



GP UPDATE

Message from the Director GP Liaison

Welcome to our latest GP Update.

2017 is flying past, and bringing with it some fantastic GP education sessions. We have enjoyed our first education evening at Mount Lawley for the year, on Geriatric and Rehabilitation medicine, with excellent attendance and feedback.

Our category 1 all day study day "Chewing the fat on obesity" in June reached maximal capacity, the day was filled with some interesting presentations and discussions, to great feedback.

GPs are using the new website to sign up for GP education sessions, and this website promises to become more interactive and useful for you.

I'm really enjoying my new role, and working with the St John of God Mt Lawley Hospital team to optimise GP engagement.

Please email me at erin.horsley2@sjog.org.au with any requests for particular GP education session topics or feedback.

Dr Erin Horsley
Director GP Liaison

Healthshare

Did you know our specialists are now listed on Healthshare?

You can access details on their subspecialties, special interests and location, in order to make an informed referral for your patients.

Access Healthshare through the integrated sidebar in MedicalDirector software or via their standalone website, www.healthshare.com.au/

Meet Dr Kenneth Nathan, Obstetrician and Gynaecologist



Q. How long have you been working as an obstetrician and gynaecologist?

I have been practising Obstetrics and Gynaecology for 23 years, and I have been a Specialist Obstetrician and Gynaecologist for 16 years.

I graduated from Queen's University in Belfast, Northern Ireland in 1993, and after completing an elective year in Diabetology and Cardiology, I started practising Obstetrics and Gynaecology in 1994. I qualified as a Specialist in 2001, and was offered a post in the tertiary centre in Northern Ireland where I completed my last year as a senior registrar. I stayed there until 2009, my wife and I decided to have a career break in Australia for a year. Eight years and three children later, we are still in Australia.

Q. What attracted you to this field?

I went to medical school at the age of 17 with the intention of becoming an Obstetrician and Gynaecologist. My uncle and mentor is an Obstetrician and Gynaecologist, and my initial plan had been to complete my training and join his practice in partnership. However, I was lured by academia and the challenges of public practice in tertiary referral centres, and remained a full time public practitioner until 2015.

Q. What are your areas of special interest?

Primarily obstetrics, high risk antenatal care and labour ward management, though I am trained as a minimally invasive gynaecological surgeon, and seem to perform more laparoscopic hysterectomies these days than I do deliveries. I am aiming to change that trend.

Despite having spent my last two years as a registrar working and training in gynaecological oncology in Northern Ireland, I remained passionate about obstetrics, and was dismayed to see the rising trend of "vaginal bypass" surgery amongst trainees when planning and performing deliveries.

This trend has continued unabated over the past 15 years, with the resultant loss of skills in performing instrumental deliveries and facilitating vaginal birth.

When I was training, the Kiwi vacuum did not exist, and I was trained to be comfortably competent in performing forceps deliveries, especially Keilland's forceps for rotational deliveries.

Q. What is your point of difference as an obstetrician?

My passion for safely facilitating vaginal birth and reversing the rising trend in Caesarean section rates. Prior to moving to Perth with my family in September 2012, I was the Obstetric Lead at the Royal Hobart Hospital in Hobart, Tasmania, and was in charge of labour ward management for the unit. It was my goal then, as it remains, to pass on my skills in performing instrumental deliveries, and producing safe outcomes for mothers and babies, to our trainees and registrars, and give them the confidence and decision-making skills in being able to comfortably facilitate labour and delivery safely.

Q. How has obstetrics and gynaecology changed in the past five years?

The changes that I have seen in the past five years are a direct reflection of the change in training that has become prevalent in the last 15 years. The specialist training period in the UK in the 90s was markedly different to what it is now.

Following Mary E. Hannah's Term Breech Trial, which was published in September 2000, and the European Working Time Directive, which came into effect in December 2001, the time and training that trainees and recently qualified specialists in obstetrics have had in facilitating vaginal birth, both breech and cephalic, has been greatly diminished. This has resulted in a significant rise in Caesarean section rates.

In gynaecology, laparoscopic skills have improved greatly, at the price of open surgical skills. This results in difficulties for trainees who run into complications laparoscopically and are then stuck when they need to convert the surgery to an open procedure. I frequently sense that levels of confidence exceed levels of ability.

We need to work towards formulating a training schedule that benefits trainees individually, as the herd approach with the current number of hours spent in training will not allow for the exposure required to achieve the level of competence required by trainees to work without supervision immediately after obtaining their fellowship.

Referral details

T: (08) 9370 9917

F: (08) 9370 9289

A: Suite 3, SJG Mt Lawley Hospital Medical Centre



New skids on the block – faecal transplant

By Dr Anja Landowski, Gastroenterologist

Increasing scientific interest and hopes have evolved around faecal microbiota transplant (FMT) over the past few of years. Dysbioses in the microbiome have been associated with numerous diseases, including inflammatory bowel disease, multiple sclerosis, rheumatoid arthritis, diabetes, allergies, asthma, autism, and cancer.

With the evolution of molecular DNA culture-independent techniques such as DNA sequencing and fluorescence in situ hybridisation (FISH), it was established that the normal intestinal microbiome consists of over 1000 genera of intestinal bacteria, viruses and more than 50 genera of fungi living in the intestinal contents. Bacteria makes up the largest majority of the faecal microbiota but viruses and fungi (Candida, Saccharomyces and Cladsporium) perform other important functions such as regulation of the immune system, although they have not been fully recognised. The human microbiological environment changes with age and multiple factors have contributed to limited diversity in individuals from developed countries such as the growing number of caesarean sections, depriving newborns of natural contact with the bacterial environment of the vagina and the common decision not to breastfeed. The Western diet, rich in highly processed, ready-made, sterile dishes with preservatives added, use of water treated with oxygen and chlorine-derived disinfectants and the common antibiotic use, all play a significant part.

Parabacteroides, Bacteroides, Clostridium, Lactobacillus, Bifidobacterium, and Faecalibacterium prausnitzii are few main determinants of a healthy microbiome. These are the main producers of short chain fatty acids (SCFAs), an important source of energy

from non-digestible carbohydrates. SCFAs are immunomodulatory inhibit common pathogens, and are hypothesised to possess tumour-suppressive properties. Interestingly, Lactobacillus reuteri quantity also seem to show a linear correlation to the BMI according to Million et al. and slimmer individuals carry higher levels of Lactobacillus gasseri and plantarum.

Use of FMT and the indications are currently still under evaluation. FMT delivered to the right colon via deep enema has shown to have a 93% cure rate for recurrent C difficile infection. Whilst patients with IBS have numerous alterations in their microbiome such as presence of Lactobacillus, data of FMT for IBS is limited.

IBD patients have significant changes in their microbiota predominantly consisting in decreased numbers of Firmicutes, Faecalibacteria and Bacteroides species possibly leading to decreased SCFA and butyrates which play a major role in inhibition of mucosal inflammation. Currently, clinical data is insufficient for FMT to be recognised as effective in the treatment of inflammatory bowel disease. In a systematic review published in May 2017 in JCC, based on 53 publications, 36% (201/555) of UC, 50.5% (42/83) of CD and 21.5% (5/23) of pouchitis patients achieved clinical remission. Sub-analyses suggest remission in UC improved with increased number of FMT infusions and lower gastrointestinal tract administration, but long-term durability and safety remain unclear.

Referral details

T: (08) 9370 9329

F: (08) 9370 9350

A: Suite 11, SJG Mt Lawley Hospital Medical Centre

New plastic surgery service for the area

Dr Jeremy Rawlins and Dr Paul Quinn have joined to provide a standalone plastic surgery service in Mt Lawley – the West Plastic Surgery Clinic – benefiting patients who can have a consult and surgery in their local area.

Dr Rawlins says their long standing relationship, going back many years at Royal Perth Hospital, means he and Dr Quinn share similar philosophies when it comes to patient care and excellence in patient outcomes.

“Our aim is to provide a very people-oriented, bespoke and individualised service, rather than being part of a multi-person practice,” says Dr Rawlins.

“We offer holistic care in a safe environment that runs the spectrum of aesthetic surgery to reconstruction following skin cancer, through to hand surgery.

“We have specialist hand therapists onsite, the latest laser technology and our own nurses to provide the very best care.

“It is important to have a good GP and specialist who work together to ensure the best treatment and surgical options for each patient, and we are committed to building on these relationships.”

Dr Paul Quinn, an internationally trained and award winning specialist surgeon, says he is pleased to have Dr Rawlins join him in the recently opened West Plastic Surgery Clinic in Mt Lawley.

“Having a clinic in Mt Lawley is fantastic, there is a real heart and sense of community in the area,” he says.

“We have put a lot of thought into what we offer through the clinic and this includes larger rooms and ancillary services such as onsite hand therapists, onsite laser and laser technicians, cosmetic medical tattooing, dermal therapy and light treatments.

“Jeremy and I share a focus on building a very patient-centred practice and going back to a shared model of care with GPs, providing a

complete service for each patient.

“We are introducing a ‘same day – same treatment’ option, which means we can have appointments with patients and carry out minor surgery or treatments on the same day.

“If we look at an example of someone with a skin lesion, I can look at a photograph of the lesion sent in by the GP and have a good idea of the treatment options available.

“I can then advise whether the patient will have day surgery, the type of anaesthetic and what the cost may be.

“I find this extremely helpful in today’s busy age, and this is particularly good for patients in regional areas who are saved additional trips for consultations and surgery.”

In addition to the services offered, the West Plastic Surgery Clinic is the only private plastic surgery practice in Western Australia that offers the advanced Lumenis CO2 ablative laser, which is used not only for aesthetic treatments but also for reconstructive procedures such as scar revisions, rhinophyma reduction, solar keratosis ablation and facial resurfacing.

Dr Rawlins and Dr Quinn are happy to see both paediatric and adult patients, worker’s compensation patients and MVIT and DVA patients.

They are available at all times for telephone advice and all urgent referrals will be seen that week.

Referral details

A: The West Plastic Surgery Clinic, 61 Walcott Street, Mt Lawley

T: 9388 8886

F: 9227 8955



Dr Jeremy Rawlins and Dr Paul Quinn

Paediatric Service at St John of God Mt Lawley Hospital

St John of God Mt Lawley Hospital provides a range of onsite paediatric services including a paediatric cardiologist, paediatric surgeon and paediatric specialists. This team supports our obstetric service and covers a number of special interest areas.

Your patients will receive:

- improved access to services
- availability of appointments
- access to experienced paediatric specialists.

Some of our Paediatric team include:



Dr Mohammed Jehangir - Paediatrician

Dr Mohammed Jehangir is a consultant paediatrician and is currently the Head of Department of Neonatal Medicine at St John of God Mt Lawley Hospital and Bentley Hospital. He also works as a senior consultant paediatrician at St John of God Midland Hospital and enjoys teaching medical students at UWA and Notre Dame University.

Dr Jehangir completed his paediatric training at Chris Hani Baragwanath Hospital in Johannesburg, one of the world's largest hospitals with over 3200 beds, completing his Fellowship in 1998 before migrating to Australia in 2001 to continue his practice as a paediatric specialist and receiving his FRACP in 2004.

Dr Jehangir offers comprehensive health care for children from birth to 16 years of age and has special interest in:

- General paediatrics and neonatology
- ADHD
- Autism
- Developmental delay

Referral details

Smart Paediatrics

Suite 6 Killowen House, SJG Mt Lawley Hospital Medical Centre
Ellesmere Road, Mt Lawley

T: 9370 9711

F: 9473 0488

E: smartpaeds@outlook.com



Dr Jill Orford - Paediatric Surgeon

Dr Jill Orford is a paediatric surgeon with 25 years' experience.

Dr Orford has a keen interest in teaching and research, having completed a Doctor of Philosophy by research on embryology, teratology and clinical database studies of birth defects at the University of Sydney.

Dr Orford has interests in:

- correcting tongue ties
- circumcisions
- hypospadias repair
- umbilical and inguinal hernias
- correction of high testes.

Referral details

Suite 11, Level 1 SJG Mt Lawley Hospital

T: 9387 5937

F: 9284 9649

W: www.childrensurgery.com.au

*Please note new practice address and contact details, and see website for other practice locations.



Dr Deane Yim - Paediatric Cardiologist

Dr Deane Yim has been working as a consultant paediatric cardiologist since 2015.

Dr Yim has completed general and advanced cardiology training at Bristol Hospital for Children in

the UK, the Royal Children's Hospital in Melbourne and most recently, at SickKids Hospital in Toronto.

Her special interests include:

- non-invasive, cardiac imaging including transthoracic and transoesophageal echocardiography
- cardiac magnetic resonance imaging (MRI).



Dr Indrajit Karande - Paediatrician

Dr Karande has been working in paediatrics and neonatology, having trained in paediatrics in Mumbai, India and then in Australia.

He underwent further training in Australia in general paediatrics (FRACP), basic training at Royal Hobart Hospital and advanced training at Princess Margaret

Hospital.

Dr Karande provides neonatology and outpatient services at St John of God Mt Lawley Hospital and neonatology and inpatient paediatric locum services across St John of God Midland Hospital, Osborne Park Hospital and Rockingham Hospital.

Dr Karande has special interests in:

- general paediatrics (management of childhood asthma, constipation, unsettled babies and eczema)
- neonatology
- growth and development, including developmental delays, ADHD and autism
- tropical medicine, infectious diseases and gastroenterology.

Dr Karande also provides tongue tie release procedures in his rooms.

Referral details

Smart Paediatrics

Suite 6 Killowen House, SJG Mt Lawley Hospital
Ellesmere Road, Mt Lawley

T: 9370 9711

F: 9473 0488

E: smartpaeds@outlook.com



Dr Neha Chawla - Paediatrician

Dr Neha Chawla is a paediatrician whose key focus is the management of children from birth to 16 years of age with acute and chronic medical conditions.

Following her training in India, Dr Chawla worked at James Cook University Hospital in the United Kingdom and the KK Women and Children's Hospital

in Singapore where she gained vast experience in neonatology and general paediatrics.

She undertook FRACP in Australia and completed her advanced training at Princess Margaret Hospital.

Dr Chawla currently provides neonatology and private outpatient services at St John of God Mt Lawley Hospital and neonatology and inpatient paediatric services at St John of God Midland Hospital.

Her special interests include:

- management of children from birth to 16 years of age with acute and chronic medical conditions
- six week neonatal check-ups
- infant's failure to thrive, feeding and nutrition issues or unsettled behaviours
- management of childhood asthma, eczema, incontinence and constipation.

Referral details

Suite 11, Level 1 SJG Mt Lawley Hospital

T: 9370 9329

F: 9370 9350

E: neha.chawla@sjog.org.au



Maternity blog helps parents

The hospital has recently developed a maternity blog for parents to be and new parents offering evidence-based information, written by our midwives, and reviewed by obstetricians and other medical and clinical professionals.

The blog includes handy references for patients, and links to further researched information on topics such as mastitis, gestational diabetes, cholestasis, preeclampsia, foetal movements and more.

This initiative is a great resource to expectant or new parents, empowering them with correct information so they can make informed decisions about their baby's care.

Read the blog here;
www.sjog.org.au/mtlawleymaternityblog

Our newly accredited specialists

St John of God Mt Lawley Hospital has recently accredited the following specialists:

- Dr Ganendra Ali, Gynaecology
- Dr Lachlan Milne, Orthopaedics
- Dr Suresh Navadgi, General Surgery
- Mr David Oliver, General Surgery
- Mr Rohan Page, Plastic Surgery
- Dr Samuel Young, Orthopaedics

Acute medical care for your patients

24/7 ON-CALL PHYSICIAN SERVICE

Rapid assessment, admission and treatment for general acute medical care is just a phone call away. You can refer patients with acute or complex medical conditions by calling our dedicated phone number.

Please phone 0418 955 437 so we can arrange your patient's admission to hospital.

Upcoming RACGP CPD education sessions

Each event earns 4 category 2 points.

Date	Topic	Location
22 August 6.30pm	Orthopaedics for General Practice	SJG Subiaco Hospital
5 September 6.30pm	New developments in lung cancer and pulmonary vascular disease	SJG Subiaco Hospital
19 September 6.30pm	Healthy living after cancer	SJG Subiaco Hospital

For more information or to RSVP, please contact
 Elise Holder, Doctor Marketing Coordinator
 T: (08) 9382 6127
 E: elise.holder@sjog.org.au

Found.

Obstetrician

Female

Speaks Serbian

[FIND A DOCTOR](#)

New health care website

St John of God Health Care has launched a new website that recognises the health care needs of the community today.

Consultation was undertaken with hundreds of health care experts and thousands of consumers.

The website now provides easy access to information about our services and a new 'Find a Doctor' search, allowing GPs and patients to find doctors by specialty and location, with information on specialists to provide greater choice and up to date information when referring.

The website has achieved the highest possible standard for accessibility for people with a disability.

See the new website here www.sjog.org.au

To unsubscribe or for any other queries or comments, please contact info.mtlawley@sjog.org.au or call (08) 9370 9222