



Nature journal promotes Burnside breast cancer research



Dr Steve Birrell with RN Bridgit, collecting sample tissue for the ground-breaking breast cancer research

Burnside Hospital breast surgeon Dr Stephen Birrell along with colleagues at the hospital, University of Adelaide and Cambridge University are celebrating the news that renowned international scientific publication *Nature* is to publish a paper about their ground-breaking research into how hormones regulate breast cancer.

The paper is scheduled for publication in coming weeks. It describes how to use breast cancer tissue removed during surgery to explain the role of hormone interaction in tumour development and progression.

‘Our technique has now been validated as a scientific tool and will be replicated by other people in the examination and diagnosis of breast cancer,’ Dr Birrell says.

Burnside Breast Centre surgeon Dr Birrell collaborated with long-time colleague Professor Wayne Tilley, director of the University of Adelaide’s Dame Roma Mitchell Cancer Research Labs, and Dr Jason Carroll of Cambridge University on the project.

The technique involved taking a sample of a woman’s breast cancer during surgery to the university laboratory, where it was grown in a culture medium before the doctors studied its responses to various treatments.

‘In the study to be published in *Nature*, we looked at how oestrogen and progesterone work together to make the tumour grow,’ Dr Birrell says.

‘This study of human tissue now may have implications for individualised treatment so that a woman’s treatment may be based on how her tumour responds to therapy.

‘This study has elucidated one of the most poorly understood functions in tumours: how progesterone regulates oestrogen action in breast cancer.’

Dr Birrell says the study relied on efficient Burnside staff managing the tissue’s transfer to the University of Adelaide’s Dame Roma Mitchell Cancer Research Labs for processing.

‘Burnside Hospital’s commitment to research is rare for a private hospital, as is the strong private-public partnership between the hospital, Burnside Breast Centre and the university,’ Dr Birrell says.

‘Most importantly, our investigations could not have been undertaken without the invaluable support of about 200 breast cancer patients at Burnside Hospital.

‘Each woman gave her support knowing that our work wouldn’t help her – but that something good and significant could come from her experience.

‘The ultimate goal of research in this field must be to prevent breast cancer. Our tool is providing unique insight into how the interplay between hormones may lead to breast cancer – so is a very important step in reaching that goal.’

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Maternity monitoring boosts patients' confidence

Burnside's insistence on incorporating the latest technology in patient treatment and care is reducing stress for expectant mothers.

Maternity patients worried about the health and well being of their babies are having their concerns alleviated through Burnside Hospital's world-leading fetal monitoring technology.

At Burnside, the latest cable-free monitoring systems and networks are allowing obstetricians and midwives to better monitor the expectant mothers under their care.

Women wearing the monitoring devices can roam the hospital and the grounds, without sacrificing freedom or comfort – confident in the knowledge that they and their babies are being digitally 'watched'.

Their confidence comes from the latest Philips Avalon Cableless Fetal and Maternal Monitoring System and IntelliSpace Perinatal information system.

The ISP features an alarm system that alerts staff when observations are outside normal ranges. This enhances the timeliness, accuracy and comprehensiveness of clinicians' assessments, ensuring they can respond immediately to a significant change in fetal heart rate or the mother's pulse.

Burnside Chief Executive Officer Heather Messenger says the hospital invested in the technology to ensure the hospital remained at the forefront in providing technology and equipment to support patients' physical and emotional comfort and safe, contemporary care.

She says expectant mothers have informed Burnside staff they appreciate that the device allows them to walk around the hospital gardens, or join family members in the café, safe in the knowledge that they are being monitored and can quickly access advice, support, and treatment if needed.

At the same time, doctors and staff members can access real-time assessments of the mother's labour status. Obstetricians can access remotely via iPads and other technology.

Obstetrician and Burnside Hospital Perinatal Committee chair Dr Karen Chandler says the technology enhances the comfort and confidence of maternity patients and their family members.

'The system allows midwives to monitor those patients who may be deemed as higher-risk patients, patients with high body mass index, and women with multiple pregnancies – to observe their vital signs and react if required,' Dr Chandler says.

'Should there be an issue, the midwives can connect the patient to the obstetrician – wherever he or she may be – and they can promptly determine any necessary actions.'

The system also stores the information, supporting patient care throughout a pregnancy and in later pregnancies.



Fetal monitoring eases patients' anxiety

'The technology is very important as a reinforcement that Burnside is offering state-of-the-art technology to support clinical decision-making and care,' Dr Chandler says.

'In this case it has the added benefit of reducing the stress for patients who may otherwise worry about the status of their babies – often to the detriment of their own health.'

'It's reassuring for patients – and for those of us responsible for their treatment and care.'

Free WiFi

We are really pleased that our patients can now access free WiFi throughout the hospital.

New service to access emergency orthopaedic advice

Adelaide Orthopaedic and Trauma Specialists (AOTS) has introduced South Australia's first phone service to directly connect general practitioners and emergency physicians to orthopaedic specialists and care.

AOTS surgeon Dr Robert Baird says the 1800 DR BONE line enables GPs and other doctors seeking emergency advice about possible orthopaedic trauma to access on-call surgeons at any time.

'This enables a streamlined referral pathway for privately insured patients to obtain the most efficient and highest quality care,' Dr Baird says.

'Our surgeons and Burnside Hospital management have invested considerable time and resources to ensure that this service will support the efficient, safe and robust management of patients with fractures and sporting injuries.'

Experienced orthopaedic trauma surgeons – all of whom also manage orthopaedic trauma at the Royal Adelaide Hospital and train other surgeons – staff a service that AOTS surgeon Dr Justin Munt says is the first of its kind in South Australia.

'Referrals from the Northern Territory and Victoria are attesting to the excellence of care being offered by our team,' Dr Munt says.

'Burnside Hospital is ideally equipped to manage these patients with its specialised orthopaedic trauma nurses and their extensive experience in fracture care and post-operative management.'

Colleague Dr Robert Fassina points to Burnside's 24-hour High Dependency Unit and its on-call intensivists as invaluable in providing safe perioperative treatment and care.

'Burnside has devoted considerable effort into the post-operative rehabilitation of patients with fractures and acute injuries,' Dr Fassina says. 'A dedicated physiotherapy group and rehabilitation physicians ensure total care of our patients.'

'The high number of private patient rooms at Burnside also provides an ideal environment in which to care for patients with fractures.'

Fellow AOTS surgeon Dr Chien Wen Liew says shared rooms can increase the risk of infection, while the lack of space in shared rooms can influence the speed of patient rehabilitation and recovery.

'Shared rooms can also cause patients much higher levels of anxiety, which is not ideal – particularly when the patient is already dealing with the stress of an acute injury,' Dr Liew says.

'Private rooms, combined with all the other aspects of care offered at Burnside, ensure everyone involved has utmost confidence in the treatment patients receive before, during and after surgery at this hospital.'

Clinical engagement ensures consistent approach

Highly regarded breast and general surgeon Dr Clive Hoffmann has resigned from Burnside Hospital's Board of Directors – but is making it clear that he's still 'on board' as one of more than 400 visiting medical specialists at the hospital.

A dinner on 8 May celebrated Dr Hoffmann's decade of service to the hospital's Board of Directors and his input and leadership as chair of its Medical Executive and Clinical Privileges Review subcommittees.

All clinical advisory committees, as part of the hospital's clinical governance system, report to the Medical Executive Committee, guaranteeing continual specialist clinical advice, guidance and knowledge sharing across the hospital and its specialty areas, and among the visiting medical officers (VMOs) currently practising at Burnside.

The committees – which include Drugs and Therapeutics, Infection Prevention and Control, Perinatal,

Perioperative, and Sleep – work with the hospital's senior clinical staff to ensure care is best-practice and evidence based wherever possible, and assist the hospital to meet the National Safety and Quality Health Service Standards. There are more than 40 VMOs participating in the clinical advisory committees in 2015.

Committee members work with clinicians to analyse and interpret clinical data, boosting safety and quality improvements, working toward achievement of Burnside's strategic and operational goals.

General surgeon Dr Andrew Lord has been appointed to the hospital's Board of Directors, joining Dr Lino Scopacasa as its VMO

representatives. Dr Lord is also the new chair of the Medical Executive and Clinical Privileges Review committees.

Other committee changes include:

- Gynaecological oncologist Professor Martin Oehler being appointed chair of the Perioperative Committee
- Orthopaedic surgeon Dr Robert Baird and anaesthetists Dr Andrew Fah, Dr Debbie Knight and Dr Mark Boesch joining the Perioperative Committee
- Orthopaedic surgeon Dr Rob Fassina joining the Clinical Review Committee
- Dr Meena Okera replacing long-serving member A/Professor Dusan Kotasek on the Drugs and Therapeutics Committee



Board members Dr Lino Scopacasa (left) and Dr Andrew Lord (right) with Dr Clive Hoffmann

- Dr Dien Dang's appointment as chair of the Sleep Centre Committee, following the retirement of Dr Peter Robinson from private practice.

'SimMan' a model of clinical training

Simulation is one of the most valuable tools in healthcare education and training today.

Simulation uses objects, models or technology to practise tasks in a way that minimises risk, before introducing or trialling the tasks in the real world. It's role in developing the skills and expertise in healthcare practitioners – in surgery, clinical practices, the use of emergency equipment and handling patients – cannot be overestimated.

At Burnside, simulation is now a critical component of professional development for all nurses and midwives, including in the annual Nursing and Midwifery Mandatory Competency Program.

The program features an interactive education session using 'SimMan', a realistic model with software that enables nurses and midwives to update their skills in clinical care, use of emergency equipment, teamwork, communication, and decision-making. 'SimMan' becomes the focus of scenarios focussed on preventing, recognising and responding to clinical deterioration.

'At Burnside, learning and personal and professional growth are a constant,' clinical educator Tina Donaldson says. 'Our ongoing investment in clinical educator support enables us to deliver accessible continuing professional development to new and existing staff, including graduates.'

Ms Donaldson says incorporating simulation into the competency program and other professional development throughout the year enables the clinical education team to tailor learning to Burnside Hospital's working environment and patient cohort.



Burnside Hospital registered nurses Penny and Jo, along with Clinical Educator Tina, practise life-saving techniques on 'SimMan'

'Nurses and midwives can practise the skills they need for the circumstances in which they can occur and do occur in our hospital,' Ms Donaldson says.

'It contributes to our being able to offer our patients the most up-to-the-minute care from professionals trained in its use and delivery in the environments of our hospital.'

Over the course of the full-day competency program, nurses and midwives also update their skills and knowledge in clinical and corporate topics such as clinical documentation, infection prevention and control, wound management, and open disclosure.

Burnside's staff also capitalises on online education programs such as the IntelliLearn Online Learning Program, which offers courses such as medication management, basic life support, caring for the newborn and electronic fetal monitoring.

Training reinforces life-support skills

All nurses and midwives complete an annual accreditation in basic life support that is assessed by qualified instructors.

Their training contributes to the level of emergency management expertise on hand at any time at Burnside. The hospital ensures there is always access to clinicians able to practise Advanced Life Support; in addition, there are 20 Registered Nurses working in the High Dependency Unit or as After Hours Hospital Coordinators accredited in Advanced Life Support.

These staff members are part of a nurse-led rapid response team that is supported by a 24/7 on-call Intensive Care Specialist and well-established protocols.

Registered nurses can also undertake a High Dependency Nursing Program, while 10 registered midwives have internationally recognised Advanced Life Support Obstetrics (ALSO) qualifications.

'At Burnside, we're always looking for ways to improve our emergency management skills,' Ms Donaldson says. 'The ACHS surveyors in 2014 acknowledged that our system of triggering emergency assistance far exceeds that in many hospitals of our size.'



DR ANTHONY CICCOCIOPPO

Dr Anthony Ciccocioppo is a general surgeon with a focus on colorectal surgery, colonoscopy, endoscopy and advanced laparoscopy.

He started consulting and operating at Burnside Hospital in January 2015 and looks forward to complementing its high-quality general surgery service.

Dr Ciccocioppo completed advanced training and post-fellowship training in Adelaide in 2012 and has since amassed experience as a rural general surgeon, most recently at Port Lincoln.

He maintains a broad scope of practice and can advise about and manage general surgical conditions including general abdominal and colorectal pathology, vasectomy and scrotal surgery, skin and soft tissue surgery, hand conditions such as carpal tunnel syndrome and trigger finger, varicose veins and ingrown toenails.

Dr Ciccocioppo has a special interest in laparoscopic hernia repair and colorectal pathology.

He consults from rooms at St Peters but also provides consulting clinics at Northern Endoscopy Centre (Salisbury South), Harbour Specialist Centre (North Haven) and Western Hospital (Henley Beach).

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DR ANTHIA RALLIS

Dr Anthia Rallis completed her speciality training in Adelaide, and provides a full complement of general obstetric and gynaecological advice and procedures to her patients.

She has a special interest and skills in high-risk obstetrics, including amniocentesis, developed through work with the Maternal Fetal Medicine team at the Women's and Children's Hospital. It is one component of the high-level care she offers all families, and particularly those experiencing complicated pregnancies.

Other areas of expertise provided to patients at Burnside include reproductive health and sub-fertility, general gynaecology, mature women's health, gynaecological and laparoscopic surgery, and colposcopy.

Dr Rallis is also a dedicated medical educator, teaching and assessing medical students and trainee obstetricians and gynaecologists.

She enjoys balancing the many challenges of a busy working life. She is a mother of three young children and partner to Tim, and maintains a range of interests including personal training sessions and cycling.

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DR SUTAPA MUKHERJEE

Dr Sutapa Mukherjee is a senior respiratory and sleep physician and currently co-chair of the International Sleep Genetic Epidemiology Consortium. She is the lead author of the American Thoracic Society Statement on Sleep Health due to be published in June 2015.

Dr Mukherjee undertook her medical training in Adelaide before working in Adelaide and Perth, at Brigham and Women's Hospital and Harvard Medical School in the United States, and at Women's College Hospital and the University of Toronto in Canada.

She is interested in all aspects of sleep health, including sleep apnoea diagnosis and therapy, insomnia and women's sleep health. She has experience in the provision of CPAP therapy and other treatments for sleep apnoea in respiratory disease, including asthma and COPD. She has a PhD from the University of Western Australia for her work on gene therapy for lung malignancy.

Her career has successfully combined academic and clinical work to improve overall clinical outcomes for patients and develop multidisciplinary models of care for patients with comorbidities.

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DR NOHA SOLIMAN

Dr Noha Soliman is a general paediatrician. Dr Soliman started private practice at Paediatrics at Burnside in February 2015 and sees patients from birth until the age of 17 years.

Dr Soliman graduated with Bachelor of Medicine and Bachelor of Surgery (MBBCh) qualifications from Cairo. Since moving to Australia, she has spent 10 years working in Adelaide's public hospitals. Here she has discovered a passion for paediatrics and she has now been working in the field since 2007.

She completed a Diploma of Child Health (DCH) in 2007 and gained the Fellowship of Royal Australasian College of Physicians (RACP) in 2013.

Dr Soliman is currently working at Flinders Medical Centre and consults privately at Paediatrics at Burnside and Adelaide Paediatrics. She is enthusiastic about seeing infants, children and adolescents.

Particular interests are infants and children with failure to thrive and feeding issues, bladder and bowel issues, behavioural concerns, adolescent health and eating disorders. Dr Soliman is committed to the provision of quality, ethical care for children of all ages.

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The accuracy of each profile published above is the sole responsibility of the visiting specialist. For a full list of all visiting specialists and allied health professionals consulting on site and/or regularly operating at or practising at Burnside, go to www.burnsidehospital.asn.au/pages/vismstaff.html

Chief Executive Officer's message



I am really pleased to present this latest edition of the Burnside Bulletin. The information is aimed at general practitioners and specialists alike and I hope it is valuable reading.

I would like to take the opportunity to welcome our new visiting medical officers (VMOs) in what's already proving a significant year at Burnside Hospital. Our new 2015-2018 Strategic Plan provides a framework for priority setting, sound decision-making and investment that will enable people connected with our organisation to understand our goals and objectives over the next four years. It is anchored by six new strategic pillars: community, governance, care, people, partnerships and sustainability, and their associated goals. I will be encouraging our VMOs to be involved in our activities to achieve these goals.

The plan was developed following consultation with our clinical advisory committees, key stakeholders and industry groups. It also reflects emerging trends shaping healthcare and National Safety and Quality Health Service Standards requirements.

It has been approved by our Board of Directors, which – in accordance with the hospital's Constitution – City of Burnside Councillors Lance Bagster, Jane Davey and Mark Osterstock joined in December.

Staff and clinical engagement continues to be of prime importance and we aim this year to further improve engagement with doctors, staff and patients – including through a revamped website – to promote greater awareness of the hospital as a provider of acute-care health services.

Work Health Safety

Hospitals should be role models as healthy workplaces. This philosophy was the impetus for us working with the City of Burnside to declare the Attunga Gardens a non-smoking area. Most people, and in particular our respiratory physicians and oncologists, have welcomed the decision.

The hospital's Drug and Alcohol Policy has been reviewed and it is now clear to everyone that we have 'zero tolerance' within the workplace.

The hospital continues to be well supported by the work of the Burnside Hospital Foundation

Incorporated, led by chairman John Gerard. In 2015 the Foundation aims to raise \$100,000 towards equipment, including an ultrasound machine for use by visiting anaesthetists.

Budget 2016

The Budget for 2016 is being finalised and will include significant capital expenditure for new and replacement equipment.

In response to feedback from our VMOs we are looking to replace the camera system used by general, orthopaedic and gynaecological surgeons. The tender process has begun and a decision expected, following a trial of preferred suppliers, in coming months.

Our people

We were pleased to recognise International Nurses and Midwives and Volunteers Days in May. A scholarship was awarded to Registered Nurse Lori Keynes to attend the Australian and New Zealand Orthopaedic Nurses Association International Conference.

We continue to receive positive feedback from patients. Recent examples include:

'I couldn't find fault – the service here – it was amazing from surgeon to recovery nurse, reception to anaesthetist. Would thoroughly recommend this hospital to anyone.'

'Unfortunately, I have visited the hospital six times in the last two years. Burnside Hospital stands

out as the best by far. The staff are caring and consistently seeing if I need anything. Even cleaning staff and food services were fabulous and caring.'

Your thoughts about how we can improve services to your patients are always welcome. In the meantime I thank you for your continued support of this hospital.

I would like to acknowledge the clinical leadership and support of both Associate Professor Dusan Kotasek and Dr Peter Robinson on the Drugs and Therapeutics and Sleep Centre committees respectively for more than 10 years.



Burnside Hospital Board Chairman Frank Kite and CEO Heather Messenger with Dr Clive Hoffmann at the dinner to celebrate his service to the board

Finally, I would like to recognise the decade of service to the Board of Directors of Dr Clive Hoffmann. His dedication, and that of the many VMOs who choose to work with us, ensures we continue to maintain and often exceed the excellent standards we set ourselves at Burnside.

Heather Messenger
Chief Executive Officer

About this bulletin



We welcome your feedback.

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