps retraining, bracing and taping over a long period and unfortunately continued to have symptomatic patella instability even with his activities of daily living as well as sport.

The surgical options are directed by the underlying pathology. In this case the Quadriceps angle was normal, so transfer of the tibial tubercle to realign the axis of the extensor mechanism was not indicated. His medial patellofemoral ligament had been ruptured, leading to excessive lateral translation of the patella in the trochlea groove and his quadriceps were wasted despite attempts at rehabilitation.

Given his age, and the activities he wished to return to, he opted for surgical stabilisation.

Procedure: Arthroscopy and Medial Patellofemoral Ligament (MPFL) reconstruction

Arthroscopy confirmed significant cartilage loss on the patellofemoral joint. The patient's gracilis tendon was harvested and used to reconstruct the MPFL passing through a bone tunnel in the patella and secured into the medial femoral condyle once tensioned with the use of an interference screw.

Result

The patient was able to full weight-bear in a knee splint on day one postoperatively. At two weeks active range of motion exercises commenced, and at six weeks the splint was discarded. A structured rehabilitation process supervised by an experienced musculoskeletal physiotherapist was then undertaken from weeks two to 12 focusing on quadriceps strengthening and range of motion.

Following this the patient was then able to undertake a graduated return to recreational sports. Mild anterior knee pain continued with impact activity due to the underlying patellofemoral chondral damage, but did not limit sport or rehabilitation. By one year post operatively he was back to activities including 'boot camp' style cross training and wakeboarding without any further episodes of instability.

Summary

Patellofemoral instability is usually due to a combination of traumatic factors and anatomical predisposition. Non operative management is always the primary method of treatment focusing on quadriceps strengthening. Failing this any surgical intervention should be targeted at redressing the underlying anatomical pathology.



Which Doctor? Dr Rob Butler Specialty: Obstetrician and Gynaecologist

Dr Rob Butler is an Obstetrician and Gynaecologist with an interest in education and research.

Dr Butler completed his MBBS and FRANZCOG specialist training in Queensland. During this time he worked for more than seven years in tertiary facilities, developing his interest in the management of complex medical conditions in pregnancy and high-risk pregnancies. He also spent two years post-membership dedicated to tertiary endoscopic and laparoscopic surgery and has a special interest in the minimally invasive management of many gynaecological conditions.

Dr Butler has a keen interest in education and research and is currently a senior lecturer and examiner at The University of Queensland. He also lectures for the DRANZCOG training course, the Advanced GP Alignment and Midwifery education programs and coordinates the registrar education program at Mater Mothers' Hospital. His research has been published and presented at local and international meetings and he was awarded the Johnson & Johnson Prize from the Australian Gynaecological Endoscopy Society (AGES) during his training.

Consultations with Dr Butler are available at his rooms located in Mater Medical Centre, South Brisbane.

Referrals for patients can be made to Dr Butler at: Suite 41, Level 7, Mater Medical Centre, 293 Vulture Street, South Brisbane Qld 4101 Telephone 07 3163 1688 Facsimile **07 3163 1699** Web: www.bcog.com.au

Which Doctor? Dr Paul Conaghan Specialty: Obstetrician and Gynaecologist

Dr Paul Conaghan is an Obstetrician and Gynaecologist practicing at Mater Mothers' Private Hospital.

Dr Conaghan is a graduate of The University of Queensland and has since worked in a wide variety of locations throughout Queensland, both rural and metropolitan.

He completed his specialist training in Queensland and has been working as a staff specialist in Townsville over the last five years. Having now moved to Brisbane to be closer to family, he currently holds a position as a staff specialist at Mater Mothers' Hospital and conducts private practice at Mater Mothers' Private Hospital.

Dr Conaghan has developed a particular interest in complex obstetrics after working in tertiary hospitals for the majority of the last decade. As a true generalist, however, his practice covers all aspects of obstetrics and gynaecology.

He has a keen interest in post-graduate teaching and is an examiner for the College of Obstetrics and Gynaecology. He coordinates the registrar education at Mater Mothers' Hospital and is a regular presenter at the Advanced GP Alignment program.

Dr Conaghan is the convenor of the Queensland Surgical Skills workshop for trainees, has taught at the vaginal surgical skills workshop in Townsville and been the training supervisor for Diploma (basic and advanced) and Fellowship trainees. He is the editor of online training resources for RANZCOG in the fields of advanced obstetrics and advanced gynaecology and has presented research at the Australian Gynaecological Endoscopy Society meetings.

Referrals for patients can be made to Dr Conaghan at: Suite 41, Level 7, Mater Medical Centre, 293 Vulture Street, South Brisbane Old 4101 Telephone 07 3163 1688 Facsimile **07 3163 1699** Web: www.bcog.com.au





Which Doctor?

Dr Emma McIntyre Specialty: Paediatric Gastroenterologist

Dr McIntyre is credentialed to perform paediatric endoscopy and colonoscopy and is experienced in paediatric capsule endoscopy. She has an interest in general paediatric gastroenterology, inflammatory bowel disease, coeliac disease, childhood feeding disorders and capsule endoscopy.

Dr Emma McIntyre graduated from The University of Queensland with first class honours. Following her internship at Princess Alexandra Hospital, she undertook her paediatric training at Mater Children's Hospital and Royal Children's Hospital. An interest in gastroenterology led to her embarking on paediatric gastroenterology training at the Royal Children's Hospital before travelling to Oxford to complete her fellowship. While in Oxford she undertook clinical work at the John Radcliffe Hospital as well as research. She was employed as a research fellow by The University of Oxford and studied body composition in gastrostomy-fed neurologically impaired children.

Upon her return to Brisbane, Dr McIntyre accepted a specialist paediatric gastroenterology position at the Royal Children's and Mater Children's Hospitals. She has been employed in this role since 2006.

Dr McIntyre is available for private consultations through the sessional suites at Mater Medical Centre.

Referrals for patients can be made to Dr McIntyre at: Sessional Suites, Suite 15, Level 6, Mater Medical Centre 293 Vulture Street, South Brisbane Qld 4101 Telephone **07 3010 5780** Facsimile **07 3010 5781**



New Director of Microbiology announced



Mater Pathology Director Professor Deon Venter recently announced the appointment of Dr Sanmarié Schlebusch as the new Director of Microbiology at Mater Pathology.

"Sanmarié has been practicing as a consultant microbiologist at Mater Pathology for several years," Prof Venter said.

"She exhibits high levels of competence, concern for patients and staff and a high energy approach to establishing the microbiology lab of the future."

The appointment of Sanmarié coincides with Dr Martyn Tilse stepping down from that position after 28 years in the job.

"Martyn will be staying on with us as a senior consultant microbiologist and I wish to thank him for the amazing dedication that he has shown towards Mater patients over the years, as well as to Mater Pathology."

MMRI researcher given funding to make chemotherapy safer

Mater Medical Research Institute (MMRI) researcher Dr Ingrid Winkler has been awarded funding from the Queensland Government to undertake further research into making chemotherapy safer.

The \$360 000 funding grant will enable Dr Winkler to investigate the complications of chemotherapy which mainly derive from damage to the stem cells in the bone marrow that regenerate blood and immune systems, leaving patients susceptible to infections.

Approximately one third of the 24 000 cancer patients who receive chemotherapy each year suffer from an infection during, or soon after, receiving chemotherapy as a consequence of the immune-suppression linked to treatment. Dr Winkler's research aims to reduce the side-effects of chemotherapy and help return cancer patients to health faster.

Dr Winkler said she was delighted to receive the funding to help her continue her research.

"This funding will ensure I can continue my work which aims to better manage cancer treatment so that patients can return quickly to a normal healthy life by reducing the main life-threatening complications of chemotherapy. In particular, I aim to elucidate optimal treatment strategies to accelerate recovery from chemotherapy," Dr Winkler said.

"My research is particularly pertinent for patients undergoing repeated rounds of high-dose chemotherapy, or therapies that include cytotoxic drugs from the anthracycline group, as these patients are most at risk of treatment-induced immune suppression leading to infections and treatment-associated death. These include breast, ovarian, small cell lung cancer, lymphomas and sarcoma patients."

An estimated 1700 Queensland hospitalisations each year may be preventable if the complications of chemotherapy could be better managed. Dr Winkler's research is seeking to limit these side-effects to:

- potentially reduce the cost of care
- afford better health outcomes to regional Queenslanders who have limited access to hospital care
- improve overall health and outlook for cancer sufferers and their families.

"My discoveries will benefit these patients and their recovery from cancer, allowing them to resume their work and society commitments more rapidly after chemotherapy," Dr Winkler said.

Speaking at BIO 2012 in Boston, Queensland Minister for Science, Information Technology, Innovation and the Arts Ros Bates said the Queensland Government's science funding would boost Queensland's international science credentials and had the capacity to markedly improve the state's economic, employment and lifestyle prospects.

"This funding will attract international investment to Queensland, providing a much needed shot-in-the-arm to the state's scientific capabilities," Ms Bates said.

"These projects have all been carefully considered for their practical application and their ability to keep Queensland at the forefront of global research and development."

In 2011 Dr Winkler was awarded a National Health and Medical Research Council Career Development Award, one of only eight awarded in Australia.



Wake Up Dry–Bed wetting service

Mater Health and Wellness is offering a new support program, Wake up Dry, for children six years and above who are affected by bedwetting. Qualified physiotherapists with experience in paediatric continence can provide assistance and advice to children and their families to help conquer this problem.

In order to gain the maximum benefit from this service, children should meet the following criteria:

- six years or older
- the child must be motivated to get dry
- no associated bowel problems
- no daytime accidents (wet or soiled underwear).

Mater Health and Wellness staff are recognised providers with private health funds and Medicare. Rebates for services are available where applicable. Children may be eligible for Medicare funding for this condition.

Mater Health and Wellness is located on Level 2, Mater Private Clinic, 550 Stanley Street, South Brisbane. For further information or to make an appointment, call us on **07 3163 6000** or go to **wellness.mater.org.au**.

VMO video profiles now online

Obstetricians practicing at Mater Mothers' Private Hospital and Mater Mothers' Private Redland have shared their profiles and stories so GPs and expectant mothers may find out more about them. Deliveries of first babies, their inspiration to pursue obstetrics and the joy of delivering at Mater Mothers', are some of the stories revealed through the video profiles.

Additionally, VMOs who have signed up to the new Mater Shared Electronic Health Record for maternity patients are also highlighted.

GPs and expectant mothers can also take a virtual tour of Mater Mothers' services and facilities providing a guided tour of Mater's three maternity hospitals (Mater Mothers' Hospital, Mater Mothers' Private Hospital and Mater Mothers' Private Redland) including birth suites, theatres, antenatal and postnatal services.

Mater Mothers' Hospitals deliver over 10 000 babies annually and the daily count of how many babies are born daily, weekly, monthly and the total born so far in 2012, is now available online.

View the VMO video profiles, online tours and baby numbers at maternity.mater.org.au.





Mater Exceptional People. Exceptional Care.

UPCOMING GP EDUCATION

Reserve the following dates in your calendar over the coming months for Mater GP education. Please join Mater's key specialists at our evening events for complimentary dinner and drinks as they cover a range of topics relevant to your practice.

PAEDIATRIC GA	STROENTEROLOGY, NEUROSURGERY & NEUROLOGY	WOMEN'S HEALTH CARNIVAL				
DATE, TIME AND VENUE	4 September 2012, 6.30 pm to 9 pm, Mater South Brisbane	DATE, TIME AND VENUE	13 and 14 October 2012, Sheraton Mirage Resort and Spa			
PRESENTERS	Dr Emma McIntyre–Paediatric Gastroenterologist: Approach to the vomiting baby Dr Martin Wood–Neurosurgeon: Radiculopathy - more than a pain in the backside Dr Christopher Staples–Neurologist: Headaches - all you		Breast cancer, obstetrics, gynaecology, urogynaecology, cervical cancer, paediatrics, Maternal Fetal Medicine and Mater Mothers' Hospital GP Maternity Shared Care standard and advanced alignment streams. Register at materonline.org.au and click on 'events'.			
	will ever need to know	ACCREDITATION	40 Category 1 points			
ACCREDITATION	4 Category 2 points					
GENERAL MEDICINE		TOPIC TO BE CONFIRMED				
DATE, TIME AND VENUE	11 September 2012, 6.30 pm to 9 pm, Mater Redland	DATE, TIME AND VENUE	13 November 2012, 6.30 pm to 9 pm, Mater South Brisbane			
	Dr Robyn Heyworth–General Medicine: Interesting General	PRESENTERS	Presenters and topics TBC			
	Medicine Case Studies	ACCREDITATION	4 Category 2 points			
PRESENTERS	Dr Peter Hewitt–Orthopaedic Surgeon: Approaching common degenerative orthopaedic problems – an overview for General Practice Additional presenter and topic TBC	TO REGISTER Please contact Sara McDonald on email sara.mcdonald@mater.org.au				
	REDITATION 4 Category 2 points		or telephone 07 3163 1036. You can also visit materonline.org.au			

ACCREDITATION 4 Category 2 points

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for Mater's full 2012 GP Education Program.

