



L-R: Dr Clive Hoffmann, Dr Subhita Prasannan, Dr Stephen Birrell, Jane Marsh Clinical Manager of Oncology and Breast Care Nurse, Dr Peter Shin. Absent: Dr Andrew Kiu

Burnside Hospital's Breast Care Team Positioned to Meet an Increasing Demand

The Breast and Endocrine Centre, located at Burnside Hospital's Attunga House, has recently undergone changes to better service the increasing demand for breast and endocrine care.

Dr Subhita Prasannan and Dr Peter Shin joined Dr Clive Hoffmann, Dr Steve Birrell and Breast Clinician Dr Michele Brooke-Davey a few years ago and now welcome Breast and Endocrine Surgeon Dr Andrew Kiu (see biography on page 3) and a second Breast Clinician, Dr Louise Stranks to the team.

For almost 20 years, the Burnside Hospital has been proud to partner with the Breast and Endocrine Centre

to provide multidisciplinary, specialist breast care. Working collaboratively with co-located services for chemotherapy, radiology and pathology, Burnside Hospital's on-site breast care and surgery service provides comprehensive, contemporary, coordinated care for women and men with breast problems, including cancer. Breast care nurses work across the Hospital, Breast and Endocrine Centre and the Brian Fricker Oncology Centre to provide continuity of care and a familiar face at each stage of treatment.

The Hospital also supports the Breast and Endocrine Centre's multidisciplinary team

to collaboratively develop an individual treatment plan for each patient.

The expansion of the team at the Breast and Endocrine Centre now enables both the Clinical Team and Burnside Hospital to accommodate the increasing demand and future requirements from breast patients across the state and nationally.

The Breast and Endocrine Centre at Attunga House is well positioned to meet the

increasing demand for services in this field, and we are pleased to be able to build on the long standing partnership between our team and the Burnside Hospital. Together, we provide a seamless and comprehensive service to our current and future patients at a time when our care and compassion is of paramount importance.

Dr Peter Shin, Co-Director at the Breast and Endocrine Centre.

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Welcome to the final edition of the Burnside Bulletin for 2017. It's quite amazing that we've reached the end of the year already, but what a fantastic year for the team here at Burnside Hospital!

The highlight for the last 12 months at Burnside has been the completion of key inbuilt facilities and infrastructure improvements, including the opening of our new Day Surgery environment, the refurbishment of our Brian Fricker Oncology Centre and completing our generator replacement project.

In addition to this, we have welcomed many new visiting specialists to the hospital and seen the happy retirement of some of our longest-standing staff members as they head off on well-deserved holidays. Of course, retirements mean we have also welcomed fresh faces and change to our organisation and in this edition, we introduce you to new key team members that have recently joined us; Pre-Admissions Manager, Sharon Busmer, and Clinical Manager of the Maternity Service, Kim Parker-Gray.

One of the most significant changes for the hospital has been the merging of the Burnside Hospital

Foundation back into the hospital, replacing the previous structure as a separately incorporated body. One of the key achievements of the Foundation committee since the change has been the creation of an investment fund which will provide another mechanism for donors to give to the hospital and will provide a perpetual benefit on donations or bequests received.

In other news, the federal government has recently passed the Privacy Amendment (Notifiable Data Breaches) Act 2017 which established a Notifiable Data Breaches (NDB) Scheme in Australia. Once this legislation comes into effect in early 2018, private sector health service providers, such as Burnside Hospital, will be required to notify affected individuals and the Australian Information Commissioner of data breaches that are likely to cause serious harm under the NDB scheme. We take our responsibility seriously and are taking necessary steps to ensure sensitive data stays protected both in transit and at rest.

Some of the projects currently underway at Burnside to support compliance with this scheme include a review of our patient administration system access, encryption of emails, ongoing cybersecurity and cyber safety workshops for

staff, introduction of a new information security policy, privacy training for all staff, development of a data breach action plan and improved capability to monitor information flow across the network.

Over the upcoming holiday season, there will still be plenty of activity within the hospital with some key projects getting underway. We will take advantage of the quieter period and therefore minimise disruption to our patients and visiting specialists. We will be refurbishing Theatre 1, giving von Rieben North a fresh coat of paint, installing a new lift for the south wing and recarpeting the High Dependency Unit.

Thank you for your support throughout the year and I wish you and your family a Merry Christmas and the compliments of the season.

I look forward to working with you again in 2018.

A handwritten signature in black ink, appearing to read 'Heather Messenger'. The signature is fluid and cursive.

HEATHER MESSENGER
Chief Executive Officer



Jane Marsh and Dr Subhita Prasannan meet with a patient in von Rieben ward.

Providing continuity of care and a familiar face at each stage of treatment.

Burnside Hospital, in partnership with the Breast and Endocrine Centre, offers patients:

- » Urgent appointments for breast cancer, or suspicion of cancer, within 24–48 hours
- » Co-located radiology using state of the art mammography/tomosynthesis (Vacora biopsy available)
- » Same day results (unless additional complex testing is required)
- » Breast Clinician (doctor) for routine follow-up patient appointments
- » The facility to contact a Breast Care Nurse after-hours for advice and support
- » In-house Psychiatrist for ongoing psychological management and wellbeing
- » Treatment, if required, at the onsite Brian Fricker Oncology Centre with specialist oncologists
- » Individual case discussion at weekly multidisciplinary team meetings to ensure all patients receive the best evidence-based care and treatment plan
- » Quality Innovation Performance accredited for ultrasound performed by surgeons for diagnostic and minor procedures.

The Breast and Endocrine Centre

ATTUNGA HOUSE
97 Hewitt Avenue
Toorak Gardens,
South Australia, 5065
PHONE: (08) 8331 3662
breastclinic.com.au



Dr Andrew Kiu joins the Breast and Endocrine Centre

Breast, Endocrine and General Surgeon, Dr Andrew Kiu, is a Fellow of the Royal Australasian College of Surgeons, and a member of ANZ Endocrine Surgeons and BreastSurg ANZ. A graduate of the University of Adelaide medical school, he completed his General Surgery Fellowship in South Australia and Surrey, in the United Kingdom.

He has had further post-fellowship training in Breast and Endocrine Surgery at Flinders Medical Centre and The Alfred, in Melbourne, culminating in the Endocrine Surgery University in Baltimore, USA, as part of the American Association of Endocrine Surgeons fellowship. He has a strong interest in breast and thyroid cancers, and is one of a small number of surgeons in Adelaide performing retroperitoneal keyhole surgery to remove the adrenal gland.

Special interests:

- » Breast cancer including surveillance
- » Infusaport insertion for chemotherapy
- » Strong family history of breast cancer, and prophylactic surgery
- » Benign breast disease
- » Thyroid cancer
- » Thyroid nodules and Graves' disease
- » Parathyroid disease
- » Adrenal gland disorders

Keyhole Bunion Operations at Burnside



Dr George Dracopoulos, visiting orthopaedic foot and ankle surgeon and member of the hospital's perioperative committee since 2010, has been operating at Burnside Hospital since 2005 and has personally performed several thousand bunion operations over the past 20 years. Committed to offering his patients the latest technology, he has now commenced keyhole or minimally invasive surgery for selected bunion cases.

The surgical technique has evolved over the last decade and involves performing bone cuts and stabilising these with screws through keyhole incisions under x-ray guidance. Dr Dracopoulos has completed three practical workshops on this method and recently spent time in Sydney studying this technique with a recognised leading surgeon in the field. Enquiries and referrals are welcome.

Dr George Dracopoulos
Orthopaedics SA
1 Kermode St
North Adelaide 5006
08 8267 8211
dracopoulosadmin@orthosa.com.au
orthosa.com.au

Enhancing our Preadmission Service



Welcome to Sharon Busmer, who has, following a restructure of the preadmission service, been appointed to the newly created role at Burnside Hospital as Preadmission Manager. There is increasing demand to ensure that all patients, especially those with underlying medical conditions are well prepared for their surgery and the hospital has responded to this need. Sharon has spent 15 years as the Tissue Donation Manager for Queensland Tissue Bank.

Cathryn Schmaal continues to provide a pivotal role as the Bed Coordinator as well as working closely with visiting specialists and their staff to provide a seamless approach to patient bookings.

Infrastructure Investments to Future-Proof Burnside's Services

As a stand-alone, private, not for profit community hospital, we have made the bold and long term commitment to take real responsibility to protect our power source.

Project 770 has been completed in time to protect Burnside Hospital's patients, tenants and visiting specialists in the event of a blackout this summer. The new dual generator system and new mains power switchboard was installed over winter at a cost of \$1.1m and replaces the previous units that have faithfully served the hospital for more than 30 years. The new system provides a total of 770 kVA power to the hospital (hence the project name), which means that all areas of the hospital will continue to function as normal in the event of mains power interruption.



Brooke Whitbread, Engineering Services Manager with one of our new generators.

What's Next?

Our energy cost reduction strategy ramps up in 2018 with the following key projects:

- » LED lighting upgrade across all areas which will provide recurrent savings
- » A solar power system installed on the hospital roof
- » New air conditioning system for von Rieben North ward and Attunga Medical Centre suites 1-4
- » A new chiller for more energy-efficient air conditioning

Prescribing Extended Release Opioids for Acute Pain

We, as both patients and healthcare providers, are fortunate in South Australia to have strong leadership in the fields of acute and chronic pain management. The culture of immediate-release (IR) opioid prescribing for acute pain is based on good evidence and is embedded at many levels during the patient's journey through an episode of care.

There is however a disturbing trend towards prescription of slow or extended-release (ER) opioids for acute pain developing in South Australia, both in-hospital and on discharge, which seems now to be common practice in other states.

One of the underlying reasons for this trend is that the supply of IR opioids, such as immediate release oxycodone, is quite limited: on the PBS, oxycodone 5mg IR tablets can only be supplied in a quantity of 20 tablets with no repeat prescription. So the patient has to visit their primary care doctor soon after to continue supply. ER opioids on the other hand are available in much higher doses and for larger quantities: ER oxycodone is available in doses from 2.5 to 80mg per dose, and supplied in a quantity of 28 tablets. It should be noted however that ER oxycodone is a PBS restricted benefit for "chronic severe disabling pain" so its use for acute pain is outside the PBS, and also off-label. The situation is similar for opioid patches containing fentanyl and buprenorphine. But treating doctors in both

hospital and primary care find it is much more convenient for their patients if they supply them with ER opioids. Seems reasonable at face value doesn't it?

So what's the problem here, apart from the supply being off-label? Well, there is overwhelming high quality evidence and strong recommendations from many professional bodies worldwide, including The American Pain Society and The Faculty of Pain Medicine of ANZCA, that ER opioids should not be used for acute pain except where there is pre-existing chronic opioid use. There is growing cause for alarm that ER opioids used for acute pain are causing harm, increasing the risk of both serious sedative side effects, including death, and the potential for dependence and tolerance. Acute pain generally evolves day by day in the early post-operative period. An individual's response to a dose of opioid is highly variable, with a four to five-fold difference in blood level. Analgesia therefore needs to be titratable to the pain, which in uncomplicated surgery generally decreases over time, but also titrated to the side-effects in that patient. Therefore a review by a doctor every few days rather than every few weeks would seem eminently necessary, albeit perhaps inconvenient for some patients. A set and forget dose of a powerful sedating analgesic might seem attractive, but is risky.

Using ER opioids removes the ability to titrate the dose, generally leading to too much opioid for the situation, and therefore increasing the risk of sedation and hypoventilation,



Acute pain generally evolves day by day in the early post-operative period. An individual's response to a dose of opioid is highly variable.

as well as setting patients on a path of tolerance and opioid dependence. Acute pain should be managed with a multimodal approach tailored to the patient's surgery, age, weight and other comorbidities, and should include consideration of paracetamol, other NSAIDs, and various neuromodulating drugs such as gabapentin and pregabalin amongst others.

It is a fact that our patients are becoming more complicated, but that simply means we have to be more responsive to their individual needs than ever before.

Contact Dr McAleer at:

Specialist Anaesthetist Services
48 King William Road
Goodwood SA 5034
Ph (08) 8273 5666
sas.net.au



By Dr Paul McAleer, Specialist Anaesthetist and member of the Burnside Hospital Clinical Review Committee (since 2009)



Welcome to Kim Parker-Gray

Burnside is pleased to announce the appointment of Kim Parker-Gray to the position of Clinical Manager of the Maternity Service, following the retirement of long-term staff member, Liuda Stalba-Smith.

Kim takes on the leadership role after three years as the Midwifery Unit Manager at the Womens and Childrens Hospital Women's Assessment Service.

Anti-Gravity Treadmill arrives at The Physio Clinic, Burnside Hospital

One of our allied health partners, The Physio Clinic, have added an anti-gravity treadmill to their practice at Godfree House, Burnside Hospital. This machine uses air pressure to allow clients to safely and comfortably exercise on a treadmill by reducing the amount of weight that is being applied through their body.

The US-built machine is only the third to arrive in South Australia, with the other two owned by South Australian football clubs.

The anti-gravity treadmill is predominantly used to regain mobility, develop strength and fitness and can help increase range of movement, whilst minimising the stress on the joints of the lower limb.



The treadmill can allow the patient to bear between 100% - 20% of body weight and anywhere in between.

The anti-gravity treadmill can be used for:

- › Injury
- › Obesity
- › Stress fractures
- › Marathon training
- › Mobility difficulties

Pictured is physiotherapist Matt Curnow from The Physio Clinic, assisting a patient with an ankle injury. After zipping into the pressurised 'bubble', Matt adjusted the air pressure to take away 80% of the patient's weight load and she was able to exercise for twice as long as her current ability with the injury.

For more info contact The Physio Clinic on 8342 1233 or visit thephysioclinic.com.au

GP Insight Dinner for Robotic-Assisted Orthopaedic Surgery

General Practitioners from across Adelaide attended Burnside Hospital's GP Evening on October 19 at Adelaide Oval where they learned about the robot-assisted orthopaedic surgery currently being performed at the Hospital.

Information was presented by orthopaedic surgeons Dr Rob Fassina, Dr Justin Munt and Dr Rob Baird all of Adelaide Hip and Knee Centre and the GP's were also presented with a surgical video of a robotic

partial knee replacement that was performed at Burnside Hospital by Dr Fassina. The evening was a great success and attendees particularly enjoyed the demonstration component of the evening.

An Adelaide Oval 'Roof Walk' prize to be used during the Ashes Test Series in December was won by Stirling-based GP, Dr Basil Tsakalos.

Burnside Hospital launched the total knee replacement functionality in October in addition to the existing partial knee and total hip replacement platforms.



Dr Fassina and Dr Baird demonstrate the Mako robot knee replacement with Dr Peter Hartley, Norton Summit Medical Centre.

See our website for details.

Welcome to Burnside

DR EDWARD GREENROD



Ophthalmologist
MBBS (Adelaide), GDPH, BA,
FRANZCO

Dr Edward Greenrod grew up in Adelaide and graduated from the University of Adelaide Medical School. He completed Ophthalmic training at the Royal Victorian Eye and Ear Hospital in Melbourne followed by additional sub-specialty fellowships overseas.

He has particular expertise in management of conditions of the anterior segment of the eye including cataract surgery, corneal surgery, anterior segment reconstruction, glaucoma surgery and refractive surgery.

Since 2013, he has been the visiting director of the corneal service at the Alfred Hospital and a visiting specialist to the corneal unit at the Royal Victorian Eye and Ear Hospital. He remains active in training the next generation of Ophthalmologists, and enjoys providing supervision and career mentorship to trainees as part of the Royal Australian and New Zealand College of Ophthalmologists training program.

Adelaide Eye Surgeons
232 Magill Road
Beulah Park SA 5067
(08) 8361 3744
info@adelaideeyesurgeons.com.au
adelaideeyesurgeons.com.au

DR PETER PENKOFF



MBBS, FRACS (Urol)
Consultant Urological Surgeon
Specialist in Robotic and Minimally
Invasive Surgery

Dr Peter Penkoff completed his Specialist Urology Surgical training with the RACS, rotating through all major hospitals in Adelaide and Newcastle. At the end of his training Peter did a Fellowship year in Urological Oncology, including Robotic and Stone surgery in Sydney, followed by an additional year of Robotic training in the UK.

His practice concentrates on providing comprehensive and up-to-date care for all urological conditions. Peter is a full member of the Urological Society of Australia and New Zealand, the European Association of Urology and the American Urological Association.

Special interests:
» Robotic Procedures
» Laparoscopic Surgery
» Laser Stone Surgery
» Percutaneous Nephrolithotomy for large stone burden
» Surgery for Lower Urinary Tract Symptoms

Burnside Hospital
Attunga Medical Centre
120 Kensington Road
Toorak Gardens SA 5065
Urologyhealth.com.au
1300 857 071

Welcome also to:

- » Dr Bruno Franchi, Physician
- » Dr Katherine Hauser, Palliative Care Physician
- » Dr Ranjan Joshi, Intensivist

DR DANIA QATARNEH



Ophthalmologist
MA (Cantab), MBBChir, FRCOphth
(UK), FRANZCO

Dr Dania Qatarneh graduated from Cambridge University Medical School. She completed her Ophthalmology registrar training at Moorfields' Eye Hospital in London followed by two years of sub-specialist fellowship training in medical retina and uveitis at Moorfields' and the Royal Victorian Eye and Ear Hospitals.

She has extensive experience with retinal laser, cataract surgery and intra-vitreous injections. Additionally, her special areas of expertise include Diabetic eye disease, Age-related macular degeneration and retinal vascular disease.

She is also actively involved in the latest research and clinical trials in the field of medical retina at the Centre for Eye Research Australia where she holds a position as a senior research fellow.

Adelaide Eye Surgeons
232 Magill Road,
Beulah Park SA 5067
(08) 8361 3744
info@adelaideeyesurgeons.com.au
adelaideeyesurgeons.com.au

- » Dr Mark Lloyd, Urologist
- » Dr Therese Post, Paediatrician
- » Dr Kavita Rasiah, Paediatrician

DR MIKE SMITH



Orthopaedic Surgeon
MBBS, FRACS (Ortho), FA (OrthA)

Dr Mike Smith is an Australian trained Orthopaedic Surgeon, specialising in all aspects of foot, ankle and knee surgery.

Dr Smith gained advanced subspecialty experience throughout Europe and the UK. Dr Smith furthered his knee experience with a six month fellowship in QLD, focusing on sports injury surgery and arthritis management, including patient specific instrumentation and robotic surgery.

Specialising in:

- » Foot surgery – keyhole bunion surgery, keyhole plantar fascia release, keyhole lesser toe corrections
- » Ankle surgery – sports injury surgery including arthroscopy and ligament reconstruction
- » Knee surgery – sports injury and arthritis management
- » General orthopaedic trauma

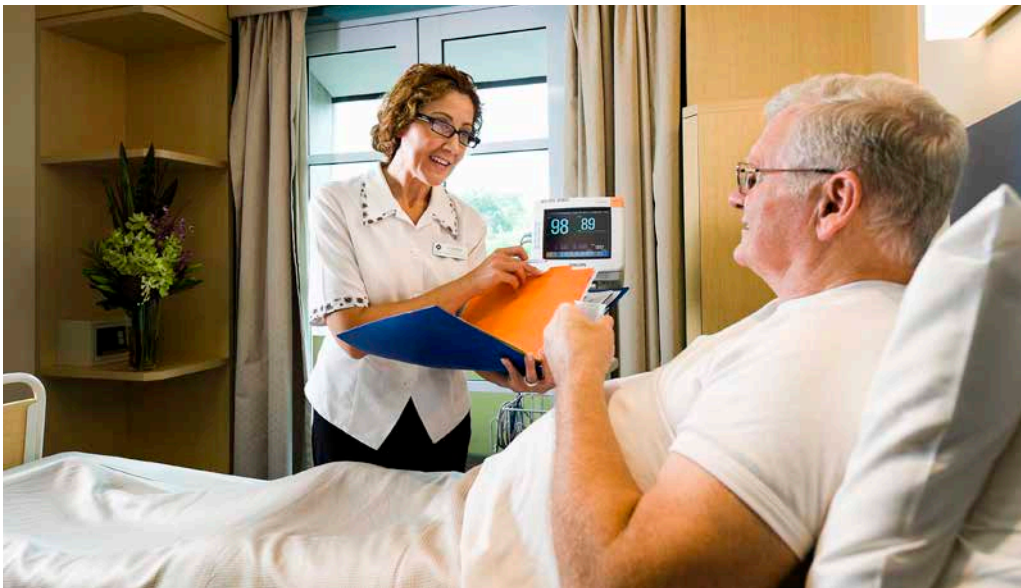
Orthopaedics 360
94-96 Fullarton Road
Norwood, SA 5067
(08) 7099 0188
contact@orthopaedics360.com.au
orthopaedics360.com.au

Dr Mike Smith is commencing at Burnside Hospital in late January 2018.

- » Dr Dan Spernat, Urologist
- » Dr Michael Stokes, Physician
- » Dr Vamsee Thalluri, Gynaecologist

Breaking News:

Burnside Hospital welcomes an expanded urology service to support patients



Burnside Hospital is delighted to announce the addition of three Urologists, Dr Mark Lloyd, Dr Peter Penkoff and Dr Dan Spernat to our hospital. Urology treats conditions involving the kidney, bladder, prostate and male reproductive system, including prostate cancer, incontinence and sexual dysfunction.

The three specialists will offer multidisciplinary care to patients with a range of issues. Dr Penkoff is available immediately to accept referrals and is now consulting in Suite 2 at Attunga Medical Centre at Burnside Hospital. Dr's Lloyd and Spernat will be commencing at Burnside in the New Year. Prostate cancer is a very common disease and its incidence is increasing as the male population lives longer. Surgery for this common cancer remains important with novel surgical approaches now available. Burnside is well placed to manage urological procedures in conjunction with our wide specialist network

and exceptional oncology service at the Brian Fricker Oncology Centre.

Burnside Hospital CEO, Heather Messenger, says the addition of the expanded urology service has been a long-term project and will 'not only add another valuable provision to the hospital's offerings and support our other specialists, but will welcome a new cohort of patients to the hospital and assist with recalibrating our focus in line with our vision and mission to include a greater proportion of men's health'. It is anticipated that the investment in our new day surgery facilities will enable the expanded urology service

to provide procedures such as cystoscopy, vasectomy, urethral strictures and scrotal surgery immediately; with other procedures including the management of lower urinary tract conditions such as prostate and stone related disease procedures available in the New Year.

Specialist Gynaecological Oncologist Prof Martin Oehler, a member of the Hospitals Medical Executive Committee and Chairman of the hospital's Perioperative Committee, affirmed that the hospital's existing gynaecological services will benefit from onsite urologists and commended the hospital for its efforts in this area.

Visiting Urologists

DR MARK LLOYD
(08) 8244 4105
qespecialistcentre.com.au

DR PETER PENKOFF
1300 857 071
urologyhealth.com.au

DR DAN SPERNAT
(08) 8244 4105
qespecialistcentre.com.au

ABOUT THIS PUBLICATION

We welcome your feedback

Do you have a story idea, comment or suggestion?

If so, please direct these to:

Olivia Harvey
Communications
and Marketing Coordinator
E: oharvey@
burnsidehospital.asn.au
Ph: (08) 8202 7250

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Thank you for your cooperation in conserving our precious resources.

Burnside Bulletin

Burnside Bulletin is the official newsletter of the private, not-for-profit Burnside Hospital.



Burnside Hospital
120 Kensington Road
Toorak Gardens SA 5065
Ph: (08) 8202 7222
Fax: (08) 8364 0038
Web: burnsidehospital.asn.au

Chief Executive Officer
Ms Heather Messenger

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