

GP UPDATE



ST JOHN OF GOD
Subiaco Hospital

October 2016

Meet Mr Pragnesh Joshi, Cardiothoracic Surgeon



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A: Heart and Lung Surgery Clinic, Suite 18/2 McCourt St,
West Leederville

Q. What are your areas of special interest?

My main area of interest is minimally invasive cardiac and thoracic surgery. I offer a wide range of these surgeries in which I have significant experience. My interest in minimal access operations stems from the advantages they offer:

- avoidance of sternotomy and related complications e.g. mal-union, osteomyelitis
- reduced blood loss and transfusion
- early mobilisation and recovery
- cosmetic
- avoidance of thoracotomy for lung surgery and shorter hospital stay.

I also specialise in beating heart coronary artery grafting, my preferred technique for coronary surgery. In my experience, stroke risk and transfusion requirements are significantly reduced, even if patients are on antiplatelet agents.

Aortic arch surgery and aortic valve repair are my other areas of special interest. I have been involved with complex aortic arch reconstruction surgery in collaboration with vascular surgeons at Sir Charles Gairdner Hospital.

I have adopted techniques from my time spent at the Heart Centre, Leipzig, Germany and Beaumont Hospital, Michigan, USA.

Q. What are you most proud of achieving in your career thus far?

Performing aortic valve replacements using a right anterior thoracotomy in suitable patients. I previously used hemisternotomy incision and always wanted to offer this operation without sternotomy. Degenerative aortic stenosis is a common occurrence in the elderly and the avoidance of sternotomy allows quicker recovery compared to splitting the osteoporotic sternum in this age group.

Q. What other procedures do you carry out using the minimally invasive approach?

I routinely use a right or left anterior minithoracotomy approach, otherwise known as

minimal access cardiac surgery for:

- mitral valve repair/replacement
- aortic valve repair/replacement
- tricuspid valve repair/replacement
- closure of atrial septal defect
- biAtrial CryoMaze procedure for ablation of atrial fibrillation
- excision of atrial myxoma
- beating heart LIMA to LAD graft (MIDCAB).

This approach is sometimes called 'keyhole' surgery which I believe is a misnomer. It is best to call this procedure minimal access cardiac or thoracic surgery.

Q. What type of minimal access options are available for thoracic surgery?

I have been carrying out most of my thoracic surgery thoracoscopically or assisted with thoracoscopy for past two years. In my practice, it is rare to perform a thoracotomy unless the tumour is large or there is a difficult intra operative dissection. Having performed operations with traditional thoracotomy in the past and now experiencing better results with VATS, it has driven me to adopt thoracoscopic surgery in the majority of my cases. Thoracotomy is a more traditional approach, it involves the division of chest wall muscles which is associated with a higher risk of post-operative morbidity and delayed recovery.

I have acquired significant experience in performing lobectomy, pneumonectomy, thymectomy, mediastinal lymph node dissection, wedge resection, lung biopsy, mediastinal cyst and tumour excision.

Thoracoscopic surgery involves three small incisions. It requires the introduction of thoracoscope via a 1.5cm skin incision. An additional port of 1.5cm and intercostal incision of about 3 - 4cm is placed without spreading the ribs. Patients are often discharged after a three-day hospital stay thanks to the reduced incidence of air leak, blood loss and early removal of the intercostal tube.

Upcoming education sessions

RACGP CPD Program

These events earn 4 category 2 points.

Date	Topic	Location
25 Oct 6.00pm	Immunotherapy Changing the way we manage cancer, presented by Cancer Council WA	SJG Subiaco Hospital
15 Nov 6.30pm	Vascular Surgery	SJG Subiaco Hospital

Grand Rounds

Note: General practitioners can use these sessions to self-accredit CPD points.

Date	Speaker	Topic
18 Oct 7.30am	Dr Wen Chan Yeow	Oncoplastic Breast Surgery

Research and Ethics Education Program

Date	Topic	Location
14 Nov 1.00pm	Latest developments in ethics and what's on the horizon	SJG Subiaco Hospital
12 Dec 1.00pm	Research study monitoring and audit requirements - A study site perspective	SJG Subiaco Hospital

For more information or to RSVP, please contact Elise Bertoncini, Doctor Marketing Coordinator, on (08) 9382 6127 or elise.bertoncini@sjog.org.au

New accreditations

St John of God Subiaco Hospital recently accredited the following specialists:

Dr Jade ACTON, Gynaecology

Dr Kalilur ANVARDEEN Cardiology

Mr Li-On LAM, Orthopaedic Surgery

Dr Patrick MICHALKA, Orthopaedic Surgery

Dr Chady SADER, ENT Surgery

Dr Andrezej SNARSKI, Nuclear Medicine

Dr Demetrius VOUTNIS, Nuclear Medicine



Post-partum sexual dysfunction

by Dr Fred Busch

T: (08) 9468 5188

A: WOMEN Centre

Suite 20, 2 McCourt Street. West Leederville 6007

Sexual dysfunction has a significant prevalence in our society with 40 per cent of women reporting sexual concerns and 12 per cent reporting distressing sexual problems. While the occurrence of distressing sexual problems peaks in middle-age women, sexual dysfunction associated with pregnancy and childbirth deserves special mention, since it is often underreported and unaddressed.

To highlight this, in an Australian study of over 1400 primiparous women who returned a post-partum questionnaire, 89 per cent reported sexual health issues in the first three months post-partum and about half reported three or more sexual health concerns. By twelve months post-partum 97 per cent of these women had resumed vaginal sex. However, since post-partum sexual issues, particularly low libido, may not resolve over time, it is important that clinicians caring for these women continue to enquire regarding this aspect in an appropriate manner so that help may be provided.

Factors associated with post-partum sexual dysfunction include perineal trauma, operative

vaginal delivery, emergency caesarean delivery, vaginal atrophy in breastfeeding women, post-partum mood changes and fatigue, as well as practical time constraints. These are potentially modifiable factors which may be addressed in the appropriate manner: for example, enlisting the help of a pelvic floor physiotherapist to address perineal trauma, vaginal oestrogen to treat atrophy, and referral to a sexologist to address psychogenic causes of sexual dysfunction.

Reassuringly, there appears to be no long term difference in sexual dysfunction between women who have had vaginal deliveries and caesarean deliveries. Also, greater parity does not appear to be an independent risk factor.

Sexual dysfunction is reported by 26 to 47 per cent of women with urinary incontinence. In women with both urinary incontinence and pelvic organ prolapse, the rate of sexual health complaints is higher than with either condition alone. It is therefore preferable, as best possible, to avoid traumatic vaginal delivery and maintain a policy of selective episiotomy at vaginal delivery.

Welcome Dr Jade Acton, Gynaecologist

St John of God Hospital Subiaco is pleased to welcome Dr Jade Acton who has commenced her specialist practice in rooms shared with Dr Stuart Salfinger and Dr Bernie McElhinney.

Dr Acton's key areas of focus are advanced laparoscopic gynaecologic surgery, endometriosis and general gynaecology and colposcopy. Dr Acton is actively involved with the Gynaecological Cancer Research Group at the hospital and has conducted a surgical randomised control trial on umbilical port sizes in total laparoscopic hysterectomy.

Dr Acton joins the hospital with a wealth of experience. She completed her MBBS in 2006 at James Cook University, Queensland. She then underwent general obstetrics and gynaecology training at King Edward Memorial Hospital and completed a two year Australasian Gynaecological Endoscopy and Surgery Fellowship in advanced laparoscopic surgery. She obtained a graduate diploma in Surgical Education from the University of Melbourne and is currently completing her masters.

Referral information

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A Night on the Swan - Ovarian Cancer Research Fundraiser

St John of God Foundation is pleased to invite you to 'A Night on the Swan'. The event will be held at Acqua Viva on Swan on Wednesday 19 October 2016 to raise funds for Ovarian Cancer Research at St John of God Subiaco Hospital. Please come along and enjoy the fine art auction and sale coordinated by Jahroc Galleries and participate in the exclusive limited edition Armani Vespa auction.

Tickets available at NightOnTheSwan.eventbrite.com.au

Australian Doctors for Africa Gastroenterologist Awarded

St John of God Subiaco Hospital is proud to recognise gastroenterologist Dr Digby Cullen who was recently awarded the Officer of Madagascar, the first Australian to be so recognised, for his work with Australian Doctors for Africa (ADFA) as a specialist volunteer and contribution to public health services in Madagascar.

Dr Graham Forward, orthopaedic surgeon at the hospital and founder of ADFA, said, "ADFA were extremely proud of the ceremonial presentation of awards by the Malagasy Minister of Health on behalf of the President of Madagascar. It is a testament to the impact that Dr Digby Cullen has had in seeking solutions to gastrointestinal disease in Madagascar over the past ten years."

Bendat Respiratory Research and Development Fund

Mr Jack Bendat has made a significant contribution to St John of God Foundation by donating \$500,000 to establish the Bendat Respiratory Research and Development Fund at St John of God Subiaco Hospital. A committee, chaired by Professor Eli Gabbay, has been established to determine the use of the donation for research and development in lung cancer and lung disease.

Professor Gabbay has 20 years' experience as a respiratory physician, researcher, mentor, teacher, administrator and health advocate. He has a substantial publication record, history of grant success and is an accomplished supervisor of higher degree by research particularly in the fields of pulmonary hypertension, exercise physiology, advanced lung disease and lung transplantation. Professor Gabbay has co-authored more than 170 peer reviewed articles, including abstracts and chapters in medical textbooks and is an excellent choice to chair and lead this research at the hospital.



Medical Teaching Unit accreditation

St John of God Subiaco Hospital's Medical Teaching Unit (MTU) is responsible for the recruitment, on-boarding, allocations, rostering, education and ongoing management of the Junior Medical Officer (JMO) workforce across the hospital. JMOs support consultants 24 hours a day, 7 days a week, providing patient care across a variety of specialities.

The Postgraduate Medical Council of Western Australia surveyors reviewed the hospital's MTU, reviewing the placements of JMOs and the medical education program across the hospital and regarded them both as 'excellent'. They were impressed by the level of rigour and dedication of the team, who successfully passed the accreditation.

