

# The Ramsay Way



People caring for people

Ramsay Health Care Corporate Newsletter

- |  |  |   |  |   |   |
|--|--|---|--|---|---|
| 01 RAMSAY OPENS NEW ERA FOR MENTAL HEALTH CARE IN SYDNEY | 03 RAMSAY LAUNCHES INNOVATION HUB                | 04 JOONDALUP OPENS MENTAL HEALTH OBSERVATION AREA | 07 FIRST ROBOTIC OESOPHAGECTOMY IN AUSTRALIA       | 11 WESTERN AUSTRALIA'S FIRST BINGE EATING PROGRAM         | 18 CHRIS WENT ANNOUNCED AS 2018 CHIEF EXECUTIVE WOMEN SCHOLAR |
| 02 100,000 PATIENTS TREATED AT SCUPH                     | 03 WESTMEAD PRIVATE AWARDED CENTRE OF EXCELLENCE | 06 ALTERNATIVE HEART PROCEDURE OFFERS HOPE        | 10 WESTMEAD PRIVATE INSTALLS 3D SURGERY TECHNOLOGY | 14 HEAD OF NEUROSURGERY RECEIVES ORDER OF AUSTRALIA MEDAL | 20 WA SISTERS SWIM FOR REHABILITATION CHARITY                 |



## Ramsay Opens New Era for Mental Health Care in Sydney

**The first patients have been admitted to Ramsay's new St Leonards Clinic, the latest edition to Sydney's The Northside Group of mental health hospitals.**

The Northside Group St Leonards Clinic, opened on 24 February, is a purpose-built mental health facility with 112 single rooms, day services and on site consulting suites, replacing The Northside Clinic in Greenwich, which was the second hospital to open under Paul Ramsay in 1973.

The Northside Group CEO Anne Mortimer said patients admitted to the facility would experience a new level of private mental healthcare with spacious single rooms, modern indoor and outdoor dining, large outdoor therapy spaces and private

parkland, wellness areas and a dedicated art therapy room as well as massage rooms and a gymnasium staffed with inhouse personal trainers.

"With the growing incidence and burden of mental illness in the community, it was very important for us to build a modern facility that provides innovative and holistic treatment, catering for the specific needs of people suffering from mental health disorders but also those in the community who are committed to their mental health and wellness," Anne said.

"This state-of-the-art facility embodies the latest thinking in program delivery, therapy and nutrition and supports an approach to mental health by offering a well-rounded program addressing medical, psychological and counselling, psychosocial, recreational, physical and diversional interventions.

"The hospital offers outstanding educational facilities for the training and education of doctors, nurses and psychologists," she said.

The new multistorey facility will also be available to the wider community by offering a number of critical and unique mental health programs for those who are committed to maintaining their mental health.

The community-based classes, will include topics such as 'Mindfulness Skills', 'Resilience Training' and 'Art of Acceptance'. These are due to commence in June 2018 and are designed for individuals who are interested in improving their sense of wellbeing and are striving to live more consciously.

"Shifting the world's attitude on mental health will not happen overnight, however

launching a clinic that does not hide away from the community, but actively invites them in, is a step in the right direction," Anne said.

The Northside Group has also launched its Four Pillars of Health and Recovery that truly focuses on the combination of psychological, physical, social and nutritional health of patients.

The Northside Group St Leonard's Clinic offers high quality specialist clinical care in mood and anxiety disorders, drug and alcohol dependence, postnatal depression, eating disorders, post-traumatic stress disorder and general mental health disorders. ■



## RAMSAY AUSTRALIA CEO MESSAGE

The recent focus on private health care in Australia is unprecedented. While there is a lot of debate and conjecture, it is important to remember that, above all, Australia has by most measures one of the best health systems in the world. This is a fact that unfortunately gets lost in the various media reports and debates about healthcare in this country. Our life expectancy and cancer survival rates are among the best in the world and our healthcare costs, as a percentage of GDP, are much lower than that of many developed nations.



A demonstration of the excellence of the Australian health system can be found in a recent major international study published in The Lancet of 37 million cancer patients across 71 countries. This study rated Australia as a world leader in five-year cancer survival rates. Scandinavian countries such as Denmark also rated highly as did the USA. The United Kingdom rated 17th. Australia's excellent five-year cancer survival rate can be largely attributed to the fact that Australians have access to early diagnosis and treatment of this terrible disease.

Australia and more specifically, Ramsay Australia, has hospitals and doctors of the highest quality. Working together, our doctors, nurses, allied health professionals and hospital support staff consistently deliver excellent outcomes for our patients. As you will see in this issue of The Ramsay Way, we invest heavily in technology, as well as training and development of our staff and doctors, to ensure we have the best medical equipment, the safest systems and the best staff and doctors to treat our patients. Such an investment comes at a cost, but it is a necessary cost to ensure we remain sustainable and relevant over the long term.

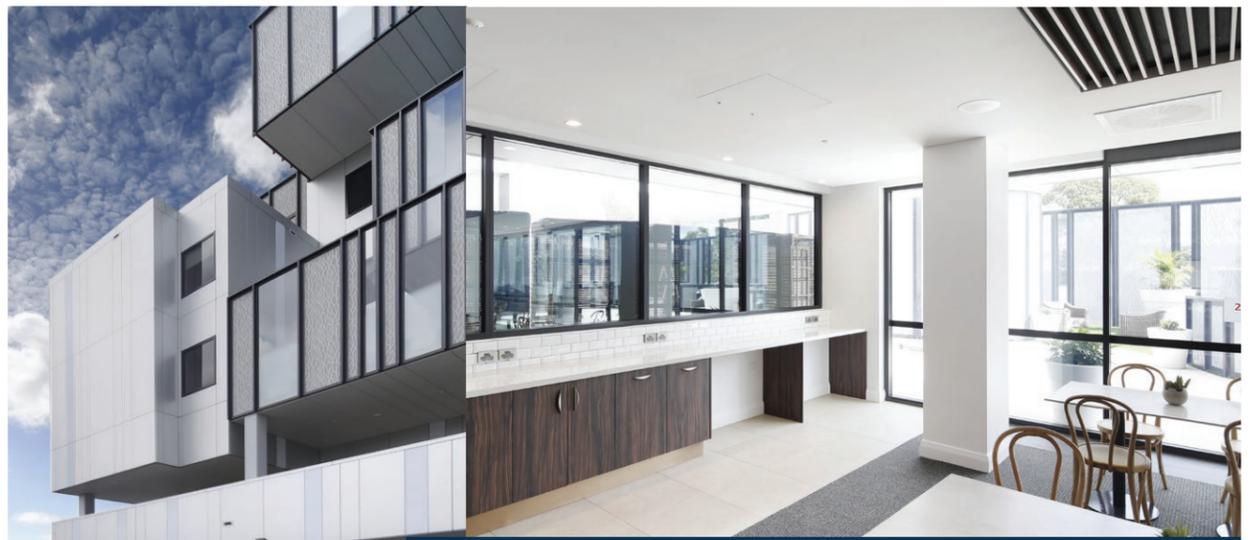
We will continue to seek ways to address the issue of affordability in healthcare, but we need to do this in a measured and collaborative way with Government and health funds. The predominant reason health costs are escalating is not due to prices going up; it is due to utilisation of health care services. The rising utilisation of health care services is due to, among other things, the aging population and the increasing proportion of Australians with chronic disease (such as diabetes, heart conditions and mental illness).

The issue of affordability needs to be managed, but not by restricting or curtailing services to patients in need of health care services. The public and private health care systems must protect the sickest and most vulnerable patients. Australians will not accept solutions which adversely impact them by reducing quality and choice. Health fund policies need to be reliable, be transparent and preserve patients' ability to choose their doctor, treatment and hospital. A USA-style managed care system, where health funds or governments decide when, where and how patients get treated, will never be acceptable in Australia.

We have an enviable balanced private and public health system in this country which ensures the private system provides choice and quick access for those who can afford it and the public system provides care (either immediate care in the event of an emergency or eventual care in the event of elective surgery) for those who cannot. Unfortunately, the chase for revenue from private patients by state public hospital systems has negatively impacted this delicate balance in recent times and, according to research by the Australian Institute for Health and Welfare, this is adversely impacting access to public hospital services for true public patients. This situation is unsustainable and the Federal Health Minister is right to call out the States on this issue.

In summary, the Australian health system should be hailed for delivering excellent outcomes at a very reasonable cost. It is a health system that is worth fighting for and worth paying for. The Australian health system is the envy of many countries around the world. We must maintain and strengthen the world leadership position we have attained, without compromise.

**Danny Sims**  
CEO, Ramsay Australia



### Brand new St Leonards site features

Patients at the new St Leonards Clinic will experience a new level of private mental healthcare with spacious single rooms, modern indoor and outdoor dining, large outdoor therapy spaces and private parkland areas.

Wellness spaces are abundant in the facility including massage rooms, an art therapy room and a large gymnasium staffed with inhouse personal trainers.

CEO Anne Mortimer said the modern facility provides for innovative and holistic treatment catering for the specific needs of people suffering from mental health disorders but the spaces will also be open to those in the community who are committed to their mental health and wellness.



## 100,000 patients treated at SCUPH

Sunshine Coast University Private Hospital (SCUPH) recently celebrated treating its 100,000th patient since opening its doors in late 2013.

CEO Oliver Steele said the Hospital had delivered above and beyond expectations, broadening the range of private services available to Sunshine Coast residents since opening.

"In the past 18 months, the Hospital has launched the Coast's first and only cardiac surgery service, introduced robotic surgery for prostate cancer, renal dialysis treatment unit (transferred from Caloundra) and has also opened a second cardiac catheter laboratory and new coronary care unit beds.

"Pleasingly, we have commenced involvement in clinical trials for cancer which provide patients with access to the latest treatments without the need to travel to Brisbane or interstate.

"Patient feedback is overwhelmingly positive."

He thanked VMOs and staff for their dedication and commitment to the hospital since opening and for assisting the Hospital in earning a reputation for quality care and excellence.

SCUPH has opened discussions to be part of the new Sunshine Coast University Medical School, which is planned to open adjacent to the hospital in 2019. ■

# Ramsay launches Innovation Hub

Ramsay Health Care has launched an Innovation Hub with the intention of creating and funding innovations that will lead to both incremental improvements as well as transformational innovations.

Innovation is one of seven strategic priorities for the business identified by new Group CEO Craig McNally.

The Ramsay Innovation Team will be tasked with running an evidence-based innovation pipeline, that operates with speed and urgency to help innovators in Ramsay to curate and prioritize problems, ideas, and technologies.

“There is no shortage of ideas in Ramsay. Execution is the key. We need to develop new approaches, capabilities and KPIs to deliver on both incremental improvements and transformational changes,” Craig said.

“Through this Innovation Hub we will aim to build a culture that support front-line innovation through capturing and validating ideas and training and empowering staff to participate, test and implement new ideas in the workplace.”

The Hub will be based in St Leonards close to the Ramsay Australia head office. 📍



## Westmead Private awarded Centre of Excellence Status for Weight Loss Surgery

Westmead Private Hospital has been formally accredited as a “Centre of Excellence in Metabolic & Bariatric Surgery,” becoming only the second hospital in Australia to be granted this International title.

Westmead Private follows in the footsteps of another Ramsay Health Care hospital – St George Private in south Sydney which was the first hospital in NSW to be awarded this high honour.

With Australia now suffering one of the highest rates of obesity in the world these hospitals have developed leading national reputations for clinical excellence in weight loss surgery.

Accreditation is only offered to hospitals where surgeons and staff work together to provide the highest level of care and reflects the high volume of cases completed, 24 hour cover and support for patients both in and out of hospital, support group meetings for patients post procedure and prospective audit and monitoring of long-term outcomes.

Westmead Private CEO Michael Flatley said earning Surgical Review Corporation (SRC) Excellence in Metabolic & Bariatric Surgery accreditation signifies the ability to consistently deliver the safest, highest-quality care to patients and a focus on quality improvement.

Bariatric surgeon Dr Brendan Ryan said the Centre at Westmead Private would be an extremely valuable resource for the people of western Sydney.

“In decades past, people often worried about the risks of undergoing weight loss (bariatric) surgery but patients need to realise that today, with modern surgical techniques, the risk of a complication is extremely low,” Dr Ryan said.



Bariatric Surgeons Dr Carolyn Jameson and Dr Brendan Ryan



“And this needs to be compared with the much greater risk of not having the surgery and continuing on with the complications of obesity including for example crippling arthritis, diabetes, sleep apnoea, hypertension and a life of pain and depression, and often sleeping in chairs just to breathe.”

Dr Ryan and fellow bariatric surgeon Dr Carolyn Jameson were instrumental in working collaboratively with the hospital through the rigorous audit process with the international Surgical Review Corporation (SRC), which accredits “best-in-class” centres of surgical excellence around the world.

Dr Ryan said the hospital delivered a “comprehensive, patient-centric weight loss program to help patients achieve long-term success with weight loss surgery.”

He added that more than 80% of patients with diabetes either resolve their diabetes or dramatically reduce medication within a few weeks of undergoing bariatric surgery.

“Commitment to this process has focused our team on exceeding clinical benchmarks and guidelines,” said Mike Flatley – CEO of Westmead Private Hospital. “Earning the SRC’s Metabolic and Bariatric Surgery accreditation signifies our ability to consistently deliver the safest, highest-quality care to our patients.” 📍



## Federal Opposition makes \$154 million election pledge to Joondalup Health Campus

The Federal ALP has announced that it will commit \$154 million to build a new state-of-the-art mental health unit at Joondalup Health Campus, if elected at the next election.

Visiting Joondalup Health Campus in March, Leader of the Opposition Bill Shorten, said the ALP was committed to expanding mental health services at the Campus.

He was accompanied by the Premier of WA Mark McGowan and Deputy Premier and Minister for Health Roger Cook. 📍



## New Ramsay websites launched

Ramsay Health Care has launched new Group and Australian websites as well as an all new careers website.

The new websites come with improved navigation and search capabilities. Both the specialist search and the careers search are far superior and achieving higher google rankings.

All the websites are also mobile friendly with an improved look on mobile devices.

Other new features to the Ramsay websites include booking/registrations for events and maternity tours. All maternity tours and GP events are now booked online. 📍

# Joondalup Opens Mental Health Observation Area

Joondalup Health Campus officially opened its new Mental Health Observation Area (MHOA) in February in the presence of Deputy Premier and Health Minister Roger Cook after another successful joint project between the WA Government and Ramsay Health Care.



The MHOA is an extension of the hospital's emergency department and a more appropriate setting for mental health patients who can be treated separate to the general accident and emergency patients.

"The new MHOA will go part of the way to improving mental health services for residents in Perth's northern suburbs," said the Minister at the opening. "For someone experiencing mental

illness, an accident and emergency setting can be very confronting".

He spoke of the long standing public private partnership between Ramsay Health Care and the WA government which he described as "undoubtedly, one of the most successful in the country."

Ramsay Health Care has a long standing history in mental health with the first clinic established by our Founder, the late Paul Ramsay, in Sydney in 1964. Since then it has grown to be the largest provider of private mental health services in Australia and France.

Hospital Chief Executive Officer Kempton Cowan said the opening of the MHOA was an exciting milestone for the hospital and something that had been carefully planned for a long time.

"I would like to thank everyone who has helped us achieve this milestone," he said. ■■



L-R: Ramsay Health Care Operations Executive Manager WA and SA Hospitals Kevin Cass-Ryall; WA Director-General of Health Dr David Russell-Weisz; Deputy Premier; Minister for Health; Mental Health, the Hon. Roger Cook MLA; JHC CEO Kempton Cowan and Ramsay Health Care Australia Chief Operating Officer Kate Munnings



L-R: MHOA Clinical Nurse Specialist Laura Doran; JHC Head of Emergency Department Dr Cameron Burrows; Deputy Premier; Minister for Health; Mental Health the Hon. Roger Cook MLA, JHC CEO Kempton Cowan and MHOA psychiatric consultant Dr Stefan Schutte

# Scaffolding Removed at the New St Andrew's Ipswich



The scaffolding which supported the development of the new St Andrew's Ipswich Private Hospital's tower block was disassembled in March revealing the gold and silver façade of the new hospital development.

Construction commenced on the \$64 million project in January 2017, with building completion expected to occur in August 2018.

The development will provide access to the first private Emergency Centre within the Ipswich and West Moreton Region, eliminating the need for patients to travel to Brisbane to receive private emergency care.

The Emergency Centre will be supported by a new Intensive Care Unit and two new operating theatres. The project will also see the addition of 81 new private beds.

A Women's and Children's Ward will provide quality local obstetric and paediatric services to patients of the growing region and will be supported by three new labour delivery suites.

Rehabilitation services will also benefit from the project, with the redesign facilitating the provision of a 21 bed Rehabilitation Ward with an accompanying gymnasium.

A new multi-deck car park will provide plenty of on-campus parking, promoting easy access to the hospital. The redevelopment will also provide a new front entry, expanded reception areas and retail support space. ■■



L-R: Kareena CEO Steve Rajcany, Maternity Num Jacqui Palmer, Sara McGrath & Glenn McGrath

# Glenn McGrath Opens Kareena's New Birthing Suites

Cricket legend Glenn McGrath and his wife Sara, opened the new birthing suites at Kareena Private Hospital in March.

Sara, who gave birth to their daughter Madison at Kareena Private two and half years ago, was amazed by the transformation the birthing suites had undergone.

"When Sara was here for Madison's birth she thought it was one the greatest 'hotels' she had ever stayed at... but now this is just amazing," said Glenn.

Eight couples who were attending their 32 week antenatal class were the lucky first few to be given a tour of the three new birthing suites. All couples were excited to see the new facilities which they will be using for the upcoming birth of their babies. ■■

### Each of the three refurbished birthing suites features:

- K2 Wireless CTG Monitoring with Obstetricians accessing real time fetal monitoring information on their smart phones
- Modern furniture and state-of-the-art equipment
- A double lounge which converts to a fold out bed, allowing partners to rest
- Double-headed showers and ergonomic exercise balls which can be utilised for natural pain relief
- Large TV screens with access to Foxtel and free Wi-Fi
- One birthing suite features an enormous bath, with enough room for both the mother and partner



## New Catheter Lab Opens at North Shore Private

North Shore Private can now provide the latest in cardiac procedures with its new cardiac catheter lab. The dedicated cardiac lab opened in January 2018 and is located on the ground floor.

The facility contains a newly built lab with a pre-operative and post-operative area. This allows for more streamlined patient care and an overall better patient experience. The Lab has been fitted with Siemens Artis Zee equipment providing great technology enhancing the procedural experience for both interventional cardiologists and their patients.

The opening of this new facility has seen the move of all our Structural Heart, including Transcatheter Aortic Valve Implantation (TAVI) cases from our main operating theatre into the Cardiac Catheter Lab.

“Structural heart cases involve the expertise of multiple clinicians. The new Cardiac Catheter Lab has been designed to maximise the efficient flow for the delivery of high class patient care by all clinicians involved in the procedure,” Says Richard Ryan, CEO of North Shore Private. “Patient feedback has been very positive with this new experience.”

Our Structural Heart patients now move between our newly built coronary care unit and the catheter lab which has improved the patient pathway and allowed patients to access highly sophisticated treatment from leading specialists and nurses.

The North Shore campus has recently performed a milestone of over 200 TAVI procedures. The new Lab will allow us to enhance our ability to increase the number of cardiology cases and also to provide leading care in the Structural Heart specialty.

This wealth of experience, together with positive patient outcomes, has reinforced the campus’s status as a tertiary training facility, particularly for cardiology and interventional cardiology. Specialists from the North Shore campus provide teaching not only to medical students, but also their colleagues around the world.

The lab has been fitted with the MedInBox (the first in NSW) which is a highly sophisticated educational tool, using real time videography of procedures that can be accessed remotely – such as other teaching facilities around the world. ■■



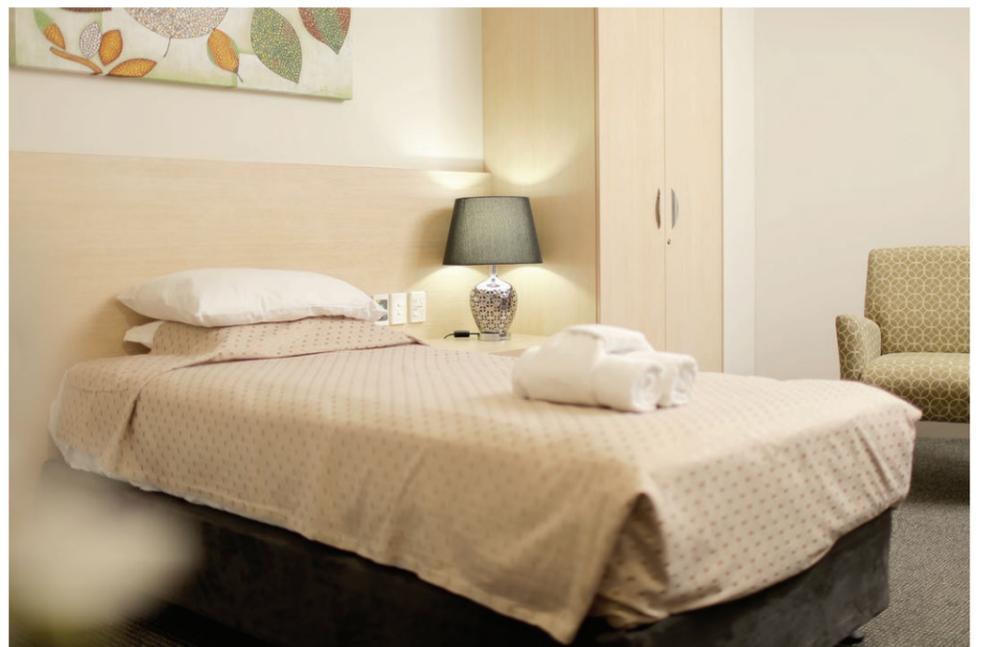
## Renovations now complete at Wentworthville Clinic

Renovations have recently completed The Northside Group’s Wentworthville Clinic.

Wentworthville Clinic offers exceptional, holistic inpatient care for people with drug and alcohol addiction, eating disorders and general mental health disorders.

Highlights of the refurbishment included the re-launch of the drug and alcohol service with the addition of five single ensuited rooms and the picturesque landscaping in the grounds of the Clinic.

The new indoor and outdoor facilities offer our patients a serene, welcoming environment to further assist with wellbeing and recovery. ■■



# Alternative heart procedure offers hope to people with ‘time bomb’

A revolutionary technique providing an alternative to open heart surgery will reach a significant milestone at Lake Macquarie Private Hospital during March.

Following a successful trial period, a specialist cardiac team, led by Interventional Cardiologist Dr Rohan Bhagwandeem, will mark its 40th Transcatheter Aortic Valve Implantation (TAVI) procedure. The team includes Interventional Cardiologist Professor Andrew Boyle, and Cardiothoracic Surgeons Dr Taranpreet Singh and Dr Ross Mejia.

The TAVI technique has significantly improved the lives of patients who suffer from Aortic Stenosis, a debilitating disease that hardens and narrows the aortic valve, restricting the blood flow between the left ventricle and the aorta. This causes shortness of breath, fatigue, dizziness, chest pain and if left untreated, eventual heart failure.

Older patients and those with other health issues may be considered high risk for traditional valve replacement through open heart surgery,” said Dr Bhagwandeem.

The TAVI procedure involves an artificial valve (made of natural animal heart tissue) being guided to the heart via a blood vessel in the leg. The new valve is then released pushing aside the damaged valve and allowing unrestricted blood flow.

Dr Bhagwandeem says not only does the TAVI help to greatly improve a patient’s quality of life, but allows for shorter admission and recovery times.

“A major heart operation can sometimes require patients to stay in hospital for several weeks recuperating, whereas TAVI patients can leave as early as three days after their procedure.”

Lake Macquarie Private Hospital began trialling the TAVI procedure three years ago and is the only private hospital in New South Wales outside Sydney to achieve national credential status. Patients undergoing TAVI are now covered though the Medicare Benefits Schedule and their private health insurance.

“Although it’s regarded as a minimally invasive procedure there is still complexity and risk involved, and we are delighted with the success achieved by our experienced TAVI team at Lake Macquarie Private Hospital,” said Dr Bhagwandeem.

“We are now ready to undertake more procedures and are working towards providing this specialised service to patients in the public hospital system.”

Lake Macquarie Private Hospital is the region’s leading acute medical and advanced surgical private hospital. It has a strong history of delivering progressive and high quality medical services and care including a 24-hour Emergency Department. ■



Dr Rohan Bhagwandeem with TAVI recipient Joan Jones, 93. She is one of the first patients to undergo the TAVI procedure in the Cardiac Catheterisation Laboratory at Lake Macquarie Private Hospital



## TAVI IS NOW AVAILABLE IN THE FOLLOWING RAMSAY HEALTH CARE HOSPITALS:

- Greenslopes Private, Brisbane
- Lake Macquarie Private, Newcastle
- North Shore Private, Sydney
- John Flynn Private, Gold Coast



# First post-natal program helps Illawarra parents

**Figtree Private Hospital has opened the first residential post-natal centre in Illawarra, meaning people in the region no longer need to travel to Sydney-based facilities to get help with early parenting problems.**

Figtree said its new Illawarra Early Parenting Centre, which caters to families with children aged between two months and two years old, is also the first offered by a private hospital in New South Wales.

Parents needing support with issues such as feeding and settling previously had to apply for lengthy waiting lists to get specialist residential aid.

“We’ve seen local families wait months to access early-intervention programs, and in some cases give up entirely because of the difficulty accessing these programs,” Figtree Private Hospital CEO Paul McKenna said.

“Studies have shown that early childhood concerns, left untreated, can often have

long-term effects on a child’s health, well into adolescence,” he added.

The new centre can assist with home visits, access to an educational day program, or admission to the hospital’s five-night, six-day intensive inpatient program.

Staffed by nurses, paediatricians, general practitioners, clinical psychologists, psychiatrists and lactation consultants, the Figtree facility can provide support for feeding difficulties, infant sleep disorders and irritability, reflux and colic, maternal exhaustion, and help with adjusting to parenting.

“We’re pleased that Figtree Private Hospital can now provide a local alternative to Illawarra families – a high-quality, intensive residential support program – that has the potential to improve a family’s wellbeing at their current family stage, and in the future,” Paul said. ■



## First robotic oesophagectomy in Australia

Associate Professor Michael Talbot with the first patient to undergo robotic oesophagectomy in Australia

Robot technology is bringing big benefits to sufferers of a less common form of cancer at Sydney's St George Private Hospital.

Earlier this year, Associate Professor Michael Talbot performed the first robotic oesophagectomy in Australia.

The procedure – removal of the diseased part of the oesophagus and the upper part of the stomach – is often risky and complex.

Dr Talbot said minimally-invasive robotic surgery takes around the same time as open or laparoscopic techniques – 4-6 hours – but recovery is halved and patients can usually leave hospital after a week.

“They can avoid having a large abdominal and chest incision, which is required with the traditional open procedure. The smaller incisions lead to a faster recovery, earlier commencement of diet and ultimately an earlier discharge from hospital,” he said.

“This type of minimally-invasive oesophagectomy, laparoscopic or robotic, is less commonly performed than open surgery, but trials have shown a lesser complication rate and improved cancer survival.”

Oesophageal cancer affects 1,400 Australians every year, according to the Cancer Council, and is three times more likely in men than women, being more prevalent in those over the age of 60.

Globally it is the eighth most common form of cancer, with the highest incidence in Africa and Asia.

If not treated early it can quickly spread from the gullet to the rest of the body, causing problems such as malnutrition, reflux and inability to eat solids.

While robot technology had been available for over a decade in other types of surgery, such as urology, Dr Talbot said it previously was not easily applicable to other abdominal procedures.

However, recent improvements have made it more flexible – and the opening up of the robotic patents market will mean costs come down and make such surgery more routine.

“Pricing of the robot has prevented it from being available to most patients and surgeons. Once these tools are made available to more surgeons we will use them more,” said A/Prof Talbot, who used a Da Vinci XI robot platform that the Kogarah-based hospital bought in 2016 for January's breakthrough operation.

“The next decade is likely to see a transformation in how we perform surgical procedures across the board with the use of training models, semi-autonomous systems to reduce error, modelling technologies for surgical planning etc,” he added. ■■

## Australian-first 3D knee replacement surgery performed at Southern Highlands Private Hospital

An Australian-first knee replacement surgery took place at Southern Highlands Private Hospital recently using a knee prostheses specifically tailored to the patient through 3D mapping and printing.

In typical knee replacement surgeries, surgeons select implants from a range of sizes and shapes.

But the new purpose-built knee implants are created especially for the patient, which Dr Hartnell said simplified and streamlined the surgical procedure.

“If you come in for a [regular] knee replacement we've got all these options to choose from but we are limited,” Dr Hartnell said.

“We have to find the best fit for [the patient] but there might be compromises so what this does is custom make a replacement for your knees.”

Designed by Conformis, the knee personalised replacement is mapped after a CT scan and printed to precisely match the patient's original knee.

The customised knee replacements compared with the trolley of different knee replacements used in regular surgeries.

“It is designed on the computer to have an absolutely perfect range of motion and everything else,” Dr Hartnell said.

“There are millions of different options in terms of knee sizes and shapes so we are trying to reproduce normal anatomy with computer re-modelling.”

While this process may sound like a time consuming one, the turnaround is only five weeks. “From the time a patient needs a knee replacement we can have this knee printed and ready to go in five weeks,” Dr Hartnell said.

The new technology also reduces the number of trays and equipment needed in the operating theatre.

Southern Highlands Private Hospital theatre manager Glenn Wallace said it somewhat streamlined the operating process.

“Instead of having a trolley full of different knee sizes and five or six trays [of equipment] we just have one or two trays,” he said.

More than 50,000 knee replacements have been designed by Conformis in America so far, and Dr Hartnell said he hoped to see this type of knee replacement become more popular in Australia.

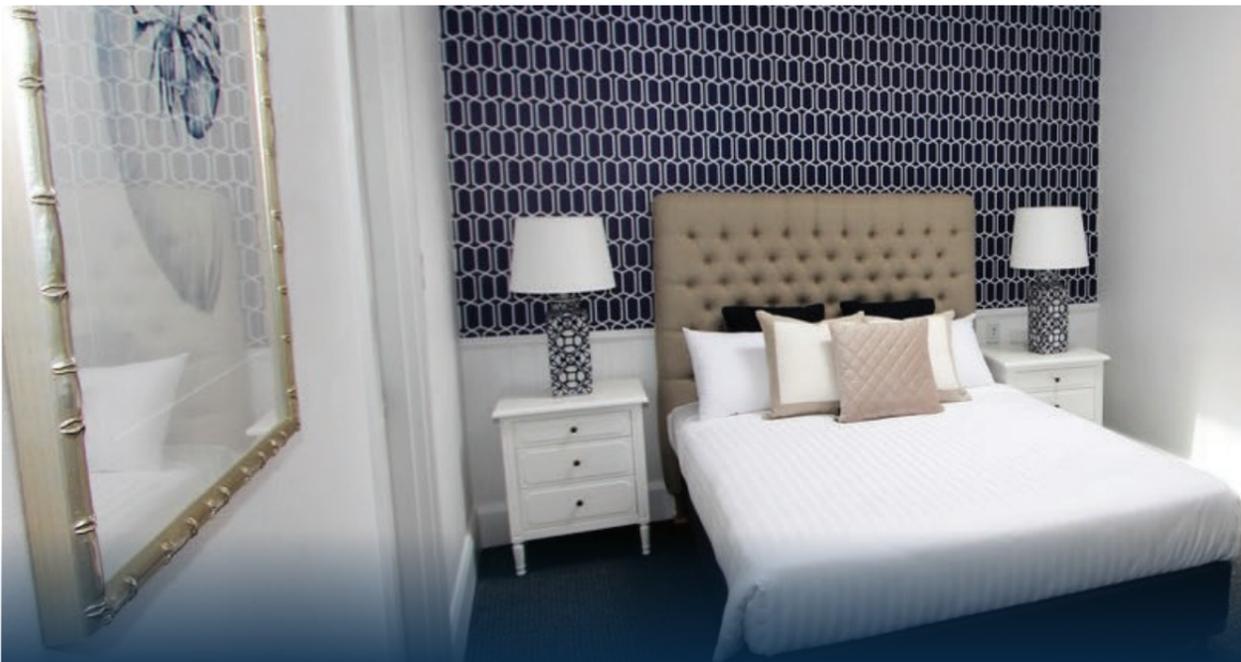
“It's no more expensive than a regular knee replacement but it is custom for the patient so to me it's just perfect,” he said.

“It's not new technology, it's been used for about a decade in America, but it is new to us here in Australia, and it is really cool to have the first surgery in a regional town like Bowral.”

The theatre was buzzing with excitement prior to the procedure, with visitors from Conformis travelling all the way from Boston to see the first Australian surgery. ■■



CUSTOMISED KNEE REPLACEMENT: Dr Nick Hartnell with the custom knee replacements before the surgery



## Northside Group Cremorne Clinic introduces new luxury suite

NEW to the Australian marketplace, Northside Group Cremorne Clinic has officially opened The Harrison Suite.

An exciting addition to the Cremorne facility, this hotel-style suite offers the patient an additional level of service and comfort whilst receiving a tailored individualised treatment plan covering a range of mental health disorders.

The Harrison Suite is discretely situated on the second floor at the rear of the premises and away from the hustle

and bustle of clinic life, and comprises 40sqm inclusive of a separate queen size bedroom, luxury modern ensuite and separate lounge/TV room.

With complimentary care pack on-arrival and daily fruit basket, the Harrison Suite patient also has use of our in-house personal trainer, in-house masseuse and on-demand dining.

Standard to this, the patient will receive an individualised treatment plan, utilising a range of medical and psychological treatment modalities which are the hallmarks of the Northside Group's reputation and their Four Pillars Program of Health and Recovery.

Reminiscent of a private residence, this spacious accommodation is filled with natural light, has Hampton-style furnishings, Wi-Fi, Netflix and TV in both lounge and bedroom.

Northside Group Cremorne has also completed renovations to refresh and update the look and feel of the Clinic. With a 'Hamptons style' design palette, the Clinic update also includes a fully serviced gym and massage room, and warm and inviting spaces for patients to feel secure and supported. ■■

## Hollywood Private Hosts Psychiatry Master Class

Hollywood Private Hospital recently brought some of the world's leading psychiatrists to Perth for the 3rd Annual Hollywood Private Hospital Psychiatry Master Class.



Chief Executive Officer, Hollywood Private Hospital, Peter Mott; Professor Guy Goodwin; Hollywood Psychiatrist, Dr Mathew Samuel; Operations Executive Manager WA and SA, Ramsay Health Care, Kevin Cass-Ryall

The industry event was held in March at The University Club, University of Western Australia, and included presentations by Australian and international experts on the topic of mood disorders such as depression and bipolar.

Hollywood Chief Executive Officer, Peter Mott, said "As a leading provider of mental health services to the Western Australian community, Hollywood works to ensure patients across the State have access to the highest quality care and treatment. By supporting this event, we hope to enhance the expertise of WA's psychiatrists and the care they deliver."

The event is the only master class for psychiatrists of its kind in WA and allows attendees to benefit from the knowledge of six presenters, including this year's keynote speaker Professor Guy Goodwin from

University of Oxford. Professor Goodwin is a leading psychiatrist whose interests are in the treatment of bipolar disorder and the application of neuroscience in understanding the neurobiology of mood disorders, with a focus on developing new treatments.

Hollywood Psychiatrist, Dr Mathew Samuel, added "I'm very proud that Hollywood was once again a major sponsor of this event. At The Hollywood Clinic, the hospital's 70 bed inpatient and day patient mental health facility, we care for more individuals with mood disorders than any other condition. Due to the increasing number of individuals seeking treatment for mood disorders, it's essential WA's psychiatrists have the necessary knowledge to provide comprehensive and specialised care specific to patients' needs." ■■

## Australia's first Orthopaedic exhibition visits Wollongong Private Hospital

Wollongong Private Hospital has been one of only a handful of NSW hospitals to host the Australian Orthopaedic Association's first travelling Exhibition of Orthopaedics in Australia.

Now in its second year, the travelling exhibition celebrates the contribution of orthopaedic surgery to the health and well-being of the Australian community.

Australian Orthopaedic Association (AOA) President Dr Lawrie Malisano said, "we are pleased to welcome our travelling orthopaedic exhibition to the people of Wollongong and can think of no better place to host the exhibition than one of the leading orthopaedic hospitals in Australia - Wollongong Private Hospital".

The exhibition was on display at the hospital in late February and featured information on sports injury prevention, the evolution of joint replacement, developments in the treatment of fractures and innovations including the use of 3D printing, robotics, computer navigation and customising implants during surgery. ■■



## Medibank and Ramsay join forces to fund TMS

People suffering severe depression are being offered an innovative treatment in a free trial at The Adelaide Clinic — a metal coil on their heads sending magnetic pulses to stimulate “mood cells” in the brain.

Insurer Medibank is funding the trial at the psychiatric hospital, at a cost of around \$3600 a person, to see if it delivers good outcomes and keeps costs down.

At present there is no Medicare rebate for the treatment but a successful trial may see approval. A US study found transcranial magnetic stimulation (TMS) has proven to be effective in 58 percent of patients with depression who do not respond to medication.

An Adelaide University study also concluded it can be an effective treatment.

The 12-month national trial now has 70 people enrolled and may recruit up to 500.

Patients remain awake, no anaesthetic is needed and the sessions, taking about 30 minutes, have minimal side effects.

Medibank chief medical officer Dr Linda Swan said: “I’m very proud that Medibank is investing in a breakthrough and innovative treatment for a significant disease area”.

The treatment has been used in Australia for about a decade but is not widely available and costs around \$180 a session for about 20 sessions.



Under the trial, patients with severe depression who do not respond to medication, who are referred by a psychiatrist and accepted for treatment, will face no costs.

Adelaide psychiatrist Professor Cherrie Galletly previously has referred patients for TMS treatment and can see its potential to be the first choice therapy ahead of medication, as there is no need for anaesthetic and no side effects apart from the occasional headache.

“I’ve had some excellent responses, about one-third to one-half get some benefit and some get well when they have not been well for many years,” she said. “I can see it as a first option treatment, as anti-depression drugs can have side effects and some jobs have a problem with people on medication.”

“ECT is more effective but it is done under anaesthetic, can affect memory and some people have problems with stigma of such treatment.” Prof Galletly said there had been two unsuccessful applications to have TMS put on the Medicare schedule but unlike big pharmaceutical companies, clinicians concerned about better patient treatment have limited resources. ■



## Medibank supports Scalp Cooling in Ramsay hospitals

**Medibank has recently announced it will cover the cost of scalp cooling treatments at Ramsay Health Care facilities following a recognition of the benefits for patients.**

Scalp cooling is an effective treatment for reducing hair loss for chemotherapy patients. Losing their hair is one of the major concerns of patients with a cancer diagnosis particularly women, and has a major psychological impact on the individual.

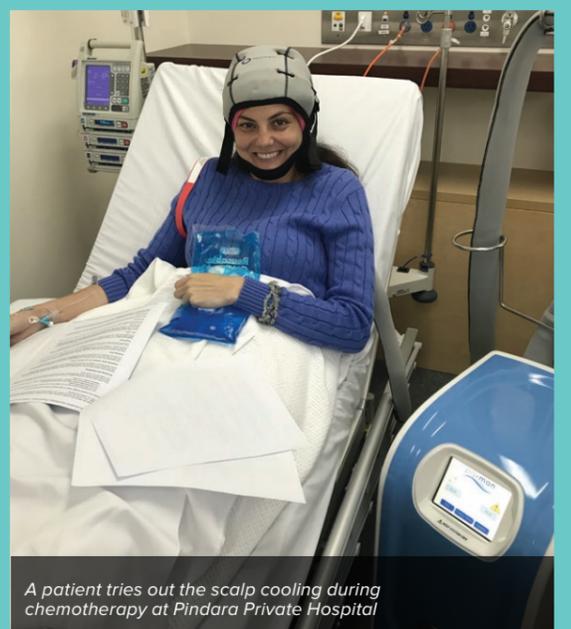
Pindara Private Hospital on the Gold Coast is the latest hospital in the Ramsay Health Care group to introduce scalp cooling. Scalp cooling works by constricting the blood vessels in the scalp which in turn reduces the amount of chemotherapy drugs that are delivered to the hair follicles. The scalp cooling treatment also reduces the local metabolic rate which minimises the cellular uptake of the chemotherapy drug at the hair follicle.

While the treatment has only been available in Australia for the past three years, scalp cooling has been available to patients overseas for more than 25 years. There had been some debate in Australia as to its effectiveness, but these concerns have been alleviated more recently with the constant improvement of the technique and equipment available.

One UK observational study reported an 89% success rate using the scalp cooling treatment in breast cancer patients, with only 11% experiencing severe hair loss requiring wigs.

Pindara Oncologist Dr Andrea Tazbirkova is very positive about the treatment being made available to patients at Pindara.

“There is now quite a robust body of evidence of its benefits and I feel that scalp cooling should be offered to every patient undergoing breast cancer treatment. I’m personally very excited to be able to offer this technology to my patients at Pindara,” Dr Tazbirkova said. ■



A patient tries out the scalp cooling during chemotherapy at Pindara Private Hospital

## Medibank backs Gallipoli Medical Research Foundation



The Gallipoli Medical Research Foundation has been selected as one of the first groups to receive funding through the new Medibank Mental Health & Wellbeing Fund which will allocate \$1 million in 2018 to support mental health of Australians. The initial focus of the funding will be on ex-defence personnel and their families.

Based at Greenslopes Private Hospital in Brisbane, the Gallipoli Medical Research Foundation is focused solely on helping Australia’s military community and the funds will be used to develop and pilot a new mental health program for veterans and their partners.

Gallipoli Medical Research Foundation CEO Miriam Dwyer said: “We are absolutely thrilled to have the support of Medibank to undertake these high impact initiatives. We believe that the inclusion of partners and families in the recovery process is critical to delivering positive, long term mental health and wellbeing benefits for veterans.”

The MHWF patron is The Honourable Dame Quentin Bryce. The former Australian Governor-General is a long-time supporter of improving the mental health of women, adolescents, those in rural areas, indigenous communities and the military.

Ms Bryce remains passionate about the importance of an open and honest dialogue around mental health and reducing the stigma associated with seeking help.

Dame Quentin Bryce said: “I have been involved in mental health advocacy throughout my career, and I have learnt a great deal



At the announcement of funding The Honourable Dame Quentin Bryce and Gallipoli Medical Research Foundation CEO Miriam Dwyer

from families and health professionals. Awareness of mental wellbeing has come a long way, and as a community we are talking more about it. I commend Medibank for taking this practical step and providing support where it will make a difference.”

Medibank CEO Craig Drummond said: “Mental health is a growing concern for many Australians, including our serving and transitioning ADF personnel, with a greater number of people seeking treatment. Their needs can often be unique and complex. The Medibank Mental Health & Wellbeing Fund will this year provide funding to organisations who support veterans and their families.” ■



Surgeons at Westmead Private use the new Olympus 3D surgical platform

## Westmead Private installs 3D surgery technology

Westmead Private Hospital is proud to be the first hospital in Australia and New Zealand to install the latest Olympus 3D surgical platform – VISERA ELITE II.

This new technology means that complex surgeries can now be performed with laparoscopic surgery rather than open surgery, reducing pain and recovery time. This is particularly important for complex bariatric surgery, lung and liver resection surgeries.

VISERA ELITE II restores natural 3D vision and depth perception, providing improved speed, accuracy and precision for surgical tasks. It is unique in offering a rigid 3D video laparoscope that supports seamless direction-of-view rotation to mimic the traditional camera head / telescope configuration without rotating the image on screen. This significant technological development overcomes a major hurdle to 3D adoption. It ensures a level surgical horizon is maintained at all times, while removing the learning curve traditionally associated with 3D imaging.

Dr Brendan Ryan performs bariatric surgery at Westmead Private and recently had the opportunity to use the new Olympus 3D system for gastric sleeve and gastric bypass procedures. “The increased depth of vision is amazing and makes my surgery more precise. It allows me to undertake my more complex operations with greater surety. I am so excited about this enhanced technology and am constantly impressed by the extra vision I can get” said Dr Ryan.

Westmead Private is committed to providing the best in health care, offering surgical options that achieve the most optimal outcomes for our patients.

“It is wonderful to be able to offer such cutting edge technology to our patients, which will help us deliver enhanced, faster and more effective care. Further enabling us to become the first choice for patient care in our community” said CEO Mike Flatley. ■■

## Wollongong Private Hospital commences robotic knee replacement surgery

Wollongong Private Hospital now offers patients access to new technology for total knee replacement following acquisition of the NAVIO Surgical System. The NAVIO system provides orthopaedic surgeons with accurate and precise robotic guidance when operating on the knee and inserting an implant.

The system simplifies the surgical process allowing a surgeon to create a patient-specific plan without the extra steps associated with other image-based robotic-assisted technology.

A 3D model of the patient’s cartilage and bone is first captured through direct surface mapping, eliminating the need for a CT scan. This provides the surgeon with the

required information to place the implant virtually and predict postoperative joint laxity at time of surgery without being locked into a plan before verifying the severity of the disease.

The surgeon removes the damaged bone and cartilage of the knee while assessing the patient’s anatomy on a real-time screen. The surgical process is completed by evaluating the postoperative joint’s laxity while moving the leg through flexion/extension, and confirming successful alignment and placement.

For patients, the potential benefits of NAVIO’s total knee replacement technology includes reduced knee pain, quicker rehabilitation and recovery, improved knee mechanics, lower risk of complications and a shorter hospital stay. ■■



## Tiny Device sets Hearts Pacing

Advances in technology continue to transform the way in which cardiac surgery is performed at St George Private Hospital. Surgery is being made easier for patients suffering from a slow heartbeat with a tiny new pacemaker now available which is the size of a large vitamin tablet, weighing less than a ten cent coin.

Pacemakers are inserted to send electrical pulses to the heart whenever it senses that the heartbeat is too slow. This new Medtronic Micra Transcatheter Pacing System (TPS) is a leadless device placed directly in the heart without the need for a surgical pocket and wires connecting to the heart which the traditional pacemaker requires.

Cardiologists Dr Sean Gomes and Dr Maurits Binnekamp performed the first Micra procedure in Sydney’s South at St George Private Hospital. Dr Gomes and Dr Binnekamp are both thrilled that patients can now access this service locally.

“For patients this minimally invasive procedure means an improved cosmetic result as there is no scar or device visible under the skin. There is also potentially reduced risk of long term device infection. There is no lead involved in the



pacemaker system which is considered as the “weak link” in the traditional pacemaker system requiring replacement or removal in a significant number of cases.”

“Essentially any patient who is a candidate for a single chamber pacemaker is a candidate for a leadless device. Patients who have a high risk of pacemaker infection would be considered especially good candidates.”

The procedure involves accessing the vein at the top of the leg and using a needle, a tube is then used to insert the leadless pacemaker directly into the heart with the use of X-Ray guidance. The procedure would usually be performed in less than 1 hour and the patient would be expected to be discharged the following day.

Retired Boat Builder, Mr Graham Anthony Troy, 84 years, was the first patient in Sydney’s South to have the new device inserted and was pleasantly surprised at the recovery process;

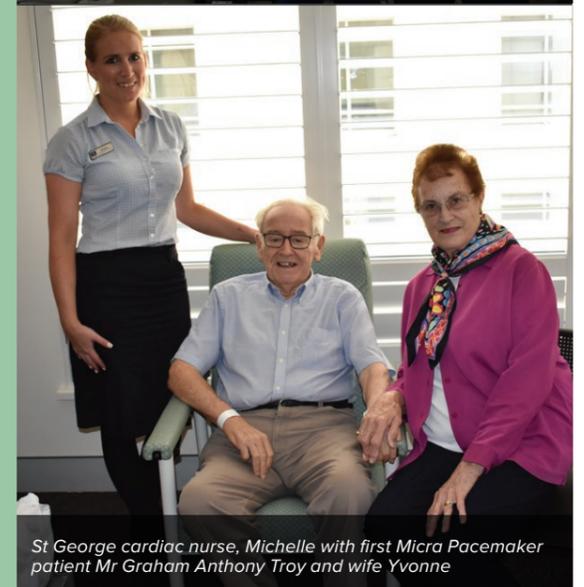
“I’ve had issues with my heart since March 2017 with daily chest pain. My wife said she hadn’t seen me smile in a long time as a result. I was apprehensive about the procedure but only a day later and I’m on my feet and ready to go home.”

Graham’s wife of 53 years, Yvonne, also had a pacemaker inserted 12 months ago but through the traditional open procedure;

“I’m very relieved he followed in my footsteps to get the issue addressed although he doesn’t have the matching scar to prove it.” ■■



Cardiologists Dr Sean Gomes & Dr Maurits Binnekamp



St George cardiac nurse, Michelle with first Micra Pacemaker patient Mr Graham Anthony Troy and wife Yvonne

## Western Australia's first Binge Eating Program

The Hollywood Clinic has introduced the first mental health program in Western Australia specific to binge eating.

The Clinic's Therapy Programs Manager, Ian Goh, said "Our Binge Eating Program focuses on recovery and helps participants to develop the knowledge and skills to overcome unhelpful eating behaviours and mindsets."

"In addition, we educate individuals about the importance of eating regular meals and a wide variety of foods, and help them to identify emotional triggers and how the disorder developed."

Binge eating disorder is characterised by regular episodes of eating more rapidly than normal, eating until feeling uncomfortably full and eating large amounts of food when not feeling physically hungry. Individuals with the condition often also eat alone due to embarrassment about how much they are consuming and feel unhappy about themselves, depressed or guilty after overeating.

Mr Goh added, "We're incredibly proud to be the first and only medical facility in the State to offer a binge eating program. Binge eating disorder is more common than



Members of The Hollywood Clinic's Binge Eating Program team

people realise and it's important that people with the condition can access treatment specific to their needs."

The program comprises an eight day inpatient component to regulate eating patterns, followed by eight weeks of outpatient therapy up to two days per week before discharge.

Care and support is delivered in a non-judgemental environment by a multi-disciplinary team which includes a dietitian, psychologist and psychiatrist.

The program will build upon The Hollywood Clinic's comprehensive range of treatment programs specific to eating disorders such as anorexia nervosa and bulimia nervosa. In 2017, The Hollywood Clinic celebrated 20 years of providing eating disorder programs to the community. ■■

## The Hollywood Clinic recognised for Eating Disorder Day Program

The Hollywood Clinic has received a Special Achievement Award from the WA Eating Disorder Outreach and Consultation Service (WAEDOCS).

The Clinic was recognised for its distinguished contribution to the eating disorders community through the provision of excellent treatment.

Commenting on the award, WAEDOCS Acting Director, Dr Anthea Fursland, said "We want to recognise the ongoing excellence of the Clinic's Eating Disorder Day Program and its role in the recovery of people with eating disorders."

"There are only a few specialist services and the Clinic has consistently striven to raise the bar and be responsive to the needs of patients."

Director of Clinical Services, Karen Gullick, added "It is very special to be recognised by such a highly respected

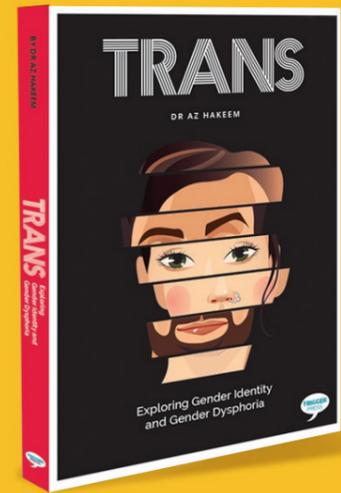


Members of The Hollywood Clinic's Eating Disorder Day Program team

organisation within the eating disorder and mental health communities."

"The Clinic has a long history of providing eating disorder programs to the community and this achievement is testament to the high quality care and support provided to our patients and their families."

The Clinic's Eating Disorder Day Program focuses on recovery and helps participants to develop the knowledge and skills to overcome unhelpful eating behaviours and mindsets. ■■



## A Guide for Everyone

What is gender dysphoria? How does it affect people? What do terms like intersex, cisgender and transsexualism mean? Dr Fintan Harte, Psychiatrist at Albert Road Clinic, and Mr Andrew Ives, Plastic Surgeon at Masada Private Hospital, are contributors to a new book 'TRANS Exploring Gender Identity and Gender Dysphoria – a guide for everyone (including professionals)'.

TRANS is a book written for everyone – insightful enough for health professionals, but accessible enough for all. Put simply, TRANS explains what gender dysphoria is, how it affects people, and what is available, medically and psychotherapeutically to support people with gender dysphoria.

Dr Harte says "the book differs from some previous publications in emphasising that gender transition including surgery may not be the appropriate treatment for all persons presenting with gender dysphoria. The importance of psychotherapy is emphasised throughout the book." He further explains "Prevalence of gender dysphoria is increasing worldwide and there is a huge need for a book that explains gender dysphoria in understandable terms for the layperson but also explains complex medical treatments and surgical procedures useful to both the layperson and professionals alike. Consequently, the book as the title suggests is a 'guide for everyone.'"

TRANS is a collection of essays written by Australian and UK doctors, surgeons, researchers and trans community members and offers an easy-to-read, jargon-free guide to the psychology and the everyday reality of gender dysphoria, transvestism, gender reassignment and being trans. TRANS even addresses 'the difficult questions like 'What do we tell the children?' and 'What happens when you change your sex, then change your mind?'

"Limited surgical services exist in the public sector in Australia and Ramsay Health Care has been a leader in providing surgical services in the private sector" says Dr Harte.

Dr Harte has worked in the field for over 20 years and is currently president of ANZPATH (Australian and New Zealand Professional Association for Transgender Health). Mr Ives also serves on the executive of ANZPATH and has worked in the field for nearly 10 years. Dr Harte and Mr Ives are both recognised as international experts in the field. ■■

# Robotic surgery comes to Warringal Orthopaedics

Surgeons at Warringal Private hospital are now able to offer an innovative treatment option for adults living with early to mid-stage osteoarthritis that has not yet progressed to all three compartments of the knee.

Robotic-arm assisted partial knee surgery delivers a minimally invasive procedure for early to mid-stage osteoarthritis, confined to one or two compartments of the knee.

Experienced robotic surgeon Mr Francis Ma performed the first partial knee replacement at Warringal using the MAKO robotic assisted arm. Francis said "The case went very smoothly. The robot performed perfectly and the scrub team did very well".

The Mako system enables the surgeon to complete a patient specific pre-surgical plan, assessing bone preparation areas and customized implant positioning using a CT scan of the patient's own knee. During the procedure, the system creates a three-dimensional, virtual view of the patient's bone surface and correlates the image to the pre-programmed surgical plan.

As the surgeon uses the robotic arm, its tactile, auditory and visual feedback limits the bone preparation to the diseased areas and provides for real time adjustments and more optimal implant positioning and placement for each individual patient.

Robotic-arm assisted partial knee surgery can potentially result in a more rapid recovery and shorter hospital stay than traditional total knee replacement surgery, as well as a more natural feeling knee following surgery. ■■



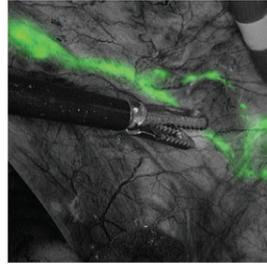
Warringal surgeon Dr Francis Ma performs the first partial knee replacement at Warringal using the MAKO robotic assisted arm



## New technology takes aim at Pindara Private Hospital

**Pindara Private Hospital is the first hospital on the Gold Coast to purchase the new Stryker AIM 1588 visualisation technology to be used in minimally invasive procedures.**

The Stryker AIM 1588 Platform utilises cutting edge infrared illumination and military grade visualisation technologies



that can be used to reduce surgical risks and procedure time, with no compromise in patients' outcomes.

This technology has applications across numerous specialties including gynaecologic oncology, ENT and colorectal surgery.

The first surgeon at Pindara to utilise the new technology was leading Gynaecological Oncologist, Associate Professor Marcelo Nascimento, who has been using the new equipment in selected patients diagnosed with endometrial and cervical cancers.

Dr Nascimento was excited about the addition of the platform to Pindara's already extensive surgical facilities and the advantages it will provide to surgeons and patients.

"This technology has been proven to be highly accurate in identifying potential sites for cancer dissemination. It definitely has a major impact in decreasing intraoperative, immediate post-operative and also long term risks to patients," Dr Nascimento said.

Dr Nascimento recently used the technology in combination with the sentinel node technique at Pindara in a procedure on a patient with endometrial cancer.

"The imaging guided Sentinel Node Biopsy technology will decrease unnecessary morbidity to patients with no compromise of oncologic outcomes. It is reliable and has very low levels of false results," ■■



## Pindara Opens New Renal Unit

**After an extensive planning and building process, Pindara has now opened its new Renal Unit.**

The impressive new space is double the size of the old unit and can now accommodate up to six patients at a time. The new unit is adjacent to a private courtyard, is light and airy and has been furnished with brand new recliner chairs for patient comfort, individual TV screens for each patient, a kitchenette where patients and their guests can make something to eat or drink while they wait and also includes a private treatment room which patients can utilise should they wish.

The unit employs the latest Fresenius dialysis machines; ensuring patient treatment is of the highest standard. The Renal Dialysis Coordinator, RN Paul Lowes has 20 plus years' experience in dialysis treatment and works closely with Medical Director Dr Mohamed Khafaji to provide the best care possible.

The unit performs haemodialysis/haemodiafiltration six days a week, Monday to Saturday from 7.00am to 2.30pm and now

has capacity to take on holiday patients who need treatment when away from home. Our central location, just minutes away from Gold Coast vacation hot spots such as Surfers Paradise and Broadbeach offers convenience for holiday makers requiring treatment while travelling.

New car parking spaces for renal patients are located right outside the Renal Unit, providing quick and easy access for our patients. The Unit is also supported by a fully equipped ICU and comprehensive 24 hour Emergency Department. ■■



## Ramsay Commences Study in Mental Health Outcomes



CEO Ramsay Hospital Research Foundation Nicola Ware

**Commencing in 2018, patients at Ramsay Health Care mental health facilities who are receiving treatment for depression and anxiety will be offered the opportunity to participate in a study to compare their outcomes against international standards.**

Patients will provide feedback through the course of their treatment and post treatment, according to a framework established by the International Consortium of Health Outcome Measures (ICHOM).

Seven Ramsay Health Care mental health sites will participate in this first in Australia study that will recruit 1000 patients and be the largest of its kind in the country.

The project has been funded by Ramsay Hospital Research Foundation (RHRF) and a national steering committee has been established to guide the development of this and other outcomes-based projects that evolve from the information collected.

Foundation CEO Nicola Ware said the project would align with the Ramsay Hospital Research Foundation's goals to

improve patient outcomes and to embed research in the provision of clinical care.

A digital platform, Vision Tree Optimal Care (VTOC), has been selected to support the research initiative. VTOC is a fully cloud-based, multi-site, multi-discipline patient-centred outcomes and engagement platform, designed to deliver improved quality and efficiency in patient care. It is currently used at over 600 sites globally for 2.5M plus patients.

"VTOC will be used to track and report longitudinal patient outcomes for depression and anxiety patients at RHC facilities," said Nicola.

"We hope to extend its use to support PROM research programs for oncology and bariatric surgery in late 2018. The data collected is expected to provide significant value in quality care measurement, site benchmarking and patient outcome improvement.

"The platform also has the capacity to collect clinical data and will be integrated with Meditech to facilitate research projects. There is potential to utilise this platform in other research projects that are developed internally.

"The establishment of patient reported outcome measures within Ramsay offers the opportunity to develop greater insight into the patient experiences and outcomes as they progress through our facilities." ■■

## Baby "Hornet" arrives at Greenslopes Private Hospital

WBO World Welterweight champion Jeff Horn now has one extra supporter in his corner, after his wife Jo gave birth to their daughter at Greenslopes Private Hospital.

Isabelle Horn weighed 3.58kg when she was delivered by obstetrician Dr Brad Robinson on 30 December 2017.

"Winning a world title was a tremendous achievement but Isabelle's arrival is the greatest gift of all and has officially confirmed 2017 as the best year of our lives," Jo and Jeff Horn said in a statement.

Dr Robinson, who is an avid sports follower and lifelong boxing fan, said managing this pregnancy gave him one of the most rewarding experiences of his career.

"When I first met Jo and Jeff, I was certainly aware that Jeff was Australia's next great boxer on the rise, so I was more than a little star-struck."

"I always looked forward to their antenatal visits so I could probe Jeff on the latest developments in his career, fight-preparations, and anything and everything boxing-related. And you can imagine that the first visit after his famous Suncorp Stadium victory over Manny Pacquiao was a lot longer than the usual time I'd allocate!"

"It really was a dream come true for me to manage their pregnancy. And while Jeff is the WBO World Welterweight belt-holder, Jo was definitely the champion after going through what she did to carry and then deliver little Isabelle." ■■



Jeff Horn and wife Jo welcome their new baby Isabelle with Dr Brad Robinson



## 5,000 babies in 5 years!

Greenslopes Maternity has welcomed the arrival of its 5,000th baby just days before celebrating the maternity service's fifth birthday.

Obstetrician Dr Melissa McKenzie said it was an honour to deliver baby Patrick Deane to proud parents Ashlee and Thomas at Greenslopes Private Hospital.

"It's a privilege to care for every family who sees me during their pregnancy journey and it's always an incredibly special time when any baby is born," Dr McKenzie said.

The milestone moment occurred on 7 February – just in time for Greenslopes Maternity's fifth birthday on 26 February.

Doctors, midwives, nurses and staff joined families for an afternoon tea exactly five years after the service opened in 2013.

"It was fantastic to welcome back the first babies born on 26 February from the years 2013, 2014, 2015 and 2016," CEO Chris Went said.

"We celebrated not only Greenslopes Maternity's birthday, but the birthdays of those children as well!"

"Reaching this milestone of five years is also testament to the hard work of all the team at Greenslopes Maternity – from the nurses and midwives, to the doctors and caterers, and everyone in between." ■■



## International Women's Day

Staff at Greenslopes Private Hospital had extra reason to celebrate International Women's Day this year, with statistics showing women made up 79% of the workforce.

The figures revealed females accounted for 88.7% of Registered Nurses, 89.5% of Enrolled Nurses, and 92% of Clinical Nurses.

A further 72% of catering attendants and 76% of physiotherapists were women. In the maternity ward, 100% of Registered Midwives and 91% of Clinical Midwives were female as well.

Women also largely featured in management roles, accounting for 92% of Nurse Unit Managers and 80% of the Executive Team.

Greenslopes Private Hospital's CEO, Christine Went, said women played a vital role in Australia's ever-changing health care industry.

"I'm proud to be leading a hospital filled with strong women - and men for that matter - of all ages, backgrounds, and abilities."

"Out of well over 2,000 employees, four-fifths of them happen to be female," Ms Went said.

There were approximately 180 different job classifications across the hospital.

Other examples of roles predominantly occupied by females included CSSD technicians (69%), dietitians (100%), HIS administrators (64%) and Patient Care Assistants (78%). ■■



Neurosurgeon Dr Sarah Olson (front) with nurses Sarah Stormborn, Kristin Jones and Emily Gaeta in an operating theatre at Greenslopes Private Hospital.

## RESPECTED JOONDALUP MIDWIFE RETIRES AFTER 40 YEARS

One of Joondalup Health Campus' (JHC) most respected midwives has retired after 40 years in the industry.

During her career Scottish born midwife Hilda Watson has been involved in the delivery of more than 10,000 babies. When Hilda started at JHC in 1989, the then Wanneroo Hospital only had 20 odd maternity beds and three birthing suites.

It delivered just 800 babies a year – a far cry from the activity at Joondalup Health Campus thirty years on. The hospital now delivers close to 4,000 babies annually and boasts a first class maternity service with a total of 71 combined public and private maternity beds and 12 birthing suites.

Equipped with a Level 2b Neonatal Unit, JHC is now capable of delivering patients from 32 weeks' gestation, five weeks earlier than when Hilda started. Other new additions include a tertiary women's imaging ultrasound service, a recently established Early Pregnancy Assessment Clinic, onsite laboratory and radiology services, adult intensive care facilities and 24/7 obstetric, paediatric, anaesthetic and theatre cover.

Hilda said she had witnessed "unbelievable" changes in her time at the hospital – not just in maternity services but across the board. When she started, the then 85-bed Wanneroo Hospital had been open for just nine years.

The small hospital served the community well but had little resemblance to the major health campus it is today. In 2018, JHC has 722 beds and one of the busiest Emergency Departments (ED) in the country.

"I can still remember the kangaroos on the lawn when I arrived at the job interview with my 10 month old son," Hilda said. "How times have changed!"

She said the one thing that remained consistent over the years was the culture at JHC: "We have a very unique culture at this hospital and I am going to miss the staff tremendously."

She added that it had been a great privilege to work as a midwife: "It is an incredibly special time for parents and it has been a great honour for me to share these experiences with so many local families."

Hospital Chief Executive Officer, Kempton Cowan, said Hilda was an "enormously valued" member of staff.

"Hilda has made an outstanding contribution to our hospital and has touched the lives of hundreds of people during her time here," he said.



## AUSTRALIA DAY HONOURS



Associate Professor Mark Davies receives OAM

Head of St George Private's Neurosurgery department A/Prof Mark Davies was one of the recipients of an Australia Day Honour OAM for his unwavering dedication and service to the medical sector within his field of Neurosurgery.

A/Prof Davies who is also the head of the department at St George Public Hospital has shown great dedication to the training and development of young doctors as well as working with the government to influence policy on behalf of the Royal Australian College of Surgeons and the Neurosurgical Society of Australasia.

Frances Perry House' and Director of Maternity Services at The Royal Women's Hospital in Melbourne, Professor Mark Umstad has been appointed a Member of the Order of Australia.

Professor Umstad has been dedicated to pregnancy care and research for the past 25 years with a strong focus on reducing the risk for women experiencing complicated pregnancies. He is one of Australia's leading researchers on twins and multiple pregnancies and established Australia's first Multiple Birth Clinic, at the Women's.

It was an unexpected honour to be given this award in recognition of the work I enjoy every day," Professor Umstad AM said. "Many of my patients have high risk pregnancies and helping these women deliver healthy babies is particularly rewarding.

"It has been fulfilling to be involved in the teaching and mentoring of doctors training as specialist obstetricians and to have the opportunity to introduce them to the benefits of conducting medical research."



## IN MEMORY OF MARGOT

Margot Fowles, who worked at Mitcham Private Hospital for 38 years, passed away in December after a short battle with cancer.

She was remembered at a special morning tea by colleagues, for her charm, spunk and style.

A picture painted by staff member Ollie Matthews was donated to the hospital as a lasting memory of Margot

"Margot had perfect timing, she was the Queen of wit. She could get away with the most outrageous comments and banter, never blushing, never offending, always savvy and always confident," reminisced one staff member.

"She was a special nurse... she would charm and calm and somehow have everyone smiling and settled. We'll miss that Richmond bag on the bench, the pink shoes worn so fashionably with scrubs and her perfectly made face."

## DR BRUCE MOORE RETIRES FROM NAMBOUR SELANGOR

The end of 2017 saw the retirement of well-known ENT Surgeon Dr Bruce Moore. Dr Moore commenced practising in Nambour in 1982, providing outpatient consulting services as well as inpatient and day surgery specialist services at Nambour Selangor Private Hospital and the local general public hospital.

During his 35 years as a Specialist at Selangor, Dr Moore provided care to residents of Nambour and the wider Sunshine Coast, and at times the Great South East region of Queensland. He also saw Nambour Selangor transition from a single private entity to being part of the Ramsay Health Care Group.

While commitment to his patients and their families was a number one priority, Dr Moore also made time for his colleagues and provided a mentoring role to many advancing specialists. He was very committed to ensuring best practice and was a long standing member of Selangor's Medical Advisory Committee, Queensland Chair of the Australian Society of Otolaryngology for two years and Patron of the Sunshine Coast – Better Hearing Australia. ■■



L to R - Dr Bruce Moore, Dr Peter Georgius, Dr Sarah Blyth, Lloyd Hill and Robert Moss

## PEEL HEALTH CAMPUS NURSE SHORTLISTED FOR AWARD

Amber Warnes, Clinical Nurse Manager of Barker Ward at Peel Health Campus, has been shortlisted as a finalist in the Category of Excellence in Leadership for the WA Nursing & Midwifery Excellence Awards.

The WA Nursing and Midwifery Excellence Awards are firmly focused on recognising excellence. Amber has been the Clinical Nurse Manager for three years and was nominated for her excellent leadership and management skills.

This is a great achievement for Peel Health Campus as Western Australia has approximately 37000 nurses and midwives. The winner will be announced at the Gala Ball on 12th May 2018. ■■



Amber Warnes, Clinical Nurse Manager of Barker Ward at Peel Health Campus shortlisted as a leadership finalist

## NEW ADDITIONS TO RAMSAY'S MYPATIENT+ APP

Ramsay Health Care's MyPatient+ mobile app was launched in 2016 to all Ramsay facilities in Australia, after listening to the requests of our doctors. Since its launch, there has been a number of update releases to introduce new functionalities to MyPatient+. One of the most significant update is the ability to access the national My Health Record, allowing the doctors to view patient's previous health records.

In March 2018, the latest major update to MyPatient+ was launched. With this new version, doctors are able to request consult for their patients from other specialists using the app, receives important communications from hospital management in real-time, and be notified when they have new patients admitted to a Ramsay facility. At the same time, app received a technical upgrade to run faster, supports new smartphones such as iPhone X, and messages can be accessed on Apple Watch if the user has one.

MyPatient+ app is available to all doctors with admission credentials with Ramsay Health Care. To request access to the app, please contact IT Service Desk on 1800 243 903. ■■



## HIGHLIGHTING RAMSAY'S NEWEST INNOVATIONS

### VITRO – NORTHSIDE CLINIC PRE-ADMISSION FORM

Over the past 18 months, the IT team have worked closely with The Northside Group to improve the efficiency and effectiveness of their admissions process, under the 'Easy Access' digitisation programme.

The aim was to have this in place for the opening of the new St Leonards Clinic. The result is optimised admissions and bed management across all four clinics. When a patient calls a clinic, their digital record - which replicates the paper form - is retrieved and updated. Admissions staff have real-time visibility into beds across four sites allowing them to streamline bookings and maximising access for our patients.

The platform has been designed to be scalable across all Ramsay sites and could be used to digitise other paper forms and manual processes. ■■



## RESEARCH

### International recognition for wound care research

Joondalup Health Campus Clinical Trials Coordinator Kylie Sandy-Hodgetts has received international recognition for her research in wound care.

She was awarded the 'Journal of Wound Care Best Clinical Research 2018' in the prestigious British Journal of Wound Care Awards for her work in developing a risk assessment tool to identify high risk patients of wound deterioration and infection after surgery.

Whilst delighted about the award, Kylie said she was more focussed on how the tool would directly benefit patients: "I feel very honoured to win this award but my real motivation has been how the tool will ultimately improve patient care."

"The impact of wound complications after surgery can be serious causing patients pain and discomfort with some patients often experiencing difficulties in returning to normal life."

The tool is designed to help clinicians identify at-risk patients prior to their surgery, allowing them to put in preventative measures to reduce the risk of complications before and after the procedure.

Kylie also came third place in the 'Innovation in Surgical Site Infection' award for her published work on a new classification system for surgical wound breakdown. This system will help

clinicians accurately diagnose wound breakdown following surgery and decide on the most appropriate treatment plan.

The British Journal of Wound Care awards recognise innovation and excellence in wound care research and practice from around the world.

Kylie is also a PhD student at Curtin University where she conducted her research into wound care. ■■



Kylie Sandy-Hodgetts

# Donating food to those in need

Hollywood Private Hospital's Catering Department has introduced a variety of initiatives to reduce food and environmental waste.

Most recently, the team has started supplying frozen meals to Food Rescue, a UnitingCare West program feeding disadvantaged people in Western Australia.

The program aims to alleviate hunger by rescuing perishable, fresh and nutritious food from cafes, caterers, supermarket and wholesalers.

Hollywood Director of Workforce and Support Services, Julianne Allan, said "Our support of Food Rescue is an extension of the care we provide to our patients and visitors every day and is part of the Ramsay Health Care philosophy of 'People caring for people'."

"It's wonderful to know food which would otherwise be discarded is being used to help some of the most vulnerable individuals in our society including the homeless, women and children in crisis, indigenous communities and refugees."

In addition to Hollywood's relationship with Food Rescue, the hospital also donates produce to OzHarvest, a not for profit organisation which delivers food to more than 1,000 charities across the country. ■



Members of Hollywood's catering team with food packages donated to Food Rescue

# Joondalup wins hospital-community mental health partnership award

A highly successful partnership between Joondalup Health Campus (JHC) and several community drug and alcohol service providers was formally acknowledged by the Mental Health Commission in March.

The Commission named the integrated partnership between the hospital, Joondalup Community Mental Health and the North Metro Community Alcohol and Drug Service (NMCADS) as the winner of the 'partnerships' category at an awards ceremony during the 2018 Western Australian Alcohol and Other Drug (AOD) Conference on 21 March.

The AOD Awards Ceremony recognised outstanding work in ten categories and JHC Mental Health Services Manager Linda Locke said she was very pleased and excited because the award acknowledges the partnership as an important part of how services are now delivered.

"Partnerships across services may provide better long-term outcomes for our patients," she said. "For patients it means they are getting access, in a more timely way, to the help they need both during their stay in hospital and when they return home."

She explained that North Metro Community Alcohol and Drug Service is a partnership between Cyrenian House (providers of counselling and support for individuals and their families) and Next Step (providers of medical and psychological services) which provides improved access to a comprehensive range of alcohol and other drug services from one location.

"By partnering, patients attending the hospital with drug or



Left to right (standing) Greg Gordon, Linda Locke; Brendon Burns, Eben De Jager. Left to right (seated) Richard O'Regan; Sue Helfgott, Mark Anderson

alcohol issues are being given intervention, at a time when they may be most receptive, for longer-term support," she said. "The three-way partnership also includes Joondalup Community Mental Health, which means better continuity of care for patients after they leave hospital."

The Drug and Alcohol Clinical Liaison Inreach Service started at JHC at the end of 2015 and provides a Monday-Friday "inreach" service for patients throughout the hospital and Community Mental Health.

Last year the inreach team, which comprises a clinical nurse specialist and an addiction medicine consultant from Next Step, received close to a thousand referrals from within the hospital.

Next Step clinical nurse specialist Greg Gordon was appointed to the inaugural role and said that as well as directly helping patients, his role also included running formal and informal training for staff.

"A lot of staff shadow me clinically to help advance their skills, knowledge and understanding of the needs of patients with drug and alcohol issues," he said. "I've also facilitated more than 60 education and training events for health workers at JHC and this has increased the capacity of the hospital to respond to the needs of people who are living with drug and alcohol issues."

"When a nurse, doctor – or anyone else caring for a patient – identifies that the patient may have a drug or alcohol issue, they now ask if they would like to have contact with the Drug and Alcohol inreach team, who can provide them with an assessment, advice on treatment and support options."

Next Step Director of Clinical Services Richard O'Regan, said he hoped it would sure up the future continuation and expansion of the project.

"This award recognises a project that has never occurred in WA before in terms of the collaboration between these sorts of services," he said.

"It means that for patients who present to hospital with a drug or alcohol issue, they are provided with an assessment and specialised intervention.

"It's like opening a door for these people to get the longer term help they need. It provides opportunities for them to access specialised ongoing care in their local area, with access to counselling and medical treatment." ■



## North Shore Delivers Family's 11th Baby

A 38 year old who grew up on the north shore, gave birth to her 11th child at North Shore Private Hospital in March.

Elizabeth and Aaron Cauchi welcomed their fifth daughter, baby Anna, into the world weighing 3350 grams. The couple also have six sons.

Eight out of 11 of the Cauchi children have been delivered at North Shore Private Hospital and north

shore obstetrician Michael van Der Grind has delivered all 11 of the Cauchi's babies.

The first three babies including a set of twins were born at Royal North Shore and the twins spent time in North Shore Private's Special Care Nursery in 2001.

Clinical Manager of Maternity at North Shore Private Stephanie Virgona who has been present for some of the later births said the hospital was very excited to deliver the Cauchi's 11th baby.

"Some of the maternity staff have been around for all of the births here at North Shore Private and are very familiar with this family given the frequency they have been in the hospital over the years," said Stephanie.

"Elizabeth is one of three children herself and always thought she would only have two children. We haven't established whether she will have any more but she told us she doesn't like odd numbers!"

## Midwife's commitment delivers 3400 safer births

The work of a Mildura Base Hospital graduate midwife will help ensure a healthier start to life for as many as 3400 newborn babies and their mothers in developing countries.

As part of her graduate studies, Olivia May undertook the huge task of raising \$10,000 for a project run by the Zonta organisation for "safe birthing kits". Through raffles, a \$1000 donation from Ramsay Health Care and by using social media, Olivia achieved her funding grant.

In January, Olivia again called in her notable powers of persuasion to cram more than 50 friends, colleagues and family members into the Mildura Base Hospital conference room to assemble the kits to be distributed by Zonta.



Olivia May and one of the many volunteers who helped assemble the 'safe birthing kits'

## Space odyssey music video filmed in Murray Valley Private

Australian indie rock star Courtney Barnett was transported to space in her latest music video – within the halls of an iconic Border building.

The video for Need A Little Time was shot in January at the Murray Valley Private Hospital in Wodonga.

The clip has now been released, and viewed more than 200,000 times.

Director Danny Cohen and 30 crew members transformed the hallways and part of a foyer into the scenes of a space odyssey.

"The song has a really floating feeling to it, and my gut reaction was to see Courtney floating in space," he said.

"We were talking about building the set, or using some sort of tent system, and then our art director showed me a photo of the hospital taken by a friend.

"It was just perfect – it's amazing to have such forward-thinking architecture built in the 1970s.

"I couldn't believe it existed and that no one had filmed there before."

The hospital building, formerly the Clyde Cameron College, is listed on the Victorian Heritage Register for its "architectural significance as a highly creative and largely intact example of the late twentieth century 'Brutalist' style".

In 2008 the college, completed at a cost of \$6.5 million in 1977, received the 25 Year-Award for Enduring Architecture.

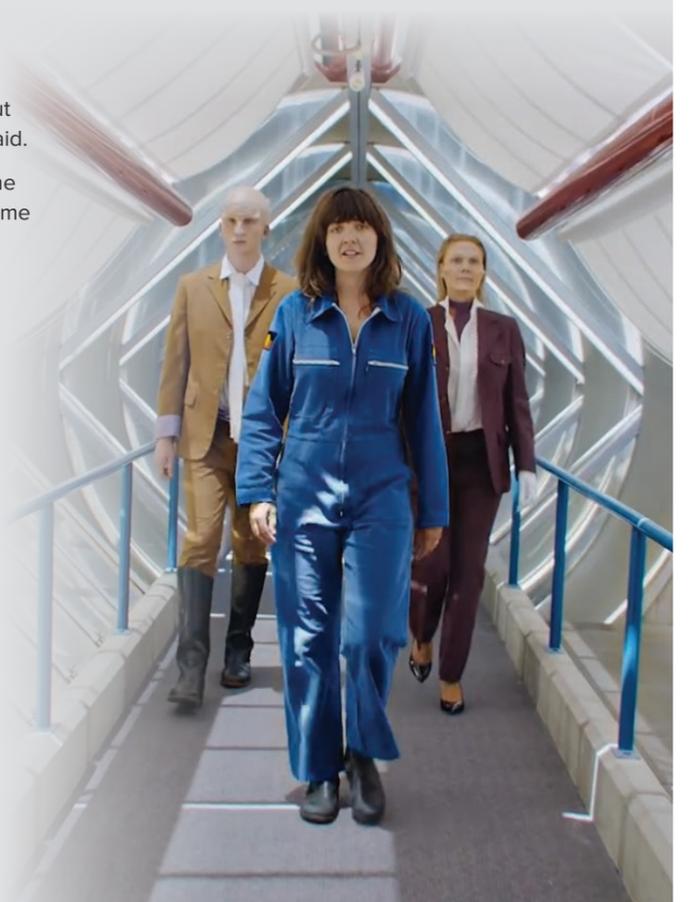
Cohen said touring the building in person, it was "everything he expected and more".

"We came out and put in a proposal to the hospital and they were so welcoming and open to the idea," he said.

"We shot for one day in a studio in Coburg, and one packed day at the hospital.

"The teleport room set was built in the hospital, and because the prosthetics take a long time to put on, all the alien scenes were done there.

"The feedback about the location has been amazing and we're very grateful to the hospital for being so accommodating."



## MOVEMENTS & APPOINTMENTS



### DR DANIEL HEREDIA

has been appointed to the position of Hollywood Private Hospital Deputy Chief Executive Officer in addition to his role as Director of Medical Services.

Daniel's working life at Hollywood began in 2007 when he was employed as a medical officer. He was later appointed Deputy Director of Medical Services and then Director of Medical Services.

In addition, Daniel has completed further studies in business administration and public health, and gained senior management experience working for a federal Government agency.

He is a Member of the WA Country Health Service Board, a Practitioner Member of the Medical Board of Australia (WA), and a former Director of the Australian Medical Association (WA) Inc.

Daniel believes that Hollywood's culture and values set it apart from other organisations and is grateful for the opportunity to work with such amazing people every day.



### SALLY CAMERON

has been appointed to the position of Chief Executive Officer/Director of Clinical Services (DCS) at Strathfield Private Hospital. For the past seven years she has been the DCS at Peninsula Private Hospital in Melbourne where she was instrumental in the successful expansion of that hospital from 150 beds to a 253 bed facility, including a seven bed ICU, a 17 bay ED, as well as theatre and catheter lab expansions and introduction of a range of new surgical and medical specialties.

Prior to her DCS role, Sally has held a variety of positions including Perioperative Services Manager, Quality and Risk Co-ordinator and Staff Development Co-ordinator at the Hospital. Sally completed the RHC Future Leaders program and has contributed to many national initiatives through her contribution as a member of the RHC Clinical Governance Committee and MyTime Steering Committees.



### MICHELLE MCDONNELL

has been appointed to the position of Director of Clinical Services at Lawrence Hargraves Private. Michelle has been at Lawrence Hargraves since October 2017 and during this time Michelle has been managing the facility as the senior nurse on site.

Michelle has worked with Ramsay Health Care since 2001 where she has held positions at Kareena Private Hospital as a Registered Nurse and Nurse Unit Manager of Rehabilitation. Most recently, Michelle was the Site Manager (NUM) for the Kingsway Day Surgery which she has successfully managed from commissioning to the busy Day Surgery it is today.

Michelle has completed, Leadership for Business with Ramsay, the Management Development Programme, and has successfully completed the Ramsay Future Leaders Program.



### GRANT FRECKLINGTON

has been appointed Acting CEO Lake Macquarie Private from 20 March 2018, Grant has been the Chief Executive Officer and Director of Clinical Services of Dudley Private in Orange for the last three years. Prior to this, Grant was the Director of Clinical Services at Strathfield Private. Strathfield Private has a very similar case mix to Lake Macquarie Private and Grant's management and previous clinical experience will help him lead this complex hospital.



### TRACEY SQUIRES

has been appointed to the position of CEO/DCS Caboolture Private Hospital.

Tracey has been the CEO/DCS of Hillcrest Rockhampton for the past 19 years. After being a committed member of the Rockhampton Community and leading the hospital through times of change and expansion, Tracey is keen to move to the Sunshine Coast and continue her career with Ramsay.

As the position at Caboolture is now a dual CEO / DCS role, Chris Murphy will cease his oversight of Caboolture and focus only on North West where we are planning for future expansion of the facility and services.



### PRUDENCE BUIST

Prudence Buist the current Director of Clinical Services at Wollongong Private will assume the Acting role of Chief Executive Officer/Director of Clinical Services at Dudley Private Hospital in Orange.

Prue has been the DCS at Wollongong Private since November 2016 and was previously DCS at Calvary in Wagga. Prue has a strong knowledge of Rural and Regional Health Care and welcomes the opportunity to work in Orange.

## CHRIS WENT ANNOUNCED AS 2018 CHIEF EXECUTIVE WOMEN SCHOLAR

Chief Executive Officer of Greenslopes Private Hospital Chris Went has been announced as the winner of the 2018 Chief Executive Women (CEW) Scholarship and will attend Leading Change in Complex Organisations at MIT Sloan in Cambridge Massachusetts in May this year.

Chris is the first Queensland-based winner of a CEW Scholarship to attend the prestigious program at MIT Sloan and the sixth CEW Scholar to attend the course in the past three years.

Announcing the winner, Gail McGowan, Director General Western Australian Department of Planning, Lands and Heritage, and CEW member, said: "CEW scholarships provide talented women with the opportunity to sharpen their leadership skills, enrich their experiences and advance their careers."

"In today's dynamic economy, effective leadership and implementation of organisational change is vital and increasingly complex."

"CEW is delighted to provide accomplished women with executive development in this crucial area," said Ms McGowan.

Chris Went was appointed in 2017 as CEO of Greenslopes Private Hospital, one of Australia's largest private teaching hospitals. She leads the executive team managing the

650 bed hospital employing more than 2000 staff. For the previous seven years she was CEO of St Andrew's Ipswich Private Hospital.

Chris has represented the private sector on the Queensland Clinical Senate, was a member of the Department of Health Patient Safety Board and has represented the Australian Private Hospitals Association on the Queensland Clinical Education and Training Council. Chris is a member of the Board of Ipswich Grammar School and the Gallipoli Medical Research Foundation.

"Health care is always complex and particularly so with the multiple reviews at State and Federal Government levels. Patient-centred care is our main focus and successfully implementing change in a large private hospital through this uncertainty is crucial," said Chris.

"I am looking forward to the opportunity to broaden my perspective of change management principles and hone my leadership skills together with international peers across industry sectors." ■■





L-R: Urologist, Dr Andrew Tan; Hollywood Chief Executive Officer, Peter Mott; Bariatric Surgeon, Dr Susan Taylor; Orthopaedic Surgeon, Dr Clem McCormick; Urologist, Dr David Sofield; and Orthopaedic Surgeon, Dr Jon Spencer

## HOLLYWOOD SPECIALISTS PARTICIPATE IN 2018 HAWAIIAN RIDE FOR YOUTH

A team of Hollywood Private Hospital specialists rode over 700kms from Geraldton to Perth in the 2018 Hawaiian Ride for Youth, one of Perth's premier charity events.

The Hollywood team included Urologists Dr Andrew Tan and Dr David Sofield, Orthopaedic Surgeons Dr Clem McCormick and Dr Jon Spencer, and Bariatric Surgeon Dr Susan Taylor. Hollywood Private Hospital Chief Executive Officer, Peter Mott, participated in the CEO Challenge, riding the final leg of the journey from Mandurah to Perth.

From humble beginnings in 2003, the event has raised more than \$15 million for Youth Focus, an independent not for profit organisation that supports vulnerable young people in Western Australia by offering a range of mental health services.

During the four and a half day ride, the Hollywood team and approximately 200 other riders visited high schools to engage with students on the issues of youth suicide, depression, anxiety, self-harm and the assistance Youth Focus provides.

Mr Mott said "Hollywood is very proud to support such an important and worthy event. Most of us have at some stage been directly or indirectly impacted by mental health, and as parents we're aware of the growing incidence of youth suicide, depression and self-harm."

Each member of the Hollywood team committed to raising funds for Youth Focus. To support their individual efforts, the team hosted a fundraising event, 'Champagne Sunsets', which raised over \$50,000 for the cause.

## KAREENA SURGEONS CONQUER 'THE SMITH FAMILY CHALLENGE'

Kareena Private Hospital Orthopaedic Surgeons, Drs Michael Dixon and Mark Fleming took part in 'The Smith Family Challenge', a 100km team race in Jarvis Bay in March.

This annual event contributes to 'The Smith Family Learning for Life' program which commenced in 2008 and raises money for disadvantaged children across Australia. Dr Michael Dixon has participated in each event since its inception.

In the Smith Family Challenge teams not only rely on their physical capabilities but also their navigation skills, having to 'orientate' themselves to complete the 100km race and find their way to the finishing line.

Each year the location of 'The Smith Family Challenge' changes however, ultimately, every challenge encompasses mountain bike riding, bush trail hiking and kayaking.

At the end of the 100km adventure, families who are currently being supported by 'The Smith Family Learning for Life program', are waiting at the finish line to cheer on the participants.

"The money raised from this annual event is changing lives... what I love most is that all administrative costs are covered by the participant therefore every cent raised goes directly to making a change in the life of an underprivileged Australian child".

The 2018 challenge is expected to exceed the goal of \$1,000,000.00.



## North Shore Private team cycle in 'Bobbo Classic'

Staff and medical specialists from North Shore Private recently participated in the Bobbin Head Cycle Classic.

The event takes riders through the scenic and hilly climbs of Ku-ring-gai Chase National Park, Bobbin Head, West Head and Akuna Bay. Riders were able to choose 57km, 80km or 104km rides.

The event is a community bicycle ride organised by the Rotary Clubs of Ku-ring-gai, St Ives, Turrumurra and Wahroonga with funds raised supporting programs that benefit children and families in the community.

North Shore Private CEO Richard Ryan said: "North Shore Private is proud to support this community event promoting a healthy lifestyle, exercise and enjoying camaraderie with friends and colleagues. The event raises valuable funds and the profile of family-based programs in support of our local community".



Showcasing the new Ramsay Health Care cycling knicks, the team from North Shore Private competing in the Bobbo Classic



## SEAN GETS HIS RUNNING SHOES ON IN THE QUEEN'S BATON RELAY!

Pindara's Coronary Catheter Lab RN Sean Ramsay-Moore has been selected as a baton bearer in the Gold Coast leg of the Queen's Baton Relay.

Sean was nominated by a family member in Adelaide and initially thought it was a joke, especially given the date he was to run was 1st April! It turned out it was not a joke at all and the organisers really wanted Sean to participate.

Sean's selection was based on his strong commitment to service and care – he was the main carer for his autistic cousin who required dialysis for a number of years, served his country in the armed forces and has been a dedicated nurse both here in Australia and abroad for 20 years.



## DR DILIP GHANKARI TAKES PART IN QUEEN'S BATON RELAY

One of Pindara's leading plastic and reconstructive surgeons has also been selected to be a baton bearer in the Queen's Baton Relay leading up to the Gold Coast 2018 Commonwealth Games.

Dr Ghankari was selected to be part of the relay due to his volunteer work in plastics and reconstructive surgery in underprivileged parts of India where locals have very limited access to specialist medical care and who would otherwise go untreated were it not for the effort of surgeons and other medical staff such as Dr Ghankari.

Dr Ghankari said he was excited and privileged to have been selected in the Queen's Baton Relay. Dr Ghankari will run on the 2nd April in the Labrador/Southport leg of the relay.



## WA SISTERS SWIM FOR REHABILITATION CHARITY

Attadale Rehabilitation Hospital allied health assistant, Maddy Agostino, has conquered the open ocean with her sister and raised money for charity, by participating in the 2018 Rottneest Swim.

The Rottneest Swim is WA's premier open water race which starts from Cottesloe Beach and finishes at the idyllic Rottneest Island.

Maddy, a physiotherapy student, swam in a team of four alongside her sister Caitlyn, a fellow Ramsay Health Care employee at Hollywood Private Hospital.

The pair entered the Rottneest Swim to raise money for Pinc & Steel, a cancer rehabilitation charity.

"I chose the charity because I am a physio student, so I highly regard the importance of rehabilitation for patients." Maddy said.

Maddy and Caitlyn have regularly competed in open water swims.

"We were taking the challenge as a once in a lifetime swimming goal for us"

Unfortunately for the Agostino sisters, they were pulled from the water due to a shark sighting at the 12km mark.

"It was still a solid swim and a great event, plus we've achieved our goal and raised more than \$2000 for cancer rehabilitation."



## 'Speak up for Patient Safety' Rollout Continues Apace

The national rollout of the Speak up for Patient Safety Program by Ramsay Health Care continues at pace with six hospitals and 15,000 staff having fully completed the training and a further 16 hospitals now in Phase 2 of the program rollout.

This innovative and evidence-based program is based on the highly successful and proven approach developed over 25 years ago by Vanderbilt University (USA). It is the first time the Vanderbilt program has been implemented by a private hospital operator in Australia.

The program addresses in a positive way any behaviour



that undermines a culture of safety through peer to peer conversations and equipping staff with assertiveness training.

Ramsay has adapted the Vanderbilt program for employees and clinicians with the aim of improving and building on the organisation's strong safety and quality culture.

Ramsay UK is set to commence rollout of the program across its network of facilities shortly.

Program Coordinator Chanelle McEnallay said in addition to training over 15,000 staff, she was very pleased that over 40 peer messenger conversations have been undertaken without complication.

"Anecdotally, we are already seeing a difference in clinical outcomes in Western Australia, where the rollout has been completed," said Chanelle.

"We have reached the half way mark with more than 50 percent of hospitals completed, commenced or scheduled.

"Work has commenced on producing a case study paper on the rollout of the Vanderbilt program in Ramsay Australia and the impact it has had on clinical outcomes.

"We are leading Australia with this landscape changing program and it is great to have such positive feedback from all the stakeholders involved."

