

THE PRIVATE

GOLD COAST'S MOST ADVANCED
**PRIVATE EMERGENCY
DEPARTMENT**

What to look for
when choosing a
maternity ward

CARDIAC
PROCEDURE
BOOSTS
PATIENT
OUTCOMES

CARDIOLOGIST AWARDED

**Order
of Fiji**

ISSUE 1 2016



Gold Coast
PRIVATE HOSPITAL



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David Harper, General Manger, Gold Coast and Pacific Private Hospitals



We are proud to unveil the new Gold Coast Private Hospital.

On 12 March an era was closed and a new era began as we transferred 73 patients, our staff and services from Allamanda to the new Gold Coast Private Hospital. This event marked over seven years of planning and the work of many Allamanda staff, managers and project people. To see Gold Coast Private come to fruition has been incredibly satisfying for myself and all involved.

The move itself was a coordinated operation involving more than 300 staff and support crews. I am extremely grateful to our staff, patients, visitors, doctors, Gold Coast Hospital and Health Service, Queensland Ambulance, Police, Fire and Emergency Services and volunteers for their patience, cooperation and support.

Thank you to everyone who has made it possible and congratulations to all.



Recovery ward at the new Gold Coast Private

CONTRIBUTORS // AMY DUNCAN – THE INK REFINERY (@theinkrefinery); BRAD WAGNER – BRAD WAGNER PHOTOGRAPHY (@bradwphoto); KARLA SIMPSON – PROMEDIA



GOLD COAST PRIVATE OVERVIEW OF SERVICES

The 284-bed facility provides a full range of surgical and medical services with onsite imaging, pathology and pharmacy.

Gold Coast Private is a \$230 million Healthscope-operated hospital and the new facility for Allamanda Private Hospital. Co-located with the Gold Coast University Hospital and Griffith University, the new hospital forms a major part of the Health and Knowledge Precinct.

This brand new, state-of-the-art facility has opened with 284 beds and 13 theatres and will expand to 400 and 21 respectively, in line with patient demand.

It includes a 24 hour emergency care centre, cardiac catheterisation lab and a hybrid theatre, intensive care, oncology, renal, maternity, paediatrics and special care nursery, and will be supported by on-site providers of imaging, pharmacy and pathology services.

Gold Coast Private is one of the biggest and most modern private hospitals in Australia, with Healthscope investing millions of dollars over the past two years into the expansion of services, new equipment and staff training, and now the people of the Gold Coast will benefit from the opening of this world-class facility.

Gold Coast Private Overview of Services Cont.



Emergency Care Centre

CARDIAC SERVICES

Gold Coast Private’s cardiac services incorporate investigative and interventional procedures. With cardiologists practising and consulting onsite, patients can expect immediate access to a wide range of treatments at one location.

We have a dedicated coronary care unit which is specifically designed to provide highly specialised care to patients with acute cardiac illnesses or who are suspected to have heart problems. Our world-class facilities include a Datex-Ohmeda critical care monitoring system and telemetry monitoring. The consulting cardiologist manages all care with 24-hour support provided by experienced medical specialists.

CARDIAC REHABILITATION PROGRAM

Once treated, our cardiac rehabilitation program is designed to bridge the gap between hospital and the return to an active lifestyle. It includes a five week program comprising education and exercise.

EMERGENCY CARE CENTRE

Gold Coast Private Hospital’s Emergency Care Centre (ECC) is a leading private emergency centre providing immediate and quality care for adults and children 24 hours a day, 7 days a week, including public holidays. The ECC boasts the latest

technology and equipment as well as 14 cubicles including two paediatric and three fast-track cubicles. We provide services for a full range of surgical and medical emergencies including paediatrics and offer fully comprehensive cardiac and chest pain services with two 24 hour dedicated catheter laboratories. Our leading, specialist-trained emergency doctors treat most conditions, with the exception of multi-trauma. Appointments or referrals are not necessary and private health insurance is not a requirement.

MATERNITY

The team at Gold Coast Private Maternity recognises that each expectant mother has different needs and expectations. Every birth is unique and each journey is a personal one. The maternity team works with expecting parents to understand their goals and provide the best possible care for Mum, baby and family. Nurses, doctors and staff are dedicated to providing a personalised experience in a nurturing environment while offering a full range of services to support mums and dads through pregnancy, birth and into parenthood. The caring and highly-skilled team of health professionals including midwives, obstetricians and paediatricians work together to ensure a safe and memorable experience.



Dr Yang Sun with DiVinci XI Robot

Special features include:

- Guaranteed private room with either a double bed or single bed
- Recliner chairs
- Private ensuites
- Accredited Level 4 Special Care Nursery
- Overnight in-room accommodation for partners
- Optional ‘deluxe’ experience

Our maternity services offer:

- Antenatal classes offered midweek and on weekends
- Holistic parent education programs including first aid, mindfulness and yoga
- Antenatal outpatient service

Postnatal services:

- Lactation consultants and outpatient breastfeeding clinic
- Breastfeeding information sessions
- Baby settling education
- Baby handling education

GOLD COAST PRIVATE SPECIALIST SUITES

Gold Coast Private Specialist Suites are conveniently located in the medical precinct in Southport and in the heart of Hope Island. Our modern and tastefully designed rooms are co-located with external providers of x-ray and pathology services. Our leading specialists consult on a sessional basis at the following locations:

Gold Coast Private Specialist Suites – Hope Island

Harbour Point
Suite 5, Level 1
8 Santa Barbara Road
Hope Island QLD 4212
P: (07) 5514 2600

Gold Coast Private Specialist Suites – Southport

Gold Coast Private Hospital
Ground Level
14 Hill Street
Southport QLD 4215
P: (07) 55 300 770
F: (07) 55 300 687

HOSPITAL IN THE HOME

Gold Coast Private is the only private hospital in Queensland that provides acute medical care in the home. Hospital in the Home (HITH) is the provision of a safe, effective and efficient alternative to in-hospital care for eligible patients. The outreach program covers patients who would otherwise need to be in hospital, but now have the resources to be treated in their home through the HITH service.

HITH is a stand-alone unit of Gold Coast Private that ensures you maintain confidence and independence within a flexible service that meets your needs. ‘Home’ is defined as the patient’s usual or temporary place of residence, whether that is their own home or an aged-care facility.

HITH staff work in consultation with you and your carer. Your medical specialist and the nursing staff will assess your suitability to participate in the program.

Your individual care requirements are planned in consultation with you, your doctor and the nursing staff. Gold Coast Private nursing staff will visit daily and your treatment will continue as it would in hospital. Your condition will be closely monitored and any changes will receive immediate attention.

INTENSIVE CARE UNIT

Our intensive care unit provides a full complement of services including cardiothoracic surgery. It provides 24-hour onsite designated ICU medical cover in a family-friendly, critical care environment. There is an outdoor terrace available for patients with oxygen and emergency facilities.

PAEDIATRICS

Gold Coast Private offers an intimate paediatric ward with private rooms designed to accommodate a child and accompanying parent or guardian for medical and surgical overnight stays in the hospital. The paediatric ward boasts a soft indoor play area and large lounge area with modern technology for children to learn and play.



Top: Hamish and Bianca Hunter with baby Frankie

REHABILITATION CARE CENTRE

Gold Coast Private's Rehabilitation Care Centre provides specialist private rehabilitation services. We offer inpatient and day therapy programs designed to help patients achieve their full potential.

Programs are offered in the following areas:

- Orthopaedic programs
- Neurological programs, including Parkinson's disease and stroke rehabilitation
- Reconditioning programs, including rehabilitation following surgical and medical events
- Amputee programs
- Falls prevention programs
- Respiratory programs
- Balance programs

Outpatient cardiac rehabilitation is also available.

The Rehabilitation team:

Dr Michael Johnson and Dr Chin Wong lead a team of specialist clinicians who are trained to provide specific therapy programs that reflect a patient's needs and goals. Our multidisciplinary team includes physiotherapists, occupational therapists, social workers, speech pathologists and rehabilitation nurses.

Contact:

To enrol in a day program, contact your general practitioner and request that they send your letter of referral via fax to (07) 55 300 650, or call our admission coordinators on (07) 55 300 125.

Referrals:

Our rehabilitation referral form found on our website is quick and easy to use and designed for specialists, GPs and hospitals. Please provide the relevant details including patient particulars, medical background and health fund information. Submit your referral via fax (07) 55 300 650 or email gcp rehab@healthscope.com.au. Our friendly team will take care of the rest.

For rehab form visit: www.gcph.com.au/doctors/ereferrals-rehab



Top to Bottom: Hybrid Theatre; Standard maternity room; Cardiac Catheter Laboratory; Vincent Beckley, GCP's first patient

ROBOTIC SURGERY

At Gold Coast Private we strive to ensure we are at the forefront of advances in medical technology. We are proud to offer our patients access to the new da Vinci® Xi™ Surgical System. This is a fourth generation surgical system offering the most advanced robotic technology allowing surgeons to operate with enhanced vision, precision, dexterity and control.

The \$3 million system provides patients with minimally invasive alternatives that reduce the costs and complications associated with open procedures. The latest system delivers more precise movements through its intuitive motion and ergonomic design, and a highly magnified view virtually extends the surgeon's eyes and hands.

Allamanda Private Hospital currently offers this advanced surgical option for the following specialties:

- Urology
- Gynaecological oncology
- General surgery

Click here for a list of [robotic surgery specialists](#).

What is Robotic Surgery?

Robot-assisted surgery mimics the surgeon's hands with robotic arms performing scaled-down, tiny movements within the body. While the surgeon remains 100 per cent in control of the operation, the robot provides optimised 3D vision, magnification and motion tremor control, allowing the surgeon to operate high-tech instrumentation with greater dexterity and precision.

The da Vinci Surgical System expands doctors' human capabilities by enabling minimally invasive and more efficient access through the abdomen and chest. The latest model has an expanded set of features such as the new immersive 3D-HD vision system that provides surgeons with a highly magnified view, virtually extending their eyes and hands into the patient.

How will robotic surgery benefit patients?

Traditionally, many complex procedures would require a large abdominal incision, commonly referred to as open surgery. In comparison, robotic surgery involves several small keyhole incisions, resulting in patients experiencing shorter hospital stays and quicker recoveries.

Studies in robotic surgery have shown benefits to patients through:

- A shorter hospital stay
- Less blood loss
- Fewer complications
- Less need for narcotic pain medicine
- A faster recovery
- Smaller incisions with minimal scarring

For further information on the da Vinci Xi Surgical System please visit: <http://davincisurgery.com/>

CLINICAL SUPPORT SERVICES

- Acute pain service
- Continence provider
- Physiotherapists
- Occupational therapists
- Discharge planners
- Diabetes educator
- Dietitian
- Preadmission Care Centre
- Volunteer services
- Speech pathologists
- Social workers
- 'Hospital in the Home' service
- Stomal therapist
- Wound consultant

WOUND AND STOMAL THERAPY CLINIC

Gold Coast Private's Wound and Stomal Therapy Clinic is staffed by specially trained wound care nurses who evaluate and manage patients with wounds caused by disease, surgical incisions, accidents or any form of skin breakdowns, as well as provide education and management of stomas and continence.

The wound care team works closely with doctors and nursing staff to provide the best dressing regimes to promote optimal healing in acute and chronic wounds following best practice guidelines and using up-to-date wound care therapy and treatment.

As wound care often involves ongoing treatment, many patients use Gold Coast Private's 'Hospital in the Home' service which allows them to be discharged from hospital and cared for in their place of residence.

The team also look after the assessment and treatment of continence. Figures show that while approximately four million Australians have bladder problems and one million have bowel problems, 70 per cent of people do not seek help.

With the care and support of nurses, allied health and doctors, continence problems can be reduced and in some cases, resolved. The team see patients regarding continence as inpatients and outpatients for assessment, education, catheter care and on-going continence advice and support.

The team can also do a full continence assessment for chronic continence issues and in many cases help with funding applications to the government to help assist with continence aids such as Medical Aids Subsidy Scheme (MASS) applications with Queensland Health.

Gold Coast Private's Wound and Stomal Therapy Clinic can be contacted at:
Gold Coast Private Specialist Suites
Ground Level
14 Hill Street, Southport QLD 4215
Ph: (07) 55 300 783

For more information on the services offered at Gold Coast Private Hospital please visit www.gcph.com.au or call (07) 55 300 300



Gold Coast Private nurse Kelly Johnston with her children, Zara and Max, who are in the SSLSC youth program.



GOLD COAST PRIVATE PLEDGES SUPPORT FOR SURF LIFE SAVING

Gold Coast Private takes over as the major sponsor for Southport Surf Life Saving Club where participation has increased by 500 per cent since Allamanda began supporting the club in 2013.

Young surf life savers at the Southport Surf Life Saving Club (SSLSC) may have a new logo on their rashies but the benefits of Healthscope's support will continue as the new Gold Coast Private takes over Allamanda's major sponsorship. Participation in the youth programs has increased by 500 per cent since Allamanda signed on as the club's major sponsor in 2013 and member retention is the highest to date. The hospital's sponsorship dollars have been used to develop youth and nipper programs that focus on retention, training and development, as well as the provision of equipment and uniforms.

SSLSC member liaison officer Sue Macdonald OAM said the continued support from Gold Coast Private would be invaluable. "The support has had a direct positive impact on our skills training, education, retention and membership growth," she said. "The number of youths participating in our program has increased significantly over the past two seasons, from approximately 30 to 150, and we expect these numbers to keep rising as Gold Coast Private takes over the sponsorship.

"We also have 340 kids in our nipper program, many of whom we hope will continue through our youth program which caters for people aged 15 to 25 years.

"The sponsorship is enabling our youth members to develop life saving skills in the water and on the beach as active patrolling members performing rescues and emergency care cases.

"We have also seen an increase in non-competing youths retain their membership and participate in our social events such as camping trips and movie nights, as well as our new 'social swimming' program which gives youths an active alternative to competitive fitness."

Sue, who is a SSLSC life member, said the Gold Coast Private sponsorship had also allowed the club to provide new nipper boards, additional pink rashies and extra training equipment, enabling the club to accommodate the increasing number of members.

"Gold Coast Private's continued support will enable us to build on what we have achieved over the last two seasons for our youth members and for the wider community on the Gold Coast," she said.

"Our members have worn the Allamanda logo with pride and will do the same with the Gold Coast Private."

Kelly Johnston is a nurse at Gold Coast Private and mother of two SSLSC members, 16-year-old Max and 15-year-old Zara, who have been part of the SSLSC since they began nippers in 2011.

Kelly said the hospital's continued financial support was vital to the growth of the club and she was grateful her children could experience the benefits of her employer's generosity first hand.

"It is wonderful to work for a hospital with such a strong sense of community and commitment to helping volunteer organisations like the SSLSC," she said.

"The money donated by the Gold Coast Private goes directly to the kids involved in the nipper and youth programs, giving them an advantage by exposing them to competitions and encouraging them to gain new skills and make new friends.

"These programs help Gold Coast youth to have a purpose and focus, helping



Southport Surf Life Saving Club Nippers and Youth Life Savers in training.

them to develop a strong community service ethic and fostering a sense of personal achievement."

Kelly said the youth program was extremely important as it focussed on retaining members once their nipper days were over.

"This program is designed to keep teens in the club and encourages them to continue to be part of a healthy community group," she said.

"Making the transition from nippers to the youth program can be confronting for young members so the club has created initiatives, many of which are funded by the Gold Coast Private's sponsorship, that help to make this progression an unimposing step.

"Both of my kids have made the transition and have found an incredible sense of belonging and purpose, and I am proud that it has been my employer's sponsorship dollars that made these programs possible."

EMERGENCY DEPARTMENT A CUT ABOVE THE REST

The Gold Coast is now home to one of the most technologically advanced private emergency departments in the country.

Boasting the latest in medical equipment, the new Emergency Care Centre (ECC) has capacity to accommodate eight ambulances and is staffed with 19 emergency medicine specialists who work across both the public and private hospitals.

Established at Allamanda in 1990, the ECC expanded its team and services when it relocated to the new Gold Coast Private Hospital and now has 17 emergency beds with dedicated paediatric and resuscitation bays.

Emergency medicine specialist and ECC director Anthony Padowitz said the department had access to equipment and services that was unrivalled on the Gold Coast.

“Everything is brand new; we have the absolute latest technology, giving us access to the most advanced radiology services, cardiac cath labs, paediatrics, obstetrics and intensive care units,” he said.

“In addition, Gold Coast Private ECC has more emergency medicine specialists than any other private hospital on the Gold Coast.

“All the specialists in our team work across both the Gold Coast Private and Gold Coast University Hospitals, meaning we have extensive experience in treating all levels and trauma and types of emergencies.

“The co-location of the public and private facilities also makes it easy for inter-hospital transfers, resource sharing and continuity of care.

“This exceptional access to specialists, services and equipment is unprecedented on the Gold Coast.”

Dr Padowitz said the Gold Coast Private ECC was one of the most modern private emergency departments in Australia.

“Our new monitors enable us to have a central monitoring system, giving us the ability to see every patients’ heart rate, oxygen saturation and temperature at one

centralised station,” he said.

“The new facility and equipment means everything is highly efficient which is crucial in an emergency department for the best patient outcomes.”

Dr Padowitz said with the Gold Coast Private’s new paediatric and obstetrics service, children could now be admitted directly to the paediatric ward from the emergency department.

“Children who present to the ECC can now, if needed, be referred onwards to a paediatric specialist in the hospital, which means less time in transport to other hospitals,” he said.

“We can also accommodate multiple heart attack patients concurrently, with the hospital’s two cardiac cath labs and access to a quality in-house intensive care unit.

“We have access to outstanding inpatient specialists in all fields including medical, surgical, obstetrics and orthopaedic trauma.

“We are unable at this stage to see mental health patients and poly-trauma patients.”

Dr Padowitz said patients of the Gold Coast Private ECC experienced minimal wait for assessment and out-of-pocket expenses, with a significant amount reimbursed by Medicare.

“Our patients think it’s a small price to pay for an efficient, quality service by highly-trained specialists.”

Gold Coast Private ECC has a dedicated GP hotline.

Discharge documents are sent to GPs and specialists by the ‘Medical Objects’ software that allows for confidential, real-time electronic communication between medical specialists and GPs.

EMERGENCY CARE CENTRE

14 Hill Street
Southport QLD 4215

GP HOTLINE (07) 55 300 888



Gold Coast Private ECC has more emergency medicine specialists than any other private ED in the City. Its access to specialists, services and state-of-the-art equipment is unprecedented on the Coast.

BLOCKED ARTERY PROCEDURE BOOSTS PATIENT OUTCOMES



The hospital is the only private facility on the Gold Coast and one of a only few in Queensland that offers this life saving procedure to clear a blocked artery.

Gold Coast Private cardiologist Paul Klaassen is one of only a handful of operators in Queensland to offer a specific procedure to alleviate chronic total occlusion (CTO) – the complete blockage of a coronary artery which usually requires bypass surgery or a life of medication. The hospital is the only private facility on the Gold Coast and one of a few in Queensland that offers the procedure which involves using a technique called the ‘retrograde approach’. This technique involves crossing the blockage in the antegrade direction (traditional approach) as well as the retrograde direction via collateral vessels from the other coronary artery. This approach dramatically improves the success rate of the procedure and allows surgeons to attempt more difficult and challenging occlusions, which previously could only be managed with bypass surgery or medications. Dr Klassen trained with world leading CTO experts, doctors Scott Harding and Sidney Lo, when they flew to Australia last year to assist with a CTO operation performed on 59-year-old Bruce Absolon.

Four months on, Mr Absolon said the procedure was a resounding success. “I now feel the best I have felt in years – I’m able to complete activities that used to be difficult and I am much fitter and healthier,” he said. “Prior to the procedure I noticed I was slowing down, but now I have other people remarking about how much better I look, so it’s had a noticeable effect on my life. “My advice for other patients is if you are in doubt about your coronary health, look into it and get the procedure done as soon as possible.” CTO is a condition which generally develops slowly, and as a result, the body often builds a network of ‘natural bypasses’ to compensate for the blocked artery and maintain some blood flow. The CTO procedure involves the insertion of wires and tubes into both ends of the blocked artery via micro channels leading directly into the artery and through surrounding ‘bypass’ vessels. Once the native blocked artery has been navigated in both directions, balloons and stents can be introduced to reopen the vessel.



Cardiologist Paul Klaassen with patient Bruce Absolon who suffered from a chronic total occlusion (CTO).

Dr Klaassen said referrals should be considered for patients who presented with blocked arteries, but who still had viable heart muscle connected to, and supplying, the affected artery. He said CTO could be diagnosed with a myocardial perfusion scan if patients were significantly symptomatic from their coronary disease. “With good patient selection, substantial improvement in symptoms can be achieved,” Dr Klaassen said. “Patients with previous bypass surgery where grafts are no longer functioning properly may be able to have their original native vessels reopened by this type of procedure, which may also be useful for those whom cardiac surgery is contraindicated or not required. “No revisits or further operations are generally required if the artery is successfully opened using these techniques. “The procedure can be fairly lengthy, although some take no longer than the standard coronary angiography and stenting duration, and recovery time is generally no different from that for standard coronary stenting.”

Patients with severe renal dysfunction may not be appropriate candidates for this procedure. Mr Absolon said he was pleased he had gone ahead with the operation and would recommend it to other candidates. “I have an active job as development manager at Hamilton Island and my recreational activities include offshore yacht racing and tarmac rally motorsport,” he said. “My health was affecting both my recreational and daily activities so I went to my doctor who referred me for scans and confirmed I was eligible for the CTO procedure. “I have just had my check-up and everything is spot on. “I am really pleased that I went ahead with the procedure and extend my sincere thanks to Dr Klaassen and his team who have made such a dramatic, beneficial change to my life.”

FOR MORE INFORMATION PLEASE CONTACT:
Dr Paul Klaassen
Interventional Cardiologist
123 Nerang St, Southport QLD 4215
P (07) 5525 1953

New Mums treated to Silver Service

at Gold Coast Private Maternity

New mothers will be given the 'silver service' treatment at the Gold Coast's newest private maternity ward with a celebratory, three-course dinner during their hospital stay.

New parents will enjoy a five-star dining experience at Gold Coast Private as they're served a restaurant-quality meal while staff help with the care of their newborn.

The menu is designed by Gold Coast Private's executive chef John O'Shea who spent 20 years in kitchens of luxury resorts including two years as executive chef of the five-star Sofitel in Broadbeach.

Chef O'Shea said the special dinner would be a well-deserved treat.

"We wanted to offer new mums something extra special to celebrate the arrival of their baby and a chance to relax and reflect with their partner or support person on this life changing event," he said.

"It is such an exciting time for parents and we want to make the entire experience a positive and memorable one – from the care provided by nursing staff and doctors, to the brand new facilities, and the food and beverages served during their stay.

"Parents can choose which night they enjoy their dinner as well as the menu, with choices offered for each course including smoked salmon tartare with avocado mouse, confit duck with pommes puree, and lemon meringue cheesecake with chocolate soil and sugar coated petals.

"At Gold Coast Private, we are creating a new concept by serving restaurant quality food to patients, and in doing so we are succeeding in defying the age-old perception of hospital food."

Chef O'Shea said in his current role as executive chef and hotel services manager, his focus had been on elevating the patient experience at Allamanda in preparation for the move to the Gold Coast Private.

He said over the last three years he had worked to raise the standard of food and service across the board, to be on par with a five-star resort.

"Gone are the days of the cafeteria assembly line serving overcooked meat and veg and cups of jelly," he said.

"I have worked closely with back-of-house and kitchen staff over the past few years, motivating them to take pride in their work and to approach their cooking and service as if they were in a luxury resort instead of a hospital.

"I have also spent time working with a selection of five-star hotels to learn their methods and practices so we can recreate the 'guest experience' within the hospital."

Chef O'Shea said the menu for the new hospital had been carefully developed in collaboration with dietitians to create visually appealing dishes that are also tasty, healthy and well balanced.

"It is a whole new approach to patient experience on the Gold Coast," he said.

Gold Coast Private Maternity nurse unit manager Judy Ross said the new menu concept was especially exciting for mothers, who had access to an 'on-demand' menu, as eating well and nourishing the body was important when recovering from childbirth.

"Your postpartum body needs fuel to recover and to sustain the energy required to keep up with the demands of motherhood," she said.

"Re-fuelling the body with nutritious food is imperative in order to fight postpartum fatigue, but also to ensure that mothers who are breastfeeding are consuming adequate calories for milk production.

"For new mums, being able to enjoy a delicious meal with your partner or support person is a great way to ensure you're getting a healthy boost of energy in a relaxed and comfortable environment."

For more information please contact our Maternity Nurse Unit Manager (07) 55 300 730

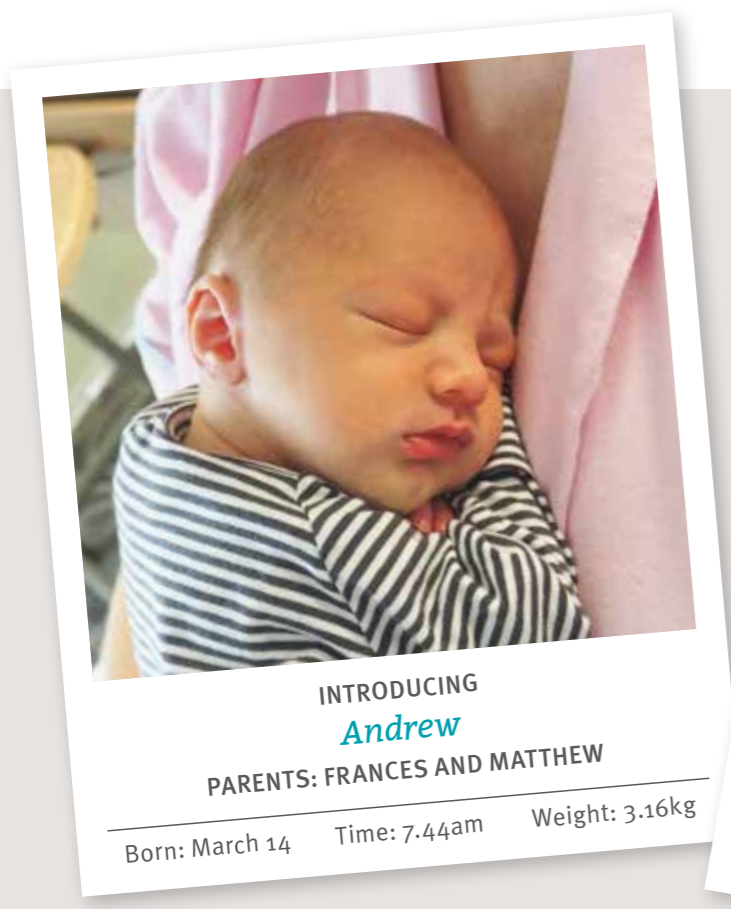


A sample of the celebratory three-course dinner designed by executive chef John O'Shea

#BornAtGoldCoastPrivate

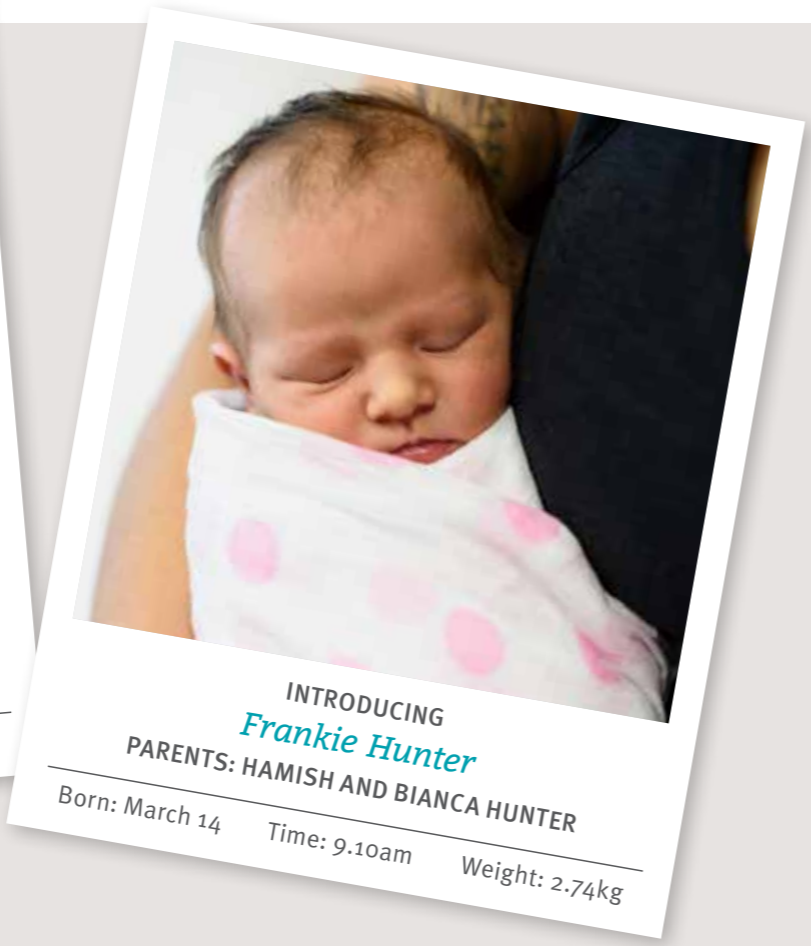
A beautiful baby boy took out the coveted title of the first baby to be born at the new Gold Coast Private Hospital.

Arriving at 7.44am, the bundle of joy won by a narrow margin, with a second baby, a little girl, born at the hospital less than 1.5 hours later at 9.10am. Both babies were delivered by Gold Coast Private obstetrician, Dr Tina Fleming, of Grace Private. Gold Coast Private would like to extend a huge congratulations to the doting parents and a big “welcome to the world” to the little ones!



INTRODUCING
Andrew
PARENTS: FRANCES AND MATTHEW

Born: March 14 Time: 7.44am Weight: 3.16kg



INTRODUCING
Frankie Hunter
PARENTS: HAMISH AND BIANCA HUNTER

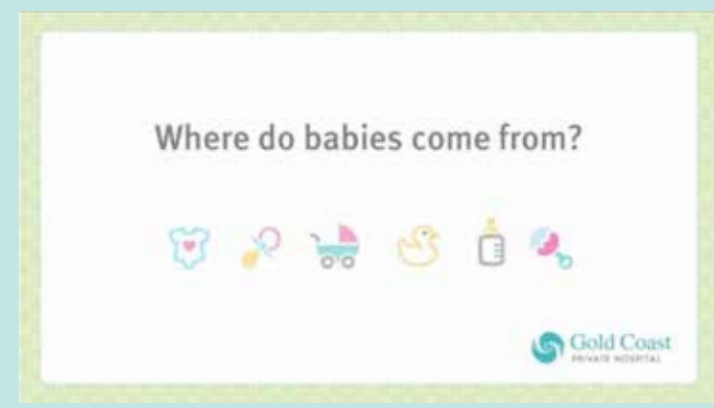
Born: March 14 Time: 9.10am Weight: 2.74kg



NEWS IN BRIEF

LOOKING FOR A GIGGLE?

With the help of the Southport Life Saving Club Nippers, the Gold Coast Private team took to the beaches and asked kids the big questions on love and babies. The result was a sweet and hilarious video that can be found on YouTube as well as the Gold Coast Private Maternity and Gold Coast Private Hospital Facebook pages. Check it out! Search ‘Gold Coast Private Hospital where do babies come from’.



COMMUNITY SUPPORT

Gold Coast Private likes to get behind the local community. Some recent causes and organisations we’ve supported include:

- Bond University – MSSBU Surgical Interest Group
- Griffith University – The Surgical Interest Association Inc. (SURGIA)
- Make a Wish Foundation gala
- Gold Coast Eisteddfod
- Marymount College
- Mother’s Day Classic
- My Athletix
- Southport Surf Life Saving Club
- Surf Life Saving Queensland (various clubs) – first aid equipment and supplies
- St Francis Xavier Primary School
- St Hilda’s School
- TSS Rugby

MUM'S THE WORD

5 things to look for in a maternity ward

*Tips from Judy Ross –
Gold Coast Private Maternity Nurse Unit Manager*



Having a baby is one of the most exciting and life changing decisions you can make. Choosing where to have your baby can have a big impact on your birthing experience and create the perfect environment to welcome the newest member of your family. Judy Ross, who has more than 20 years experience in maternity care, gives us her tips on what to look for when choosing where to give birth.

FOR MORE INFORMATION PLEASE CONTACT:
Maternity Nurse Unit Manager
P (07) 55 300 726
E gcpmaternity@healthscope.com.au
W www.gcpmaternity.com.au

1. Continuity of care
Building a relationship with your carers is important. Research shows mothers who have the same primary caregiver through pregnancy, birth and into motherhood are more satisfied and have better outcomes. Mothers should look for a facility that promotes continuity of care, ensuring their obstetrician is part of the antenatal period, birth and postnatal follow ups, rather than only appearing during birth or at crisis points. The same goes with midwives. Once a mother books into Gold Coast Private, she will work with our midwives to discuss concerns, refer to services, host education classes, help with anxiety issues and facilitate visits to the ward. It is also important to choose a facility where continuity of care can be maintained through other specialities if extended care is required. Mothers should look for a hospital that has a special care nursery, paediatrics, emergency care centre and ICU to ensure their family can be cared for through all stages of life.

2. Individualised care
It is important to find a facility that will support your decisions and work with you to understand your goals. Communication is key, so make sure you find a team that you feel comfortable with so you can share your expectations and wishes knowing you will be supported through the process, ensuring your journey is a positive one.

3. Education and services
Look for flexibility and small class sizes. While antenatal classes are almost always offered, they are not always convenient or available. Mothers should also look for a facility that takes a holistic approach and offers a variety of options for learning, from preconception to birth and beyond.

4. Facilities
A special care nursery is a must. While every mother hopes she will never need it, having the peace of mind that your baby can be cared for in the event of unforeseen circumstances or an early delivery is important. Gold Coast Private has nine special care cots for babies 32 weeks and over, a team of skilled staff and paediatric support. Mothers are given the opportunity to be with their baby 24 hours a day and are assisted with skin to skin contact, breastfeeding and expressing. Birthing suites may also be important for expectant mothers. Look for somewhere that provides resources for use during childbirth including water immersion, mats and birth balls as well as state-of-the-art technology like K2 foetal monitoring systems. Having a support person and family with you can greatly enhance your experience, so finding somewhere that has facilities to make your visitors feel comfortable and allows your partner to sleep overnight is recommended. Above all, it must be somewhere that you feel comfortable, supported and safe.

5. Breastfeeding support
Look for facilities that are part of the worldwide Breastfeeding Friendly Hospital Initiative with a certified lactation consultant to assist mums in making decisions that are best for them. We provide mothers with all the research and evidence then work together to find a plan that works for the family unit. The more information and support you can give, the more comfortable a mother will feel about the choices she makes for herself and her baby.



HOSPITAL IN THE HOME SERVICE EXPANDS AS IT CELEBRATES 10 YEARS

After 10 years, the success of the Hospital in the Home (HITH) service looks set to continue with demand expected to increase with the move to the new Gold Coast Private.



HITH manager Craig Hulsman with nurses Leah Ticehurst and Jo Reed

Launching at Allamanda in 2005, HITH is the only private service of its kind in Queensland and has provided more than 4,000 patients with quality medical care in the comfort of their own homes.

The service allows patients who need acute hospital treatments to be discharged and treated at home for increased comfort and privacy, and to reduce the risk of cross infection.

The majority of patients using the service are in need of assistance with wound care, or have an acute infection, and many have been admitted directly through the Emergency Care Centre, avoiding a hospital stay altogether.

Gold Coast Private registered nurse and HITH manager Craig Hulsman said the success of the HITH program could be attributed to skilled staff providing outstanding patient care.

“The HITH program took about two years to establish as we had to secure licenses and private health fund agreements, but the

initiative has been vindicated by the volume of referrals and ongoing positive feedback we have received,” Mr Hulsman said.

“We have had the same core staff – including myself as manager – since inception and I think this has been a key part of the program’s success, as we have all developed a solid understanding of the scope of the practice and have a good rapport with specialist doctors.

“Funding for the HITH program has increased as a result of health fund, doctor and patient satisfaction with our service.

“It really is a beneficial program for people who would prefer to stay out of hospital, which in turn helps to free resources for other patients who need a hospital stay to ensure the best outcome for their health.

“I’m now looking forward to seeing the HITH program expand organically with the move to Gold Coast Private, with more staff to be employed to meet increased referrals from new doctors and other sources.”

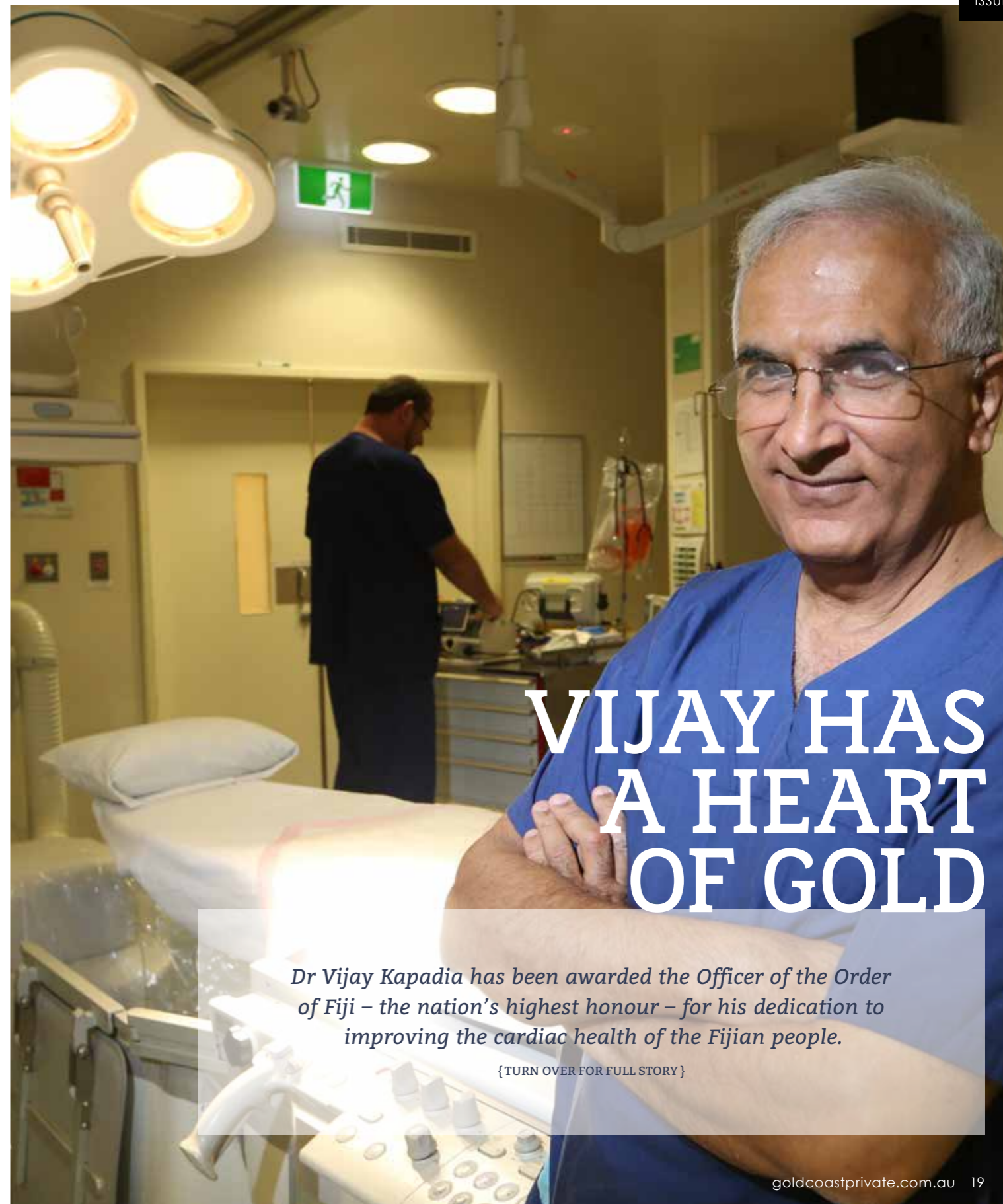
ASSISTANCE AVAILABLE THROUGH THE HITH PROGRAM INCLUDES:

- Intravenous antibiotics
 - Advanced wound management
 - Specialised medication management (e.g. selected chemotherapy, anticoagulants)
 - Coordination of medical equipment
- HITH is part of the hospital stay and is billed directly to the health fund.

The HITH staff are on call 24 hours a day, seven days a week, to provide you with care and advice. They can be contacted by calling (07) 55 300 795 and asking to speak with the HITH coordinator.

FOR MORE INFORMATION PLEASE CONTACT:

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E: craig.hulsman@healthscope.com.au



VIJAY HAS A HEART OF GOLD

Dr Vijay Kapadia has been awarded the Officer of the Order of Fiji – the nation’s highest honour – for his dedication to improving the cardiac health of the Fijian people.

{TURN OVER FOR FULL STORY }

VIJAY HAS A HEART OF GOLD

The Gold Coast is a world away from the remote villages of Fiji but one of our own, cardiologist Vijay Kapadia, is taking the skills and expertise he uses daily at Gold Coast Private to the Pacific Island paradise in what has become a life saving crusade.

Fiji conjures up images of swaying palm trees, white sandy beaches and an idyllic relaxed lifestyle, but there is a little known, underlying issue with the friendly people of the island nation that sees it have one of the worst cardiac health profiles in the world.

Not only is the heart health of the population dire, the level of facilities to treat cardiac patients have been limited, to say the least, and the reality has seen many Fijians who were unable to travel to Australia or New Zealand for treatment pay the ultimate price.

Enter Dr Kapadia. For the past eighteen years he has been involved in trying to improve cardiac services in Fiji.

It started when he was part of the Sydney Adventist Hospital's Operation Open Heart team, travelling to Fiji to assess patients with rheumatic heart disease. He felt, however, that what Fiji badly needed was a locally based and run tertiary cardiac facility.

"I found it totally unacceptable that a population of just under one million people had no cardiac health care facilities," he said. He took it upon himself to set this up.

Dr Kapadia called in favours, found second hand equipment and headed an army of volunteers, including some of the world's top cardiologists, to develop a cardiac care service in Fiji that is literally life saving.

His selfless and tireless efforts have seen him recently awarded the Officer of the Order of Fiji – the island nation's highest honour and the equivalent of a knighthood.

Born in India, Dr Kapadia moved to Fiji with his family when he was two. He grew up in the Fijian capital of Suva only leaving to undergo his medical training in India, New Zealand, Australia and Canada.

He has lived on the Gold Coast since 1995 and has been a visiting cardiologist at public and private hospitals around the city.

He is also the front man of Fiji Heart, helping to treat and improve the cardiac health of Fijian and Pacific Islander people.

Dr Kapadia and his colleagues have made a real difference in Fiji and have helped establish a catheterisation laboratory in Suva which is treating locals with heart conditions on a daily basis.

A 'cath lab' would normally cost a fortune, with a new machine in the vicinity of two to three million dollars, which was out of the reach for the Fijian people.

However, through perseverance and the generosity of health care equipment providers and Australian Rotary, he and the Fiji Heart team have been able to secure a very good, second-hand cath lab in Australia, and establish the nucleus of a budding cardiac unit at the CWM Hospital in Suva.

While Fiji Heart and the tireless efforts of a number of dedicated people is making a difference, Dr Kapadia said the answer was in training Fijian doctors and nurses in cardiac care, diagnosis and treatment and then providing them with the necessary facilities.

"We need to get to the stage where Fiji is less reliant of the kindness of volunteers and we have a vision to see a fully operational cardiac centre there with Fijian doctors and nurses trained and skilled to be able to run it and provide the care their people need," he said.

Dr Kapadia said that many of the things that are taken for granted in the Australian health system, such as stents, pacemakers and treatments like angiograms and angioplasty, were not available in Fiji.

The unassuming cardiologist said many of the people affected by coronary heart disease in Fiji were young. There was also a large burden of rheumatic heart disease with children aged eight and nine suffering from severe valve involvement.



He and other physicians from Australia and New Zealand continued to volunteer their time, visiting Fiji to help train local medics on how to use the equipment provided and provide life saving treatment to more and more patients.

"As doctors, nurses and medical teachers we can make a huge difference to places like Fiji," he said.

"My goal is to ensure that long after I am gone there are the trained medical personnel and the facilities to provide the necessary treatment to the people of Fiji and the Pacific Islands."

TO FIND OUT HOW YOU CAN DONATE OR VOLUNTEER TO FIJI HEART, PLEASE CONTACT

Dr Vijay Kapadia
Ph: 0414 541 130

Left: Dr Kapadia being presented the Order of Fiji by Ratu Epeli Nailatikau, the then president and one of the highest chiefs in Fijian aristocracy.



Dr Kapadia with nurses Tuliana and Maca from the CWM Hospital in Suva, and RN Adri Coetzee from the Gold Coast.

PEOPLE OF THE PRIVATE

Meet obstetrician Tina Fleming



Dr Tina Fleming

? WHAT INSPIRED YOU TO BECOME AN OBSTETRICIAN?

To be perfectly honest, I think that I was first attracted to the high adrenaline of the labour ward environment. I have always thrived in situations where you need to be calm and decisive during critical times, and it seemed that the labour ward was a very natural fit for me.

Although the great cliché is that your wedding day is supposed to be “the greatest day of your life”, now that I have had the great fortune to be involved in the birth process for many women now (including having my own baby) and I am very convinced that the day you finally meet your baby for the first time is definitely life’s most captivating moment. To be able to do this as a job is genuinely an honour and I can say truthfully that I enjoy being a part of that moment every single occasion regardless of the time of day (or night).

? WHAT IS YOUR FAVOURITE PART ABOUT YOUR JOB?

Obstetrics gives you a unique opportunity to develop a real relationship and bond with your patient and their family, as you see them during the nervous first few weeks of pregnancy right through the birth experience and then get to enjoy the final result when they come back for their six week check up. I love the evolution of that relationship, riding the good and more difficult times together, and really feeling like you are navigating the course as a team.

? WHAT DO YOU THINK IS THE MOST IMPORTANT THING FOR AN EXPECTANT MOTHER?

I think that it is so important to remember that your pregnancy, birth and parenting experience is totally unique to you. There are always people wanting to give well-intentioned advice, who will tell you about their experience as though it is the only/correct way of doing things. The fact is that the processes vary greatly from one woman to another and there are so many variations of “right”, so you just need to surround yourself with people you can trust, and most importantly trust in yourself and your own instincts.

? HOW DO YOU CARE FOR YOUR PATIENTS?

This is a difficult question to answer because (like pregnancy, birth and parenting) it is a process that is unique to every patient. I guess my general principle is to ensure that I am thorough with my initial workup including history, examination and investigations so we have a clear picture of the potential issues and we can work to avoid concerns, rather than waiting for an issue to arrive and responding then. Of course rapport development is important, and this helps to form a collaborative approach to management plans so that the woman really feels as though she is at the centre of the decision making process.

? DO YOU HAVE A FAMILY AND CHILDREN OF YOUR OWN?

It is a bit of an obstetric and midwifery in-joke that our professions mean that we have an independent risk factor for all of the complications of pregnancy and birth! I think that I was lucky enough to be the exception to prove that rule, because my pregnancy was unbelievably good (not even a minute of morning sickness, and I worked full time until the day before my delivery!) and my birth and post partum experience equally amazing. I know this is not the case for every mother, but my experience has definitely supported my belief that the journey can be incredibly positive for all women (even if the path doesn’t take the exact course you had anticipated).

I had been working in obstetrics for almost a decade when I had my baby girl, and had been involved in literally thousands of births during that time. I really thought that nothing could surprise me about my own birth, but I was wrong! I recall being entirely and completely overwhelmed by the landslide of emotion that strikes you when your baby is on your skin for the first time. She was tiny, and her smell was intoxicating... I never wanted to let her go!

? WHAT DO YOU LIKE TO DO IN YOUR SPARE TIME?

What is this strange thing called “spare time”? I’m sure I have heard of it once, but that may have been before I had a toddler while running my own business and working full time as an obstetrician.

Just kidding, I do my best to make time for myself and my husband when we can. We love cooking, and also going out to eat. It is so great that the Gold Coast is finally getting the great restaurants it deserves (after years of fairly rubbish tourist places being the only offering). We also love to travel and try to get overseas at least once a year. Of course travelling with a toddler has its own challenges, but so far we haven’t let it cramp our style too much!



Dr Tina Fleming with her family

FOR MORE INFORMATION PLEASE CONTACT:

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LIVE WELL

Gold Coast Private Dietitian Fiona Brown gives us some tips on healthy eating while Executive Chef John O'Shea shares the recipe to one of the delicious dishes on the new hospital menu.

At Gold Coast Private, dietitian Fiona Brown has worked closely with executive chef John O'Shea to develop a menu that defies the age-old perception of "hospital food", instead creating dishes that are visually appealing, tasty and made fresh to order.

The result is a menu that offers variety and balance through nutritious and interesting meals with options to add healthy extras such as eggs, meats, veggie sticks, salads, smoothies, nuts and seeds.

While we know our patients are eating a healthy diet during their hospital stay, Fiona and John have put together some tips and recipes to help ensure those healthy habits continue once discharged.

TIPS FOR HEALTHY EATING BY GOLD COAST PRIVATE DIETITIAN FIONA BROWN

Eat regularly

It's essential for good health that we aim for a regular eating pattern of meals and snacks. A planned pattern of eating is more likely to include the recommended number of serves from the five food groups. A spontaneous, unstructured eating pattern is more likely to include too many foods that are higher in saturated fat, added sugars, added salt and calories.

Everything in moderation

This is the key to healthy eating. Rather than depriving yourself of your favourite foods, why not allow yourself to eat (and enjoy) your treats, in moderation.

Don't skip breakfast

Following on from the first point, breakfast skippers are more likely to be tempted by unplanned food choices during the morning and large serves at the next meal or snack. Just think of how yummy that large piece of banana bread looks at morning tea or that block of chocolate looks after dinner if you've missed breakfast!

Eat a variety of nutritious food

It is essential we eat a wide range of different coloured fruits and vegetables, wholegrain breads and cereals along with different sources of protein, for example, red meat, chicken, fish, eggs, dairy, legumes and nuts. This will provide our bodies with a variety of nutrients, vitamins and minerals, keeping us healthy and energetic.

Drink plenty of water

This is something so simple and easy to obtain however it is so often forgotten. If your body is lacking water then it cannot work as efficiently as it should. The body requires water to survive and muscles, in particular, need water to rebuild and replenish. Your body will find it difficult to burn fat for energy if it's lacking water so drink up!

Get some sun

Ok, so you can't eat the sun so technically it's not part of your "diet", but sunlight is crucial for a healthy body. If the body doesn't see a lot of sunlight you may be at risk of low Vitamin D levels, which is a nutrient that is vital for strong bones and increasing 'good cholesterol'. It also plays an important role in the immune system and blood sugar control. We all know that skin cancer is a problem, particularly in Australia, so we are not encouraging or recommending excessive sun exposure, just 10-20 minutes of sunshine a day is plenty.

Do some exercise

The benefits to exercise are endless including: better weight control, healthier heart, lower risk of developing diabetes and osteoporosis, lower risk of developing some cancers, better mental health, a sharper mind.....just to name a few! Aim for 30-60 minutes a day of physical activity most days of the week. Remember to start slowly and gradually build up to a higher intensity. Most importantly, exercise for fun and enjoyment and not punishment, find something you enjoy or exercise with a friend.



FROM THE MENU

HERB CRUSTED HOKI

INGREDIENTS:

- 6 Hoki Fillets 120g portions
- 2.5cm piece fresh ginger
- 1 clove fresh garlic
- ½ fresh green chili
- 6 stem fresh coriander
- 2.5cm piece fresh lemon grass
- 1 cup Jasmine rice
- 150mL coconut cream – for rice
- 1 cup water
- 1 cup carrot
- 50mL coconut cream – for carrot puree
- 2 Cobs corn
- ¼ Spanish onion
- 2 sprigs coriander
- Knob of butter
- 1 lime wedge to serve

METHOD:

- Place hoki fillets into steamer basket
- Roughly chop ginger, garlic, chilli, coriander and lemongrass in high powered food processor.
- Steam for 10 minutes
- Place rice, water and coconut cream into baking dish. Cover and steam for 20 minutes. Remove from steamer and fluff with fork.
- Remove corn from cob. Melt butter in pan, add corn and simmer for 10 minutes. Dice spanish onion and coriander and fold through. Season with salt and pepper.
- Roughly chop carrot and place in a pot with coconut cream. Simmer with lid on for 15 minutes or until soft. Blend for one minute using a stick mixer or high powered blender. Season to taste.



L to R: Dr Tania Widmer, Dr Adriana Olog; Baby Grace, Kristin Flannagan, Jacqueline Waller; Belinda Long and Shanan Procter

BABY SHOWER CELEBRATIONS!

The team at Gold Coast Private hosted a group baby shower for three mums-to-be to help celebrate the impending birth of their little ones.

More than 30 expectant mothers, fathers, their family and friends gathered on Level 3 of the hospital to enjoy high tea, games and prizes, followed by a sneak peak of the new maternity ward. Gold Coast Private executive chef John O'Shea designed a menu of tantalising treats, washed down with fresh-made juice, punch, tea, coffee and, of course, champagne. It was a wonderful day filled with fabulous food, great company and lots of laughter. In fact, it was so much fun, that there are already plans for the next one!



Clockwise from top: Victoria Best, Bianca Hunter, Miranda McLean; Bianca Hunter, Hamish Hunter, Sam McMenamin; Tess Bell, Alix Saunders; Brooke Dunlavie, Alice Murray, Mary Jeffries; Anne Dawbney, Helen Charlier, Victoria Best, Elizabeth Mitchell, Manal White; Brooke Dunlavie, Jess Baglin, Ruth Griff, Tina Blake, Belinda Long



COMMUNITY OPEN DAY



Gold Coast Private threw open its doors for a family-friendly Open Day, giving the public a 'sneak peak' of the new facility before it opened in March. Almost 2,500 locals showed up for 'behind the scene' tours, free health checks, career advice, a barbeque and activities including a photo booth, balloon twisting and face painting. Sea FM broadcasted live from the hospital, topping off what turned out to be a great day!



Clockwise from top: Dr Anthony Padowitz with wife Leah and children Savanah, Noah and Ashton; Billie Lignos and Dr Maneesh Singh; Charli Robinson and Paul Gale; Andy Guerin and Nick Irby; Bernie Stark; Doctors Catherine Mills, Tania Widmer and Adriana Olog; Michele Doran; Ruby and Marnie Nichols; Maximus Wignall, Briana and Braedyn Heffernan

Dr Andrie Stroebel

Cardiothoracic Surgeon

Dr Andrie Stroebel specialises in adult cardiac and thoracic surgery with special interests in rugby and cricket.

Born in South Africa, he graduated from Stellenbosch University in 1999 and after spending a few years working in general practice in South Africa and the United Kingdom, he started general surgical training at the University of Witwatersrand, Johannesburg. During his time in Johannesburg as a general surgical registrar, Dr Stroebel had extensive exposure to trauma in Africa's only Level One trauma unit.

After relocating to Bloemfontein in 2006, Dr Stroebel embarked on his training as a cardiothoracic surgeon. His mentor encouraged travelling as a means of broadening his exposure and he was fortunate to land a 12 month cardiothoracic training position at the John Radcliffe Hospital in Oxford, United Kingdom.

After returning to Bloemfontein to complete his training, Dr Stroebel was awarded a Masters Degree and a Fellowship of the Colleges of Medicine of South Africa in 2010, both in cardiothoracic surgery.

Curiosity and a deep desire to broaden his surgical expertise led him to The Prince Charles Hospital in Brisbane where he worked as the postgraduate Fellow in cardiothoracic surgery from 2011.

Dr Stroebel was awarded a Fellowship in cardiothoracic surgery from the RACS in 2013 and in

2014 he became the staff specialist at the Princess Alexandra Hospital before joining the newly established department of cardiothoracic surgery at the Gold Coast University Hospital in January 2015.

Having trained on three continents, Dr Stroebel has been exposed to all aspects of cardiothoracic surgery and a diverse variety of pathology. He believes in holistic patient care and working within a multidisciplinary team for improved patient outcomes, and strives to deliver state-of-the-art, evidence based care to his patients.

Dr Stroebel specialises in:

Cardiac Surgery

- Coronary artery bypass grafting
- Aortic valve surgery
- Mitral valve surgery
- Tricuspid valve surgery
- Aortic surgery including aortic root replacement
- Surgery for atrial fibrillation

Thoracic Surgery

- Pulmonary resection for lung cancer
- Video assisted thoracoscopic surgery (VATS) including VATS Lobectomy
- Surgery for recurrent pneumothorax
- Mediastinal tumour excision
- Surgery for inflammatory lung disease
- Bronchoscopy
- VATS sympathectomy



TO ARRANGE AN APPOINTMENT WITH DR ANDRIE STROEBEL, PLEASE CONTACT:

Dr Andrie Stroebel
Cardiothoracic Surgeon
Gold Coast Private Specialist Suites

Ground Level
14 Hill Street, Southport QLD 4215

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Dr Michael Thomas

Hand & Upper Limb Orthopaedic Surgeon

Dr Michael Thomas is a fellowship-trained orthopaedic hand and upper limb surgeon with a special interest in all aspects of hand and upper limb surgery, including arthroplasty, arthroscopy and microsurgery, as well as general orthopaedic trauma and Medico-legal work.

Dr Thomas graduated from the University of Wales College of Medicine in 1993 with Bachelor Degrees in medicine and surgery. He undertook basic and advanced surgical training from 1994 to 2005 in the UK, culminating in the FRACS (trauma and orthopaedics) from the Royal College of Surgeons of Glasgow. He then undertook a one year upper limb Fellowship at the Princess Alexandra Hospital in Brisbane, before returning to the UK in 2006 to set up an upper limb orthopaedic service at the Princess of Wales Hospital in Bridgend.

Since arriving on the Gold Coast in 2007, Dr Thomas has led the evolution of a multi-disciplinary hand and upper limb service, working closely with occupational therapy and physiotherapy colleagues. He has a keen interest in teaching, is a past chairman of the Medical Education Committee for the district, and has close links with the Griffith and Bond University Medical Schools.

Dr Thomas maintains a focus on lifelong learning and his research into upper limb conditions has been presented and published regionally, nationally and internationally. He is a founding member of the Gold Coast Hand and Upper Limb Research Society, as well as senior staff specialist and deputy director of orthopaedic surgery at the Gold Coast University and Robina Hospitals.

Dr Thomas is an Overseas Fellow of the British Orthopaedic Association, as well as a member of the Australian Hand Surgery Society, the Shoulder and Elbow Society of Australia, the Queensland Shoulder Society and the Queensland Hand Surgery Society. In 2012 he received the Health Service district's "Growing Performance Through our People and Teams" staff excellence award for his efforts in multi-disciplinary team collaboration.



TO ARRANGE AN APPOINTMENT WITH DR MICHAEL THOMAS, PLEASE CONTACT:

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