

GP UPDATE

January 2018

From the Director Medical Services desk



Welcome to the first GP Update for 2018.

I would like to start the year by reflecting on all we achieved in 2017.

A key priority for us was to continue to engage with both GPs and our specialists and we have done this in a number of ways.

We held a number of GP Education Events, focusing on orthopaedics and uro-gynaecology. The events were well attended and informative and gave

GPs the opportunity to come on site and gain their CPD points and network with others.

We have a series of these events planned for 2018, starting with 'Updates in Gastroenterology' on Wednesday 7 February and it would be great to see you there.

A number of appointments also cemented our commitment to developing our service offerings. Dr Erin Horsley joined our team as Director, GP Liaison.

Erin has been a fantastic asset to our team and will be a regular contributor to this Update on a range of topics.

We also welcomed Sally Harris, Manager Business Development. Sally has been busy building relationships and linking our specialists to GPs in our catchment.

In March we expanded our Specialist Rehabilitation Service from 41 to 51 beds and this service has run at near 100 per cent capacity since the expansion.

This has allowed us to keep up with increasing demand for our rehabilitation services.

We have a busy 2018 planned, and I look forward to keeping you up to date with these initiatives.

I hope you enjoy this issue and reading the profiles of our specialists.

I am always happy to be contacted if you have any questions or feedback about our work here at St John of God Mt Lawley Hospital. You can reach me on 9370 9294.

Dr Stuart Prosser
Director Medical Services

Achievements in Plastic Surgery

We congratulate Dr Jeremy Rawlins for his recent appointment as President of the Australian and New Zealand Burns Association. To find out more, we have profiled the important work that Jeremy is carrying out in the field of Plastic and Reconstructive Surgery.



Congratulations on being announced as the President of the Australian and New Zealand Burns Association. Can you tell us about this?

I was thrilled with this prestigious appointment and see it as a great honour and opportunity to work with other highly qualified specialists to improve burns care, not only across Western Australia but nationally and internationally.

As one of only a handful of burns surgeons in Western Australia, which is a very niche part of the specialty, I am passionate about sharing knowledge and expertise for the benefit of all burns patients.

What are your areas of interest?

My specialist areas include burns and burns reconstruction, hand trauma, complex lower limb trauma and facial plastic surgery. I also perform cosmetic (aesthetic) surgery and laser treatments – using many of the same skills and technologies used in my reconstructive practice.

I have particular interest in reconstructive microsurgery and the use of 'free flaps' and 'perforator flaps' in plastic surgery.

Achievements in Plastic Surgery continued

What other areas are of interest?

Other areas of my expertise include scar revision, re-pigmentation and aesthetic improvement to the skin.

Recognised internationally for my use of Re-Cell – which is spray on skin used to manage scar related conditions – I recently presented at the Australian Society of Plastic Surgeons Annual Congress.

Re-Cell is just one of many tools in the reconstructive tool kit that we use for scar revision and pigmentation, and when combined with dermabrasion, needling and other technologies, can greatly improve the appearance of scars and skin concerns.

It is always fantastic to see how our work can have such a profound effect on people's wellbeing and self confidence – that is a real perk of the profession.

You also work with a multidisciplinary team that is promoting and developing burns care in East Africa.

I really enjoy outreach work and wanted to pursue what we do so well here, and carry on the amazing burns care we offer.

I recently returned from a trip to East Africa, and the progress over the past five years has been phenomenal. We have gone from cots in corridors to a custom-built burns centre. It is a great way to take what we know and put it into place in developing countries.

Jeremy has specialist plastic surgery fellowships from the UK (FRCS (Plast)) and Australia (FRACS (Plast)), following higher surgical training and examinations in the UK and Australia.

He continues to be involved in research and audit, surgical education and burns management training.

Contact:

The West Plastic Surgery Centre
61 Walcott Street, Mt Lawley 6050
T: 6270 0448 F: 9277 8955
W: jeremyrawlins.com



Joo has a specialist obstetrics and gynaecology Fellowship from Australia (FRANZCOG), membership of the Royal College of Physicians of Ireland (MRCPI) and membership of the Royal College of Obstetricians & Gynaecologists, London (MRCOG).

Introducing Joo P Teoh Obstetrician and Gynaecologist

Specialist Obstetrician and Gynaecologist Dr Joo P Teoh recently joined SJG Mt Lawley Hospital, reinforcing the hospital's strength in maternity and women's healthcare.

With extensive experience gained in the UK, Joo consults and delivers private patients at SJG Mt Lawley Hospital.

He performs laparoscopic surgery for gynaecology patients, having completed RCOG UK advanced training in gynaecology surgery and laparoscopy.

Joo has a special interest in caring for obstetric patients and has presented internationally and won several prizes for his research in this field.

His reproductive immunology research saw him awarded Doctor of Medicine from the University of Glasgow. He has a Masters of Sciences in Clinical Trials from the University of London.

Joo's passion for research and his desire to provide his patients with the best clinical advice has led him to establish an online portal of women's health information from international colleges of obstetrics and gynaecologists.

"The online portal is a great resource for General Practitioners who often field a lot of these questions from pregnant patients. It covers gestational diabetes, bleeding and nausea, to air travel and exercise," says Joo.

He prides himself on providing patient-centred care and support throughout treatment or pregnancy and feels strongly about giving each of his patients the time and attention they require.

"A good doctor pays great attention to detail before, during and after seeing each patient. It is not about rushing them through the conveyer belt."

Contact:

Suite 4, Level 1 Medical Centre
St John of God Mt Lawley Hospital
Mt Lawley 6050
T: 9370 9917 F: 9370 9289

W: jooteoh.com.au



Welcome to the first in our perioperative medicine series

By Dr Erin Horsely, Director GP Liaison

This is the first in our series of articles for GPs on perioperative medicine topics.

Patients receive a lot of information around the time of their operation and it is most helpful if they receive the same messages from all health professionals and administrative staff.

We hope you find these articles interesting and useful for both you and your patients.

If you have any particular perioperative subjects you would like covered, please contact Dr Erin Horsely, Director GP Liaison at erin.horsley2@sjog.org.au

New fasting guidelines at St John of God Mt Lawley Hospital

Patients are fasted from fluids and solids prior to surgery to reduce the risk of vomiting and aspiration of stomach contents.

The length of time a patient is fasted prior to surgery has been controversial, however a number of studies have demonstrated safe practice in fasting patients from food for up to six to eight hours prior to surgery, and clear fluids two to four hours prior to surgery.

Possible side effects from prolonged fasting have been stated to include:

- confusion
- irritability
- dehydration
- headaches
- hypoglycaemia
- electrolyte imbalance
- nausea and vomiting.

St John of God Mt Lawley Hospital has recently changed their fasting guidelines to reduce the risk of aspiration during general anaesthesia, while avoiding the risks and discomfort associated with excessive fasting.

Exclusions are patients with delayed gastric emptying, those having bariatric surgery and paediatric patients who should follow individual instructions from their surgical/anaesthetic team.

Patients scheduled for a morning list commencing at 0800 hours

- Fast from midnight the previous night
- Still water may be consumed until 0600 hours, at which time a small 300mL glass of still water should be consumed.

Patients scheduled for an afternoon list commencing at 1300 hours

- Have a light breakfast before 0700 hours on the morning of the surgery. This includes a small bowl of cereal with milk, or two pieces of toast with tea or coffee.
- Fried food should not be consumed on the day of the surgery.
- Still water may be consumed until 1100 hours, at which time a small 300mL glass of still water should be consumed.

At the anaesthetist's and surgeon's discretion, a patient who is later on the morning or afternoon list, or whose surgery is delayed, may be allowed to consume further water up until two hours before their surgery time.

*References are available on request.





Meet Andrew Kiyingi Bariatric and General Surgeon

Mr Andrew Kiyingi is a specialist weight loss and general surgeon, with advanced training in minimally invasive surgery.

Andrew completed surgical training at St Vincent's Hospital in Melbourne and was awarded Fellowship (FRACS) under the Royal College of Australian Surgeons in 2014.

He has since undertaken three years of advanced sub-specialist training in Bariatric, General and Minimally Invasive Surgery, including the prestigious Phoenix Health Bariatric Fellowship in Liverpool, England in 2016.

What effects can bariatric surgery have on a patient's wellbeing?

There is growing evidence that bariatric surgery is one of the most successful tools in the fight against type 2 diabetes.

It can be more effective than pharmacotherapy and lifestyle changes, and this is my particular area of interest for further research.

Following bariatric surgery, improvements are seen in nearly 90 per cent of patients with type 2 diabetes, with as many as two out of three patients able to return to normal glucose levels, eliminating the need for diabetes medication.

Bariatric Surgery is now recommended in the treatment algorithm endorsed by the Australian Diabetes Society for type 2 diabetes in patients with a BMI over 35, and some cases with a BMI over 30.

What motivated you to specialise in bariatric surgery / general surgery?

I was naturally attracted to the evolving nature of bariatric surgery and the push to continuously invent and re-invent for better patient outcomes.

This is particularly notable in gastric bypass and the gastric sleeve, which have exceptional safe profiles in high-risk surgical groups.

Bariatric surgery has been instrumental in the progression of advanced minimally invasive surgery, which has improved patient outcomes.

The most rewarding aspect of my chosen speciality all comes back to the patient experience. You get to witness a profound and long lasting impact that bariatric surgery can have on a patient's quality of life.

It is not just the weight loss and improvement of co-morbidities, it changes people's lifestyles and their psycho-social wellbeing.

Some of my patients have expressed that the effect of their surgery has extended to their family and friends, who have similarly become motivated to seek weight management and healthier lifestyles.

Dr Andrew Kiyingi completed his studies in Sydney and graduated from the University of Otago (New Zealand) and was awarded the University Gold Medal in General Practice.

He completed surgical training at St Vincents Hospital in Melbourne and was awarded Fellowship under the Royal College of Surgeons in 2014.

He has since undertaken three years advanced sub-specialist training in Bariatric and Minimally Invasive Surgery which included the prestigious Phoenix Health Bariatric Fellowship in Liverpool, England in 2016.

Andrew performs all aspects of general surgery including hernia, gall bladder and colonoscopy. He is currently a surgical trainer for the Royal Australasian College of Surgeons.

Mercy Bariatrics, St John of God Mt Lawley Hospital
Suite 1A, Level 2 Medical Centre
Mt Lawley 6050
T: 9272 0420 F: 9272 0450
W: mercybariatrics.com.au

Surgeons House
162 Cambridge St
West Leederville 6007
T: 9332 0066 F: 9463 6202
W: perthbariatricsurgery.com.au

Obesity Surgery WA
Suite 27, 1st floor, 100 Murdoch Dve
Murdoch 6150
T: 9332 0066 F: 9463 6202
E: sue@perthspecialist.com.au W: obesitysurgerywa.com

Next GP Education Event

St John of God Mt Lawley Hospital - Wednesday 7 February 2018 - 6.30pm to 9.00pm. Email gpedmtlawley@sjog.org.au to register.

Updates in Gastroenterology

Dr Luca Crostella

Dr Wendy Cheng

Dr Lorenzo Tarquinio

Dr Rosslyn de Wet