

GP e-News

OCTOBER 2016

Welcome from the CEO

Dear Doctor

Welcome to this month's edition of our GP e-News. I hope you enjoy reading all about what's going on here at Macquarie University Hospital. In this edition we highlight a number of new clinics that have opened on campus, as well as our satellite clinic in Blacktown. These services are designed to provide patients with improved access to comprehensive, coordinated multi – disciplinary care.

In this edition, we also celebrate a number of achievements. Most notably the health fund HCF, recently released results from a members survey. Macquarie University Hospital rated highly. You can read more about this survey in the following pages. Our structural heart team also celebrated completing their 100th Transcatheter Aortic Valve Implantation, or Tavi. This is a relatively new procedure in Australia. Now over one hundred frail and elderly MUH patients with calcific aortic stenosis have been given a new lease on life with a minimally invasive heart procedure.

I do hope you enjoy reading about what's happening here at our hospital. I also encourage you to participate in our GP education program or come along to one of the other activities we are hosting on campus, including Grand Rounds or our Master of Public Health information evening. This will provide you with the opportunity to experience firsthand some of the exciting work taking place here at our hospital community.

Carol Bryant, CEO
Macquarie University Hospital



If you would like to receive further information about our GP education activities for 2016, please email events@muh.org.au

NEW CLINIC COMPLETES MACQUARIE'S COMPREHENSIVE HERNIA SERVICE

WITH A FULL MULTIDISCIPLINARY TEAM NOW ON SITE,
MACQUARIE UNIVERSITY HOSPITAL IS PLEASED TO ANNOUNCE
ITS NEW HERNIA CLINIC – MAKING IT THE MOST COMPREHENSIVE
AUSTRALIA-WIDE.

Led by world-renowned hernia surgeon and specialist Associate Professor Nabeel Ibrahim, Macquarie University Hospital's new Hernia Clinic sees patients with all types of hernia.

The new Clinic adds to the Hospital's existing expertise in advanced surgical procedures by providing consultancy services for both the initial diagnosis and ongoing management of all types of hernia, from the simplest to the most complex cases.

Macquarie University Hospital has become a world leader in the treatment of massive ventral abdominal hernias, utilising cutting-edge technologies that are minimally invasive yet more effective than traditional methods.

The Clinic staff are a dedicated team who will coordinate the many steps required in the work-up and preparation of these cases, which can be remarkably complex, from initial consult through to the actual operative procedure and follow-up postoperative care.

Attention to detail in both the preoperative and postoperative assessment of abdominal hernias can be critical to treatment success, and Macquarie has solid experience and a unique approach to this aspect of care.

A MULTIDISCIPLINARY TEAM WORKING TOGETHER

A range of specialties is required to optimise the care of hernia patients, and Macquarie University Hospital employs a skilled multidisciplinary team for this reason.

- **Associate Professor Nabeel Ibrahim, Consultant Surgeon:** A leading international expert, Professor Ibrahim personally assesses all patients for diagnosis and ongoing management.
- **Dr John Read, Diagnostic Radiologist:** Dr Read brings the latest in functional ultrasound and CT to the Clinic – offering Macquarie patients a unique service.
- **Other surgeons:** If a patient requires additional surgeries related to their hernia – such as colorectal – we can bring that surgeon into our multidisciplinary team at Macquarie.
- **Pain Management Specialists:** Available on-site for patients experiencing severe discomfort, our pain specialists can work with patients prior to surgery or on an ongoing basis.
- **Micro-biologists:** MQ Health's on-site laboratories offer immediate analysis of tissue samples, flagging hernia-related infections and other pathologies.
- **Sports Physiologists:** Available on-site for patients requiring additional specialist services, our sports physiologists can help with hernia management as well as post-operative rehabilitation.

ADVANCED TECHNOLOGIES AND SURGICAL PROCEDURES

Macquarie Medical Imaging (MMI): Macquarie Hernia Clinic has access to the latest diagnostic imaging for hernia patients through Macquarie Medical Imaging (MMI).

3D Volume Rendering (3CVR): The use of 'functional' CT examinations and 3D Volume Rendered (3DVR) imaging to more effectively plan the surgical repair of large abdominal hernias by allowing an increased focus on the active preoperative preparation of the patient with emphasis on functional restoration to improve surgical outcomes.

Pre-operative Botox for Large Ventral Hernias: Associate Professor Ibrahim and his team now offer patients with previously inoperable hernias, by using pre-operative Botulinum toxin A (BTA) injections to prepare the oblique muscles of the abdominal wall.

FIND US

Our Clinic and all related services can be found under one roof:

Macquarie University Hospital and Clinic:
3 Technology Place
Macquarie University
New South Wales 2109



To make an
appointment

CALL 1300 374 376

EMAIL info@alvc.com.au



Associate Professor
Nabeel Ibrahim

TAVI COMES OF AGE

MACQUARIE UNIVERSITY HOSPITAL'S STRUCTURAL HEART TEAM COMPLETES ITS 100TH TAVI PROCEDURE.



One hundred frail and elderly patients with calcific aortic stenosis have been given a new lease on life with a minimally invasive heart procedure being performed at Macquarie University Hospital.

Transcatheter Aortic Valve Implantation, or TAVI, is a relatively new procedure in Australia. However, Macquarie University Hospital surgeons have now performed 100 of these, giving them significant experience in this complex procedure.

“This is a pioneering program for New South Wales and for Australia, for people with a life-threatening condition who would otherwise not have a treatment option,” said Associate Professor Martin Ng, interventional cardiologist who was instrumental in setting up the TAVI program at the Hospital.

“It’s really revolutionary in terms of the quality of life improvements it can offer, and the number of lives it can save. These patients come to us with such shortness of breath that they can’t go about simple daily tasks. Their quality of life is very poor.”

Associate Professor Ng performs the TAVI procedures at Macquarie University Hospital along with Professor Michael Wilson, and Macquarie University Hospital remains the only private hospital in Australia with a full TAVI program.

The team’s achievement of 100 procedures demonstrates that TAVI is now a well-established program at Macquarie, made possible through significant investment by the Hospital.

The procedure is complex and requires extensive resources in technology and staff to ensure good outcomes. Indeed, Macquarie established its program on the foundations of a comprehensive service, with its Structural Heart Teams offering extremely detailed review and assessment, and a full MDT meeting every two weeks to discuss each patient in-depth.

All tests and procedures are available to the patient ‘under one roof’ and the care is streamlined and coordinated by a dedicated. Clinical Nurse Manager and Clinical Nurse Consultant.

“We arrange everything needed for

their initial assessment on the one day at the heart care centre,” said Clinical Nurse Manager Wendy Fraser. “Then, all the screening tests required at the hospital are again arranged for them on a single day. We really have refined the way we work as a TAVI team, and things now run like clockwork.

“I think our 100th procedure is a real milestone for us.”

Associate Professor Ng says that the link between the number of TAVI procedures performed and patient outcomes is clear.

“Data from the STS – the Society of Thoracic Surgeons – and the American College of Cardiology on transcatheter valve therapy in the US clearly demonstrates that the greater a surgeon’s experience with TAVI, the better the patient outcomes,” said Associate Professor Ng.

“With Macquarie University Hospital having completed 100 TAVI procedures and with our data showing excellent patient outcomes, the Hospital has clearly become a centre of excellence in TAVI in Australia.”

YOUR FUTURE IN PUBLIC HEALTH



MASTER OF PUBLIC HEALTH INFORMATION EVENING

[Register here now >](#)



Discover how you can take your career in public health to the next level through Macquarie University’s innovative new Master of Public Health. You are invited to an exclusive information evening to find out more.

This interdisciplinary and future-orientated course is designed to align with accreditation standards

in the US and Europe and those set by the Royal Australasian College of Physicians.

Choose to specialise in one of five fields – Environmental Health; Health Law, Ethics and Policy; Health Leadership; Global Health; or Research (a direct pathway to PhD studies).

Macquarie’s Master of Public Health is flexible, making it ideal for part-time study. Fit study into your busy schedule through accessing a mix of online learning and face-to-face sessions delivered in blocks.

Recognition of prior learning is offered and commonwealth-supported places are available.

INFORMATION EVENING



Thursday 3
November 2016



Lakeside Marquee,
Macquarie University



Canapes and light refreshments will be provided.



Apply directly to Macquarie by Tuesday 15 November 2016.

CALL TO ACTION / LINK?

MQ HEALTH MEN'S HEALTH SERVICES



We understand that men have busy lives and the prospect of sitting in a crowded waiting room for a regular check-up is often low on the priority list. That's why we've established Men's Health Services at MQ Health. This dedicated evening clinic provides you with access to a completely coordinated service in a male friendly environment. Because we have the very best diagnostic technology onsite, as well as a broad range of world class specialists and leading allied health professionals, we are able to provide you with seamless, rapid access care. Whether you just want a check-up or you're concerned about a particular health issue, you can book an appointment at our evening clinics. Should you need diagnostic tests, or follow up appointments with a specialist or allied health professionals, our dedicated concierge service will manage all aspects of your care.

COST

\$250 for a long consult with a \$105.55 Medicare rebate, processed at your consultation for Men's Health Services.

BOOK

To book an appointment call **(02) 9812 3944** or visit muh.org.au/mens-health

OPENING HOURS

Evening clinics:
Thursdays 4-8pm

SERVICES

- Lifestyle and preventative care
- Chronic health conditions
- Wellbeing and mental health
- Complex presentations

MQ HEALTH OPENS BLACKTOWN CARDIOLOGY CLINIC



OUR FIRST SATELLITE CLINIC IN BLACKTOWN TAKES THE HOSPITAL'S EXCELLENT CARDIOLOGY SERVICES TO THE WESTERN SUBURBS.

Previously operating exclusively from its North Ryde location, Macquarie University Hospital has branched out, with its first Satellite Clinic now established in Blacktown.

The Cardiology Clinic – located in the Eastbrooke Medical Centre is one of several private 'specialised medical clinics' there.

Currently, two cardiologists see patients twice a week, offering basic screening services – Transthoracic Echocardiogram, Stress Echocardiogram, Electrocardiogram (ECG), 24 Hour Ambulatory Blood Pressure Monitoring and Holter Monitors. If patients require advanced diagnostic imaging or surgery, they can be referred seamlessly through the MQ system to Macquarie Medical Imaging or Macquarie University Hospital.

The pioneering approach by the Hospital means that its high-calibre services are taken to where they are needed and doctors can build a patient-base in these areas. It also allows patients who might want to see a particular doctor they have identified from Macquarie University Hospital to

access that doctor closer to where they live.

"Our clinic will offer patients faster access to care, with a 'no wait' policy that means we see patients within 24 hours without having to travel too far away from home," explained Frances Toomeh, Director Clinical Operations. "This efficient and streamlined approach to services is key to the mission of MQ Health.

"The Satellite Clinic is a reflection of the Hospital, taking an approach to patient care that is holistic, integrated and based on excellence through links between clinical, research and teaching.

"GPs and patients can more easily access the Macquarie 'brand' – and all that is associated with that in terms of patient care.

"We hope it is the first of more clinics that are a platform for us to integrate with the broader community of Sydney. We are in the initial planning stages around a Urology Clinic, too."

To make an appointment

CALL (02) 9812 2900

FAX (02) 9475 1155

EMAIL cardiology@muhsc.org.au



muh.org.au/mens-health

MACQUARIE UNIVERSITY HOSPITAL RATED AMONG TOP HOSPITALS IN COMPREHENSIVE STUDY OF PATIENT EXPERIENCE



HCF, AUSTRALIA'S LEADING NOT-FOR-PROFIT HEALTH FUND, HAS RECENTLY RELEASED RESULTS FROM 11,000 MEMBER SURVEYS COLLECTED FROM 100 HOSPITALS (84 PRIVATE; 16 PUBLIC) OVER THE PAST YEAR, REVEALING VALUABLE INSIGHTS INTO HOW AUSTRALIA'S PUBLIC AND PRIVATE HOSPITALS ARE FARING.

The comprehensive data from the 2015 HCF Hospital Patient Experience Survey showed Macquarie University Hospital as one of the top scoring hospitals in NSW, based on anonymous patient feedback.

The survey asked HCF members to rate their experiences and give qualitative feedback on their hospital experience and medical staff, and therefore how likely they were to give a recommendation to a friend or colleague.

Macquarie University Hospital rated highly in these areas – with average recommendation scores of 9.3 for referring the hospital, and 9.4 for referring the medical team. The average scores across the NSW hospitals surveyed was 8.8 and 9.1 respectively.



CONGRATULATIONS

CONGRATULATIONS TO PROFESSOR RICK KEFFORD'S WHO WAS RECENTLY INDUCTED INTO THE AUSTRALIAN ACADEMY OF HEALTH AND MEDICAL SCIENCES (AAHMS)



Professor Rick Kefford and Professor Ian Frazer, President of the AAHMS

MINIMALLY INVASIVE HIP SURGERY HELPS TO DELAY OR PREVENT ARTHRITIS



MACQUARIE UNIVERSITY HOSPITAL
NOW OFFERS HIP ARTHROSCOPY.

To make an
appointment

CALL (02) 9194 3385

FAX (02) 9475 0965

VISIT randhawaorthopaedics.com.au

In a relatively new application of arthroscopic techniques, hip arthroscopy is fast becoming the leading and most commonly used minimally invasive procedure for Femoroacetabular Impingement (FAI) – or hip impingement – and its associated tear of the acetabular labrum, the flexible cartilage lining the hip joint.

To perform the procedure, the surgeon makes small incisions for the camera and other tools. Repair of the torn labrum is performed using small bony anchors and sutures. New technology using fibreoptics, laser, and percutaneous instruments has enabled this latest advance in minimally invasive hip surgery.

“Hip arthroscopy greatly reduces the recovery time when compared with conventional open surgery techniques for FAI,” explained Dr Sunny Randhawa, a Hip and Knee surgeon at Macquarie University Hospital.

“Perhaps more importantly, it can delay hip arthritis by treating Hip Impingement, one of the underlying causes of osteoarthritis. If we repair the labrum early, slow down the process of cartilage degradation, and there are favourable conditions in a particular patient’s case, it can be preventative.”

Macquarie University Hospital has invested in the special equipment needed: the special arthroscope, hip traction table, latest percutaneous instruments, and high-definition camera.

PATIENT CASE: DR ALEXANDRA KLEVDISH, OSTEOPATH

For two years, Alexandra tried managing what – as an osteopath – she knew was FAI.

“By the end of every day I’d be in pain. Especially because as an osteopath I stand a lot,” said Alexandra. “At an FAI course I attended, someone recommended Sunny. So I eventually bit the bullet and went to see him.

“The procedure itself was a quick, 45-minute operation. I took three weeks off work, and ultimately did about six months of rehab exercises.

“I am now pain free, having made a full recovery, and am back to a hundred per cent – I’m running long distance and I’m back at the gym.

“Given the long-term risk of osteo-arthritis with FAI, I think that to have a relatively easy solution to minimise this risk is fantastic.”



DOCTOR'S BIO

Dr Sunny Randhawa is a Hip and Knee surgeon, who completed his advanced orthopaedic surgical training on the NSW program. After attaining specialist qualification and obtaining his FRACS (Orth), Dr Randhawa pursued further fellowship training in complex hip and knee arthroplasty and orthopaedic trauma at St Vincent’s Hospital in Sydney.

He was then selected for the highly sought after hip arthroscopy and anterior hip replacement fellowship in Melbourne under A/Prof John O’Donnell, President of the International Society of Hip Arthroscopy. During this time, Dr Randhawa mastered the techniques used to manage sports hip conditions such as femoro-acetabular impingement (FAI), gluteal tendinopathy and hip replacement via the minimally invasive anterior approach.

Dr Randhawa also performs knee arthroscopy, and his knee replacements via the minimally invasive Patient Specific Instrumentation (PSI) method. Research and collaboration is a vital part of Dr Randhawa’s practice, and his interests include hip arthroscopy in athletes, the long-term outcome of FAI and labral repair surgery and hip replacement in the younger adult with arthritis.

MACQUARIE NEUROSURGEONS SHOW HEARTS AS BIG AS THEIR BRAINS



WITH MEDICAL RESEARCH REQUIRING MILLIONS OF DOLLARS OF FUNDING EVERY YEAR, AND A CLIMATE OF DIMINISHING GOVERNMENT FUNDING, UNIVERSITIES ARE INCREASINGLY SEEKING OUT PHILANTHROPISTS AND DONORS TO SUPPORT THEIR WORK.

For more information

VISIT mqneurosurgery.com.au



At Macquarie we have invested significantly in building relationships with valued partners that share our vision to provide an integrated approach to holistic patient treatment, discovery and continuous learning. The University's MQ Health initiative is the first of its kind in Australia, and built around clinical programs committed to all three aspects of Heal, Learn, Discover.

A recent gift to the University shows that sometimes we don't have to look very far for support of this vision.

A group of seven doctors in our own Macquarie Neurosurgery team recently donated \$133,000 to the University to enable new research and global collaboration in the study and treatment of the human brain.

Professor Marcus Stoodley, Program Head for Neurosciences, says the donation illustrates how passionate Macquarie Neurosurgery is about improving health outcomes.

"There is a real commitment among our surgeons to develop and promote improvements in clinical care," he says.

Professor Patrick McNeil, Executive Dean of the Faculty of Medicine and Health Sciences, notes that the donation – which has already funded the hire of a postdoctoral clinical research fellow – will help the University build on our achievements in neurosurgery research.

"It will allow us to accelerate our progress in this area and affirm our reputation for excellence in

neurosurgery both clinically and academically," he says.

The surgeons' donation – though notably significant – is not the only example of Macquarie staff personally supporting the University's activities, notes Paul Dennett, Executive Director in the Office of Advancement.

"Each year we see Macquarie staff generously supporting initiatives such as student scholarships through our **workplace giving scheme**, as well as initiating their own informal fundraising activities to support our research in areas like motor neurone disease," he says.

"It's wonderful that so many Macquarie staff feel so passionately about making a positive difference."

FIREFIGHTERS CLIMB FOR MOTOR NEURONE DISEASE



ON SUNDAY 23 OCTOBER HUNDREDS OF FIREFIGHTERS CLIMBED THE 1504 STAIRS OF THE SYDNEY TOWER EYE WEARING FULL FIREFIGHTING KIT TO RAISE MONEY FOR MOTOR NEURONE DISEASE RESEARCH AT MACQUARIE.

Watch video here >



In 2015 Macquarie University and Fire and Rescue NSW began a partnership to launch Firefighters Climb for Motor Neurone Disease, which raises vital funds for MND research at Macquarie University.

Last year's inaugural event saw 165 firefighters from throughout New South Wales ascend the Sydney Tower Eye wearing their full firefighting kit.

Each firefighter was sponsored by family, friends and the community, and more than \$180,000 was raised to support the cause.

Project founder and NSW Fire and Rescue firefighter Matt Pridham says the 2016 tower run promises to be even bigger. This year there are more than 400 firefighters from around the world coming to take part, each one doing their part and fundraising in their communities.

"It took 18 months to get the event off the ground, but now it has legs of its own and is growing at an incredible rate. It fills me with pride to see my fellow firefighters doing this amazing work in the community. I believe firefighters just want to help with whatever is happening. They want to be there to support their community any way they can," Matt says.

446 firefighters signed up to fundraise for this great cause and to date over \$472,000 has been raised for MND research.

SPONSOR A FIREFIGHTER >

TAKE PART IN #1504FORMND >

SPONSOR



You are invited to attend a presentation
by international guest speaker
Adjunct Assistant Professor David Sim,
National Heart Centre Singapore.

Clinical inertia in heart failure and clinical experience with ARNIs

DATE

Wednesday 9 November 2016

TIME

1pm - 2pm
Lunch will be provided

LOCATION

Conference Room, Ground Floor
Macquarie University Hospital
3 Technology Place, Macquarie University

PARKING

Free parking is available in the Hospital car park

RSVP

Places are strictly limited, so please
RSVP to events@muh.org.au
by Monday 7 November 2016

ADJUNCT ASSISTANT PROFESSOR DAVID SIM



Adjunct Assistant Professor David Sim is a Senior Consultant with the Department of Cardiology and Director of the Heart Failure Programme at the National Heart Centre Singapore.

His sub-specialty interest is in heart failure and heart transplantation.

Adjunct Assistant Professor David Sim graduated with the Bachelor of Medicine and Surgery in 2001 and the Masters of Medicine (Internal Medicine) in 2004 from the National University of Singapore. He obtained the Royal College of Physicians (UK) diploma in 2004.

He completed a 16-month fellowship in heart failure/heart transplant at The Alfred, Melbourne, Australia, from May 2008 to September 2009. Over the course of his fellowship, he performed numerous cases of right heart studies and cardiac biopsies. The training also involves the management of patients with ventricular assist device implantation.

Grand Round Presentations

WEDNESDAY 26 OCTOBER • 12:45 – 2:00PM

INTERACTIVE ZONE, GROUND FLOOR,
FACULTY OF MEDICINE AND HEALTH SCIENCES
A SANDWICH LUNCH WILL BE SERVED

Held on the last Wednesday of each month
MUHSC Grand Rounds are open to all
clinical staff and researchers.

Current and interesting medical and
surgical cases will be presented with
lively discussion.

THE BLACK BEAST OF SPORADIC MOTOR NEURONE DISEASE

Professor Dominic Rowe AM
Professor of Neurology,
Macquarie Neurology
Neurosciences Program,
MQ Health



Professor Julian Gold
Director,
The Albion Centre, Sydney



To register your interest please email shanna.oconnor@mq.edu.au by Tuesday 25 October 2016

INVITATION – MQ HEALTH CARDIOLOGY MASTERCLASS 2016



JOIN YOUR COLLEAGUES AT
PULLMAN HOTEL, HOMEBUSH, FOR
AN AFTERNOON OF LEARNING,
INTERACTING AND SOCIALISING.

RSVP by
Friday 11 November

FAX 1800 284 699

EMAIL response@registrationdesk.com.au

MQ Health Cardiology *Master Class* – an opportunity to discuss the questions your patients would not like to hear with your peers.

This is the inaugural interactive ‘Master Class’, the brain child of MQ Health Cardiology at Macquarie University.

Convenor and chair: Associate Professor Edward Barin

Presenters: Dr Jason Kaplan, Associate Professor Martin Ng, Professor Michael Vallely, Dr Joseph Chiha, Professor Alberto Avolio, Dr Peter Illes.

Lunch will be provided.



DATE:
Saturday 19
November 2016



VENUE:
Pullman Hotel 9 Olympic Boulevard,
Sydney Olympic Park 2127.
Secure valet parking is on site.



TIME:
11.30 am–5.30 pm
registration